

# Wildwood at home October 2016

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[www.wildwoodonline.org](http://www.wildwoodonline.org)

## President's Message

Thank you to all that attended our Wildwood Annual Provider 2016 Conference. The notes and comments we have received are appreciated. We would also like to extend a special thank you to the Colorado Health Foundation, Minute Menu and Sameday Office Supply for their generous donations.

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This month we are featuring the USDA quiz on the Fruit and Vegetable component. See how much you know...

1. Which of these nutrients can you get from eating whole fruit that is not usually found in juice?

- a. Vitamins
- b. Minerals
- c. Fiber
- d. Sugar

2. Potassium is a nutrient that many Americans don't get enough of. Which of the following is a good fruit source of this mineral known to help regulate blood pressure?

- a. Dried apricots
- b. Bananas
- c. Orange juice
- d. All of the above

3. Which fruit is this:

- a. Cantaloupe
- b. Papaya
- c. Mango
- d. Star fruit
- e. Moon Fruit



4. Eating a diet rich in fruits and vegetables as part of an overall healthy diet may protect against certain types of cancer.

- a. True
- b. False

5. Which of the following counts as part of the Fruit Group?

- a. Canned peaches
- b. Dried apricots
- c. 100% orange juice
- d. Fresh strawberries
- e. All of the above

6. Fiber found in fruit is associated with which of the following health outcomes?

- a. Strengthening bones
- b. Maintaining proper bowel function
- c. Building muscle
- d. Making new blood cells

7. Fruits are sources of which of the following?

- a. Folate
- b. Vitamin D
- c. Calcium
- d. Protein

8. Which of these foods is actually a fruit in plant biology?

- a. Onion
- b. Pepper
- c. Mushrooms
- d. All of the above

9. Which of these foods is a source of vitamin C?

- a. Pineapples
- b. Strawberries
- c. Oranges
- d. All of the above

10. What do fruits have that make them sweet?

- a. Vitamin C
- b. Fiber
- c. Fructose
- d. Protein
- e. Pleasing or agreeable personalities

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Answers: 1=c, 2=d, 3=c, 4=a, 5=e, 6=b, 7=a, 8=b, 9=d, 10=c

The new meal pattern has been released and will go into effect October 1, 2017. We have a year 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](http://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.



If you didn't send in your kindergarten form for children who are in kindergarten this year with your August claim, please send one with your September claim. If kindergarten information is on a new enrollment form you do not need to fill out a separate kinder form. Please send in calendars but remember to write a note with each claim to let us know about school closures. The calendars are used as verification of school closures but we won't know about a sick child, suspended child or snow days. We are looking for kindergarten children whose birthdates fall between 9-1-10 and 9-30-11.

Enrollment forms that need to be updated (once a year) need to be sent to our office before the 25th of each month. If you ask us to reactivate a child then you need to send the enrollment form right away. When we advance our claim month (every month) then the child's whose form expired will fall off of your roster and then you end up calling us again to reactivate the child.

Please review your claim error & summary report. This report will give you valuable information, including when enrollment forms are expiring.

Hummus must have a CN label if using a store bought product or it must be homemade.

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