

Wildwood – May 2017

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www.wildwoodonline.org

President's Message

Anyone eating on the run or at restaurants has probably noticed that food portions have gotten larger. Some portions are called "supersize," while others have simply grown in size and provide enough food for at least two people. With this growth have come increases in waistlines and body weight.

Below are some very interesting facts that compare the portions served 20 years ago to current day portions. This information will also show the physical activity needed to burn off these extra calories. This information has been provided by the National Heart, Lung and Blood Institute.

1. *Twenty years ago* a plain bagel was 140 calories and 3-inch diameter. Today's bagels are 350 calories and 6 inch diameter. Today's bagel has 210 more calories and would take 50 minutes of raking leaves to burn the extra calories.
2. *Twenty years ago* a cheeseburger was 333 calories. Today's cheeseburger is 590 calories which is a difference of 257 calories. You would have to lift weights for 1 hour and 30 minutes to burn off these extra calories.
3. *Twenty years ago* spaghetti and meatballs consisted of 1 cup spaghetti with sauce and 3 small meatballs. Today this same dish has 2 cups of pasta with sauce and 3 large meatballs. The calorie count went from 500 to 1025 calories and would take you 2 hours and 35 minutes of cleaning your house to burn the 525 calories.
4. *Twenty years ago* a serving of French fries were 2.4 ounces and 210 calories. Today a serving is 6.9 ounces and 610 calories. By walking leisurely for 1 hour and 10 minutes you would burn off the additional 400 calories.
5. *Twenty years ago* a soda was 85 calories and 6.5 ounces. Today's sodas are 250 calories and 20 ounces. Working in the garden for 35 minutes would burn off the 165 extra calories.
6. *Twenty years ago* a turkey sandwich was 320 calories and today it is 820 calories with an increase of 500 calories. If you rode your bike for 1 hour and 25 minutes you would burn the extra 500 calories.

Help the children in your care to learn portion control; to recognize the signs that they are full. An excellent way to do this is to serve meals and snacks family style. With your help and guidance, children will be able to learn how to serve themselves small portions and take seconds if they are still hungry. You will, once again, be teaching them invaluable lessons that will last a lifetime!

Mark your calendars:
Wildwood Annual Provider Conference
July 29, 2017

Kati Wagner

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The last day that we can
accept original February
claims or upward
revisions is
May 24, 2017

Claims Corner

Happy Spring.

Claims are due in the office by the 5th of the month.

Manual Claimers: Please check mark the small boxes at the bottom of the menu pages if they apply to any of your menus on that page.

Internet Claimers using KidKare: Go to your Claim Error Report and at the bottom of that report you will see when children's enrollment forms are expiring. Check this report every month. Go to REPORTS>CLAIM STATEMENTS>CLAIMED SUMMARY & ERROR>SELECT MONTH>RUN.

Be sure to send in your updated enrollment forms before the 25th of the month or you may see that a child has dropped off of your roster. When we advance our claim month this is when children drop off the roster if their forms are not updated.

Director of Processing

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The new meal pattern was released and goes into effect October 1, 2017. We have time to understand and implement the new rule. For a snap shot of what the changes are, go to www.fns.usda.gov/cacfp/meals-and-snacks.

As we receive guidance from USDA and Colorado Department of Public Health and Environment, we will share the changes that we can make now.

~ Wildwood Resources ~

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