

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

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What is the best way to send you forms to us? Email them to [forms@swhuman.org](mailto: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 email address please send all correspondence and forms to [swhumandev@gmail.com](mailto:swhumandev@gmail.com)

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Dear Providers,

The Holidays are upon us and that means Annual Training has been completed and now the Re-Enrollment is Due. If you haven't received your packet and you claim online you can print the packet in KidKare by going to Reports, selecting Worksheet from the first drop-down list and then selecting Enrollment Renewal Packet from the second. If you claim on Paper Forms and you didn't get a packet you can re-enroll any child by using regular enrollment forms or call the office at 1-800-369-9082 to receive another packet. Southwest hopes everyone has a safe and happy Thanksgiving! Here are your notes for November:

### **1) Cacfp.org - Celebrating Head Start Awareness Month**

In recognition of Head Start Awareness Month, Katie Hamm, acting director of the Office of Head Start, reflects on the program's rich history and decades of service. Acting Director Hamm expresses her gratitude to Head Start staff for their hard work and shares her personal experiences with the program. She also encourages each one of us to "share the good news" about Head Start services with family, friends, and their communities this October and year round.

#### **Watch the Video**

Watch the [Celebrating Head Start Awareness Month Video](#) with Katie Hamm.

#### **Related Resources**

Explore related resources on the Early Childhood Learning and Knowledge Center (ECLKC) to learn more.

- [Head Start Awareness Month Digital Toolkit](#)
- [#GetaHeadStart Recruitment Resources](#)
- [Head Start Approach to School Readiness](#)

All ECLKC pages are translated into Spanish. Select the Español button on the top right corner to see the Spanish translation.

## **2) Come to the Table: Bringing Healthcare and Nutrition Together**

Weeks ago, partners gathered at the [White House Conference on Hunger, Nutrition, and Health](#) to forge a future without hunger, diet-related diseases, and health disparities. Building on the momentum, USDA recently hosted Come to the Table: USDA's National [Nutrition Security](#) and Healthcare Summit. More than 200 healthcare, federal, and community leaders came together to advance the conference goals of ensuring all Americans have the resources necessary to eat nutritious foods that support good health. [Click Here to Read More](#)

## **3) RSV in Infants and Young Children**

RSV has been in the news lately and can be dangerous for some infants and young children. Each year in the United States, an estimated 58,000 children younger than 5 years old are hospitalized due to RSV infection. Those at greatest risk for severe illness from RSV include:

- Premature infants
- Very young infants, especially those 6 months and younger
- Children younger than 2 years old with chronic lung disease or congenital (present from birth) heart disease
- Children with weakened immune systems
- Children who have neuromuscular disorders, including those who have difficulty swallowing or clearing mucus secretions

Virtually all children get an RSV infection by the time they are 2 years old. Most of the time RSV will cause a mild, cold-like illness, but it can also cause severe illness such as

- Bronchiolitis (inflammation of the small airways in the lung)
- Pneumonia (infection of the lungs)

One to two out of every 100 children younger than 6 months of age with RSV infection may need to be hospitalized. Those who are

hospitalized may require oxygen, intubation, and/or mechanical ventilation (help with breathing). Most improve with this type of supportive care and are discharged in a few days. [Click Here for More Info](#)

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**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.

**Five 2022 Calendars are still Available! If you would like the Calendar for this current year please call the Austin Office at 1-800-369-9082 to order**

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[Covid-19 Resource Page](#)

[Covid-19 Vaccination Hub](#)

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**Food Program Resources:**

Visit our Website at [www.swhuman.org](http://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 Equivalent for Grains](#)

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

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

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

[Help with Scantron Forms](#)

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## [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! 051200**

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### **News From [Cacfp.org](#):**

We have 100 scholarships available for our one-of-a-kind Power of the Food Program.

Haven't heard of the Child and Adult Care Food Program? Not getting reimbursement for healthy meals you already serve to children or adults in your care during the day or afterschool? Or do you already participate and need a refresher on the meal patterns and new ideas for making your menu planning easier? This one-day powerhouse program is meant for you!

<https://buff.ly/3s5fDcW>

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Tea Towel Giveaway Time! Join our CACFP Community for a chance to win this for your collection. It's not scratch and sniff... but it is a lovely, healthy reminder of October harvest! Already a member? Share our group for others to find us for recipes, menus, meal patterns, and resources.

<https://www.facebook.com/groups/1996224863968026>

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From birthdays to holidays, there can be dozens of parties each year in schools. Check out this guide from [Alliance for a Healthier Generation](#) to keep them as healthy as possible!

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Is the cooler weather settling in where you are? How about some pumpkin and bean soup!

Blend 1 (15 oz) can of white beans, 1 1/2 cups chopped onion and 1 cup of water until smooth. In a large pot, add 1 (15 oz) can of pumpkin, 1 1/2 cups of apple juice, 1/2 tsp cinnamon, 1/8 tsp nutmeg, and salt and pepper to taste. Stir, then add the blended bean mix to the pot and cook on low for 15-20 minutes. Makes six one-cup servings, providing 1/2 cup vegetable and 3/4 oz equivalent meat alternate.

Recipe from MyPlate.

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### Latest from the [Tom Copeland Blog](#):

[Money Monday: Inflation Reduction Act](#)

[Check Out Our Latest Videos!](#)

[Throwback Thursday With Tom: Should You Charge When Kids Don't Show Up?](#)

[Are You Thinking About Growth and Expansion?](#)

[FREE Business Coaching Available](#)

[Money Monday: Documenting Expenses & Grant Spending Strategies](#)

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### Squaremeals.org:

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

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### 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](#)

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## **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!](#)

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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](mailto: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](mailto: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](mailto:emailupdate@swhuman.org).

### [USDA Nondiscrimination Statement](#)

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