

### **November is National Gratitude Month**

Wildwood is grateful for your partnership and for your tireless efforts in feeding kids delicious, nutritious meals. This month, consider keeping a gratitude journal, helping your kiddos create a Thankful Tree or leading the kids in performing Random Acts of Kindness.

Join the "Wildwood CACFP Provider Group" on Facebook to share recipes, tips and stories of kindness and gratitude this month.

### Fun events in November

November 2 - National Deviled Egg Day

**November 12** - National Chicken Soup for the Soul Day. Do something wholesome for yourself, watch a movie with an uplifting message or try a new recipe and share with a friend.

November 14 - National Pickle Day

November 24 - Thanksgiving Day

November 28 - National French Toast Day

## Acts of Kindness Calendar

SUN	mon	THE	WED	THU	FRI	Sat
Leave a nice note in a library book	Give someone an 8-Second Hug	Send someone a nice note	Donate old books	Don't complain all day long	Leave a nice note on a mirror	Give a compliment
Pick up trash in your neighborhood	Be kind to a stranger	Draw a picture for someone	Bake yummy goodies for someone	SMILE at everyone you see today	Do someone else's chores for them	water plants
Feed the birds	Write a gratitude list (20 things)	Pick up trash you see on the ground	Leave an extra tip	Bring someone flowers (or draw a picture of flowers)	Recyc e	share with another person
Donate old clothes	Help an elderly person	Walk someone's (or your own) dog	Make a list of 10 things you're thankful for	Tell someone the reasons you like them	Hold the door for someone	Donate to a local animal Shelter
Offer water to those in need	Help make dinner	Make a bird feeder	Donate old toys	Make someone laugh	Write positive messages on the sidewalk	write a thank you note



#### Wildwood Pre-Licensing Exams End December 31

Wildwood Resources will continue to sell Pre-Licensing books until November 30 to give potential caregivers one month to study and to schedule and take the test. After December 31, Pre-Licensing will transition to a live class and exam administered by the State of Colorado. If any providers know of someone thinking about taking the Pre-Licensing Exam, please let them know to plan ahead for this change.

### **National CACFP**

The National CACFP Sponsors Association (NCA) has excellent resources on their website for parents and providers. Visit the NCA website at www.cacfp.org to subscribe to NCA's Blog or weekly e-News.

### Did you know?

A Child Nutrition (CN) label is required to serve store-bought combination foods like chicken nuggets, ravioli, chili or macaroni and cheese. If a CN Label is not available for the product, the provider still may be able to serve the food if they serve additional creditable components. For example, Kraft Macaroni & Cheese, without a CN Label, can be served if the provider adds a creditable amount of cheese.

CN Labels do not make a store-bought combination food creditable automatically. Rather they are used to determine the required serving size to meet CACFP requirements for components like meat/meat alternate or grain. Remember CN Labels do expire when product formulations change or after five years, whichever comes first.

If you have questions about CN labels, contact your field representative or call the Wildwood offices at 303-730-0460.

# CORNER

### **CLAIMS**

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

- Remember to mark Whole Grain Rich (WGR) items on menus to meet the daily requirement and to limit deductions.
- If you will be providing care on holidays like Thanksgiving, Christmas and school breaks, please note this on your claim.
- Continue to submit Kinder forms for children eligible to attend school to ensure reimbursement.
- Wildwood is your partner in serving nutritious, reimbursable meals to the children in your care. Please keep us informed if you need to close due to illness or emergency or if you're planning a move.

\*The last day Wildwood can receive original WY & CO September claims for processing is November 25, 2022.

\*The last day Wildwood can receive original WY & CO October claims for processing is December 26, 2022.

Welcome to the newest members of the Wildwood Family! These are home child care providers who have joined the Food Program this year:

Nanci Brown
Tamra Bruns
Stacey Carman
Maria Carrera
Carol Duhaime
Sondra Ellis
Angelica Gaucin
Amy Goldsberry
Blanca Gomez
Jennifer Hall
Iliana Heikkila
Ashton Kent
Karen Kinney

Karen Lindenthaler Debra Locke Mercedes McCament Jeniffer McElroy **Becky Miller** Tara Miller Faviola Molinar Ordonez Chelsea Nava Desales Yuriannis Phillips Ariana Rieck Lisa Rygler Jessica Suarez **Brandylin Sutton Babette Tafoya Dorothy Trujillo Dominique Ward** Alex Winter



### The New Training Year Has Begun:

The 2023 training year started October 1. Food program participants must complete annual training in the following areas: Civil Rights, Nutrition and Professionalism. Wildwood's training also can be used for licensing hours.

Visit www.wildwoodonline.org and click CACFP | Child Care Homes | FREE Online Training for all online correspondence courses. Password is milk2014

### **Holiday Hours for Wildwood Offices:**

Thanksgiving: Thursday, Nov. 24 Closed Day after Thanksgiving: Friday, Nov. 25 Closed Christmas Eve: Friday, Dec. 23 Closed Christmas Day: Monday, Dec. 26 Closed New Year's Day: Monday, Jan. 2 Closed

### **Virtual Visits Continue:**

Wildwood is required to conduct three site visits per year to confirm creditable menus, children's attendance and up-to-date paperwork. Currently, all site visits are virtual and may be unannounced. Thank you to the many providers who already have participated in virtual visits with Wildwood representatives. Your quick response to Zoom invitations or FaceTime calls during meal services is appreciated.

### 2023 Calendars have been mailed

The 2023 Nutrition Calendar & Record-Keeping System, with a fun Counting Animals theme, helps providers track business income and expenses and provides recipes, activity ideas and helpful hints for child care providers.

Per the results of Wildwood's recent audit of child care homes, providers are required to post information for families regarding the WIC (Women, Infants and Children) program. This information has been mailed, so watch your mailboxes for important details.

This institution is an equal opportunity provider.