



## 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

#### **Training Needs Assessment**

Kansas State Department of Education (KSDE) works to develop training that is most needed at times when it is convenient for people to participate. KSDE would like your input on training that works for you. Go to <https://www.surveymonkey.com/r/S5Y3Y8H> and complete the short survey (less than 5 minutes to complete).

#### **USDA Guidance – Grains Q&A**

**Q:** If a Sponsor only serves snack and 3 components are served at snack, one which is a grain, does the grain have to be whole grain-rich?

**A:** Only 2 components are required to be served at snack; therefore, if the sponsor were to identify the grain as an “extra” the grain would not be required to meet the whole grain-rich requirements as long as the two other items meet component requirements.

#### **Enrollment Form Reminder**

CACFP enrollment forms expire after one year from the date they are signed by the parent (does not apply to At-Risk, Outside School Hours, and Emergency Shelters). A suggested best practice is to have all enrollment forms updated with new signatures and dates at a designated time during the year (i.e. in August when schools begin their year). If all enrollment forms are updated at this time, even if they had just been signed the previous month for a new child, sponsors would not have meals disallowed for expired enrollment forms when consultants or auditors are on site for reviews.

#### **Celebrate National CACFP Week – March 17-23, 2019**

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. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool as well as for adults in day care.

Resources are available to help promote the CACFP Week Providers Challenge, share sample menus and tips for healthy meal planning, and getting the message out to the press and the community. These resources include Sample Letters, Took-Kit Resources, Nutrition Handouts, and much more. For more information, go to [www.cacfp.org/news-events-conferences/national-cacfp-week/](http://www.cacfp.org/news-events-conferences/national-cacfp-week/).

#### **Kansas Professional Development System**

Professional development is a priority for the Child Nutrition & Wellness team and is offered in multiple ways to ensure that child nutrition program personnel are kept informed and have the tools and information they need to do their jobs correctly. Sponsors are encouraged to participate in professional development established and supported by Child Nutrition & Wellness, through face-to-face classes and workshops or online classes and tutorials.

Call 785-296-2276 to request **Face-to-Face Professional Development** at your child care center. A list of classes with descriptions is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training. KSDE will secure the cadre instructor, pay the instructor expenses and stipend, provide materials for the instructor and participants, provide a list of supplies for the Sponsor to obtain as needed, offer online registration capability, and print and send certificates for participants.

### Training Opportunities

#### Grains 101 – Spring Training

Register today to attend Grains 101 Spring Training offered by KSDE in six regional locations. By attending the Grains 101 training, participants will get hands-on practice calculating ounce equivalents as well as practice in identifying whole grain-rich foods using approved methods.

Beginning October 1, 2019, CACFP operators will be required to calculate the grains component using ounce equivalents. This training is geared towards anyone who has a role in menu planning, preparing CACFP meals and snacks or who purchases food for the CACFP. Participants will receive 6 hours of KDHE training credit for those attending. A \$150 sub-grant will be provided to each Sponsor who preregisters to attend. Training dates and locations include:

- March 19 – Hutchinson
- March 20 – Overland Park
- March 21 – Garden City
- March 25 – Topeka
- March 25 – Wichita
- March 26 – Salina

**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](http://www.kn-eat.org), CACFP, Training. The next class will be on February 12, 2019 in Kansas City. This free training class includes sessions on CACFP Administrative Integrity and Meals Done Right.

#### Food Safety Training

A Food Safety Basics class schedule for March and April is available at [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training. All CACFP Sponsors must have one employee receive approved food safety instruction every 3 years. Food Safety Basics may also be taken online in the KSDE Training Portal.

#### Online Professional Development Classes and Tutorials

CNW staff continue to develop new interactive online training classes and quick train tutorials that can be accessed free of charge 24/7 via the 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 at <https://learning.ksde.org> and see the entire list of classes and tutorials available. For detailed instructions on creating an account and accessing the training, go to [www.kn-eat.org](http://www.kn-eat.org), CACFP, Training.

This month we are featuring two of the fifteen classes available for CACFP Sponsors:

**It's Time to Get Down and Dirty** is a 2-hour professional development class designed to help childcare centers/providers start their very own garden. The class teaches the center/provider the basics needed to begin a garden and how to incorporate the children in the gardening process. It's Time to Get Down and Dirty is great for those interested in adding education, excitement, and local foods to meal time!

**Social Media Matters**, a 1.5-hour class, will help you get started using social media correctly. The class is a great starting point for beginners but will also provide skills and ideas to veterans. Get started spreading the word about the great things happening in the CACFP using social media!

### **CACFP Halftime: Thirty on Thursdays**

The next *CACFP Halftime: Thirty on Thursdays*, will take place on March 21, 2019. The topic for the March webinar will be *Identifying Whole Grain-Rich Foods in the CACFP-Part 2* 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. Join the webinar at: <https://www.fns.usda.gov/cacfp-halftime-thirty-thursdays-training-webinar-series>. The webinars are recorded and made available at a later date on the Team Nutrition website, <https://www.fns.usda.gov/tn/team-nutrition>.

### **Trending Topics in Farm to ECE: Farm to Early Care and Education in Family Child Care**

Across the country, there are over 213,000 licensed family child care homes and nearly one quarter of all children spend time in family child care before they reach kindergarten. Farm to early care and education (farm to ECE) – including local food procurement, gardening, and food and agriculture education – is a great fit for family child care. Farm to ECE adapts to diverse ages, abilities, and settings and offers evidenced-based approaches to meeting educational and nutrition standards. Join the National Farm to School Network webinar on February 7 from 12-1 pm to learn about new resources to support farm to ECE in family child care, hear about best practices from county level farm to ECE initiatives, and see examples of farm to ECE in family child care success. [Click this link to register.](#)

### **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).

### **Kansas Team Nutrition Sub-grants and Resources**

#### **Family Fun, Food and Fitness Sub-Grant Now Available for Child Care Centers and Daycare Home Providers!**

Child care centers and home day care providers are invited to apply for a sub-grant to host a health-centered, family-friendly event. As part of a Team Nutrition Training Grant, KSDE, CNW will award centers and providers with sub-grant funds and program materials to host a Family Fun, Food and Fitness Event for its children, parents and community members. **Centers will receive \$350 and day care home providers will receive \$150.** Past award winners are welcome to participate again. Applications are available at [www.kansasteamnutrition.org](http://www.kansasteamnutrition.org), and are due February 22, 2019. For questions or additional information, contact Linnie Rieger at [lrieger@ksde.org](mailto:lrieger@ksde.org) or call (785)296-2276.

#### **Kansas Local Food & Gardening Sub-Grants – Coming Soon!**

Available for child care centers and day care home providers. Additional information and applications will be released in March 2019!

### Healthier CACFP Recognition & Monetary Award

**Be one of the first childcare centers or daycare home providers 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* is a USDA recognition system which supports child care centers and daycare home providers 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 sites in Kansas will receive a monetary award of **\$500/child care center or \$200/daycare home!** For more information on the criteria and/or for assistance with applying, contact Emily Brinkman at [ebrinkman@ksde.org](mailto:ebrinkman@ksde.org) or (785) 296-2276.

### National CACFP Conference – April 23-25 in Chicago

The National CACFP Sponsors Association (NCA) serves as a national platform that provides education, support, and resources to organizations who administer the CACFP. The NCA hosts an annual conference that is designed for CACFP sponsors, state agency staff, federal agency staff, Headstart, Afterschool/At-Risk, and Summer Feeding staff. This year's conference will take place from April 23-25 in Chicago, IL. For more information, go to <https://www.cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference/>.

As always, if you have questions or if we can assist in any way, please call or email your area Child Nutrition Consultant or the Topeka office staff.

Thank you for being the heart of the Child Nutrition Programs,

**Cheryl, Kelly and Julie**