



Child Nutrition & Wellness

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CACFP UPDATE

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Distributed to CACFP Authorized Representatives and Home Sponsors via Listserv
As posted to www.kn-eat.org, Child and Adult Care Food Program, Updates from CNW

USDA Guidance

Final Rule Released – Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements effective School Year 2019-2020

The flexibilities for milk apply to CACFP: Flavored low-fat (1%) milk will be allowed for children ages 6 and older and adults. In co-mingling situations, Pre-K students may have flavored 1% milk. To reflect this change, Team Nutrition (TN) is updating the Serving Milk in the CACFP worksheet and the two CACFP posters that include adults and kids from ages 6-18. TN will send out a notification once the materials are available. The final rule is available on the FNS website at <https://www.fns.usda.gov/school-meals/fr-121218>.

Update of Food Crediting in the Child Nutrition Programs

We are still waiting for USDA guidance regarding crediting for Coconut, Hominy, Popcorn, Surimi Seafood, Tempeh, and Vegetable Noodles & Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products. However, for several products (such as dried meat sticks) that do not have a standard of identity, USDA won't be able to provide crediting information or add these items to the Food Buying Guide. A Product Formulation Statement or CN label must be requested.

USDA Resources

Food Buying Guide (FBG) Calculator

The FBG Calculator is a new feature on the FBG Mobile App designed to assist Child Nutrition Program operators in creating a shopping list to streamline food ordering needs for their programs. Currently, the FBG Calculator is included with the Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool. With this new release on the FBG Mobile App, program operators can now create and use their shopping list on-the-go! The FBG Mobile App is currently available on the Apple App Store and the Google Play Store (<https://www.fns.usda.gov/tn/food-buying-guide-mobile-app>).

New Team Nutrition Training Worksheets

Worksheets are available at <https://www.fns.usda.gov/cacfp-meal-pattern-training-worksheets>:

- “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List”. CACFP operators can use this colorful four-page worksheet to identify foods that are whole grain-rich using the Rule of Three.
- “Serving School Meals to Preschoolers”. School Meals Program operators can use this colorful four-page worksheet to plan and prepare menus that meet preschool meal patterns in the School Breakfast Program and National School Lunch Program. This resource also includes information regarding co-mingling of preschool students and students from older grade groups, as well as scenario-based questions to test for knowledge and understanding.

The Start Simple MyPlate Campaign

This campaign launched March 4 at <https://www.choosemyplate.gov/start-simple-myplate>. It encourages consumers to find simple ways they can improve their daily food choices and increase their awareness of the MyPlate food groups. It also provides simple tips and resources based on the five MyPlate food groups to show consumers they can achieve a healthy lifestyle.

Team Nutrition CACFP Organizations Network

CACFP sponsoring organizations and independent child care centers can sign up at <https://www.fns.usda.gov/tn/cacfp> to receive announcements about resources, network with peers, and gain access to new nutrition education messaging materials created exclusively for Team Nutrition Network members.

NEW Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care

Nutrition education materials have been updated and customized for use by family child care homes! This resource is filled with garden-themed activities for children ages 3 through 5, with tips on how to include older children in the learning as well. This version of Grow It, Try It, Like It! also includes new posters, fruit and vegetable cards, and recipes. CACFP operators will be able to request printed copies this spring. Go to: <https://www.fns.usda.gov/tn/grow-it-homes>.

365 Days of Meal Service Webinar – April 9

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. For more information about the SFSP and year round meal service, make plans to join KSDE for 365 Days of Meal Service Webinar on April 9 at 2:00 pm. Join at <https://meet.lync.com/ksde/kchanay/RW2W708N>. To find out more about summer meal opportunities for your community, contact Laura Hodgson at lhodgson@ksde.org or Kelly Chanay at kchanay@ksde.org.

Food Safety Tip of the Month

Did you know...it is critical to cool hot potentially hazardous foods quickly? For more information on cooling foods and other food safety concerns, check out the Food Safety for Volunteers and Students resource at www.kn-eat.org, Food Safety. This training resource provides short modules on food safety for those who volunteer in the operation or who join as a temporary substitute staff member.

Have you checked out the new Food Safety Mini Posters from the Institute of Child Nutrition? They are available free for download at: <https://theicn.org/icn-resources-a-z/foodsafetyminiposters/>.

Training Opportunities

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 available at www.kn-eat.org, CACFP, Training. The next class will be on April 10 in Topeka. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

Food Safety Training

A Food Safety Basics class schedule for April is available at 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 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. Tutorials are 5 minutes or less with no quiz and no certificate. Create an account now 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, Child and Adult Care Food Program, Training.

Child Nutrition Management Academy (CNMA) 2019

Save the dates for staff to attend CNMA 2019! Child Nutrition Management Academy is a professional development program sponsored and coordinated by Child Nutrition & Wellness, Kansas State Department of Education (KSDE). CNMA is a framework of management classes designed specifically for management level employees and those wanting to advance to a career in Child Nutrition Program management. A track of staff professional development classes applicable to all child nutrition program staff will be offered concurrent with CNMA. Participants may choose to attend one, some, or all three days of classes offered at each location and attend classes at multiple locations. The classes are open to sponsors of all child nutrition programs. Classes suitable for CACFP participation are identified on the class calendar for CNMA as "CACFP." Attendees will earn KDHE training credit for attending CNMA classes applicable to the CACFP. Full information and registration will be available in April at www.kn-eat.org. Classes will be held at:

- July 9-11 in Hays and Topeka
- July 23-26 in Chanute and Nickerson

CACFP Halftime: Thirty on Thursdays

Find all recorded webinars at <https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>. Future CACFP Halftime: Thirty on Thursdays topics:

- Thursday, May 16, 2019: Using the WIC Food List to Identify Creditable Foods in the CACFP
- Thursday, July 18, 2019: Serving Vegetables in the CACFP
- Thursday, Sept. 19, 2019: In-Grained: Easy Tools to Determine Serving Amounts

Please note: Thirty on Thursdays webinars do not count towards providers annual training requirements, nor do they count for KDHE training requirements.

Kansas Team Nutrition

Kansas Local Food & Gardening Sub-Grants for Child Care Centers and Daycare Home Providers

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). Grantees will receive program materials to implement a Local Kansas Food and Gardening nutrition education curriculum this spring. Applications are available at www.kansasteamnutrition.org and are due April 5, 2019. For questions or additional information, contact Linnie Rieger at 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 or (785) 296-2276.

Team Up for CACFP Success Workshop – Save the Date

A Team Up for CACFP Success Workshop will be held June 21, 2019 in Manhattan at the Kansas Dept. of Agriculture. The workshop topics will be Farm to Plate and how to increase CACFP meal quality with local foods. Watch the April Update for additional information and registration information!

Kansas Farm Fresh Fridays Challenge

Celebrate Kansas farmers and local foods by participating in an initiative to unify the success of our farms, children and schools in SY2019-20. Take the challenge at <https://www.surveymonkey.com/r/DTMMXKR>.

How Does Your Garden Grow?

Spring is the time to begin planning and planting. The Kansas Garden Guide can be a helpful resource found at: <https://www.bookstore.ksre.ksu.edu/pubs/S51.pdf>. If space is limited, a container garden can be a great option. Colorful pictures of Kansas vegetable crops are included in this guide for consideration in your planting plan. Gardens provide hands-on learning and can increase children's willingness to try new foods.

Sunflower Spotlight – Celebrating Successes in Kansas Child Nutrition Programs

Additional Information about all schools featured as a part of the Sunflower Spotlight can be found at www.kn-eat.org, CACFP, Recognition.

Mary Murray, Director/Organic Gardener, at **A Step Above Academy** in Bonner Springs is getting her students off to a good start with indoor gardening via hydroponic germination. Mary explains, "We have a large garden out back on our property, and will be growing enough to supply our kitchen with organic food sources from our own garden. Last year we grew zucchini. This year they have okra, butternut squash, pumpkins, green beans all started and ready to go into the ground as soon as possible of course. We will also be planting herbs, flowers, and pole beans... Tomatoes and peppers. Children are taught to harvest seeds from produce, dry them and replant. They have a six-week curriculum regarding different experiments. The children love having the responsibility of caring for their indoor garden, and they learn how plants grow!"

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/>.

March is National Nutrition Month

National Nutrition Month®, held annually in March, is a nutrition education and information campaign sponsored by the [Academy of Nutrition and Dietetics](http://www.nutritionanddietetics.org) and focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits. Check out the [Academy's website](http://www.nutritionanddietetics.org) for tips on dropping saturated fats, improving kitchen safety, and increasing physical activity.

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