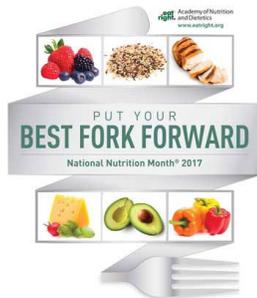


NUTRITION NEWS

Helpful Hints & Tips | CACFP Edition XXVI

• Celebrate National Nutrition Month! •



March is **National Nutrition Month**, a nutrition education and information campaign created by the **Academy of Nutrition and Dietetics** to promote the benefits of healthy eating and physical activity for everyone. This year's theme, "Put Your Best Fork Forward" reminds us that making small changes count toward improving our overall health. So, why not take a small step toward the Farm to Summer movement by adding more local food items to your summer menus or visiting a local farm.

What are your plans to celebrate National Nutrition Month? For *36 Ideas to Get Involved in National Nutrition Month*, visit this [link](#). And for more information about Farm to Summer activities and efforts, click [here](#).

• Team Nutrition's New USDA Standardized Recipes •



Team Nutrition's new kid-friendly standardized recipes help bridge the gap from winter to spring by offering a variety of delectable dishes ranging from cozy cups of soup to scrumptious vegetable blends!

Check out these new recipes on Team Nutrition's USDA Standardized Recipes site [here](#).

• Celebrate National CACFP Week! •

National CACFP Week is here! Have you decided how your center(s) will celebrate? Check out some ideas below:

- Enter the "How Do You CACFP Snack?" contest being held by the National CACFP Sponsors Association, and you could win \$100! Details for the contest are [here](#). The contest ends Wednesday, March 15th.
- Promote National CACFP Week in your newsletters and through other mass distribution lists you have.
- Send a press release about National CACFP Week to your local newspapers especially highlighting how the CACFP operates in your local communities.

For more details on these ideas and more, visit this [link](#).

• Farm to Early Childhood Education •

The Farm to Early Childhood Education program is an excellent way to introduce children to where their food comes from and to help them develop healthy eating habits. Incentives to participating in this program include purchasing local and regional foods for reimbursable meals, incorporating agricultural programs (Grow It, Try It, Like It), taste testing, starting and maintaining preschool gardens, and taking field trips to local farms. Some frequently asked questions about how to participate and get started are asked and answered below:

- Is there a specific amount of liability that farmers or others providing local products for CACFP must carry?

No. USDA does not require farmers to carry a specific amount of liability coverage to sell to CACFP institutions or facilities. Institutions, facilities, states, distributors, retailers, and food service management companies may have different liability coverage requirements. The coverage requirements, however, should not be so excessive that they potentially restrict competition. It is best to contact these businesses for further information.

- Are there resources for handling produce safely in kitchens?

Yes. National Food Service Management Institute's (NFSMI) publication Ready, Set, Go! Creating and Maintaining a Wellness Environment in Child Care Centers Participating in the CACFP provides best practices and assessment tools for safely handling food in child care facilities.

- How can CACFP facilities such as family child care learning homes and sponsored centers purchase local foods?

CACFP facilities can purchase local foods from any source, such as distributors, farmers markets, Community Supported Agriculture (CSA), and food hubs and are not required but are encouraged to purchase in a way that promotes open and fair competition.

For more information, visit this [link](#) on DECAL's website.

• Budget and Procurement Training Available •



CACFP Budget 101 and Procurement 101 in-person trainings are now available. Budget 101 sessions are scheduled in the morning, and Procurement 101 sessions are scheduled in the afternoon. You may participate in one or both sessions on the dates and at the locations listed below:

- **Wednesday, May 17, 2017 at the Sloppy Floyd Twin Towers Building (East Tower), 8:30am-4:30pm**
- **Wednesday, June 21, 2017 at the Sloppy Floyd Twin Towers Building (East Tower), 8:30am-4:30pm**

Contact Leslie Truman at (404) 657-1779 to register for training.