



May 15, 2024

Learning As They Grow

Little Folks Farm and Childcare in Lyons

Harvesting Vidalia Onions will soon be a learning activity for the students enrolled at Little Folks Farm and Childcare in Lyons.

"The kids enjoyed tending the onions in the garden this year," said Lisa Davis, Owner and Director. "We will be serving "fresh from the garden" onion rings one day each week, and some of the parents will share the special snack with their kids."

The center plans to sell the harvested onions. The funds raised will fund other garden projects on the farm.



Little Folks Farm and Childcare offers innovative activities like pulling onions as part of its Farm to Early Care and Education (ECE) initiative.

Farm to ECE introduces children to healthy locally-grown foods that help cultivate healthy eating habits throughout their lifetime.

The center recently cleared three acres of land to continue their Farm to ECE efforts. They plan to plant blackberries, blueberries, bananas, grapes and Satsuma trees.

Notify DECAL When Updating Your Banking Information

Anytime changes are made to your banking account information, please notify DECAL by completing the Supplier Change Request Form .

The State Accounting Office (SAO) Vendor Management Group has an extensive process for verifying the bank accounts of any individual or organization for which payments are made. This is to prevent fraudulent banking and payments. SAO process time varies and may take up to six to eight weeks or longer for banking adds and updates. Please note that DECAL's vendor liaison is not allowed to request status updates from SAO.

To mitigate delays, please follow these steps:

- Use the proper **Supplier Change Request Form** (note this form changes periodically)
- Complete all required sections of the Supplier Change Request Form (see **instructions** on how to complete form)
- Use the proper IRS **W-9 Form**
- Sign and date the IRS W-9 Form (signatures on a W-9 forms are only valid 12 months from the date of the signature per IRS guidelines). W-9 forms must be submitted using the March 2024 version. The version date is both in the top left and bottom right of the form). Digital signatures are NOT acceptable on the W-9 form.
 - W-9 forms for businesses must be completed exactly as the IRS has the company name listed on their tax returns. Both DECAL and SAO verify Tax ID and Name combinations using IRS software. DECAL will not honor requests to setup new vendors where the Tax ID and Name combination do not match IRS records. Vendors may be required to resubmit a W-9 form with accurate information or request a TIN verification letter from the IRS and submit it to DECAL
- Some common reasons why the SAO rejects accounts are: the organization is using a smaller regional or local bank, the bank account was opened recently, and/or the account number that was provided is incorrect.
- Submit the Supplier Request Form and updated W-9 form to your assigned Application Specialist for processing.

Note: SAO eliminated the requirement for a voided check or bank letter. However, if banking information cannot be verified on the form, you may be asked to submit a voided check or a bank letter. This usually happens with smaller banks, out of state banks, or credit unions.

Also, SAO may contact you directly to independently verify banking changes. If you do not cooperate with SAO representatives for this verification, your request to change your bank will not be honored and your payment may be delayed.

If you have any questions, please contact your assigned Application Specialist:

Application Specialists	Institution Assignment	Email	Phone Number
Jerald Savage	o (zero)-G V-Z	Jerald.Savage@decalf.ga.gov	(770) 405-7916
Shericka Blount	H-P, Q-U	Shericka.Blount@decalf.ga.gov	(404) 656-6411

Healthy Eating & Physical Activity Afterschool

DECAL presents at National Afterschool Association Conference



DECAL's Nutrition Services team recently presented a workshop on "Planning, Paying and Physical Activity for At-Risk Afterschool Meals" at the 2024 National Afterschool Association (NAA) Conference in Dallas, TX, March 17-20, 2024.

The workshop provided participants with the knowledge of nutritional needs for at-risk youth, especially the five essential food components from the **USDA My Plate**. Additionally, the workshop emphasized the benefits of physical activity among our youth, addressed nutritional challenges, and promoted healthy eating by securing federal funding for food served in eligible At-Risk Afterschool Meals programs.

The NAA24 Conference was all about inspiration and connection. There were approximately 1,600 participants and exhibitors at this event.

To learn more, visit [NAA24](#) and [Georgia Statewide Afterschool Network \(G SAN\)](#).

Pictured above: (L-R) Grushan Blake, Tina McLaren, Nkem Ijeh, and Leatha Bryant, are a few of the Nutrition team members that represented DECAL at the National Afterschool Association (NAA) 2024 Conference.

USDA Visits Rex Childcare and Learning Center

Dr. Tameka Owens, Assistant Administrator of the USDA Food and Nutrition Service (R) and Willie Taylor, Regional Administrator at USDA Food and Nutrition Service help kids enrolled at Rex Childcare and Learning Center water newly planted herbs during a recent tour.

The Center is three star quality rated and has served the community for 30 years. In FY20, Rex Childcare was awarded an USDA Farm to ECE Mini Grant to support the expansion of their program through garden updates and a garden educator.



Meal Pattern Final Rule Released by FNS

On April 24, 2024, USDA's Food and Nutrition Service (FNS) released the final rule, *Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans*.

This rule finalizes practical, science-based, long-term school nutrition requirements consistent with the goals of the *Dietary Guidelines for Americans, 2020-2025*. These updates represent continued progress toward improving the nutritional quality of school meals, strengthening the Child Nutrition Programs, and advancing USDA's commitment to nutrition security. The final rule can be found [here](#).

FNS developed a final rule page on its website that includes additional resources and information. The information specific to CACFP and SFSP can be found [here](#).

Some of the provisions that are applicable the CACFP and SFSP include (not an exhaustive list):

- Changes product-based limits for breakfast cereals and yogurt from total sugars to added sugars;
- Clarifies that both state licensed healthcare professionals and registered dietitians may write medical statements to request meal modifications on behalf of participants with disabilities;
- Clarification that USDA encourages institutions and facilities to meet participants' non-disability dietary preferences when planning and preparing CACFP meals; and
- Allows nuts and seeds to credit for the full meats/meat alternatives component, removing the 50% crediting limit for nuts and seeds at breakfast, lunch, and supper.

Additional information regarding this rule from Nutrition Services is forthcoming.

USDA Requests Input on Proposed Serious Deficiency Process

Deadline to respond: May 21, 2024

On February 21, 2024, USDA published the Proposed Rule entitled “Serious Deficiency Process in the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). The proposed rule can be viewed [here](#).

This rulemaking proposes important modifications to make the application of serious deficiency procedures in the CACFP and SFSP consistent, effective, and in line with current requirements under the Richard B. Russell National School Lunch Act.

USDA proposes to add clarity to the serious deficiency process by defining key terms, establishing a timeline for full correction, and establishing criteria for determining when the serious deficiency process must be implemented. This rulemaking will also address termination for cause and disqualification, implementation of legal requirements for records maintained on individuals on the National Disqualified List, and participation of multi-state sponsoring organizations.

CACFP institutions may offer written comments on the proposed rulemaking on or before May 21, 2024. For further information on submitting written comments please click [here](#).

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](#).

The waivers are effective through June 30, 2024.

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

Get Informed: Upcoming Training Dates

May 20, 2024
Memo Monday
10:00 a.m.- Noon

Do you have questions on crediting Indigenous foods, tofu, and soy yogurt products in meal service preparation? Join this webinar for guidance on how to credit these items in child nutrition programs.

The following memos will be discussed:

- **Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program - Revised November 29, 2023**
- **Crediting Traditional Indigenous Foods in Child Nutrition Programs – November 2, 2023**

May 21, 2024

Tuesday Tip! Physical Activity for Adults

1:30 pm – 2:00 pm

Would you like to learn effective strategies for implementing physical activity in adult day care settings? Join this training to learn:

- the benefits of physical activity,
- ways to increase physical activity throughout the day, and
- how to provide adaptive and chair-based physical activity ideas for adults.

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

May 28, 2024

Infant Meal Count Form Training

10:00 am – 12:00 pm

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

June 6, 2024

New Program Contact Training

10:00 a.m. -Noon

Are you unsure about the process to become the New Program Contact for your organization? Do you have questions about the steps/documents required to become the New Program Contact? Join this webinar to learn more.

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 **Nutrition for Adult Care Centers** webinar. It discussed nutrition education for adults along with nutritional needs that includes tips to reduce sodium & added sugars in CACFP meals.

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 Leafy Greens**
- **Quiche**
- **Sugar in Muffins and Sweet Crackers**
- **Disability-Accommodated Food from Home**
- **Shelf-Stable Yogurt**
- **Cheese Products**
- **Crediting Bean/Pea Noodles as Meat Alternate**

CACFP Food Safety Toolkit

The **Institute of Child Nutrition (ICN)** had developed this toolkit that features helpful resources for food safety success in child nutrition programs. Find sample SOPs and logs, food allergy fact sheets, and food safety guides by clicking below.

[[Get the Toolkit](#)]

Food Buying Guide (FBG) for Child Nutrition Programs *Food Yields!*

New yields are now available in the Food Buying Guide for Child Nutrition Programs Interactive Web-based (FBG) Tool and FBG Mobile App! New yield data is available for: USDA Foods canned mixed fruit and canned beef, smoked salmon fillet, cactus fruit (prickly pear), purple rice, instant long grain brown rice, and quick cooking medium grain brown rice. Stay tuned for additional yield data releases coming soon. Explore the **Food Buying Guide for Child Nutrition Programs** today!

Snack Attack *New Recipes!*

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

- Graham crackers and pear slices
- Celery sticks and pretzel twists
- Raspberries and Greek yogurt
- Hummus and pita bread triangles
- Popcorn and mixed fruit salad

Reducing Added Sugars

Health consequences of eating too much sugar are concerning, especially for children whose dietary habits and taste preferences are still developing. The **Institute of Child Nutrition (ICN)** uncovers the secrets of added sugars and equips program operators with the knowledge to identify them in the products we consume.

[[See the Secrets](#)]



Nutrition Ed Nook *Berry Delicious!*

Berries are the May Harvest of the Month (**English** and **Spanish**) spotlight. Berries pack a nutritional punch in each bite.

They are highly nutritious, containing many vitamins and minerals. Berries are also loaded with antioxidants. Antioxidants may help boost immune function, fight

inflammation, and protect against cancer and heart disease. Another great thing about berries is they are a good source of fiber. Consuming fiber helps you to feel fuller longer and promotes digestive health.

Blackberries, blueberries, strawberries, and raspberries are among the many berry varieties that reach their peak during the summer months. Now is the perfect time to add some berries to your meals and snacks. Most berries are naturally sweet and require little effort to prepare. Try adding sliced strawberries to a bowl of whole grain cereal, stir raspberries into low-fat yogurt, or sprinkle blueberries on a salad. Blend fat-free or low-fat milk or yogurt with fresh or frozen fruit for a smoothie.

Fun Fact: The city of Alma, in Bacon County, is Georgia's blueberry capital. Blueberries are the number one fruit produced in the state. They beat the peach with 18,328 acres producing 39 million pounds of blueberries valued at over \$120 million. Alma will host their annual Blueberry Festival on Friday, May 31, 2024.

Integration:

- [Breakfast on a Stick](#)
- [Berry Blast Smoothie](#)
- [Strawberry Yogurt Parfait](#)
- [Cranberry Applesauce](#)
- [Raspberry Fruit Dip](#)
- [Banana Berry Smoothie](#)

Education:

- Watch these *Harvest with Holly* videos that explore [strawberries](#) and [blueberries](#), 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 and contrast different types of berries. Explore differences in colors, textures, shapes, smells, and tastes for each berry. Create an observation chart for your class to complete together. Make sure your observation chart is in a centralized area where all children can see it and share in the discussion.
- Read [The Berry Book by Gail Gibbons](#) with your children. Berries grow on every continent except Antarctica, in the wild, or in cultivated fields and gardens. Gail Gibbons describes the many types of berries, edible as well as poisonous, and explains how several varieties are cultivated and harvested and used. Directions on how to grow strawberries, and recipes for blueberry pie, blackberry jam, and raspberry ice cream are included.
- Talk with families about how children can help with meal preparation such as rinsing berries under cool running water to be served with a meal. Bonus: Send recipes home with families for them to incorporate berries into their meals!

Conversation:

- Have the children in your care eaten berries before?
- Which types of berries are their favorite?
- What new berries would they like to try?

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

Physical Activity Corner

Move in May

May is National Physical Fitness and Sports Month – a campaign to provide an opportunity to celebrate and promote physical activity, sports, and all of its many health benefits to all ages, communities, schools, and workplaces.

Move in May is about enjoying physical activity, exercise, and sports. There are lots of ways to be more physically active, and to find a form of physical activity that each person can enjoy.

Physical activity is key to maintaining health and well-being. Being active can improve fitness, reduce stress and risk for many chronic diseases, and support good mental health. Youth sports can help kids and teens get active and develop leadership, time management, and relationship-building skills.

Here are the recommendations for each age group according to the Physical Activity Guidelines for Americans, 2nd edition (ODPHP).

- Children ages 3 through 5 years need to be active throughout the day.
- Children and adolescents ages 5 through 17 need to be active for 60 minutes every day.
- Adults get at least 150 minutes of moderate-intensity aerobic physical activity or 75 minutes of vigorous-intensity physical activity, or an equivalent combinations each week.
- Adults aged 65 and older need at least 150 minutes a week (for example, 30 minutes a day, 5 days a week) of moderate-intensity activity such as brisk walking. Or, they need 75 minutes a week of vigorous-intensity activity such as hiking, jogging or running.
- Adults with chronic health conditions or disabilities who are able should get at least 150 minutes (for example, 30 minutes a day, 5 days a week) of moderate-intensity aerobic physical activity a week.

How to Observe Physical Activity:

- At home: Break away from sitting less and MOVE more. Take at 15-minute walk early in the morning or during a lunch break. End a long day of work with a few stretches or a yoga session for quietness, tranquility and peace of mind.
- To school (children/parents): As a family, go together with your children early in the morning to walk to and from school or after school in the afternoon.
- With the family: Walk in your neighborhood or community-- to the park, local mall, local farmer's market or a grocery store in the day or on a weekend. Be safe!!
- At work (colleagues): Invite a colleague to take a 10-minute walk (break) from the computer/office. Take the stairs, instead of the elevator.

Enjoy the outdoors this summer season and Let's Move it!

Integration:

- [National Senior Health & Fitness Day \(May 29, 2024\)](#)
- [Physical Activity Guidelines for Americans, 2nd edition](#)
- [National Sports Youth Strategy](#)
- [Move Your Way® Fact Sheets for Parents](#)

Education:

- Read out loud, [“Move Your Body: My Exercise Tips.”](#)
- Watch the video on [“Introducing the President's Council on Sports, Fitness &](#)



Nutrition.”

- Talk with families about ways to move more at home, in their community, at childcare and at adult care centers. Bonus: Share #MayFitness, #MoveInMay, #NationalPhysicalActivity&Sports #MoveYourWay pictures and events that are happening in your communities.

Conversation:

- What is your favorite physical fitness activity every day?
- Why is physical fitness important in sports?
- How do you stay motivated to exercise daily?
- What are the benefits of staying physically active?

Share your #DECALPhysicalActivity #NationalPhysicalActivityFitness&Sports #MayFitness, #MoveInMay, #BeActive, #MoveYourWay stories and pictures with Physical Activity Specialist, Tina McLaren, MPH at tina.mclaren@decalfga.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:

- [Updated Agreement for DCH Sponsors](#)
- [Thriving Child Care Business Academy](#)
- [National CACFP Week: March 10-16, 2024](#)

- [DECAL, USDA tour White Oak Learning Academy during National CACFP Week](#)
- [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
May	Harvest of the Month: Berries
May 20	Memo Monday
May 21	<i>Tuesday Tip!</i> Physical Activity for Adults
	Deadline to provide comments on Proposed Serious Deficiency Process
May 28	Infant Meal Count Form Training
June 6	New Program Contact 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!

Georgia Public Library Service

On the next ...
DECAL Download
 New Episodes Every Wednesday!

This Week's Topic:
Georgia Public Library Service

Evan Bush
 Director of Youth Services

Julie Walker
 State Librarian & Vice Chancellor
 for Libraries and Archives

Georgia Dept of Early Care and Learning
 BRIGHT FROM THE START

Technology has made almost everything accessible right at our fingertips with smart devices. That includes surfing the internet, communication and even reading a book. Regardless of those advancements, the public library continues to be a popular place for individuals and families here in Georgia. With over 410 public libraries across the state, that library card, whether it be virtual, or

a physical copy still holds value. National Library Week is April 7th-13th. On this week's episode of DECAL Download we are joined by members of the Georgia Public Library Service. Joining us is Julie Walker, the State Librarian and Vice Chancellor for Libraries and Archives, and Evan Bush, the Director of Youth Services for the Georgia Public Library Service.

Listen to the episode [here](#).



Nutrition Services Marketing & Outreach Team

Cindy Kicklighter

This institution is an equal opportunity provider.

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