

Southwest eNews

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Dear Providers,

Southwest would like to wish everyone a Merry Christmas, Happy Hanukkah and Happy Kwanzaa this Holiday Season!! Here are your notes for December:

1) Food insecurity in Texas this Holiday Season

The U.S. Department of Agriculture (USDA) defines food insecurity as a lack of consistent access to enough food for an active, healthy life, and also points out that, “It is important to know that hunger and food insecurity are closely related, but distinct, concepts. Hunger refers to a personal, physical sensation of discomfort, while food insecurity refers to a lack of available financial resources for food at the level of the household.”

1 in 8 Texans experiences food insecurity.

In Texas, 13% of Texas households — 1 in 8 Texans — experience food insecurity. That’s 1.4 million Texas households and nearly 4 million individuals. Texas is one of just 9 states with higher food insecurity than the national average. ([Read More](#)) | ([Find your Local Food bank](#)) | ([Donate](#))

2) Webinar - Ask Us Anything: Holiday Menu Planning from Cacfp.org

Holiday Menu Planning in the CACFP? Yes! Healthy and Festive. Looking for ideas to replace traditional holiday sweets and treats with healthy and nutritious foods? Want to learn more about what #CACFPcreditable Holiday meals look like among different cultures? Join us for a FREE half-hour session on Thursday, December 9th at

2:00 pm EST. **Register by Wednesday, December 8th to secure your spot!**

Once registered, you will be sent a confirmation email and an email directly from Zoom with the link to join us on December 9th. Be sure to save that email and add it to your calendar. Attendees can earn .5 hours of continuing education credits following the completion of this training.

Register [here](#) today!

Note: Times displayed are Eastern. Please adjust for your time zone. 270344

3) Multicultural Child Care Recipes

The 40 recipes in this Team Nutrition collection will add the flavors from different cultures and regions to child care menus. Available in yields of 6, 25, and 50 servings. Download them in English and Spanish. See also: Child Nutrition Recipe Box at the [Institute of Child Nutrition](#). For all the recipes [Click Here](#) .

2022 Calendars are now Available! [Click Here](#) to order yours. Supplies are limited! (Only One Per Household)

[Covid-19 Resource Page](#)
[COVID-19 Vaccination Hub](#)

Food Program Resources:

Visit our Website at www.swhuman.org

[Click Here](#) to connect with us on Facebook!

[CACFP Crediting Handbook](#)

[CACFP Reimbursement Rates](#)

[Income Standards For Determining Program Eligibility](#)

[WIC Eligibility Information](#)

[Annual Training - Online Portal](#)

[Infant Feeding Guide Order Form](#) or [Click Here](#) to view PDF.

[Feeding Infants Using Ounce Equivalents for Grains \(Flyer\)](#)

[Using Ounce Equivalents for Grains in the Child and Adult Care Food Program \(Flyer\)](#)

Interested in Direct Deposit? [Click Here](#)

[Provider Handbook \(Español\)](#) | [Annual Training Packet \(Español\)](#)

[Help with Scantron Forms](#)

[Click here for Upcoming Workshops](#)

Due to Covid-19 all Workshops have been cancelled until further notice. In order to complete your training visit our [Online Training Portal](#) or ask your monitor for over the phone training!

News From [Cacfp.org](#):

Snack Attack! Here are some [#CACFPCreditable](#) snacks to try out on your next grocery trip:

Carrot, raisin, pineapple coleslaw

Strawberry and spinach salad

Chicken noodle soup

Mashed rutabaga and meatballs

Blueberry muffin and orange wedges

Find more creditable snack ideas at [cacfp.org/recipes-menus/creditable-foods-blog](#)

Take some time today to reflect on what a difference you make in others' lives every day! Find more motivation moments at [cacfp.org/motivation-posters](#).

Get ready for [#Hanukkah](#) as it begins on Sunday evening and runs through December 6! Download free [#CACFP](#) activity pages here: <https://bit.ly/3DR10yh>

Latest from [Tom Copeland](#):

[How Can You Distribute Your Marketing Materials?](#)

[How to Say “No” to a Prospective Client](#)

[Stabilization Grants and New Tax Changes for 2021: Webinar Recording](#)

Squaremeals.org:

[Click Here](#) for the latest CACFP Insight Newsletter from Squaremeals.org. (Published Periodically)

Team Nutrition:

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the child nutrition programs through training and technical assistance for food service, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

[Team Nutrition Resources for Child Care](#)

Institute of Child Nutrition:

Mealtime Memo:

Mealtime Memo for Child Care offers information for child care providers participating in the Child and Adult Care Food Program, focused on good nutrition for young children.

[Click here for the latest issue!](#)

Mystery provider: Every Month there will be a provider ID hidden in this email somewhere. If you find your 6 digit ID call or email us and we will send you a prize!!

Yahoo Email Users:

Yahoo.com will occasionally block our mail server from receiving your emails. If you have a yahoo email account and have noticed we are not receiving your submissions, please use our alternate email address swhumandev@gmail.com. Also if you have a non-yahoo alternate email address please call 1-800-369-9082 or send the new address to emailupdate@swhuman.org

Our email campaign is designed to help keep our providers up to date with any news, changes or any unforeseen payment delays. If your email changes please send us the update at emailupdate@swhuman.org.

[USDA Nondiscrimination Statement](#)



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