



September 1, 2022

Annual Year-End Reconciliation for Happy Helpings FY2022 due October 31

Institutions operating FY22 Happy Helpings, Georgia's Summer Food Program (May 2022-Aug 2022) must complete an Annual Reconciliation Form. The form should include all FY22 Happy Helpings operating months. Per SFSP Policy 5, sponsors are required to submit year-end reconciliation documentation as well as the bank statement and/or system-generated general ledger supporting the ending balance on the reconciliation form.

The SFSP reconciliation form **and** final bank statement or system-generated general ledger must be submitted to DECAL no later than October 31, 2022. Click [here](#) for the reconciliation form and [here](#) for instructions.

Submit the following:

- Annual Year End Reconciliation Form
- Supporting financial documentation
- Bank statement and/or system-generated general ledger supporting the ending balance on the reconciliation form
- Include the name of the institution and agreement number in the subject line
- Email to nutritionbudget@decalfga.gov, as well as any questions about the budget process.

To review the Happy Helpings Budget Annual Year-End Reconciliation Training, click [here](#).

Happy Helpings Year-End Reconciliation Memorandum Revised

The policy memorandum, *Simplified SFSP and Bright from the Start's Annual Year-End Reconciliation Process*, was revised to provide further guidance on the required submittal of the Annual Year-End Reconciliation Form and supporting Happy Helpings financial records. The memorandum now also includes additional information pertaining to the use of excess Happy Helpings funds towards the Happy Helpings program, the CACFP, and other child nutrition programs (CNP).

In addition, guidance is provided on the Excess Funds Request form which is required to be completed and submitted by Happy Helpings sponsors who desire to use excess Happy Helpings funds towards the operations of other CNPs (e.g., CACFP, NSLP, SBP).



Submit your Nomination for "Turnip the Beet"

Award

Deadline: September 16

Nominations for the **Turnip the Beet Award** officially opened on August 15, 2022 and nominations are due September 16, 2022.

The Turnip the Beet Award recognizes outstanding Summer Meal Program sponsors across the nation who work tirelessly to offer high quality meals that are appetizing, appealing, and nutritious during the summer months to children.

This is an exciting opportunity for Happy Helpings Sponsors! To apply, Sponsors may self-nominate or be nominated by another party. The **nomination form** for this award includes short-answer questions and menu criteria based on the Dietary Guidelines for Americans.

The criteria include serving local foods, a variety of vegetables and fruit, whole grains, and low-fat and fat-free milk. All winners will receive a certificate and will be featured on the Turnip the Beet webpage, and in DECAL's Nutrition Services Division newsletter, website, and social media platforms.

Please complete the nomination form by **Friday, September 16** and submit to diana.myers@dec.al.gov.

Questions? Contact Diana Myers, Nutrition & Physical Activity Supervisor at diana.myers@dec.al.gov.

Transitioning from Happy Helpings to CACFP At-Risk Afterschool Meals

Many existing Happy Helpings sites are well-positioned to offer afterschool meals during the school year through CACFP. Both organizations and communities benefit when meals are offered to children in low income communities year-round.

Now that the summer season has ended, the opportunity for HH sponsors to transition to At-Risk Afterschool Meals, a component of CACFP, is upon us. Here are a few things to consider:

- An application for HH sponsors transitioning to CACFP is required upon initial entry to the CACFP. General updates and annual renewal will be required thereafter.
 - As part of the current ATLAS CACFP application process, HH sponsors are required to sign a CACFP agreement in addition to their existing agreement.
 - Sponsors are required to adhere to all monitoring requirements.
 - Sponsors are required to attend training.
 - If you have questions or are interested in registering for training, please call 404.657.1779.
-

After School Programs Required to Apply for License or Exemption to Participate in At-Risk

Afterschool programs **MUST** apply for a license or exemption in order to participate in the At Risk Afterschool Meals Program by submitting a complete license or exemption application to DECAL's **Child Care Services (CCS)**.

Available Resources:

- [Applicant's Guide to Licensing](#)
- [Child Care Learning Center Information](#)

For more information, requirements, License Orientation meeting, and state laws, contact CCS at 404.657.5562.

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](#).

#spinachtowinit #farmtoschool @GeorgiaOrganics

Reminder: PolicyStat is available on the 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@decalf.ga.gov or
- Sonja Adams at Sonja.Adams@decalf.ga.gov.

USDA Nationwide Waivers Available

Many to Expire in September

USDA’s Food and Nutrition Service (FNS) released Child Nutrition Program nationwide waivers and flexibilities based on authority amended by the Keep Kids Fed Act of 2022 to support CNP operations in Summer 2022.

Below is a quick reference chart for available Happy Helpings Waivers:

Waiver	Expires	Request Usage via
First week Site Visits	April 30, 2023	ATLAS Site Application Section: <i>General Site Information</i>
Closed Enrolled Sites	September 30, 2022	ATLAS Site Application Section: <i>Site Type</i>
Meal Service Time Restrictions	September 30, 2022	USDA Waiver Module
Non-Congregate Meal Service	September 30, 2022	USDA Waiver Module
Parent/Guardian Meal Pickup	September 30, 2022	USDA Waiver Module

Available waivers are also as follows:

- COVID-19: Child Nutrition Response #111 - [Nationwide Waiver to Allow Non-](#)

- **Congregate Feeding for Summer 2022 Operations – EXTENSION 7**
- COVID-19: Child Nutrition Response #112 -**Nationwide Waiver to Allow Parents and Guardians to Pick Up Meals for Children for Summer 2022 Operations – EXTENSION 7**
- COVID-19: Child Nutrition Response #113 -**Nationwide Waiver of Meal Service Time Restrictions for Summer 2022 Operations – EXTENSION 4**
- COVID-19: CN Response #107 -**Nationwide Waiver to Extend Area Eligibility Waivers for Summer 2022 Operations – EXTENSION 5**
- COVID-19: CN Response #108 -**Nationwide Waiver to Allow Area Eligibility for Closed Enrolled Sites for Summer 2022 Operations – EXTENSION 4**
- COVID-19: CN Response #71 -**Allow the extension of existing SFSP FSMC contracts set to expire in July, to be extended for 1 year** (Extended through June 30, 2023)
- Statewide Waiver – **First Week Site Visits** – waives the requirement that sponsors visit each of their sites at least once during the first week of operation.

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

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

Area Eligibility Guidance from the USDA

As many schools did not complete free and reduced eligibility information during SY 2021-2022, there may be an absence of complete SY 2021-2023 free and reduced price school data. Per the USDA memorandum, [Area Eligibility for Summer 2022 and School Year 2022-2023](#), Program operators may use one of the two following options with regards to school data (*these options are not available for sites located in the attendance area of schools that operated NSLP in SY 2021-022*):

- 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.

Get Informed: 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.

SFSP Transition to CACFP At-Risk Afterschool Meals Webinar Recording **Now Available!**

Are you interested in serving meals year-round when school is in-session? Register below to learn:

- the overview of the CACFP At-Risk Afterschool Meals Program,
- eligibility, application, licensing, and exemption requirements to participate.
- [[Register Now](#)]

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!**

Training & 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 that we continue to meet this goal during any transitions and/or position changes.

Therefore, sponsors that reside in **region 2** and **region 3** listed in the map below, please contact our Nutrition TA mailbox at NutritionTA@dec.al.gov with any needed technical assistance.

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



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 participants 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 your program participants 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:

- **Compare & Contrast** the taste of different apple varieties, such as Granny Smith, Gala, Fuji, among others.
- **Read** **"Hello, World! How Do Apples Grow?" by Jill McDonald**.
- **Talk** with families about how participants can help with meal preparation including rinsing and drying apples to be sliced and served with a meal. **Bonus:** Send recipes that incorporate apples home for families to try together!

Conversation:

- Have your program participants 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@decalf.ga.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.

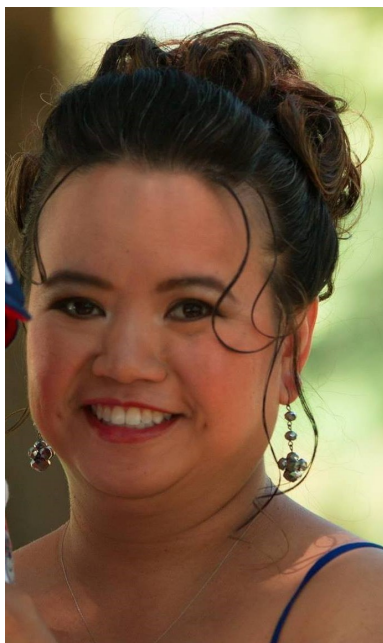
Georgia Early Care and Education
Harvest of the Month
2022-23 Calendar

<p>AUGUST</p>  <p>Watermelon</p>	<p>SEPTEMBER</p>  <p>Bell Peppers</p> <p>BONUS Apples</p>	<p>OCTOBER</p>  <p>Squash Summer, Winter, Pumpkin</p> <p><small>OCTOBER FARM TO SCHOOL MONTH</small></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 <small>National CACFP Week: March 12-18, 2023</small></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.



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.

Dates To Know

DATE:	2022 September/October Events
September 16	• Turnip The Beet Nominations Due
October	• Farm to School Month
October 31	• Annual Year-End Reconciliation for Happy Helpings FY22 Due • Spinach To Win It Registration Due

Happy Helpings Resources:

The following documents were covered in previous newsletters:

- **HH Sponsors: Pictures of high quality meals**
- **Racial and Ethnic Data Collection**
- **Revised Happy Helpings Policies & Memoranda**
- **Requirements for Obtaining a Food Service Permit**
- **Infant Formula Recall**
- **Does your organization operate as a Food Service Management Company (FSMC)?**
- **Check your Email Messages in GA ATLAS**
- **Reimbursement Rates for Summer 2022**
- **COVID Resources for Sponsors**
- **Updated CDC Guidance for Operating Early Care & Education/Child Care Programs**
- **After School Programs Required to Apply for License or Exemption to Participate in At-Risk**
- **Annual Year End Reconciliation Notice**
- **Nutrition Services announces New Brand Identity for the Summer Food Service Program: Happy Helpings**
- **Claim Deadlines announced for FY2022**
- **How to Submit a Waiver Request**

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.

NEW DECAL Download

DECAL Community Partnerships/North East Region

Over the past few months, DECAL Download has been taking a tour of DECAL's six regions by talking to our Community Partnership Coordinators, representatives from our Child Care Resource and Referral Agencies, and introducing you to child care providers in each region. In this week's episode, we wrap

up that tour with the Northeast Region. This region is made up of 26 counties that range from Oconee and Oglethorpe in the south, moving up to the beautiful mountains of Rabun and Union, and then heading west to Catoosa and Whitfield. This region includes Gwinnett and Hall, as well.

Joining us to talk about the Northeast Region are Clayton Adams, Lead Community Partnership Coordinator for the Northeast, and Dr. Victoria Long-Coleman, an Early Care and Education Specialist from Quality Care for Children- Northeast Region, one of our child care resource and referral agencies. Joining us from Gwinnett County, we have Elaine Aguilera, a Family Child Care Learning Home provider, and from Clarke County, Amy Kay, the Director of the Child Development Lab at the McPhaul Center. Finally, we are joined by Janna Rookis, who is a Peer Support Network Ambassador in Gwinnett County.

Listen to the episode [here](#).



Nutrition Division

Marketing & Outreach Team

Cindy Kicklighter
Carl Glover

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