

September is Whole Grains Month

When you hear the words "whole grains," hopefully you think about how one whole grain-rich item must be served per day in the CACFP. Some easy WGR items include ready-to-eat Breakfast cereals like Kix, Frosted Mini Wheats, Chex and Cheerios; crackers like Wheat Thins, Triscuits or Teddy Grahams; and items that are 100% whole wheat like bread or pasta. When you think about grains, it is also important to remember that this component is measured in ounce equivalents and that different portion sizes are required for different meals and different age children. Two great reference tools are Wildwood's free training **Using Ounce Equivalents for Grains** (visit www.wildwoodonline.org and go to CACFP | Child Care Homes | FREE Online Training, then use the code "milk2014") and the excellent handout **Identifying Whole Grain-Rich** (visit www.wildwoodonline.org and go to News | Child Care Resources).

September is also Better Breakfast Month and National Self-Care Awareness Month. Continue reading in this newsletter for recipes, crafts and tips. Enjoy back-to-school and cooler weather, and don't forget about Whole Grains Month!

Back-to-School Crafts



Make this adorable pencil vase using an empty tin can, pencils, ribbon and a glue gun.



Yarn-wrapped letter bookmarks help young readers keep their place with style. Use small wooden letters, jumbo craft sticks, yarn and clear tacky glue. Embellish with acrylic paint, small paper flowers, foam decorations or stickers.



Make these apple stress balls using green and red balloons, green felt, a small funnel and any sensory-friendly fillers like flour, rice or sugar.

Reminder About Updating Calendars

Remember to 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.

Events in September

- September 5 - National Cheese Pizza Day
- September 12 - National Ants on a Log Day
- September 13 - National Kids Take Over the Kitchen Day
- September 16 - National Cinnamon Raisin Bread Day
- September 18 - National Cheeseburger Day
- September 19 - Talk Like a Pirate Day
- September 20 - National String Cheese Day
- September 23 - Autumnal Equinox
- September 25 - National Quesadilla Day
- September 26 - National Pancake Day

Baked Egg Rolls

This kid-friendly snack is fun to eat and make. Dough is wrapped around a mixture of lightly seasoned ground turkey, green cabbage and carrots.

Recipe comes from the Institute of Child Nutrition at

<https://theicn.org/cnrb/recipes-cacfp-homes/>



Ingredients:

- medium skillet
- baking sheet
- parchment paper
- nonstick cooking spray
- 13 ounces ground turkey, fresh or frozen, raw
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1/2 teaspoon garlic powder
- 2 1/2 cups green cabbage, shredded
- 2/3 cup carrots, peeled and shredded
- 1 large egg
- 1 teaspoon water
- 6 wonton wrappers, 1 oz each

Directions:

- Preheat oven to 425 degrees.
- Coat skillet with nonstick cooking spray. Add ground turkey, salt, pepper and garlic powder. Brown turkey on medium high heat for 8-10 minutes. Stir frequently. Heat to 165 degrees or higher for at least 15 seconds.
- Stir in cabbage and carrots. Lightly saute for 2 minutes, remove from heat and cover. Let cool for 20 minutes.
- Make egg wash by whisking together egg and water.
- Place 1/2 cup turkey-vegetable mixture on the center of each wrapper.
- Carefully roll each filled wrapper.
- Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray.
- Brush egg wash over the top and on all the sides of each egg roll.
- Bake for 20 mins. Heat to 140 degrees for at least 15 seconds.
- Serve.

Servings: 6 * Prep Time: 20 minutes * Cook Time: 50 minutes
One egg roll provides 1 1/2 oz meat/meat alternate, 1/4 cup vegetable, and 1 oz eq grains



CLAIMS

CORNER

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

- Child Enrollment Forms must be updated annually. Avoid interruptions in claiming by sending new/updated CEFs to Sue Crenner BEFORE a child's enrollment expiration date is reached. Check KidKare for children whose enrollment expiration dates are approaching.
- Remember to complete Kindergarten forms for the 2023-2024 school year to show what school each eligible child attends.
- If you're still submitting manual claims, consider switching to online! Online claims are fast, easy and secure. Add direct deposit to receive fast reimbursement and save trips to the bank!
- 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.
- 2023-2024 reimbursement rates went into effect July 1, at the same time the waiver allowing all home providers to be reimbursed at Tier 1 rates ended. New reimbursement rates are listed below. Providers who did not qualify for Tier 1 reimbursement, by census or by neighborhood school free/reduced meal percentage, were contacted by email and given the opportunity to see if they would qualify based on income. Thank you for your patience as Wildwood has navigated reimbursement rate changes for 2023/2024.

2023-2024 Child Care Home Reimbursement Rates

Meal	Tier 1	Tier 2
Breakfast	\$ 1.65	\$.59
Lunch/Dinner	\$ 3.12	\$ 1.88
AM/PM Snack	\$.93	\$.25

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

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

Menu Tips:

- Snack foods like potato chips and veggie straws are not creditable. They are also high in salt and fat.
- Peanut butter and other nut butters may only account for 1/2 of the meat/meat alternate at Lunch/Supper. Consider supplementing with string cheese, yogurt or an egg to fulfill the remainder of the meat/meat alternate component.
- Oatmeal is whole grain-rich and an excellent choice at Breakfast. However, it must adhere to the low sugar requirements for all ready-to-eat cereals, so it must contain no more than 6 grams of sugar per dry ounce.

Often-Missed Questions on Wildwood Training:

All providers must complete annual training in Civil Rights, Nutrition and Program. Feel free to take additional training, as all Wildwood courses have been approved to count toward state licensing requirements in CO and WY. Note that 2023 training must be completed by September 30, and the 2024 training year begins October 1.

Here are some questions that have stumped providers in recent online training:

Why Eat Breakfast? (2021)

Q: Serving vegetables instead of fruit for breakfast is a great way to add variety to meals and help children eat more vegetables.

A: True. One of the three required components at Breakfast is a fruit and/or vegetable. Studies show that children consume more fruits than vegetables outside of child care, so serving more vegetables during the child care day will help children get more vitamins, minerals and fiber with less sugar. Did you know that Breakfast is the only meal where the CACFP allows a combination of fruits and vegetables, in the correct portion size, to be served as one component?

Healthy Snacks From A-Z (2021)

Q: Serving fresh vegetables with a dip may entice children to try them.

A: True. Although the dip itself may not be creditable on the CACFP (remember that "condiments are not food"), it may encourage children to try a vegetable they would not otherwise eat. Increase the nutrients in your dips by using nonfat yogurt instead of sour cream or by serving nutrient dense dips like hummus, spinach dip or guacamole.

Nutrition Made Easy (2022)

Q: Non-grain-based flours are creditable with or without being whole grain or enriched, such as tapioca, potatoes, and vegetable flours.

A: False. "All grain products must be made with whole grains and/or enriched flour or bran or germ, to be creditable based on the combination of grains and flour in the product." The CACFP requires that one grain item per day be whole grain-rich, meaning that at least half of the grain ingredients in the food must be whole grain. However, all creditable grain components must be made with whole or enriched grains.

Free online training is available on Wildwood's website. 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.

This institution is an equal opportunity provider.