



July 16, 2024

Forty CACFP Providers Participate in PALS Training for Healthier, More Active Children

On Wednesday, June 5, 2024, the Nutrition Services team, in collaboration with DECAL's Georgia Foundation for Early Care and Learning and Quality Rated, hosted a **Physical Activity Learning Session (PALS) Training** at Middle Georgia State University Conference Center in Macon.



Forty CACFP Providers representing 14 Quality Rated child care learning centers and Head Start programs across the state attended the training. PALS combines content learning with facility-level self-assessments, policy development opportunities, resources, and materials, aimed at supporting practice change in ECE programs — leading to healthier, more active children.

Ms. Kimberly Davis, Assistant Director of Quality Rated, presented the opening remarks, followed by Nutrition Services trainers sharing physical activity best practices, engaging activities, and action planning.

Interested in having a PALS training session near you? Please contact Physical Activity Specialist, Tina McLaren, MPH at tina.mclaren@decalfga.gov.

Registration for FY 2025 CACFP Renewal Training Opens July 19; Enrollment Opens August 1

Participating CACFP Sponsors and Institutions are required to meet annual renewal requirements by September 30, 2024. The Nutrition Division will open registration for the required annual training on July 19, 2024, and open enrollment for the application renewal will be available beginning August 1, 2024.

Step 1: Complete Annual Training Requirements

Registration for the CACFP Annual Training requirements opens on July 19. These requirements include:

- Reviewing the CACFP 2025 Annual Training presentation in GA ATLAS
- Completing the CACFP 2025 Annual Training Test Assessment in GA ATLAS

Once the annual training assessment has been completed and submitted, you will receive access to the FY 2024-2025 CACFP application.

Step 2: Enroll in FY 2024

Upon completion of the Annual Training and Assessment, the CACFP application for the associated program year will change the institution or sponsor's status to "Not Enrolled" and the "Enroll" button will be available.

- Enroll into FY 2025 on or after August 1, 2024.

Step 3: Submit your FY 2025 Application on or before September 30

Original or Annual Budgets and Budget Amendments must also be submitted on or before September 30, 2024.

Failure to complete the annual requirements by the specified deadline date will impact continued participation in the CACFP, which includes submission of monthly claims for reimbursement.

DATE	TASK
July 19	Registration Opened for required 2025 CACFP Annual Training
August 1	Enrollment Opened for FY 2025 Upon completion of Annual Training and Assessment, Sponsors & Institutions may enroll in FY 2025
September 15	Deadline to submit any additional changes to the FY 2024 Application Any FY 2024 changes including: <ul style="list-style-type: none"> • updates to the application • management plan and budget • the addition/termination of centers/homes MUST be completed in GA ATLAS by September 15, 2024, to allow time for review and processing.
September 30	Deadline to complete 2025 CACFP Annual Training and Assessment Deadline to submit 2025 CACFP Application Deadline to submit original or annual budget and budget amendments.

Stay Informed: New CACFP Memo on Geographic Preference

On June 26, 2024, USDA's Food Nutrition Services (FNS) issued the policy memorandum [Geographic Preference Option Questions & Answers](#).

This memorandum provides updated guidance on the geographic preference option to reflect changes made by the final rule, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans ([89 FR 31962](#), April 25, 2024).

CACFP Learning Collaborative Launches FARMWISE

Georgia, one of 14 State Coalitions

USDA's Patrick Leahy Farm to School Program and the Association of State Public Health Nutritionists (ASPHN) are launching FARMWISE, a two-year learning community for state coalitions building farm to Child and Adult Care Food Program (CACFP) programs.

CACFP, a USDA program, provides reimbursement to early care and education (ECE)

professionals to provide nutritious meals to children from low-income families. It serves more than 4.2 million children daily. Farm to CACFP programming can help young children accept new fruits and vegetables. Activities like gardening, taste testing, and nutrition education increase the acceptability of new foods during meals.

Emia Oppenheim, an ASPHN consultant supporting FARMWISE, emphasizes the importance of early exposure to fruits and vegetables and hands-on nutrition education in fostering healthier eating habits in young children.

“Established evidence has shown the importance of fruit and vegetable consumption for long-term health, respectively,” explains Oppenheim. “Also, we know that early exposure to fruits and vegetables and hands-on nutrition education fosters healthier eating habits in young children. Farm to ECE programs integrate these elements, providing children aged 0-5 with local produce exposure, food and agriculture education, and experiential learning through gardening, cooking, and other experiences. With FARMWISE, ASPHN and partners will support farm to ECE state coalitions focused on advancing farm to CACFP in their states.”

FARMWISE has selected 14 state coalitions to start their programs this July. The states include Alabama, Arkansas, California, District of Columbia, Georgia, Hawai'i, Indiana, Kansas, Missouri, North Carolina, North Dakota, New York, Rhode Island, and Wisconsin.

The FARMWISE team is focusing on policy, system, and environment changes to advance farm to CACFP. This includes integrating farm to CACFP into local or state policies, connecting educators to nearby food producers, and translating farm to CACFP materials for greater accessibility.

Stay updated with FARMWISE [by signing up for their monthly newsletter](#).

Share Your Thoughts on the Next CACFP Meal Summit

Respond to the Survey by August 15

On March 20, 2021, DECAL hosted a virtual CACFP Meal Service Summit for CACFP Sponsors and sites. We'd like to gauge your interest in attending an in-person summit that will include training, workshops and networking opportunities.

Please respond to the survey to share your thoughts. Take the survey [here](#).

Get Informed: Upcoming Training Dates

July 16, 2024- Recursos en español para CACFP

Hosted by the [National CACFP Sponsor Association](#)

2:00-2:30 p.m.

Al operar en el Programa de Alimentos para el Cuidado de Niños y Adultos, es posible que esté buscando recursos que le ayuden a administrar el programa. ¡No busque más! Hemos invitado a expertos del CACFP a compartir sus conocimientos y experiencias con usted. Obtenga respuestas a sus preguntas aquí y salga con los recursos del CACFP disponibles en español para apoyar a su centro de cuidado infantil o guardería en casa.

Earn 0.5 CEU for attending the Zoom webinar.

[Register](#)

July 20, 2024- Between the Bread: Nutrition Packed Sandwiches

Hosted by the [National CACFP Sponsor Association](#)

2:00-2:30 p.m.

Whether you're gearing up for field trips or planning outdoor meal adventures, sandwiches are summertime's best friend. Say hello to creative combinations of textures, colors and flavors all nestled between two slices of bread. Explore how to make this mealtime classic into another #CACFPCreditable addition to your menu, just in time for summer!

Earn 0.5 CEU for attending the Zoom webinar.

[Register](#)

July 31, 2024- CACFP Procurement Readiness

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

Are you practicing proper procurement requirements in your program? Join this webinar to learn:

- how to develop formal solicitations
- how to incorporate local sourcing practices into meal service, and
- relevant procurement practices when procuring food and non-food items.

August 1, 2024- Sweeten Smart: The Natural Goodness of Fruits

Hosted by the [National CACFP Sponsor Association](#)

2:00-2:30 p.m.

Embark on a flavorful journey and explore the wonders of nature's sweet treat – fruits! Discover ways to cut down on added sugar in your recipes or menu items by harnessing the natural sweetness of fruits. Infuse your menus with endless fruity inspirations to keep those little taste buds excited! *Earn 0.5 CEU for attending the Zoom webinar.*

[Register](#)

August 5, 2024 – CACFP Budget Readiness

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

Are you having challenges with your budget? Do you need guidance on requirements and processes of a CACFP budget? Join this webinar to learn:

- the purpose of the budget package,
- the purpose of all the budget line items in GA ATLAS, and
- how to prepare & develop a complete GA ATLAS budget package.

August 6, 2024 – FY 2025 Renewal Readiness

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

Do you need a refresher on the requirements to successfully complete the application renewal process? Join this webinar to learn:

- detailed information on annual requirements,
- documents required for submission, and
- how to complete the FY 2025 annual renewal process in GA ATLAS.

August 13, 2024 – Tuesday Tip! Choose Breakfast Cereals in the CACFP That Are Lower in Added Sugars

1:30 pm - 2:00 pm

Do you need a 30-minute meal pattern refresher on breakfast cereals? Join this webinar to learn CACFP requirements for serving breakfast cereals that contain less than six [6] grams of sugar per dry ounce.

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

August 27, 2024 – CACFP Monitoring Forms Training (Sponsors Only)

10:00 am - 12:00 pm

Are you having challenges completing the monitoring form? Do you need guidance on requirements and helpful completion tips? Join this webinar to learn:

- the purpose of monitoring,
- how to complete the five (5) day reconciliation process,
- accurate completion tips on the monitoring tool, and
- how to develop a corrective action plan for non-compliances identified during monitoring.

[Register Now]

Registration for DECAL Nutrition Training 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. If you don't receive an email, please check your spam/junk folder.

Step 2: You must register for the link provided in the training confirmation email. If you should have an issue with registering, please contact Leslie Truman prior to the day of training.

Please note: Only the Program Contact (PC) can self register within GA ATLAS. If an additional person will be attending, please contact Leslie Truman at 404.657.1779.

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! Serving Milk in CACFP](#) webinar.

Meal Pattern Minute *New!*

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.

- [Crediting Bean/Pea Noodles as Meat Alternate](#)
- [Preparing Children for Family Style Dining](#)
- [Herbs and Spices](#)
- [Substituting Cheese by Volume](#) *New!*
- [Fruit & Milk Smoothie at Breakfast](#) *New!*

Encouraging Excellent Eating Early

Interested in giving young children a taste for healthy eating right from the start? Kids can react strongly to the foods—healthy or not! Check out these child-feeding tips and advice on how to set a positive tone for balanced, healthy eating!

[\[Be a Child-Feeding Pro!\]](#)

Feeding Infants and Toddlers Based on the Dietary Guidelines for Americans

The [Dairy Council of California](#) has provided two [2] great resources to support feeding infants and toddlers from six months through 2 years old. Each resource highlights cultural and heritage foods for certain groups.

- [Highlighting African, Black and Caribbean Heritage Foods](#)
- [Highlighting Hispanic Heritage Foods](#)

Yogurt Five Ways

[MyPlate](#) has developed an infographic resource on how to offer yogurt multiple ways in your nutrition program.

[\[Read the Resource\]](#)



Nutrition Ed Nook

Sweet Georgia Peaches

Sweet, Georgia Peaches are the July Harvest of the Month (**English** and **Spanish**) spotlight! Georgia is known as the Peach State. Georgia's production of peaches is 3rd in the nation, behind California and South Carolina.

Peaches provide important nutrients like vitamins C, A and E, potassium, and water. Peach peels are a good source of fiber which supports healthy blood sugar levels. Enjoy peaches as a snack or with your favorite yogurt or cereal for extra flavor and nutrients.

Peach season in Georgia is May through August, when they are at peak quality and most cost effective. There are two main varieties of peaches are Freestone and Clingstone. Over 40 commercial varieties of peaches are produced in our state.

Fun Fact: Peaches were first grown in Georgia during the Colonial period. After the Civil War, Georgia peach growers developed superior new varieties that boosted the commercial peach industry and made Georgia the "Peach State."

Integration:

- **Peach Salsa**
- **Skillet Peaches**
- **Peach Yogurt Bites**
- **Peachy Keen Flavored Water**
- **Peach, Pineapple & Orange Smoothie**

Education:

- **Watch *Harvest with Holly*** to explore 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** peaches and another fruit. Make a list of similarities and differences. Are there more similarities or differences?
- **Read *Juicy Peach by Mary Dixon Lake***. Follow along as three boys find, pick, and eat a perfect juicy peach.
- **Talk** with families about how children can help with meal preparation such as spooning peaches into the blender to make a peach smoothie.
- **Bonus:** Send recipes home with families for them to incorporate peaches into their meals! Check **Pinterest** for recipe inspiration.

Conversation:

- Have the children you serve eaten peaches before?
- What is their favorite way to eat peaches?
- How does the outside of a peach feel?

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

Physical Activity Corner

Hydration – Quench Your Thirst

Drink water often and stay healthy!

According to the American Dietetic Association, water makes up 60 percent of body weight. It is important to replenish the water in your body by drinking at least 8-10 cups of water a day for a healthy body and to avoid heat stroke or exhaustion.

We have all been there. The feeling of parched or dried lips and excessive sweating after a workout, run, or even heavy gardening. These feelings are greater now in the summer, especially when we have temperatures in the 90's and humidity over 90 percent.



Here are great ideas to keep your children and family hydrated this summer and year-round while on the move!

- Drink plain or fruit & herb-infused water. Fill the pitcher with cool water. Add different combinations of flavors, such as lemon, cucumber, strawberry, orange, fresh ginger, or fresh whole leaves (mint, basil, rosemary, or parsley). Chill in refrigerator before enjoying!
- Eat foods with higher water content like cucumbers, watermelon, other melons, lettuce, celery, grapes, oranges, bell peppers, and broccoli.
- Combine ice and fruit in a blender to create a slushy, cool and refreshing drink when planning a family picnic or playing sports (i.e., soccer, baseball, basketball, etc.).
- Always carry a water bottle in the car, at home, and at school.
- Ask for water when dining out.
- Have a glass of water (8 – 10 glasses) near you when you are working out at the gym, gardening, farming, walking in the neighboring community, parks, and trails, running, hiking, and more.

Get children, families and the community moving and feeling good with sports-themed games and exercises. Drinking more water is one of the simplest things we can do to be healthier.

Integration:

- [CDC – Increasing Access to Drinking Water to ECE Settings](#)
- [Department of Human Services – Hydrate My State Georgia](#)
- [Academy of Nutrition and Dietetics – How Much Water Do You Need?](#)
- [CDC - Rethink Your Drink](#)
- [USDA – Move More. Sit Less](#)

Education:

- **Read aloud, “Hey, Water!” By Antoinette Portis**
- **Watch “Get Healthy: Hydration”** by NBC news.
- **Talk** with families about ways to stay hydrated and drink water in the summer or all year round, whether at home, outside, in their local community, at your childcare site, or at their local recreational areas.
- **Bonus:** Share #QuenchYourThirst, #RethinkYourDrink, #StayHydrated, #SummerMoves, #DrinkWater pictures and events that are happening in your communities.

Conversation:

- What are the benefits of drinking water?
- How much water should you drink while exercising?
- What hydrates better than water in the summer?

- Why is it important to hydrate before, during, and after exercise?
- How do you beat dehydration in the summer?

Share your #QuenchYourThirst, #RethinkYourDrink, #StayHydrated, #SummerMoves #DrinkWater, stories and pictures with Physical Activity Specialist, Tina McLaren, MPH at tina.mclaren@decal.ga.gov.

ParSLAY the Day to Get Kids Eating, Growing & Learning about Parsley

Register Now to Receive Resources by July 20



Each year, Georgia Organics coordinates a statewide campaign to get kids eating, growing, and learning about a locally grown fruit or vegetable during October Farm to School Month. This year's campaign will be celebrating **ParSLAY the Day!**

To participate in *ParSLAY the Day* at your school, home, early care center, or in your community, visit bit.ly/parslaythedaysignup and register today.

Participants will receive access to a free electronic toolkit filled with parsley-themed activities, standards-based lesson plans, fact sheets, recipes, school nutrition resources, and more by July 20.

Share your *ParSLAY the Day* pictures and activities on social media with #parslaytheday. Each week during October, anyone who has used this hashtag will be entered to win a prize and at the end of the month there will be a grand prize winner.

Questions? Visit the [October Farm to School Month FAQ page](#) or email yaza@georgiaorganics.org.



Take the ICN Survey CACFP Challenges Survey Today

The Institute of Child Nutrition (ICN) is conducting a study to identify child care centers' challenges in participating in the Child and Adult Care Food Program (CACFP). They invite you to complete the online survey based on your knowledge and professional experiences in child care and the CACFP.

Take the Survey

Virtual CACFP Summit Scholarships Available

Apply by July 24 at cacfp.org/summit

Virtual CACFP SUMMIT

Aug. 14-15
Aug. 21-22

11:00 am - 3:00 pm ET

Looking for food program training?
Earn up to 16.5 hours of CEUs.

PERFECT FOR:

- ✓ Child Care Centers
- ✓ Home Providers
- ✓ Sponsoring Organizations
- ✓ Head Start
- ✓ Schools
- ✓ Emergency Shelters
- ✓ Tribal Nations
- ✓ Food Banks
- ✓ Anti-Hunger Advocates

The Power of the Food Program

Motivating Children to Eat Healthy Food, Family Style Meal Service, Menu Planning, Head Start CACFP and more.

Federal Updates and Resources

USDA Program Updates, CACFP Newsroom: Advocacy, Stories, the Hill and more.

Personal & Professional Development

Finding the Leader in You, Communicating with Impact and more.

\$149

Lowest rate available through July 31.
Additional deadlines and registration information available online.

cacfp.org/summit

Georgia Early Care and Education
Harvest of the Month
2023-24 Calendar

AUGUST Watermelon	SEPTEMBER Apples	OCTOBER Pumpkin
NOVEMBER Squash	DECEMBER Lettuce	JANUARY Greens Calfornia, Mustard, Turnip
BONUS Sweet Potatoes	BONUS Citrus	
FEBRUARY Cruciferous Vegetables Cabbage, Broccoli, Cauliflower	MARCH Root Vegetables Carrots, Beets, Radishes	APRIL Legumes Beans, Peas, Lentils
MAY Berries	JUNE Eggplant	JULY Peaches
	BONUS Tomatoes	

Get monthly, harvest-themed lesson plans, resources, parent newsletters and books from www.qualitycareforchildren.org/farm-to-ec
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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:

- [Is Your Institution Required to Submit an Annual Budget?](#)
- [Updated Procurement Forms to include Civil Rights Assurance Statement](#)
- [New CACFP Memo on State Agency Monitoring](#)
- [Updated Agreement for DCH Sponsors](#)
- [Thriving Child Care Business Academy](#)
- [Is it Time to Submit a Budget Revision?](#)
- [Claim Deadlines Updated](#)
- [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
July	Harvest of the Month: Peaches
July 16	Recursos en español para CACFP
July 19	Registration opens for CACFP Training
July 20	Between the Bread: Nutrition Packed Sandwiches Webinar ParSLAY the Day Resources Available
July 24	Deadline to apply for scholarships to attend the Virtual CACFP Summit
July 31	CACFP Procurement Readiness Webinar
August 1	CACFP Enrollment Opens for FY2025 Sweeten Smart: The Natural Goodness of Fruits Webinar
August 5	CACFP Budget Readiness Webinar
August 6	FY 2025 CACFP Renewal Readiness
August 13	Tuesday Tip! Choose Breakfast Cereals in the CACFP That Are Lower in Added Sugars
August 15	Deadline to respond to the CACFP Meal Summit Survey
August 27	CACFP Monitoring Forms Training (Sponsors Only)
September 15	Deadline to submit additional changes to FY2024 Application
September 30	Deadline to complete FY 2025 CACFP Annual Training & Assessment Deadline to submit FY2025 CACFP Application Deadline to submit original or annual budget and budget amendments.

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!

CAPS Update



On November 15, 2023, DECAL took over the provider management function of the CAPS Program, this was something previously handled by our contractor, Maximus.

This was done to offer more streamlined and effective services to child care providers who play a crucial role in supporting children and families.

With the change, comes a news system called GACAPS, a modern new system that allows for streamlined attendance tracking, enrollment, and completion of annual renewals directly through the system, quality assurance for accurate billing and more. We are now eight months into the new program so we thought it would be a great time for an update.

Joining us on this episode of DECAL Download to talk about the CAPS Program and our new GACAPS system is Elisabetta Kasfir, the Deputy Commissioner over the CAPS Program and Latisha Lewis, who is the Manager of Provider Relations Customer Support.

With over 4,300 licensed child care programs in Georgia, our Child Care Services Division is dedicated to ensuring a safe and healthy learning environment through licensing, monitoring, and professional development.

Listen to the episode [here](#).



Nutrition Services Marketing & Outreach Team

Cindy Kicklighter

This institution is an equal opportunity provider.

Nondiscrimination Statement: English

Nondiscrimination Statement: Spanish

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