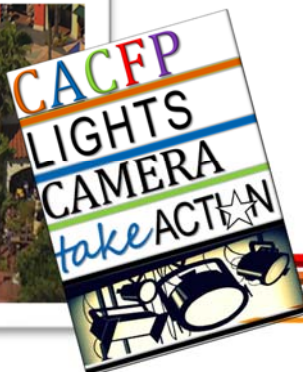


CACFP Providers TAKE ACTION

Child and Adult Care Food Program



TENTATIVE SCHEDULE

- 9:00 - 10:00 Promoting Healthy & Active Preschoolers In Childcare Settings
- 10:10 - 11:10 LET'S MOVE, Child Care
- 11:20 - 12:20 CACFP LA Choose Health
- 12:30 - 1:30 Lunch Program
- 1:45 - 3:15 CACFP : How to Get What You Want: CACFP Providers as Leaders
- 3:15 - 3:45 CACFP *take ACTION* Challenge
- 4:00-5:00 Optional: Create your Website and Facebook Page today

GUEST SPEAKERS AND PRESENTERS

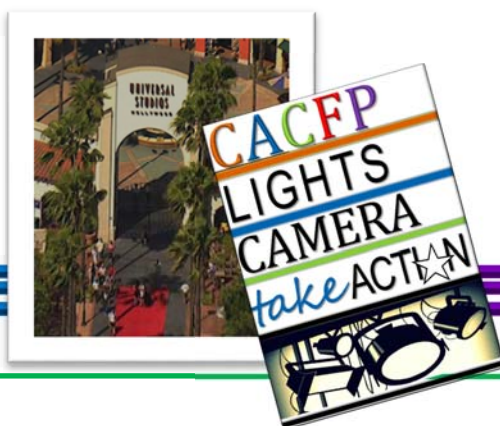
SHERRI LABOON

Sherri has been the owner/operator of Roots and Wings Family Development Center since 1977. She holds an A.S. Degree in Child Development, a B.S. in Organizational Management and a M.S. Degree in Leadership and Management from the University of La Verne. In addition to providing oversight of the Roots and Wings organization, she has also held positions as the State Director of Child Development Community Action Partnership and currently is the Early Learning Specialist for Northwest Educational Service District in Washington state. She was adjunct faculty at Ventura Community College for twelve years teaching a wide variety of coursework in Early Childhood Education.

Promoting Healthy & Active Preschoolers In Childcare Settings, in this workshop Sherri will provide information and tips that will help you become more knowledgeable about nutrition education and improve the nutrition and physical activity environment in the child care setting. Explore the numerous free resources available to providers in California. Follow one childcare centers journey in implementing an intentional, integrated whole foods curriculum.

CACFP Providers TAKE ACTION

child and Adult Care Food Program



GUEST SPEAKERS AND PRESENTERS

JANET SCULLY

Janet Scully is a Health Program Analyst with LAC DPH and is the manager of the CHLACC program. She received her Master's in Public Health from CSU Long Beach and presented at many conferences. Author, Child Care Provider Business Consultant.

Choose Health LA Child Care: a nutrition and physical activity training for child care providers. "This one hour training will address nutrition, physical activity and screen time for children 0-5 and equip child care providers with simple and unique strategies to incorporate health into their child care sites and daily routines"

TOM COPELAND

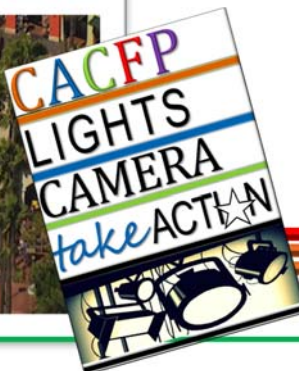
He's been as referred to as the nation's leading trainer, author and advocate on business issues for family child care providers since 1981. He worked to get the IRS to adopt the standard meal allowance rule in 2003. He is a licensed attorney and has presented hundreds of business workshops for family child care providers across the country each year. Answers thousands of calls and emails to help providers, trainers and tax preparers understand complex business and tax issues. From 1981-2009 he worked at Resources for Child Caring in St. Paul, Minnesota, where I was the director of Redleaf National Institute for 15 years. He has written nine books on family child care business issues published by Redleaf Press. He graduated from Macalester College (BA) in 1972 and from William Mitchell College of Law (JD) in 1980. Currently lives in St. Paul, Minnesota, with my wife Diane and two cats, Duke and Ella. Tom Copeland is a renowned tax and child care business specialist. A licensed attorney, Tom graduated from Macalester College (BA) in 1972 and from William Mitchell College of Law (JD) in 1980. He trains thousands of family child care providers, trainers, and tax preparers each year on important business issues, including record keeping, taxes, marketing, contracts, and legal issues. Tom is also the author of many books and resources for family child care providers. Currently, he is a consultant for the National Association for Family Child Care (NAFCC).

In 2003, he won the Friends of NAFCC Award from the National Association for Family Child Care. In 1998, he won the Child Care Advocate of the Year award from the Minnesota Licensed Family Child Care Association. He has represented numerous providers in IRS audits and has won three US Tax Court cases. In 2003, the IRS issued Revenue Procedure 2003-22 that allows family child care providers to use a standard meal allowance rate to claim food expenses. Tom was the author of the proposal that led to this rule. Stay updated on Family Child Care business issues with Tom Copeland's blog at www.tomcopelandblog.com, email Tom Copeland at tomcopeland@live.com.

How to Get What You Want: CACFP Providers as Leaders, Tom will be getting and giving answers to this question. Are family child care providers too nice? What gets in the way of providers asking for what they want? What are provider rights under CACFP? This workshop will discuss strategies providers can use to identify their own interests and negotiate for what they want within and without CACFP. We will discuss how to use "The Three Choices of Life" to resolve conflicts with others.

CACFP Providers TAKE ACTION

Child and Adult Care Food Program



GUEST SPEAKERS AND PRESENTERS

LET'S MOVE CHILD CARE

Giving kids the best start to life is not just about ABCs – it's about healthy habits too. Child care and early education providers have a tremendous opportunity to help young kids learn healthy habits that prevent childhood obesity and can keep them healthy for life. Focus on the five Let's Move! Child Care goals to help your kids grow up healthy: increase physical activity, limit screen time, encourage healthy eating, offer healthy beverages, and support infant feeding. Join the thousands of child care and early education providers who have already committed to reaching the Let's Move! Child Care goals.

EVA DANIELS

Eva Daniels recently accepted the position of Executive Director for the National Association for Family Child Care (NAFCC), the only national association established to advocate for and support family child care providers. She began working for NAFCC in 2001 and has worked as the Director of Accreditation since 2003. In her new role she will accelerate the work to strengthen the operations and programs of NAFCC to better serve the family child care profession. In her 30+ years as an early education professional, Eva has served in a number of leadership roles. Her experiences include; Army Garrison Family Child Care Program Director, Adjunct Faculty-Family and Human Studies Department, Early Childhood Lab School Director, Head Start Education Specialist, and Public School Educator. Eva received her Bachelor of Science in Elementary Education and her Master of Education in Early Childhood from Utah State University.

SAMANTHA MARSHALL, MA

Samantha started her career with the CACFP community as a teenager working for a food program sponsor, getting first-hand experience with the detailed process of CACFP administration and the unique qualities of family child care providers. After getting her M.A. in English and experiencing the legal and publishing industries, she reacquainted herself with child care providers, CACFP, and the importance of health and wellness in the child care environment. Samantha is the manager of ChildCareInfo.com and manages social media for Minute Menu Systems. She is also on USDA's FNS CACFP Nutrition Technical Assistance Workgroup and Choose Health LA, Child Care Advisory Committee. Samantha has given classes about social media and free web resources for nonprofits at National CACFP Sponsors Association and Child Care Food Program Roundtable Conferences in multiple years. She has also presented at Wildwood CACFP Provider Conference and National Family Child Care Association Conferences. Currently, a board member of the National Association of Family Child Care.

PAULA JAMES

Director of the Contra Costa Child Care Council, Child Health and Nutrition Program. Working for over 30 years to improve the eating and activity environments in early care settings. Her program has developed tools to assist child care settings in assessing their nutrition and physical activity environments. Actively involved in advocacy for the Child and Adult Care Food Program and public policy efforts focused on prevention of childhood overweight. Paula serves on the board of the National Child and Adult Care Food Program Forum, chairs the Child Care Food Program Roundtable, serves on the Steering Committee of the CA Strategic Alliance. A member of USDA Paperwork Reduction Task Force and the USDA CACFP Technical Assistance Task Force.