

# Child and Adult Care Food Program Nutrition News

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## First Lady of Georgia Tours Little Folks Farm and Childcare Center

First Lady of Georgia **Marty Kemp** recently visited Little Folks Farm and Childcare Center to see first-hand how owners **Mark and Lisa Williams** are teaching young Georgians about agriculture. Commissioner **Amy Jacobs** joined the first lady for a tour of the forty-seven acre farm that is located in Lyons, Georgia.

Little Folks Farm is a nature and farm-based childcare learning center that is Quality Rated and a Child and Adult Care Food Program (CACFP) provider.

The center offers well-balanced nutritious meals through CACFP, and serves locally-grown, healthy foods from their garden. Children are taught where their food comes from, gather and eat the eggs from the farm's chickens, and enjoy the vegetables they helped plant and grow. They also get to experience feeding and interacting with the farm's animals, explore nature on the trail, and enjoy learning about the outdoors in their Certified Nature Explore Classroom.

Lisa always dreamed of having a farm where children could have an entirely different childcare experience. "We are passionate about having a place where children love to be and learn," she said.



**Top Photo:** Little Folks Farm and Childcare Center owners, **Mark and Lisa Williams** and students posed for a picture with First Lady **Marty Kemp** and DECAL Commissioner **Amy Jacobs**.

**Bottom Photos:** Mark and Lisa Williams took Georgia's First Lady **Marty Kemp** and Commissioner **Amy Jacobs** on a tour of their forty-seven acre farm that includes animals, a kitchen garden and nature trail.

Would you like to have your center featured in DECAL's CACFP Newsletter? Have an idea for a topic that you would like more information on? Email **Gabrielle Phillips** for more information.

## **Seventh Georgia Summit Raises the Bar: *Incorporates Farm to Early Care and Education***

Thank you to everyone that attended last month's Georgia Farm to School & Farm to Early Care and Education (ECE) Summit in Macon, Georgia. Two hundred and seventy-nine people from sixty-three Georgia counties registered for the event and out of that number, 234 were in attendance. Close to half of the attendees identified themselves as early care administrators, teacher, and/or employees. Community non-profit organizations, K-12 staff/administrators, farmers, agricultural professionals, distributors, and students were also among the attendees.

All were engaged by experts in the area of farm to school/farm to ECE and received invaluable training/information to implement and/or improve farm to school/ECE activities in their communities. Based on the overall evaluations received, 97% of the attendees agreed or strongly agreed that as a result of the Summit, they:

- Had a better understanding of Georgia's farm to school and farm to ECE movement;
- Have one or more actionable steps they would take with them to support farm to school and/or farm to ECE; and
- Had connected with one or more new organizations, businesses, and/or resources that would help start or expand farm to school and/or farm to ECE activities their center, school, and/or community.

A special thank you to DECAL Commissioner **Amy Jacobs**, who provided the opening remarks via video message and to **Wande Okunoren-Meadows** of Little Ones Learning Center (CACFP Participant/Forest Park, GA) and **Dr. Linette Dodson**, Nutrition Director, Georgia Department of Education, who provided thought-provoking keynote addresses.

DECAL will continue to provide resources and information relating to farm to early care and education in the months ahead.





Attendees learned how to integrate organic farms and farmers into Farm to School and Early Care & Education programs at Rag & Frass Farm with Farmer **Julia Asherman** and Warren County Public Schools School Nutrition Director **Scott Richardson**.

**Photo at top:**  
**Wande Okunoren-Meadows** (right) and mom **Mrs. Okunoren** support Farm to School and ECE because "it's the right thing to do!"



**Kelli Cook** of Carrollton City Schools discussed how to integrate gardens into school meals and Farm to School programs. She also shared her experiences with tower gardens (shown in picture) in classrooms and the impact that the sound of flowing water has on children's classroom behavior and school work.

### Thank you to the following Seventh Georgia Farm to School & Early Care and Education Sponsors:

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- DECAL
- FoodCorps
- Forward Food
- Georgia Dept. of Education
- Georgia Dept. of Public Health/SHAP
- Georgia Dept. of Early Care and Learning
- Georgia Farm to Early Care and Education Coalition (host)
- Georgia Farm to School Alliance (host)
- Crop and Soil Science at UGA
- Georgia Organics
- Health M Powers
- Little Ones Learning Center
- Quality Care for Children
- Royal Foods
- Small Bites Adventure Club
- Soil3
- The United States Department of Agriculture (USDA) Food and Nutrition Services (FNS)
- Tower Gardens
- UGA Extension

## 2019 Policy Updates

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USDA's Food and Nutrition Service (FNS), recently released policy memoranda applicable to both the CACFP and SFSP. For more information, please click on the following links:

- [Adjustments to the Federal Small Purchase and Micro-Purchase Thresholds](#)
- [Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and](#)

## Seafood Products in the CNPs

- **Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the CNPs**
- **Crediting Popcorn in the CNPs**
- **Crediting Surimi Seafood in the CNPs**
- **Crediting Tempeh in the CNPs**
- **Crediting Pasta Products Made of Vegetable Flour in the CNPs**

## FNS Proposes Rule to Delay Crediting Grains by Ounce Equivalents

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On July 1, 2019, Food Nutrition Services (FNS) will publish a proposed rule, Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program (CACFP), to delay, until October 1, 2021, implementation of the requirement for crediting grains served in CACFP using ounce equivalents. The new implementation date would allow more time for FNS to develop additional technical assistance materials and for State agencies and sponsoring organizations to provide training and technical assistance to make compliance easier for day care homes and centers nationwide.

The two-year extension would also apply to crediting grains in infant and preschool meals in the National School Lunch and School Breakfast Programs. The Federal Register has a copy of the rule available for public inspection [here](#).

## Upcoming CACFP Halftime Webinar: *Serving Vegetables in the CACFP*

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On July 18, 2019, USDA's Team Nutrition initiative will present Serving Vegetables in the CACFP, as part of the CACFP Halftime: Thirty on Thursdays webinar series. Registration for this free webinar is now available, using the following registration links:

- **2-2:30 p.m. ET English Webinar**
- **3-3:30 p.m. ET Spanish Webinar**



This upcoming CACFP Halftime webinar will focus on creative and appealing ways to offer vegetables at meals and snacks in the Child and Adult Care Food Program (CACFP). Attendees will have the opportunity to submit questions to the presenters and to check their knowledge through interactive polling questions. FNS Regional Offices, State agencies, sponsoring organizations, and CACFP program operators are invited to participate.

The CACFP Halftime: Thirty on Thursdays webinar series is a bi-monthly webinar series that is offered in both English and Spanish. The English webinar is held from 2 to 2:30 p.m. ET, and the Spanish webinar is held from 3 to 3:30 p.m. ET. Recordings of previous webinars and a complete list of future topics and dates can be found [here](#).

## Local Sourcing Spotlight: *National Blueberry Month*

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It's National Blueberry Month! The [North American Blueberry Council](#) has partnered with the USDA

(beginning in 2003) in declaring July as **National Blueberry Month**.

With blueberries in peak season, now is the time to take advantage of opportunities to locally source blueberries in Georgia. U-pick farms across Georgia serve as a great way to purchase blueberries for meals such as snack time. **Georgia Grown** has a beneficial search tool to assist with locating u-pick farms in your area. Click the link above to begin your search!



## Farming at the Market

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Farmers' Markets provide an easy outlet for child care sponsors and institutions to purchase fresh Georgia grown products. The Marietta Square Farmers Market in NW Cobb County is your one-stop shop for locally sourced goods such as potatoes, squash, heirloom tomatoes and honey!

Open year round on Saturdays from 9:00 am to 12:00 pm and on Sundays from Noon-3:00 pm (May – October), Marietta Square Farmers Market is just one of the many options in Georgia to purchase locally grown and harvested foods.

For more information click [here](#).

## Toolkit Available Now

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**Local Foods for Little Eaters in Georgia** in conjunction with Georgia Organics, is a toolkit created to assist with incorporating local sourcing practices into your child care setting. For more questions on how to locally source your food products, please contact **LaMonika Jones**, Procurement and Purchasing Compliance Officer at [lamonika.jones@dec.al.gov](mailto:lamonika.jones@dec.al.gov).

## Procurement Masterclass

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### The Low Down on Local Sourcing

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The next Procurement Masterclass highlighting the importance of local sourcing is now available.

To view the Masterclass click [here](#).

## Nutrition ED Nook

### The Mighty Asparagus

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Get it before its gone! Asparagus harvest season is coming to an end so don't miss out on this seasonal opportunity presented to us from our local farmers. Farmers harvest asparagus starting the second year after planting. The combination of sun, healthy soil, nutrients, and patience meld to make these mighty asparagus grow tall. Did you know that asparagus comes in three

different colors – green, purple, and white? Consider procuring asparagus locally for your sites.

Originating in the Mediterranean, records show that asparagus has been cultivated and provided nutrition for over 2,000 years. Asparagus packs a punch with fiber, folate, potassium, thiamin, iron and vitamins A and C.

Looking for ways to introduce asparagus into your meal program? Host a taste test with this nutrient-packed vegetable. Serve asparagus on a tray in a versatile way – grill, sauté, or roast it as a veggie side or add it raw to a salad. Get creative! Share your stories with [diana.myers@dec.al.ga.gov](mailto:diana.myers@dec.al.ga.gov).

**CACFP Meal Component:** Vegetable

## **Roasted Asparagus**

### **Ingredients**

- Asparagus spears, fresh
- Olive oil or vegetable oil
- Salt
- Black pepper



### **Instructions**

1. Preheat oven to 400°F. Wash asparagus spears and trim off the tough ends. Cut into 3-inch lengths.
2. Place asparagus in a large container. Add the oil, salt and pepper, and toss to coat the asparagus pieces.
3. Place asparagus in a single layer on a parchment lined sheet pan being careful not to overcrowd the pan.
4. Roast in the preheated oven for 12-15 minutes, or until the asparagus pieces are lightly browned and blistered.

Critical Control Point: Hold for hot service at 135°F or higher

For more information on this recipe click [here](#).

Source: *Recipe Credit: Food Hero and Oregon Harvest for Schools*

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## **Dates to Remember:**

<b>Date</b>	<b>Event</b>	<b>Location</b>
<b>July 18</b>	CACFP Halftime: Thirty on Thursdays Serving Vegetables in the CACFP	Webinar

**Have you listened to DECAL Download?**



During the summer months, children may experience learning loss because they're not engaged in educational activities. However, our DIY Summer School from Georgia's Pre-K Program is helping families continue the learning. Listen to this week's episode of DECAL Download to learn more about DIY Summer School.

# DECAL Download

## New Episodes Every Wednesday!

Listen on Apple Podcasts  and  Spotify

You can find DECAL Download [here](#) or on Apple Podcasts, Google Play, Spotify, Stitcher, TuneIn, Overcast, and more!



Georgia Department of Early Care and Learning

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