



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

CACFP Nutrition News

The March edition of the CACFP NUTRITION NEWS is now available online at www.kn-eat.org, CACFP, Newsletters. The newsletter features information on green fruits and vegetables in honor of St. Patrick's Day, a recipe for chicken curry casserole and a new physical activity idea in the Get Moving section. Share the newsletter with providers and/or families.

Updated CACFP Meal Pattern Training, March 14-July 27

Come learn about implementing the updated CACFP meal patterns that go into effect October 1, 2017. Each sponsor is strongly encouraged to send at least one participant to training. Training is available at multiple locations and dates throughout the state from March 14-July 27. Visit www.kn-eat.org, CACFP, Training for a list of trainings and registration details. Please note that the same training will be offered at each of the training locations.

USDA Updates

At-Risk Afterschool Meals Clarification

Question: If a football team participates in At-Risk Afterschool Meals, can an away game be approved as a field trip for the football team? The field trip is not open to everyone that participates in At-Risk Afterschool Meals.

Answer: A requirement of At-Risk Afterschool Meals is to have an enrichment activity. Therefore, this would be unallowable if the field trip were to be the actual enrichment activity for the program, because it would be excluding others from participating. To be allowable, the activity and meal must remain open for all at the original approved meal site after the football team leaves on the field trip. If the team can assure safe food handling and appropriate transportation procedures, there is nothing in the regulations that precludes them taking the meals with them on a field trip to an away game.

CN Labels and Product Formulation Statements

Main dish products that contribute to the meat/meat alternate components of the meal pattern requirements that are commercially pre-prepared or ready-to-eat products require a Child Nutrition (CN) label or Product Formulation Statement on signed letterhead to indicate the amount of meat/meat alternate in the product. Documentation must be current. Previous year's documentation should be filed with the records for that year and not carried over from year to year. More detailed information can be found on USDA's [TIP Sheet for Accepting Processed Product Documentation](#) available at www.kn-eat.org, CACFP, Guidance, Meal Documentation.

Make Plans to Celebrate CACFP Week – March 12-18, 2017

[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 and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country. Start making plans to participate the week of March 12-18!

Power Panther Preschool Sub-Grants for CACFP Day Care Centers and Home Providers from Team Nutrition

Power Panther Preschool is a nine-lesson health education program that is designed to motivate preschool children to taste new, healthy foods and be physically active. Child care centers and home providers will have the opportunity to receive the Power Panther Preschool curriculum, nine children's books corresponding with each of the lessons, and sub-grant funds to implement the cooking/tasting activities in the lessons. As part of a Team Nutrition Training Grant, KSDE CNW will award sub-grants in the amount of \$150 per day care center and \$50 per home provider along with program materials to implement the Power Panther Preschool Program. **Applications are available at www.kansasteamnutrition.org.** For questions or additional information, contact Emily Brinkman at ebrinkman@ksde.org or call 785-296-2276.

Healthier CACFP Award

Be one of the first child care centers 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*. This award is a USDA recognition system which supports child care centers 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 centers in Kansas will receive a **\$300 monetary award!** For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at ebrinkman@ksde.org or (785)368-8039.

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.

Child Nutrition & Wellness KANSANS CAN 2016-17 Best Practice Awards

The Kansas State Board of Education has a new vision: Kansas leads the world in the success of each student. This new vision for education calls for a more child focused system that provides support and resources for individual success and will require everyone to work together to make it a reality. The academic achievement and physical well-being of our students in Kansas today will impact the success of our communities, our state and the nation in the future. The good health that results from good nutrition and physical activity, and the learning that is made possible as a result, is primary among those tools.

The purpose of this program is to encourage and reward outstanding practices in Child Nutrition & Wellness Programs in Kansas that support the Kansans CAN vision. There are many outstanding child nutrition programs in Kansas. We encourage you and your staff to make nominations for outstanding and/or innovative practices for recognition of your efforts. A nomination entry form is available at www.kn-eat.org, CACFP, What's New. **Nominations are due to the Child Nutrition & Wellness office on or before May 31, 2017.** Winners will be notified by July 31 and presentations will be made at the August State Board of Education meeting.

Please do not hesitate to contact the Child Nutrition & Wellness team at (785) 296-2276 if we can be of assistance with this process. We look forward to receiving your nominations and celebrating the Kansans CAN Best Practice Awards with you at the August 2017 State Board of Education Meeting.

Training Opportunities

KSDE Training Portal: Online Professional Development Classes & Quick Train Tutorials

CNW staff are developing interactive online training classes and quick train tutorials that can be accessed free of charge 24/7 via the new 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 now at <https://learning.ksde.org/moodle/login/index.php>. For detailed instructions on creating an account and accessing the training, go to www.kn-eat.org, CACFP, What's New, KSDE Training Portal - How to Create a New User Account.

Currently, available classes and tutorials include: CACFP At-Risk Afterschool Meals, Civil Rights Compliance in Child Nutrition Programs, Confidentiality in Child Nutrition Programs, and Sodium Savvy. When new professional development classes and quick train tutorials are added to the KSDE Training Portal, they will be highlighted in the Monthly Update.

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, CACFP, Training. The next two classes will be on March 16 in Wichita and April 18 in Topeka. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

Little Kids Digging In: Farm to Early Care and Education

Help healthy habits take root in children by introducing local foods, nutrition education and farm-related activities in child care and home day care facilities. Take a look at some of the Farm to Early Care Education resources and learn how to implement these initiatives in your region. Learn best practices about procuring local foods, updated CACFP meal pattern guidelines, and nutrition education for Farm to Early Care and Childcare programs with these resources: [Procuring Local Foods for Child Nutrition Programs](#), [CACFP Best Practices](#), [Grow It, Try It, Like It](#), and [Nutrition and Wellness Tips for Young Children](#).

Seeking Grant Applicants to Increase Access to Meals – Deadline March 8, 2017

Now's the opportunity to enhance health and wellness programming in your before/afterschool or summer camp programs! The National Recreation and Park Association has announced the availability of \$1 million in funds from the Walmart Foundation to support children's health and wellness through park and recreation out-of-school time (OST) programs. Grantees will receive funding to support their efforts to, 1) increase nutritious meals served to youth through the USDA federal nutrition programs, 2) implement nutrition education, and 3) implement healthy eating and physical activity standards. Funding is expected to range from \$25,000-\$35,000 and can be used to support programmatic expenses like marketing, transportation, large equipment purchases, nutrition education materials and more! The deadline to [apply](#) is March 8, 2017.

Work Well Kansas – Accepting Applications for Recognition – Due March 10, 2017

Work Well Kansas is looking for worksites, organizations and communities that are making strides toward improving health to recognize at the upcoming Kansas State of Wellness Symposium on May 24, 2017 in Salina. If you are focused on increasing physical activity, improving nutrition and/or reducing tobacco/nicotine use then share your story with others across the state. Awardees will receive an original piece of Kansas art and have a professional video created showcasing their work. Visit [WorkWellKS](#) for an application and additional details. Questions? Contact Misty Lechner at misty.lechner@heart.org.

Kansas Nutrition Council Annual Conference – April 27 – Overland Park, KS

The [Kansas Nutrition Council Annual Conference](#) will be held on Thursday, April 27. This year's theme is Across Ages, Across Cultures: Nutrition for Everyone. Six hours of continuing education are available. Registration costs include a one-year membership with the Kansas Nutrition Council. For questions regarding the conference contact Anna Page at apage@jccc.edu.

Food 4 Thought

Harvesters in partnership with Farm Bureau are hosting [community conversations](#) about the impact of agriculture and farming on food security, food access and nutrition. Each attendee will receive a copy of the new book, Kansas Farmer, by Scott Stebner; have a chance to meet local farmers and ranchers; and hear how Kansas Farm Bureau and Harvesters are working together to build stronger, healthier communities for seniors, families and children. Meeting dates and locations include March 1st in Topeka, March 9th in Lawrence, and March 14th in Manhattan.

Sunflower Spotlight

Students at **USD 234 Fort Scott** now have access to healthy, nutritious afterschool meals thanks to the Super Snacks Program implemented by the district in January. Super Snacks, which are also known as CACFP At-Risk Afterschool Meals, are being offered from 3:25-4:15 Tuesdays, Wednesdays and Thursdays at Fort Scott High School. The district serves a supper meal but decided to call the program "Super Snacks" in order to cut down on the social stigma associated with serving a supper to students. On average, about 80 students are taking part in the program each day. Many of the students who partake in the snacks are involved in after school activities, such as forensic and debate or sports. Robin Button, Fort Scott Food Service Director, states that she "believes serving meals after school is important as there is a big break between lunch and supper, there is research out there that shows a link between good nutrition and learning."

Is your district or organization interested in serving meals or snacks after the school day ends? For more information call 785-296-2276 or email jladd@ksde.org.

Matter of the Heart

February is American Heart Month. Currently, 1 in 3 American children are overweight or obese. Steps taken at a young age to improve the quality of children's diets can have a huge impact on reducing their risk of developing chronic diseases such as heart disease, which is the current leading cause of death in the United States. The CACFP meal patterns have recently been updated to help address the current health status of children and adults and enhance the nutritional quality of meals and snacks. Thanks for your efforts in helping children develop healthy eating habits for a lifetime! Eat Smart. Play Hard.

Personnel Update

Effective March 31, 2017 Jill Ladd, Assistant Director, will be transitioning to a part-time special projects role within the CNW team. Jill's family has relocated to Manhattan, KS and with two small children at home, commuting to Topeka each day was not in the best interest of the Ladd family. Jill will work to ensure a smooth transition once the new Assistant Director is hired. Sincere appreciation to Jill for her outstanding work as Assistant Director of the Child Nutrition & Wellness team. We are pleased that Jill's expertise in Child Nutrition Program administration will be put to good use in her new role and she will continue to impact access to healthy food and the health and wellness of Kansas children.

Jill & Cheryl