



February 16, 2026

Plan Now to Celebrate National CACFP Week

Save the Date: March 15-21, 2026



Child and Adult Care Food Program (CACFP) Week is a national education and information campaign sponsored annually the third week of March by the [National CACFP Association](#).

The campaign raises awareness of how the USDA's CACFP combats hunger. The CACFP puts healthy foods on tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care.

This year's theme, "Stirring Up Goodness," highlights how the CACFP is making a positive impact nationwide, thanks to the dedicated people who bring healthy meals to life, one plate at a time.

Georgia will be "Stirring Up Goodness" each day of the week through the following daily themes:

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

Celebrate with us as we spotlight the many ways the CACFP strengthens communities, supports local agriculture, promotes lifelong healthy habits, and ensures access to nutritious meals for children and adults.

Be sure to check Nutrition Services' [CACFP Week](#) webpage for new resources and activities. More information will arrive in your inbox soon.

USDA Releases Dietary Guidelines for Americans

On January 7, 2026, the U.S. Department of Health and Human Services and the U.S. Department of Agriculture (USDA) released the Dietary Guidelines for Americans, 2025-2030 (Guidelines).

These Guidelines call on every American to eat more real food. Farmers, ranchers, health care professionals, insurers, educators, community leaders, industry, and lawmakers across all levels of government are encouraged to join in this critical effort. America's future depends on what we grow, what we serve, and what we choose to eat. These Guidelines place whole, nutrient-dense food back at the center of our diets.

You can access the new edition, the New Pyramid, and the daily servings guide [here](#).

Milk in the Child and Adult Care Food Program

On January 14, 2026, the Whole Milk for Healthy Kids Act passed allowing K-12 schools participating in the National School Lunch Program to offer whole and reduced-fat (2%) milk alongside lower fat options for children to select at lunch. Click [here](#) to learn more.

NOTE: This does not apply to child care programs, at-risk afterschool programs, and other participants of the CACFP.

Sites participating in the CACFP must continue to follow the current CACFP milk requirements for meals and snacks to be eligible for reimbursement. This includes a requirement to serve fat-free (skim) or low-fat (1%) milk to children two years and older. For more information about milk requirements in the CACFP, see:

Serving Milk in the CACFP

If we are notified of any changes regarding milk or any other meal component in the CACFP, we will immediately notify all CACFP institutions and provide appropriate training and technical assistance.

If you have further questions about milk requirements for CACFP, contact your assigned [Technical Assistance Coordinator](#).

CACFP Participation Map

Strengthening CACFP in Georgia



The Nutrition Services Division is committed to ensuring eligible children and adults have access to nutritious meals and snacks through the CACFP.

Child Care Aware of America's [CACFP Participation in](#)

[Georgia](#) interactive map illustrates participation in CACFP across the state and highlights communities that could be considered for CACFP recruitment and expansion.

If you know a site that may be interested in participating, share our [CACFP Factsheet](#), or email us at CACFP.Nutrition@decal.ga.gov.

From Seed to Table at Little Folks Farm and Childcare Center



Children at Little Folks Farm and Childcare, a 3-Star Quality Rated program, are learning firsthand where their food comes from through hands-on experiences in the garden and at the table.

Recently, the children explored green and purple cabbage varieties along with broccoli, gaining a better understanding of how vegetables grow and why fresh foods are important. “The kids get to see where our food comes from—from seed to table,” said Lisa

Davis, owner of Little Folks Farm and Childcare.

The children recently enjoyed broccoli with ranch dressing during lunch. They will continue expanding their tastes by trying cabbage prepared two ways—cooked with sausage and served fresh as coleslaw. “We always do taste testing with the fruits and vegetables grown on the farm,” Lisa shared. “Most of the kids are trying new things for the first time and admit that they like it.”

These taste-testing activities help children build confidence with new foods while encouraging healthy eating habits in a fun, supportive environment—an approach that reflects the program’s commitment to quality early learning.

Looking ahead, Little Folks Farm and Childcare continues to grow. A kid-friendly fruit orchard planted in 2024 is beginning to flourish, with even more exciting additions on the way. “We’re planning to sow the butterfly field next month,” Lisa said. “This summer, visitors can also see our vegetable garden and our soon-to-come butterfly garden.”

Community members are welcome to visit and experience how learning, nutrition, and nature come together at Little Folks Farm and Childcare.



The children at Little Folks Farm and Childcare learn how vegetables like cabbage and broccoli grow in the garden.

Little Folks Farm & Childcare recently achieved 3-Star Quality Rating. "Achieving our 3-Star Quality Rating reflects our commitment to providing the highest quality care and education for the children in our program," said Lisa Davis, center owner. "It shows that we meet or exceed state standards in areas such as learning experiences, teacher qualifications, safety, and family engagement. This rating gives families the confidence that their children are in a nurturing, well-organized, and developmentally supportive environment. For our teachers and staff, it represents recognition of their dedication and professionalism, and it motivates us to continue improving every day."

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.

Training is offered in February or March 2026. Children in 50 Georgia counties did not have access to a Happy Helpings' meal site during FY25.

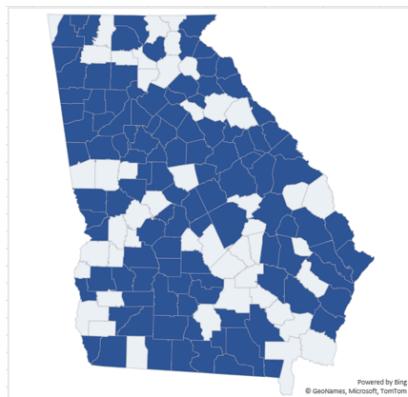
If you are able, consider expanding your meal service to offer meals in any of the counties listed below.

To get started, email us at Happyhelpings@decal.ga.gov.



FY26 Target Counties: 50 Counties

| | | | | |
|-------------|----------------|----------------|-------------|---------------|
| 1. Bacon | 11. Dawson | 21. Johnson | 31. Pickens | 41. Towns |
| 2. Banks | 12. Dodge | 22. Jones | 32. Pierce | 42. Treutlen |
| 3. Berrien | 13. Early | 23. Long | 33. Pike | 43. Troup |
| 4. Brantley | 14. Evans | 24. Marion | 34. Pulaski | 44. Union |
| 5. Calhoun | 15. Forsyth | 25. Meriwether | 35. Quitman | 45. Webster |
| 6. Camden | 16. Gordon | 26. Miller | 36. Schley | 46. Wheeler |
| 7. Charlton | 17. Grady | 27. Montgomery | 37. Screven | 47. White |
| 8. Coffee | 18. Hall | 28. Murray | 38. Stewart | 48. Wilkes |
| 9. Crawford | 19. Jeff Davis | 29. Oconee | 39. Taylor | 49. Wilkinson |
| 10. Dade | 20. Jenkins | 30. Oglethorpe | 40. Telfair | 50. Worth |



Blue: Counties where HH Meals were available in FY25
White: Counties where meals were not available in FY25

For answers to your questions, contact Happyhelpings@decal.ga.gov

CACFP Area Eligibility Interactive Map Updated for FY26



USDA's Food and Nutrition Service (FNS) is excited to announce that the [CACFP Area Eligibility mapper](#) has been updated for Fiscal Year (FY) 2026.

At the beginning of each fiscal year, a special tabulation of American Community Survey (ACS) data provided by the United States Census Bureau is released to help establish area eligibility. To make the data easier to use, the release is accompanied by an interactive mapping tool, which now reflects the FY 2026 update.

The data set is also available for download on [open data site](#). To learn more about using census data for establishing area eligibility for CACFP, review CACFP 04, [Area Eligibility in Child Nutrition Programs](#).

Changes to Federal Procurement Thresholds

On August 27, 2025, the Federal Acquisition Regulatory Council, or FAR Council issued a final rule amending the Federal Acquisition Regulation (FAR) to further implement a statute, which requires an adjustment every five years of statutory acquisition-related thresholds for inflation (i.e., micro purchase and small purchase thresholds). This adjustment applies to Georgia's Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP).

Federal Acquisition Regulation: Inflation Adjustment of Acquisition-Related Thresholds (FAR Case 2024-001)

Thresholds administered under Federal awards are referenced in **48 CFR 2.101 (also known as FAR 2.101)** and increased to the following effective October 1, 2025:

- Federal micro-purchase threshold—\$15,000 or less; and
- Federal SAT (as also known as the small purchase threshold)—\$350,000 or less.
- For Georgia sponsors: Micro-purchase = \$15,000; formal procurement is required when total contract value exceeds \$350,000 or any stricter state/local limit.

Note: CACFP and SFSP program operators are reminded to continue referencing Federal procurement regulations at **2 CFR 200**, which cite the above regulations. Georgia DECAL will notify CACFP organizations as Program resources are updated to reflect this change.

For more information and to access the guidance, click [here](#).

Ensuring Institutions, Vendors, Contractors and FSMCs Maintain Recordkeeping Integrity

On February 2, 2026, This memorandum reminds CACFP institutions -- including their meals service vendors, contractors and food service management companies (FSMCs) -- of their obligation to uphold recordkeeping integrity when entering into CACFP food service contracts or agreements. Specifically:

- By signing a contract/agreement, the CACFP institution, sponsored facility and the vendor, contractor or FSMC agree to comply with all terms, conditions and provisions outlined in the contract/agreement
- Meals provided by the institution, sponsored facility, vendor, contractor, or FSMC must be validated with supporting records
- Records must be maintained for a minimum of three years, plus the current year, and records must be made available for review upon request
- CACFP institutions are ultimately responsible for ensuring sponsored facility, vendor, contractor or FSMC's maintenance of records
- The CACFP institution, sponsored facility, vendor, contractor or FSMC must ensure records are complete, accurate and have not been manipulated or altered from their original format
- Failure to maintain adequate records include: (1) the institution or sponsored facility's Program meals could potentially result in reclaimed meals, disallowed costs, non-payment of future claims and/or be declared seriously deficient by Georgia DECAL; and/or (2) denial of the vendor, contractor or FSMC's future involvement in the CACFP or Happy Helpings (SFSP) as a vendor, contractor or FSMC.

For more information and to access the guidance, click [here](#).

Recordkeeping Requirements in the CACFP Policy 18

On February 2, 2026, This policy was updated to include **Procurement Records** (source documents) that must be maintained along with all other required Program records. Please note, the procurement-related items listed in the policy are not all inclusive.

For more information and to access the guidance, click [here](#).

For questions or for additional information regarding the policy guidance referenced above, please contact the Policy Administrator at Melissa.Stanley@decal.ga.gov.

DECAL Makes Upgrades to IFB and RFP Templates

Georgia DECAL is currently in the process of updating its **Invitation for Bid (IFB)** and **Request for Proposal (RFP)** procurement templates.

Please find the most current document(s) below which were revised February 2026:

- [Invitation for Bid - FSMC \(CACFP\)](#)

Click [here](#) to read more about Procurement updates.

Revised Product Formulation Statement (PFS) Templates and Samples

On January 8, 2026, USDA's Food and Nutrition Service (FNS) announced the recently revised [Product Formulation Statement \(PFS\) templates and samples](#) are now available for food industry partners to demonstrate how a food product may contribute to the meal pattern requirements in Child Nutrition Programs (CNP). A PFS may be voluntarily provided by manufacturers at the request of program operators, but it is not approved by USDA.

A Reminder to Providers:

A Child Nutrition (CN) label is authorized by USDA and provides a warranty of a product's meal pattern contribution when the processed product is used according to the manufacturer's instructions. A PFS is typically provided for processed products that do not have a CN label. See also, DECAL Policy Memorandum, **Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements (11/15/2024)** which can be accessed [here](#).

The revised PFS templates and samples add clarity and provide additional instructions for manufacturers, and update terminology to align with current CNP guidance. A new sample PFS for documenting how to credit a food product containing meats/meat alternates (M/MA) is included with the revised PFS templates and existing samples for grains and vegetables. New samples for combination foods that contribute to more than one meal component are also available.

Program Operators

The [Tips for Evaluating a Manufacturer's Product Formulation Statement](#) webpage was updated to assist CNP operators with evaluating a manufacturer's PFS. Program operators are encouraged to review information about manufacturer documentation, including Child Nutrition (CN) labels, found here: <https://www.fns.usda.gov/cn/manufacturer-documentation>.

Industry Partners

Check out the [CN Labeling and PFS Guidance for Food Manufacturers/Industry](#) site for additional guidance and links pertaining to the CN labeling program and PFS.

Non-Congregate Meal Service Waivers during Ramadan

On January 27, 2026, DECAL was approved by USDA's Food and Nutrition Services (FNS) to grant non-congregate meal service waivers that would allow CACFP operators to offer fasting participants in attendance during Ramadan, non-congregate meals to consume at a time that honors their religious principles.

FNS determined that the waiver facilitates the purpose of CACFP as participants are in attendance at a participating site and eligible to receive meals but are unable to consume them during the day because

they are fasting in observance of Ramadan. USDA approval can be found [here](#).

The following waivers are available:

- Non-Congregate Meal Service
- Meal Service Times

The above waivers only apply to:

- Emergency shelters
- Adult day care centers
- Outside-school-hours care centers (OSHCC)
- At-risk afterschool care components of CACFP

This statewide waiver does not apply to CACFP family day care homes or child care centers.

Non-congregate meals can only be distributed to participants fasting during Ramadan that attend the site on the day non-congregate meals are offered and duplicate meals are not to be distributed to any participant. In addition, participation in the CACFP is at an eligible participant's discretion; therefore, if a participant chooses to consume a meal or snack during the day, institutions may not deny a meal or snack because the participant is thought to be fasting during Ramadan.

These waivers are effective February 17, 2026, through March 18, 2026.

Additional Information

- Parent/Guardian Pick-up and Home Delivery are not allowable under these waivers.
- CACFP operators must maintain attendance documentation supporting that participants who receive non-congregate meals were in attendance on the day the meals were provided. Attendance records and all CACFP supporting documentation are subject to DECAL review and must be provided upon DECAL request.
- Per 7 CFR 226.3(e)(3), eligible service providers wishing to request waivers of the provisions in this section during Ramadan for use in either family day care homes or child care centers may submit a waiver for DECAL concurrence, including rationale, and FNS will consider them on a case-by-case basis.

CACFP organizations must seek and receive approval to utilize these waivers and can request their usage through the waiver module in GA ATLAS.

Once the request is submitted in the waiver module, organizations must email Tammie Baldwin at Tammie.Baldwin@decal.ga.gov to advise that the request has been submitted. Non-congregate meals served prior to waiver approval are subject to disallowance or reclaim by DECAL.

For questions, please contact Melissa Stanley at Melissa.Stanley@decal.ga.gov or Tammie Baldwin at Tammie.Baldwin@decal.ga.gov.

Is It Time to Submit a Budget Revision?

FY2026 CACFP has completed its first quarter, making this an ideal time to review your approved budget.

Take a moment to assess whether any adjustments are needed and review enrollment changes across all sites. Submitting a budget revision now can help ensure your funding aligns with current participation and program needs.

For further questions or concerns, email nutritionbudget@decal.ga.gov.

Upcoming Training Dates:

February 19, 2026

PALs Session 2: Best Practice for Physical Activity in ECE Settings: Time and Space

1:30-2:00pm

Would you like to explore the national recommendations for time and space requirements in physical activity for child care and brainstorm ways to overcome common challenges? Are you excited to learn more about tummy time for infants, outdoor play areas, and weather considerations?

Join this webinar for tips on developing skills to implement best practices for physical activity in ECE settings.

Participants can earn one [1.0] state-approved hour for attending this training in its entirety.

[Register Now]

March 10, 2026

Tuesday Tip! Planning Tasty & Nutritious Meals

1:30-2:00pm

Are you ready to retire your routine recipes? Join this webinar to learn tips, tools, and tangible resources for planning tasty and nutritious meals for your monthly menus.

Participants can earn one [1.0] state-approved hour for attending this training in its entirety.

[Register Now]

March 12, 2026

PALS Session 3: Best Practice for Physical Activity in ECE Settings: Types, Daily Activities, & the Provider's Role

1:00-2:00pm

Would you like an opportunity to examine different types of physical activity and ways to identify how they encourage health and child development? Please join this series where we will address how physical activity can be embedded throughout the daily schedule and can support early learning. Throughout this session participants will consider how they create environments and experiences that support physical activity.

Participants can earn one [1.0] state-approved hour(s) for attending this training in its entirety.

[Register Now]

March 16, 2026

Memo Monday: CACFP Recordkeeping Requirements

10:00am – 12:00pm

Are you confident your program meets CACFP recordkeeping requirements?

Join us for an informative webinar providing an overview of the revised policy memorandum:

Recordkeeping Requirements in the Child and Adult Care Food Program, (CACFP) #18 (02-18). This session will review key updates, compliance expectations, and best practices to help programs meet federal and state recordkeeping standards.

[Register Now]

Notes:

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 E-mail.
- If you have an issue with registering, 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.

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

In Case You Missed It: *Webinar Recordings Now Available*

If you missed a webinar, visit the [Training and Technical Assistance](#) webpage for previously recorded webinars.

This month's training highlight is the [FY 2026 CACFP Renewal Readiness](#) webinar. It provided step-by-step instructions on how to complete annual renewal requirements for FY 2026.

2026 National Child Nutrition Conference April 13-17, 2026



The National Child Nutrition Conference is headed to Las Vegas in 2026. Don't miss out on training, networking, and exciting learning opportunities.

Check out the schedule of events and travel information on the [conference website](#). Visit the conference registration page for more details regarding rates and programming plans.



Nutrition Ed Nook *Cruciferous Vegetables*

The February Harvest of the Month ([English](#) and [Spanish](#)) spotlight is cruciferous vegetables, a family of cool-weather crops that includes broccoli, cauliflower, and cabbage.

These veggies come in all shapes, sizes, and colors, and they're packed with nutrients like vitamins A, C, E, and K, folate, fiber, and powerful antioxidants that help protect our bodies and support long-term health.

In Georgia, cabbage is in season from October through July, while broccoli and cauliflower thrive from late fall through spring, especially when protected from winter frost.

Cabbage comes in many varieties: green, red, savoy, napa, and bok choy. It's perfect for stir-fries, soups, or even raw in slaws.

Broccoli includes familiar florets as well as Chinese broccoli, broccolini, and broccoflower. Try it steamed, roasted, or tossed into pasta.

Cauliflower isn't just white—look for green, orange, and purple varieties! Mash it like potatoes or chop it into "rice" for a fun twist.

Fun Fact: Did you know? Cruciferous vegetables also include collard greens, mustard greens, and turnip greens—our January spotlight veggies.

Integration:

- [Creamy Coleslaw](#)
- [Ramen Cabbage Salad](#)
- [Cheesy Broccoli Tots](#)
- [Asian Chicken & Broccoli](#)
- [Baked Cauliflower Tots](#)
- [Sautéed Cauliflower Rice](#)

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.
- **Do Math** Give each child a small broccoli floret and have them count as many of the tiny flower buds as they can. Then, have them guess how many buds might be on an entire head of broccoli based on their count.
- **Read** [Katie's Cabbage](#) by Katie Stagliano. This is the inspirational true story of how Katie Stagliano, a third grader from Summerville, South Carolina, grew a forty-pound cabbage in her backyard and donated it to help feed 275 people at a local soup kitchen.
- **Talk** with families about how children can help with meal preparation such as measuring ingredients and stirring them together or peeling the outer leaves from a head of cabbage to be cooked in a dish.
- **Bonus:** Send recipes home with families for them to incorporate cruciferous vegetables into their meals! Check [Pinterest](#) for recipe inspiration.
- **Want ECE cruciferous vegetable-themed resources?** Check out Quality Care for Children's [Harvest of the Month toolkit](#) and [Eat, Learn, Grow Georgia](#) for more ways to engage ECE students.

Conversation:

- Have children ever eaten broccoli, cauliflower, or cabbage? How do they like them prepared?
- Have children tried other cruciferous vegetables like bok choy, Brussels sprouts, arugula, or kale? Which one was their favorite?
- If cruciferous vegetables could give children a superpower, what would they want and why?

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.

My Food Program Provides Monthly Menus & Recipes



Menu planning can often be time-consuming and complex, so we are sharing a resource developed by My Food Program to help support your efforts. For 2026, My Food Program is taking a flavorful journey around the world. Each month highlights a different global region, and monthly menus featuring CACFP-creditable recipes inspired by that region's cuisine.

The My Food Program comprehensive menu includes options for Breakfast, Lunch/Supper, and Snack. Each recipe clearly outlines the meal pattern contribution, meal type, yield, and portion sizes, making compliance and planning easier than ever.

For February, the featured region is East Asia. Providers can explore a variety of East Asian-inspired recipes. Click [here](#).

Physical Activity Corner

February is American Heart Month

Let's celebrate by making heart health a priority. The American Heart Association (AHA) observes February as American Heart Month, a time to raise awareness about heart health and encourage regular physical activity.

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 but teaching healthy habits early can make a big difference. 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.



In addition, 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.

Small steps can make a big difference, whether it's adding movement to your classroom, taking a family walk, or dancing together at home. Every move matters.

Show your heart some love this month by staying active and caring for yourself and your loved ones. By building healthy habits, we're creating stronger hearts for ourselves, our children, and the communities we love.

Here are tips for educators and parents to create a heart-healthy environment in the classroom and at home.

For Educators: Classroom Heart-Healthy Ideas

- Start the day with a 5-minute stretch or dance break.
- Incorporate movement into lessons, such as dance, play, games, jumps, and math marches.
- Create a Heart Month Bulletin Board: Include facts, student artwork, and daily activity tips.
- Encourage water breaks and discuss why hydration matters.



For Parents: Family-Friendly Heart Health

- Plan a 15–30-minute family walk after dinner.
- Cook together: Try heart healthy meals like grilled chicken, veggies, and whole grains.
- Limit sugary drinks, opt for water or fruit-infused water.
- Make it fun: Use a printable activity tracker for children to log daily movement.

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.

Move to the Beat! Activity Tracker

Help your child stay active! Log daily movement for 7 days. Write the activity and check off the heart when completed.

Name Child's/Parent: _____ Goal: _____

| Day | Activity | ✓ Heart |
|-------|----------|---------|
| Day 1 | _____ | ♥ |
| Day 2 | _____ | ♥ |
| Day 3 | _____ | ♥ |
| Day 4 | _____ | ♥ |
| Day 5 | _____ | ♥ |
| Day 6 | _____ | ♥ |
| Day 7 | _____ | ♥ |

Integration

- [Million Hearts®](#)
- [National Wear Red Day](#)
- [American Heart Association: How Much Physical Activity Do You Need?](#)
- [Motivate Your Child to Stay Active](#)

Education

- Read out loud, [The Very Special Heart Words](#) by Yvette Manns
- [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.

Follow DECAL on Pinterest

Do you need ideas to incorporate nutrition education and physical activity at your site?

Check out DECAL's Pinterest for CACFP, Happy Helpings & Harvest of the Month recipes, physical activity ideas, healthy holiday celebrations, and more click [here](#).

Nutrition and Physical Activity pins are saved and added weekly.

Submit questions or suggestions to morgan.chapman@decal.ga.gov or tina.mclaren@decal.ga.gov.



Eat Healthy and Live Active

*Georgia Early Care and Education Harvest of the Month 25-26
Calendar*



The Georgia Early Care and Education Harvest of the Month is a collaborative campaign sponsored by Quality Care for Children, Georgia Department of Early Care and Learning, Georgia Department of Human Services, and Georgia Organics. The campaign encourages healthy eating habits by promoting a different local, seasonal fruit or vegetable each month.

Visit [EatLearnGrowGA](#) to access classroom activities aligned with the Georgia Early Learning and Development Standards (GELDS), recipes, book lists, family newsletters, and more to help you incorporate a new vegetable or fruit each month in the classroom, kitchen, and home.

For school-age children resources, visit the Georgia Department of Education's Harvest of the Month [webpage](#).

CACFP Resources:

The following documents were covered in previous newsletters:

- [GA Child Care Owners & Administrators: Do You Want Your Child Care Business to Thrive?](#)
- [FNS Summer Meal Programs](#)
- [Upcoming Training Platform Upgrade](#)
- [Reminder to Review Online CACFP Applications](#)
- [Waivers Available during Unanticipated School Closures](#)
- [FNS Issues Guidance on Using Federal Funds to Purchase Local Foods](#)
- [At-Risk Afterschool Waivers Available during Unanticipated School Closures](#)
- [Update on Cash in Lieu of Commodities \(CILC\) Rates and Claim Processing](#)
- [Helpful Hints for Completing the CACFP Application](#)
- [Supplier Change Request \(SCR\) Form and Updates](#)
- [Requirement to Accept Medical Statements from Registered Dietitians for Schools and Child and Adult Care Institutions and Facilities](#)
- [Guidance on the Interpretation of Discrimination Based on “Sex” in USDA Child Nutrition Programs](#)
- [Statements Supporting Accommodations for Children with Disabilities in the Child Nutrition Programs](#)
- [Reimbursement Rates for CACFP Providers](#)
- [Updated Procurement Forms to include Civil Rights Assurance Statement](#)
- [Updated Agreements for DCH and Administrative Sponsors](#)
- [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 17- March 18 | Effective dates for Non-Congregate Meal Service Waivers during Ramadan |
| February 19 | PALs Session 2: Best Practice for Physical Activity in ECE Settings: Time and Space- Webinar |
| March 10 | Tuesday Tip! Planning Tasty & Nutritious Meals- Webinar |
| March 12 | PALS Session 3: Best Practice for Physical Activity in ECE Settings: Types, Daily Activities, & the Provider's Role- Webinar |
| March 15-21 | CACFP Week |
| March 16 | Memo Monday: CACFP Recordkeeping Requirements- Webinar |
| April 13-17 | 2026 National Child Nutrition Conference |

Decal Download

Meet Monica Griffin



We recently welcomed back to DECAL Monica Griffin, our new Nutrition Education and Physical Activity Supervisor.

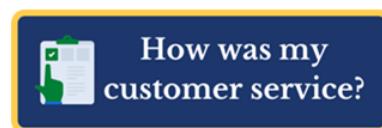
Monica brings more than 15 years of experience as a registered dietitian, supporting early care and education programs throughout Georgia.

She was with DECAL before as Nutrition Education Manager, then went to work for

Children's Healthcare of Atlanta and Quality Care for Children. Catch up with Monica on this week's podcast.

Listen to the episode [here](#).

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.



Nutrition Services Marketing & Outreach Team

Cindy Kicklighter
 Joann Kilpatrick

This institution is an equal opportunity provider.

Nondiscrimination Statement: English

Nondiscrimination Statement: Spanish

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