

Southwest eNews

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[Online Annual Training Module](#)

Dear Providers,

Happy New Year to Everyone! We hope everyone had a Happy and safe Holiday. Here are your notes for January:

1) How do I access my 2024 Tax Reports?

In KidKare you can download it by Clicking Reports, then Claim Statements and then Tax Report, Select Year then hit Run. If you need a physical copy emailed or mailed to you call the Austin office at 1-800-369-9082 or email info@swhuman.org

2) What is Whole Grain Rich?

For the monthly training this month we are doing a refresher on Whole Grain Rich Foods! The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain. Ready to do the training? [Click](#)

[Here](#). Remember to [toggle your Whole Grain Rich food](#) for at least one meal for each day to keep from getting disallowed in KidKare.

[Identifying Whole Grain Rich Quick Reference Guide](#)

3) New swhuman.org Upload feature!

If you use a yahoo, aol or sbcglobal email address and have trouble with SHDS receiving your emails and forms you can use our alternative email address swhumandev@gmail.com or you can use the new File Upload function on our website's Contact Us page. Just go to swhuman.org click the Contact Us link, fill out the form and select up to 10 PDF or JPG files to upload and click the Submit button.

2025 cacfp.org Calendar is available to Order!

This years theme is "Curiosity and the Cat". 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](#) to download the Calendar Training Module.

Food Program Resources:

Visit our Website at www.swhuman.org

[Click Here](#) to connect with us on Facebook!

[Online Annual Training Module](#)

[Annual Training Packet \(Español\)](#)

[Direct Deposit Form](#)

[CACFP Crediting Handbook](#)

[CACFP Reimbursement Rates](#)

[Income Standards For Determining Program Eligibility](#)

[WIC Eligibility Information](#)

[Infant Feeding Guide](#)

[Ounce Equivalents for Grains](#)

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

[Provider Handbook \(Español\)](#)

[Getting Started with KidKare](#)

[Best way to send Forms to Southwest](#)

[Click here for Upcoming Workshop Details](#)

Feb 20th - Dallas

Mar 27th - Mesquite

Latest From Cacfp.org:

Children under the age of 4 are at high risk of choking while eating. Join us on

January 16 to identify common food-related choking hazards and learn effective prevention strategies. This webinar is free for NCA members and \$12 for non-members. [Click the link](#) to register today!

Need a warm, comforting meal that you can whip up quickly? Try out Creamy Chicken and Noodles from our 2024 #CACFP Nutrition Calendar and Training Program.

In a large saucepan over medium heat, add 1 (10.5 oz) can condensed cream of chicken soup, 3/4 cup milk, 1/4 cup Parmesan cheese and pepper to taste. Mix until well combined and hot. In a bowl, place 1/4 cup of cooked wide egg noodles, 1 1/2 oz eq of cubed cooked chicken and 1/4 cup of the sauce. This recipe makes 6 servings for ages 3-5 and credits for 1 1/2 oz eq meat/met alternate and 1/2 oz eq grains.

Celebrate the winter season! Check out our free activity page for craft and recipe ideas that you can do with the children or adults in your care. [Download link](#)

Have you heard Ernie's breakfast song? "Breakfast gives me energy to play! Wakes me up from head to toe, it even helps my body grow." Help kids get a great start to their day with [Bert & Ernie's Balanced Breakfast](#).

Yoga is a great way to keep kids active inside. For a fun way to do yoga, try rolling the dice on what pose to do! You can assign a pose to each number and the children will take turns rolling the dice to determine what everyone will do. For example, 1 is the bow pose, 2 is the tree pose, 3 is the cat pose, etc. For some ideas on poses you can do, [check out our free activity page!](#)

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

[How to Deduct a Fence for Your Business](#)

[10 Record-Keeping and Tax Tips for New Child Care Providers](#)

[Ask Civitas: October 2024 Reader Questions Answered!](#)

[Understanding the Tax Implications of State and Federal Grants for Family Child Care Providers](#)

[Can You Deduct 100% of Your Car Expenses by Adding a Business Sign on Your Vehicle?](#)

Squaremeals.org:

[CACFP News](#)

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

(Published Periodically)

Team Nutrition:

[Family Style Meal Service with Children in the CACFP](#)
[Growing a Healthier Future with the CACFP Infographic](#)
[Mealtimes With Toddlers in the CACFP](#)

[Team Nutrition Resources for Child Care](#)

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.

Institute of Child Nutrition:

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](#)

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](#)

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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