



## Child Nutrition & Wellness

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### CACFP UPDATE

February 28, 2019

Distributed to CACFP Authorized Representatives and Home Sponsors via Listserv  
As posted to [www.kn-eat.org](http://www.kn-eat.org), Child and Adult Care Food Program, Updates from CNW

#### Celebrate National CACFP Week – March 17-23, 2019

CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool as well as for adults in day care.

Resources are available from the National CACFP Sponsors Association to help promote the CACFP Week Providers Challenge, share sample menus and tips for healthy meal planning, and getting the message out to the press and the community. These resources include Sample Letters, Took-Kit Resources, Nutrition Handouts, and much more. For more information, go to [www.cacfp.org/news-events-conferences/national-cacfp-week/](http://www.cacfp.org/news-events-conferences/national-cacfp-week/).

USDA Team Nutrition offers these ideas and resources to assist in spreading awareness during CACFP Week: share these [child care nutrition newsletters](#) with parents of young children (in English and Spanish); sign up to be a [Team Nutrition CACFP Organization](#); and display this [Breastfed Babies Welcome Here! poster](#) at your child care site.

#### 2019 Agriculture Appropriations Bill fully funded Child Nutrition Programs for FY2019.

#### Training Needs Assessment – Last Chance to Provide Input

Kansas State Department of Education (KSDE) works to develop training that is most needed at times when it is convenient for people to participate. KSDE would like your input on training that works for you. Go to <https://www.surveymonkey.com/r/S5Y3Y8H> and complete the short survey (less than 5 minutes to complete) by March 8.

#### CACFP Transport Sheets – Updated

The CACFP Transport Sheets have been updated and are posted at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Administration, Meal Contracts.

#### Food Buying Guide Calculator – New Location

The Food Buying Guide Calculator, previously hosted by Institute of Child Nutrition, is now part of the [Food Buying Guide Interactive Web-Based Tool](#). Log in as a registered user or a guest user and create your shopping list for your food program today!

#### Navigating the Food Buying Guide (FBG) Calculator Webinar

Team Nutrition is excited to demonstrate the FBG Calculator, which is a new feature included with the Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool. The FBG Calculator is designed to create a shopping list to assist Child Nutrition program operators when ordering food for their programs. Team Nutrition will provide in-depth practice for using the calculator as well as highlighting the newly released training video. Participants will also get to experience the newly released FBG Calculator on the Mobile App. Program operators will be able to create and use their shopping list on-the-go. **You do not want to miss this webinar on March 20 at 1 pm CST. [Register today!](#)**

## KSDE Training Opportunities

### Grains 101 – Spring Training

[Register today](#) to attend Grains 101 Spring Training offered by KSDE in six regional locations. By attending the Grains 101 training, participants will get hands-on practice calculating ounce equivalents as well as practice in identifying whole grain-rich foods using approved methods. Beginning October 1, 2019, CACFP operators will be required to calculate the grains component using ounce equivalents. This training is geared towards anyone who has a role in menu planning, preparing CACFP meals and snacks or who purchases food for the CACFP. Participants will receive 6 hours of KDHE training credit. A \$150 sub-grant will be provided to each Sponsor who pre-registers to attend. Training dates and locations include:

- March 19 – Hutchinson
- March 20 – Overland Park
- March 21 – Garden City
- March 25 – Topeka
- March 25 – Wichita
- March 26 – Salina

**Jump Start for Centers** is required for all new Authorized Representatives of centers and recommended for new support staff who provide assistance to the Authorized Representative. The classes are repeated through the year. The schedule and registration information is at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training. The next class will be on March 14, 2019 in Wichita. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

### Food Safety Training

A Food Safety Basics class schedule for March and April is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training. All CACFP Sponsors must have one employee receive approved food safety instruction every 3 years. Food Safety Basics may also be taken online in the KSDE Training Portal.

### Online Professional Development Classes and Tutorials

CNW staff continue to develop new interactive online training classes and quick train tutorials that can be accessed free of charge 24/7 via the KSDE Training Portal. The professional development classes offer a certificate upon successful completion which can be printed. Quick train tutorials are 5 minutes or less with no quiz and no certificate. Create an account at <https://learning.ksde.org> and see the entire list of classes and tutorials available. For detailed instructions on creating an account and accessing the training, go to [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training.

We are pleased to announce that a **Meal Modifications** professional development class is now available on the KSDE Training Portal. Meal Modifications training will help sponsors learn why meal modifications are important, when meal modifications need to be made, how to make meal modifications, and when/what documentation is needed.

### Fueling Young Readers: Afterschool Meals at Libraries Webinar – March 14

Libraries provide a safe and enriching space for many students after the school day ends, which makes them a good fit to offer afterschool meals. This Share Our Strength webinar will feature two sponsors that have found a way to turn libraries into afterschool meals sites as well as a library that serves meals year-round. Register to join the webinar on Thursday, March 14 from 3:00-4:00 pm CST at this link: <http://bestpractices.nokidhungry.org/webinars/fueling-young-readers-afterschool-meals-libraries>.

### Summer Meal Opportunity – Serving Year Round Meals

Organizations that serve At-Risk Afterschool Meals during the school year may become sponsors in the USDA Summer Food Service Program (SFSP) in order to serve meals year-round. Summer Program eligibility is based on the same criteria as At-Risk Afterschool Meals eligibility. Sponsors who serve year-round meals through the CACFP and SFSP may use the SFSP monitor review as one of the three site reviews required by CACFP. To find out more about summer opportunities for your community, contact Kelly Chanay at 785-296-2276 or [kchanay@ksde.org](mailto:kchanay@ksde.org).

### New Resource Available – Breastfeeding Support in the Child Care Setting

A new resource for child care providers is now available! “*Breastfeeding Support in the Child Care Setting*” is a 2-page summary of what child care providers need to know to support breastfeeding families. Child care providers influence the lives and health of the families they serve and can be an important source of support for working mothers who want to breastfeed! To access this resource, copy and paste the following link into your internet browser address bar:

<http://ksbreastfeeding.org/wp-content/uploads/2014/02/BreastfeedingSupportChildCareFINAL-1.pdf>

### CACFP Trainer’s Circle Quarterly Webinar

On March 13, 2019 at 1:30 pm CST, USDA’s Team Nutrition initiative will present the second webinar of the [CACFP Trainers’ Circle webinar series](#). These quarterly webinars for the Child and Adult Care Food Program (CACFP) will focus on tactics and techniques trainers can use to empower program operators with the knowledge and skills needed to provide high-quality meals and snacks in the CACFP. CACFP Trainers’ Circle: Creative Online Learning Strategies to Engage Providers will highlight web-based training methodologies, interactive learning strategies, knowledge assessments, and best practices. The Iowa Department of Education, Massachusetts Department of Education, and the Nebraska Department of Education will share their experiences in developing and implementing online learning modules for their CACFP operators and providers.

### CACFP Halftime: Thirty on Thursdays

The next *CACFP Halftime: Thirty on Thursdays*, will take place on March 21, 2019. The topic for the March webinar will be *Identifying Whole Grain-Rich Foods in the CACFP-Part 2* and offered in both English and Spanish. The English webinar will be held from 1:00-1:30 pm CST, and the Spanish webinar will be held from 2:00-2:30 pm CST. Join the webinar at:

<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>. The webinars are recorded and available at a later date on the Team Nutrition website, <https://www.fns.usda.gov/tn/team-nutrition>.

### Kansas Team Nutrition Sub-grants and Resources

#### Grow It, Try It, Like It! Fun with Fruits & Vegetables at Family Child Care – New!

This new resource available from USDA Team Nutrition is designed to provide garden-based nutrition education for children ages 3 through 5 years old in family child care settings. This is an adaption of the *Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables*. Materials include a booklet featuring lesson plans for fruits and vegetables, MyPlate poster, Tasty Acres farm map, and a memory card game. Planting and tasting activities help children connect the delicious food choices at the table with the farm, orchard, or garden. All materials are currently available for download only at [www.fns.usda.gov/tn/grow-it-homes](http://www.fns.usda.gov/tn/grow-it-homes). Printed materials will be available soon.

#### Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List – New!

CACFP operators can use this colorful four-page worksheet to identify foods that are whole grain-rich using the Rule of Three. Worksheets are available for download only in both English and Spanish online at [www.fns.usda.gov/cacfp-meal-pattern-training-worksheets](http://www.fns.usda.gov/cacfp-meal-pattern-training-worksheets). Printed materials will be available soon.

#### Family Fun, Food & Fitness Sub-Grant Application – Deadline March 8

Child care centers and day care home providers are invited to apply for a sub-grant to host a health-centered, family-friendly event. As part of a Team Nutrition Training Grant, KSDE, CNW will award centers and providers with sub-grant funds and program materials to host a Family Fun, Food and Fitness Event for its children, parents and community members. **Centers will receive \$350 and day care home providers will receive \$150.** Past award winners are welcome to participate again. Applications are available at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org). The deadline for applications to be submitted has been extended to **March 8, 2019**. For questions or additional information, contact Linnie Rieger at [rieger@ksde.org](mailto:rieger@ksde.org) or call (785)296-2276.

**Kansas Local Food & Gardening Sub-Grants for Child Care Centers and Daycare Home Providers – Coming Soon!**

Child care centers and day care home providers have the opportunity to receive the USDA *Grow It, Try It, Like It!* gardening curriculum, the Kansas Farm Bureau Kailey's Ag Adventure book series and sub-grant funds to implement nutrition education activities for children in their care! As part of a Team Nutrition Training Grant, KSDE CNW will award sub-grants to centers (\$500 each) and to home providers (\$200 each) along with program materials to implement a Local Kansas Food and Gardening nutrition education curriculum this spring. Applications will be available after March 15, 2019. For questions or additional information, contact Linnie Rieger at [lrieger@ksde.org](mailto:lrieger@ksde.org) or call (785) 296-2276.

**Healthier CACFP Recognition & Monetary Award**

Be one of the first childcare centers or daycare home providers in Kansas to be recognized for the Healthier CACFP Award!. Are you looking for a way to promote your child care program and stand out from all others? The *Healthier Child and Adult Care Food Program Award* is a USDA recognition system which supports child care centers and day care home providers taking steps to improve the nutrition, physical activity, nutrition education and/or environment for children in their care. Apply today to win an award! Those who qualify will receive statewide recognition as a **Healthier CACFP Award Winner** and a certificate to showcase the award at their site. In addition, the first 20 Healthier CACFP Awarded sites in Kansas will receive a monetary award of **\$500/child care center or \$200/daycare home!** For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org) or (785) 296-2276.

**National CACFP Conference – April 23-25 in Chicago**

The National CACFP Sponsors Association (NCA) serves as a national platform that provides education, support, and resources to organizations who administer the CACFP. The NCA hosts an annual conference that is designed for CACFP sponsors, state agency staff, federal agency staff, Headstart, Afterschool/At-Risk, and Summer Feeding staff. This year's conference will take place from April 23-25 in Chicago, IL. For more information, go to <https://www.cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference/>.

**Celebrating the Awesomeness of Kansas CACFP Sponsors!**

**Thank you for your commitment to the Child and Adult Care Food Program (CACFP) and to the health and well-being of the children in your care. The CACFP is an indicator of QUALITY Child Care! You are all awesome!**

As always, if you have questions or if we can assist in any way, please call or email your area Child Nutrition Consultant or the Topeka office staff.

**Cheryl, Kelly and Julie**