

June is National Great Outdoors Month

So many fun things happen in June! Neighborhood pools start to open, school lets out for the Summer and we get to celebrate Father's Day, graduations and weddings. National observances in June include National Great Outdoors Month, National Dairy Month, National Pollinators Month, National Fresh Fruit and Vegetables Month and LGBTQIA Pride Month, just to name a few.

Living in this part of the country, we are surrounded by lakes and reservoirs, mountains, canyons, trails and parks. **National Great Outdoors Month** is a great opportunity to enjoy the natural beauty all around us. Visit a state or national park, go hiking or canoeing, pitch a tent, take an outdoor photography class or ride your bike.

Celebrate **National Fresh Fruit and Vegetables Month** by visiting a local farmer's market, checking out the local produce at your neighborhood grocery store or harvesting from your own garden. Enjoy berries and salads or try more exotic produce -- so much is at the peak of its color and flavor in June! Feel free to use #FreshFruitAndVegetableMonth on social media.

See the rest of this newsletter for helpful resources.

Events in June

- June 1 - World Milk Day
- June 5 - National Veggie Burger Day
- June 11 - National Corn on the Cob Day
- June 13 - International Axe Throwing Day
- June 18 - National Go Fishing Day
- June 23 - National Hydration Day
- June 27 - National Sunglasses Day

Provider Resources

- Check out this recent [Mealtime Memo](#) from the Institute of Child Nutrition regarding using standardized recipes.
- The National CACFP Sponsors Association website cacfp.org has a wealth of information for providers. For example, if you serve combination foods like chicken nuggets, meatballs or macaroni and cheese, you may want to visit the NCA's page on [CN labels](#).



Fun Summertime Crafts



Celebrate National Pollinator Month with these cute Toilet Paper Bees!

Supplies:
toilet paper rolls
(or paper towel rolls cut in half)
pink paint
black marker
white, yellow and black cardstock
small googly eyes
black pipe cleaner
small black pom poms
glue

These Seashell Crab Magnets are adorable and will look great on your fridge holding up kids' works of art. If you don't like crabs, make turtles instead!

Supplies:
seashells
paint
googly eyes
pipe cleaners
craft foam
glue



Veggie Delight Pinwheels

for National Fruit and Vegetables Month

Serving Size 6 slices * Servings: 8 * Total Time: 10 minutes
Components: Meat/Meat Alternate, Grain, Vegetable, Second Vegetable



Ingredients:

- 8 100% whole wheat tortillas
- 8 (1 oz) cheese slices
- 1 cup hummus
- 2 cups cucumbers, cut in 3" sticks
- 2 cups shredded carrots

Directions:

- Lay out one tortilla and place a slice of cheese on top.
- Spread 2 tbsp hummus over the cheese (this prevents the tortilla from getting soggy from the hummus).
- Add 1/4 cup cucumbers and 1/4 cup carrots.
- Roll the tortilla up and slice into 6 round pieces that look like pinwheels. This equals one serving. Repeat the process to make 8 servings.

Six slices provides 1 1/2 oz eq grains, 1 1/2 oz meat alternate, 1/4 cup vegetable and 1/4 cup second vegetable.

Recipe comes from www.cacfp.org/recipes-menus/recipes/
May 2023

This institution is an equal opportunity provider.



CLAIMS

CORNER

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

- Submit your claim by the 5th of the month for on-time processing and payment. Claims received after the 5th will be processed and paid the following month.
- Child Enrollment Forms must be updated each year. When Wildwood advances the claim month, children whose expiration date has been reached will "fall off" your roster. Call the Colorado office to reactivate these children, but remember that an updated CEF is required before reimbursement will be paid for meals. Avoid the hassle by sending updated CEFs to Sue in the Colorado office before paperwork expires.
- One Whole Grain Rich component is required each day. Remember to mark WGR items on your menu to avoid deductions.
- Fluid, drinkable milk is a required component at Breakfast, Lunch and Supper. Be sure to follow CACFP meal patterns and serve at least the minimum amount of milk at meals based on the age of children in care. Cow's milk, goat's milk, buttermilk, lactose-free or reduced-lactose milk, breastmilk and acidified milk are creditable. Some pea protein and soy milks meet the nutritional standards for cow's milk and are therefore creditable. The CACFP also has rules about what age children must be served what fat content of milk. To avoid deductions, refer to your sign on manuals or contact Wildwood with questions.
- 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!

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

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

In-Person Site Visits Beginning in June

Wildwood Representatives will begin conducting unannounced in-person site visits this month. Remember 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.

Our team is looking forward to seeing you and the fun things you and the children are doing!

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. **All Wildwood training courses have been approved to count toward state licensing requirements in CO and WY.**

Here are some questions that have stumped providers in recent online training:

Civil Rights Compliance for CACFP (updated 2023):

Q: Civil Rights complaints may be written or verbal and must be made within 180 days of an alleged discrimination incident.

A: True. Visit "[How to File a Program Discrimination Complaint](#)" on the USDA's website for more details. Note that the full nondiscrimination statement, which must appear in all public materials that reference the USDA or CACFP, includes instructions about how to file a complaint.

Crediting Store-Bought Combination Baby Foods (2023):

Q: It is recommended that combination foods be offered only after an infant has been introduced to each of the individual ingredients separately.

A: True. Both parents and providers are recommended to introduce infants to one new food at a time over the course of a few days to allow them to watch the infant closely for any allergic reactions to each new food component.

Healthy Snacks from A-Z (2021):

Q: Regular cornmeal is a whole grain.

A: False. Look for the words "whole grain cornmeal" when purchasing cornmeal, as regular cornmeal is not a whole grain. All creditable grains in the CACFP must be enriched, and at least one grain item per day must be whole-grain rich. It can be tricky to determine what food items are whole-grain rich. For more information, refer to the handout "Identifying Whole Grain-Rich Guide" under **News | Child Care Resources** at www.wildwoodonline.org, or feel free to call the Colorado office with questions.

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.

