



November 15, 2022

## DECAL celebrates Farm to ECE Efforts in Ware & Clayton Counties

In recognition of **Farm to School and Farm to Early Care and Education Month**, DECAL's Nutrition Services Division visited sites in Ware and Clayton Counties to celebrate Farm to Early Care and Education (ECE) efforts.

On Thursday, October 20, the Nutrition team visited Ware County Head Start. There, we learned about Georgia Organics' Family Farm Share Pilot, which was funded through a Community Transformation Grant, awarded by DECAL, to address childhood food insecurity for children ages birth to five in Waycross. [Click here](#) to continue reading.



*The DECAL Nutrition Services Team learns about the Georgia Organics' Family Farm Share Pilot that is addressing childhood food insecurity for children ages birth to five in Ware County.*

## New and Revised CACFP Policies and Memoranda

DECAL Nutrition Services recently revised important policies and memoranda with respect to the CACFP. As a reminder, institutions are strongly advised to carefully read the policies and

memoranda listed below. Further, institutions are strongly encouraged to frequently refer to such guidance as needed. The policies and memoranda listed below can be found on the DECAL website under its applicable subheading.

- **New Policy Memorandum, Creditability of Infant Formulas Imported Through the Food and Drug Administration’s 2022 Infant Enforcement Discretion Policy in the Child and Adult Care Food Program.** On October 13, 2022, FNS issued this memorandum to provide guidance to State agencies and local program operators on the use of infant formulas imported as part of the FDA’s 2022 Infant Formula Enforcement Discretion Policy.
- The memorandum was revised on October 21, 2022 to include a DECAL reminder regarding pre-mixed formulas. This note advises that DECAL’s Child Care Services Division’s (CCS) Rules and Regulations for Child Care Learning Centers and Family Child Care Learning Homes advise, as per 591-1-1-.15(3) and 290-2-3-.10(4), that if formula must be provided by a licensed child care center or family child care learning home, only commercially prepared, ready-to-feed formula shall be used.
- Though Federal regulation does not limit CACFP facilities to serving only pre-mixed infant formulas, DECAL licensed child care centers and family child care learning homes that participate in the CACFP must serve only commercially prepared, ready-to-feed formula as required per CCS Rules and Regulations.
- **Policy #9, Serious Deficiency Process for Applying (New), Renewing and Participating Institutions.** This policy was revised to combine the guidance regarding renewing and participating institutions as much of the regulation pertaining to both types of institutions is the same.
- **Policy #32, Institutions Owing Outstanding Debts to the CACFP .** This guidance was revised to include further guidance on the collection process regarding independent institutions and sponsors.
- **Policy #37, Sponsored Facilities Owing Outstanding Debts to the CACFP .** This guidance was revised to include further guidance on the collection process for sponsored unaffiliated centers and family day care homes.
- **The following two policy memoranda were revised to provide sponsoring organizations more information on how and when to issue meal reclaims when discrepancies are found during 5-day reconciliations:**
  - **Conducting Five-Day Reconciliation in the CACFP with Questions and Answers**
  - **Household Contacts Requirements**

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## CACFP National Disqualified List Access Guide

*Available in PartnerWeb*

FNS has posted a CACFP National Disqualified List (NDL) Access Guide in PartnerWeb. The guide provides directions on how to obtain NDL access. Once the user has access to the NDL, they can use the “Help” icon at the top of the screen for instructions on how to use and obtain information from the NDL. Click [here](#) to access the NDL Access Guide.

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## Non-profit Food Service & Procurement Procedures Monitoring

On October 1, 2021, DECAL issued the policy memorandum, **Monitoring Requirements - Monitoring Sponsored Centers Non-profit Food Service and Procurement Procedures (October 1, 2021)** which provided additional guidance for affiliated and unaffiliated sponsoring organizations on the monitoring of their sponsored centers.

- This memo is not applicable to day care home sponsors.

Specifically, sponsoring organizations must effectively monitor the following:

- Their sponsored centers' **non-profit food service**, and

- Their sponsored centers' **procurement procedures and procurement practices**

Please refer to the [policy memorandum](#) for further details and instruction on these requirements.

The following chart illustrates the number of centers sponsors are required to review:

| Number of Centers  | Non-profit Review                        | Procurement Procedures | Procurement Review                       |
|--------------------|--|------------------------|--|
| 50 or less centers | 100% of centers once per year            | 100%                   | 100% of centers once per year            |
| 51 or more centers | 50 centers plus 25% of remaining centers | 100%                   | 50 centers plus 25% of remaining centers |

The timeline below illustrates the deadlines sponsors must follow when implementing requirements from the memorandum:

| Action  | Deadline                          |
|---|-----------------------------------|
| Start developing a plan to incorporate monitoring center non-profit food service and procurement for all centers. | October 1, 2021                   |
| Train all sponsor and center staff and finalize the monitoring plan.  | June 1, 2022                      |
| Centers required to meet non-profit food service and procurement requirements.                                    | *October 1, 2022                  |
| Begin monitoring all centers based on guidelines set forth effective this date.                                   | *October 1, 2022 (during FY 2023) |
| Effective date to begin imposing findings/adverse actions.  | October 1, 2023 (during FY 2024)  |

*\*Action(s) should have been implemented by sponsors no later than October 1, 2022*

For additional information, please contact [Robyn Parham](#), Policy Administrator at (404) 651-8193.

## Procurement Updates

### *Monitoring Executed Contracts, Agreements, and Services*

In addition to the guidance, [Monitoring Requirements - Monitoring Sponsored Centers Non-profit Food Service and Procurement Procedures \(October 1, 2021\)](#), CACFP institutions, sponsoring organizations, and sponsored centers are reminded to frequently monitor and evaluate executed contracts, agreements, and invoices; and assess current and potential meal sites. Frequently monitoring these documents may help with the following:

- Finding unexpected changes by the vendor on prices or supplies.
- Inspecting unanticipated changes in the number of meals served to apply in the upcoming Program year.
- Discovering a need for a new vendor based on unfulfilled terms in the agreement or contract.
- Determining an alternative procurement method to use compared to the prior year (i.e., new bid process, new agreements, amendments, change in procurement method overall, etc).
- Regarding formal procurement and/or existing contracts:
  - determining if an existing contract has remaining renewal options; and/or
  - preparing for an expiring contract and beginning a new bid process.

### Updated Procurement Manual and Templates

As a reminder, all procurement documents were revised in May 2022 to reflect the updated Non-Discrimination Statement. Please use the most recent version of all formal and informal agreements, Invitation for Bid, Request for Proposal templates, and the Procurement Policy Template. The updated documents and the [Procurement Manual](#) are located on the DECAL website which can be accessed [here](#).

For questions regarding the procurement process, please contact Tempest Harris, Procurement Compliance Specialist, at [Tempest.Harris@decalfga.gov](mailto:Tempest.Harris@decalfga.gov).

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## Annual Renewal Requirements must be completed to participate in CACFP

All institutions/sponsors were required to complete annual renewal requirements by September 30, 2022, to continue participating in the CACFP. Institutions/sponsors that didn't complete annual renewal requirements will not have an approved FY 2023 application, and therefore, will not be authorized to operate in FY 2023.

If your organization would like to continue participating in the CACFP, please complete all annual renewal requirements.

For instructions on how to register, complete FY 2023 Annual Training and Assessment Questions and enroll in FY 2023 application, [click here](#). If you have any questions, please contact your assigned Specialist:

| Application Specialists | Institution Assignment | Email  | Phone Number   |
|-------------------------|------------------------|--|----------------|
| Paula Lawrence          | o (zero)-G             | <a href="mailto:Paula.Lawrence@decalfga.gov">Paula.Lawrence@decalfga.gov</a>   | (404) 463-2111 |
| Shericka Blount         | H-P                    | <a href="mailto:Shericka.Blount@decalfga.gov">Shericka.Blount@decalfga.gov</a> | (404) 656-6411 |
| Kenya Taylor            | Q-Z                    | <a href="mailto:Kenya.Taylor@decalfga.gov">Kenya.Taylor@decalfga.gov</a>       | (404) 463-4040 |

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## How to Handle FDCH Carry Over

*Due November 30, 2022*

According to the CACFP Policy Memo, [Carry Over of Unused CACFP Administrative Reimbursement](#), dated October 1, 2020, Family Daycare Homes (FDCH) Sponsors may only carry over 10% of administrative payments received into the succeeding fiscal year. Funds exceeding 10% must be returned to DECAL or used in another USDA Child Nutrition Program. If the 10% carryover funds are not expended in the succeeding fiscal year, you are required to return the unused funds to DECAL. FDCH sponsoring institutions also have the option of returning all excess funds without carrying funds into the subsequent period.

### Additional Requirement

To support the calculation, a FDCH sponsor must submit a general ledger or the bank statement showing the total ending balance with the FDCH Carryover Letter to the Budget Compliance Supervisor, [Gwendolyn Howard](#).

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## Requesting CACFP Statewide Waivers under the New Program Year

Beginning November 1, 2022, CACFP institutions approved to operate in FY 2023 must request to use a waiver under the **FY 2022 – 2023** USDA waiver module in GA Atlas.

As a reminder, the FY 2022 - 2023 waiver template becomes accessible once the institution's application renewal for the new Program year has been approved. In GA Atlas, the **Application Packet Status** must indicate "**Approved**" for FY 2022 -2023.

For complete instructions on how to submit a waiver request in GA Atlas, please click [here](#).

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## Available CACFP Statewide Waivers

The emergency authority that allowed USDA to offer nationwide waivers in response to COVID-19 expired on June 30, 2022. Congress did not extend USDA's nationwide waiver authority. This means USDA can no longer offer the full range of nationwide waivers that have been available. However, USDA can provide limited operational and administrative flexibility through statewide waivers.

DECAL applied and was approved to use certain waiver flexibilities. Below you will find information regarding available CACFP waivers authorized by USDA, in addition to information on waivers that have expired or will be expiring very soon. A copy of the waiver approval can be found [here](#):

A presentation summarizing the waivers and requirements update was created by the Nutrition team. If you would like to review the slides, you can access the deck [here](#). The recorded version of the presentation can be found on DECAL's website under Training and Technical Assistance - Recorded Training Webinars/Videos located [here](#).

### CACFP Statewide Waivers Available for Request effective July 1, 2022

| Waiver                       | Effective Dates              | Request Usage via  |
|------------------------------|------------------------------|--------------------|
| Non-Congregate Meal Services | July 1, 2022 - June 30, 2023 | USDA Waiver Module |
| Parent/Guardian Meal Pickup  | July 1, 2022 - June 30, 2023 | USDA Waiver Module |
| Meal Service Times           | July 1, 2022 - June 30, 2023 | USDA Waiver Module |

### Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times Waiver Requirements

**The Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times waivers may only be implemented when CACFP meal services are limited by the COVID-19 pandemic.** Therefore, the following criteria is required for these three waivers to be approved and used by CACFP institutions and sponsors. Waiver requests must be based on at least 1 of the following criteria:

#### Criteria 1:

The center/facility must be located in a county that is designated as High, Substantial, or Moderate regarding COVID-19 community transmissions as determined by the Center for Disease Control (CDC) and/or Georgia Department of Public Health (DPH) websites:

- CDC, [https://covid.cdc.gov/covid-data-tracker/#county-view?list\\_select\\_state=Georgia&data-type=CommunityLevels&null=Risk](https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Georgia&data-type=CommunityLevels&null=Risk) - Under the "Data Type" pull down menu (located mid-page), the user would select "Community Transmission" to access a county's designation; and/or
- DPH, <https://dph.georgia.gov/county-indicator-reports> - The user would select the most recent County Indicator Report and click "Community Transmission" in the top right corner of the page to access a county's designation.

## Criteria 2:

Institutions and sponsors can provide official documentation affirming a meal service has been impacted as a result of COVID-19 transmission. The documentation must be issued by (1) a public state, local, or county official; (2) a school superintendent or principal; or (3) a Center Director reporting a documented case of COVID-19 within the child and/or adult care facility. Documentation to support the documented case of COVID-19 could be a letter or email that was sent to parents or staff advising of the documented case.

The Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times waivers will be effective for **30 days** upon approval, with the option to re-apply for an additional 30 days, if the criteria are met using the most current data from the CDC, GA DPH, or with new documentation affirming that meal services have been impacted.

\*Documentation to support the criteria chosen must be uploaded with the waiver request in GA Atlas. Additionally, waiver requests will be reviewed/approved only once a center/facility has been approved to operate the CACFP.

## Requesting a Waiver via the USDA Waiver Module

The **Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times waivers must be requested through the USDA Waiver Module.** For information on requesting a waiver, please access the following resources:

- [USDA Waiver User Guide](#) – Provides step by step instructions on how to submit a waiver request in GA Atlas (applies to both CACFP and SFSP).
- [Important Reminders when using USDA Approved Waivers](#) - Discusses key recordkeeping requirements.
- [USDA Waiver Addendum](#) – Required when using the Parent Pick-up waiver or when home delivery under the Non-Congregate waiver.

## USDA Nationwide Waivers Extended

Two USDA Nationwide Waivers for CACFP have been extended as a result of the COVID-19 Public Health Emergency being renewed another 90 days by the US Department of Health and Human Services. This renewal was issued October 13, 2022. Below are the two waivers that have been impacted by the renewal:

| Waiver   | Expires  |
|--|--|
| Onsite Monitoring Requirements                                       | February 10, 2023 (30 days after the end of the public health emergency) |
| Reimbursement for Meals & Snacks served to Young Adults in the CACFP | January 11, 2023   |

## Area Eligibility – Update

On May 13, 2022, USDA issued the memorandum [Area Eligibility for Summer 2022 and School Year 2022-2023](#). This memorandum provided guidance on the transition from COVID-19 Nationwide waivers related to the establishment of area eligibility in Child Nutrition Programs for summer 2022 and SY 2022-2023.

In SY 2021-2022 many schools participated in the Nationwide waiver to operate the Seamless Summer Option (SSO) during SY 2021-2022 and did not have to complete free and reduced eligibility information. This has resulted in an absence of complete SY 2021-2022 free and reduced-price school data. As school data and census data are the primary sources used to determine area eligibility in both CACFP and Happy Helpings, the USDA has advised that Program operators may use one of the following two options with regards to school data:

- Use school data from SY 2019-2020 to determine area eligibility. SY 2019-2020 school data is now available on Nutrition Services' website ([Happy Helpings, CACFP](#)).

- SFAs may use Community Eligibility Provision Data (CEP). Once area eligibility data is established, all NSLP afterschool snack programs, SSO, CACFP at-risk afterschool and family day care homes, and SFSP operators may establish sites based on the determination.

**Note:** These options are not available for sites located in the attendance area of schools that operated NSLP in SY 2021-2022.

For general questions on requesting a USDA approved waiver, please contact [Tammie.Baldwin@dec.al.ga.gov](mailto:Tammie.Baldwin@dec.al.ga.gov).

For specific policy questions pertaining to waivers, please contact [Robyn.Parham@dec.al.ga.gov](mailto:Robyn.Parham@dec.al.ga.gov).

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## Training Dates

### *Upcoming Training and Technical Assistance*

#### **December 1, 2022 – Serious Deficiency (SD) Process Webinar**

Are you a sponsoring organization needing support with implementing the SD process successfully? Join this webinar to learn about CACFP sponsor responsibilities regarding the serious deficiency, suspension, and appeal processes. Technical assistance will be available.

- CACFP sponsor's responsibilities for the implementation of the Serious Deficiency (SD) process, suspension and appeals and
- Technical Assistance available.

#### **December 7, 2022- Power of the Food Program**

The [National CACFP Sponsors Association](#) is hosting a refresher on CACFP meal patterns and new ideas for making your menu planning easier. You can earn up to six [6] hours of continuing education units (CEUs). Scholarships are available to attend this event.

[Learn more today!](#)

- [\[\\$49 Register Now\]](#)

#### **December 12, 2022 - Memo Monday!**

Regulations are constantly changing and interpreting all the policies and memorandums can be a challenge. Therefore, Nutrition Services will discuss the following policy memos during our December *Memo Monday*.

- [Requirements for Obtaining a Food Service Permit \(v.4\)](#) dated April 17, 2019
- [Food Service Permit Inquiry Form](#)

#### **December 13, 2022 – It's Snack Time!**

Are you searching for more quick snack options to serve? Join this webinar to learn creative, easy-to-assemble, healthy snacks to serve in your Child Nutrition Program.

- **Participants can earn two [2] state-approved hours for attending this training in its entirety.**

## 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 [Farm to Early Care and Education \(ECE\)](#) webinar. It discussed ideas to incorporate local foods, hands-on food education activities, and tools to increase garden-based education.

### **Smarter Mealtimes Scorecard**

The [National CACFP Sponsor Association](#) has developed a Scorecard that provides a list of simple, no cost or low-cost strategies that ensures the eating environment promotes healthy

choices. The Scorecard can be used in half or full day early care and education programs and is geared towards eating environments serving children ages 2-5 years old.

- [[Sample the Scorecard](#)]

### **Sample Infant Menu**

The **National CACFP Sponsor Association** has created a sample infant menu to help program operators plan creditable meals that meet the CACFP requirements.

- [[See Sample Menu](#)]

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

The **National CACFP Sponsor Association** has shared some snack options for program operators that are #CACFPcreditable.

- Sugar snap peas and pineapple
- Sliced avocado with crackers
- Oat muffin and orange juice
- Soft pretzel with applesauce
- Penne pasta and cherry tomatoes

### **Serving Snacks in CACFP Worksheet**

Snacks can be a great way to give Child and Adult Care Food Program (CACFP) participants the nutrients and energy they need between meals. Reimbursable snacks in the CACFP contain foods from two [2] of the five [5] food components: milk; fruits; vegetables; grains; meat/meat alternates. See below for previously released worksheets developed by Team Nutrition, available in English and Spanish.

- [Serving Milk in CACFP Worksheet](#)
- [Serving Vegetables in the Child and Adult Care Food Program Worksheet](#)
- [Serving Meat/Meat Alternates at Breakfast Worksheets](#)
- [Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP Worksheet](#)
- [Serving Adult Participants in USDA CACFP Worksheet](#)
- [Offering Water in the USDA CACFP Worksheet](#)

### **PHA's Veggies Early and Often Resource List**

**Partnership for a Healthier America (PHA)** has developed this resource list to offer Program operators easy steps to raise a generation of veggie lovers during and outside of mealtime.

- [[Read the Resource List](#)]

### **Grains Mini Book**

**Team Nutrition** has developed a mini book to help children learn about what foods are grains and has coloring pages to introduce meal pattern components. Available in both English and Spanish.

- [[Download the Book in English and Spanish](#)]

### **Crediting Tip Sheets in Child Nutrition Programs (CNP) *New Tip Sheet Added!***

**Team Nutrition** has developed a series of tip sheets that includes **Crediting Fruits and Crediting Vegetables in Child Nutrition Programs** previously released. This handy reference for Program operators across all Child Nutrition Programs (CNPs) is a simple and easy-to-use resource that highlights the basics of crediting for the meats/meat alternates component. Printed versions of the tip sheet series will be available at a later date.

- [[Download Fruit Tip Sheet](#)]
- [[Download Vegetable Tip Sheet](#)]
- [[Download Meat/Meat Alternate Tip Sheet](#)]
- [[Download Milk Tip Sheet](#)] *New!*

### **Farm to Table Activity Pages**

The **National CACFP Sponsor Association** has developed fun Farm to Table activities centered around learning, playing, cooking and more.

- [[Download in English and Spanish](#)]



## Local Purchasing for Family Child Care Providers

National Farm to School Network developed this resource to help Program operators learn how to purchase from farmers' markets, grocery stores, food co-ops, CSAs and more

- [[Learn Local Option](#)]

## Food & Fiber Fact Sheet

The International Food Information Council has developed this fact sheet to share the definition of fiber, foods that contain fiber and the benefits of consuming fiber.

- [[Finding Fiber](#)]

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## Job Opportunities

### *Technical Assistance Coordinator & Trainer –East position*

If you are a child nutrition advocate and have talent with providing technical assistance, training, and excellent customer service, join our Nutrition Services team! Interested individuals may apply through Team Georgia Careers by **Wednesday, November 16, 2022.**

- [Apply for Technical Assistance Coordinator & Trainer East position](#)

For more information, contact Grushan Blake by email at [Grushan.Blake@dec.al.ga.gov](mailto:Grushan.Blake@dec.al.ga.gov).

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## Training and Technical Assistance

The goal of the Training and Technical Assistance (TTA) Unit is to improve performance and better equip new and participating institutions and sponsors by providing practical, user-friendly resources and guidance materials that strengthen internal controls and result in successful, sustainable program administration and operation. We want to ensure we continue to meet this goal during any transitions and/or position changes.

Therefore, institutions that reside in **region 2** listed above, please contact our Nutrition TA mailbox at [NutritionTA@dec.al.ga.gov](mailto:NutritionTA@dec.al.ga.gov) with any needed technical assistance.

You may also visit our [Training and Technical Assistance](#) webpage for program resources and recorded webinars.



## Youth Garden Grant

*Deadline to Apply: December 2*

Since 1982, the Youth Garden Grant has supported school and youth educational garden projects that enhance the quality of life for youth and their communities. In early 2023, fifty organizations will be awarded \$500 in funding and a collection of gardening supplies for their youth garden program.



## Nutrition Ed Nook

### *The Healthy Potato*

Sweet potatoes are the November Harvest of the Month spotlight ([English](#) and [Spanish](#)). This is the perfect dish as we get closer to the Thanksgiving holiday. These root vegetables are nutritional powerhouses packed with vitamins A and C, niacin, potassium, fiber, and other vitamins and minerals.

Sweet potatoes come in an array of colors, shapes, and sizes. The most common types have orange, white, or purple colored flesh. Each type has a different level of sweetness and other flavors. Small- or medium-sized sweet potatoes tend to be sweeter and creamier.

In Georgia, sweet potatoes are in season July through November. Enjoy them baked, boiled, grilled, mashed, roasted, sautéed, or steamed. They are versatile in cooking and are a great way to add flavor and nutrition to all kinds of recipes.

**Fun Fact:** Sweet potatoes are a root vegetable, meaning they grow underground. Other root vegetables including beets, carrots, and radishes are the March Harvest of the Month spotlight.

### Integration:

- [Sweet Potato Pancakes](#)
- [Mashed Sweet Potatoes](#)
- [Apple Glazed Sweet Potatoes](#)
- [Sweet Potato and Orange Muffins](#)
- [Sweet Potato Pumpkin Soup](#)
- [10 Ways to Enjoy Sweet Potatoes](#)

### Education:

- **Five Senses Fun!** Have the children you serve use their five senses to describe how sweet potatoes look, feel, taste, sound, and smell.
- **Plan a meal** with the children you serve that includes sweet potatoes. Make sure they include an item for each meal component (i.e., fruit, vegetable, grain, meat/meat alternate, and fluid milk).
- **Talk** with families about how children can help with meal preparation such as picking which sweet potatoes to purchase at the supermarket or read from a recipe. **Bonus:** Send recipes that incorporate sweet potatoes home for families to try together!

### Conversation:

- Have the children you serve eaten sweet potatoes before?
- What is their favorite way to eat sweet potatoes?
- What are some examples of other root vegetables?

Share your Harvest of the Month stories and menu integration of sweet potatoes with Nutrition Education Specialist, Morgan Chapman at [morgan.chapman@dec.al.gov](mailto:morgan.chapman@dec.al.gov).

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## Stay Active This Holiday Season



**Power Up** – The holiday season is here! It is the most celebrated and busiest time of the year.

What is the key to holiday exercise? Make it fun! The power of regular exercise is an important part of staying healthy, managing stress, and improving your mental health. Studies have found a strong connection between regular exercise and increased levels of movement to help with sleep, reduce fatigue, and improve concentration and learning.

For overall health and wellness, it is recommended that children engage in at least 60 minutes of physical activity every day to stay healthy and fit, both mentally and physically. We encourage families to spend quality time together in their garden – planting, raking, pruning, and watering the plants, take a walk together in your community, or walk to your local farmer’s market to choose new fruits and vegetables to enjoy.

Remember to keep your body hydrated daily and get eight (8) hours of sleep per night. Engaging in healthy eating habits and being physically active can help avoid holiday weight gain and get a great jumpstart to the holiday season.

### Integration:

- [Family Fitness During the Holiday Season](#)
- [Holiday Events in Georgia](#)
- [Core Exercises for Preschoolers](#)
- [All Weather Activities](#)
- [Physical Activity Cards for All Ages](#)

### Education:

- **Read** aloud the book [“Get Up and Go” by Nancy Carlson](#)
- **Watch** the video on [Staying Active during the Holidays](#).
- **Talk** with families about ways to incorporate fitness into their daily lives. **Bonus:** Send home #HolidayWalk, #Holiday5KRun #HolidayMarathon #HolidayExercise pictures and events that are happening in your community

### Conversation:

- What type of exercise can I do during the holiday season?
- Why it is important to exercise during the holidays?
- How can I stay active and motivated during the holidays?
- What is a fun fitness activity to do as a family?

Share your [#HolidayGear](#), [#HolidayExercise](#), [#HolidayMotivation](#) stories and photos with Physical Activity Specialist, Tina McLaren at [tina.mclaren@dec.al.gov](mailto:tina.mclaren@dec.al.gov).



### DECAL's Nutrition Spotlight: Meet Tempest Harris, Procurement Compliance Specialist

Tempest Harris recently joined the Nutrition Services Division as the Procurement Compliance Specialist. In her position, Tempest will monitor and evaluate food costs, monitor contract bidding processes, provide

procurement training and best practices, and offer best practices to increase local purchases from farmers.

Over the last 15 years, Tempest worked with the USDA's Food and Nutrition Services programs that include Women Infant Children, the National School Lunch Program, and the Child and Adult Care Food. Most recently, she worked with the Douglas County School Nutrition Program, where she served as the Training and Development Manager. Tempest holds a Bachelor of Science degree in Food Science and Nutrition from Georgia Southern University and a Master of Public Health degree from Armstrong Atlantic State University.

Tempest loves anything and everything nature. Her true joy comes from spending time with family and friends to create lasting memories, which is why she values the people in her life the most. When commenting on her new role, Tempest shared, "Covid-19 was a microscope to highlight the pandemics in society such as food insecurity. Food insecurity limits food options for families. The CACFP and Happy Helpings programs offer families the right to adequate food and food security." Tempest went on to say that it is an honor to help centers navigate procurement regulations, processes, and local food purchases. "I am here to support the mission in the DECAL Nutrition Division and, most notably, the families that the centers serve daily."

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## **Eat Healthy and Live Active**

### *Georgia Early Care and Education Harvest of the Month 22-23 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.

DECAL's Harvest of the Month calendar aligns with the Georgia Department of Education's Harvest of the Month initiative and was created in partnership with Quality Care for Children, Georgia Organics, and the Farm to Early Care & Education Coalition for Early Care & Education settings.

Visit the [Georgia Department of Education's HOTM webpage](https://www.qualitycareforchildren.org/harvest-of-the-month-spinach-2022) and <https://www.qualitycareforchildren.org/harvest-of-the-month-spinach-2022>. 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:*

- **FY2023 Annual CACFP Budget Submission**
- **Newly Revised CACFP Memorandum-Civil Rights Complaint Procedures**
- **Reminder - PolicyStat available on Nutrition Services' Webpage**
- **Procurement Documents Now Include Updated Non-discrimination Statement**
- **Mother's Touch Formula Advisement**
- **Virtual Instructor-Led Trainings Available - 2022**
- **Unique Entity Identifier Field Added to ATLAS**
- **CACFP Reimbursement Rates Announced for FY23**
- **Temporary Adjustments Authorized Under the Keep Kids Fed Act of 2022**
- **Infant Formula Shortage**
- **Racial and Ethnic Data Collection**
- **Further DECAL Procurement Guidance**
- **Administrative Cost Reminders for Sponsors**
- **Did you know Health Inspections are an allowable cost under CACFP?**
- **Reminder: Check your Email Messages in GA ATLAS**

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

## Dates to Remember

| DATE:       | 2022 November/December Events                     |
|-------------|---|
| November    | • Harvest of the Month: Sweet Potatoes            |
| November 16 | • Deadline to apply for TA Coordinator position   |
| November 30 | • FY22 DCH Excess Funds Carry-Over Due            |
| December 1  | • Serious Deficiency Process Webinar              |
| December 2  | • Application Deadline for the Youth Garden Grant |
| December 7  | • Power of the Food Program Webinar               |
| December 12 | • Memo Monday!                                    |
| December 13 | • It's Snack Time! Webinar                        |

## How was my Customer Service?

*Provide feedback on your experience with the Nutrition Team*



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

## Join Us for a NEW DECAL Download!

*Celebrating 30 Years of Georgia's Pre-K Program*

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

This Week's Topic:  
**Celebrating 30 Years of Georgia's Pre-K Program**

**Stephanie Thompson**  
 Glynn County Schools

**Marla Reisman**  
 North Fulton Child Development Center

Georgia Dept of Early Care and Learning  
 BRIGHT FROM THE START

The year was 1992, Zell Miller was Georgia's governor and Georgia's Pre-K program was started with 750 four-year-old children. Now, 30 years later, it serves over 70,000 students across the state under Governor Brian Kemp.

Georgia's Pre-K Program is celebrating a milestone birthday this year and laying a solid foundation for academic excellence

and future success in the lives of nearly 2-million children. In this week's episode of DECAL Download we talk with two project directors whose schools have been participating in Georgia's Pre-K Program for 30 years.

Helping us celebrate 30 years of Georgia's Pre-K Program is Marla Reisman, Pre-K project director at North Fulton Child Development Center in Roswell, and Stephanie Thompson, who is the Pre-K project director with Glynn County Schools, part of their FACES Program for Family and Children's Education Services.

Listen to the episode [here](#).

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