

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

If you use a yahoo email address please send all correspondence and forms to swhumandev@gmail.com

Dear Providers,

This is the time of year for giving and this year we are thinking about and praying for the people in Kentucky who were affected by the record breaking tornado outbreak that occurred on December 10th. If you would like to donate the Governor of Kentucky has set up an [Official Website](#) for giving to help avoid scams. The Austin office will be closed until January 3rd. Southwest hopes every has a Happy Holiday and a wonderful New Year. Here are your notes for January:

1) Article - 6 tips to avoid omicron variant symptoms over the holidays

The omicron variant is here and it's spreading like wildfire through the United States. But experts have some tips to help make sure the variant doesn't catch fire at your holiday gatherings.

CBS News' chief medical correspondent Dr. Jonathan LaPook recently put together a list of mitigation measures that you can take to avoid the spread of COVID-9 around you. 090506

His six tips for staying safe are:

- 1) Get vaccinated (and a booster if available).
- 2) Wear a mask.
- 3) Keep distance between yourself and another person.
- 4) Wash your hands.
- 5) Take COVID-19 tests if you're worried about infection.
- 6) Improve ventilation and air filtration wherever you go.

[\(Read More\)](#)

2) Tom Copeland - How To Get Organized For Your 2021 Taxes

(Webinar)

Here's the recording of my recent webinar, "[How to Get Organized For Your 2021 Taxes.](#)"

The webinar was sponsored by the KidKare online software program.

In this webinar I covered:

- What are the new tax changes for 2021
- What you can deduct as a business expense in 2021 and 2022
- How to enter your business expenses into the KidKare software program
- What information should you give your tax professional
- What key KidKare reports will help with your taxes – whether you do your own taxes or use a tax professional

3) Early Childhood Nutrition Improvement Act

[The Early Childhood Nutrition Improvement Act](#), soon to be introduced by Representatives Bonamici (D-OR) and Herrera Beutler (R-WA), would support healthy nutrition for children in child care by strengthening the Child and Adult Care Food Program (CACFP). The bill:

- allows an additional meal or snack for children in a full day of care, which improves the adequacy of benefits;
- improves reimbursement rate adjustments for child care home providers, making sure reimbursements keep up with the cost of a providing a healthy CACFP meal;
- streamlines participation for parents and providers by moving to annual eligibility for proprietary child care centers;
- maximizes technology to eliminate overly burdensome and outdated paperwork; and
- makes improvements to the serious deficiency process. ([More Info](#))

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:

December is National Pear Month! Have you tried serving pears with cheese? Give it a try with this [#CACFPCreditable](#) recipe from MyPlate. Sprinkle 1/8 cup shredded pepper jack cheese and 1/8 cup shredded mozzarella cheese on half of a whole grain-rich tortilla, along with 1/2 tablespoon dried basil and 1 tablespoon chopped onion. Top with canned pear half, sliced thinly. Fold the tortilla and brush each side with olive oil. Heat in a non-stick skillet until the cheese melts, about 2-3 minutes. One half of a quesadilla provides 1 oz eq. grains and 1/2 oz meat alternate.

[#CACFP](#) Meal Pattern Reminder: Two different vegetables may be served at lunch and/or supper rather than a serving of vegetables and a serving of fruit. This would be a great [#CACFPCreditable](#) holiday meal when served with a glass of milk!

Looking for [#CACFP](#) activity pages for the holidays? NCA members can download, print and share our holiday resources for free at cacfp.org/activity-pages/!

Latest from [Tom Copeland](#):

[End of Year Tax Savings Tips](#)

[Establish a Car Replacement Fund for the New Year](#)

[The Tax Implications of the Child Care Stabilization Grants Video Recording](#)

[When To Say “No” to Enrolling a Child](#)

[Don’t Show Your Love By Spending](#)

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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