

Child and Adult Care Food Program Nutrition News

August 2019 • Edition XLIX

CACFP Renewal Required by October 31, 2019

Are you ready for FY 2020 CACFP Annual Renewal? This process is mandatory for all participating institutions and sponsors to complete annual renewal requirements in order to continue participation in the CACFP. CACFP renewal is a three step process. (Note: Step #1 is optional.)

#1 Renewal Readiness: What's the 411? (Optional) This training will help institutions prepare for renewal. The session provides detailed information on the requirements needed for successfully completing the annual renewal process. Registration is open in ATLAS and the options are listed below.

- **Wednesday, August 21, 2019: Face-to-face**
- **Wednesday, September 4, 2019: Webinar**
- **Wednesday, September 25, 2019: Webinar**

#2 Annual Training: Participating CACFP Institutions and Sponsors are required to review the CACFP 2020 Annual Training presentation and complete the CACFP 2020 Annual Training assessment questions. Registration will open on **September 5, 2019** in ATLAS.

- The annual training assessment must be completed and submitted prior to receiving access to the 2020 CACFP application.

#3 CACFP FY2020 Application: Upon completion of the Annual Training and Assessment, the CACFP application for the associated program year will change the institution or sponsor's status to "Not Enrolled" and the "Enroll" button will be available. Institutions and sponsors can "enroll" into FY 2020 **on or after October 1, 2019**

- Institutions and sponsors are encouraged to review the FY 2019 application packet and make updates by **September 15, 2019**.
- The 2020 CACFP application must be submitted on or before **October 31, 2019**.
- Original or Annual Budgets and Budget Amendments must be submitted on or before **October 31, 2019**.

CACFP Budget & Procurement Training

Gearing up for FY2020 Budget & Procurement planning? Registration in Atlas is now open for those interested in the optional face-to-face session being held on September 10-11, 2019.



For more information on the CACFP Budget, click [here](#).

Serious Deficiency Webinar Available Online!

DECAL recently hosted a specialty webinar on the serious deficiency process. The presentation was exclusively designed for sponsors of both childcare homes and unaffiliated centers.

The presentation is now accessible on DECAL's website, located [here](#).

For additional questions, please contact [Kate Alexander](#), Policy Administrator, at **404-651-8193**.

Exhibit A Grains Tool now available as a New Feature on FBG Mobile App

Food Nutrition Services (FNS) released the Exhibit A Grains Tool as a new feature on the Food Buying Guide (FBG) Mobile App. The Exhibit A Grains Tool was first released on the FBG Interactive Web-Based Tool to allow users to search their grain product (as listed on Exhibit A) and enter in the serving size as listed on the product label. The tool then determines:

- the ounce equivalent (oz. eq) grains or grains/bread serving(s) for the grain product
- the amount of the grain product to serve to obtain a specific meal pattern contribution.

The [FBG Mobile App](#) provides quick access to food yield information to help make quick purchasing decisions from a mobile device. The app is available on the Apple App Store and the Google Play Store. Check to ensure you have the most current version of the app on your mobile devices!

CACFP Institutions Required to Notify DECAL of Change in Ownership within Five Days

It is the policy of Bright from the Start: Georgia Department of Early Care and Learning (DECAL) to require institutions participating in the Child and Adult Care Food Program (CACFP) to notify DECAL when such institutions have undergone any change of ownership. In agreement with CACFP regulations, DECAL enters into a program agreement with each institution that participates in the CACFP.

Under the Program agreement, the institution accepts final financial and administrative responsibility for management of an effective food service. No institution may participate in the CACFP without having a Program agreement. When a change of ownership occurs, the agreement with the previous owner(s) is no longer valid and the new owner must apply to participate in the CACFP and

secure a new Program agreement with DECAL.

Institutions must notify DECAL within five (5) business days of the completion of a change of ownership by completing and submitting a Voluntary Closure Form (Change of Ownership section). Please refer to CACFP [Policy 19](#) for more information regarding changes of ownership in the CACFP.

At-Risk Afterschool Meals Orientation & Program Training Held in Atlanta

Six representatives from various organizations recently attended the **At-Risk Afterschool Meals Orientation and Program Training** in Atlanta offered by DECAL's Nutrition Division. This Program, a component of the Child and Adult Care Food Program (CACFP), reimburses institutions that serve a nutritious snack and/or a supper meal to children up to 18 years old in a structured environment after-school. The training included information about the requirements for USDA's meal patterns, food service, record keeping, reimbursements, and more. The next At-Risk Afterschool Meals Orientation and Program Training will be held on **October 9, 2019** in Atlanta; registration in ATLAS will open soon.



CACFP Updated Meal Pattern Requirements Training

It's been two years since the CACFP meal patterns have been updated. Did you know that additional flexibilities were added to the CACFP meal pattern requirements for FY 2019?

If you have new staff, need a refresher on recent updates, or just want some fresh ideas about how to prepare meals for children and/or adults, please join Nutrition Services for a face-to-face CACFP Updated Meal Pattern Requirements training. The dynamic day will include:

- Updated CACFP meal pattern requirements (child and adult only),
 - Milk component
 - Meat/meat alternates component
 - Grain component
- Menu planning,
- Takeaways and more!

Space is limited, register today! Registration ends one (1) day prior to the training session date.

Time: 9:00 a.m. until 2:30 p.m. Registration begins at 8:30 a.m.

- Thursday, September 19, 2019
 - **Clarkston** – GA Piedmont Technical College, Dekalb Conference Center 495 N Indian Creek Dr. Clarkston, GA 30021
- Thursday, September 26, 2019
 - **Tifton** – UGA Tifton Campus Conference Center 15 RDC Rd. Tifton, GA 31794

- Wednesday, October 2, 2019
 - **Savannah** – National Museum of the Mighty Eighth Air Force 175 Bourne Ave. Pooler, GA 31322

Please note: Only the Primary Contact (PC) can self-register via ATLAS. If an additional person will be attending, please contact **Leslie Truman**, Administrative Assistant, at **(404) 657-1779** for assistance.

Demetria Thornton - New Program Supervisor

Bright from the Start is happy to announce that **Demetria Thornton** serves as the new Program Supervisor for the Nutrition Services Division! Demetria is responsible for overseeing the CACFP and SFSP eligibility and application process and for supervising the Application Team. Demetria has served as an Application Specialist in the Nutrition division for the past seven years. Prior to DECAL, Demetria was a Case Manager with the Salvation Army. She holds a Master's degree in Public Administration.



For questions or concerns, Demetria can be reached at Demetria.Thornton@decalfga.gov.

Make Plans for Farm to School Month Plan and Plant a Kid-Friendly Garden

Prepare for Farm to School Month

It's not too early to plan for October Farm to School Month. Gardens can provide a hands-on learning environment for children to grow their understanding and connection of where their food comes from. Inviting children to take part in garden activities is a creative way to demonstrate how to take care of living things.

Tips to Tackle a Kid-Friendly Garden

To keep children engaged in the gardening process, section off a small 4x4 area outside. Having a designated gardening space will give children room to explore the plants and experiment with how they grow. Preparing, planting, tending, and harvesting the garden is an experiential way for children to learn about the life cycle process.

Pick Plants Kids Love

There are countless different fruits and vegetables to choose from when starting a garden. An easy way to narrow down the long list of choices is to select in-season plants that children are likely to be familiar with. See the list below for some ideas on



easy-to-grow plants that are perfect for sparking a child's interest in gardening!



Pictured: Children at Little Folks Farm and Childcare in Lyons, Ga, tended to zucchini and squash in their garden.

Late Summer Plants:

- Cucumbers
- Carrots
- Broccoli
- Kale
- Squash
- Spinach
- Bean Bush
- Collard greens
- Micro greens

Local Sourcing Spotlight:

More Melons Please!

Summer is beginning to wind down but that doesn't mean you can't take advantage of melons available here in Georgia. Watermelon and Cantaloupe are two types of melons grown here in Georgia. August is a peak season month for Cantaloupes.

According to [Georgia Grown](#) the optimal way to purchase the freshest melons is to look for fully round melons with a firm, slightly dull rind. For cantaloupes specifically, choose one that is medium sized with thick "above surface netting".

Home Grown Farming - Jaemor Farms

Since we are in peak season for Cantaloupe harvesting, this is the time to take a visit to your favorite farm, farmer's market or farm stand and purchase cantaloupe while still in season. [Jaemor Farms](#), located in the North Georgia Mountains, is one of many growers with access to Cantaloupe. Click [here](#) to plan a visit to your nearest farm to purchase cantaloupe while in season.

Purchasing Food Safety

Once you've purchased your cantaloupes, thoroughly cleanse the melon to prevent contamination as cantaloupes grow on the ground and have close contact with bacteria. First, start by washing your hands as well as any surface you will be working with. Then proceed to wash the rind of the cantaloupe with a produce brush and cool water. Be sure to refrigerate fresh cut melons immediately.

Refer to the USDA recommended [Colorado State University Extension](#) resource on beneficial food safety practices when handling cantaloupe.

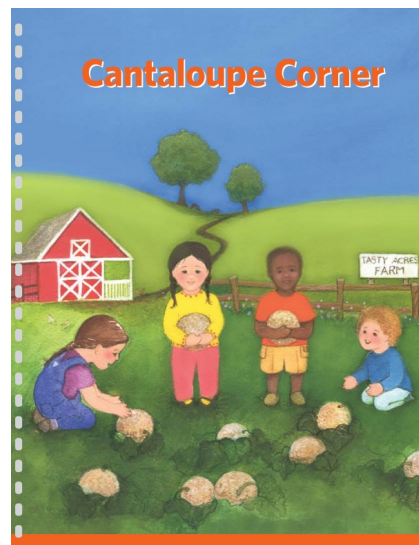
The Cantaloupe Corral

School may be back in session, but summer isn't over yet! Continue enjoying the bountiful produce that Georgia has to offer. Cantaloupe packs a nutritional punch by serving as a source of potassium, Vitamin C, and fiber. Although originating in Persia, the name cantaloupe derives from the papal gardens of Cantalupo, Italy. Share this knowledge with the children at your center by showing them a map of where we are located compared to Italy.

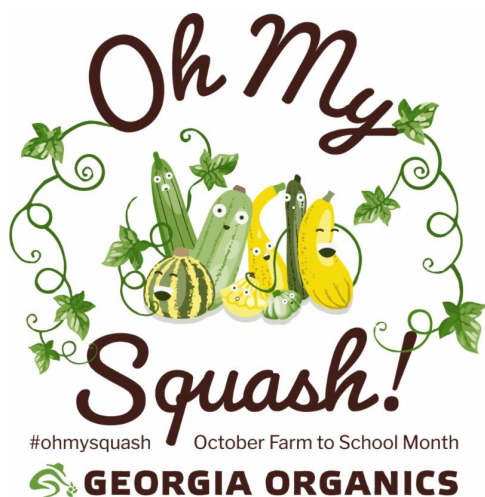
In choosing a ripe cantaloupe, pick one that is heavy for its size and smells sweet. Prior to cutting, wash the rind of the cantaloupe and slice the melon in half. Scoop out the seeds and strings on the inside and cut the melon into cubes, melon balls, or slices that are an appropriate size to prevent choking hazards.

For more detailed visual directions on cantaloupe preparation, view this [infographic from the Kansas Department of Education](#). Looking to take it a step further? Integrate cantaloupe into salsa for a sweet and savory dip!

Children need reinforcement of nutritional messages in many ways throughout their day. Another component of connecting children to their food is integrating nutrition and agriculture-based lessons into their daily activities. Start today with [USDA's Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care](#) materials; [Cantaloupe Corner](#) is filled with curriculum to encourage children to experience how cantaloupes look, feel, smell, and taste. Explore the [Grow It! Try It! Like It! Tasty Acres Farm](#) and share your stories with diana.myers@decalfarm.org.



CACFP Meal Component: Fruit



October is Farm to School Month and DECAL is excited to partner with Georgia Organics to celebrate all things squash! *Oh My Squash!* is a state-wide celebration to get kids eating, growing, and participating in squash-themed activities. To participate in *Oh My Squash* at your school, early care center, or in your community, click [here](#) to sign up.

Participants will receive free electronic resources to help you plan and implement your activities. Resources include standards-based lesson plans, quick activities, recipes, videos, school garden planting and harvesting information, and more!

The first 300 people to sign-up will be mailed a free packet of squash seeds, washable squash tattoos, and a Georgia Planting and Harvest Calendar for school gardens. Share your *Oh My Squash* pictures and activities on social media with #ohmysquash. Each week during October, anyone who uses this hashtag will be entered to win a gift card and at the end of the month, we will have a grand prize winner of a two day education pass to the Georgia Organics Conference on Feb. 7-8, 2020 in Athens (a \$425 value)!

Dates to Remember:

Date	Event	Location
September 4 & 25	CACFP Renewal Readiness Training	Webinar
September 10-11	Adult Day Care Orientation & Program Training	Atlanta
September 10-11	Budget and Procurement Readiness FY 2020 Training	Atlanta
September 17-18	CACFP Orientation & Program Training	Newnan
September 19	CACFP Updated Meal Pattern Requirements Training	Clarkston
September 26	CACFP Updated Meal Pattern Requirements Training	Tifton
October 2	CACFP Updated Meal Pattern Requirements Training	Savannah

Have you listened to DECAL Download?



Students in Georgia's Pre-K Program are better prepared for Kindergarten, but how are those same students doing four years later, when they are tested at the end of third grade? Susan Adams, Deputy Commissioner for Georgia's Pre-K Program and Instructional Supports, and Dr. Bentley Ponder, Deputy Commissioner for Quality Innovations and Partnerships, discuss a recent study.

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