



October 15, 2024

## Impacted by Hurricane Helene?

For those who were impacted by hurricane Helene, we'd like to remind institutions of milk flexibilities available in CACFP regulations found at 7 CFR 226.20(e). CACFP institutions that are experiencing disruptions in milk supplies under emergency conditions and as a result are unable to obtain milk or the required milk type by age (e.g., whole milk, 1% milk, fat-free milk), may apply and be approved on a temporary basis to serve and claim meals without milk or with a different milk type than required.

Please see the guidance [here](#) for more information on this flexibility. Only those institutions or facilities experiencing disruptions in milk supplies are eligible.

If seeking approval for the milk flexibility, please email Tammie Baldwin at [Tammie.Baldwin@dec.al.ga.gov](mailto:Tammie.Baldwin@dec.al.ga.gov) or Robyn Parham at [Robyn.Parham@dec.al.ga.gov](mailto:Robyn.Parham@dec.al.ga.gov).

For those institutions that operate and are approved for the At-Risk Afterschool Meal Component Program, waivers during times of unanticipated school closures due to natural disasters are available for request and approval. Those waivers are as follows:

- **Non-Congregate Meal Services**
- **Parent Guardian Pick up – requires the [Parent/Guardian Pick-Up Procedures Statement](#), Parts 3-5, to be completed**
- **Enrichment Activity**
- **Meal Service Times**

At-Risk Afterschool Operations are limited to claiming one meal and one snack per day. If your institution is approved and operates the At-Risk Afterschool Meal Component Program and is interested in applying for these waivers, operators must request to use the waivers in GA ATLAS.

GA DECAL may not approve a waiver for more than 10 consecutive operating days without approval from FNS and the At-Risk Afterschool facility for which waivers are requested must be located in an area where there is an unanticipated school closure. Operators must be approved prior to utilizing these waivers.

---

**Governor Kemp has declared  
October as Farm to School &  
Farm to Early Care and  
Education Month in Georgia**

October is Farm to School and Farm to Early Care & Education Month in Georgia!



We are extremely appreciative to see Farm to School & Farm to Early Care and Education (ECE) supported by the highest Georgia leadership office of Governor Brian Kemp. 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' "[ParSLAY the Day](#)" October Farm to School Month Campaign. Sign-up for free activities, curriculum, recipes, and more to celebrate all season long!

---

## DECAL Kicks Off October Farm to School & Farm to ECE Month in Rockmart

On Wednesday, October 2, representatives from DECAL's Nutrition Services Division, the United States Department of Agriculture (USDA) and Quality Care for Children (QCC) kicked off October Farm to School & Farm to Early Care and Education Month with a visit to Rockmart Early Childhood Development Center, a Head Start program under the Sponsorship of Tallatoona Community Action Partnership located in Rockmart, Georgia.

In honor of the month, toddler and pre-k students had the opportunity to participate in a homemade herb butter taste test to celebrate the "[ParSLAY the Day](#)" theme. In addition, visitors observed children planting herbs in their raised beds, toured the garden and facility, and learned more about their innovative and expansive Farm to ECE program.

Later this month, DECAL's Nutrition Division will be interviewing staff with Tallatoona Community Action Partnership, Rockmart Early Childhood Development Center, and Quality Care for Children to share a bigger picture of what Farm to ECE implementation looks like for them. Stay tuned!



Representatives from DECAL, USDA, and QCC visit Rockmart Early Childhood



Toddler and pre-k students taste homemade herb butter and plant herbs in their garden,



Development Center to launch October Farm to School & Farm to Early Care and Education Month. celebrating the “ParSLAY the Day” theme.



Children enthusiastically learn to garden as they plant herbs and delight in playing with the rich, earthy soil.

---

## Today is the Deadline for FY25 Applications

Participating CACFP Sponsors and Institutions are required to meet annual renewal requirements by October 15, 2024.

### Step 1: Complete Annual Training Requirements

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 2025

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

### Step 3: Submit your FY 2025 Application on or before October 15.

Original or Annual Budgets and Budget Amendments must also be submitted on or before October 15, 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
October 15	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

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

Application Specialists	Institution Assignment	Email	Phone Number
Jerald Savage	o (zero)- G	Jerald.Savage@dec.al.ga.gov	(770) 405-7916
Shericka Blount	H-P	Shericka.Blount@dec.al.ga.gov	(404) 656-6411
Vanessa Goodman	Q-Z	Vanessa.Goodman@dec.al.ga.gov	(404) 591-6027

Business Operations Representative	Institution Assignment	Email	Phone Number
Lavesia Ervin	o (zero)- C, H-P	Lavesia.Ervin@dec.al.ga.gov	(404) 293-5258
Joveta Watson	D-G, Q-Z	Joveta.Watson@dec.al.ga.gov	(706) 434-6831

## FY25 CACFP Budgets due Today

All institutions/sponsors are tasked with completing annual renewal requirements to continue participation in the CACFP.

Your institution is required to submit a budget revision for FY25 if it meets one of the following criteria:

- An Independent Center with an approved budget in FY24 that intends to use FY25 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 FY24 with approved costs and the same costs in FY25, but new supporting documentation must be submitted for review and approval (ex: lease agreements for center space, equipment rental, etc.).
- All Administrative, Center and Day Care Home sponsoring organizations.

Please complete a budget for FY2025 by **October 15, 2024**, to continue participation in CACFP.

If you need further guidance on submittal requirements for costs, please refer to the [Budget Guidance Manual](#) or contact the Nutrition Budget team at [nutritionbudget@dec.al.ga.gov](mailto:nutritionbudget@dec.al.ga.gov).

## Stay Informed: New Policy on State Agency Monitoring

As monitoring is an essential part of CACFP oversight and ensuring Program integrity, the Child Nutrition Program Integrity Final Rule instituted new State agency monitoring requirements.

On September 18, 2024, Nutrition Services issued [CACFP Policy 41 – State Agency Monitoring Requirements in the Child and Adult Care Food Program](#). This new policy incorporates prior monitoring requirements still in place and new changes resulting from the final rule.

For questions, please contact Robyn Parham at [Robyn.Parham@dec.al.ga.gov](mailto:Robyn.Parham@dec.al.ga.gov)

## Upcoming Training Dates:

**October 21, 2024 – Memo Monday**  
**10:00 am - 12:00 pm**

Have you heard about the new meal pattern updates for the next fiscal year? Do you have questions about what changes will be made that are associated with CACFP? Would you like to serve credible smoothies in your Program?

Please join this webinar where will dive deeper into the following memos:

- **Meal Pattern Updates due to 2020-2025 Dietary Guidelines for Americans – June 28, 2024**
- **Geographic Preference Expansion Related to the Final Rule titled, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans – May 22, 2024**
- **Smoothies Offered in Child Nutrition Programs with Questions and Answers – June 28, 2024**

[\[Register Now\]](#)

### **October 29, 2024 – *How to Complete the Income Eligibility Statement (IES) Form***

**10:00 am - 12:00 pm**

Are you unsure about how to complete the Income Eligibility Statement form? Do you wonder if it is completed correctly? Join us to how to complete this form.

[\[Register Now\]](#)

### **November 5, 2024 – Tuesday Tips! Planning Tasty & Nutritious Menus 1:30 - 2:00 pm**

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 half [0.5] state-approved hour for attending this training in its entirety.**

[\[Register Now\]](#)

### **November 12, 2024 – Local Procurement: Standards & Sourcing 10:00 am - 12:00 pm**

Did you know that on April 25, 2024, the USDA released the final rule titled "Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans."

This rule acknowledges that local foods are featured in the menus for CACFP and SFSP nationwide, including in Georgia, so supporting local farmers through procurement in child nutrition programs are essential. In fact, the utilization of geographic preference remains an option yet effective strategy for sourcing local foods to provide nutritious meals for programs. Are you familiar with strategies for shopping and sourcing locally?

Join this webinar to gain insights into procurement principles for acquiring local foods as a child nutrition program operator, along with updates on the final rule regarding geographic preferences.

[\[Register Now\]](#)

### **November 18, 2024 – Memo Monday – Transitioning from SFSP to CACFP**

**10:00 am - 12:00 pm**

Do you have questions on how to transition from the Happy Helpings Summer Food Service Program to the Child and Adult Care Food Program successfully?

As an At-risk Afterschool Program, are you curious about the steps in this process? If so, please join this webinar where we will dive deeper into the following memo:

- **Transitioning from the Summer Food Service Program to Child and Adult Care Food Program (CACFP) At-Risk Afterschool Meals**

[\[Register Now\]](#)

### **November 19, 2024 – Recordkeeping Requirements (CACFP) 10:00 am - 12:00 pm**

Want to avoid the most common recordkeeping findings due to lack of supporting documentation and learn best practice tips to maintain a compliant child nutrition program? Join us to enhance your knowledge about recordkeeping requirements in the CACFP.

[\[Register Now\]](#)

---

## 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 [FY 2025 Renewal Readiness](#) webinar that discusses step-by-step instructions on how to complete Annual Renewal requirements.

### **Snack Attack *New Recipes!***

The [National CACFP Sponsor Association](#) has shared snack options for program operators that are #CACFPcreditable.

- Watermelon and cucumber chunks
- Grilled peach and Greek yogurt
- Turkey roll-up and bell pepper
- Cottage cheese and cauliflower
- Waffles and berries

### **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.

- [Home-Canned Fruits and Vegetables](#)
- [Crediting Tomatoes, Avocados, and Pumpkins](#)
- [Crediting Leafy Vegetables](#)
- [Exhibit A Grains Chart \*New!\*](#)
- [The Danger Zone \*New!\*](#)

### **Crediting in the Child Nutrition Programs Tip Sheet Series *Update!***

The Crediting in the Child Nutrition Programs Tip Sheet series have been revised to reflect the changes with the Final Rule, "Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans." The Crediting in the Child Nutrition Programs Tip Sheet series consists of seven [7] tip sheets covering the five meal components: fruits, vegetables, meats/meat alternates, fluid milk, and grains (three separate tip sheets).

- [English Version](#)
- [Spanish Version](#)

### **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 the following, which are identified as traditional Indigenous foods in Tribal communities: Huckleberries, bison, canned steelhead trout, halibut, walleye, white perch, and whitefish. Stay tuned for additional yield data releases coming soon. Explore the [Food Buying Guide for Child Nutrition Programs](#) today!

### **Identifying Gluten-Free Foods**

The Bell Institute of Health & Nutrition provides tips for identifying gluten-free products. The handout also includes a quick and easy CACFP creditable gluten-free recipe and links to [additional gluten-free recipes](#).

### **Is My Recipe Whole Grain-Rich in CACFP?**

[USDA Team Nutrition](#) has created a step by-step guide to follow to determine if a recipe is whole grain-rich. [\[Get the Guide\]](#)





## Nutrition Ed Nook

### *ParSLAY the Day with Fresh Herbs*

***ParSLAY the DAY*** is this year's October Farm to School & Early Care and Education Month theme and October's Harvest of the Month ([English](#) and [Spanish](#)) feature, highlighting parsley and other fresh herbs.

Herbs are the leaves of plants used for flavor, fragrance/smell, or medicine and are used in cuisines all over the world. Used fresh or dried, herbs are a wonderful way to add a boost of flavor and color to dishes or drinks without adding salt and sugar. Herbs may help prevent and manage chronic illnesses and cancers. If using herbs for their health benefits, it is recommended to use fresh herbs at the end of cooking or as you serve to preserve these properties. Try sprinkling fresh herbs on soups, stews and casseroles, salads, drinks and more! Be adventurous with herbs.

Parsley is a versatile culinary herb with a long history, dating back to ancient Greece, and for most of its history was valued for its healing qualities and symbolic meaning. Parsley has a fresh, herbal aroma and tastes grassy and slightly bitter. It is part of the same plant family as carrots, celery, parsnips, dill, cumin, and cilantro. Parsley has a significant amount of vitamin K and is a fantastic source of folate. Parsley is also very rich in important antioxidants which lower the risk of certain diseases and cancers.

Examples of other herbs include basil, bay leaves, chili, chives, coriander, dill, fennel, garlic, ginger, lemongrass, mint, oregano, rosemary, sage, tarragon, and thyme.

***Fun Fact:*** In Chinese culture, parsley represents prosperity and joy. Its bright green color symbolizes growth and renewal, making it a popular choice to incorporate in meals during special occasions.

### Integration:

- [Tabbouleh](#)
- [Afghan Salata](#)
- [Sunny Lemon Chicken](#)
- [Creamy Vegetable Dip](#)
- [Argentinian Chimichurri Sauce](#)
- [Tuscan Smoked Turkey and Bean Soup](#)

### Education:

- **Watch** a short video on [How to use Herbs and Spices- for Kids](#). Follow along with Nathan and Dillan to learn about herbs and spices as they use parley and cilantro to make a yummy mixture of chermoula herb sauce from North Africa.
- **Read** the book "[Zeit and Zaatar](#)," by Amany Isa. When one hungry boy discovers that his family is out of peanut butter, Momma suggests a snack that her Momma used to make in Palestine. Eager to try Zeit and Zataar, they made a song to explore the history of this tasty mix of olive oil, tangy herbs, and pita bread.
- **Explore** parsley and four other herbs (i.e., cilantro, thyme, mint, bay leaves among others). Create an observation chart for program children to complete together. Have the children describe how the herbs feel, look, taste and smell. Make sure your observation chart is in a centralized area where all children can see it and participate in the discussion.
- **Talk** with families about how children can help with meal preparation such as measuring and mixing ingredients together for a meal.
- **Bonus:** Send recipes home with families for them to incorporate different herbs into their meals! Check [Pinterest](#) for recipe inspiration.
- Want ECE parsley and other herb-themed resources? Check out Quality Care for Children's [Harvest of the Month Herb toolkit](#) for more ways to engage ECE students.

## Conversation:

- Have the children in your care eaten herbs?
- What herbs do their families use at home?
- What are the three main uses of herbs? (flavor, fragrance/smell, or healing/medicine)

Share your Harvest of the Month stories and menu integration of herbs with Nutrition Education Specialist, Morgan Chapman, MPH, MCHc at [morgan.chapman@decal.ga.gov](mailto:morgan.chapman@decal.ga.gov)

---

## Physical Activity Corner

### *“Walk”tober Month: Let’s Get Walking*

A new month, a new you, and a new start of the beautiful fall season. October is National Walk to School Month. Walking is one of the many physical activities people enjoy adding into their daily routine as the weather cools down.

Start the day by moving - go for a walk with you and your family to keep your heart rate up for at least 30-minutes every day. Walking helps to raise awareness on the importance of physical activity and supports good health for our families, schools, and neighboring communities.

As per the Centers for Disease Control’s Physical Activity Guidelines for Americans, physical activity improves sleep, reduces anxiety and depression, lowers risk of hypertension and type 2 diabetes, and other chronic diseases.



### 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 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 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 colleague to take a 10-minute walk during your break from the computer/office. Take the stairs, instead of the elevators.

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](http://www.walkbiketoschool.org) or [www.livesmartoni.com/walktober](http://www.livesmartoni.com/walktober).

### Integration

- [Walk to School](#)
- [Step It Up! The Surgeon's General Call to Action to Promote Walking and Walkable Communities](#)
- [Georgia Safe Routes to School](#)
- [State Parks and Trails in Georgia](#)
- [2024 Georgia 2-Day Walk for Breast Cancer](#)
- [15-Minute Walking Workout](#)

### Education



- **Read** aloud, "[We Walk Through the Forest](#)," by Lisa Ferland and Yana Popova.
- **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 home, early childcare centers, offices, schools, and communities.

## Conversation

- What is the best day and time to walk?
- Who do you enjoy walking with?
- What are the benefits of walking?
- How much should I walk a day?
- 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 Physical Activity Specialist, Tina McLaren, MPH at [tina.mclaren@decal.ga.gov](mailto:tina.mclaren@decal.ga.gov)

## Are You Ready to ParSLAY the Day? Celebrating "ParSLAY the Day" All Month Long!



October is Farm to School & Farm to Early Care and Education Month. Schools and early care centers across Georgia are celebrating PARSLAY all month long. *ParSLAY the Day* is a statewide campaign to get kids eating, growing, and participating in parsley-themed activities.

To participate in *ParSLAY the Day* at your school, home, early care center, or in your community, visit [bit.ly/parslaythedaysignup](http://bit.ly/parslaythedaysignup) to register. 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!

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](mailto:yaza@georgiaorganics.org).

## Nourishing Healthy Eaters *Interactive, Online Courses by Nemours Children's Health*

As a child care professional, you work to ensure healthy development for those in your care. Making sure they eat nutritious foods and build healthy habits is a crucial part of their development.

Nemours Children's Health have an interactive course to help you learn how to nourish healthy eaters – they even have a course focused on preschool-aged children.



**Nourishing Healthy Eaters** and **Nourishing Preschoolers** are interactive, online courses for child care professionals (Head Start and Early Head Start teachers, family child care providers, child care providers) to explore the role of nutrition in early childhood development and deepen their understanding of how children learn to become healthy eaters.

---



## **Eat Healthy and Live Active** *Georgia Early Care and Education Harvest of the Month 24-25 Calendar*

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

Visit Quality Care for Children's Farm to ECE [webpage](#) to access a variety of classroom resources, ideas, a book list, and family newsletter to help you promote a new vegetable or fruit each month.

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:*

- [Reimbursement Rates for CACFP Providers](#)
- [Volunteer Recall of Apple Juice](#)
- [CACFP Learning Collaborative Launches FARMWISE](#)
- [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](#)
- [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
October 15	<b>Deadline to complete 2025 CACFP Annual Training and Assessment</b> <b>Deadline to submit 2025 CACFP Application</b> <b>Deadline to submit original or Annual Budget and Budget Amendments</b>
October 21	<b>Memo Monday: New Meal Pattern Updates</b>
October 29	<b>Memo Monday: How to Complete the Income Eligibility Statement (IES) Form</b>
November	<b>Harvest of the Month: Fresh Herbs</b>
November 5	<b>Tuesday Tips: Planning Tasty &amp; Nutritious Menus</b>
November 12	<b>Local Procurement: Standard and Sourcing Training</b>
November 18	<b>Memo Monday: Transitioning from SFSP to CACFP</b>
November 19	<b>Recording Requirements Training</b>

## 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!

*State of Child Care in Georgia*

On the next ...

### DECAL Download

New Episodes Every Wednesday!

**Pam Stevens**  
Deputy Commissioner of  
Child Care Services

**Shayna Funke**  
Director of Research  
Partnerships & Business  
Supports

Child Care is an issue that touches nearly every Georgia family. Recently our Child Care Services Division completed a comprehensive study on the current state of child care across the state, especially after a worldwide pandemic. From this report some surprises were found. Joining us on this week's DECAL Download to talk about the State of Child Care

in Georgia is Pam Stevens, the Deputy Commissioner of Child Care Services and Shayna Funke, the Director of Research Partnerships and Business Supports in our Quality Innovations and Partnerships or QIP division.

We'll also have a watercooler question for Commissioner Jacobs and the DECAL Download Quiz where you could win a prize from the Georgia Aquarium, Lakeshore Learning Materials, Callaway Resort & Garden or McDonalds!

Listen to the episode [here](#).





## Outreach Team

Cindy Kicklighter  
Joann Kilpatrick

*This institution is an equal opportunity provider.*

**Nondiscrimination Statement: English**

**Nondiscrimination Statement: Spanish**

FOLLOW US



Bright from the Start: DECAL | 2 Martin Luther King Jr. Drive | Atlanta, GA 30334 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!