



CHILD NUTRITION
A Partner in Education

Let's Make a Difference in Child Nutrition

PROGRAM

**1992 Western Region Child Care Food
Program Sponsors Conference**

November 19 & 20, 1992

**Los Angeles State and County Arboretum
Arcadia, California**

Welcome

WELCOME TO THE FIRST ANNUAL WESTERN REGION CACFP CONFERENCE.

We hope you will agree that this is an idea whose time has come! Our conference goal is to provide you with resources to meet the challenges and demands of your important work in Child Nutrition.

By coordinating our efforts and working together we can and will "make a difference" in promoting child nutrition as a vital component to the health of our children.

California CACFP Roundtable
California Rural Legal
Assistance Foundation
California Food Policy Advocates

AND

Child Nutrition and Food
Distribution Division
California Department
of Education

The California Roundtable

*Invites you to a
Reception
(no host bar)*

*Thursday, November 19, 1992
at the Holiday Inn
from 5:30 to 7:00 p.m.*

Special Guests:

*Bob Kragh, Chief
Special Nutrition Program Section USDA - Western Region*

*Maria Balakshin, Director
Child Nutrition and Food Distribution Division*

Conference Overview

THURSDAY, NOVEMBER 19

8:00 am - 9:00 am	Registration Continental Breakfast
9:00 am - 9:15 am	Welcome/Opening Remarks Marion Standish - CRLAF/CFPA Albert Tweltridge - CNFDD
9:15 am - 12:30 pm	General Session Ellyn Satter
12:30 pm - 1:30 pm	Box Lunch
1:00 pm - 5:30 pm	Exhibits/Resources Book Sales
1:30 pm - 3:30 pm	Workshops/Session I
3:30 pm - 3:45 pm	Break
3:45 pm - 5:00 pm	Workshops/Session II
5:30 pm - 7:00 pm	Reception - Holiday Inn <i>Hosted by the California Child Care Food Program Roundtable</i>

FRIDAY, NOVEMBER 20

7:15 am - 8:15 am	Breakfast Roundtables <i>Holiday Inn</i>
8:45 am - 9:15 am	Ed Cooney
9:15 am - 10:15 am	General Session Gail Frank
10:15 am - 10:30 am	Break
10:15 am - 3:00 pm	Exhibits/Resources
10:30 am - 12:15 pm	Workshops/Session III
12:15 pm - 1:30 pm	Buffet Lunch
1:30 am - 3:00 pm	Workshops/Session IV

Program Schedule

Thursday, November 19, 1992

Time and Location

Topic and Speaker

8:00 a.m. - 9:00 a.m.

Registration

9:00 a.m.

Opening Remarks/Welcome

Marion Standish, California Food Policy Advocates/CRLAF

Al Tweltridge, California Child Nutrition and Food Distribution Division

General Session

9:15 a.m. - 12:30 p.m.

*Hall of Environmental
Education*

The Competent Eater

Ellyn Satter, MS, RD, MSSW - Author, Lecturer, Consultant

Children have considerable capability in the area of eating. They know how much they need to eat, and are capable of regulating food intake to grow appropriately. They will automatically eat a variety and, over time, tend to consume a nutritionally adequate diet. However, the child's competence with eating depends on appropriate supports from care providers. Adults must offer developmentally and nutritionally appropriate food in a structured and supportive environment.

12:30 p.m. - 1:30 p.m.

Lunch

1:00 p.m. - 5:30 p.m.

Exhibits

Session I

1:30 p.m. to 3:30 p.m.

*Hall of Environmental
Education*

The Competent Eater...Continued

Ellyn Satter, MS, RD, MSSW

(5 CE units requested)

Health and Nutrition Issues for California's Children

Gloria Johnson-Barrows, MS, RD - Public Health Nutrition Consultant,
California Department of Health Services

Rooms A/B

Data from pediatric nutrition surveillance and from other services indicate that hunger, risk of anemia and obesity, and, in many parts of California, risk for lead poisoning affect significant numbers of children. Because these and other nutrition-related health problems can have profound effects on development and learning ability, we must develop strategies to eliminate these problems. (2 CE units requested)

Eligibility for Child Care Food Program

Claire Camp, Assoc. Govt. Prog. Analyst, Child Care Food Program, CDE

Rooms C/D

This workshop describes the eligibility criteria for the Child Care Food Program. A pretest will be handed out at the beginning of the workshop and an in-depth review of all eligibility applications is provided.

Session II
3:45 p.m. to 5:00 p.m.
*Hall of Environmental
Education*

Meals Without Squeals: Children, Adults, and Food
Christine Berman, MPH, RD

Participants will have the opportunity to examine their own attitudes about eating and learn to use these insights to help child care providers manage difficult feeding situations.

Room A/B

Baby Bottle Tooth Decay: A Professional's Guide

Renee Nolte, RDH, MPA - Health Services Consultant, California Department of Health Services

Information for health and child care providers to assist them when counseling parents on ways to prevent Baby Bottle Tooth Decay. Cause, treatment and prevention of Baby Bottle Tooth Decay will be discussed. (1 CE unit requested)

Room C/D

Keeping Sane While Processing Providers' Claims

Karen D. Caldwell, CCFP Claims Supervisor - Crystal Stairs, Los Angeles

Managerial tips for managing a large or small Child Care Food Program. Suggestions on logs, forms, reports and computer programs which help maintain supervisory control. Tips and techniques for the most efficient ways for analyzing providers' claims and processing reimbursements while maintaining quality control.

5:30 p.m. - 7:00 p.m.
Holiday Inn

Reception

Program Schedule

Friday, November 20, 1992

Time and Location

Topic and Speaker

General Session

7:15 a.m. to 8:15 a.m.
Holiday Inn

Breakfast Roundtables

8:45 a.m. to 9:15 a.m.

Notes on the New Administration

Ed Cooney, Deputy Director of FRAC

What will the new administration look like? Who are the key players and priorities? What role can CACFP sponsors play in shaping the President's first 100 days plan? How do we get the new members of Congress to be spokespersons for CACFP and issues affecting children?

9:15 a.m. to 10:15 a.m.
*Hall of Environmental
Education*

High Level Wellness for Children

Dr. Gail C. Frank, Professor of Nutrition, Director, Child Nutrition Program
Management Center, California State University, Long Beach

Wellness is a dynamic concept and empowers individuals to respond to an asymptomatic existence with preventive actions. It can be applied to the school environment for the child, but must extend beyond isolated activities in the classroom and the cafeteria. Teachers have their own wellness needs; parents role model continuously to their children and other adults. Parents likewise made decisions which influence the home environment and ancillary activities such as a child's exposure to the media and fast foods. Approaches for creating a healthy daily living environment for children are presented. (1 CE unit requested)

10:15 a.m.

Break

10:15 a.m. - 3:00 p.m.

Exhibits

Session III

10:30 a.m. to 12:15 p.m.
*Hall of Environmental
Education*

Train the Trainer - Nutrition Education

Priscilla Naworski, CHES, Director Healthy Kids Resource Center

Come learn about new nutrition education materials, new teaching ideas and a new way to think about child nutrition as a key to healthy kids. (1.5 CE units requested)

*Hall of Environmental
Education*

Meals Without Squeals: The ABC's of Children's Meals

Christine Berman, MPH, RD, Author

A survey of the essential elements of meals that nourish the body, mind, and heart--for children and adults alike!

Room A

How Well Do We Really Know the Muffin Man?

ReGena Booze, MA, Faculty, Pacific Oaks College and Children's School

Hands-on workshop using books, songs, storytelling and handouts to teach children about good nutrition habits, ways of exploring new foods and being receptive to new tastes and aromas.

Room B

Administrative Review for Child Care Food Program

Janice Kirwan, Field Reviewer, Child Nutrition Division, CDE and George Schaedler, Field Reviewer, Child Nutrition Division, CDE

This workshop is a two-part presentation covering the review process and records necessary for Child Care Centers, and Day Care Home Sponsors. The workshop will follow the Administrative Review Enclosure sent to sponsors with the review appointment letter. The enclosures for the two programs will be distributed at the beginning of the presentation for easy reference.

Room C

Inside Washington

Ed Cooney, Deputy Director of FRAC

What does Congress have in store for the Child ACFP? With the Child Nutrition Programs up for reauthorization in 1994, are there opportunities for expansion? Will "means testing" be re-introduced? Become informed and involved in the decisions that affect the CACFP.

Room D

Exploring Latina/o Diversity: CCFP, Parents and Providers

Mauricio Palma, MA, CCCIP Project Coordinator 4C's San Mateo

We will examine the complexity of the Latina/o population and focus on the diverse usage of basic food stuff (i.e., corn, rice and beans). In doing this we will evaluate the objectives of CCFP and the role of the CCFP monitors, our relationship to the providers and to the parents. (1.5 CE units requested)

Session IV

1:30 p.m. to 3:00 p.m.

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Education*

Mealtime Concerns for the Special Needs Child

Janet Jue Mohney, RD, MPH, Nutrition Specialist, Child Care Food Program

Family day care providers who are providing meals to children with special needs often realize that particular attention needs to be paid to dietary modifications in texture and presentation. The feeding environment and the feeding relationship are crucial to successful nourishment and satisfying mealtimes. (1.5 CE units requested)

*Hall of Environmental
Education*

Recipe Makeovers

Evelyn Tribole, MS, RD, Consulting Nutritionist, Columnist, and Author of "Eating on the Run"

Learn how to make your favorite recipes healthier while still keeping the flavor.

Room A

A Child's Garden

Rachel Mabie, Youth Gardening Coordinator, Common Ground Garden Program

Learn to involve children in gardening activities both indoors and outside. Gardens are both fun and educational.

Room B

Cooking With Class

ReGena Booze, MA, Faculty, Pacific Oaks College and Children's School

A tastebud tour of several common foods prepared in multicultural, traditional ways. Also, a look at anti-bias issues that crop up concerning traditional roles in the kitchen.

Room C

Feeding Infants: More Than Just Bottles and Bibs

Johanne Quinlan, Community Nutritionist, CCFP Contra Costa Child Care Council

A discussion of infant nutrition from birth through one year with an emphasis on infant feeding development and the feeding relationship between caregiver and infant. Guidelines will be presented with regard to breast-fed infants in child care, introduction of solid foods, finger food and transition into toddlerhood.

Room D

Low Cost Nutrition

Karen Brazille, Child Nutrition Consultant, CNFDD, California State Department of Education and Carol Guenther, CNFDD Commodity Consultant

This session focuses on: costing out meals in relationship to nutritional quality, meals emphasizing fresh produce, and the value of cooking meals from scratch. The presenters will also provide information on food products that are packaged in a way that is environmentally sound.

Thank You

A special thank you to all individuals and groups who gave their time and effort which made this conference possible.

San Gabriel Associate for Retarded Citizens
Los Angeles County Arboretum
Holiday Inn, Monrovia
CBIA, Pasadena
Child Nutrition and Food Distribution, CDE
California Rural Legal Assistance Foundation,
California Food Policy Advocates
California Child Care Food Program Roundtable
Advisory Committee

CONFERENCE EXHIBITORS

We wish to thank the following exhibitors who supported our conference by displaying their products, providing handouts and materials for the Resource Table and donating wonderful door prizes and product samples.

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