



February 15, 2024

Plan Now to Celebrate National CACFP Week March 10-16, 2024



National CACFP Week is March 10-16, 2024; a national education and information campaign sponsored annually the third week of March by the [National CACFP Sponsors Association](#).

The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

CACFP Week themes are:

- **Monday – C for Community & Food Access**
- **Tuesday – A for Adults**
- **Wednesday – C for Children & Families**
- **Thursday – F for Farm to Early Care & Education**
- **Friday – P for Physical Activity**

Check out Nutrition Services CACFP Week [webpage](#) for resources and events to celebrate National CACFP Week in Georgia! Follow us on [Facebook](#) and [Instagram](#) for daily resource shout outs, recognition, and activities.

Check your email for more information coming soon!

Have you thought about feeding kids this summer?

Consider participating in Happy Helpings, Georgia's Summer Food Service Program

Happy Helpings, Georgia's Summer Food Service Program, ensures children 18 and under have access to nutritious meals and snacks during the summer when school is not in session.

If your institution currently participates in at-risk afterschool meals, you are well-positioned to offer summer meals through Happy Helpings. If you would like to offer year-round feeding and are a CACFP Sponsor, we'd like to invite you to register for New Sponsor Training in GA ATLAS.

Training is offered on March 13 & 14 in Macon and April 10 & 11 in Atlanta. There are 59 Georgia counties where children did not have access to a Happy Helpings' meal site during FY23. If you are able, please consider expanding your meal service to offer meals in any of the counties listed below.



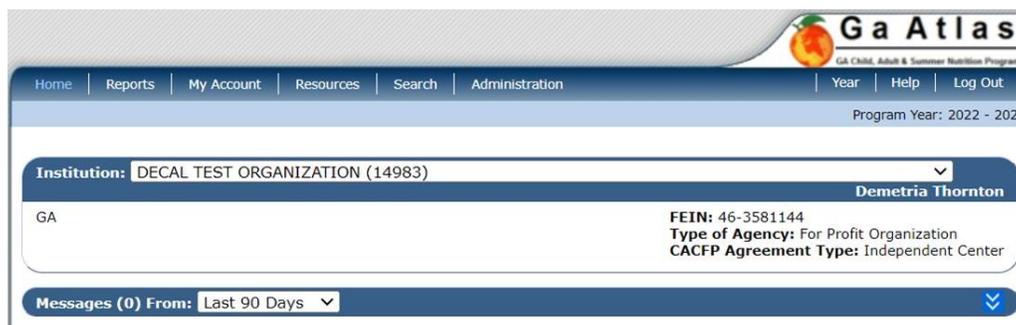
Areas of Need: 59 counties

- | | | | | |
|-----------------|--------------|--------------|------------|-------------|
| • Appling | • Cook | • Johnson | • Pulaski | • Webster |
| • Atkinson | • Dade | • Laurens | • Quitman | • Wheeler |
| • Bacon | • Dawson | • Lincoln | • Schley | • White |
| • Banks | • Dodge | • Long | • Screven | • Wilcox |
| • Berrien | • Emanuel | • Lumpkin | • Stewart | • Wilkes |
| • Bleckley | • Evans | • Marion | • Sumter | • Wilkinson |
| • Brantley | • Gilmer | • Miller | • Talbot | • Worth |
| • Brooks | • Gordon | • Montgomery | • Telfair | |
| • Calhoun | • Haralson | • Murray | • Towns | |
| • Camden | • Heard | • Oconee | • Treutlen | |
| • Charlton | • Jasper | • Oglethorpe | • Turner | |
| • Chattahoochee | • Jeff Davis | • Pickens | • Union | |
| • Clay | • Jenkins | • Pierce | • Warren | |



Check your Email Messages & Update Your Email Address in ATLAS

Don't forget you can check the messages you receive from Nutrition Services within GA ATLAS. Navigate to the home page and you will see a section for messages just below your institution's information.



Also, please ensure that your email address is current in ATLAS.

For more information regarding GA ATLAS, contact your assigned Application Specialist:

Application Specialists	Institution Assignment	Email	Phone Number
Jerald Savage	o (zero)-G	Jerald.Savage@decalfga.gov	(770) 405-7916
Shericka Blount	H-P	Shericka.Blount@decalfga.gov	(404) 656-6411
Cassandra Washington	Q-Z	Cassandra.Washington@decalfga.gov	(404) 591-5616

Stay Informed: New CACFP Memorandum

Budget Allocation Guidance for CACFP providers serving as vendors or Food Service Management Companies

On January 23, 2024, DECAL issued the memorandum listed [here](#).

The purpose of this memorandum is to provide additional budget allocation guidance to CACFP sponsoring organizations who also serve as vendors or Food Service Management Companies (FSMC) to other CACFP institutions/facilities, or non-CACFP entities.

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](#).

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

Scholarships Available to Attend the National Child Nutrition Conference

Apply for a Virtual Scholarship by March 15



The National CACFP Association has already awarded 15 scholarships to attend the National Child Nutrition Conference, April 22-26, and are thrilled to announce that they are opening up applications for more scholarships!

They will be giving away up to **100 scholarships**, which is over **\$50,000** dedicated to

enhancing educational opportunities for the CACFP, Afterschool Meals and Summer Food communities.

These scholarships are for the **virtual option** only.

If you had previously applied for a scholarship to the conference this year, you will need to submit a new application in order to be eligible.

The deadline to **apply** for a virtual scholarship is Wednesday, March 15. Recipients will be notified on Friday, March 22.

Click [here](#) for more information. **Watch** this on-demand webinar to learn more about registration, additional training sessions and how you can either in Orlando or on Zoom.

Get Informed: Upcoming Training Dates

February 27, 2024

At-Risk Meal Count Form Training

10:00 a.m. - 12:00 p.m.

Do you need a refresher on how to complete the At-Risk Weekly Menu & Food Service Record form? Join this webinar to learn the tips for a perfect meal count form.

March 5, 2024

Tuesday Tip! Feeding Infants in CACFP

1:30 p.m. - 2:00

Do you serve infants 6-11 months of age? If so, join this webinar to learn about the CACFP meal pattern requirements for infants 6-11 months.

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

March 6, 2024

Corrective Action Plan & Serious Deficiency Training

10:30 a.m. – 12:00 p.m.

Are you familiar with the Serious Deficiency (SD) Process and how to submit a successful Corrective Action Plan (CAP)? Join this webinar to:

- learn the required steps in this process and
- receive guidance on completing a corrective action plan (CAP).

March 14, 2024

Procurement Standards & Sourcing

10:00 a.m. – 12:00 p.m.

Do you know the strategies to shop and source locally? Join this webinar to learn an overview of procurement principles related to sourcing and purchasing local foods in child nutrition program operators.

March 26, 2024

Adult Meal Count Form Training

10:00 a.m. - 12:00 p.m.

Do you need a refresher on how to complete the Adult Weekly Menu & Food Service Record form? Join this webinar to learn the tips for a perfect meal count form.

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 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.

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 [Tuesday Tip! Using the Nutrition Facts Label in CACFP](#) webinar. It discussed how to read Nutrition Fact Labels, and the benefits of the Nutrition Fact Labels in meal planning.

Shop Simple with MyPlate

MyPlate can help you make healthy choices within your budget. Find savings in your area and discover new ways to prepare budget-friendly foods.



Shelf-Stable Food Safety Tips

[USDA Food Safety and Inspection Service](#) shares important tips to help keep food safe for meal preparation and consumption.

- [\[See Safety Tips\]](#)

Verifying Farm Food Safety Webpage

This page is a helpful guide for child nutrition operators as they visit and navigate local farms to purchase produce. Program operators can also learn more about the farm's food safety standards and make informed decisions.

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**
- **Meat Alternates *New!***
- **Grain-Based Desserts *New!***
- **Ounce Equivalency of Meat *New!***

Snack Attack *New Recipes!*

The **National CACFP Sponsor Association** has shared snack options for program operators that are #CACFPcreditable.

- Boiled egg and clementine
- Chicken salad and crackers
- Cheese cubes and sliced grapes
- Bean dip and carrot sticks
- Yogurt and mango chunks

ICN's CACFP 101 Webinar Series

The **Institute of Child Nutrition (ICN)** is seeking individuals to be a panelist on their CACFP 101 Webinar Series. ICN would like to collaborate with panelists who have experience in the various topic areas they plan to present throughout 2024 and into 2025. If you are interested, you can find the list of topics in the CACFP 101 Webinar Panelist Interest Form below.

- **Panelist Interest Form**



Nutrition Ed Nook *Cruciferous Vegetables*

Cruciferous vegetables are the February Harvest of the Month (**English** and **Spanish**) spotlight. These vegetables come in a variety of colors, shapes, and sizes. Cruciferous vegetables are rich in vitamins and minerals such as folate, vitamins A, C, E and K, and fiber. Cruciferous vegetables like broccoli, cauliflower and cabbage also contain antioxidants that help reduce the risk of developing many cancers.

Broccoli is one of the best vegetable sources of vitamins A and C, and provides other important nutrients like potassium. In Georgia, broccoli is in season May and June and October through December. Add broccoli into main dishes such as a salad, pasta, or stir-fry, or enjoy them raw as a snack with a low-fat dip.

Cabbage varieties include green, red, savoy, napa, and Bok choy. In Georgia, cabbage is in season May through September. Try making a rainbow coleslaw using a mix of green and red cabbage, or boil or steam cabbages to use in stews, soups, and casseroles.

Cauliflower can be purchased in multiple colors, including green, orange, and purple, and of course, the most common color, white. In Georgia, cauliflower is in season October through December. Enjoy it raw on its own or with a low-fat dip, or steam or roast cauliflower as a side dish and season with spices for more flavor. Also, try it puréed, mashed, or grated!

Fun fact: The cruciferous vegetables family includes collard greens, mustard greens and turnip greens which are the January Harvest of the Month spotlight.

Integration:

- **Rainbow Coleslaw**
- **Roasted Broccoli and Cauliflower**
- **Broccoli Cheddar Soup**
- **Brocco Poppers**

- [Roasted Cauliflower Steaks](#)
- [Fresh Veggie Pizza](#)

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.
- **Compare & Contrast** the similarities and differences between cabbage, broccoli and cauliflower with children, including looks, feels, tastes, sounds, and smells. Are there more similarities or differences?
- **Read** [The Boy Who Loved Broccoli by Sarah A Creighton](#) with children. Everyone knows it's hard to get children to eat their vegetables! "The Boy Who Loved Broccoli" is a humorous tale about Baxter, a boy who enjoys eating broccoli so much that it gives him super powers. After jumping over mountains and splashing through lakes, he goes on to perform superhero good deeds and convinces others to indulge in the delicious green veggie, only to find out that they become filled with super powers as well. Find out what happens next when Baxter finds himself in a bit of trouble!
- **Talk** with families about how children can help with meal preparation such as rinsing broccoli or cauliflower florets to be cooked in a dish. **Bonus:** Send recipes home with families for them to incorporate cruciferous vegetables into their meals!

Conversation:

- Have the children you serve eaten broccoli, cabbage and/or cauliflower before?
- Which of the three, broccoli, cabbage, or cauliflower, is their favorite to eat?
- What other cruciferous vegetables (Bok choy, Brussels sprouts, arugula, kale, etc.) do children like to eat?

Share your Harvest of the Month stories and menu integration of cruciferous vegetables with Nutrition Education Specialist, Morgan Chapman, MPH, MCHc at morgan.chapman@decal.ga.gov.

Nibbles for Health Newsletter

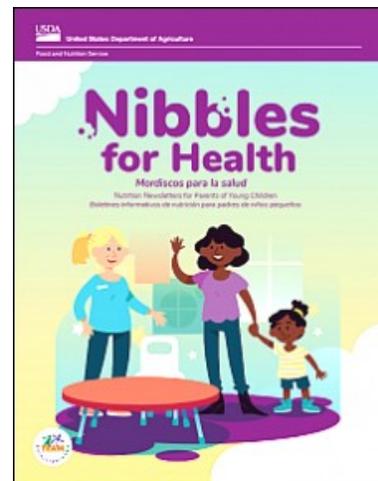
Family Engagement Resource for Healthy Eating Habits

USDA's Team Nutrition has released three new Nibbles for Health: Nutrition Newsletters for Parents of Young Children. Available in English & Spanish.

- Developing Healthy Habits With Less Sugar
- Developing a Taste for Less Sodium
- Serving Meals "Family Style"

These colorful and engaging newsletters for parents of young children (3 to 5-year-olds) can be shared by Child and Adult Care Food Program providers to communicate information about popular nutrition topics.

Click [here](#) to check out these newsletters and more.



Physical Activity Corner

Heart Health - Love, Hugs and Kisses

Love is in the air! The American Heart Association (AHA) observes February as American Heart Month, a time when all people can focus on their cardiovascular health.

MAKE EVERY MOVE COUNT

When you Move More every day, you can reach some pretty big goals over time. Small steps can add up to huge strides — in your physical health, mental health, stress levels, sleep, productivity, relationships and more. Let movement take you places you never thought possible!



According to the Centers for Disease Control (CDC), heart disease is the leading cause of death for men, women, and people of most racial and ethnic groups in the United States. One person dies every 34 seconds in the United States from cardiovascular disease (CVD). This is a startling statistic that DECAL's physical activity program seeks to combat through preventative measures within child nutrition programs.

Did you know that physical activity is a lifestyle change you can make to decrease your risk of CVD? According to 2018 data, approximately 1 in 4 U.S. adults reported achieving adequate aerobic and muscle-strengthening activities to meet the physical activity guidelines. Being physically active is one of the best ways to keep our heart, body, and

brain healthy. One of the many activities to keep the heart healthy and strong is cardiovascular exercise which improves the pumping and circulation of the blood and helps reduce the chances of developing blockages or clots in the arteries.

Activities such as walking, running, dancing, swimming, yoga, and gardening are a few examples of fun and enjoyable activities that promote heart health. Take extra care of your heart and help your loved ones, or those who already suffer from heart diseases.

Integration:

- [American Heart Month 2024](#)
- [Heart Disease & Stroke Statistics \(2023 Update\)](#)
- [National Wear Red Day](#)
- [American Heart Association: Physical Activity 2024](#)
- [Celebrate Heart Health Month \(February\)](#)

Education:

- Read out loud, **"In My Heart: A Book Of Feelings,"** by Jo Witek.
- **Watch the video on I Heart Exercise S E16.**
- **Talk** with families about ways to keep your heart healthy and strong daily. **Bonus:** Share #HeartWalk, #OurHearts #MoveToTheBeat, #PumpItUp, #LoveFitness pictures and events that are happening in your communities.

Conversation:

- What physical activity promotes heart health?
- How can you keep your heart strong and healthy?
- Why is fitness important for your heart health?
- Why is it important to keep our children active and heart healthy?

Share your **#DECALPhysicalActivity**, **#MoveToTheBeat**, **#PumpItUp**, **#LoveFitness**, **#OurHearts**, **#HeartWalk** stories and pictures with Physical Activity Specialist, Tina McLaren at tina.mclaren@decal.ga.gov.

Help Families with Medicaid Redetermination

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.



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:

- [Thriving Child Care Business Academy](#)
- [Claim Deadlines Updated](#)
- [The Institute of Child Nutrition Wants to Hear From You](#)
- [Get the Lead Out of Water Where Children Learn and Play](#)
- [Updated Agreements for DCH and Administrative Sponsors](#)
- [Updated Suspension & Disbarment Certification Information](#)
- [How to File a CACFP Claim for Reimbursement](#)

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

Dates to Remember

DATE	EVENTS
February	Harvest of the Month: Cruciferous Vegetables
February 19	Presidents' Day
February 27	At-Risk Meal Count Form Training
March	Harvest of the Month: Root Vegetables
March 5	Tuesday Tip! Feeding Infants in CACFP
March 6	Corrective Action Plan & Serious Deficiency Training
March 10-16	National CACFP Week
March 14	Procurement Standards & Sourcing webinar
March 26	Adult Meal Count Form Training

How was my Customer Service?

Provide feedback on your experience with the Nutrition Team



Click on the icon on the right to participate in the customer service survey. Responses are anonymous.

Join Us for a NEW DECAL Download!

Jennie Couture Scholarship



If you have been around DECAL for any time over our past 20 years now, you have heard the name Jennie Couture.

Jennie was our Director of Practice and Support Services who retired in 2022 after a 40 year career dedicated to special education, inclusion, and behavioral support. To honor Jennie and her love for inclusion, the Georgia Foundation for

Early Care and Learning began the Jennie Couture Legacy Scholarship Fund, a program that serves early childhood educators with professional development opportunities in areas so close to Jennie's heart, inclusion and social-emotional development.

This episode of DECAL Download is not only a reunion with Jennie but also a celebration as we meet the first recipient of the Jennie Couture Scholarship. Joining us to talk about the Jennie Couture Legacy Scholarship is Laura Wagner, the Executive Director of the Georgia Foundation for Early Care and Learning, our first recipient of the award, Tierra Faulcon with Faulcon Prep Academy in Smyrna, and of course the scholarships namesake, Jennie Couture.

Listen to the episode [here](#).

Nutrition Division

Marketing & Outreach Team

Cindy Kicklighter
Carl Glover



This institution is an equal opportunity provider.

Nondiscrimination Statement: English

Nondiscrimination Statement: Spanish

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