

[Click Here for your December Training Module](#)

What is the best way to send you forms to us? Email them to forms@swhuman.org in the biggest allowable size. PDF or JPG preferred. Make sure you write your Name and Provider ID# on all Medical Statements sent to the office. If you email forms to us you don't need to mail them as well. If you use a yahoo, att or aol email address please send all correspondence and forms to swhumandev@gmail.com

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) Scantron Forms are being Phased Out

We have some news from Minute Menu. They have informed us that they have cancelled their contract with Scantron and after their next Major Update Scantron Forms will be phased out. If you claim on forms you still have some time. We expect this will not occur for one maybe two years although technically Minute Menu could roll it out tomorrow if they want. Another issue is that since they cancelled their contract we can no longer order any more stock so this transition will happen once Minute Menu decides or we run out of stock in the Austin Office whichever comes first.

We encourage everyone still claiming on forms to have a look at KidKare the online claiming utility. You can do your claim on any device that connects to the internet and has a web browser. There are no apps to install and its as easy as ordering off Amazon on your phone. We will be sending a KidKare Handbook with your Username and Password next time you order more forms or you can call the Austin Office at 1-800-369-9082 and request it today! [Download the Handbook Here](#)

2) What is Food Insecurity?

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. [Learn about Hunger in Texas](#) | [Find your Local Food Bank](#) | [Donate](#)

3) KidKare - CACFP Menus E-Book

The creation of a CACFP menu is not easy!

Nutrition and menu planning are often the most challenging tasks providers must to face. The food industry constantly changes, new products come out, and there’s an increasing demand for healthier options. There are so many factors that go into creating a creditable CACFP menu that it can be difficult to determine what goes on it.

With the help of our providers, we’ve gathered a nice helping of advice and creative meal suggestions just for you.

Download our CACFP menus e-book! [Fill out the Form](#)

The New 2023 NCA (cacfp.org) Calendar is available to Order!

This years theme is Counting Animals! Each month highlights CACFP meal patterns, best practices, snack suggestions as well as healthy recipes, nutrition tips, and table and physical activities. In addition to this valuable nutrition education resource, each month's calendar page has oversized squares for recording important events. The Nutrition Calendar & Record-Keeping System has additional pages each month

for business recordkeeping. [Click Here](#) to order yours today! | [Click Here](#) for the 2023 Calendar Training Module. 150811

[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.

[Ounce Equivalents for Grains](#)

[Ounce Equivalents for Grains \(Infants\)](#)

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

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

[Getting Started with Kidkare](#)

[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](https://www.cacfp.org):

We love seeing inspiration like this! This adorable [#CACFPCreditable](https://www.cacfp.org) meal comes from Tanya Kremin at Children's Place in Oswego NY. These jellyfish use whole grain pita bread, turkey and cheese, and were served with mixed veggies, orange slices and fish-shaped cracker garnish.

Looking for more adorable inspiration? Or maybe just a safe space to ask questions and share ideas? Follow the link to join our private group: CACFP Community: Meal Patterns, Recipes, Resources & More for Child Care.

<https://buff.ly/3CUsl9P>

Activity Inspiration: Solar System Stomp!

Somewhere in a galaxy far, far away there may be children who are entertained by quiet, uncreative activities, but not here on earth! Enjoy this Solar System Stomp game to help keep your CACFP participants from transforming into aliens right before your eyes.

<https://www.cacfp.org/2022/11/02/activity-inspiration-solar-system-stomp/>

Latest from the [Tom Copeland Blog](https://www.tomcopeland.com):

[Throwback Thursday: Tom's Tips for Selecting a Tax Preparer](#)

[Money Monday: Why You Need an Annual Business Plan](#)

[We're Thankful for You!](#)

[Money Monday: Do You Have a Health Reimbursement Arrangement?](#)

[Are You in Texas? Free Business Coaching Available!](#)

[Throwback Thursday With Tom Copeland: What You Need to Include in a Contract](#)

[It's Almost Tax Time - And We're Here to Help!](#)

[New Tax Guides for Child Care Professionals](#)

[New! Tom Copeland DVD on Contracts and Policies Now Available](#)

[Money Monday: Why You Need a Monthly Budget](#)

[Throwback Thursdays with Tom: How to Say No](#)

[Calling All IN Providers: Get Ready for a New Year!](#)

[CO Providers: Are You Eligible for Federal Stimulus Money?](#)

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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