

[Click Here for your October 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 email address please send all correspondence and forms to swhumandev@gmail.com

Dear Providers,

October is here and that means we have started a new fiscal year here at Southwest. All Training for the previous year is in and now we start the Re-Enrollment process. All packets have been mailed out! We wish Everyone a Happy, Safe and Festive Halloween Season. Here are your Notes for October:

1) Your Re-Enrollment Packet is on the Way!

If you don't receive 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 don'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. Due November 3rd!!

If you take a picture or scan your forms please follow these guidelines:

1. Choose a well lit area like a kitchen.
2. Fill the entire screen with each form in landscape mode.
3. Make sure not to cut off any pages numbers at the bottom.
4. Don't forget to get a signature and date for every kid being Re-Enrolled.
5. Keep a copy of your Packet and all Enrollments Forms.
6. Email your forms to forms@swhuman.org

2) TrueFood.tech - A Website that helps compare two of the same type of Food for better Nutrition

What is TrueFood? TrueFood is a research project that unveils the degree of processing of all food products. How does TrueFood work? You choose two similar products and the website will pull up all the Nutrition information that has been provided by the manufacturers. They then identify ingredients and additives, allowing the consumer to compare them. Based on the nutrition facts and machine-learning, TrueFood assigns each product a single score, that varies between 0 (minimally or unprocessed) and 100 (highly ultra-processed) [Click Here to get started](#). Bookmark this site on your phone for easy use in the Supermarket!

3) SquareMeals.org - CACFP Trainer's Tool: Milk Aide

The CACFP Trainer's Tool: Milk Aide is a quick visual reminder of the different milk requirements under the meal patterns in the CACFP. This resource is available in [English](#) and [Spanish](#) and can be found at fns.usda.gov/tn/cacfp-trainers-tool-milk-aide.

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

This year's 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

[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. 100224

[Ounce Equivalents for Grains](#)

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

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:

Following a natural disaster, especially a hurricane, it may become necessary to salvage food. Here are a few tips from the USDA's Consumer's Guide to Food Safety: Severe Storms and Hurricanes. Stay safe out there. 

<https://buff.ly/3Spp1Us>

Refresh your knowledge of CACFP best practices. Serve only lean meats, nuts, and legumes. Limit serving processed meats to no more than one serving per week. Serve only natural cheeses and choose low-fat or reduced-fat cheeses. The USDA developed these best practices and more using the expertise of a panel of nutrition experts to optimize meal time and child nutrition. You've got this!

[#CACFP](#) [#CACFPcreditable](#) [#mealplanning](#) [#menuplanning](#) [#CACFPresource](#) [#USDA](#) [#USDAresource](#) [#headstartresource](#) [#earlyheadstartresource](#) [#childcare](#) [#childcareresource](#) [#daycare](#) [#daycareresource](#) [#preschool](#) [#preschoolresource](#) [#daycaremenu](#) [#preschoolmenu](#) [#headstart](#) [#earlyheadstart](#) [#childcaremenu](#) [#freeresource](#)

We are so grateful to have spent the last day learning about the National Strategy on Hunger, Health and Nutrition and engaging in conversations to help bring it to fruition. Nevertheless, while our minds were all-in, our hearts were in Florida and continue to be with those who were in the path of hurricane Ian. We are grateful that food supply and food economy during natural disasters was specifically mentioned as an area for development.

For the CACFP community in Florida, especially those providers whose livelihoods are disrupted and those participants who may miss meals, our hearts are with you.

October is National Pumpkin Month. 🍂 Fill up in the morning with this cozy and [#CACFPcreditable](#) oatmeal from our new Harvest Cycle Menu. One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.

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

Is almond milk reimbursable in the CACFP? Whether it's for a dairy allergy or a dietary preference, plant-based milks are on the rise! We've got you covered with all the details on this question in our thirteenth [#mealpatternminute](#). [Click Here for Video](#)

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

[How Low Can You Go? Why You Might Want to Show More of a Profit on Your Tax Return](#)

[Third Quarter Estimated Taxes Due September 15](#)

[Your Employees Can Earn You Tax Credits](#)

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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