



December 15, 2023

## Reminder to Review Online CACFP Applications

CACFP Institutions/Sponsors are required to review their online application monthly in GA ATLAS and ensure that any updates are made within 30 days. [Click here](#) to access CACFP application update procedures.

Independent Centers who have questions or concerns regarding updates, please contact your assigned Application Specialist:

Application Specialists	Institution Assignment	Email	Phone Number
Jerald Savage	o (zero)-G	<a href="mailto:Jerald.Savage@dec.al.ga.gov">Jerald.Savage@dec.al.ga.gov</a>	(770) 405-7916
Shericka Blount	H-P	<a href="mailto:Shericka.Blount@dec.al.ga.gov">Shericka.Blount@dec.al.ga.gov</a>	(404) 656-6411
Cassandra Washington	Q-Z	<a href="mailto:Cassandra.Washington@dec.al.ga.gov">Cassandra.Washington@dec.al.ga.gov</a>	(404) 591-5616

Sponsors who have questions or concerns regarding updates, please contact your assigned Business Operations Representative:

Business Operations Representatives	Institution Assignment	Email	Phone Number
Lavesia Ervin	o (zero)-C, H-P	<a href="mailto:Lavesia.Ervin@dec.al.ga.gov">Lavesia.Ervin@dec.al.ga.gov</a>	(404) 293-5258
Vanessa Goodman	D-G, Q-Z	<a href="mailto:Vanessa.Goodman@dec.al.ga.gov">Vanessa.Goodman@dec.al.ga.gov</a>	(404) 591-6027

## Claim Deadlines Updated

Nutrition Services recently updated the technical assistance [document](#) that includes the FY 2024 claim deadline dates for claim submissions/revisions by claim month.

As a reminder, a complete and accurate original CACFP claim must be submitted within 30 calendar days following the end of the claiming month.

After CACFP Institutions have submitted an original claim for reimbursement within (30)

calendar days following the end of the claiming month, operators will have up to two (2) opportunities to revise the original claim within a 30/60-day timeframe.

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## The Institute of Child Nutrition Wants to Hear From You

Institute of Child Nutrition (ICN) needs your help identifying topics for the next installment of the Child Nutrition on Demand (CNoD) video series. We'd like to hear from you on what general topics are important for **Child and Adult Care Food Program (CACFP) Professionals**.

To share which topics you would like to see covered in the next installment, please click [here](#).

Visit [here](#) to watch current releases of the video series.

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## Get the Lead Out of Water Where Children Learn and Play

The Water Infrastructure Improvements for the Nation Act (WIIN) of 2016 is a federally funded grant program to provide resources to train and test lead in drinking and cooking water. The WIIN program is a partnership between The Georgia Department of Education (GaDOE) and RTI International.

Sign up to register for one of the multiple pre-enrollment webinars [here](#). Click [here](#) to enroll.

By participating, child care programs can eliminate the childhood exposure of lead in drinking and cooking water. All schools and licensed child care centers in Georgia are eligible to participate in the program.

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## Stay Informed: New CACFP Memoranda

FNS issued the below guidance regarding the CACFP in November 2023:

- **Crediting Traditional Indigenous Foods in Child Nutrition Programs, November 1, 2023.** This updated memorandum provides guidance to Indigenous communities on incorporating traditional Indigenous foods that meet CNP meal pattern requirements and includes an updated and expanded list of traditional Indigenous foods that credit the same as similar foods currently listed in the Food Buying Guide for Child Nutrition Programs (FBG).
- **Procuring Local Meat, Poultry, Game, and Eggs for Child Nutrition Programs, November 20, 2023.** This memorandum seeks to clarify the regulatory requirements related to food safety and answer specific questions related to buying local meat, poultry, game and eggs.
- **Crediting Tofu and Soy Yogurt Products in the School Meals Programs, CACFP, and SFSP (Revised November 2023), November 29, 2023.** This memorandum explains how to credit tofu and soy yogurt in the CACFP. The guidance supersedes CACFP 21-2016 Crediting Tofu and Soy Yogurt Products in the School Meal Programs, Child and Adult Care Food Program, August 8, 2016.

For questions regarding available flexibilities, please contact [Robyn Parham](#).

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## Updated Agreements for DCH and Administrative

# Sponsors

Nutrition Services recently updated the following CACFP sample agreements:

- [Sponsor and Unaffiliated Center Agreement](#)
- [Sponsor and Provider Agreement](#)

You may also access the documents [here](#).

For questions, please contact [Robyn Parham](#).

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## Procurement Helpful Hints

### *Monitoring Executed Contracts, Agreements, and Services*

As a gentle reminder, actively monitor and assess executed contracts, agreements, and invoices regularly, alongside evaluating current and potential meal sites. There are several essential purposes for monitoring contracts, agreements, and services:

- **Detecting Unexpected Changes:** Identifying unforeseen vendor alterations regarding prices or supplies ensures transparency and fair transactions.
- **Reviewing Meal Volume Changes:** Examining any unanticipated shifts in the number of meals served, providing valuable insights for the upcoming Program year.
- **Recognizing the Need for New Vendors:** Discovering the necessity for engaging new vendors based on unfulfilled terms and conditions within the existing agreement or contract.
- **Identifying Renewal Options:** Confirming the availability or absence of the remaining renewal options allows time for strategic planning and decision-making.
- **Exploring Alternative Procurement Methods:** Evaluating the possibility of alternative procurement methods compared to the previous year, such as initiating a new bid process, establishing new agreements, introducing amendments, or implementing an overall change in the procurement approach.

By consistently monitoring and assessing these critical aspects, organizations can maintain operational efficiency, mitigate potential risks, and ensure compliance with procurement policies and best practices.

For questions regarding the procurement process, please contact Tempest Harris, Procurement Compliance Specialist, at [Tempest.Harris@dec.al.ga.gov](mailto:Tempest.Harris@dec.al.ga.gov).

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## At-Risk Afterschool Waivers Available during Unanticipated School Closures

On August 30, 2023, DECAL was approved by USDA to grant CACFP At-Risk Afterschool Meal Component facilities waivers for the following:

- Non-Congregate Meal Service
- Parent and Guardian Meal Pick-up
- Meal Service Times
- At-Risk Enrichment Activities

These waivers can only be utilized during unanticipated school closures resulting from natural disasters, unscheduled major building repairs, court orders relating to school safety or other issues, labor-management disputes or when approved by DECAL for similar unanticipated causes.

You may access the waiver request approval [here](#). To read more about At-Risk Afterschool Waivers Available during Unanticipated School Closures, click [here](#).

## Get Informed: Upcoming Training Dates

**December 18, 2023**

### ***Memo Monday***

Do you know the requirements for a new Program Contact? Are you conducting the required annual training for your staff?

Join our December Memo Monday webinar where we will discuss the following memo/policies:

- [CACFP Policy #26 - Designation of the Principal/Program Contact in Organizations Participating in the Child and Adult Care Food Program](#)
- [CACFP Policy #20 - Training Requirements for the Child and Adult Care Food Program \(CACFP\)](#)
- [Requirements for Institutions Providing Civil Rights Training to Frontline Staff \(v.4\) dated September 22, 2023](#)

**January 9, 2024**

### ***Tuesday Tip! Using the Nutrition Facts Label in CACFP***

Would you like a 30-minute training course on understanding Nutrition Fact Labels? Do you see these labels and question what does this mean?

Join this webinar to learn:

- how to read Nutrition Fact Labels, and
- the benefits of the Nutrition Fact Labels in meal planning.

***Participants can earn one half [0.5] state-approved hours for attending this training in its entirety.***

**January 22, 2024**

### ***Memo Monday***

Do you understand the requirements of the CACFP as it relates to serving infants? Are you following the infant meal pattern requirements per age group?

Join this webinar as we take a deep dive into the following memo:

- [Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers \(Revised September 2023\) – September 20, 2023](#)

**January 30, 2024**

### ***Child Meal Count Form***

Do you need a refresher on how to complete the Child Weekly Menu & Food Service Record form?

Join this webinar to learn the tips for a perfect meal count form.

- [[Register Now](#)]

Please click [here](#) to register for all DECAL webinars listed above.

**Registration:** This is a **two-step** process:

- **Step 1:**
  - After registering in GA ATLAS, you will receive a Training Confirmation email *immediately* from Georgia DECAL Help Desk - [helpdesk@cnpus.com](mailto:helpdesk@cnpus.com) with a registration link to attend the webinar (**check your spam/junk folder**).
- **Step 2:**
  - You must then register for the training using the link provided on the Training confirmation email.
  - If you should have an issue with registering, please contact Leslie

- Truman **prior** to the day of training.
- [Click here](#) if you need a refresher on how to register for training in GA ATLAS.

**Please note:** Only the Program Contact (PC) can self-register within GA ATLAS. If an additional person will be attending, please contact Leslie Truman, Administrative Assistant, at (404) 657-1779 for assistance.

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## 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 [Bid Specifications & Managing Contracts](#) webinar. It discussed the elements of contract management, bid specifications and how they are developed.

### **Meal Pattern Minute *New Video(s)!***

The [National CACFP Sponsor Association](#) has developed quick CACFP meal pattern tips, recipes, resources, and videos. View the videos of the following meal pattern minute tips below.

- [Meal Pattern Minute: Serving Nuts & Seeds](#)
- [Meal Pattern Minute: Crediting Popcorn](#)
- [Meal Pattern Minute: WIC Cereals](#)
- [Meal Pattern Minute: Crediting Beans](#)
- [Meal Pattern Minute: Vegan Cheese](#)
- [Meal Pattern Minute: Home-Frozen Fruits](#)
- [Meal Pattern Minute: Serving Pancakes to Infants](#)
- [Serving Meats and Meat Alternates at Breakfast](#)
- [Potato Chips](#)
- [Minimum Serving of Dried Fruits](#)
- [Sugar Limits in Yogurt](#)
- [Crediting Beans \*New!\*](#)

### **CACFP Meal Pattern Training Worksheets *New!***

[Team Nutrition](#) has developed multiple worksheets to empower Child and Adult Care Food Program (CACFP) providers with the knowledge, skills, and expertise to implement CACFP meal pattern requirements. Worksheets are available in English and Spanish. Also, to see Team Nutrition's collection of CACFP training tools, visit the [CACFP Training Tools](#) page.

- [Calculating Ounce Equivalents of Grains in the CACFP \*New!\*](#)

### **Snack Attack *New Recipes!***

The [National CACFP Sponsor Association](#) has shared snack options for program operators that are #CACFPcreditable.

- String cheese and mixed fruit
- Kale salad with raspberries
- Muesli and raisins
- Watermelon and cucumber
- Whole grain-rich roll and applesauce

### **Identifying Gluten-Free Foods in the CACFP**

[The Bell Institute of Health & Nutrition](#) developed this handout to provide tips for identifying gluten-free products and a list of whole grain gluten-free foods! The handout also includes a quick and easy CACFP creditable gluten-free recipe and links to additional gluten-free recipes.

- [\[Get the Gluten-Free Tips\]](#)

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## Nutrition Ed Nook

## Lettuce Eat

Lettuce is the December Harvest of the Month (**English** and **Spanish**) spotlight. Lettuce is a leafy green vegetable that can grow as loose leaves or in a tightly packed head.

You can enjoy lettuce raw or cooked. There are many varieties of lettuce that provide vitamins K, C & A, potassium, calcium, folate, and iron. Typically, the darker varieties of lettuce provide more nutrients.



Lettuce is a cool-season vegetable, grown in spring or fall.

Lettuce is in season in Georgia from around October through May but needs protection from extreme heat and cold. Lettuce is an easy item to plant in child care program gardens that can be harvested all season long.

**Fun Fact:** People in Georgia eat more than 285 million pounds of lettuce a year, but we grow less than 0.1% of that.

### Integration:

- **Mini-Burgers**
- **Salmon Patties**
- **Teriyaki Lettuce Wraps**
- **Veggie Tortilla Roll-Up**
- **Fruity Fun Chicken Salad Cups**
- **Ground Chicken Lettuce Wraps**

### Education:

- **Watch** the [Harvest with Holly](#) video that explores the Harvest of the Month spotlight, how these items grow, where they grow in Georgia, and how they get from the farms to school meals all across the state of Georgia.
- **Do a lettuce exploration** with different varieties of lettuce (i.e., romaine, green leaf, red leaf, spring mix). Create an observation chart for your class to complete together. Have the children describe how the lettuce varieties feel, look, taste and smell. Make sure your observation chart is in a centralized area where all children can see it and participate in the discussion.
- **Read 'The Vegetables We Eat' by Gail Gibbons** with the children you serve. Peppers, beans, corn, and peas! Nonfiction superstar Gail Gibbons lays out the basics of veggies with colorful watercolors and straightforward text. Learn how they grow, how they get to stores, and how many kinds there are—and learn some weird trivia, too!
- **Talk** with families about how children can help with meal preparation such as tearing lettuce for salads and sandwiches. **Bonus:** Send recipes home with families for them to incorporate lettuce into their meals!

### Conversation:

- Have the children you serve eaten lettuce before?
- What is their favorite meal that includes lettuce?
- What other green vegetables do they like to eat?

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**November's Harvest of the  
Month Bonus Item**  
*Citrus*



Citrus is the December Harvest of the Month bonus spotlight. Citrus refers to juicy fruits that grow on trees and have a bitter outer skin that must be peeled before eating the juicy inner fruit. Most citrus fruits are very high in vitamin C, which helps heal cuts and gives you healthy skin.

Citrus plants are in season in Georgia from November through December. There are 70+ citrus farming operations in Georgia and an estimated 300 acres committed to citrus year-round, mostly in the southern portion of the state where the most citrus is produced.

**Fun Fact:** After citrus flowering shrubs or trees are planted, it takes around 4 years before a tree will start producing significant amounts of citrus.

### Integration:

- **Fresh Salsa**
- **Citrus Berry Ice**
- **Fruit Salad With Citrus Sauce**
- **Glass of Sunshine Flavored Water**

Share your Harvest of the Month stories and menu integration of lettuce and citrus with Nutrition Education Specialist, Morgan Chapman, MPH, MCHc at [morgan.chapman@decal.ga.gov](mailto:morgan.chapman@decal.ga.gov).

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## Physical Activity Corner

### *Self-Care for the Holiday Season*

New Month, New You - Energize Your Health!

It is that time of the year when loved ones, co-workers, and friends gather during the holiday seasons and New Year. Make it exciting, entertaining and stress free for you and your loved ones.

Here are some simple active ways to stay active and stress-free:

Reduce screen time, add exercise, and move around. You and your loved ones can create calendars of fun and easy fitness activities for the month of December. This can include indoor and outdoor activities, such as yoga, walking/jogging, gardening, dancing (Zumba), doing sit-ups, walking/jogging, jumping rope, biking, playing basketball and soccer.

Post and write small, specific, measurable exercise goals in a visible area, such as on the refrigerator, holiday calendar, and white board. Encourage each other to set active habits. Furthermore, do some stretches hours before bedtime to help with relaxation and sleep. Make physical activity a part of the joyous and fun holiday season.

### Integration:

- **Twelve (12) Days of Fitness on the holidays**
- **Move Your Way: Tips for Getting Motivated**
- **Outdoor Holiday Activities for Children**
- **Healthier Holidays in 1-2-3**
- **What Exercise is Right for Me?**



## Education:

- **Read** aloud the book, “*Grow Strong! A Book About Healthy Habits,*” by Cheri J. Meiners.
- **Watch** the video on “*The Importance of Being Physically Active*”
- **Talk** with families about ways to integrate fitness into the holiday winter season. **Bonus:** Send #HolidayWorkout, #HolidayFitnessGoal pictures and events that are happening in your communities.

## Conversation:

- What is your favorite fitness activity to do during the holiday winter season?
- How do you stay physically active during the holidays?
- Why is it important to exercise during the holidays?
- What is stress free and easy exercise to do in the holidays?

Share your #**HolidayFitnessChallenge**, #**HolidayFitnessGoals** and #**HolidayWorkout** stories and photos with Physical Activity Specialist Tina McLaren, MPH at [tina.mclaren@decal.ga.gov](mailto:tina.mclaren@decal.ga.gov).

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## Help Families with Medicaid Redetermination



Here are resources to help Georgia’s Medicaid and PeachCare for Kids® members and communities prepare for eligibility checks beginning in April 2023 through May 2024.

Encourage the families of kids in your care to take charge of their Medicaid and PeachCare for Kids® coverage by visiting [Gateway](#) to view their redetermination date and to update their contact information.

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## Submit Your Ideas for National CACFP Week

*March 10-16, 2024*



Mark your calendars for National CACFP Week: March 10-16, 2024!

Nutrition Services is planning National CACFP week now. We'd love to hear your ideas and suggestions for events or resources that we can provide to increase participation at centers and homes.

Please share your ideas by emailing [Cindy.Kicklighter@decal.ga.gov](mailto:Cindy.Kicklighter@decal.ga.gov)

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**Eat Healthy and Live Active**  
*Georgia Early Care and Education*  
*Harvest of the Month 23-24 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.

The Georgia Early Care and Education Harvest of the Month is a collaborative campaign to promote a different local, seasonal fruit or vegetable in child care settings each month.

Visit the Georgia Department of Education's [HOTM webpage](#) and Quality Care for Children [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.

## CACFP Resources:

*The following documents were covered in previous newsletters:*

- [WanaBana, Schnucks & Weis Cinnamon Applesauce Pouches Recalled](#)
- [Stay Informed: New CACFP Memorandum: Clarification on Allowable Flexibilities for Milk Supply Shortages](#)
- [Updated Suspension & Disbarment Certification Information](#)
- [Enhancing Local Procurement: Unlocking the Power of Geographic Preference](#)
- [Annual CACFP Budgets for FY24 are Due](#)
- [Become a Health-Empowered ECE Site](#)
- [Determine Estimated Food Costs and Procurement Methods for FY24](#)
- [Navigate Toddlerhood with Webinars by Children's Healthcare of Atlanta](#)
- [Stay Informed: CACFP Policy Updates](#)
- [Post-Public Health Emergency Resources Available](#)
- [How to File a CACFP Claim for Reimbursement](#)

You can find archived CACFP Newsletters [here](#).

## Dates to Remember

DATE	EVENTS
December	Harvest of the Month: Lettuce Bonus Harvest of the Month: Citrus
December 18	Memo Monday
December 25	Christmas
January 9	Tuesday Tip! Using the Nutrition Facts Label in CACFP webinar
January 22	Memo Monday
January 30	Child Meal Count Form webinar
March 10-16	National CACFP Week

# 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.

## Join Us for a NEW DECAL Download!

Meet Dennis Brice

In May of 2019, Dennis Brice joined DECAL as our Chief Information Officer. He came to us from McKesson where he served as Vice President of Human Capital Management and Corporate Applications.

About nine months later, the COVID pandemic struck the world and our reality and the way we work changed. DECAL had to shift to more online offerings to

keep the agency moving forward. Now more than four years later, we check back in with Dennis to see how things are going.

Listen to the episode [here](#).

### Nutrition Division

#### Marketing & Outreach Team



Cindy Kicklighter  
Carl Glover

*This institution is an equal opportunity provider.*

**Nondiscrimination Statement: English**

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