

T & T Tutor World, Inc. Newsletter

December 2025

Holiday Wellness Corner

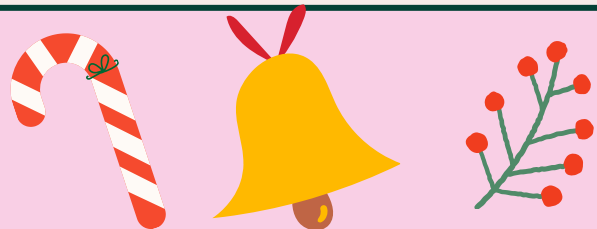
December gets busy and overwhelming fast. This is your reminder to take care of yourself too. Step outside for a moment of fresh air. Drink some water. Stretch. Say no to anything that drains you. Your wellbeing matters just as much as the work you do.



Gala 2026

The countdown has officially begun. We're celebrating **45 years** of service on Saturday April 18, 2026 at the beautiful Francis Marion Hotel in Charleston, SC. This is going to be a weekend you do not want to miss. Bring your friends and family and turn it into a full Charleston getaway. Registration is open and these seats will move fast. Grab the early bird special while it lasts.

If you're joining us, click [here](#) to register.



Upcoming Events

Jan 28, 2026: Meal Pattern
Training

Feb 25, 2026: Recordkeeping
Training

March 25, 2026: Civil Rights/
Serious Deficiency Training



Festive CACFP Friendly Menu Ideas

Here are a few warm and cozy menu ideas your children will love. Each recipe includes options for 6 servings (perfect for homes) and 25 servings (great for centers).

Baked Cinnamon Apples

A warm and comforting winter fruit dish that works for breakfast or snack.

6 Servings 25 Servings

Spiced Oatmeal

Cozy cinnamon oatmeal that fits perfectly into a chilly December morning.

6 Servings 25 Servings

Turkey and Veggie Soup

A hearty bowl of winter comfort.

USDA offers a 25-serving version of the turkey and veggie soup, but there is not a direct 6-serving version for family child care homes. Home providers can still use the USDA and ICN soup resources to scale the recipe down or substitute using similar ingredients.

Center-sized soups (can be scaled down as needed):

25/50 Servings

If you make one of these or create your own festive plate, send us a photo. We love featuring provider meals in our newsletters.

Provider Voices:

T&T Tutor World, Inc. has truly brought my culinary journey to life with their thoughtfully curated menu, offering a delightful array of meats and vegetables that excite the palate. Ms. Glenda brightens my day whenever she visits, her genuine kindness shining through as she asks, "How can I assist you today?" or "Do you have any questions?" The T&T Tutor World, Inc. food program isn't just about nourishing the body- it's about creating a community. Their exceptional team goes above and beyond to support and connect, making everyone feel like part of a caring family. -April Foster



Annual Training Registration Reminder

Our annual CACFP training sessions are coming up soon. All providers and centers are required to attend all three sessions that will take place between January and March 2026. These trainings cover important updates for the new fiscal year, and completing all three is necessary to stay in compliance.

Please register early so you can ensure the dates and times are included in your schedule. If you need help with registration or have questions about the sessions, let us know and we will walk you through it.

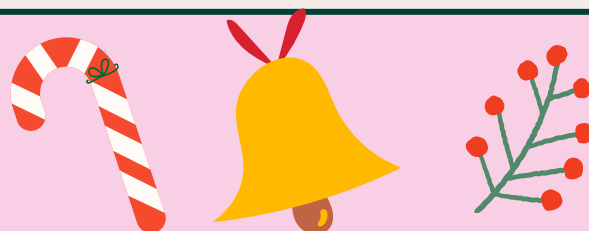
[Register Here](#)



Thank You

Our team has worked nonstop all year to support you, answer questions, process claims, train new providers, and keep everything moving. We appreciate every monitor, every specialist, and every person behind the scenes. Your work matters more than you know.

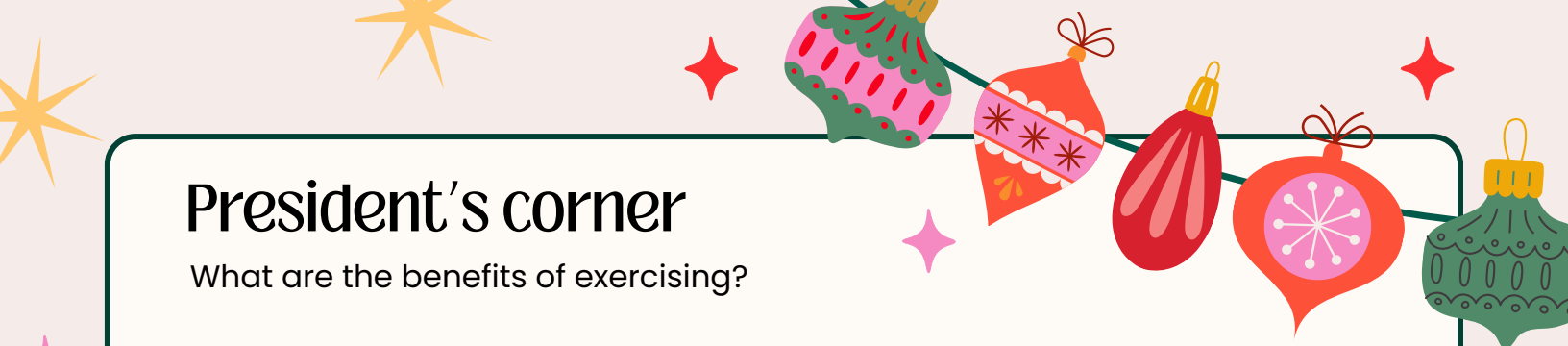
www.tandttutorworld.org



Claim Reminder

Make sure your claims are submitted on time, especially with the holiday schedule. If you have questions, reach out early so we can help you. Remember, claims are due by the 2nd of the month.

[Non-Discrimination Statement](#)



President's corner

What are the benefits of exercising?

Exercise is important for both children and adults because it builds stronger bones and muscles, reduces the risk of many chronic diseases, and improves mental health, mood, and sleep.

For **children**, regular physical activity supports healthy growth and development, improves cognitive function, and helps them maintain a healthy weight, reduces the risk of developing conditions like high blood pressure, high cholesterol, and type two diabetes later in life. Exercise also improves the brain function, concentration, and school performance. It helps too reduce anxiety and depression while boosting self-esteem. In addition, it helps with the development of coordination and other motor skills.

For **adults**, exercise helps to lower the risk of heart disease, stroke, type two diabetes, and some cancers, and helps keep their thinking sharp as they age. Exercise is good for mental health as it helps to combat feelings of anxiety and depression, and can reduce stress. It has cognitive benefits as well because it helps to maintain sharp thinking, learning, and judgment skills as you age.

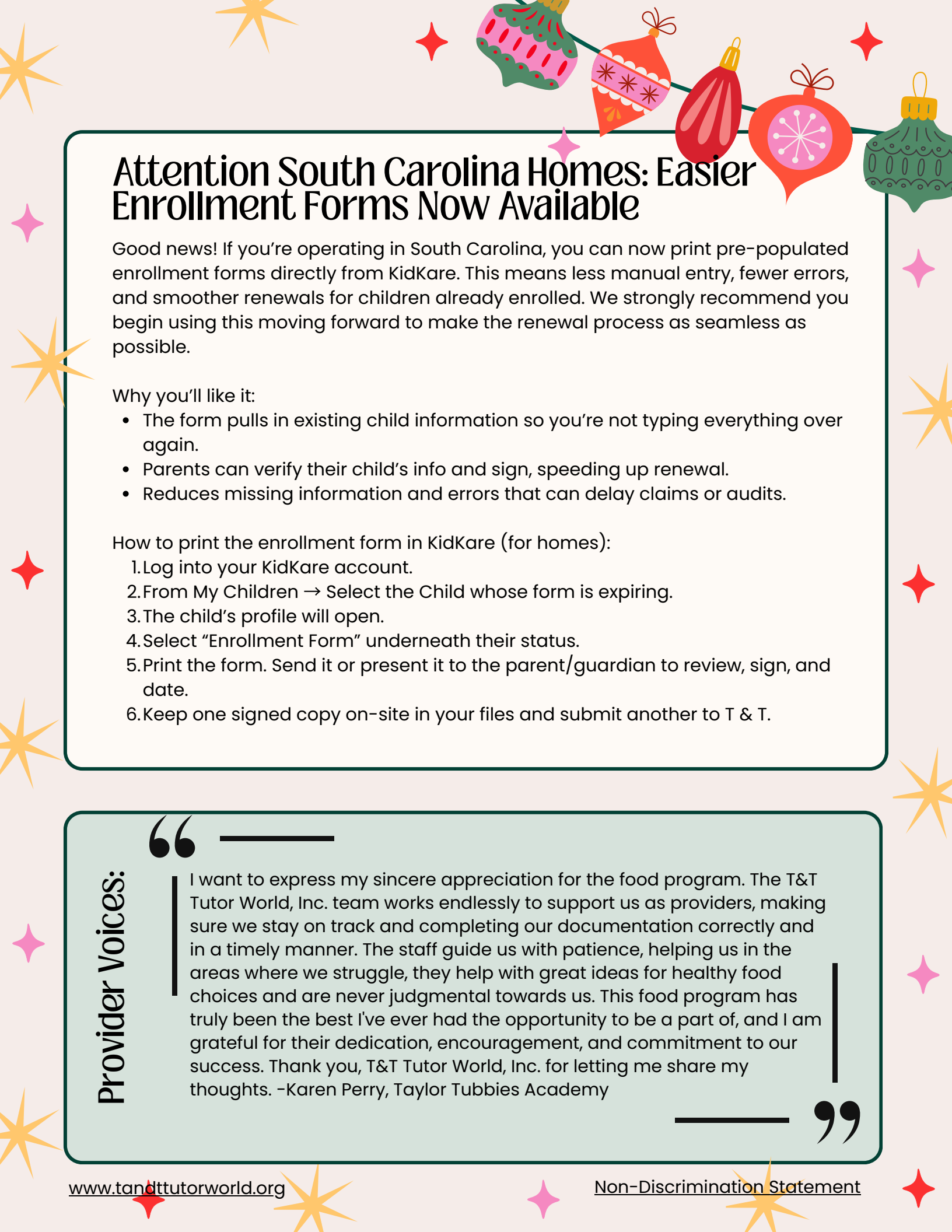
Overall exercise can lead to a better sleep quality and can improve energy levels and overall quality of life. As far as longevity, regular physical activity is linked to a longer life and a lower risk of early death.

There are all types of exercises. Some examples are chair exercise, walking, aerobic, kickball, basketball, running, and yoga just to name a few. Choose the ones that work for you and develop a routine. Your body and the children that you serve will be forever grateful.

Lillian D. Kelley, president

Provider
Voices:

“ I've been participating in the Food Program for the past year, and it's truly made a difference for me, my center, and the children I serve. Not only has it helped my small business grow financially, but it's also made me more mindful about the food choices I make every day. The program has taught me so much about nutrition—like how to watch sugar counts, follow state nutrition guidelines, and read food labels properly. It's helped me build healthier habits, not just for the kids in my care, but for myself too. —Raquel Lewis ”



Attention South Carolina Homes: Easier Enrollment Forms Now Available

Good news! If you're operating in South Carolina, you can now print pre-populated enrollment forms directly from KidKare. This means less manual entry, fewer errors, and smoother renewals for children already enrolled. We strongly recommend you begin using this moving forward to make the renewal process as seamless as possible.

Why you'll like it:

- The form pulls in existing child information so you're not typing everything over again.
- Parents can verify their child's info and sign, speeding up renewal.
- Reduces missing information and errors that can delay claims or audits.

How to print the enrollment form in KidKare (for homes):

1. Log into your KidKare account.
2. From My Children → Select the Child whose form is expiring.
3. The child's profile will open.
4. Select "Enrollment Form" underneath their status.
5. Print the form. Send it or present it to the parent/guardian to review, sign, and date.
6. Keep one signed copy on-site in your files and submit another to T & T.

Provider Voices:

I want to express my sincere appreciation for the food program. The T&T Tutor World, Inc. team works endlessly to support us as providers, making sure we stay on track and completing our documentation correctly and in a timely manner. The staff guide us with patience, helping us in the areas where we struggle, they help with great ideas for healthy food choices and are never judgmental towards us. This food program has truly been the best I've ever had the opportunity to be a part of, and I am grateful for their dedication, encouragement, and commitment to our success. Thank you, T&T Tutor World, Inc. for letting me share my thoughts. -Karen Perry, Taylor Tubbies Academy