

Magical Methods: Captivating Adult Learners Through Interactive Trainings

27th Annual CCFP Roundtable Conference

Tuesday, October 16, 2018



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Sheldon E. Gordon, MS, RDN

Chief

Nutrition Training and Operational Support
Branch

Child Nutrition Programs

USDA Food and Nutrition Service

Mimi Wu, MS, RDN

Nutritionist

Nutrition Education and Promotion
Branch

Child Nutrition Programs

USDA Food and Nutrition Service



United States Department of Agriculture

Speakers

Mimi Wu

Nutritionist,
Nutrition Education
and Promotion

Sheldon Gordon

Chief, Nutrition Training
& Operational Support



Team Nutrition Resources



The Team Nutrition Initiative

Supports the Child Nutrition Programs by:

1

Providing training and technical assistance to food service professionals

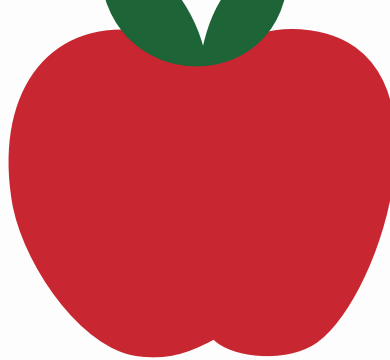
2

Providing technical resources to support healthy school & child care environments

3

Developing nutrition education resources that help children learn about agriculture and make informed food choices





Training Approaches from Team Nutrition

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Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than **23 grams of sugar** per 6 ounces.

Here are **two ways** to tell if a yogurt meets the sugar requirement.

Question: How can you tell if a yogurt meets the sugar requirement?

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Grain-Based Desserts in the Child and Adult Care Food Program

Kids need the vitamins, minerals, and other nutrients in foods such as fruits, vegetables, whole grains, low-fat dairy, and lean protein foods. Too often, kids are filling up on foods high in added sugars and low in nutrients.

USDA United States Department of Agriculture

Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and/or meat alternates instead of grains at breakfast up to 5 times per week. This option gives you more choices for menu planning.

Here's how to include meat or meat alternates as part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of a meat or meat alternate.

Once equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve the meat/meat alternates more than 5 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

	Ages 1-2 years and 3-5 years	Ages 6-12 years and 13-15 years	Adults
Minimum amount of meat/meat alternate required when served instead of grains at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalents
	is equal to:	is equal to:	is equal to:
Beans or peas (cooked)	½ cup	1 ounce	2 ounces
Natural or processed cheese	½ ounce	½ cup (2 ounces)	½ cup (4 ounces)
Cottage or ricotta cheese	½ cup (1 ounce)	½ large egg	1 large egg
Eggs	¼ large egg	1 ounce	2 ounces
Lean meat, poultry, or fish	½ ounce	2 tablespoons	4 tablespoons
Peanut butter, soy nut butter, or other nut or seed butters	1 tablespoon	½ cup (2.2 ounces) with at least 5 grams of protein	½ cup (4.4 ounces) with at least 10 grams of protein
Tofu (store-bought or commercially prepared)	½ cup (1.1 ounces) with at least 2.5 grams of protein	½ cup of yogurt (4 ounces)	1 cup of yogurt (8 ounces)
Yogurt (including soy yogurt)	½ cup of yogurt (2 ounces)		

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

TEAM NUTRITION

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Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.

Newborn through 11 months old	12 months through 23 months (1 year through 2 years and 11 months)
✓ Breastmilk	✓ Unflavored whole milk
✓ Iron-fortified formulas	

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Offer Versus Serve in the Child and Adult Care Food Program

If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks.

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Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.

Roast, Bake, or Broil:
Cooking foods, usually at high heat, in the oven.

Sauté, Pan Fry, and Stir-Fry:
Cooking foods with a small amount of hot oil over medium or high heat.

Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.

Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

As of October 1, 2017, foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- "Onsite" means at your child care center, family child care home, or your child care center's central or satellite kitchen.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

TEAM NUTRITION

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Calculating Sugar Limits for Breakfast Cereals in the Child and Adult Care Food Program

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must not have more than **6 grams of sugar** per dry ounce. This is equal to 21.2 grams of sugar per 100 grams of cereal.

Here are **three ways** to tell if a cereal meets the sugar limit.

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Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by following the steps below.

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Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below.

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
- Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

Yummy Brand Cereal

Nutrition Facts
Serving Size ½ cup (30g)
Servings Per Container about 18

Amount Per Serving	% Daily Value
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Polyunsaturated Fat 0g	6%
Monounsaturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 140mg	6%
Potassium 90mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

- In the table, look at the number to the right of the serving size amount, under the "Sugars" column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

Test Yourself:

Does the cereal above meet the sugar requirement?

(Click your answer on the next page)

Serving Size: _____

Sugars: _____

☐ Yes ☐ No

**Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fda.gov/cfsan/petition/2017/p2017001.pdf>.*

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teammnutrition.usda.gov>.

TEAM NUTRITION

CACFP Meal Pattern Training Worksheets



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Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



Newborn through 11 months

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

Non dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.

For Adult Participants

Yogurt may be served in place of milk.

A serving of milk is optional at supper.

**Flavored from Child and Adult Care Program (CACFP)*

More training, menu planning, and information for the CACFP can be found at <https://teammnutrition.usda.gov>.



Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

Breastmilk is allowed at any age in the CACFP.

12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

Iron-fortified formula may be served to children between the ages of 12 months to 13 months to help with the transition to whole milk.

2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.

6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk
- ✓ Flavored low-fat (1%) milk*

Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.



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Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

1. Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:
Type(s) of Milk:

Darrick's Age:
Type(s) of Milk:

2. Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:
Types of Milk:

3. At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under "Other Choices."

Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole grain tortilla chips or fruit	
Cookies	Whole wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole wheat toast	

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!



Worksheet Titles

- ☐ Choose Breakfast Cereals Lower in Added Sugars
- ☐ Choose Yogurts Lower in Added Sugars
- ☐ Offer Versus Serve in the CACFP
- ☐ Serving Milk in the CACFP
- ☐ Calculating Sugar Limits for Breakfast Cereals in the CACFP
- ☐ Calculating Sugar Limits for Yogurts in the CACFP
- ☐ Serving Meat and Meat Alternates at Breakfast
- ☐ Grain-Based Desserts in the CACFP
- ☐ Methods for Healthy Cooking
- ☐ Adding Whole Grains to Your CACFP Menu



CACFP Halftime: Thirty on Thursdays

- ☐ Short and simple
- ☐ Polling Questions
 - ☐ User-based
 - ☐ Knowledge Based
- ☐ Post-webinar questions
- ☐ Independent learning
- ☐ Customizable Slides—coming soon!



<https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>

Upcoming Webinars

- ☐ **October 18, 2018:** Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List
- ☐ **November 15, 2018:** Grain-Based Desserts in the CACFP

Recorded Webinars

- ☐ Choose Breakfast Cereals That Are Lower in Added Sugars
- ☐ Choose Yogurts That Are Lower in Added Sugars
- ☐ Serving Milk in the CACFP
- ☐ Meal Planning for the CACFP
- ☐ Serving Meat and Meat Alternates at Breakfast
- ☐ Offer Versus Serve in the CACFP
- ☐ Methods for Healthy Cooking
- ☐ Adding Whole Grains to Your CACFP Menu
- ☐ Feeding Infants: 0-5 months
- ☐ How to Support Breastfeeding in the CACFP
- ☐ Feeding Infants: Starting with Solids



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Other Useful Links

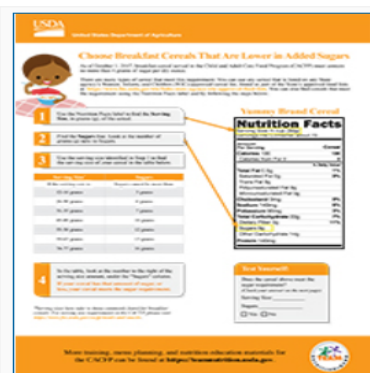
- > [E-Newsletter](#)
- > [Professional Standards](#)

CACFP Meal Pattern Training Worksheets

Print

These short, two-page worksheets include scenario-based questions or activities to test and reinforce knowledge of key concepts in the CACFP Meal Patterns. They can be used to empower CACFP providers and operators with the knowledge, skills, and expertise to implement the updated CACFP meal pattern requirements that became effective October 1, 2017. For more information, please visit the [CACFP Meal Pattern Training Tools](#) page.

Available: Print versions of materials will be made available in stages, only for schools, CACFP providers, and summer meal programs participating in one of USDA's Child Nutrition programs. All are welcome to download these materials and make copies. If you have difficulty opening any of these files in your Internet browser, please right-click on the link and "save target as..." to download.



Choose Breakfast Cereals Lower in Added Sugars [English] [Spanish]
[Print copies in English] [Print copies in Spanish] Webinar [English] [Spanish]



Choose Yogurts Lower in Added Sugars [English] [Spanish]
[Print copies in English] [Print copies in Spanish] Webinar [English] [Spanish]



Grain-Based Desserts in the CACFP [English] [Spanish]
[Print copies in English] [Print copies in Spanish]

<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-worksheets>



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CACFP Meal Service Training Grants



CACFP Trainers' Circle

- ☐ NEW Quarterly Webinar Series from Team Nutrition
- ☐ Focus on training techniques and best practices for CACFP
- ☐ September 26th Webinar:
Coaching and Mentoring Using a Peer-to-Peer Model



<https://www.fns.usda.gov/tn/webinars-and-training>



Team Nutrition Training Grants



<https://www.fns.usda.gov/tn/team-nutrition-training-grants>



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Team Nutrition Training Grants: Massachusetts

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Ling



Drag the choice to the plate that would make this meal reimbursable: Oatmeal, Tomatoes, or Whole-Grain Muffin

Breakfast



Submit

Team Nutrition Training Grants: Colorado

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<https://www.colorado.gov/pacific/cdphe/cacfp-chop>



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Browse and Order

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Team Nutrition

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Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Spotlights



United States Department of Agriculture

<https://teamnutrition.usda.gov>



Learning Styles

What type of learner are you?

Visual

- Visual learners prefer the use of images, maps, and graphic organizers to access and understand new information.

Auditory

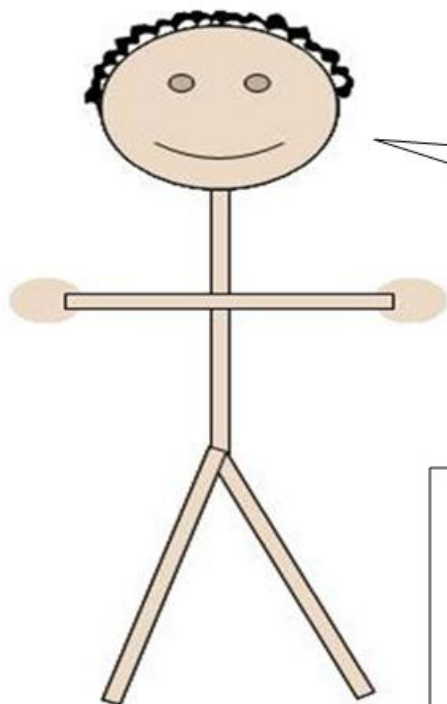
- Auditory learners best understand new content through listening and speaking in situations such as lectures and group discussions. Aural learners use repetition as a study technique and benefit from the use of mnemonic devices.

Read & Write

- Students with a strong reading/writing preference learn best through words. These students may present themselves as copious note takers or avid readers, and are able to translate abstract concepts into words and essays.

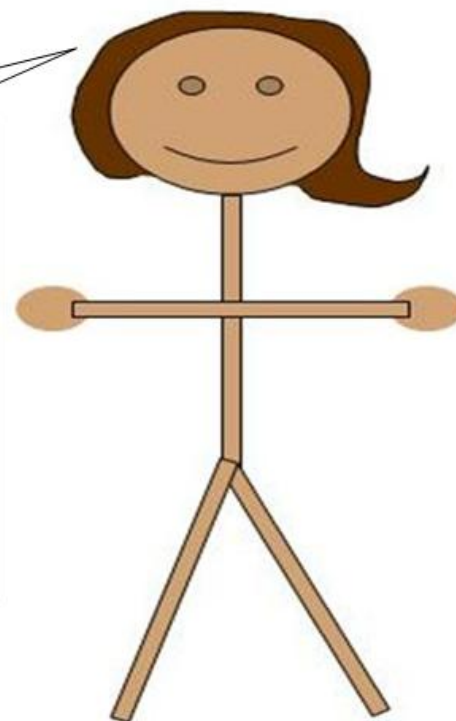
Kinesthetic

- Students who are kinesthetic learners best understand information through tactile representations of information. These students are hands-on learners and learn best through figuring things out by hand (i.e. understanding how a clock works by putting one together.)



Blah, blah, blah,
blah, blah

He forgets
that I'm a
kinesthetic
learner



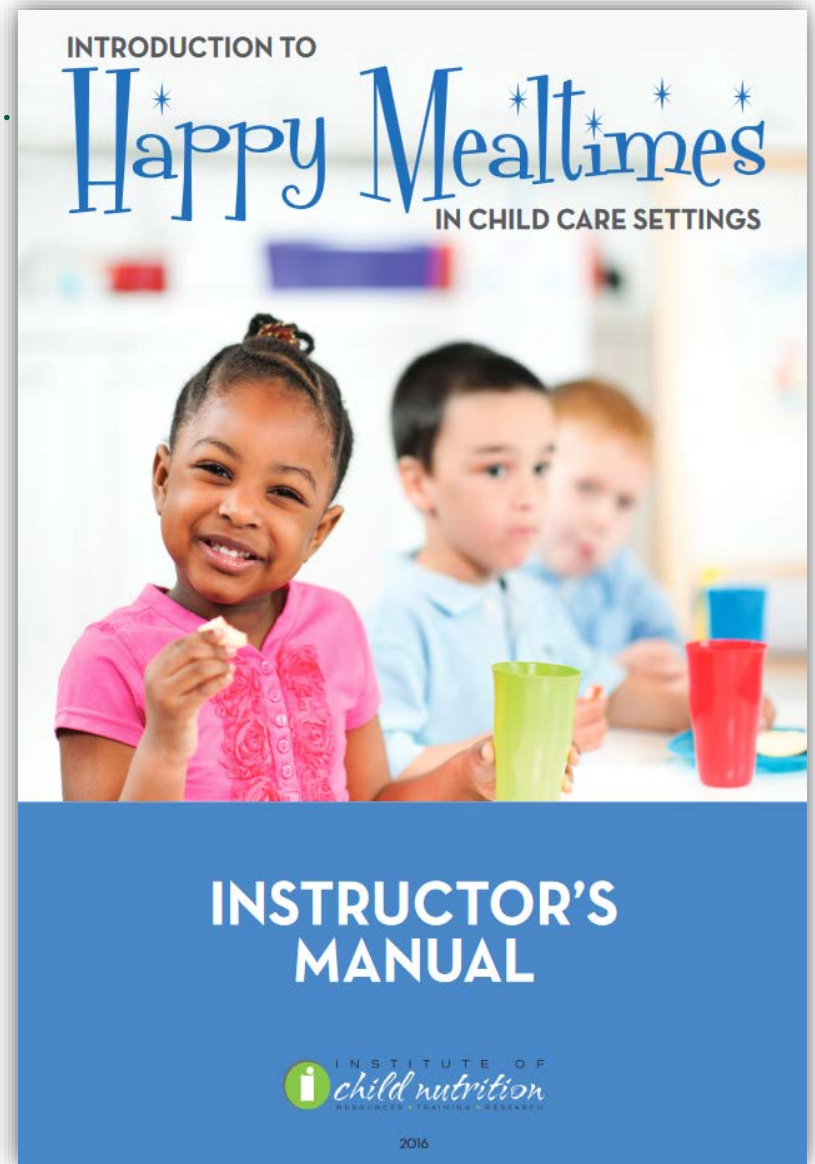


Face-to-Face Trainings



Face-to-Face Trainings

- ❖ CACFP Meal Pattern Requirements
- ❖ Family Child Care FUNdamentals
- ❖ Food Purchasing for Child Care
- ❖ Introduction to Happy Mealtimes in Child Care Settings
- ❖ Norovirus for Child Care
- ❖ Food Safety in Child Care
- ❖ Healthy Me! The Preschoolers' Guide to Nutrition and Wellness



The graphic features a vertical white bar on the left with the text 'CACFP MEAL PATTERN REQUIREMENTS TRAINING' in dark blue. To the right of the bar is a close-up photograph of fresh vegetables: a slice of yellow bell pepper, a slice of red tomato, and green lettuce. A faint map of the United States is visible in the background behind the white bar.

CACFP MEAL PATTERN REQUIREMENTS TRAINING



❖ Topics

- Infant Meal Pattern
- Child and Adult Meal Pattern
- Optional Best Practices

❖ Training Formats

- Face-to-Face
- Online Course

CACFP Meal Pattern Requirements Training

- ❖ Auditory
- ❖ Visual
- ❖ Read & Write
- ❖ Kinesthetic





Activity: OVS: Is it Reimbursable?



United States Department of Agriculture




Offer Versus Serve in the CACFP

If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks or in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

Understanding OVS: Know the Terms

- **Food component**—the name of a **group** of foods in a reimbursable meal. **Food components** include milk, vegetables, fruits, grains, and meat and meat alternates. At breakfast only, vegetables and fruits are one combined component. This means you can serve vegetables, fruits, or a combination of both to meet this requirement.
- **Food item**—foods that are part of a **food component**. For example, broccoli is a **food item** in the vegetables **food component**.
- **Combination Food** – a type of food that contains more than one food items from different food components, in which they cannot be separated. These items include prepared sandwiches, burritos, and pizzas.

How to Use OVS at Meals

OVS at Breakfast	OVS at Lunch and Supper
<ol style="list-style-type: none"> Offer these 3 food components at breakfast: <ul style="list-style-type: none"> - Milk - Vegetables and/or Fruits - Grains Offer at least 4 different food items at breakfast, at least 1 from each food component above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component. Ask the child or adult to choose at least 3 different food items. 	<ol style="list-style-type: none"> Offer these 5 food components at lunch and supper: <ul style="list-style-type: none"> - Milk* - Vegetables - Fruits - Grains - Meat and meat alternates Offer at least one food item from each component. Ask the child or adult to choose food items from 3 or more food components.
	
 <p>Note: The 4th food item can be selected as well.</p>	 <p>Note: The child or adult can select food from all 5 components. Foods from at least 3 components are needed for a reimbursable meal.</p>
<p>*For Adult Participants Only: Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.</p>	

Adapted Source: United State Department of Agriculture. (2017). *Offer versus serve in the child and adult care food program*. Retrieved from <https://fns-prod.azureedge.net/sites/default/files/tn/CACFPOfferVersusServe.pdf>.

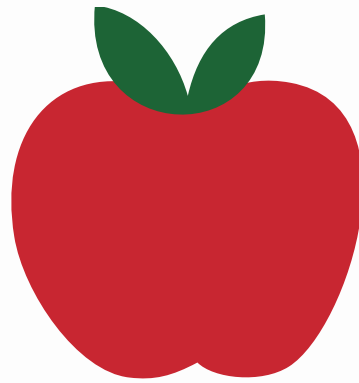
OVS in the CACFP Review

Instructions: After reading each scenario, determine if it meets the Offer Versus Serve requirements for serving meals in the CACFP.

1. Your adult day care center uses OVS at breakfast and offers low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses milk, oatmeal, and apple slices, and took the full minimum serving size of each item. Is Karen's breakfast reimbursable? Why or why not?

2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?

3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?



ICN eLearning Portal

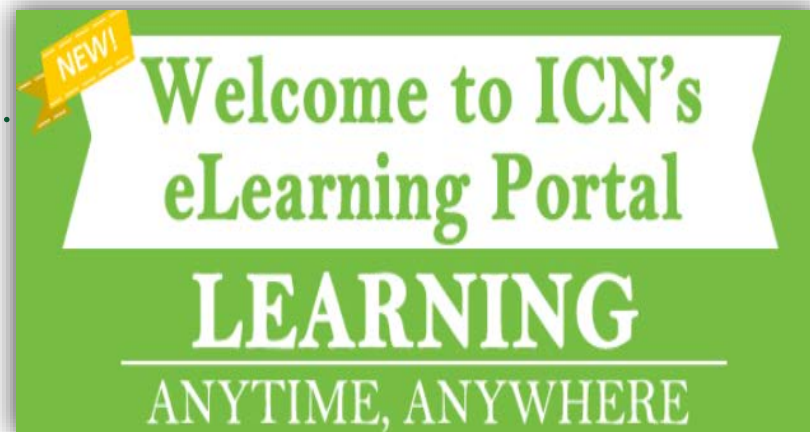
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Online Courses

- ❖ Food Safety in Child Care
- ❖ Planning Cycle Menus in Child Care
- ❖ Planning Snacks as an Educational Activity
- ❖ Serving Nutritious Foods in Child Care Settings
- ❖ Dietary Guidelines for Americans
- ❖ Family Child Care FUNdamentals
- ❖ CACFP Meal Pattern Requirements



Welcome!

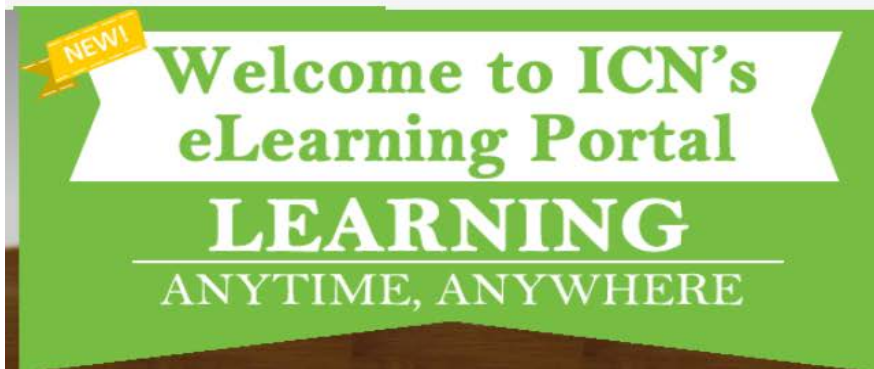
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Available Courses

FILTERS		42 items		SORT BY: A-Z		DISPLAY VIEW: BOXES	
 <div>E-LEARNING 4h</div> <div>Adult Learning</div> <div>English</div> <div>ENROLL</div>	 <div>E-LEARNING 1h</div> <div>Carbohydrate Counting for SNPs</div> <div>English</div> <div>ENROLL</div>	 <div>E-LEARNING 2h</div> <div>CARE Connection - Planning Cycle Menus</div> <div>English</div> <div>ENROLL</div>	 <div>E-LEARNING 1h</div> <div>CARE Connection - Planning Snacks as an ...</div> <div>English</div> <div>ENROLL</div>	 <div>E-LEARNING 2h</div> <div>CARE Connection - Serving Nutritious Foo...</div> <div>English</div> <div>ENROLL</div>			

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Click ☰ and then ✎ to show/edit your profile.



My Courses

View the courses and learning plans you have already enrolled in and continue taking your courses where you left off.

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My Certificates

Access your certificates by clicking the 🏆 next to your completed courses.

[View My Certificates](#)

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View all the other content on the ICN website.

Help

Unsure how to get started? View ICN's eLearning User Training Manual.



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4h

Adult Learning

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ENROLL



NEW

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CACFP Child and Adult Meal Pattern Requi...

English ★★★★★☆

ENROLLED



ELEARNING

4h

CACFP Infant Meal Pattern Requirements

English

ENROLLED



NEW

ELEARNING

1h

CARE Connection - Planning Snacks as an ...

English ★★★★★

ENROLL



NEW

ELEARNING

2h

CARE Connection - Serving Nutritious Foo...

English ★★★★★

ENROLL



ELEARNING

4h

CARE Connection - Step-by-step Menu Plan...

English ★★★★★

ENROLLED



United States Department of Agriculture

CHILD CARE

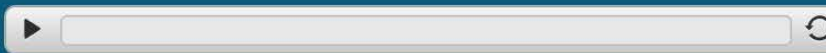
Disclaimer

Step-by-Step Menu Planning for Child Care

INTRODUCTION



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Glossary

Click on the glossary terms below to see their definition

The Child and Adult Care Food Program (CACFP) funded by the United States Department of Agriculture (USDA) plays a vital role in providing nutritious meals and snacks to eligible children and adults, enrolled at **participating facilities**. The program strives to meet nutritional needs, promote healthy eating behaviors, and improve the quality of meals for low-income families.

Looking closely at child care facilities, the program serves young children and child care providers in three ways.

1. Children receive nutritious meals outlined in the CACFP **meal patterns**
2. Child care providers receive meal **reimbursement** to lower meal cost.
3. Child care providers receive annual professional development services and other support services to plan, prepare, and educate young children about healthful meals.

Click **NEXT** to learn about basic eligibility guidelines for the CACFP.



◀ PREV

NEXT ▶

Lesson 1 Pre-Quiz

You must answer all questions to proceed with the test

Single choice

1) CACFP meal patterns are only the minimum requirements that must be served during meals.

- ☐ True
- ☐ False

Single choice

2) Why was the CACFP created?

- ☐ The CACFP was created for child care professionals to train parents how to feed young children.
- ☐ The CACFP was created for the State agency to receive additional funding for each state.
- ☐ The CACFP was created to assist child care providers in improving the nutrition of children in the program.
- ☐ The CACFP was created to ensure children would receive free food.

Single choice

3) The program serves children and child care providers in three ways. Which of the following is incorrect?

- ☐ Children receive nutritious meals that meet the CACFP meal pattern requirements.
- ☐ Child care providers receive valuable meal reimbursements to help with their meal costs.
- ☐ Child care providers are authorized to distribute meals to the community.



Final Score: 100 %

Single choice

1) CACFP meal patterns are only the minimum requirements that must be served during meals.

- ☒ True
☐ False

Score: 20

Single choice

2) Why was the CACFP created?

- ☐ The CACFP was created for child care professionals to train parents how to feed young children.
☐ The CACFP was created for the State agency to receive additional funding for each state.
☒ The CACFP was created to assist child care providers in improving the nutrition of children in the program.
☐ The CACFP was created to ensure children would receive free food.

Score: 20

Single choice

3) The program serves children and child care providers in three ways. Which of the following is incorrect?

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☐ Child care providers receive valuable meal reimbursements to help with their meal costs.
☒ Child care providers are authorized to distribute meals to the community.
☐ Child care providers receive nutrition education and support services to help them teach children about healthy eating habits.

Score: 20

Single choice

4) Which of the following is incorrect when maintaining records in the CACFP?

[BACK TO RESULTS](#)



United States Department of Agriculture



Creditable Foods

When selecting food items from each food component, select items that are creditable instead of non-creditable food items.

Creditable foods are counted toward meeting the requirements for a reimbursable meal. Foods are classified as creditable foods based on the following factors. **Click the buttons below to view the factors that classify a food as creditable.**



Meets the regulations governing the Child Nutrition Programs (on quantity, requirements, and/or by definition)





Points to Remember



By understanding the basics of CACFP, you can make sure you are planning and serving reimbursable meals. In the next lesson, we will discuss the food components and the CACFP meal pattern requirements.

For more information on CACFP meal pattern requirements, click the following link:

[USDA Nutrition Standards for CACFP Meals and Snacks](#)

Check with your Sponsor or State agency for the most up-to-date information on meal patterns.








◀ PREV

NEXT ▶



Lesson 1 Post-Quiz

					
70 %	No	100	5	Unlimited	No
Pass Mark	Time limit	Maximum Score	No. of questions	No. of attempts	Test cannot be resumed later.

BEGIN THE TEST

CARE Connection - Step-by-step Menu Planning in...

5 / 16 parts completed

PREVIOUS

NEXT

Lesson 1

2 / 3

-  Lesson 1 Pre-Quiz Test
Click the icon to measure your pre-existing knowledge
-  CARE_SBSMP_Lesson 1 Course Content
-  Lesson 1 Post-Quiz Test
Click the icon to test your knowledge

Lesson 2

0 / 3

Lesson 3


0 / 3

Additional Resources

Search all branches...


-  COURSE PRINT OUT_INTRO
-  Lesson 1
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1:3 of 5



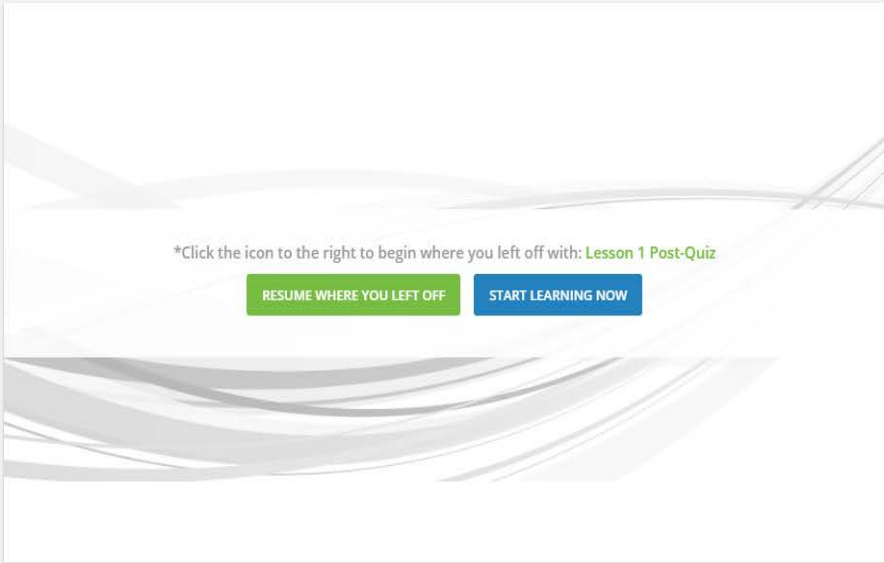
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*Click the icon to the right to begin where you left off with: Lesson 1 Post-Quiz

RESUME WHERE YOU LEFT OFF

START LEARNING NOW


CARE Connection - Step-by-step Menu Planning in...


5 / 16 parts completed


START LEARNING NOW

RESUME WHERE YOU LEFT OFF

Lesson 12 / 3

 Lesson 1 Pre-Quiz Test
Click the icon to measure your pre-existing knowledge

 CARE SBSMP Lesson 1 Course Content


 Lesson 1 Post-Quiz Test
Click the icon to test your knowledge


Lesson 20 / 3


Lesson 30 / 3

Additional Resources


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 Lesson 1


 Lesson 2

Search Windows





7:49 PM
10/12/20



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Lesson 1 Post-Quiz



Final Score: 20 %

Single choice

1) CACFP meal patterns are only the minimum requirements that must be served during meals.

- ☒ True
☐ False

Score: 20

Single choice

2) Which of the following is incorrect when maintaining records in the CACFP?

- ☒ Providers should maintain information on the meals served and it must be accurately recorded in a menu log or other special log in order to be claimed for reimbursement.
- ☐ Providers should maintain copies of the attendance, grocery receipts including milk and food, and other documentation required by their state.
- ☐ Providers should maintain samples of the food items served.
- ☐ Providers should follow all local and state regulations when maintaining records for CACFP.

Score: 0

Single choice

3) Why was the CACFP created?

- ☒ The CACFP was created for child care professionals to train parents how to feed young children.
- ☐ The CACFP was created for the State agency to receive additional funding for each state.
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[BACK TO RESULTS](#)



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Lesson 1 Post-Quiz

You must answer all questions to proceed with the test

Single choice

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Harvest Delight USDA Recipe



Institute of Child Nutrition

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