

May is National Mental Health Awareness Month

Mental Health Awareness Month focuses on bringing tools, resources and education to the general public. Although mental health is gradually becoming destigmatized with apps like Calm, TalkSpace and BetterHealth and with Employee Assistance Programs that include a mental health component, there is still a long way to go. It can be difficult to recognize that there is an issue that needs addressing because mental wellbeing is not readily visible and can be difficult to define. Mental health includes social, emotional, behavioral and psychological wellbeing and impacts our thoughts, feelings and actions. When we have positive mental health, we are better able to handle stress, and we are more productive and often happier. Remember that overall wellbeing includes eating well, getting plenty of exercise and fresh air, having regular checkups for vision, medical and dental care, and caring for your emotional and mental wellbeing. Here are some great resources to check out:

- [Mental Health America](https://www.mentalhealthamerica.net)
- [nami.org](https://www.nami.org)
- [mentalhealth.org](https://www.mentalhealth.org)
- [National Institutes of Mental Health](https://www.nimh.nih.gov)

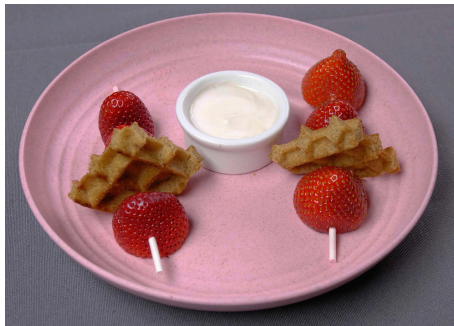
Other month-long celebrations in May include Skin Cancer Awareness Month, National Bike Month, National Asparagus Month, National Strawberry Month, National Salsa Month, National Salad Month, National Egg Month and National Barbecue Month. Continue reading in this newsletter for resources and tips to help you be successful in the food program!

Strawberry Waffle Kebabs

Courtesy of theicn.org [recipe box](#)

Age Group: ages 3-5 * Serving Size: 2 kebabs

Credits as 1/2 c fruit, 3/4 oz eq meat alternate and 1/2 oz grains



Ingredients:

3/4 cup Greek yogurt, non-fat, vanilla
1 tbsp maple syrup

3 waffles, frozen, whole grain-rich (at least 34 g or 1 oz each)
3 cups (36) strawberries, fresh, whole, stems removed

Directions:

Gather 12 sticks for kebabs

In a small bowl, combine yogurt and maple syrup. Whisk until well-blended.

Lightly toast waffles for 3-4 minutes. Cut each waffle into 4 triangles.

Build kebabs: 3 strawberries and 1 waffle triangle.

Serve 2 kebabs with 1/8 cup (2 tbsp) of maple-yogurt dip.

Wildwood Announcement

To All Wildwood Providers:

Wildwood has been a sponsor of daycare homes since 1981. We have offered our services to home providers across the states of Colorado and Wyoming, and some of our employees have been with us for over 35 years!

The pandemic was the most challenging time for Wildwood during my tenure with the company -- but we all figured out how to make it work and keep the children fed. Since the pandemic, we have found it increasingly difficult to hire and retain talented staff.

After much consideration and conversations with the Wildwood Board, we have decided to close Wildwood. Please know that this was not an easy decision, and we are working hard to make sure you will be able to continue claiming on the Child and Adult Care Food Program.

Let me outline the timeline and, hopefully, answer some of your questions.

- Wildwood will process all April and May claims for Colorado and through June for Wyoming.
- You will be receiving a letter from the Colorado Department of Public Health & Environment (CDPHE) and Wyoming Department of Education (WDE) confirming this information and outlining some of the Sponsor options you have going forward.
- You will have time to talk to the sponsors and determine what is the best fit for you and your business.
- Weekly or biweekly, we will communicate updates to keep you as informed as possible.
- Wildwood is working closely with CDPHE, WDE and the USDA Regional Office to make this transition as easy and seamless as possible.
- Should the three current Colorado sponsors not be able to cover the area in which you reside, CDPHE is looking at expanding the sponsorships in the state. WDE is working to identify and approve sponsors for Wyoming.

It is with truly mixed emotions that we have made this decision. We will stay in communication with all of you to help answer your questions. Thank you for being part of our community.

Sincerely,

Kati Wagner
President

***The last day Wildwood can receive original WY & CO April claims for processing is June 25, 2024.**

***Please submit your May claim as soon as possible so Wildwood can pay you promptly.**



CLAIMS

CORNER

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

- Contact Sue (sue@wildwoodcacf.org, 303-730-0460) immediately if you find mistakes with your claim. Don't wait months if you see an error that might result in higher reimbursement, as Wildwood has only 60 days from the claim month to reprocess claims.
- Renew/update Child Enrollment Forms annually. Send new or updated CEFs to Sue by the 25th of the month to allow time to update records before the start of a new claims month.
- Submit claims by the 5th of the month for on-time processing and payment. Claims received after the 5th of the month will be marked late and will be processed the following month.
- If you're still submitting manual claims, consider switching to online. Pair with direct deposit for fast, secure claim submission and reimbursement.
- When a child is no longer in your care, Wildwood recommends waiting until at least the end of the claim period to withdraw them in KidKare.
- Give Wildwood prior notice by updating your calendar and notifying your field representative or the Colorado office when you will be closed. 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 must disallow reimbursement for that meal.

O Teenage Metabolism, Where Art Thou?

(to celebrate National Limerick Day on May 12)

When I was a teen, I would munch
My way through the whole Sunday brunch
I'd destroy that buffet
Then as we walked away,
I would ask my poor mother "When's lunch?"

Events in May

- May 4 - National Orange Juice Day
- May 9 - National Lost Sock Memorial Day
- May 10 - National Provider Appreciation Day
- May 12 - National Limerick Day
- May 13 - National Fruit Cocktail Day
- May 20 - National Quiche Lorraine Day
- May 22 - National Vanilla Pudding Day
- May 28 - National Hamburger Day



Often-Missed Questions on Wildwood Training:

All Wildwood providers are required to complete annual training in Civil Rights, Nutrition and Program. Here are some questions that have stumped providers recently in Wildwood's training courses:

Milk Allergy in Children (2017)

Q: Cross-contamination during food preparation is a way to unexpectedly be exposed to milk.

A: True. While it might seem like the provider can just keep surfaces and utensils clean to avoid cross-contamination, foods can be exposed to milk during preparation and production in restaurants and via boxed/canned food as well. For example, food products can be manufactured on equipment shared with milk, some deli meats contain casein as a binder, and processed foods labeled "milk-free" or "nondairy" might contain milk protein. Be aware of food allergies in the children you care for, and read food labels carefully.

Understanding Food Labels (2019)

Q: There are eight allergens required on the ingredient label if they are contained in a food.

A: True*. The FDA requires that the following eight major food allergens be included on food labels: eggs, milk, wheat, peanuts, tree nuts, fish and shellfish. Food manufacturers may choose to include the food allergen in parentheses following the common or usual name of the food source if the name isn't listed elsewhere. For example, a label might say "enriched flour (wheat)" in the list of ingredients. *Note that, as of 2021, sesame became the ninth major food allergen, and as of January 1, 2023, sesame is required to be labeled as an allergen on food packages including dietary supplements.

To access FREE training, visit Wildwood's homepage and click **CACFP | Home Child Care | FREE Online Training**, and use the password **milk2014**. All trainings have been approved for state licensing requirements in CO and WY.



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