



September 15, 2022

Mother's Touch Formula Advisement

The FDA has advised parents and caregivers not to buy or give Mother's Touch Formula to infants as the FDA has determined that Mother's Touch Formula is not manufactured in compliance with the FDA's infant formula regulations.

This product is being sold at local markets in **Kinzers, Loganton, and Gap, Pennsylvania** and was available for purchase directly from the Mother's Touch website.

Mother's Touch Formula has not been tested to determine if it meets the nutrient requirements for infant formula and contains label claims for seven nutrients that do not meet the nutrient requirements for infant formula such that consumption of this formula has the potential to cause nutrient deficiencies or toxicity in infants. In addition, the product was not fully tested for the presence of potentially harmful bacteria such as Cronobacter.

The FDA advises that this brand of infant formula is being marketed without the required pre-market notification to the FDA. Additionally, nutrient label claims on the product label showed the product to contain nutrient amounts below the minimum levels required for protein, linoleic acid, calcium, sodium, potassium, and chloride; and above the maximum level allowed for iron.

Parents and caregivers of infants who have purchased this product should discontinue use and throw it away.

Those who have used this product and are concerned about the health of their child should contact their health care provider. To report a complaint or adverse event (illness or serious allergic reaction), you can:

- Call an FDA **Consumer Complaint Coordinator** if you wish to speak directly to a person about your problem.
- Complete an **electronic Voluntary MedWatch form** online.
- Complete a **paper Voluntary MedWatch form** that can be mailed to FDA.

The FDA's advisement regarding Mother's Touch Formula can be found [here](#).

Resources

- Visit www.fda.gov/fci for additional consumer and industry assistance
- **Infant Formula: Safety Do's and Don'ts**
- **FDA Advisory on Homemade Infant Formula**
- **Imports & Exports Guidance Documents & Regulatory Information**
- **Fact Sheet: Helping Families Find Formula During the Infant Formula**

Shortage

- [Questions & Answers for Consumers Concerning Infant Formula](#)
 - [FDA Investigation of Cronobacter Infections: Powdered Infant Formula](#)
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Registration for FY 2023 CACFP Renewal Training

Opened July 15; Enrollment Opened August 1

Participating CACFP Sponsors and Institutions are required to meet annual renewal requirements by September 30, 2022. The Nutrition Division opened registration for the required annual training on July 15, 2022, and open enrollment for the application renewal on August 1, 2022.

Step 1: Complete Annual Training Requirements

Registration for the CACFP Annual Training requirements opened on July 15.

These requirements include:

- Reviewing the CACFP 2023 Annual Training presentation in GA ATLAS
- Completing the CACFP 2023 Annual Training Test Assessment in GA ATLAS

Once the annual training assessment has been completed and submitted, you will receive access to the FY 2022-2023 CACFP application.

Step 2: Enroll in FY 2023

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.

- Enroll into FY 2023 now.

Step 3: Submit your FY 2023 Application on or before September 30

- Original or Annual Budgets and Budget Amendments must also be submitted on or before September 30, 2022.

Failure to complete FY 2023 Annual Training, the assessment questions, annual enrollment, certification statements, and submit related application updates by September 30, 2022, will affect your availability to submit FY 2023 claims for reimbursement. If annual renewal is NOT completed, FY 2023 claims cannot be filed.

DATE:	TASK
July 15	Registration Opened for required 2023 CACFP Annual Training.
August 1	Enrollment Opened for FY 2023: Upon completion of Annual Training and Assessment, Sponsors & Institutions may enroll in FY 2023.
September 15	<p>Deadline to submit any additional changes to the FY 2022 Application.</p> <p>Any FY 2022 changes including:</p> <ul style="list-style-type: none"> • updates to the application • management plan and budget • the addition/termination of centers/homes <p>MUST be completed in GA ATLAS by September 15, 2022 to allow time for review and processing.</p>
September 30	<p>Deadline to complete 2023 CACFP Annual Training and Assessment.</p> <p>Deadline to submit 2023 CACFP Application.</p> <p>Deadline to submit original or annual budget and budget amendments.</p>

If you have any questions, please contact your assigned Application Specialist:

Application Specialists	Institution Assignment	Email	Phone Number
Shericka Blount	o (zero)-C H-P	Shericka.Blount@decal.ga.gov	(404) 656-6411
Kenya Taylor	D-G, Q-Z	Kenya.Taylor@decal.ga.gov	(404) 463-4040

FY2023 Annual CACFP Budget Submission

Due September 30, 2022

CACFP Annual Renewal and budget submission for the upcoming fiscal year 2023 (October 1, 2022-September 30, 2023) is rapidly approaching.

Original or Annual Budgets and Budget Amendments must be submitted on or before September 30, 2022. **At a minimum, annual budgets are required when:**

- An Independent Center with an approved budget in FY 2022 intends to use FY 2023 reimbursement funds for new operating and/or administrative costs that require prior approval, specific prior written approval, or formal procurement.
- An Independent Center with an approved budget in FY 2022 with approved costs and the same costs in FY 2023, but new supporting documentation must be submitted for review and approval (e.g., lease agreements for center space, equipment rental, etc.).
- All Administrative, Center and DCH sponsoring organizations must submit an annual budget.

Please log into www.decalatlas.com and review your previously approved 2021-2022 budget to determine if any of the above criteria apply to your organization. **If any criteria apply, you are required to submit a CACFP budget in the 2022-2023 application packet located in Atlas.**

Please follow links below for budget related tools and references:

- [Budget Guidance Manual](#)
- [Budget Checklist](#)
- [Budget Allocation Worksheet](#)

For budget questions or concerns, please contact Gwendolyn Howard, Budget Compliance Supervisor, at (404) 651-7191 or nutritionbudget@dec.al.ga.gov. Include the name of the institution and agreement number.

Estimating Food Costs for FY23

As we approach a new CACFP program year, now is the time to assess your budget to determine your estimated FY23 food costs before the year begins. As a reminder, if food costs will exceed \$250,000 sponsors and institutions will need to proceed with formal procurement procedures.

Please visit the [procurement](#) section of the DECAL web site to download all updated procurement documents for both formal and informal procedures. Also, use this as an opportunity to view the [Procurement Master Classes](#) and [other procurement-related training webinars](#) to refresh your knowledge and understanding of procurement requirements for the CACFP.

Newly Revised CACFP Memoranda

DECAL Nutrition Services recently revised important memoranda with respect to the CACFP. As a reminder, institutions are strongly advised to carefully read each memorandum listed below. Further, institutions are strongly encouraged to frequently refer to such guidance as needed. The memoranda listed below can be found on the DECAL website under their applicable subheading.

- **Policy Memorandum, [Monitoring Requirements](#)**. This guidance was revised to include information on the Full Time Equivalent (FTE) requirements. In addition, guidance was provided to sponsoring organizations on how to reclaim meals when discrepancies are found during 5-day reconciliations.
 - **Policy Memorandum, [Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program](#)**. This guidance was revised to include that low-fat (1%) flavored milk may be offered to participants ages six (6) and older and adults.
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White House Conference

Download the Toolkit Today

On **Wednesday, September 28, 2022**, the Biden-Harris Administration will host the White House Conference on Hunger, Nutrition, and Health to drive solutions to ending hunger, improving nutrition and physical activity, and reducing diet-related diseases and disparities.

The Goal: To end hunger and increase healthy eating and physical activity by 2030, so that fewer Americans experience diet-related diseases like diabetes, obesity, and hypertension.

It's been more than 50 years since the first and only White House Conference on Food,

Nutrition, and Health was held in 1969. That pivotal event helped galvanize actions that included the creation of life changing programs like school lunches, the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and changes to how we label foods.

The 2022 White House Conference will catalyze the public and private sectors around a coordinated strategy to accelerate progress and drive transformative change in the U.S. to end hunger, improve nutrition and physical activity, and close the disparities surrounding them.

Be a part of this historic moment. In the days before, during, and after the Conference, partners like you – anti-hunger and nutrition advocates; community-based organizations; food companies; the health care community; trade associations; universities; philanthropy groups; local, state, territorial and Tribal governments; and others – are encouraged to host their own events nationwide.

These parallel satellite events are an opportunity to bring together your community and network to increase awareness and inspire action to end hunger, improve nutrition and physical activity, and reduce the disparities that Americans face. To learn more about hosting a satellite event, click [here](#) to download the **Toolkit for Partner-Led Satellite Events**.

For more information, please visit, [The White House Conference Web Site](#).

Procurement Documents Now Include Updated Non-discrimination Statement

Please note the procurement manual as well as all vendor/FSMC contract and agreement templates have been updated with the new non-discrimination statement (NDS). Please ensure the updated forms are used moving forward for any new bid contracts or agreements.

As a reminder, you can find the updated NDS here in [English](#) and [Spanish](#) languages.

Reminder - PolicyStat available on Nutrition Services' Webpage

PolicyStat is an *online policy management system* that allows CACFP and Happy Helpings, Georgia's Summer Food Service Program, organizations and DECAL staff to navigate, locate, and access policy documents more quickly. The links for PolicyStat can be accessed at the following two links:

- For CACFP, [click here](#)
- For Happy Helpings, [click here](#)

CACFP and Happy Helpings organizations are encouraged to take a moment to become familiar with the system. **Please Note:** As Nutrition Services works to perfect PolicyStat, please continue to use the current **Policy** and **Memos** links on the DECAL website as your main resource for all CACFP and Happy Helpings related policies and memoranda.

For questions, please feel free to contact Robyn Parham at Robyn.Parham@decalfga.gov or Sonja Adams at Sonja.Adams@decalfga.gov.

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 - 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 Expired CACFP Waivers and Waivers Expiring Soon

Last year's USDA Nationwide Waivers for CACFP have expired or will soon expire and are as follows:

Waiver	Expires
Area Eligibility in the Afterschool Programs & for Family Day Care Home Providers in School Year 2021-2022	EXPIRED on June 30, 2022
Parent/Guardian Pick-up	EXPIRED on June 30, 2022
Specific Meal Pattern Flexibility	EXPIRED on June 30, 2022
Meal Times Waiver	EXPIRED on June 30, 2022
Non-Congregate Feeding	EXPIRED on June 30, 2022
Onsite Monitoring Requirements	October 13, 2022
Reimbursement for Meals & Snacks served to Young Adults in the CACFP	October 13, 2022

Note: The Parent/Guardian Pick-Up, Meal Times, and Non-Congregate Nationwide waivers listed above that expired on June 30, 2022 did not require that the congregate meal service be limited by COVID-19 in order for the waivers to be utilized. However, as of **July 1, 2022**, in order for CACFP institutions or sponsors to utilize these three waivers, the congregate meal services must be limited by COVID-19; and one of the two criteria described in the section above, *CACFP Statewide Waivers Available for Request effective July 1, 2022*, must be met.

It should also be noted that CACFP institutions and sponsors that were originally approved for these three Nationwide Waivers, upon the waiver expirations, would need to separately apply for the Statewide waivers (Non-Congregate, Parent/Guardian Pickup, and Meal Service Times) and will only be approved if the facility/center meet the criteria mentioned earlier.

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.

"On-site Monitoring" and "Reimbursement for Meals & Snacks served to Young Adults" waivers - Update

Please be advised, the Public Health Emergency was recently extended through October 13, 2022. Therefore, the "On-site Monitoring Requirements" and the "Reimbursement for Meals & Snacks served to Young Adults" waivers will remain in effect until 30 days after the Public Health Emergency expires. The deadlines have been updated in the above chart to reflect the extensions.

For general questions on requesting a USDA approved waiver, please contact Tammie.Baldwin@decals.ga.gov.

For specific policy questions pertaining to waivers, please contact Robyn.Parham@decals.ga.gov.

Unique Entity Identifier Field Added to ATLAS

On April 4, 2022, the unique entity identifier used across the federal government changed from the DUNS Number to the Unique Entity ID (generated by SAM.gov).

- The Unique Entity ID is a 12-character alphanumeric ID assigned to an entity by SAM.gov.
- As part of this transition, the DUNS Number has been removed from SAM.gov.
- Entity registration, searching, and data entry in SAM.gov now require use of the new Unique Entity ID.
- Existing registered entities can find their Unique Entity ID by following the steps [here](#).
- New entities can get their Unique Entity ID at SAM.gov and, if required, complete an entity registration.

Effective **August 1, 2022**, the DUNS Number field will be removed from GA ATLAS and the UEI field will be added. All institutions/sponsors will be required to enter their UEI in GA ATLAS. Failure to complete this requirement will impact continued participation in the CACFP, which includes submission of monthly claims for reimbursement.

Training Dates

Upcoming Training and Technical Assistance

October 5, 2022 – Farm to Early Care and Education (ECE)

Are you ready to grow your Farm to ECE program with gardening tips and Georgia grown foods? Join this webinar to learn:

- ideas to incorporate local foods,
- hands-on food education activities, and
- tools to increase garden-based education.

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

October 17, 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 October *Memo Monday*.

- Use of CACFP funds towards Farm to Early Care and Education Costs, with Questions and Answers dated March 31, 2022
- The Use of Vending Machines in School Food Authority CACFP At-Risk Afterschool Meals Programs dated July 15, 2022
- Application of Bostock v. Clayton County to Program Discrimination Complaint Processing – Policy Update dated May 5, 2022
- Questions and Answers Related to CRD 01-2022 Application of Bostock v. Clayton County to Program Discrimination Complaint Processing – Policy Update dated May 5, 2022

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 *March Memo Monday* webinar. It discussed instructions on how to use a new policy resource, PolicyStat. An online policy management system that will allow CACFP and Happy Helpings organizations and DECAL staff to navigate, locate, and access policy documents more quickly.

Healthy Habits for All Webinar Recording

[Sesame Street in Communities](#) has created a Healthy Habits for All webinar to provide new ideas to build healthy habits to last a lifetime.

- [[Register for the Webinar](#)]

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

[Team Nutrition](#) has developed a series of seven [7] tips 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. Stay tuned for tip sheets on crediting milk and grains in Child Nutrition Programs!

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

CACFP Meal Pattern Resources

Through USDA FNS guidance and collaboration, [ICN](#) developed the CACFP Meal Pattern Requirements training materials. This webpage features training materials and additional resources for implementing the updated meal pattern requirements.

- Child and Adult Meal Pattern Requirements Training
- CACFP Meal Pattern Tip Card
- Optimal Best Practices Training
- Infant Meal Pattern Requirements Training
- Meal Pattern Posters
- Recipes for Healthy Kids: Child Care Centers
- [[Read the Resources](#)]

Summer Sips Storybook

[Sesame Street in the Communities](#) has recently released the storybook *Summer Sips* as part of the Eating Well Initiative. This storybook includes creative tips and recipes for healthy drinks for children.

- [[Read Summer Sips Storybook](#)]

Fridge and Freezer Safety Tips

[Food Insight](#) has developed tips on freezer temperatures, cleaning and discarding food.

- [[Get the Tips](#)]

Focus on Whole Fruits Fact Sheet

MyPlate has developed this fact sheet to provide tips on how to choose fruits that are full of nutrients and limited in added sugars, saturated fat, and sodium.

- [[Get the Tips](#)]

Tips for Family Style Dining

The **National CACFP Sponsors Association** has developed tips for family-style dining that encouraging learning and development at the table and away from mealtime as well.

- [[Take a Look at the Tips](#)]

Water First Toolkit

The **National Drinking Water Alliance** has developed this toolkit for promoting water intake in community settings.

- [[Get the Toolkit](#)]

Four Ways to Get Good Fat Infographic

The **American Heart Association** has developed this infographic that details four ways to eat unsaturated fats in your daily diet. Unsaturated fats can help lower bad cholesterol, while also providing your body with essential nutrients.

- [[View the Infographic](#)]

Count the Farm Animals Activity

The **National CACFP Sponsors Association Learning Center** has developed this free activity page to help children practice counting while learning about livestock and food that farmers grow.

- [[Free Download](#)]

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** and **region 3**, please contact our Nutrition TA mailbox at NutritionTA@decal.ga.gov with any needed technical assistance.

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



Virtual Instructor-Led Trainings Available

2022 Fall & Winter Sessions

The Institute of Child Nutrition (ICN) is offering virtual training sessions during the **fall/winter of 2022**. There are

topics available for school nutrition professionals and Child and Adult Food Care Program (CACFP) operators.

Many topics are scheduled for new child nutrition directors, and the list also includes lessons from Introduction to School Nutrition Leadership (ISNL).

Click [here](#) to register.



TheICN.org/VILT

Session Topics

- Basic Culinary Math
- Buy American: US Agriculture Supporting Healthy School Meals
- Customer Experience, Merchandising, & Food Presentation (ISNL)
- Emergency Preparedness & Workplace Safety (ISNL)
- Financial Management for Managers
- Focus on the Customer for Managers and Directors
- Food Allergies for School Nutrition Managers and Staff
- Food Production & Operations Management (ISNL)
- Food Safety Basics
- Food Safety in Child Care
- Food Safety in Schools
- Forecasting the Procurement of Foods
- Foundations for Training Excellence: Basics
- Intro to Happy Mealtimes in Child Care Settings
- Human Resources (ISNL)
- Key Performance Indicators (ISNL)
- Norovirus in Child Care
- Norovirus in Schools
- Nutrition 101
- Procurement and Inventory Management (ISNL)
- Reimbursable School Meals (ISNL)
- Special Dietary Needs - Meal Accommodations (ISNL)
- Training Culturally Diverse Groups
- Utilizing the Cafeteria as a Classroom

TheICN.org/vilt

These sessions will fill quickly, so don't wait!

National CACFP Sponsors Association Offers Virtual Training

Saturday Summit - October 15 (\$49 due by Oct 7)

- Meal Service Made Fun
- Connecting Nutrition with Family Engagement
- Straw Bales: A New Way to Garden
- Quick, Easy, Low Prep Snacks
- Giving Thanks: Turkey Talk and More!
- Holiday Menu Planning
- Brunch for Lunch
 - [Learn More about Saturday Summit](#)

Want to use your funds to enroll a group? Email us at nca@cacfp.org and we'll help you register a group of state agency staff or CACFP operators.

Nutrition Ed Nook

Bell Peppers: Crispy & Crunchy!

Bell peppers are crispy, crunchy and September's Harvest of the Month spotlight! They are one of the



most common peppers and are sweet and crisp. The crunchy vegetable is available in green, red, orange, and yellow varieties.

Green bell peppers are simply unripe peppers that mature into red bell peppers. Being that they are not ripe, green bell peppers have a slightly bitter taste compared to the red, orange, and yellow ones. Red, orange, and yellow bell peppers tend to be sweeter in flavor than the green genre.

Fresh, raw bell peppers are low in calories, high in vitamin C, a good source of vitamin A, potassium and vitamin K. The red variety is higher in both vitamins C and A than green bell peppers. Bell peppers provide 169% of your daily intake of vitamin C which is important for the immune system and wound healing. The vitamin A that is in red bell peppers is good for eye health and potassium helps keep a healthy heart.

In Georgia, bell peppers are in season June through September. Local grown varieties are usually more cost effective and fresher.

They can be served raw, sautéed, grilled, stuffed or roasted. Enjoy bell peppers as a quick snack alone or with hummus or add them to salads or casseroles. Be sure to eat a variety of peppers to get the most nutritional benefits.

Integration:

- [Simple Stuffed Peppers](#)
- [Fresh Veggie Pizza](#)
- [Roasted Bell Peppers](#)
- [Pineapple Salsa](#)
- [Peach Salsa](#)
- [Veggie Quesadillas with Cilantro Yogurt Dip](#)

Education:

- **Read** aloud the book [Growing Vegetable Soup by Lois Ehlert](#) .
- **Watch** the video [Learn Fruits and Vegetables for Kids: The Bell Pepper](#) .
- **Compare & Contrast** the taste of different bell peppers varieties.
- **Talk** with families about how children can help with meal preparation by thoroughly washing a bell pepper to be chopped and cooked in a meal. **Bonus:** Send recipes that incorporate bell peppers home for families to try together!

Conversation:

- Have the children you serve eaten bell peppers before?
- Which color bell peppers have they tried?
- Which color bell pepper do they like the most and why?



September's Harvest of the Month BONUS Item:

Apples: Crisp and Delicious

Apples are crisp and delicious and are this month's Harvest of the Month bonus spotlight. They are available fresh, dried, and as 100% juice. This fruit is low in sodium and high in potassium, making it a great natural snack. Apples also provide vitamin C

and fiber. The peel contains even more fiber, so be sure to eat it also.

Apples are available in shades of red, green, and yellow. There are over 7,500 known varieties grown worldwide. Popular varieties include Honeycrisp, Granny Smith, Gala, Fuji, Pink Lady, and Red Delicious.

Apples are harvested between August and November, but are available year-round. During harvest time, they may cost less and be more crisp.

Fun Fact: Did you know that apples, pears, peaches, plums, apricots, cherries, blackberries, raspberries, and strawberries are all members of the rose family?

Integration:

- [Apple Sandwiches](#)
- [Fresh Fruit with Cinnamon Yogurt Dip](#)
- [Cran-Apple and Fruit Breakfast Smoothie](#)
- [Chicken Apple Salad Wrap](#)

Education:

- **Five Senses Fun!** Use your five senses to describe how apples look, feel, taste, sound, and smell.
- **Read** [“Hello, World! How Do Apples Grow?”](#) by Jill McDonald .
- **Talk** with families about how children can help with meal preparation including rinsing and drying apples to be served with a meal. **Bonus:** Send recipes that incorporate apples home for families to try together!

Conversation:

- Have the children you serve eaten apples before?
- What is their favorite apple variety?
- What is their favorite way to eat apples?

Share your Harvest of the Month stories and menu integration of bell peppers and apples with Nutrition & Physical Activity Supervisor, Diana Myers, MS, RD, LD at diana.myers@dec.al.gov.

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](#) and [Quality Care for Children’s HOTM 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.

Georgia Early Care and Education
Harvest of the Month
2022-23 Calendar

<p>AUGUST</p>  <p>Watermelon</p>	<p>SEPTEMBER</p>  <p>Bell Peppers</p> <p>BONUS Apples</p>	<p>OCTOBER</p>  <p>OCTOBER FARM TO SCHOOL MONTH</p> <p>BONUS Squash Summer, Winter, Pumpkin</p>
<p>NOVEMBER</p>  <p>Sweet Potatoes</p>	<p>DECEMBER</p>  <p>Lettuce</p> <p>BONUS Citrus</p>	<p>JANUARY</p>  <p>Greens Collard, Mustard, Turnip</p>
<p>FEBRUARY</p>  <p>Cruciferous Vegetables Cabbage, Broccoli, Cauliflower</p>	<p>MARCH National CACFP Week: March 13-18, 2023</p>  <p>Root Vegetables Carrots, Beets, Radishes</p>	<p>APRIL</p>  <p>Strawberries</p>
<p>MAY</p>  <p>Blueberries</p> <p>BONUS Vidalia Onions</p>	<p>JUNE</p>  <p>Cucumbers</p>	<p>JULY</p>  <p>Peaches</p>






Get monthly harvest-themed lesson plans, resources, parent newsletters and books here: www.qualitycareforchildren.org/farm-to-ecce
THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Are you “Spinach to Win It” with us?

Sign up for October’s Farm to School Month Campaign Toolkit



Registration for this year's October Farm to School Month campaign is now open! Receive access to an online toolkit filled with spinach-themed activities, standards-based lessons, recipes, and more when you sign up today.

The first 300 individuals to sign up can choose to be mailed seeds, washable tattoos, and a school garden planting & harvest calendar. To find out more, click [here](#).

#spinchtowinit #farmtoschool @GeorgiaOrganics

DECAL's Nutrition Spotlight: *Meet Tina McLaren, Physical Activity Specialist*

Tina O. McLaren joined the Nutrition Services Division as the Physical Activity Specialist on August 1, 2022. Tina is the first



person to hold this role as the Nutrition Services Division decided to expand its efforts to include physical activity as an obesity prevention effort alongside Nutrition Education as of May 1, 2022.

In her role, Tina will assist and support the Nutrition & Physical Activity Team in administering the Child and Adult Care Food Program (CACFP) and Happy Helpings, Georgia's Summer Food Service Program (SFSP). She will develop and integrate wellness and physical activity related programs, trainings, and resources in accordance with the DECAL's strategic plan for early care and education. "One of the many aspects in my role that I am looking forward to, is building and integrating physical activity into the early child and adult care programs" stated Tina.

Tina previously worked with the Los Angeles Air Force Base Department of Defense for two years as a contract Health Education Program Manager. While there, she managed the Health and Wellness Center (HAWC) programs for the military, their families, veterans, and retirees. She was also a civil service staff member for 12 years with the Health Promotion and Chronic Disease Prevention Division at San Joaquin County Public Health Services. Throughout her 20 years as a Public Health professional, she dedicated her time, passion, and expertise on community health education and outreach services servicing schools, faith-based organizations, private and public businesses, and community-based organizations.

She coordinated the Network for a Healthy California, a grant funded program by the USDA and the California Department of Public Health Services. In addition, she initiated and built the Healthy San Joaquin Coalition that served the population of San Joaquin County communities in the Northern part of California. She cross trained in different health programs in the Public Health Services of San Joaquin County, such as teen pregnancy prevention, nutrition, and the physical activity (Obesity Prevention) program.

She was able to sustain a few of the health programs in California. Tina added, "I believe that the sustainability of health programs can be supported by real data that demonstrate program efficiencies and effectiveness, community advocacy, diversification of funding, and collaborative partnerships that can expand resources."

Tina obtained three degrees from San Joaquin Delta College in California. They include an Associates of Arts in Social Sciences, Liberal Arts, and Natural Science degrees. She then transferred to California State University (Fresno) and obtained a Bachelor of Science in Health Science with an emphasis in Community Health Education. After a decade, she went back to school at San Jose State University in California where she earned her Master of Public Health Community Health Education degree.

She was a member of the MPH Student Leadership Council, where she promoted Public Health awareness, such as World Health Day and Public Health Week. Tina was also an alumni Cohort of the Minority Training Program in Cancer Control Research (MTPCR) at the University of California, San Francisco Helen Diller Family Comprehensive Cancer Center.

Tina lists some of her fondest memories in the Public Health profession as serving in the communities of California, including USDA Healthier US Challenge Gold Award (Manteca Unified School District), Best Health Promotion Program and Aerospace Team of the Year Award (small base) at the Los Angeles Air Force Base, United States Air Force, Department of Defense, and the Individual Award through the San Joaquin County Collaborative Coalition for her contributions to changes that promote, support, and encourage healthy choices and environments in San Joaquin County communities.

Tina was born in the Philippines, and she migrated to the United States in 1988. She is of Filipino and Chinese descent. She has two sisters and one brother, who all live in California. She cared for her ailing parents, who have both passed away, for a decade. They both suffered from chronic diseases, such as cancer and strokes which has made Tina very

passionate about what she does in life by servicing the communities, mainly on chronic disease prevention programs.

Tina lived in California for over 30 years until she relocated and moved with her husband and son to Georgia in April 2020 at the inception of COVID-19. Her husband, who is an E.R. traveling nurse, saved many lives affected by COVID. “As a new community resident member, I would love to make a difference in the lives, health, and wellness of every child, adult, and senior citizen in the state of Georgia,” said Tina.

Tina’s hobbies include dancing, cooking, and traveling with her family once a month. Tina loves spending time with family, especially her only child, her 10-year-old son. Tina also enjoys watching sports, especially soccer and basketball. She is a huge Golden State Warriors fan being from the San Francisco/Bay Area.

CACFP Resources:

The following documents were covered in previous newsletters:

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
Managing Virtual Monitoring and Supply Chain Disruptions Fact Sheet
Flexibilities During COVID-19 Supply Chain Disruptions
Non-profit Food Service and Procurement Procedures Monitoring
New Mailbox for Budget Department
Nutrition Services Resumes Pre-COVID Business Operations
Updating your Banking Information
Stay Informed: CACFP Policy Updates
Claim Deadlines FY22
Healthy Cooking in CACFP with Chef Asata Reid: 5 Part Video Series
Annual Renewal Requirements must be completed to participate in CACFP
How to Handle FDCH Carry Over
CACFP Meals for Young People Experiencing Homelessness
Happy Helpings Announced
Procurement Tips for CACFP
CACFP Budget Submission Required for FY2022
USDA Webinar: Meal Service Flexibilities for the FY 2021-2022 School Year
Guidance for Serving School-Age Children in the CACFP during COVID-19
Oct 1: Deadline to Implement Grain Ounce Equivalents in Menu Planning
Expiring Soon: Updated CACFP Meal Pattern Flexibilities
Reminder: Review Your Online CACFP Applications for Accuracy
Celebrating Breastfeeding as the Best Source of Nutrition
CACFP Reimbursement Rates: July 1, 2021-June 30, 2022

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

Dates to Remember

DATE:	2022 Events
September 15	• Deadline to Submit any Additional Changes to the FY22 Application
September 21	• Procurement Readiness Training
September 30	• Deadline to Submit 2023 CACFP Application • Deadline to Complete 2023 CACFP Annual Training and Assessment • Deadline to Submit Original or Annual Budget and Budget Amendments
October	• Farm to School Month
October 5	• Farm to ECE Webinar
October 15	• National CACFP Sponsors Association Saturday Summit
October 17	• Memo Monday

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Join Us for a NEW DECAL Download!

Chat with the Commissioner

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

This Week's Topic:
Chat with the Commissioner

Amy M. Jacobs
Commissioner of the Georgia Department of Early Care and Learning

Georgia Dept of Early Care and Learning
BRIGHT FROM THE START

This week's DECAL Download features a chat with Commissioner Jacobs. From time to time we have these episodes where we gather questions from our DECAL team on our social media channels on a variety of topics.

These episodes have been amongst our most popular. In fact, our very first DECAL Download episode on September 24, 2018 was a "Chat

With the Commissioner."

Listen to the episode [here](#).

Nutrition Division

Marketing & Outreach Team

Cindy Kicklighter
Carl Glover



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