



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 February edition of the CACFP NUTRITION NEWS is now available online at www.kn-eat.org, CACFP, Newsletters. The newsletter features information on using herbs and spices, grapefruit selection, storage and nutrition, a recipe for confetti soup and a new physical activity idea in the Get Moving section. Share the newsletter with providers and/or families.

New 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. When new professional development classes and quick train tutorials are added to the KSDE Training Portal, they will be highlighted in the Monthly Update.

CACFP Meal Pattern Training – Coming Soon

Plan to join KSDE for updated CACFP meal pattern training. Training will be offered at multiple locations and dates throughout the state mid-March through April. Visit www.kn-eat.org, CACFP, Training in early February for a list of trainings and registration details.

USDA Updates

CACFP 06-2017 – Feeding Infants and Meal Pattern Requirements in the CACFP; Questions & Answers

USDA has issued additional guidance on feeding infants and the infant meal pattern requirements in the CACFP. This revision updates the required storage temperatures for breastmilk and provides clarification on documenting meals when a mother breastfeeds on site, and includes new Questions and Answers. The policy memo is posted at www.kn-eat.org, CACFP, What's New.

Local Kansas Food and Gardening sub-grant available for CACFP day care centers and home providers from Team Nutrition!

Child care centers and 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 opportunities for children in their care! As part of a Team Nutrition Training Grant, KSDE, CNW will award sub-grants to 30 centers (\$300 each) and sub-grants to 100 home providers (\$100 each) along with program materials to implement a Local Kansas Food and Gardening nutrition education curriculum this spring.

Applications are available at www.kansasteamnutrition.org and is due February 10, 2017. For questions or additional information, contact Tessa Adcock at tadcock@ksde.org or call 785-296-2276.

Coming Soon! 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 will be available early February at www.kansasteamnutrition.org.** For questions or additional information, contact Emily Brinkman at ebrinkman@ksde.org or call 785-296-2276.

Stickers Now Available for CACFP

Make Today a Try-Day! Stickers are now available for sponsors of the CACFP! Healthy habits start early. Use these cool 2" stickers to make trying new foods fun. Stickers come in a roll with 200 stickers and there is a limit of 6 rolls per sponsoring organization. Request these stickers using a special [Team Nutrition order form](#). When prompted, type TNUser1 as the username and CACFP2017 as the password to login to the order form.

New Resource: A Flash of Food Safety

The USDA FNS Office of Food Safety is excited to share a new educational resource for nutrition professionals. *A Flash of Food Safety* is an educational video series designed to help busy nutrition professionals understand and practically apply safe food practices. The videos, available in English and Spanish, address five food safety topics: *Handwashing: Why to Wash Your Hands*, *Handwashing: How to Wash Your Hands*, *Calibrating a Thermometer: Ice Water Method*, *Calibrating a Thermometer: Boiling Water Method*, and *Active Cooling with a Chill Stick*. Each "flash" video is 2-4 minutes long and can be accessed online via YouTube – perfect for onsite training! Click [here](#) to access *A Flash of Food Safety*.

Foods of the Month Curriculum

The National Recreation and Parks Association has developed free, downloadable resources that include monthly lesson plan guides to implement the Commit to Health: Foods of the Month nutrition literacy curriculum. The lesson plan guide is divided into suggested weekly activities that include experiential activities, coloring and activity sheets, fun being active tips and USDA MyPlate activities. Two age-appropriate lesson plan guides are available for each month.

[Learn More.](#)

Dietary Guidelines for Americans goes Mobile

The 2015-2020 Dietary Guidelines for Americans is now available in a variety of convenient digital formats compatible with mobile phones, tablets, and e-readers. See [all the available formats](#) for the Dietary Guidelines.

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.

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

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 February 21 in Kansas City and March 16 in Wichita. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

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!

Kansans CAN

The vision of the Kansas State Department of Education is that Kansas leads the world in the success of each student! One of the outcomes for measuring progress is kindergarten readiness, which CACFP plays an integral role. Kindergarten readiness is an important building block for a student's future achievement and success. Thank you for your participation in CACFP as you are ensuring that the children in your care are receiving nutritious foods that contribute to the wellness, healthy growth and development of a young children preparing them for future success in school.

Jill & Cheryl