

## [Click Here for your September 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 with no compression. PDF or JPG preferred. If you are taking a picture please fill the entire 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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Dear Providers,

Seems like cooler weather is here early! Kids are back in school so with your September claim please resume marking excuses for AM Snack and Lunch again if school aged kids are present at those meals. The deadline for Training is 9/30/24 so if you receive a letter from us please get it to us asap. Here are your notes for September:

### **1) 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!

### **2) Re-enrollment is being sent out at the end of the Month!**

Its its Re-Enrollment Time again. Please withdraw any kids you don't plan on reenrolling so they don't show up on your packets! Each Child requires a Parent Signature and a 10/1/24 Date in order to be Re-Enrolled. Children Enrolled in September are Automatically Re-Enrolled since they have the same 9/30 expiration dates as everyone

else. The packets are due back November 3rd. Email it to [forms@swhuman.org](mailto:forms@swhuman.org) as soon as its complete. If you mail it in **please make a photocopy for your records**. Please DO NOT send your Re-Enrollment ahead of time. Wait until you receive the packet and then submit it.

### **3) From cacfp.org - September is National Whole Grains Month!**

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. Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets AT LEAST ONE OF THESE SIX METHODS, described below, it is considered whole grain-rich. Here's a quick guide to some terms that you'll run into when we're talking whole grain-rich in the [#CACFP. Download the full eight-page guide!](#)

### **4) From TDA - Free Vegetable and Fruit Snack Menu Ideas**

The Association of State Public Health Nutritionists (ASPHN) created Vegetable and Fruit Snack menus to make it easier to plan and provide healthy snack options for children! Explore over a dozen culturally diverse snack menu options [here](#).

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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!

[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 Order Form](#) or [Click Here](#) to view PDF.

[Ounce Equivalents for Grains](#)

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

[Provider Handbook \(Español\)](#)

[Getting Started with KidKare](#)

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## [Click here for Upcoming Workshop Details](#)

Nov 4th - Farmers Branch

Nov 12th - Waco

Feb 20th - Dallas

Mar 27th - Mesquite

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### Latest From [Cacfp.org](#):

It takes all of us to advocate for improvements to the [#CACFP](#). We support increasing reimbursement rates by 10 cents and the elimination of tiering in family day care homes. If you feel the same way, make your voice heard on [#TakeActionTuesday](#). [Click Here](#)

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Starting October 1, 2025, yogurt sugar limitations in the [#CACFP](#) will be updated to no more than 12 grams of added sugars per 6 ounces. Get a jump start on learning this new regulation by joining USDA Team Nutrition for a free webinar on Thursday, September 19 at 2 pm Eastern or 3 pm Eastern for the Spanish webinar. [Registration link](#)

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September 4 is National Spice Blend Day - here's an Italian seasoning blend that you can use for this chicken & veggie sheet pan recipe. All you need is 4 tbsp dried oregano, 2 tbsp dried basil, 2 tbsp dried rosemary and 2 tbsp dried thyme. Easy and a great way to add flavor to your dishes! [Click Here for Recipe](#).

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National Hispanic Heritage Month begins on September 15, so we're hosting a

free webinar to prepare you for the celebration! Discover new recipes and learn the history behind beloved cultural dishes when you join us next week.

[Registration link](#)

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

[Key Considerations When Buying Family Child Care Business Liability Insurance](#)

[Starting Your Family Child Care Business: A Guide for New Providers, Part III](#)

[Starting Your Family Child Care Business: A Guide for New Providers, Part II](#)

[Starting Your Family Child Care Business: A Guide for New Providers, Part I](#)

[5 Ways to Rescue a Faded Receipt for Child Care Providers](#)

[Don't Panic! How to Get More Time to File Your U.S. Individual Income Tax Return](#)

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### **Squaremeals.org:**

[CACFP News](#)

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

(Published Periodically)

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### **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](#)

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[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.

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## 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](#)

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### 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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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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