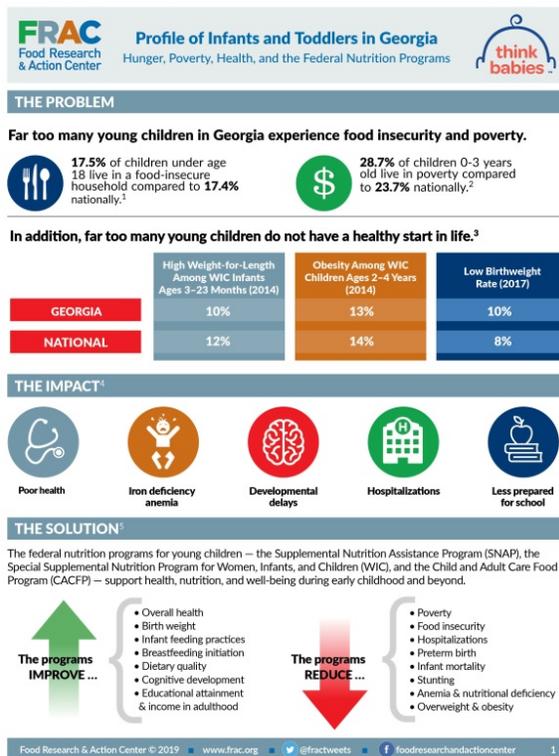


Child and Adult Care Food Program Nutrition News

November 27, 2019 • Edition LII

New "Think Babies" Resource: Georgia Fact Sheet on Infant-Toddler Nutrition



Are infants and toddlers in your community getting the nutrition they need for a healthy start in life? Find out with a new set of **fact sheets** released by the Food Research & Action Center (FRAC) and Think Babies™. The fact sheets provide national and state-specific data on hunger and poverty experienced by infants and toddlers, as well as access to federal nutrition programs.

Too many young children in our nation experience food insecurity and poverty and do not get the nutrition they need to thrive. But FRAC's profiles show how strong federal nutrition programs, such as the Supplemental Nutrition Assistance Program (SNAP), the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC), and the Child and Adult Care Food Program (CACFP), can support healthy development in the early years and beyond.

We must do more to maximize the use of these proven programs. Help us increase awareness about food insecurity among the youngest children and the need to expand the reach of the programs that help!

- Post on **Facebook** and **Twitter** by clicking on these links to share this new resource with your networks.

Thanks for Being a Big Voice for Little Kids!



DECAL Nutrition Welcomes Brandi Banks



Please join DECAL in welcoming **Brandi Banks**, Application Specialist, to the Nutrition Division.

Brandi holds Master's degrees in Public Administration and Professional Studies in Public Relations. She has over a decade of experience in a customer service setting communicating information.

Prior to leaving Georgia and relocating to North Carolina several years ago, Brandi successfully worked with both the Summer Food Service Program (SFSP) and the Child and Adult Care Food Program (CACFP) here at DECAL serving in the role of a temporary Business Operations Specialist.

Upon returning to the peach state, Brandi volunteered at Open Hand Atlanta teaching Georgians how to shop and eat healthy within the SNAP allotment.

We are very fortunate to be able to welcome back such talent to our team!

Keep Up-to-Date with Changing Policies *Next Memo Monday: December 30, 2019*

The Child and Adult Care Food Program regulations are constantly changing and interpreting all the policies and memorandums can be a challenge. Therefore, Nutrition Services is excited to announce its new **Memo Monday** webinar series offered each month!

Register through ATLAS to participate in a Technical Assistance training webinar that will highlight new and/or updated policy memos for the Child and Adult Care Food Program.

Course Description:

The training session will provide an overview of the recently released FY 2020 new and/or revised policy memorandums for the Child and Adult Care Food Program.

Date: Monday, December 30, 2019

Time: 10:00 a.m. until 12:00 p.m.

To register*, institutions and sponsors must:

1. Log in with your GA ATLAS username and password
2. Select My Account in the blue menu bar
3. Select My Training
4. Select Register for Training
5. In the Program dropdown box, select CACFP
6. Select Search
7. Select **Memo Monday**
8. Select the Session Name
9. Review the Session Details and select Enroll to register for that session.
10. After registering in GA ATLAS, you will receive a Training Confirmation email with the GoToWebinar registration link to participate in the training webinar.

You must click on the link to register and gain access to the webinar.

Please note: After you register in GA ATLAS, you will receive a Training Confirmation email from Georgia DECAL Help Desk (helpdesk@cnpus.com).

You will find the GoToWebinar link in your Training Confirmation email. Please check your spam/junk folder if you do not immediately receive your Training Confirmation email in your inbox

Something **BIG** is coming!

CACFP WEEK 2020

It's time to start planning.



CACFP Week is right around the corner, **March 15-21, 2020**. Watch your email for tools and resources that can be used to help share the word about CACFP and why it is an indicator of quality care.

Reminder: Fiscal Year 2020 Claim Deadlines

Federal regulations require institutions to submit their final reimbursement claims, including all revisions, within 60 calendar days following the last day of the full month covered by the claim.

Claims not postmarked and/or submitted within 60 calendar days cannot be processed unless DECAL and/or FNS determines that an exception should be granted. For example, ABC Day Care must submit their final March reimbursement claim no later than May 30.

Claim deadlines can be found on the [DECAL website](#).

Contact the Nutrition Services Policy Administrator at 404.651.8193.

Local Sourcing Spotlight

Cranberries

Autumn harvest is an opportunity for many to savor local produce only available during cooler months. Thanksgiving is often the time of year cranberries become widely available. While not locally grown and harvested in Georgia due to the warmer climate, cranberries can still be purchased commercially from mass producers in the Northeast or Midwest part of the United States where according to [UGA Agriculture and Natural Resource Extension Agent Tim Daly](#), have the best climate to aid in cranberry growth. However, if there is an interest to serve locally grown and harvested cranberries, they can be grown in small batches perhaps for a taste test or through local community supported agriculture such as [Fresh Harvest](#) in North Georgia.

Community Innovation Grants Program

The United Fresh Start Foundation (the nonprofit arm of [United Fresh Produce Association](#)) has opened the application for the 2020 Community Innovation Grants Program which aims to support initiatives and research increasing access to, selection and consumption of fresh produce for children and families. A shared amount of \$50,000 will be awarded to the not-for-profit 501(c)3 organizations, schools, universities, small businesses, and other with innovative project partners best aligned with the mission and the Community Innovation Grants objectives. A minimum of five grants will be awarded as warranted by applicants. For more information please visit the [United Fresh Start Foundation](#) website. Grant submissions are due December 1, 2019.

Nutrition ED Nook

Cranberry Craze!

As germ season sets in, it's important to provide our bodies with armor to increase our immunity. Eating fruits and vegetables high in Vitamin C helps to provide our immune systems with strength. Cranberries are a creative way to provide extra Vitamin C in a meal and can be purchased fresh, frozen, or dried. October is the beginning of cranberry harvest season as fresh cranberries are picked off low-lying vines in marshes where they are commercially grown. They are a Native American wetland fruit growing on vines like strawberries. Look for cranberries that are dark red or yellowish-red in color as well as plump and firm to the touch. When introducing children to cranberries, expand fine motor skills through this [cranberry-themed coloring page from Food Hero](#).



Cranberries can be integrated into meals and snacks in a variety of ways:

NOTE: Cranberries can be a choking hazard for certain ages and should only be served when developmentally appropriate and cut to prevent choking.

- Place dried cranberries on top of peanut butter and celery to create "ladybugs on a log"
- Bake cranberries into fresh whole grain bread
- Mix cranberries into chicken salad for a new spin
- Add cranberries to smoothies for a fresh flavor
- Mince cranberries and oranges into a relish

Introduce children to cranberries with this delicious recipe from [Food Hero](#):

Glazed Carrots and Cranberries

Serving Size: 2½ cups

Prep Time: 10 minutes

Cook Time: 12 minutes

Ingredients:

- 1 pound carrots, peeled and sliced diagonally into ¼ inch thick slices
- ½ teaspoon salt
- 1 Tablespoon sugar
- ½ cup chicken or vegetable broth
- 1 Tablespoon butter
- ½ cup dried cranberries
- 2 teaspoons lemon juice

Directions:

1. In a large skillet over medium-high heat, add carrots, salt, sugar, and broth. Bring to a boil. Cover and reduce heat. Simmer, stirring occasionally, until carrots are almost tender, about 5 to 8 minutes.
2. Uncover; increase heat to high. Stir occasionally until liquid is reduced to about 2 Tablespoons, about 1 to 2 minutes.
3. Add butter to skillet; stir carrots to coat. Add dried cranberries and cook, stirring frequently, until carrots are completely tender and glaze is light gold, about 3 minutes.
4. Remove from heat and stir in lemon juice. Serve warm.
5. Refrigerate leftovers using proper cooling techniques within two hours.



Save the Dates **April 14-16, 2020**

34TH NATIONAL

**CHILD NUTRITION
CONFERENCE**

CACFP | SUMMER FOOD | AFTERSCHOOL MEALS

Have you listened to DECAL Download?



In September, **Commissioner Jacobs** presented the Second Annual Baby Golden Radish Award to the Baldwin County School District for creating an innovative and successful Farm to Early Care and Education Program that advances the learning and development of its Pre-K and Head Start students.

Joining us on *DECAL Download* to talk about Nutrition in the Baldwin County Schools and the Farm to ECE effort is **Susan Nelson**, Director of School Nutrition for Baldwin County School

District; **Lori Smith**, Director of the Early Learning Center; along with our own **Diana Myers**, DECAL's Nutrition Health Educator.



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



**Georgia Dept
of Early Care
and Learning**
BRIGHT FROM THE START

Nutrition Division
Marketing & Outreach Team

Cindy Kicklighter
Giovanna Lucas

This institution is an equal opportunity provider.

Nondiscrimination Statement: English
Nondiscrimination Statement: Spanish

FOLLOW US

