



January 16, 2024

## Have you thought about feeding kids this summer? Consider participating in Happy Helpings, Georgia's Summer Food Service Program

Happy Helpings, Georgia's Summer Food Service Program, ensures children 18 and under have access to nutritious meals and snacks during the summer when school is not in session.

If your institution currently participates in at-risk afterschool meals, you are well-positioned to offer summer meals through Happy Helpings. If you would like to offer year-round feeding and are a CACFP Sponsor, we'd like to invite you to register for New Sponsor Training in GA ATLAS.

Training is offered on March 13 & 14 in Macon and April 10 & 11 in Atlanta. There are 58 Georgia counties where children did not have access to a Happy Helpings' meal site during FY23. If you are able, please consider expanding your meal service to offer meals in any of the counties listed below.



### Areas of Need: 58 counties

- |                 |              |              |            |             |
|-----------------|--------------|--------------|------------|-------------|
| • Appling       | • Dade       | • Laurens    | • Quitman  | • Wheeler   |
| • Atkinson      | • Dawson     | • Lincoln    | • Schley   | • White     |
| • Bacon         | • Dodge      | • Long       | • Screven  | • Wilcox    |
| • Banks         | • Emanuel    | • Lumpkin    | • Stewart  | • Wilkes    |
| • Berrien       | • Evans      | • Marion     | • Sumter   | • Wilkinson |
| • Brantley      | • Gilmer     | • Miller     | • Talbot   | • Worth     |
| • Brooks        | • Gordon     | • Montgomery | • Telfair  |             |
| • Calhoun       | • Haralson   | • Murray     | • Towns    |             |
| • Camden        | • Heard      | • Oconee     | • Treutlen |             |
| • Charlton      | • Jasper     | • Oglethorpe | • Turner   |             |
| • Chattahoochee | • Jeff Davis | • Pickens    | • Union    |             |
| • Clay          | • Jenkins    | • Pierce     | • Warren   |             |
| • Cook          | • Johnson    | • Pulaski    | • Webster  |             |



**Thriving Child Care Business Academy**  
 Free Online Business Training & Tools for Child Care Providers



DECAL has created the Thriving Child Care Business Academy. It's an online platform of free training and resources to give child care owners and administrators the knowledge and tools to enhance their financial management skills with the goal of making their centers and family homes thriving child care businesses.

The Academy website is now live. Click [here](#) for more information.

## Food Product Recalls Issued by FDA

The following recall announcements were recently issued by the FDA last month:

- **December 22, 2023:** Quaker Oats Company has recalled specific granola bars and granola cereals because they have the potential to be contaminated with Salmonella, an organism which can cause serious and sometimes fatal infections in young children, frail or elderly people, and others with weakened immune systems.

Please click [here](#) to access information on the Quaker Oats Company products recalled.

- **December 15, 2023:** Wayne Farms, LLC, a Decatur, Alabama, establishment, recalled approximately 1,377 pounds of ready-to-eat (RTE) chicken breast products that may be undercooked as advised by the U.S. Department of Agriculture's Food Safety and Inspection Service (FSIS). There have been no confirmed reports of adverse reactions due to consumption of these products.

Please click [here](#) for more information on the chicken breast items recalled.

- **December 15, 2023:** The FDA, Centers for Disease Control and Prevention (CDC), U.S. state and local partners, in collaboration with Canada, are investigating an outbreak of Salmonella Sundsvall infections linked to whole cantaloupes. The products recalled are supplied by Sofia Produce, LLC dba TruFresh of Nogales, AZ; Crown Jewels Produce of Fresno, CA; and Pacific Trellis Fruit dba Dulcinea of Fresno, CA. The recall also includes cantaloupes that are further processed by companies by using them as ingredients in new products or by repackaging them.

Please click [here](#) to access a list of the companies affected and types of cantaloupe products recalled.

## Reminder to Review Online CACFP Applications

CACFP Institutions/Sponsors are required to review their online application monthly in GA ATLAS and ensure that any updates are made within 30 days. [Click here](#) to access CACFP application update procedures.

Independent Centers who have questions or concerns regarding updates, please contact your assigned Application Specialist:

Application Specialists	Institution Assignment	Email	Phone Number
Jerald Savage	o (zero)-G	<a href="mailto:Jerald.Savage@decals.ga.gov">Jerald.Savage@decals.ga.gov</a>	(770) 405-7916
Shericka Blount	H-P	<a href="mailto:Shericka.Blount@decals.ga.gov">Shericka.Blount@decals.ga.gov</a>	(404) 656-6411
Cassandra Washington	Q-Z	<a href="mailto:Cassandra.Washington@decals.ga.gov">Cassandra.Washington@decals.ga.gov</a>	(404) 591-5616

Sponsors who have questions or concerns regarding updates, please contact your assigned Business Operations Representative:

Business Operations Representatives	Institution Assignment	Email	Phone Number
Lavesia Ervin	o (zero)-C, H-P	<a href="mailto:Lavesia.Ervin@dec.al.ga.gov">Lavesia.Ervin@dec.al.ga.gov</a>	(404) 293-5258
Vanessa Goodman	D-G, Q-Z	<a href="mailto:Vanessa.Goodman@dec.al.ga.gov">Vanessa.Goodman@dec.al.ga.gov</a>	(404) 591-6027

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## At-Risk Afterschool Waivers Available during Unanticipated School Closures

On August 30, 2023, DECAL was approved by USDA to grant CACFP At-Risk Afterschool Meal Component facilities waivers for the following:

- Non-Congregate Meal Service
- Parent and Guardian Meal Pick-up
- Meal Service Times
- At-Risk Enrichment Activities

These waivers can only be utilized during unanticipated school closures resulting from natural disasters, unscheduled major building repairs, court orders relating to school safety or other issues, labor-management disputes or when approved by DECAL for similar unanticipated causes.

You may access the waiver request approval [here](#). To read more about At-Risk Afterschool Waivers Available during Unanticipated School Closures, click [here](#).

For questions, please contact [Robyn Parham](#) or [Tammie Baldwin](#).

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## Get Informed: Upcoming Training Dates

**January 22, 2024**  
*Memo Monday*

Do you understand the requirements of the CACFP as it relates to serving infants? Are you following the infant meal pattern requirements per age group? Join this webinar as we take a deep dive into the following memo:

- [Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers \(Revised September 2023\) – September 20, 2023](#)

**January 30, 2024**  
**Child Meal Count Form**

Do you need a refresher on how to complete the Child Weekly Menu & Food Service Record form? Join this webinar to learn the tips for a perfect meal count form.

- [[Register Now](#)]

**February 13, 2024**  
**Tuesday Tip! Feeding Infants in CACFP: 0-5 Months**

Do you serve infants 0-5 months of age? If so, join this webinar to learn about the CACFP meal pattern requirements for infants 0-5 months.

**Participants can earn one half [0.5] state-approved hours for attending this**

*training in its entirety.*

**February 27, 2024**

## **At-Risk Meal Count Form Training**

Do you need a refresher on how to complete the At-Risk Weekly Menu & Food Service Record form? Join this webinar to learn the tips for a perfect meal count form.

- [[Register Now](#)]

Please click [here](#) to register for all DECAL webinars listed above.

**Registration:** This is a **two-step** process:

- **Step 1:**
  - After registering in GA ATLAS, you will receive a Training Confirmation email *immediately* from Georgia DECAL Help Desk - [helpdesk@cnpus.com](mailto:helpdesk@cnpus.com) with a registration link to attend the webinar (**check your spam/junk folder**).
- **Step 2:**
  - You must then register for the training using the link provided on the Training confirmation email.
  - If you should have an issue with registering, please contact Leslie Truman **prior** to the day of training.
  - [Click here](#) if you need a refresher on how to register for training in GA ATLAS.

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

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## **Training Resources**

### **In Case You Missed It: Webinar Recordings Now Available!**

If you missed a webinar, please visit the [Training and Technical Assistance](#) webpage for previously recorded webinars. This month's training highlight is the [Bid Specifications & Managing Contracts](#) webinar. It discussed the elements of contract management, bid specifications and how they are developed.

### **CACFP Menu Planners for Breakfast and Snack in English and Spanish**

[USDA's Team Nutrition](#) initiative is excited to announce the availability of the following CACFP Menu Planners. These menu planners are an excellent training resource for CACFP operators and cover creditable and non-creditable foods at breakfast and snack, interactive meal planning activities, sample menus, and quick and easy recipes. Some recipes have cooking videos that demonstrate the quick-and-easy preparation of the recipe. Menu Planners are available in both in English and Spanish.

- [It's Breakfast Time! Child and Adult Care Food Program \(CACFP\) Breakfast Menu Planner for Children 3 Through 18 Years of Age](#)
  - [[Spanish](#)]
- [Let's Make a Snack! Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age Revised!](#)
  - [[Spanish](#)]

### **Tips for Family-Style Dining**

The [National CACFP Sponsor Association](#) has shared some terrific tips for family -style dining. Serving meals family style can encourage learning and development not only at the table but away from mealtime as well. Children learn independence, social skills, and other important habits that will last them through adulthood.

- [[Get the Tips](#)]

**Meal Pattern Minute *New Video(s)!***

The [National CACFP Sponsor Association](#) has developed quick CACFP meal pattern tips, recipes, resources, and videos. View the videos of the following meal pattern minute tips below.

- [Meal Pattern Minute: Serving Nuts & Seeds](#)
- [Meal Pattern Minute: Crediting Popcorn](#)
- [Meal Pattern Minute: WIC Cereals](#)
- [Meal Pattern Minute: Crediting Beans](#)
- [Meal Pattern Minute: Vegan Cheese](#)
- [Meal Pattern Minute: Home-Frozen Fruits](#)
- [Meal Pattern Minute: Serving Pancakes to Infants](#)
- [Serving Meats and Meat Alternates at Breakfast](#)
- [Potato Chips](#)
- [Minimum Serving of Dried Fruits](#)
- [Sugar Limits in Yogurt](#)
- [Crediting Beans](#)
- [Muffin vs. Doughnuts \*New!\*](#)
- [Identifying Whole Grain-Rich Method 1 \*New!\*](#)

### **Snack Attack *New Recipes!***

The [National CACFP Sponsor Association](#) has shared snack options for program operators that are #CACFPcreditable.

- Pasta and tomatoes
- Tuna and oranges
- Chicken and brown rice
- Whole grain-rich toast and cottage cheese
- Pretzels and mixed fruit



## **Nutrition Ed Nook** *Southern Style Greens*

Collard, Mustard, and Turnip greens are the January Harvest of the Month ([English](#) and [Spanish](#)) spotlight! Categorized as dark green vegetables, these green varieties are rich in vitamins A, C, and K, fiber, & folate. These nutrient powerhouses protect bones and teeth, help with vision, and improve immunity.

Typically planted eight to ten weeks before the first frost, these green varieties are available for purchase year round but taste much sweeter during their peak time of December – March. Collard greens have a slightly bitter flavor, while mustard and turnip greens have a slightly spicy, peppery one.

Greens are a popular vegetable in southern cuisine but can also be found in meals elsewhere around the world, such as Brazil, Kashmir, Kenya, Portugal, and Tanzania. Greens can take on a range of global flavors and be interchanged in many dishes. These leafy green vegetables make great additions to green smoothies, salads, stir fries, soups, or pastas. Share cultural traditions from across the world with your children!

**Fun Fact:** It's a great southern tradition to eat your greens at the start of the new year.

### **Integration:**

- [Mustard Green Pesto](#)
- [Butternut Squash with Collard Greens](#)\*
- [Seared Greens](#)\*
- [Greens & Beans Soup](#)\* (Sopa de garbanzo y hojas verdes)

\*You may substitute any of the Harvest Of The Month greens for this recipe or include a combination of all of them.

## Education:

- **Watch** the [Harvest with Holly](#) video that explores the Harvest of the Month spotlight, how these items grow, where they grow in Georgia, and how they get from the farms to school meals all across the state of Georgia.
- **Do a greens exploration** with collard, mustard, and turnip greens. Create an observation chart for your class to complete together. Have the children describe how the greens look, feel, and taste. Make sure your observation chart is in a centralized area where all children can see it and participate in the discussion.
- **Read [Grandma Lena's Big Ol' Turnip by Denia Lewis Hester](#)** with the children you serve. Grandma Lena believes that something worth doing is worth doing right. So, she takes good care of the turnips she plants in her garden. One turnip grows to an enormous size—Baby Pearl thinks it's a big potato! It is big enough to feed half the town. And it's so big that Grandma can't pull it out of the ground! Even when family members come to help, including the dog, the turnip doesn't budge. Still, this family knows how to pull together.
- **Talk** with families about how children can help with meal preparation such as swishing greens in a bowl of water to remove dirt. **Bonus:** Send recipes home with families for them to incorporate greens into their meals!

## Conversation:

- Have the children you serve tried greens before?
- What is their favorite type of green to try? Each type has a unique flavor!
- What are examples of other dark green vegetables?

Share your winter Harvest of the Month stories and menu integration of collard, mustard, and turnip greens with Nutrition Education Specialist, Morgan Chapman, MPH, MChc at [morgan.chapman@decal.ga.gov](mailto:morgan.chapman@decal.ga.gov).

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## Physical Activity Corner

### *New Year, New You*

It's a brand-new year and it is the most popular time to hit that “reset button” – a change to a healthier you.

To maintain a healthy lifestyle in the New Year, initiate small steps to set SMART goals – goals that are Specific, Measurable, Achievable, Realistic, and Timebound.

For example, you may set a goal to exercise 30-minutes, three times a week for the new month, carry a water bottle with you to increase hydration, or practice a one-minute deep breathing exercise before work each day. Keep moving, sit less, and get active!



## Integration:

- [Top 5 Ways to Stay Active When it's Cold Out - ONIE Project](#)
- [Exercise Videos | Virginia Family Nutrition Program \(eatsmartmovemoreva.org\)](#)
- [New Year's Resolution 2024 on Physical Activity](#)

## Education:

- **Read** aloud the book, “[Bringing in the New Yearbook](#)” by Grace Lin.
- **Watch** the video on [Smart Goals with Examples](#).
- **Talk** with families about ways to incorporate new fitness goals into the New

Year. **Bonus:** Share #NewYear'sResolution2024, #SMARTFitnessGoals2024, #MotivationalFitness pictures and events that are happening in your communities.

### Conversation:

- What are your fitness goals for the New Year 2024?
- How do you stay active with your family during and after the holidays?
- What is your motivation to exercise?
- Why review Specific Measurable Attainable Reasonable Time (SMART) fitness goals annually (2024)?

Share your #NewYearFitnessGoals, #SMARTFitnessgoals, #FitnessMotivation #GetFit stories and pictures with Physical Activity Specialist, Tina McLaren at [tina.mclaren@decal.ga.gov](mailto:tina.mclaren@decal.ga.gov).

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## Help Families with Medicaid Redetermination



Help Georgia's Medicaid and PeachCare for Kids® members and communities prepare for eligibility checks beginning in April 2023 through May 2024.

Encourage the families of kids in your care to take charge of their Medicaid and PeachCare for Kids® coverage by visiting [Gateway](#) to view their redetermination date and to update their contact information.

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## Submit Your Ideas for National CACFP Week

*March 10-16, 2024*



Mark your calendars for National CACFP Week: March 10-16, 2024!

Nutrition Services is planning National CACFP week now. We'd love to hear your ideas and suggestions for events or resources that we can provide to increase participation at centers and homes.

Please share your ideas by emailing [Cindy.Kicklighter@decal.ga.gov](mailto:Cindy.Kicklighter@decal.ga.gov).

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## Eat Healthy and Live Active Georgia Early Care and Education Harvest of the Month 23-24 Calendar

Harvest of the Month (HOTM) is the Georgia Department of Education School Nutrition Program's farm to school initiative that highlights an item each month that can be sourced locally and served in Georgia's school meals.



The Georgia Early Care and Education Harvest of the Month is a collaborative campaign to promote a different local, seasonal fruit or vegetable in child care settings each month.

Visit the Georgia Department of Education's [HOTM webpage](#) and Quality Care for Children [webpage](#). Upon viewing, you can find tips and tricks for preparing produce items, curriculum connections, activity lists and book alignment for your early care classrooms.

## CACFP Resources:

*The following documents were covered in previous newsletters:*

- [Claim Deadlines Updated](#)
- [The Institute of Child Nutrition Wants to Hear From You](#)
- [Get the Lead Out of Water Where Children Learn and Play](#)
- [Updated Agreements for DCH and Administrative Sponsors](#)
- [WanaBana, Schnucks & Weis Cinnamon Applesauce Pouches Recalled](#)
- [Stay Informed: New CACFP Memorandum: Clarification on Allowable Flexibilities for Milk Supply Shortages](#)
- [Updated Suspension & Disbarment Certification Information](#)
- [Enhancing Local Procurement: Unlocking the Power of Geographic Preference](#)
- [Annual CACFP Budgets for FY24 are Due](#)
- [Become a Health-Empowered ECE Site](#)
- [Determine Estimated Food Costs and Procurement Methods for FY24](#)
- [Navigate Toddlerhood with Webinars by Children's Healthcare of Atlanta](#)
- [Stay Informed: CACFP Policy Updates](#)
- [Post-Public Health Emergency Resources Available](#)
- [How to File a CACFP Claim for Reimbursement](#)

You can find archived CACFP Newsletters [here](#).

## Dates to Remember



DATE	EVENTS
January	Harvest of the Month: Greens
January 22	Memo Monday
January 30	Child Meal Count Form webinar
February 13	Tuesday Tip! Feeding Infants in CACFP: 0-5 Months webinar
February 19	Presidents' Day
February 27	At-Risk Meal Count Form Training webinar
March 10-16	National CACFP Week

## How was my Customer Service?

*Provide feedback on your experience with the Nutrition Team*



Click on the icon on the right to participate in the customer service survey. Responses are anonymous.

## Join Us for a NEW DECAL Download!

*Chat with Reg*

On the next ...  
**DECAL Download**  
New Episodes Every Wednesday!

This Week's Topic:  
**Chat with Reg**

**Reg Griffin**  
Chief Communications Officer

Georgia Dept of Early Care and Learning  
BRIGHT FROM THE START

This week features the first ever “Chat With Reg” DECAL Download. Normally, Reg asks the questions to Commissioner Jacobs that are sent in by you and others on social media. However, this week they have traded places and she will be asking Reg the questions.

Listen to the episode [here](#).



### Nutrition Division

### Marketing & Outreach Team

Cindy Kicklighter  
Carl Glover

*This institution is an equal opportunity provider.*  
**Nondiscrimination Statement: English**  
**Nondiscrimination Statement: Spanish**

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