

## October is National Women's Small Business Month

Most Wildwood-sponsored child care providers are women. So you already know that women-owned businesses provide jobs, boost local economies and support local organizations like churches and schools. You probably also know that a large number (44% in 2012) of women small business owners have children under 18 in the household, so supporting women-owned businesses is supporting families. But did you know that 50% of women small business owners are women of color? Or that successful women in small business inspire other young women to succeed? Ways to participate in National Women's Small Business Month include:

- attend or host an event - seminars, webinars, interviews and workshops provide a wealth of information
- be a mentor to other entrepreneurs - share resources, experiences and ways to avoid stumbling blocks
- sharpen your skills - consider new technology that might make your business more efficient, take a class (there are many free training courses at [www.wildwoodonline.org](http://www.wildwoodonline.org)) or read up on new legislation or financial news
- join an organization - your local Chamber of Commerce, American Business Women's Association, Colorado Association of Family Child Care or your county's Child Care Association to name a few
- share information on social media using #WomensSmallBusinessMonth

October is also Vegetarian Month, Spinach Lovers Month, Squirrel Awareness Month (snuck that one in there, didn't we?), Pear and Pineapple Month, National Pretzel Month, National Pasta Month, National Chili Month and National Breast Cancer Awareness Month.

### Events in October

**October 4 - National Taco Day**  
**October 10 - World Mental Health Day**  
**October 17 - National Pasta Day**  
**October 21 - National Reptile Awareness Day**  
**October 22 - National Nut Day**  
**October 29 - National Oatmeal Day**  
**October 31 - Halloween**

### Special Diet Statement (SDS) Forms No Longer Expire

Wildwood recently learned that, if the current SDS form (find it on Wildwood's website by clicking CACFP | Child Care Homes | Homes - Forms & Documents) from CDPHE is used, the form does not need to be renewed annually! This is part of the Paperwork Reduction Act and is designed to bring CACFP into alignment with School Food Authority regulations. WY SDS forms also do not expire.

## Halloween Crafts



Make these fun spider webs with three craft sticks, glue, yarn, and tempera paint. Add a spider if you dare!



Paint rocks to look like ghosts, pumpkins, black cats or (yum) candy corn. Glue a magnet on the back for a fun and useful paper organizer.

## Celebrate Vegetarian Month and National Taco Day with TOFU TACOS

*Recipe comes from the National CACFP Association at [cacfp.org/2022/09/13/tofu-taco](http://cacfp.org/2022/09/13/tofu-taco)*



### Ingredients:

- 16 oz extra firm tofu, drain & remove excess liquid, cubed
- 1/2 - 1 tbsp mild taco seasoning
- 2 tbsp vegetable oil
- 8 hard corn tortillas
- 2 cups shredded lettuce
- 1 cup tomatoes, diced

### Directions:

- In a medium bowl, toss tofu and taco seasoning until tofu is coated.
- On medium heat in a large skillet, add oil.
- Once oil is heated, add tofu. Stir frequently until tofu is browned. Crumble the tofu in the pan to resemble ground beef if desired.
- Place in each taco shell 1/4 cup tofu, 1/4 cup shredded lettuce and 1/8 cup tomatoes.

Serving Size: 2 tacos \* Total Time: 30 minutes \* Servings: 4  
One serving provides meat/meat alternate, grain, vegetable and second vegetable for Lunch crediting for ages 3-5

Reminder: Tofu requires a larger portion than other protein/meat alternate foods to meet CACFP meal patterns.



**This institution is an equal opportunity provider.**



## CLAIMS

### CORNER

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

- Send Kindergarten forms to Sue Crenner in the Colorado office now if you have not already done so. Otherwise, Wildwood will have to deduct for school age children claimed.
- Send Child Enrollment Forms (CEFs) to Sue by the 25th of the month rather than including them with your claim. This allows our office enough time, once claims are processed for the previous month, to update records before new claims start to arrive.
- CEFs must be updated annually. Check KidKare for children whose enrollment expiration dates are approaching.
- If you're still submitting manual claims, consider switching to online for fast, simple, secure monthly claiming. Add direct deposit to receive fast reimbursement and save trips to the bank! Save trips to the post office for most claim documents, as only CEFs and Kindergarten forms need to be sent to the Colorado office via mail or email.
- Don't forget to serve and record at least one whole grain-rich food item per day. Otherwise, the lowest reimbursement meal with a grain will be deducted.
- Notify your field representative and update your calendar when you will be closed (prior notice). If your field rep attempts an in-person site visit during a scheduled mealtime and is unable to complete the visit because prior notice was not given, Wildwood is required to disallow reimbursement for that meal.

**\*The last day Wildwood can receive original WY & CO August claims for processing is October 26, 2023.**

**\*The last day Wildwood can receive original WY & CO September claims for processing is November 24, 2023.**

### Menu Tips:

- Sausage and bacon are not creditable on the CACFP, but they can be served as "extra food" in addition to a creditable meal.
- Ranch dressing is not food. Neither is cream cheese.
- 2% milk is not creditable for any age child in the CACFP. If you are unable to find 1% milk at the grocery store for your children age 2 and up, opt for skim instead.
- Some foods like leafy greens, cottage cheese and tofu require a larger size portion than other vegetables and meats/meat alternates. On the other hand, dried fruit requires a smaller size portion than fresh or frozen fruit.

## 2023 Training must be completed by September 30

The new training year begins October 1. Watch for new courses on CN Labels and more in the coming months.

### Often-Missed Questions on Wildwood Training:

All providers must complete training annually in Civil Rights, Nutrition and Program. Providers may take training courses developed prior to 2023, and they also may take courses they've taken before as long as they don't take the same training more than once in a single training year.

Here are some questions that have stumped providers recently in Wildwood's training courses:

#### Understanding Food Labels (2019)

Q: USDA funded programs, like CACFP, are required to serve only U.S. grown foods.

A: True. Country of Origin is required to be included on food labels, especially for U.S. Customs and Border Protection for imported foods. Bear this in mind when shopping at the grocery store. Produce and frozen fish are the most likely foods to be sourced from outside the United States.

#### Healthy Snacks From A-Z (2021)

Q: Yogurt cannot have more than \_\_\_ grams of sugar per 6 ounces.

A: 23 grams. Yogurt is limited to no more than 23 grams of sugar per 6 ounce serving. CACFP meal pattern requirements also state that ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce. This includes oatmeal.

#### Nutrition Made Easy (2022)

Q: What type of fluid milk is required for 2-5 year olds? (excluding children who receive breast milk)

A: Skim or Low-fat Milk. Milk for 2-5 year olds also must be unflavored. Here are some important reminders about milk in the CACFP:

- Fluid, drinkable milk is the only food item in the Milk category
- Milk is required at Breakfast and Lunch/Supper
- The minimum required portion of milk for the age of the child must be served at the start of the meal
- Infants less than one year old must be served breastmilk or formula, not cow's milk
- Children between the ages of 1 and 2 must be served unflavored whole milk
- 2% milk is not allowed in the CACFP for any age child
- Flavored 1% or skim milk is only allowed for children ages 6 and older
- Only certain types of milk are creditable, and they all must meet the nutritional content standards for cow's milk

Free online training is available on Wildwood's website at [www.wildwoodonline.org](http://www.wildwoodonline.org). From the homepage, click **CACFP | Child Care Homes | FREE Online Training**. Password is milk2014. Complete the training and test online or on paper. Wildwood will provide a certificate for scores of 80% or higher.

