



## 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](http://www.kn-eat.org), Child and Adult Care Food Program, Updates from CNW

#### USDA Resources

##### USDA Food and Nutrition Blog

The March 12, 2018 USDA Blog focuses on Healthy Changes in the Child and Adult Care Food Program and shares some successes in several states, plugs the Thirty on Thursdays webinars, and highlights the use of Team Nutrition Training Grant funds. The site can be found at <https://www.usda.gov/media/blog/category/food-and-nutrition>. Other recent Food and Nutrition blogs address the Mobile App for the Food Buying Guide and the USDA Mixing Bowl's #2017BestNine.

##### Now Available from Google Play Store: Food Buying Guide (FBG) for Child Nutrition Programs (CNP) Mobile App

The FBG has been released on the Google Play store in addition to already being available via the Apple App store. The FBG assists CNP operators, food manufacturers, and other stakeholders with purchasing the correct amounts of foods for CN meal programs and determining the contribution each food makes toward meal pattern requirements. The app features the ability to easily search and navigate food yields for foods typically served in CNPs, compare food yields to determine the best food to purchase, and create favorite foods lists!

The FBG Mobile App includes access to narrative content which provides CN Program-specific information for meeting meal pattern requirements, helpful information related to food purchasing and how to utilize food yield information in the FBG, and additional resources related to meal pattern requirements and menu planning for CNPs. More information can be found on the USDA website at <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>.

##### USDA Seeking Input – Child Nutrition Food Crediting

The USDA has issued a public invitation for comments on food crediting. They are especially interested in understanding the possible benefits and negative impacts associated with potential changes to how certain foods may or may not be credited. Submit comments through the Federal eRulemaking Portal at <http://www.regulations.gov>. The comment deadline has been extended to April 23, 2018.

##### Training Opportunities

Sign up now for **Growing Healthier Futures with the CACFP** trainings. This 2.5 hour, interactive training focuses on CACFP Best Practices for each meal component, infant care, incorporating Farm to Plate, and avoiding non-creditable foods. The training also provides guidance on goal setting and assistance on applying for a Healthier CACFP Award. Attend one of the following regional locations to receive the KDHE approved training:

- April 5 – Wichita, 9:00-11:30 am
- April 5 – Wichita, 1:00-3:30 pm
- April 10 – Salina, 1:00-3:30 pm
- April 12 – Manhattan, 9:00-11:30 am
- April 18 – Overland Park, 9:00-11:30 am
- April 19 – Garden City, 9:00-11:30 am
- April 23 – Topeka, 9:00-11:30 am
- April 24 – Hutchinson, 1:00-3:30 pm

Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training.

**Microsoft Office in Child Nutrition Programs** – Make Microsoft Office work for you! KSDE will offer Microsoft Excel, Word, and PowerPoint in Child Nutrition Programs classes at three locations in April, June, and August. Excel will be offered from 8:30-11:30 am with Word and PowerPoint from 1:30-3:30 pm. Learn how Microsoft Office can help you save time by streamlining and increasing efficiency in Child Nutrition Program operations. **Technical assistance for program renewal in the Child & Adult Care Food Program will be available by the Child Nutrition & Wellness consultant at each location in August.** Registration information is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training.

### CACFP Nutrition News

The April edition of the CACFP NUTRITION NEWS is now available on-line at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Newsletters. The newsletter features: 1) a new Team Nutrition webpage that provides recipes from around the world, 2) a recipe for a Simple Tomato Salad and 3) a “Get Moving!” section that encourages walking to a local Farmers’ Market. Share the newsletter with providers and/or families with children in care.

### CACFP Halftime: Thirty on Thursdays

The next **CACFP Halftime: Thirty on Thursdays** is April 19. The topic for the April webinar will be *Offer Versus Serve in the CACFP* and offered in both English and Spanish. The English webinar will be held from 1:00-1:30 pm CST, and the Spanish webinar will be held from 2:00-3:30 pm CST. The webinars are recorded and made available on the Team Nutrition website, <https://www.fns.usda.gov/tn/team-nutrition>.

### Team Nutrition Resources

**Team Nutrition Posters and Poster Sets** – USDA Food and Nutrition Service’s Team Nutrition offers free posters to help educate and inform on the benefits of eating smart and playing hard. These posters can be found at <https://www.fns.usda.gov/tn/posters>. The materials are specifically developed for kids and their parents/caregivers. They also offer evidence-based curricula that can be used to integrate nutrition lessons for child care (centers, homes and sponsors) that participate in USDA’s Child Nutrition Programs.

### National Nutrition Month

March is National Nutrition Month. “*Go Further with Food*” is the theme for 2018 National Nutrition Month and its importance is timely for many reasons. Whether it’s starting the day off right with a healthy breakfast or fueling before an athletic event, the foods chosen can make a difference. Preparing foods to go further at home and within the community can have a positive impact. The campaign focuses on the importance of making informed food choices and developing sound eating and physical activity habits. Thank you for your work to ensure that children are learning lifelong healthy eating and physical activity habits!

### 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](mailto:kchanay@ksde.org).

**Welcome to Spring!**

Originally, March was the very first month of the Roman calendar. Symbolically, this arrangement made sense. In their geographical region, the grips of winter were just beginning to lose their hold in March so it stood to reason that the Roman's year should begin as a new season of life began. At this point in the year, there is no stopping the burgeoning birth of new life. March embodies a kind of reigniting of the hearts and consciousness of humankind. Spring springs forth in all its beautiful glory. The contributions CACFP makes to the nurturing and growth of children is symbolic of this time of year. Thank you for all you do to create healthy environments for children!

**Mark & Cheryl**