Child & Adult Care Food Program

October 13, 2022

Farm to School and Farm to Early Care and Education receives proclamation from Governor Kemp

We are extremely appreciative to see Farm to Early Care and Education (ECE) supported from the highest Georgia leadership office of Governor Brian Kemp to our active and engaged Child and Adult Care Food Program (CACFP) and Happy Helpings, Georgia's Summer Food Service Program operators. You can view the proclamation **here**.

Farm to ECE is an innovative way to build children's relationship with food and the local food system through hands-on food education and gardening experiences, interactive and adventurous taste testing, and inclusion of local food items into CACFP and Happy Helpings meals and snacks.

Farm to ECE is an opportunity to engage families in a more meaningful way, increase access to healthy foods, boost physical activity and mental wellbeing, and support local farmers and communities. DECAL's Nutrition Services Division has supported Farm to ECE for many years and will continue to grow our support through our work with the Farm to ECE Coalition, the USDA Farm to School Grant, and our two Child Nutrition Programs: CACFP and Happy Helpings.

One way to celebrate Farm to School and Farm to Early Care and Education Month is through Georgia Organics' **"Spinach To Win It"** October Farm to School Month Campaign. Sign-up for free activities, curriculum, recipes, and more to celebrate all season long!

Are you "Spinach to Win It" with us?

Sign up for October's Farm to School Month Campaign Toolkit

Registration for this year's October Farm to School Month campaign remains open! You can sign up **here** to get access to all of the resources including spinach-themed activities, standards-based lessons, recipes and more through the month of October.

Share your *Spinach to Win it* pictures and activities on social media using the hashtag, **#spinachtowinit** and be eligible to win a prize!

Georgia Organics will select winners weekly throughout October, and at the end of the month, there will be a grand prize winner! Prizes include T-shirts and supplies to support your farm to school efforts. In order to be eligible for a social media prize, one MUST be signed up. Anyone can register for free **here**.
#spinachtowinit #farmtoschool @GeorgiaOrganics

Farm to Early Care and Education Mini Grant Winners

DECAL's Nutrition Division was awarded a grant from the United States Department of Agriculture (USDA) Food Nutrition Services (FNS) to support Farm to Early Care and Education (ECE) training and the implementation and growth of Farm to ECE programs at early care sites across Georgia.

To support such efforts, DECAL is providing 16 competitive $1,500 mini-grants to support the planning, developing, and implementing of Farm to Early Care and Education (ECE) programs at Child and Adult Care Food Program (CACFP) sites in Appling, Chattooga, Clayton, Johnson, and Terrell counties.

Congratulations to the following organizations who have been selected to receive the Farm to ECE Mini Grant!

Child Care Centers

- Appling County Head Start
- Chattooga Early Head Start
- Arrow Christian Academy at College Park, Inc.
- Pure Love Learning Center
- Morrow Early Learning Center, LLC
- Rex Childcare
- A Kidz Space Learning Center LLC
- Antwong's Learning Academy
- PlayStation Childcare Center, LLC
- Terrell County CDC
- Club Xhell Inc. Center
- Shinning Hill Program, LLC

Family Day Care Home Providers

- Mattie Matthews
- Janice Souder
- Linday Y Webb-Buskey
- Deserray Petitt

For questions related to Farm to ECE initiatives, reach out to the Nutrition & Physical Activity Supervisor, Diana Myers at **diana.myers@decal.ga.gov**.

Biden-Harris Administration Announces More Than $8 Billion for Hunger, Nutrition, and Health

It's been more than 50 years since the first and only White House Conference on Food, Nutrition, and Health was held in 1969. That pivotal event helped galvanize actions that included the creation of life changing programs like school lunches, the Special Supplemental

Nutrition Program for Women, Infants, and Children (WIC), and changes to how we label foods.

The Goal: To end hunger and increase healthy eating and physical activity by 2030, so that fewer Americans experience diet-related diseases like diabetes, obesity, and hypertension.

The 2022 White House Conference catalyzed the public and private sectors around a coordinated strategy to accelerate progress and drive transformative change in the U.S. to end hunger, improve nutrition and physical activity, and close the disparities surrounding them.

In the days before, during, and after the Conference, partners like you – anti-hunger and nutrition advocates; community-based organizations; food companies; the health care community; trade associations; universities; philanthropy groups; local, state, territorial and Tribal governments; and others – hosted their own events nationwide.

To learn more about this monumental goal to end hunger and increase healthy eating and physical activity, read the article **here**.

Annual Renewal Requirements must be completed to participate in CACFP

All institutions/sponsors were required to complete annual renewal requirements by September 30, 2022, to continue participating in the CACFP. Institutions/sponsors that didn't complete annual renewal requirements will not have an approved FY 2023 application, and therefore, will not be authorized to operate in FY 2023.

If your organization would like to continue participating in the CACFP, please complete all annual renewal requirements.

For instructions on how to register, complete FY 2023 Annual Training and Assessment Questions and enroll in FY 2023 application, **click here**. If you have any questions, please contact your assigned Specialist:

Application Specialists	Institution Assignment	Email	Phone Number
Shericka Blount	0 (zero)-C H-P	Shericka.Blount@decal.ga.gov	(404) 656-6411
Kenya Taylor	D-G, Q-Z	Kenya.Taylor@decal.ga.gov	(404) 463-4040

FY2023 Annual CACFP Budget Submission

Welcome to FY2023

FY2023 kicked off October 1, 2022, and will continue through September 30, 2023.**Please be sure your annual budget has been submitted for the fiscal year if your organization meets the following requirements:**

- An Independent Center with an approved budget in FY 2022 intends to use FY 2023 reimbursement funds for new operating and/or administrative costs that require prior approval, specific prior written approval, or formal procurement.
- An Independent Center with an approved budget in FY 2022 with approved costs and the same costs in FY 2023, but new supporting documentation must be submitted for review and approval (e.g., lease agreements for center space, equipment rental, etc.).
- All Administrative, Center (Institutions of Affiliated and Unaffiliated Sites) and DCH

sponsoring organizations **must submit an annual budget**.

Please log onto **GA Atlas** and review your previously approved 2021-2022 budget to determine if any of the above criteria apply to your organization. If any criteria apply, you are required to submit a CACFP budget in the 2022-2023 application packet located in Atlas. When submitting the budget, be sure all necessary supporting documentation has been uploaded as well.

Please follow links below for budget related tools and references:

- **Budget Guidance Manual**
- **Budget Checklist**

For budget questions or concerns, please contact the Budget Team at **nutritionbudget@decal.ga.gov**. Be sure to include the name of the institution and agreement number.

FY22 DCH Excess Funds Carry-Over

Due November 30, 2022

According to the CACFP Policy Memo, **Carry Over of Unused CACFP Administrative Reimbursement**, dated October 1, 2020, Family Daycare Homes (FDCH) Sponsors may only carry over 10% of administrative payments received into the succeeding fiscal year. **Funds exceeding 10% must be returned to DECAL or used in another USDA Child Nutrition Program.** If the 10% carryover funds are not expended in the succeeding fiscal year, you are required to return the unused funds to DECAL. FDCH sponsoring institutions also have the option of returning all excess funds without carrying funds into the subsequent period.

Requirement

- Complete the **FDCH Carry-Over Notification Form**. To support the calculation, a FDCH sponsor must also submit a system-generated general ledger or the bank statement showing the total ending balance. Both documents should be emailed to the Budget Compliance Supervisor **Gwendolyn.howard@decal.ga.gov** or faxed to 770-342-3156.
- For budget questions or concerns, please contact **nutritionbudget@decal.ga.gov**. Be sure to include the name of the institution and agreement number.

Newly Revised CACFP Memorandum

Civil Rights Complaint Procedures

DECAL Nutrition Services recently revised an important memorandum with respect to the CACFP. As a reminder, institutions are strongly advised to carefully read the memorandum listed below. Further, institutions are strongly encouraged to frequently refer to such guidance as needed. The memorandum listed below can be found on the DECAL website under its applicable subheading.

- **Policy Memorandum, Civil Rights Complaint Procedures (v.5).** This guidance was revised to include gender identity and sexual orientation within the definition of "sex" for the purposes of Civil Rights complaint procedures.

Requesting CACFP Statewide Waivers under the New Program Year

Beginning November 1, 2022, CACFP institutions approved to operate in FY 2023 must request to use a waiver under the **FY 2022 – 2023** USDA waiver module in GA Atlas. Please

note, Nutrition Services will accept waiver requests in the FY 2022 CACFP application and waiver module through October 31, 2022.

As a reminder, the FY 2022 - 2023 waiver template becomes accessible once the institution's application renewal for the new Program year has been approved. In GA Atlas, the **Application Packet Status** must indicate **"Approved"** for FY 2022 -2023. For complete instructions on how to submit a waiver request in GA Atlas, please click **here**.

Available CACFP Statewide Waivers

The emergency authority that allowed USDA to offer nationwide waivers in response to COVID-19 expired on June 30, 2022. Congress did not extend USDA's nationwide waiver authority. This means USDA can no longer offer the full range of nationwide waivers that have been available. However, USDA can provide limited operational and administrative flexibility through statewide waivers.

DECAL applied and was approved to use certain waiver flexibilities. Below you will find information regarding available CACFP waivers authorized by USDA, in addition to information on waivers that have expired or will be expiring very soon. A copy of the waiver approval can be found **here**:

A presentation summarizing the waivers and requirements update was created by the Nutrition team. If you would like to review the slides, you can access the deck **here**. The recorded version of the presentation can be found on DECAL's website under Training and Technical Assistance - Recorded Training Webinars/Videos located **here.**

CACFP Statewide Waivers Available for Request effective July 1, 2022

Waiver	Effective Dates	Request Usage via
Non-Congregate Meal Services	July 1, 2022 - June 30, 2023	USDA Waiver Module
Parent/Guardian Meal Pickup	July 1, 2022 - June 30, 2023	USDA Waiver Module
Meal Service Times	July 1, 2022 - June 30, 2023	USDA Waiver Module

Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times Waiver Requirements

The Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times waivers may only be implemented when CACFP meal services are limited by the COVID-19 pandemic. Therefore, the following criteria is required for these three waivers to be approved and used by CACFP institutions and sponsors. Waiver requests must be based on at least 1 of the following criteria:

Criteria 1:

The center/facility must be located in a county that is designated as High, Substantial, or Moderate regarding COVID-19 community transmissions as determined by the Center for Disease Control (CDC) and/or Georgia Department of Public Health (DPH) websites:

- CDC, **https://covid.cdc.gov/covid-data-tracker/#county-view?list_select_state=Georgia&data-type=CommunityLevels&null=Risk** - Under the "Data Type" pull down menu (located mid-page), the user would select "Community Transmission" to access a county's designation; and/or
- DPH, **https://dph.georgia.gov/county-indicator-reports** - The user would select the most recent County Indicator Report and click "Community Transmission" in the top right corner of the page to access a county's designation.

Criteria 2:

Institutions and sponsors can provide official documentation affirming a meal service has

been impacted as a result of COVID-19 transmission. The documentation must be issued by (1) a public state, local, or county official; (2) a school superintendent or principal; or (3) a Center Director reporting a documented case of COVID-19 within the child and/or adult care facility. Documentation to support the documented case of COVID-19 could be a letter or email that was sent to parents or staff advising of the documented case.

The Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times waivers will be effective for **30 days** upon approval, with the option to re-apply for an additional 30 days, if the criteria are met using the most current data from the CDC, GA DPH, or with new documentation affirming that meal services have been impacted.

*Documentation to support the criteria chosen must be uploaded with the waiver request in GA Atlas. Additionally, waiver requests will be reviewed/approved only once a center/facility has been approved to operate the CACFP.

Requesting a Waiver via the USDA Waiver Module

The **Non-Congregate Meal Service, Parent/Guardian Meal Pickup, and Meal Service Times waivers must be requested through the USDA Waiver Module.** For information on requesting a waiver, please access the following resources:

- **USDA Waiver User Guide** – Provides step by step instructions on how to submit a waiver request in GA Atlas (applies to both CACFP and SFSP).
- **Important Reminders when using USDA Approved Waivers** - Discusses key recordkeeping requirements.
- **USDA Waiver Addendum** – Required when using the Parent Pick-up waiver or when home delivery under the Non-Congregate waiver.

USDA Nationwide Expired CACFP Waivers and Waivers Expiring Soon

Last year's USDA Nationwide Waivers for CACFP have expired or will soon expire and are as follows:

Waiver	Expires
Area Eligibility in the Afterschool Programs & for Family Day Care Home Providers in School Year 2021-2022	EXPIRED on June 30, 2022
Parent/Guardian Pick-up	EXPIRED on June 30, 2022
Specific Meal Pattern Flexibility	EXPIRED on June 30, 2022
Meal Times Waiver	EXPIRED on June 30, 2022
Non-Congregate Feeding	EXPIRED on June 30, 2022
Onsite Monitoring Requirements	October 13, 2022
Reimbursement for Meals & Snacks served to Young Adults in the CACFP	October 13, 2022

Note: The Parent/Guardian Pick-Up, Meal Times, and Non-Congregate Nationwide waivers listed above that expired on June 30, 2022 did not require that the congregate meal service be limited by COVID-19 in order for the waivers to be utilized. However, as of **July 1, 2022**, in order for CACFP institutions or sponsors to utilize these three waivers, the congregate meal services must be limited by COVID-19; and one of the two criteria described in the section above, *CACFP Statewide Waivers Available for Request effective July 1, 2022,*must be met.

It should also be noted that CACFP institutions and sponsors that were originally approved for these three Nationwide Waivers, upon the waiver expirations, would need to separately apply for the Statewide waivers (Non-Congregate, Parent/Guardian Pickup, and Meal Service Times) and will only be approved if the facility/center meet the criteria mentioned earlier.

Area Eligibility – Update

On May 13, 2022, USDA issued the memorandum ***Area Eligibility for Summer 2022 and School Year 2022-2023***. This memorandum provided guidance on the transition from COVID-19 Nationwide waivers related to the establishment of area eligibility in Child Nutrition Programs for summer 2022 and SY 2022-2023.

In SY 2021-2022 many schools participated in the Nationwide waiver to operate the Seamless Summer Option (SSO) during SY 2021-2022 and did not have to complete free and reduced eligibility information. This has resulted in an absence of complete SY 2021-2022 free and reduced-price school data. As school data and census data are the primary sources used to determine area eligibility in both CACFP and Happy Helpings, the USDA has advised that Program operators may use one of the following two options with regards to school data:

- Use school data from SY 2019-2020 to determine area eligibility. SY 2019-2020 school data is now available on Nutrition Services' website (**Happy Helpings**, **CACFP**).
- SFAs may use Community Eligibility Provision Data (CEP). Once area eligibility data is established, all NSLP afterschool snack programs, SSO, CACFP at-risk afterschool and family day care homes, and SFSP operators may establish sites based on the determination.

Note: These options are not available for sites located in the attendance area of schools that operated NSLP in SY 2021-2022.

"On-site Monitoring" and "Reimbursement for Meals & Snacks served to Young Adults" waivers - Update

Please be advised, the Public Health Emergency was recently extended through October 13, 2022. Therefore, the "*On-site Monitoring Requirements"* and the "*Reimbursement for Meals & Snacks served to Young Adults"* waivers will remain in effect until 30 days after the Public Health Emergency expires. The deadlines have been updated in the above chart to reflect the extensions.

For general questions on requesting a USDA approved waiver, please contact **Tammie.Baldwin@decal.ga.gov**.

For specific policy questions pertaining to waivers, please contact **Robyn.Parham@decal.ga.gov**.

Training Dates

Upcoming Training and Technical Assistance

November 9, 2022 - Healthy Holiday Celebrations
Are you ready to create healthy habits when celebrating for the holidays? Join this webinar to learn alternative ways to celebrate holidays through healthy snacks and non-food based celebrations.

- **Participants can earn two [2] state-approved hours for attending this training in its entirety.**

November 14, 2022 - Memo Monday
Regulations are constantly changing and interpreting all the policies and memorandums can be a challenge. Therefore, Nutrition Services will discuss the following policy memos during our November Memo Monday.

- **Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers dated July 7, 2021 (v.4)**
- **Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern dated July 8, 2022 (v.2)**
- **Policy and Procedure for Reclaiming Meals due to a Milk Shortage dated July 8, 2022 (v.5)**

- **Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program dated January 15, 2022 (v.2)**

Save the Date

December 7, 2022 - Power of the Food Program
The **National CACFP Sponsors Association** is hosting a refresher on CACFP meal patterns and new ideas for making your menu planning easier. You can earn up to six [6] hours of continuing education units (CEUs). **Learn more today**!

- [**$49 Register Now**]

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 **CACFP *Renewal Readiness*** webinar. It discussed step-by-step instructions for successfully completing the FY 2023 annual renewal process and required forms/documents that must be submitted.

Simple Tips for Eating Healthy on a Budget
The **National CACFP Sponsors Association Learning Center** has developed fun friendly food tips for shopping on a budget. Also, check out **Shop Simple with MyPlate** to discover shopping savings in your area and new ways to prepare budget-friendly meals.

- [**See Simple Shopping**]

Eight CACFP Resources for Back to School
The **National CACFP Sponsor Association** has provided several CACFP back to school resources, including: an autumn newsletter with snack ideas, simple core exercises for preschoolers, and healthy eating tips.

- [**Read the Resources**]

9 CACFP Resources for Whole Grain-Rich
The **National CACFP Sponsor Association** created a blog post on resources to help Program operators ensure that at least one [1] serving of whole grain-rich is provided each day.

- [**Read the Resources**]

Make Every Bite a Meditation Infographic
The **American Heart Association** has developed this infographic to share easy ways to incorporate mindful eating into your day and develop healthy eating habits.

- [**Try Mindful Meals**]

Brown Rice 5 Ways
What's Cooking, USDA Mixing Bowl has shared five [5] tasty ways to prepare and serve brown rice.

- [**Get the Source**]

Food Buying Guide (FBG) for Child Nutrition Programs Interactive Web-based Tool *New feature!*
USDA's Team Nutrition has added new fruit yield data to the Food Buying Guide for Child Nutrition Programs Interactive Web-based (FBG) Tool and Mobile App! The following fruit yield data: purees (banana, blueberry, and strawberry), frozen mango, and frozen berry blend is now available. This is a continuation of yield data from phase two of the FBG Yield Study, with the first set of data (sorghum) being released in July 2022. Stay tuned for additional yield data releases coming soon.

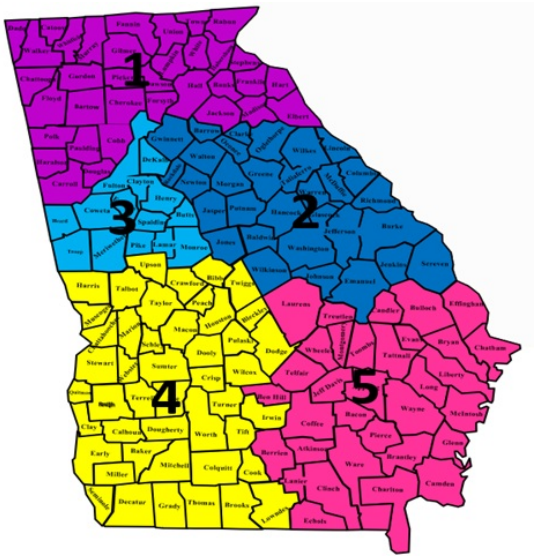
- Explore the **Food Buying Guide** today!

Moving Our Bodies
The **Sesame Street in the Communities** has shared some fun creative tips and activities

to get children moving anytime and anywhere.

- [Get Moving]

Training and Technical Assistance



The goal of the Training and Technical Assistance (TTA) Unit is to improve performance and better equip new and participating institutions and sponsors by providing practical, user-friendly resources and guidance materials that strengthen internal controls and result in successful, sustainable program administration and operation. We want to ensure we continue to meet this goal during any transitions and/or position changes.

Therefore, institutions that reside in **region 2** listed above, please contact our Nutrition TA mailbox at NutritionTA@decal.ga.gov with any needed technical assistance.

You may also visit our Training and Technical Assistance webpage for program resources and recorded webinars.

Nutrition Ed Nook

Spinach to win it

The October Harvest of the Month spotlight & this year's theme for October is spinach (English and Spanish).

Great for use in a variety of dishes, spinach is a nutrient packed vegetable that can be incorporated into almost any meal. Packed with vitamins that promote health, it is a major source of vitamins A and C, iron, and folate; an excellent source of fiber; and a good source of calcium.

In Georgia, spinach is in season January through May, and November and December. Spinach may cost less when it is in season. Frozen spinach can be found year-round and may be a cost-effective alternative to fresh spinach. Enjoy spinach in a tasty salad or smoothie, on a sandwich, added to lasagna, casseroles, and soups, or sautéed in eggs.

Integration:

- Spinach Stuffed Potatoes
- Delicious Dunking Dip
- Easy Meatballs and Sauce
- Popeye Power Smoothie
- Skillet Lasagna

Education:

- ***Read*** Sylvia's Spinach by Katherine Pryor with the children you serve.
- ***Compare & Contrast*** spinach and another dark green leafy vegetable.
- ***Talk*** with families about how children can help with meal preparation by rinsing

spinach in lukewarm water to be included in a meal. **Bonus:** Send recipes that incorporate spinach home for families to try together!

Conversation:

- Have the children you serve eaten spinach before?
- What is their favorite way to eat spinach?
- What other green vegetables do they like to eat?

October's Harvest of the Month BONUS Item:

Squash - summer, winter, and pumpkin

Summer squash are high in vitamin C, vitamin A and fiber. Although, summer squash is usually available year-round in Georgia they are in season April through November, which is when they are freshest and more cost-effective. They come in many shapes and sizes, but smaller squash typically has a better texture and more concentrated flavor. Larger squash have bigger seeds and less flavor, but are better suited for baking and stuffing. Examples of summer squash include zucchini, round ball, yellow crookneck, and straightneck.

Winter squash is an excellent source of vitamin A and minerals. It is often available year-round. In Georgia, winter squash season is August through December, which is when they taste better and are more cost-effective. It is harvested in autumn before a hard frost and stored for later. Like its summer counterpart, winter squash comes in many sizes and colors and may even have decorative warts. Examples of winter squash include acorn, butternut, pumpkin, and spaghetti.

Pumpkin is a type of winter squash available September through November in Georgia. Pumpkin is a very good source of vitamins A and C, potassium, and fiber. While they come in a variety of types, sizes, and colors, it is recommended that you always choose a pumpkin that feels heavy for its size. Types of pumpkin includes Baby Boo, Baby Pam, Fairytale, Jack Be Little, New England Pie, and Winter Luxury.

Fun Fact: Seeds from inside the pumpkin can be dried and saved for growing pumpkins for the next year.

- **Roasted Zucchini**
- **Rice Bowl Southwestern Style**
- **Spaghetti Squash**
- **Butternut Apple Crisp**
- **Turkey Pumpkin Chili**
- **Whole Grain Pumpkin Muffins**

Share your Harvest of the Month stories and menu integration of spinach and squash with Nutrition & Physical Activity Supervisor, Diana Myers, MS, RD, LD at **diana.myers@decal.ga.gov**.

Eat Healthy and Live Active

Georgia Early Care and Education Harvest of the Month 22-23 Calendar

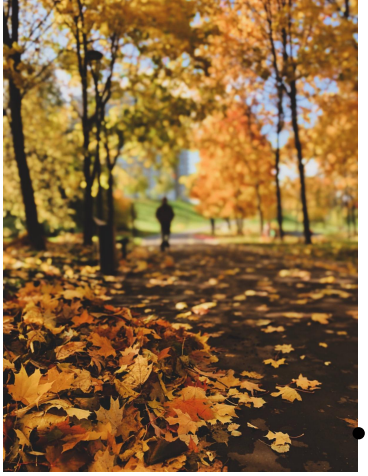
Harvest of the Month (HOTM) is the Georgia Department of Education School Nutrition Program's farm to school initiative that highlights an item each month that can be sourced locally and served in Georgia's school meals.

DECAL's Harvest of the Month calendar aligns with the Georgia Department of Education's Harvest of the Month initiative and was created in partnership with Quality Care for Children, Georgia Organics, and the Farm to Early Care & Education Coalition for Early Care & Education settings.

Visit the **Georgia Department of Education's HOTM webpage** and **https://www.qualitycareforchildren.org/harvest-of-the-month-spinach-2022**. Upon viewing, you can find tips and tricks for preparing produce items, curriculum connections, activity lists and book alignment for your early care classrooms.

Physical Activity Corner:
"Walk"tober Month: Let's Get Walking!

Walktober - A New Month, A New You! It's a start of the beautiful fall season. As some of you may know, October is National Walk to School Month. Walking is one of the many physical activities people enjoy adding into their daily routine. Start a day by moving - go for a short walk by yourself or a



power walk with your family for at least 30-minutes a day to keep your heart rate up. The important benefit of walking is to raise awareness and to support good health for our families, schools, and neighboring communities.

As per the "*Physical Activity Guidelines for Americans,*" (2nd edition) via the Centers for Disease Control (CDC), the benefits of physical activity such as walking include improved sleep, reduced anxiety and depression, lower risk of hypertension and type 2 diabetes, and many more.

How To Observe #OctoberWalks:

- At home: Break away from sitting less and ***MOVE*** more. Take a 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 a 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 with 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 co-worker to take a 10-minute walk to break away from the computer/office. Take the stairs instead of the elevator.

The "Power of Walking" is an International Walk to School Month celebrated in the month of October. Organize, plan, or coordinate a small walk community event or an activity with your family, school, work, or local communities. To find out more, please, visit: **www.walkbiketoschool.org** or **https://www.livesmartoni.com/walktober**.

Integration:

- **Benefits of Walking**
- **Walk to School**
- **State Parks and Trails in Georgia**
- **2022 Georgia 2-Day Walk for Breast Cancer**
- **Walks in Georgia**

Education:

- **Read** aloud the book **"I Went Out Walking" by Sue Williams** .
- ***Watch*** the video on the **Benefits of Walking**.
- **Talk** with families about ways to incorporate walking into their daily lives. **Bonus:** Send #WALKTOBER pictures and events that are happening in your communities.

Conversation:

- What is the best day and time to walk?
- Who do you enjoy walking with?
- What is your favorite leisure place to walk (i.e., parks, trails, neighborhoods, schools)?

Share your **#Walktober, #WalkDay, #Walkathon, #Walkclub, #WalkToSchool, #WalkToWork** stories and photos with Nutrition & Physical Activity Supervisor, Diana Myers, MS, RD, LD at **diana.myers@decal.ga.gov**.

DECAL's Nutrition Spotlight:

Meet Emilia Emmanuel, Technical Assistance Coordinator and Trainer for the Metro West region

Emilia Emmanuel recently joined the Nutrition Services Division as the Technical Assistance Coordinator and Trainer for the Metro West region. She serves the counties of Butts, Clayton, Coweta, DeKalb, Fayette, Fulton, Heard, Henry, Lamar, Meriwether, Monroe, Pike, Spaulding, and Troup. She is extremely passionate about the work here at DECAL and is excited to meet everyone.

In this role, Emilia will coordinate and perform duties which include planning & evaluation and technical assistance and training to assist sponsors and institutions participating in the Child and Adult Care Food Program (CACFP) and Happy Helpings, Georgia's Summer Food Service Program.

Emilia says, "One aspect of the job I am most excited about is getting to meet new people and to help them learn about the Child and Adult Care Food program and the Happy Helpings program. I want to assure that no child or adult in the state of Georgia will ever go hungry!"

Previously, Emilia worked for several Early Head Start/Head Start Programs. She served the children in Georgia as a health, nutrition, mental health, and pregnancy manager. Emilia has also been an agency nurse administrator.

Emilia joins the DECAL family with an impressive educational background in medicine. She has a Bachelor of Science Degree in Nursing and her Doctorate in Medicine. She is also bilingual in English and Spanish. During her professional tenure, she has used her medical and nutrition knowledge to educate children, adults, organizational personnel, program staff, and parents to live a healthy lifestyle. One of her main goals is to help prevent long-term health problems or a crisis in the communities she has served.

Emilia loves spending time with her family, cooking, reading, traveling, and exploring nature. "My professional life and personal life are very connected. I enjoy combining the knowledge and skills that I acquired in my years of medical education and work experiences to assist Georgia's children and their families," added Emilia.

CACFP Resources:

The following documents were covered in previous newsletters:

Reminder - PolicyStat available on Nutrition Services' Webpage
Procurement Documents Now Include Updated Non-discrimination Statement
Mother's Touch Formula Advisement
Virtual Instructor-Led Trainings Available - 2022
Unique Entity Identifier Field Added to ATLAS
CACFP Reimbursement Rates Announced for FY23
Temporary Adjustments Authorized Under the Keep Kids Fed Act of 2022
Infant Formula Shortage
Racial and Ethnic Data Collection
Further DECAL Procurement Guidance
Administrative Cost Reminders for Sponsors
Did you know Health Inspections are an allowable cost under CACFP?
Reminder: Check your Email Messages in GA ATLAS

You can find archived CACFP Newsletters **here.**

Dates to Remember

DATE:	2022 Events
October	• Farm to School and Farm to Early Care and Education Month • National Walk to School Month • Harvest of the Month: Spinach & Squash
October 17	• Memo Monday
November 9	• Healthy Holiday Celebrations Webinar
November 14	• Memo Monday
November 30	• FY22 DCH Excess Funds Carry-Over Due
December 7	• Power of the Food Program Webinar

How was my Customer Service?

Provide feedback on your experience with the Nutrition Team

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

Join Us for a NEW DECAL Download!

Interview with Malcolm Mitchell

Our latest episode of the DECAL Download features the author of this year's Georgia's Pre-K Week featured book, "Hey Georgia." Malcolm Mitchell is a Georgia native and not only an author, he's also a former wide receiver with the Georgia Bulldogs and the New England Patriots. In addition to that, he is also a Super Bowl Champion.

This episode was taped on location at Scott Elementary, one of Atlanta's public schools as we celebrated Georgia's Pre-K Week. Malcolm had just finished reading "Hey Georgia" to Pre-K students there.

Listen to the episode **here**.

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