

May is Mental Health Awareness Month

Monthly observances in May include Skin Cancer Awareness Month and Mental Health Awareness Month as well as several celebrations of FOOD like National Strawberry Month, National Salsa Month, National Egg Month and American Cheese Month! **Skin Cancer Awareness Month** is a good time to remember that sunscreen is essential when taking children outside to enjoy warm, sunny weather. In fact, Colorado Child Care Licensing rules require that sunscreen of 30 SPF or higher be applied to all children before playing outside. **American Cheese Month** is a good time to be reminded that individually sliced and wrapped American Cheese is not creditable on the CACFP while block cheeses like cheddar, colby and even American cheese are! See the rest of this newsletter for helpful resources.

But let's focus on **Mental Health Awareness Month** for a moment. Mental health involves one's social, emotional and psychological well-being and affects one's thoughts, feelings and actions. When we, children and adults alike, have positive mental health, we are better equipped to handle stress and enjoy life. Achieving mental health is a daily process, as important as eating healthy foods, getting enough sleep and exercising. If you or someone you know needs assistance, check out some of these resources:

[Mental Health America](https://www.mentalhealthamerica.net)
[nami.org](https://www.nami.org)

[National Institutes of Mental Health](https://www.nimh.nih.gov)

Events in May

May 4 - National Star Wars Day
("May the Fourth be with you!")
May 8 - National Women's Checkup Day
May 12 - National Provider Appreciation Day
May 14 - National Dance Like a Chicken Day
May 26 - National Don't Fry Day

Provider Resources

- Check out this recent "[Mealtime Memo](#)" from the Institute of Child Nutrition regarding using ingredient labels to meet CACFP requirements for tofu, low-sugar foods and ounce equivalents for grains.
- The National CACFP Sponsors Association website [cacfp.org](https://www.cacfp.org) has fun, easy creditable recipes (like the Harvest Salsa recipe on this page) to spice up your monthly menus.
- Don't forget about the monthly resources in your Counting Animals calendar including recipes, fun activities and tips and tricks for planning meals.

April Showers Bring May Flowers



- Cut a yellow circle for the center of your flower
- Cut several strips of construction paper, form into loops and glue together at the ends
- Glue each loop onto one side of the yellow circle (start with one at top, bottom, left and right, then add more loops between the original four)
- Glue a green paper straw into the middle of the loops on the same side of the yellow circle
- Use a piece of tape to secure the straw and loops to the circle

Supplies:

- mini terra cotta pots
- green crinkle paper shred
- pipe cleaners
- buttons
- popsicle sticks
- glue (or low temp glue gun)
- paint for stems (optional)



Harvest Salsa for National Salsa Month

Servings: 8 * Total Time: 10 minutes * Components: Vegetable



Ingredients:

1 (15 oz) can black beans
1 (15 oz) can corn kernels
1/4 cup cilantro, minced
1/4 cup red onion, diced
2 Roma tomatoes, diced
1 lime, juiced
1/4 tsp salt

Directions:

Mix all ingredients into a medium bowl until they are well combined.

Serve 1/2 cup salsa with whole grain tortilla chips or on top of tacos.

One serving provides 1/2 cup vegetables.

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 annually. Don't wait until forms expire and children "fall off" your roster. Send updated CEFs to Sue Crenner in the Colorado office to avoid deductions for expired children. The first two weeks of each month are reserved for processing claims, so consider sending updated paperwork in the second half of the month.
- One Whole Grain Rich component is required each day. Remember to mark WGR items on your menu to avoid deductions. If a WGR item is not marked, the meal/snack with a grain and having the least financial impact on the claim will be deducted.
- Please note that providers cannot make changes in KidKare. If you need to correct the spelling of a child's name or change their schedule or other details on their record, submit a corrected enrollment form to the Colorado office or call 303-730-0460 for assistance.
- If you're still submitting manual claims, think about trying online claiming! KidKare lets you use a computer, tablet or smart phone to record menus, attendance and meals served. When you click "Submit," your claim is received immediately at the Wildwood offices. 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 March claims for processing is May 26, 2023.**

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

In-Person Site Visits Beginning in June

Wildwood Representatives will begin conducting unannounced in-person site visits this June. It is important to remember that you *must* let your Field Rep know when you will be out of the home (prior notice). Visits are an opportunity to receive the newest free training from Wildwood and ensure you are maximizing your claim. Our team is excited to see 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. Providers can complete current or prior years' courses to fulfill CACFP training requirements, as long as they do not take the same course more than once in a single training year.

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:

Crediting Store-Bought Combination Baby Foods (2023):

Q: Infant portion sizes for solid foods are listed as a range from 0-4 Tablespoons (TBSP) to allow for the gradual introduction of solids as baby is developmentally ready.

A: True. As infants start to show signs of being ready to eat solid foods, usually around 6 months, gradually introduce foods that align with what parents are serving at home. It is usually a good idea to start with a small serving of a new food and gradually increase the amount. It also may be a good idea to progress through different food textures, from pureed to mashed to ground to chopped, as infants become more accustomed to solid foods.

Once an infant is regularly consuming solid foods, all required food components must be offered at each meal/snack for those meals to be reimbursed.

Updated Meal Patterns 2023:

Q: Fruit and vegetable components can be combined at all meals in CACFP Meal Patterns.

A: False. Fruit and vegetable components may be combined only at Breakfast. At any meal/snack other than Breakfast, vegetables and fruits must be served separately in their full portion size for the age of children served.

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 link, at the end of the course, to the online test. Online tests are graded automatically and results sent by email. For grades of 80% or higher, Wildwood will create and email a certificate of completion within a few days. If you prefer to complete classes on paper, call the Colorado office to request printed training modules. Your field representative can also provide printed training at site visits. Return completed tests to the Colorado office, and receive a printed certificate in the mail for scores of 80% or higher.

