

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

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**What is the best way to send your forms to us? Email them to [forms@swhuman.org](mailto:forms@swhuman.org) in the biggest allowable size. PDF or JPG preferred. If you are taking a picture please fill the screen in portrait mode. Please email with no compression. 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](mailto:swhumandev@gmail.com)**

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Minute Menu has informed us that after their next Major Update Scantron Forms will be phased out. We encourage everyone still claiming on forms to have a look at KidKare (The online claiming utility). You can claim on any device that connects to the internet and has a web browser. There are no apps to install. 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 Quick Start Guide Here](#)

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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) How do I withdraw a child in KidKare?**

When withdrawing a child it is best to wait until the last claim they are claimed in has been submitted. You can withdraw any child except a Pending or Residential child. Call the Austin Office at 1-800-369-9082 if you need to withdraw Pending or Residential kids.

In KidKare from the menu to the left, click Home.

- Click My Children.
- Click Filters in the top-right corner and ensure that Active is selected (Blue).
- Click the name of the participant to withdraw. The Participant Information page opens.
- Click Withdraw.
- Click the Choose a Date box and enter the withdraw date.
- Click OK.

## **2) cacfp.org Webinar - Phrases that Help and Hinder: Nudging Children Toward Healthy Eating Habits with Language**

On November 1st, join NCA's Nutrition Education Specialist, Isabel Ramos-Lebron as she joins experts from the National Pork Board to present this webinar that will help create healthy habits.

WEBINAR: "Phrases that Help and Hinder: Nudging Children Toward Healthy Eating Habits with Language"

DATE: November 1, 2023

TIME: 1:00 PM to 2:00PM CT | 2:00 PM to 3:00 PM ET

[Click Here](#) to Register

## **3) Washington Post - Subsidized meals in child care tied to healthier kids and families**

Every day, more than 4.2 million children receive nutritious food and snacks through the Child and Adult Care Food Program (CACFP), a federally funded, state-administered initiative that reimburses child-care centers and home day cares for providing food to eligible kids. A new analysis suggests the program positively affects not just children but also their families, tying subsidized child-care meals to better child health and lower rates of household food insecurity. [Click Here for the Full Article](#)

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## **2024 cacfp.org Calendar is available to Order!**

This years theme is "Exploring our National Parks". 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!

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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 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](#)

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## **[Click here for Upcoming Workshops](#)**

11/4/23 - Farmers Branch TX

1/13/24 - Mesquite TX

3/2/24 - Lewisville TX

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

Congratulations to those who are celebrating their [#CACFPProfessional](#)

certification this month! Are you interested in joining this amazing community? You may already qualify! Find out more at [cacfp.org/certification](https://cacfp.org/certification)

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[#CACFP](#) Best Practice: Serve only lean meats, nuts and legumes.

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It's always a good idea to brush up on [#CACFP](#) best practices. You can find this resource on our website at [cacfp.org/assets/pdf/CACFP+-Best+Practices+cacfp.org](https://cacfp.org/assets/pdf/CACFP+-Best+Practices+cacfp.org)

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Join us in two weeks for this free webinar! We'll explore a selection of winter fruits and vegetables, along with fun and engaging indoor activities to enjoy during the colder months. Register today at [bit.ly/3rIN5cO](https://bit.ly/3rIN5cO)

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One of our most popular sessions from the 2023 National Child Nutrition Conference and the 2023 Virtual Summit is now in our Learning Center! Get motivated and learn how to turn unexpected life events into incredible life lessons with Resilience is Everything: [cacfp.org/resilience-is-everything-2/](https://cacfp.org/resilience-is-everything-2/)

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### **Last Five Posts from the [Tom Copeland Blog](#):**

[Ask Civitas: October 2023 Reader Questions Answered!](#)

[Unlock Your Child Care Business's Potential with the NEW](#)

[#DECALThrivingBusinessAcademy!](#)

[Ask Civitas: September Reader Questions Answered!](#)

[Ask Civitas: August Reader Questions Answered!](#)

[2023-2024 Food Program Reimbursement Rates Announced](#)

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### **Squaremeals.org:**

[CACFP News](#)

[COVID-19 Page on SquareMeals.org Retired](#)

[Click Here](#) for the latest CACFP Insight Newsletter from Squaremeals.org. (Published Periodically) 090020

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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](#)

### **Virtual Training:**

The *Institute of Child Nutrition (ICN)* offers free virtual group training on a broad range of topics for child nutrition professionals working in school nutrition and child care settings. In addition to training sessions at the Institute's headquarters at The University of Mississippi, Virtual training may be requested free-of-charge.

[Virtual Training Sessions Currently Offered](#)

### **Child Nutrition Recipe Box:**

Your resource for USDA Standardized Recipes for Child Nutrition Programs.

[Child Nutrition Recipe Box](#)

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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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