

Try Online Claiming Today:

"Every provider should consider it," says Carla Gradisar in Pueblo, Colorado. Carla prefers claiming online because it's quicker, simpler and more convenient than paper claiming. She can do her daily reconciliation and record-keeping from her iPad or phone, and it takes less than 5 minutes a day! Carla procrastinated for a while but finally got help from her rep, Diana, to start online claiming, and now she wouldn't dream of switching back. Online claims also are more secure than paper – when claims are submitted online, they arrive at Wildwood instantly and are easy to store for the required three years and four months without wasting filing space in your home.

Speed, efficiency, security and convenience. Get all of this with online claiming. Pair online claiming with direct deposit for fast, secure reimbursement as well.

Referral Program:

If you know providers who are not participating in the Food Program, refer them to your Wildwood field representative today. Once your referral joins Wildwood and submits their first claim, enjoy two years of Standard Precautions training from Wildwood for free!

OCTOBER IS EMOTIONAL WELLNESS MONTH

Consider these tips from the National Institute of Health (NIH) regarding reducing stress:

TO HELP MANAGE STRESS:

- **Get enough sleep.** Adults need 7 or more hours each night, school-age kids need 9-12, and teens need 8-10.
- **Exercise regularly.** Just 30 minutes a day of walking can boost mood and reduce stress.
- **Build a social support network.**
- **Set priorities.** Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- **Show compassion for yourself.** Note what you've accomplished at the end of the day, not what you didn't.
- **Schedule regular times for a relaxing activity that uses mindfulness/breathing exercises,** like yoga or tai chi.
- **Seek help.** Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

Simple Halloween Craft Ideas



Toilet paper roll spooks



Paper chain decorations

The First Wednesday of October is National Pumpkin Seed Day!

Check out this easy, fun recipe:



1. Heat the oven to 350 degrees F. Line a baking sheet with parchment paper.
2. Fill a medium saucepan with about 2 cups of water and season with 2 teaspoons salt. Bring to a boil.
3. Meanwhile, scoop the seeds from your pumpkin. Add the pumpkin seeds to a bowl filled with cold water and swish them around until the seeds float and are mostly clean.
4. Add cleaned seeds to the boiling salted water. Simmer for 5 minutes. Drain and pull away any remaining pumpkin attached to the seeds.
5. Scatter the seeds onto clean dishcloths and pat them very dry. Mound the dried seeds onto the prepared baking sheet. Add the oil and any spices on top then toss until well coated. Spread the seeds into one layer. Bake, stirring the seeds at least once, until fragrant and golden around the edges, 10 to 25 minutes, depending on how large the seeds are.



New 2023 Calendar from CACFP

Watch your mailbox for the new 2023 Record Keeping Calendar. Includes online training courses, activities for children and resources for parents and providers.

Visit www.nih.gov/wellnesstoolkits for other wellness topics.



CLAIMS

CORNER

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

- Enrollment Forms are valid for one year. As children's forms expire, Wildwood is no longer able to reimburse providers for those meals. Submit updated enrollment forms to Wildwood by the 25th of the month to allow information to be updated in time for the next month's claim.
- Submit your claim by the 5th of the month for on-time processing. Register for direct deposit for the fastest reimbursement.
- Record menus and attendance on the day of service. Include provider name and children's names on all applicable forms.
- Complete kindergarten forms for all children eligible to attend school (5 years or older). This will ensure reimbursement for meals for school-age children when they are not attending school.
- RECORD IN HX ALL MEALS SERVED, even if they are not claimed. HX/KidKare allows providers to pull a report at the end of the calendar year to show a complete record of food costs for tax purposes.
- If you're not submitting claims online, consider it! Check out the testimonial on the opposite side of this newsletter!

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

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

New Training Year Starts October 1

Watch for *Crediting Combination Baby Foods, Feeding Infants Using Ounce Equivalents* and *Updated Meal Patterns for CACFP* coming soon.

Remember free training is available on the Wildwood website at www.wildwoodonline.org by clicking CACFP | Child Care Homes | FREE Online Training. Password is milk2014.



2022 CACFP Saturday Summit

**Presented by the National CACFP Sponsors Association (NCA)
October 15, 2022 on Zoom**

This year's Summit will include four terrific sessions:

- Meal Service Made Fun
- Connecting Nutrition with Family Engagement
- Straw Bales: A New Way to Garden
- Quick, Easy, Low Prep Snacks

Earn up to 5 ½ CEUs. Plus, get three free hosted webinars (a \$45 value) with your registration. Register online at www.cacfp.org/saturday-summit for just \$49*. On-demand sessions of live and select pre-recorded sessions will be available through October 31, 2022.

* Note rates increase to \$79 after October 7.



Wildwood is required by the USDA to conduct three home visits per year to confirm meals are creditable, children are present and paperwork is up-to-date. Currently, the standard for visits is that they will be virtual and unannounced. Please respond quickly to Wildwood representatives' requests for virtual visits, and please submit supporting paperwork promptly once the review is complete. Wildwood will provide an update prior to resuming in-person visits.

Wildwood Staff Updates:

Jane Olbricht has retired after more than 15 years with Wildwood! Jane plans to travel with her dog, Willie, and enjoy her retirement. We thank Jane for her many years of service with Wildwood and wish her the very best. She will truly be missed.

Please welcome Maria Cordova. She will be working as a field representative covering Jane's territory and will be located in the Centennial, CO office.

This institution is an equal opportunity provider