

Celebrate the Fourth of July

It's been an unusually rainy and cold Summer so far, so let's keep our fingers crossed that July will be sunny and warm so we can enjoy fireworks on **Independence Day!** Better weather will also allow us to enjoy **National Picnic Month** and **National Grilling Month**. CACFP meal patterns encourage cooked lean meats over combination foods or processed meats, so July is a great time to fire up the grill and make some 80% lean all-beef patties for lunch or supper. Other July celebrations include **National Peach Month** and **National Blueberry Month**. Remember that CACFP meal patterns include plenty of fruits and vegetables, so get out there and visit a farmers market or check out the fresh produce sections of your favorite supermarkets.

See the rest of this newsletter for recipes, training, crafts and other helpful resources.

Events in July

July 5 - National Graham Cracker Day *

July 8 - National Freezer Pop Day

July 11 - National Blueberry Muffin Day

July 17 - World Emoji Day

July 22 - National Hammock Day

July 24 - International Self Care Day

* Did you know that some varieties of graham crackers are also whole grain-rich? Like honey-flavored Teddy Grahams!

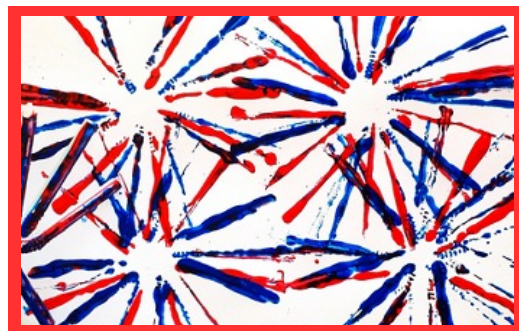
Provider Resources

- The National CACFP Sponsors Association website has an entire section dedicated to new recipes. Check it out at www.cacfp.org/recipes-menus/recipes/.
- While you're at the NCA's website, visit their events page at <https://info.cacfp.org/calendar> to find free webinars like "Connecting Nutrition with Food, Fitness, & Crafts" on July 20.
- The Institute of Child Nutrition also has an amazing recipe section on their website at <https://theicn.org/cnrb/#allrecipes>
- Did you know that puffed cereals like Chex require a larger portion size than other ready-to-eat cereals? Check out Wildwood's online training [Using Ounce Equivalents for Grains](#) (2022) for more information

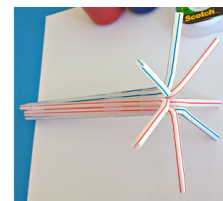
Patriotic Crafts

Fun, Kid-Friendly Fireworks

Make this fun fireworks craft with paint, straws, tape and paper.



- Stretch out your straws, bend the tops and tape them together to make a tool like the one pictured at right.
- Dip the straws in blue paint first and press them onto paper.
- Add some red paint, and your fireworks are done!
- Add some glitter if you want extra sparkle.



Patriotic Necklace

How easy and fun is this?! Just get some blue pony beads, red striped paper straws, string and scissors, and you're ready to make this lovely Fourth of July accessory.



Elmo's Strawberry Pops

for National Freezer Pop Day July 8th

Serving Size: 1 pop * Servings: 4 * Total Time: 30 minutes
Components: Meat/Meat Alternate, Fruit



Recipe comes from www.cacfp.org/recipes-menus/recipes/ June 2023. Created in partnership with [Sesame Street in Communities](#).

Ingredients:

- 2 cups strawberries
- 3/4 tsp lemon juice
- 1 cup Greek yogurt
- 1/2 tsp vanilla

Make sure yogurt is low-sugar with no more than 23 grams of sugar per 6 oz serving!

Directions:

- Puree strawberries and lemon juice in blender
- Mix yogurt and vanilla together
- Layer strawberry puree and yogurt into four popsicle molds
- Freeze until slightly set, then add stick into mold
- Continue freezing until completely frozen





CLAIMS

CORNER

Claims Corner has reminders to help providers receive the most money possible each month.

- Child Enrollment Forms must be updated each year. When Wildwood advances the claim month, children may "fall off" your roster. Call the Colorado office to reactivate children whose paperwork has expired, but remember that an updated CEF is required before reimbursement will be paid for meals.
- Wildwood mailed kindergarten forms with June reimbursements. Remember to complete these forms for the 2023-2024 school year to show what school each eligible child attends.
- If you are open and providing care on a holiday, remember to mark this on your KidKare calendar or on your paper claim. Otherwise, Wildwood must deduct meals served on holidays.
- If you're still submitting manual claims, consider switching to online! Online claims are fast, easy and secure. No more worrying about whether your claim will be delayed or lost in the mail. Try direct deposit, too, to receive fast reimbursement and save trips to the bank!
- Delays in receiving May reimbursement funds from the state were a good reminder that providers should not rely on CACFP reimbursement to pay monthly bills. Despite Wildwood's best efforts and despite processing and submitting on-time claims quickly, there is no guarantee that reimbursement will arrive in time for providers to pay regular bills. Continue to submit your claims by the 5th of each month for prompt processing. And know that Wildwood is committed to submitting claims quickly and will disburse payments within 5 days, usually fewer, of receiving funds from the state.

***The last day Wildwood can receive original WY & CO May claims for processing is July 26, 2023.**

***The last day Wildwood can receive original WY & CO June claims for processing is August 25, 2023.**

In-Person Site Visits

Wildwood representatives are back in-person in homes throughout Colorado and Wyoming, and we're so happy to see you and the children! Field Reps can provide forms and printed Wildwood training modules. They can also give guidance on completing menus and other required paperwork. Please continue to let your Field Rep know when you will be out of the home (prior notice). Note that, if your Field Rep attempts a visit during a scheduled mealtime and is unable to complete the visit because prior notice was not given, Wildwood is required to deduct that meal.

Often-Missed Questions on Wildwood Training:

All providers must complete annual training in Civil Rights, Nutrition and Program. Remember to complete this year's training by September 30, 2023. Here are some questions that have stumped providers in recent online training:

Crediting Store-Bought Combination Baby Foods (2023):

Q: After baby is regularly eating solid foods, the infant should be offered the full portion of food according to the Infant Meal Pattern.

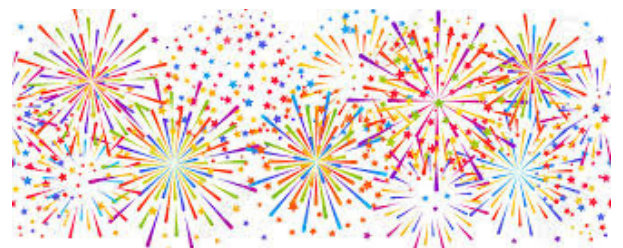
A: True. CACFP meal patterns for infants age 6-11 months are designed to help gradually introduce solid foods as baby is developmentally ready. Portion sizes are listed as ranges to allow infants to try small amounts of new foods, so a "full portion" must fall within these ranges. Remember that a serving size of 0 tablespoons does not mean that serving the food is optional. Be sure to follow the infant meal patterns and include all required food components. Finally, just a reminder that, once an infant is regularly eating solid foods, providers must offer all required food components at every meal in order to be reimbursed.

Updated Meal Patterns 2023:

Q: All meals and snacks must include a whole grain rich food component.

A: False. CACFP meal patterns require that all bread/grain products be made with whole grains or enriched meal and/or enriched flour, or bran or germ, to be creditable. In addition, at least one bread/grain serving per day must be whole grain-rich (WGR). Whole grain-rich foods contain 100% whole grains, or they contain at least 50% whole grains with the remaining grains being enriched. Visit www.wildwoodonline.org and click News | Child Care Resources to find more details in the "Identifying Whole Grain-Rich" handout.

Free online training is available on Wildwood's website at www.wildwoodonline.org. From the homepage, click **CACFP | Child Care Homes | FREE Online Training**. Password is milk2014. There is a test at the end of every training. Complete the training and test online or on paper, and Wildwood will provide a certificate for any tests with scores of 80% or higher.



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