



Georgia Department of Early Care and Learning

# Child and Adult Care Food Program Nutrition News

February 2019 • Edition XLIV

## CACFP Spotlight

### Douglas County School District Offers Dinner to Students

Douglas County School District is one of the first school systems in metro Atlanta to offer dinner to help students, and their families, access more healthy, nutritious food. The meal is free for those participating in approved academic after-school activities thanks to funding provided by the Child and Adult Care food program (CACFP) administered by DECAL.



*Photo courtesy of Douglas County School System*

If you have an interest in expanding your program to include after-school meals, contact **Cindy Kicklighter** at [Cindy.Kicklighter@decalfga.gov](mailto:Cindy.Kicklighter@decalfga.gov).

All 27 schools in the district participate in the program that feeds approximately 26,000 after-school students. The option of a grab and go meal is offered on Monday and Friday, while on Tuesday, Wednesday, and Thursday, they can enjoy a hot meal. An afternoon snack is also offered in addition to dinner.

Douglas County school officials say the program is a way to keep students energized as they do their homework or after school activities.

# Funding Available for After-School Meals

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The United States Department of Agriculture's (USDA) CACFP At-Risk After-School Meals component provides funding to after-school programs that serve a meal and/or snacks to children and teens in low-income areas.

CACFP meals and snacks give a nutritional boost to children, including teenagers through age 18, in eligible after-school programs in lower income areas in every state.

## Why combine meals and activities after school?

When school is out and parents are still at work, children need a safe place to be with their friends, with structured activities, and supportive adults.

After-school programs that serve meals and snacks draw children and teenagers into constructive activities that are safe, fun, and filled with opportunities for learning. The food gives them the nutrition they need to learn and grow.

## Which after-school programs can participate?

USDA provides reimbursement for meals and snacks served in after-school programs that:

- Are located at sites where at least half of the children in the school attendance area are eligible for free and reduced price school meals.
- Offer educational or enrichment activities, after the regular school day ends or on week-ends and holidays, during times of the year when school is in session.
- Meet licensing, health, or safety codes that are required by state or local law.
- Serve nutritionally balanced meals and snacks that meet USDA's nutrition standards, with foods like milk, meat, vegetables, fruit, and bread.

## Who is eligible for after-school meals?

Reimbursable meals and snacks can be served to children, including teenagers age 18 or under at the start of the school year. There are no application forms for parents or guardians to fill out. All after-school meals and snacks are served in group settings, at no cost to the child or to the child's parents or guardians.

For more information contact **Cindy Kicklighter** at [Cindy.Kicklighter@dec.al.gov](mailto:Cindy.Kicklighter@dec.al.gov).

## Thirty on Thursdays

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Join Team Nutrition for monthly training webinars on hot topics related to the meal pattern requirements.

Save **March 21** on your calendar for the upcoming webinar, *"Identifying Whole Grain-Rich Foods in the CACFP, Part 2."* Participants will have the opportunity to submit questions to the presenters and check their knowledge through interactive polling.



**English Webinar: 2:00-2:30 pm ET**  
**Spanish Webinar: 3:00-3:30 pm ET**

Registration has not opened yet. For more information visit the USDA's 30 on Thursdays Training Webinar page [here](#).

## **CACFP Program Training Dates (February - May 2019)**

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Please see below the list of training sessions for February - May 2019. Self registration for training is available through ATLAS. Contact **Sylvia Boykin** at [sylvia.boykin@dec.al.gov](mailto:sylvia.boykin@dec.al.gov) for more information.

CACFP Adult Day Care  
**February 26-27, 2019**  
Quality Care for Children (CCR&R)  
2751 Buford Highway NE (Training  
Room)  
Atlanta, GA 30324

CACFP 2 Day  
**March 4-5, 2019**  
Central Georgia Technical College  
3300 Macon Tech Drive - Building I  
Macon, GA 31026

At-Risk After-school Meals Program  
**March 19, 2019**  
Spruce Conference Room  
Limit 10 people

CACFP 2 Day  
**April 16-17, 2019**  
Central Georgia Technical College  
80 Cohen Walker Drive  
Warner Robins, GA 31088

CACFP Adult Day Care  
**April 29-30, 2019**  
Quality Care for Children (CCR&R)  
3706 Atlanta, Hwy  
Athens, GA 30606

CACFP 2 Day  
**May 14-15, 2019**  
Georgia State University  
75 Piedmont Avenue, 6th floor  
Atlanta, GA 30303

At-Risk After-school Meals Program  
**May 21, 2019**  
Georgia State University  
75 Piedmont Avenue, 6th floor  
Atlanta, GA 30303



CELEBRATE NATIONAL  
**CACFP** WEEK   
March 17-23, 2019

SERVING OVER 4 MILLION CHILDREN  
with healthy meals and snacks daily.

**#CACFPWeek** is March 17-23, and we want to make sure you are ready to help spread the word that the Child and Adult Care Food Program provides healthy meals and snacks to over 4 million children every day! This campaign is designed to raise awareness of how CACFP works to combat hunger. Check out the Toolkit **here** for some resources created to help kick off the celebration!



## Save the Date: June 7-8, 2019

The Seventh Annual Georgia Farm to School and Early Care and Education Summit will be held June 7-8 at Helms College in Macon. The Summit features dynamic, hands on education sessions, workshops, and field trips for early care providers and k-12 staff on gardening, cooking with kids, local procurement, and more!

This event is co-hosted by the Georgia Department of Early Care and Learning and Georgia Organics and presented by the Georgia Farm to School Alliance and the Georgia Farm to Early Care and Education Coalition.

Registration opens in mid-March.

More information is available at <https://georgiaorganics.org/summit/>

## Tip of the Month

### Calculating Your Average Daily Participation

ADP is used to determine the average daily participation for CACFP. This is important because it calculates the Anticipated Annual CACFP Reimbursement in the budget, and provides institutions/sponsors with the projected reimbursement for the upcoming year.



### How to calculate the ADP for the Anticipated CACFP Annual Reimbursement:

*Example:*

Betty's Day Care is computing the ADP for FY2019.

She reviews her daily attendance sheets for the last two months: January and February and calculates the average.

- 20 children attended for 10 days in January
- 22 children attended for 10 days in January
- 20 children attended for 10 days in February
- 22 children attended for 10 days in February

| Month        | Number of Days Children attended | x | Number of Children | Total | Monthly Attendance |
|--------------|----------------------------------|---|--------------------|-------|--------------------|
| January      | 10                               | x | 20                 | 200   | 420                |
|              | 10                               | x | 22                 | 220   |                    |
| February     | 10                               | x | 20                 | 200   | 420                |
|              | 10                               | x | 22                 | 220   |                    |
| <b>Total</b> |                                  |   |                    |       | <b>840</b>         |

Betty reviews the number of days her facility was open in January and February.

- The facility was open 20 days in January and 20 days in February.

| Month        | Number of Days Opened |
|--------------|-----------------------|
| January      | 20                    |
| February     | 20                    |
| <b>Total</b> | <b>40</b>             |

Betty calculates the ADP.

| Monthly Attendance | Divided by | Numbe of Days Opened | ADP       |
|--------------------|------------|----------------------|-----------|
| <b>840</b>         | <b>/</b>   | <b>40</b>            | <b>21</b> |

Now Betty determines how many children received free or reduced-priced meals and how many paid.

- 10 Free Meals
- 10 Reduced-Priced Meals
- 1 Paid Meal

Betty enters these numbers in the Anticipated Annual CACFP Reimbursement Section of the budget detail.

If you have questions or concerns, please contact Budget Compliance Supervisor **Shonda Franklin** at [Shonda.Franklin@dec.al.gov](mailto:Shonda.Franklin@dec.al.gov).

# Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care

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The USDA's Team Nutrition initiative is pleased to announce the release of Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care. This booklet is designed to help CACFP operators provide garden-based nutrition education for children ages 3 through 5 years old in family child care settings.

This resource is a family child care version of FNS' Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables.

Materials include:

- Booklet featuring lesson plans for six featured fruits and vegetables
- MyPlate Poster
- Tasty Acres Farm Map
- Memory Card Game

All materials are currently available in English online at <https://www.fns.usda.gov/tn/grow-it-homes>.

If you have a social media account, please consider sharing the message graphic using the hashtag **#TeamNutrition**. For questions or more information, please contact [TeamNutrition@fns.usda.gov](mailto:TeamNutrition@fns.usda.gov).

## Mad About Mushrooms!

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Did you know mushrooms are neither a vegetable nor a fruit, but rather a fungus? Yes, mushrooms are a fungus and a beneficial part of your diet. They are a good source of protein (some with 300+ mg), rich in Vitamin D, B12 and Iron.

[Superhealthykids.com](http://Superhealthykids.com) reports mushrooms are also an excellent antioxidant, particularly Selenium which has deficiencies linked to cancer. This unlikely food item is also known to enhance your metabolism.

While mushrooms may not be a regular staple in your menu choices, they are indeed valuable to your bodies and overall health.

You can start incorporating mushrooms into your diet today by trying this delicious recipe for [Mushroom Veggie Burgers from Parents.com](#)

## Ingredients

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- 2 cups (one 14-ounce can) black beans, red beans, or chickpeas, drained
- 1 medium onion, quartered
- 1/2 cup rolled oats
- 1 tablespoon chili powder
- Salt to taste
- Freshly ground black pepper to taste
- 1/4 - 1/2 cup mushrooms (Button, Cremini, Portobello,

Shitake, or a combination), cut into large pieces

- Bean-cooking liquid, stock, or water as needed
- 1 tablespoon olive oil or neutral oil, like grapeseed or corn, for cooking



## Make It!

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1. Place the beans, onion, oats, chili powder, salt, pepper and mushrooms in a food processor and pulse until chunky but not pureed; if it seems dry or isn't sticking together, add a little liquid a tablespoon at a time you want a moist but not wet mixture. Let rest in the fridge for a few minutes if time allows.
2. With wet hands, shape into patties; refrigerate for 15 or 20 minutes if your schedule permits.
3. Heat a large skillet or griddle over medium-high and add just enough oil to coat the bottom of the pan. When hot, add the patties and cook until nicely browned on one side, about 5 minutes; turn carefully and cook on the other side until firm and browned, about another 5 minutes. Serve on buns with the usual burger fixings.

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## Important Dates to Remember

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|                     |   |
|---------------------|---|
| <b>February 22</b>  | Deadline to submit Excess Fund Reply Form for Day Care Sponsors         |
| <b>March 17-23</b>  | National CACFP Week   |
| <b>March 21</b>     | Thirty on Thursdays: Identifying Whole Grain-Rich Foods in the CACFP    |
| <b>March 27</b>     | Food Safety Webinar   |
| <b>May 16</b>       | Thirty on Thursdays: Using the WIC Food List to Identify Credible Foods |
| <b>June 7-8</b>     | Georgia Farm to School ECE Summit                                       |
| <b>July 18</b>      | Thirty on Thursdays: Serving Vegetables in the CACFP                    |
| <b>September 19</b> | Thirty on Thursdays: Easy Tools to Determine Serving Amounts            |



In this week's episode of DECAL Download, we're talking to Georgia's 2018-2019 Pre-K Teachers of the Year. Since 2016, we have recognized a winner from a local public school system and a winner from a private child care center. Applications are now open for our next winners. Listen in to learn more about applying!

# DECAL Download

New Episodes Every Wednesday!

Have you listened to DECAL's new podcast? You can find DECAL Download [here](#) or on Apple Podcasts, Google Play, Spotify, Stitcher, TuneIn, Overcast, and more!

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**Nutrition Services  
Bright from the Start  
Georgia Department  
of Early Care and Learning**

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