

# CACFP IS FUNDAMENTAL



*Big Ole Bevo by Allison Gregory. 2011*

## **The CACFP Sponsors Association 26<sup>th</sup> Annual Conference**

**September 20-22, 2012  
Austin, TX**

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# President's Message

Dear Conference Attendee,

Welcome to Austin Texas! The CACFP Sponsors Association is excited to present an incredibly dynamic and comprehensive conference program featuring high quality workshops and general sessions focused on issues that affect how we will manage and operate the CACFP for years to come. We hope you are pleased with our Pre-Conference Program, Keynote, and Featured Speakers this year:

- Dr. Janice Fletcher and Dr. Laurel Branan, University of Idaho
- Audrey Rowe, Administrator, Food and Nutrition Services, USDA
- Dr. Kathryn Henderson, Rudd Center for Food Policy & Obesity at Yale University
- Dr. Aliya Hussaini, MD, Michael & Susan Dell Foundation



The theme for our Conference, "CACFP is FUNdamental," is highlighted in the variety of our workshops for all of the CACFP community. Our hope that the focus on the best operational and management practices for the CACFP, the coming proposed federal changes to the meal patterns, and new tools for program success will benefit you for years to come. You'll hear the latest from family child care and center sponsors, state agency and USDA staff, technologists, and nutrition educators.

Don't miss Saturday's luncheon program where TSA will introduce the new TSA Awards Series program we are launching this year! We know there are extraordinary things happening in CACFP and we want to recognize you and your organizations for the excellence and innovation you provide to make the CACFP the "Gold Standard" for all federal Child Nutrition Programs.

Successful professional networking is one of the most powerful outcomes of any TSA conference. Be sure to take advantage of your time here to make new friends and catch up with your counterparts across the nation. Stop by to visit with our exhibitors to hear about opportunities for your agency.

Educational sessions, governmental regulations, and paperwork do not preclude fun! We have a fabulous Taste of Texas Networking Reception planned for Thursday night – hosted by Minute Menu Systems. Be sure to take some time to stroll down Sixth Street, watch the one million bats launch from Congress Bridge, or check out the Warehouse District, South Congress or Rainey Street. Austin is the live music capital of the world and at almost any doorway, you'll find music and good times on tap. Enjoy!

Blake Stanford, President

## Conference Schedule

### THURSDAY, SEPTEMBER 20

11:00 AM – 8:00 PM Registration & Exhibits  
1:00 PM – 4:00 PM Pre-Conference Workshop  
6:00 PM – 7:00 PM Taste of Texas Reception

### FRIDAY, SEPTEMBER 21

8:00 AM – 5:00 PM Registration & Exhibits  
8:30 AM – 9:45 AM Welcome/Keynote Address  
10:00 AM – 11:15 AM Workshops Session I  
11:30 AM – 1:30 PM Luncheon Presentation  
1:45 PM – 3:00 PM Workshops Session II  
3:15 PM – 4:30 PM Workshops Session III

### SATURDAY, SEPTEMBER 22

8:00 AM – 2:00 PM Registration & Exhibits  
9:00 AM – 10:15 AM General Session  
10:30 AM – 11:45 AM Workshops Session IV  
12:00 PM – 1:30 PM Luncheon Presentation  
1:45 PM – 3:00 PM Workshops Session V  
3:15 PM – 4:30 PM Workshops Session VI

# Welcome

## TEXAS DEPARTMENT OF AGRICULTURE

TODD STAPLES  
COMMISSIONER

### Greetings:

Welcome to Austin for this exciting opportunity to advance the goals of the Child and Adult Care Food Program (CACFP). The 26<sup>th</sup> annual CACFP Sponsors Association conference promises to be an informative platform for discussing the many federal changes and best practices impacting this critical program.

In Texas, the CACFP is administered through the Texas Department of Agriculture. Our goals are to improve and maintain the health and nutrition of children and adults; promote personal responsibility and the development of healthy eating habits; and integrate nutrition with organized child and adult day care services. Healthy eating opportunities allow our children to grow stronger and improve the quality of life for our seniors.

During this conference, I encourage you to share your expertise to find new and innovative ways to promote healthy eating and physical activity for those who participate in CACFP. As CACFP sponsors, your work helps build a bridge to success and self-sufficiency for those you serve.

Thank you for your ongoing efforts and, thank you, for visiting Texas.



Todd Staples

Texas Commissioner of Agriculture



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## TASTE OF TEXAS NETWORKING RECEPTION

Thursday,  
September 20, 2012

6:00-7:00 PM

Enjoy an hour of making new friends and greeting the old while enjoying a Taste of Texas featuring ten specialty salsas, queso, and guacamole.

Cash Bar

HOSTED BY:



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# PRECONFERENCE WORKSHOP

## Environments and Relationships for Feeding Young Children in Group Settings: Recommendations and Evidence-Based Strategies

*Dr. Janice Fletcher & Dr. Laurel Branen, University of Idaho*

During mealtimes in group settings, young children learn about food, develop skills for eating competently, and develop relationships of trust and reliance on those around them. This workshop offers a view of the most current recommendations for supporting children's healthy weight, evidence-based principles and strategies, and tools for teaching others about supportive feeding practices.



**Dr. Janice Fletcher** is a professor of child and family studies at the University of Idaho. She has over thirty years experience directing a program for young children. She is an award winning university teacher and researcher, with a specialty in feeding young children in group settings. Her practical hands-on experiences with staff who work with young

children lend a rich reality to her workshops.



**Dr. Laurel Branen** is a Registered Dietitian and Emeritus Professor of foods and nutrition at the University of Idaho. She teaches courses on eating disorders, feeding young children in group settings, and helping skills. Together with Dr. Fletcher, Dr. Branen conducts research on feeding young children in group settings and has co-developed two websites: Feeding Young Children in Group Settings, and Child Care Mealtime and Active Play Partnerships. Dr. Branen served as a member of the National Academy of

Sciences Institute of Medicine Committee on Early Childhood Obesity Prevention Policies.

## GENERAL SESSIONS

### Welcome & Opening Remarks



*Bill Ludwig, Administrator, Food and Nutrition Service, Southwest Region, USDA*

Bill Ludwig oversees 15 federal nutrition assistance programs in Arkansas, Louisiana, New Mexico, Oklahoma and Texas. These include the Supplemental Nutrition Assistance Program, the National School Lunch and School Breakfast Programs, the Special Supplemental Food

Program for Women, Infants and Children (WIC) and other food assistance and nutrition programs.



*Angela Olige, Chief Administrator, Food and Nutrition Programs, Texas Department of Agriculture*

Angela Olige is responsible for business operations, nutrition education and outreach, program compliance and oversight of administrative and operational budgets. Olige began her career in the finance office of the LaMarque ISD, continuing this path while working in the Houston ISD Comptroller's Office. Her first inroads into the field of nutrition happened when she was employed as the Coordinator

for Finance and Budget for the Food and Nutrition Division of the Clark County School District in Las Vegas, NV. She served Clark County for 10 years prior to returning to Texas.



### Keynote Address

*Audrey Rowe, Administrator, Food and Nutrition Services, USDA*

Audrey Rowe is the Administrator for the Food and Nutrition Service (FNS) at the U.S. Department of Agriculture (USDA) in Washington, D.C. FNS provides children and needy families with better access to food and a more healthful diet through its 15 nutrition assistance programs and nutrition education efforts. She brings to the Federal government over 20 years of experience in human services policy development, fiscal management, program design, service delivery and marketing with a particular focus on vulnerable populations, low income women, children and youth.

Most recently, Rowe served as Deputy Administrator for Special Nutrition Programs at FNS, leading the effort to pass the Healthy, Hunger-Free Kids Act of 2010, the legislative centerpiece of First Lady Michelle Obama's Let's Move! initiative to end childhood obesity in a generation.

## Featured Speaker

### The Complex Business of Feeding Young Children: What we know, what we don't, and important considerations



*Dr. Kathryn Henderson, Rudd Center for Food Policy & Obesity at Yale University*

The nutrition of young children in the United States is a serious public health concern. Most have diets low in fruits and vegetables and high in sodium, fat, added sugar, and calories, putting them at risk for future chronic disease. Rates of childhood overweight and obesity have soared.

Because most young children are in some kind of non-parental care, child care centers and homes are critical partners in improving

the diet of the nation's children. However, while there is clear guidance on *what* to feed children, best practices in feeding strategies have little solid data behind them, particularly in the current context of an epidemic of obesity and poor nutrition.

Further, it is not always clear how other considerations, such as food insecurity and other important aspects of child development, should come into play when considering feeding strategies. Finally, most data on feeding strategies have been established in the context of either research laboratories or center-based care; very little is known empirically about the family home child care setting.

Dr. Henderson will present strategies for feeding children in group care, with special attention to these additional considerations as well as translation to, and feasibility within, the home-based setting.

## Saturday Luncheon Program

### The CACFP Sponsors Association Annual Meeting, Excellence Awards Series Announced, & Door Prizes\*

*Blake Stanford, President, The CACFP Sponsors Association*

Come and meet the Board of Directors of your national association and join fellow members from across the nation at our annual meeting. We'll look at where we are, where we've been, and where we hope to be in future years. The meeting will include Board committee reports and an opportunity for member participation.

We'll share all the details about the new TSA Excellence Awards series. You won't want to miss this!

Finally, while you might be tempted to get your boxed lunch to go, be sure to join us for this luncheon to win one of these fabulous door prizes donated by our conference exhibitors.

#### Door Prizes

- MyPlate Package: MyPlate Apron, DVD, Real Plate, Kids MyPlate Handouts - 50 sheets, LANA Deluxe Cookbook, and MyPlate Stickers *courtesy of Learning ZoneXpress*
- iPad! *courtesy of Minute Menu*
- Bath & Body Works Gift Cards *courtesy of Minute Menu*
- Scarf *courtesy of New England Insurance Services*
- Home Visitors Manual from Redleaf Press *courtesy of S&D Instructional Services*
- \$1,000 Gift Certificate for Software & Services *courtesy of Remarkable Systems*

**\*Must be present to win.**

## Friday Lunch Program The Weight of the Nation

*Aliya Hussaini, MD, Michael and Susan Dell Foundation*

In the United States, one-third of children are overweight or obese, and early onset of Type 2 diabetes is epidemic. The Michael & Susan Dell Foundation is working to reverse this trend with childhood obesity prevention and wellness programs that promote healthy eating behaviors, and better access to healthy foods and safe environments for exercise.

We are proud to be working with HBO, the Institute of Medicine, the Centers for Disease Control and Prevention, and the National Institutes of Health, and in association with Kaiser Permanente, on *The Weight of the Nation*. The series looks at the epidemic through every available lens: Personal stories, medical consequences, evolutionary and environmental causes, as well as the roles of government and industry. The Institute of Medicine's report, *Accelerating Progress in Obesity Prevention: Solving the Weight of the Nation*, highlights this epidemic and illustrates what we all can do to help solve it.

All conference attendees will receive a screening kit for *The Weight of the Nation*, a national public health campaign which looks at the severity of the obesity crisis.



# Friday, September 21, 2012

Welcome & Keynote Address -- Audrey Rowe Ballroom Salons CDE							
8:30 - 9:45 AM							Salon A&B
10:00 - 11:15 AM WORKSHOPS SESSION I	Room 400	Room 406	Room 408	Room 410	Room 412	Room 415A	Room 415B
	Handling Difficult Situations During Monitoring Reviews	Childhood Obesity - The Role of Child Care Prevention	Eating Healthy for Less	A Guided Tour of Minute Menu Systems, Your Passport to Success in CACFP	Focus on Nutrition	A Graceful Transition to Life Beyond the CACFP	Supporting the Breastfeeding Mother and Infant in the Child Care Setting
							USDA Update
BBQ Buffet Luncheon & Program: The Weight of the Nation Ballroom Salons CDE							
11:30 - 1:30 PM							
1:45 - 3:00 PM WORKSHOPS SESSION II	Results of the 2011 Program Assessment of CACFP Sponsor's Tiering Determinations	The Serious Deficiency Process	Texas' CACFP Child Care Wellness Grant	CACFP and Social Media: What and Why? -- Part 1	Nutrition Education- Making that Parent Connection	Understanding Food Labels	CACFP & Civil Rights
							USDA's Overview of the Proposed Meal Pattern Changes
3:15 - 4:30 PM WORKSHOPS SESSION III	Indirect Costs	Sponsoring Child Care Centers: The Eligibility and Sign Up Process	Understanding the At Risk Program	CACFP and Social Media: HOW? -- Part 2	Nutrition Standards are Coming Soon! Be Prepared	Modeling Healthy Eating with Children	Follow the Fire Ant and Weather the Storm
							Weight of the Nation

# Saturday, September 22, 2012

## The Complex Business of Feeding Young Children

Ballroom Salons CDE

	Room 400	Room 406	Room 408	Room 410	Room 412	Room 415A	Room 415B
9:00 - 10:15 AM							
10:30 - 11:45 AM WORKSHOPS SESSION IV	Making the Most of New Opportunities and Thriving in the Current Environment	Historical Trends in CACFP Participation Based on Administrative Data	Free Education and Training Resources at NFSMI	Best Practices for Sponsoring At Risk Sites	Managing Home Visits and Beyond	Annual Regulatory & Civil Rights Training	Creating a Paperless System for Your Centers

## Boxed Luncheon: The CACFP Sponsors Association Annual Meeting, Excellence Awards Series, Door Prizes!

Ballroom Salons CDE

12:00 - 1:30 PM							
1:45 - 3:00 PM WORKSHOPS SESSION V	Behavioral and Environmental Feeding Strategies for Child Care in the Context of a National Nutrition Crisis	Be a Role Model: Create a Healthy Child	Indiana's CACFP Award Program: Preparing for the New Meal Pattern	Sponsoring Centers with Minute Menu CX	Processing Enrollment and Income Eligibility Applications for the Sponsored Child Care Center	Safeguarding Against Fraud, Waste, and Abuse in Federally Funded Programs	Special Diet Menu Planning
3:15 - 4:30 PM WORKSHOPS SESSION VI	Serious Deficiency Process	Farm to Preschool	Looking Past the Creditable Meal, Colorado CACFP Healthier Meals Initiative	Weight of the Nation	Online Provider Claiming & Record Keeping	Successful Strategies for Handling Challenging Situations During Monitoring Reviews	Right from the Start: Best Practices to Encourage and Support Optimal Infant Nutrition Through Breastfeeding

# WORKSHOPS SESSION I

Friday, September 21, 2012

10:00 AM - 11:15 AM



## Room 400

### Handling Difficult Situations During Monitoring Reviews

*Megan Norris & Denise Ager, Association for Child Development*

Monitoring reviews hold unique challenges. This workshop will discuss strategies on how to handle challenging situations for monitors during reviews. We will use real scenarios to explore appropriate plans for monitors to minimize problematic reviews. In this workshop, we aim to use common challenging situations to discuss how monitors can avert problematic reviews.

## Room 406

### Childhood Obesity – The Role of Child Care Providers in Prevention

*Carla Rubalcava & Kelly Herd, Association for Child Development*

In the news and all around us, we see that there are several campaigns and messages concerning childhood nutrition and overall wellness. The question we are all trying to answer is: What can we do as child care providers to accomplish better health and overall well being of our children? The introduction includes statistics on childhood obesity, as well as a look at current campaigns around child obesity. This workshop will highlight prevention strategies that can be easily implemented in child care settings.

## Room 408

### Eating Healthy For Less

*Jennifer Ocampo & Michelle Kensinger, Association for Child Development*

Planning ahead is the key to saving time and money. Establishing money saving habits at home, using smart strategies at the supermarket can help you save money. In this workshop, attendees will learn ways to manage child care business budgets to stretch food dollars while continuing to serve nutritious, balanced meals.

## Room 410

### A Guided Tour of Minute Menu Systems, Your Passport to Success in CACFP!

*Cindy Vian, Minute Menu*

Minute Menu Systems helps sponsors of family child care homes and centers reduce operating costs while improving their internal controls and reducing common audit findings. We'll give a brief overview of Minute Menu Systems and each of the software products we offer. We'll hit the highlights of the

features in Minute Menu HX for Sponsors of Family Child Care Homes, Minute Menu CX for Centers, Minute Menu Kids Pro for Child Care Providers, and the kids2go and cx2go mobile applications! We'll see how Childcareinfo.com is bridging the communication gap within the child care community offering resources and networking opportunities. Attendees will see how automation can free up time and resources enabling them to offer more service to their communities.

## Room 412

### Focus on Nutrition

*Betty Gardner and Lori Johnson, Minute Menu*

Come learn some effective ways to encourage good nutrition for children. This class covers: nutrition training for Providers, menu planning tools, and methods for monitoring foods served. This workshop is specifically designed for agencies currently using the Minute Menu HX software program.

## Room 415A

### A Graceful Transition to Life Beyond the CACFP

*Janet Phelan & Janet Herzog Midwest Child Care Association*

Recent studies report that between 60% and 75 % of non-profit executive directors or administrators plan to leave their positions within the next five years. Furthermore, 10 to 15 percent of nonprofits hire a new executive every year. The departure of an executive leader almost always has an effect on the organization. However, organizations that have not planned for a departure often face additional difficulties and challenges to their sustainability that could be averted if the board had undertaken succession planning prior to the departure. If retiring is something you might be thinking about, don't miss this informative workshop.

## Room 415B

### Supporting the Breastfeeding Mother and Infant in the Child Care Setting

*Hellen Sullivan, Texas Department of State Health Services*

More women are choosing to breast feed their infants, but must return to work. The benefits to the infant receiving breast milk are well documented. The safe handling of breast milk is important for the infant to receive the maximum benefits. Learn how the child care center can support the mother to provide optimal nutrition and protection for her infant while she is away.

## Salon A&B

### USDA Update

*Tina Fritz Namian, USDA*

USDA staff will provide an overview of activities and policy changes related to CACFP over the past year as well as emerging issues and trends. Topics discussed will include continued implementation of the Healthy, Hunger-Free Kids Act, issues arising from recent audits, paperwork reduction efforts, and more. There will be time provided for questions and answers.

# WORKSHOPS SESSION II

Friday, September 21, 2012

1:45 PM - 3:00 PM

## Room 400

### Results of the 2011 Program Assessment of CACFP Sponsor's Tiering Determinations

*Fred Glantz, Kokopelli Associates*

In this workshop, we will review the findings from the 2011 Assessment and compare the results to those of prior Assessments. We will also discuss the effect of the new tiering regulation that were mandated by the Healthy Hunger Free Kids Act of 2010.

## Room 406

### The Serious Deficiency Process

*Marianne Hopper, Texas Department of Agriculture*

This workshop will feature a discussion of serious deficiency (SD) process including: basic steps for declaring a provider SD, identifying an SD, assigning and evaluating corrective action, disqualification or deferral, and how to stand up to appeal. We will also include a short discussion of options for sponsors of centers.

## Room 408

### Texas' CACFP Child Care Wellness Grant

*Lillianne Goeders, Texas Department of Agriculture*

Child care providers are positioned to make a positive impact on the overall health of Americans by getting to know those who grow our food, teaching our youngest to grow, try and enjoy fresh fruits and vegetables, and encouraging new moms to feed infants the ultimate fast food – breast milk. This workshop will provide an overview of the program which includes three major components: 1) Farm to Child Care, 2) Breastfeeding Supportive Child Care Practices, and 3) Healthy Child Care Network to support increased technology capacity. Improved technology capacity is integrated into both Farm to Child Care and Breastfeeding Supportive Child Care Practices. Direct funding through Child Care Wellness mini-grants provide resources to develop and establish systemic changes that can positively impact children's lifelong eating habits.

## Room 410

### CACFP and Social Media: What and Why? – Part 1

*Samantha Marshall, Minute Menu*

Are you trying to have better outreach with current and potential providers, centers and even parents? What about donors? Are you trying to educate about CACFP? Not sure social media is right for you and your agency? This workshop is an introduction to what social media is, how it ties in with CACFP outreach and advocacy and gives you some tips to get started.

You keep hearing about the value of social media for businesses but aren't quite sure how that could apply to you, your nonprofit or the CACFP; this workshop will help you determine in what way social media could be right for you! We will explore the different types of social media and the variety of ways you can use social media for outreach to current and potential providers, parents and donors. We'll talk about outreach strategies and how to use social media to educate and inform new audiences about the importance of CACFP and your role in the CACFP program.

## Room 412

### Nutrition Education- Making that Parent Connection

*Michel' Dudley, Community Action Council of Tulsa County*

Adults and Parents are a key facilitator in teaching their child healthy nutrition habits. They are surrounded by printed nutrition educational materials, but those are not always the most effective way to reach parents. For the last 3 years, we have been exploring new, fun ways to approach nutrition education for parents. We will discuss methods of delivery nutrition education; barriers to delivering nutrition education; solutions to barriers; connecting with parents and adults; demonstrations (including two very popular activities titled "Eating Your Colors" and "I'm Eating What!"). There will be a brief question and answer period in order to address specific situations and barriers that participants have encountered.

## Room 415A

### Understanding Food Labels

*Melissa Owens & Kymberli Schaal, Association for Child Development*

This interactive workshop is a guide to nutrition fact labels to help attendees understand what is in their food so they can make healthier food options.

## Room 415B

### CACFP & Civil Rights

*Brandon Knox, USDA FNS*

This session will address civil rights issues, areas of compliance, and a review of federal civil rights regulations within CACFP. Main points will include Regulatory References; Discrimination Defined; and Protected Classes.

## Salon A&B

### USDA's Overview of the Proposed Meal Pattern Changes

*Andrea Farmer & Rachel H. Polon, USDA FNS*

This workshop will provide an overview of the proposed meal pattern changes for the CACFP, the rule making process and comment period, and nutrition education materials and resources currently available that can assist with educating providers about the upcoming changes.

# WORKSHOPS SESSION III

Friday, September 21, 2012

3:15 PM –4:30 PM

## Room 400

### Indirect Costs

*Keith Churchill & Brandon Knox, USDA*

Within the presentation, viewers will learn the terminology, practices, and recommended procedures for determining and calculating Indirect Cost. Main workshop objectives include understanding how indirect cost are calculated, generally accepted accounting practices, direct and complementary cost, and indirect cost formulas and procedures.

## Room 406

### Sponsoring Child Care Centers: The Eligibility and Sign Up Process

*Vicki Lipscomb, Child Nutrition Program*

Your organization has decided to start sponsoring unaffiliated child care centers. What to do first? How do you determine which centers are eligible to participate? We will review the various types of facilities that can be sponsored and the application and training process for the new child care site.

## Room 408

### Understanding the At Risk Program

*Leah Penna & Alva Hartley, FP Assistance*

As a 20 year veteran in the CACFP, Leah Penna has participated in the At-Risk Program for over 4 years, with over 250 sites on the program. Her company, FP Assistance has been able to establish a system that makes the At-Risk Program simple for your daycare centers and your sponsorship. We will explore eligibility requirements, applying to participate in the program, meal patterns, reimbursements, record-keeping and reporting, monitoring, and resources.

## Room 410

### CACFP and Social Media: HOW? – Part 2

*Samantha Marshall, Minute Menu*

In Part 2, we make your agencies social media a reality by focusing on the specific networks, tools and a plan. Learn how to use social media networks such as Facebook, Twitter, Linked In and Pinterest to reach out to potential and current providers, parents and donors! We'll go over social media tools to help you with your social media success and most importantly get you started with thinking about creating a social media plan and policy. We'll focus on your types of organizations, audiences and messages so you can go back to the office excited and understanding how you are going to get started.

## Room 412

### Nutrition Standards are Coming Soon! Be Prepared

*Cecilia Henson, USDA Southwest Region*

Be ready for the upcoming changes to the CACFP meal pattern! Attend this informative session on the future nutrition standards outlining the IOM recommendations. Attendees will also participate in a menu planning exercise as a practical example of how to meet the recommendations.

## Room 415A

### Modeling Healthy Eating with Children

*Nancy Johns & Michelle Hawkes, Association for Child Development*

The kitchen is where the action is! Sharing your kitchen with your child care children encourages their interest in cooking and is a fun and easy way to encourage lifelong healthy eating habits. Bringing kids into the kitchen, teaching age appropriate activities, involving their reading and math skills, kitchen safety, establishing rules and guidelines, starting with the basics, benefits of cooking, menu planning, and tips on what each age group can do. It will be wrapped up with learning the traditions and origins of food.

## Room 415B

### Follow the Fire Ant and Weather the Storm!

*Cindy Vian, Minute Menu*

Are you an experienced sponsor of centers who could offer sound advice? Are you a home sponsor who just started a center program, scratching your head and asking why? On a national scale, home providers participating in the CACFP are consistently decreasing while center participation is swarming. Sponsors of homes are looking for ways to stay viable in this economy, and sponsoring centers is a natural progression, but it can be challenging. Let's share our knowledge, connect as individuals, and come away armed with renewed fire! This session requires that you participate, as we hear from "Queens" and "Workers" alike. If you miss this session, it's going to sting!

## Salon A& B

### Weight of the Nation Panel Presentation

*Mary Rice, Association for Child Development*

*Shreela Sharma, PhD, RD and Steven H. Kelder, PhD, MPH and Deanna M. Hoelscher, PhD, RD, LD, CNS, The University of Texas School of Public Health*

All conference attendees will receive a screening kit for The Weight of the Nation, a national public health campaign that offers a look at the severity of the obesity crisis. Come and find out how to use this powerful media kit that contains four documentary films, a three part family series, 12 bonus shorts and a comprehensive discussion guide book in English and Spanish. Created as an HBO and Institute of Medicine presentation, in association with the Centers for Disease Control and Prevention and the National Institutes of Health, and in partnership with the Michael and Susan Dell Foundation, the campaign aims to mobilize action to slow, arrest and reverse the prevalence of obesity. This workshop will provide an overview of the material, and recommendations for using it with parents, child care providers and center staff.

# WORKSHOPS SESSION IV

Saturday, September 22, 2012

10:30 AM - 11:45 AM

## Room 400

### **Making the Most of New Opportunities and Thriving in the Current Environment**

*Geri Henchy, Food Research and Action Center and  
Linda Leindecker, The CACFP Sponsors Association*

Join us as we focus on opportunities to streamline and strengthen the role of CACFP. Sponsors and state agencies can play a vital role in maximizing the paperwork reduction efforts, rebranding CACFP, and providing input on the upcoming revision of the CACFP meal pattern. This workshop will provide opportunities to share your best practices and recommendations.

## Room 406

### **Historical Trends in CACFP Participation Based on Administrative Data**

*Fred Glantz, Kokopelli Associates*

There is a wealth of information that is collected every month by CACFP sponsors as part of the process of submitting claims. While these data have a great deal of potential for use in policy analysis, examining program access and trends, most of the interesting and useful detail is lost as the data are aggregated by sponsors and by states. This workshop will discuss the data that are available and its potential uses. The Workshop will also examine trends in access and participation using administrative data that are currently available at the national level.

## Room 408

### **Free Education and Training Resources at NFSMI**

*Lutina Cochran & Kristi Lofton, NFSMI*

This session will provide information about the free child nutrition education, training, and research available to CACFP professionals. The session will also include how to obtain free trainings, online courses, curriculum materials, and various other resources for CACFP professionals.

## Room 410

### **Best Practices for Sponsoring At Risk Sites**

*Vickie Keys, Food for Kids*

This session will cover the pitfalls to avoid when sponsoring at risk sites. We'll explore common problems such as volunteer turn over, receipts, dealing with vendors, and site training.

## Room 412

### **Managing Home Visits and Beyond**

*Dawn Perez, Minute Menu*

Whether you are supervising/managing your own provider caseload or an entire staff's caseload, this session is for you. Learn how to efficiently plan, conduct, and record home visits in Minute Menu HX. Then, we'll go beyond the basics and demonstrate how to analyze the data and use it to maximize resources and increase program integrity. For example, Minute Menu HX can help you determine which meals should be reviewed based on claiming patterns and can help Monitors vary the timing of unannounced reviews so that they are unpredictable by the Providers. We'll also examine the features of the new Review App for phones and tablets that will allow instant data-entry by monitors and reduce paperwork. The tools and processes available in Minute Menu HX will allow staff to not only meet, but exceed CACFP regulations.

## Room 415A

### **Annual Regulatory and Civil Rights Training for the Sponsored Child Care Center**

*Ann Decsy, Child Nutrition Program*

Presenting the annual regulatory and civil rights training as it pertains to child care centers in a meaningful way. Learn to evaluate training needs and target problem areas. Workshop Objectives include: 1. Mandatory Topics, 2. Expanding on areas that need improvement, 3. Testing to evaluate knowledge level of key staff, and 4. Follow up to ensure areas of need are addressed.

## Room 415B

### **Creating a Paperless System for Your Centers**

*Max Taylor & Shawn Pringle, Advance Child Care*

Through an Automated, Web Based Paperless System, both the client center and CACFP sponsor can minimize their work load, while increasing claim accuracy and maximizing fraud prevention. This workshop covers areas of automation and paperless record retention that USDA allows each State Agency to adopt. Different methodologies regarding the implementing of automated procedures and paperless systems will be analyzed.

Main points of the presentation will include types of mobile devices that can be utilized in the capture of CACFP meal counts at the point of meal service and the auto calculation of food component quantities. Other main points will include how a sponsor can automate the claim grading process, auto calculation of meal counts, auto validation of household income, and how a paperless system eliminates the need to mail or fax reports and forms to and from the sponsor and client center, as well as allowing a sponsor to "work" their data directly on screen...thus, eliminating the need to print reams of paper each claim month. One additional point will be to demonstrate how a paperless archive system can eliminate the need to store paper records and provides both a secure way to maintain records but also a simple process for conducting financial audits and state reviews.

# WORKSHOPS SESSION V

Saturday, September 22, 2012

1:45 PM –3:00 PM

## Room 400

### Behavioral and Environmental Feeding Strategies for Child Care in the Context of a National Nutrition Crisis

*Dr. Kathryn Henderson, Rudd Center for Food Policy & Obesity at Yale University*

Dr. Henderson will present data on the nutrition landscape of the child care setting, identifying the major nutrition gaps for young children today in the United States. She will share the state of the art in empirically supported strategies for correcting these nutritional deficits.

This workshop will cover the following: The nutrition crisis faced by young children in the United States; What is being fed to children in the child care setting; What children are consuming in the child care setting; Identification of nutritional targets for the child care setting; Current common practices in feeding children, including approaches to serving (e.g., family style vs pre-plating); modeling and mealtime talk; managing seconds; New and promising behavioral and environmental modification strategies for increasing intake of desired nutrients, while limiting overconsumption of less healthy foods. (These include the use of peer influence; food pairing strategies; placement and timing of various meal components; and repeated exposure); other considerations that can complicate efforts to make positive nutrition changes, including food insecurity and other developmental foci.

## Room 406

### Be a Role Model: Create a Healthy Child

*Laurie Haley, Child Care Council*

Providers can choose to have a positive impact on their children in care by serving the most nutritious foods as possible as well as creating multiple physical activity opportunities every day. Participants will get a detailed overview of this Provider Training where objectives also include the importance of being a positive role model.

## Room 408

### Indiana's CACFP Award Program: Preparing for the New Meal Pattern

*Heather Stinson, Indiana Department of Education*

Come learn how the Indiana Department of Education is providing recognition and preparing child care facilities on the CACFP for expected meal pattern changes through our new award program. We'll cover Getting It Started; Award Criteria; The Application Process; Providing Recognition; Barriers; and Outcomes.

## Room 410

### Sponsoring Centers with Minute Menu CX

*Cindy Vian, Minute Menu*

Minute Menu CX for Centers is used by sponsors of centers around the country, automating the income eligibility process, fully producing menu production records, scanning attendance & meal count forms, processing claims, tracking expenses and much more! Get a preview of cx2go our mobile application for centers! Learn how Minute Menu CX can help your agency sponsor centers!

## Room 412

### Processing Enrollment and Income Eligibility Applications for the Sponsored Child Care Center

*Vicki Lipscomb, Child Nutrition Program*

Understand the process of determining enrollment for eligibility purposes for the unaffiliated child care center. In addition, learn the criteria needed to determine the free and reduced price income level of the children enrolled at the child care centers and how the center payment rates are established. We'll cover Enrollment; Income Eligibility determinations; Rate determinations; and Determining eligibility for participation for the for-profit child care site.

## Room 415A

### Investigating & Safeguarding Against Fraud, Waste, and Abuse in Federally Funded Programs

*Cherese Myree, MH Miles Company CPA PC*

This interactive session provides useful tools for investigating allegations of fraud, waste, and abuse in the Child and Adult Care Food Program & the Summer Food Service Program. Participants will review common areas of abuse in these federally funded programs and obtain practical steps to aid in establishing/strengthening internal controls to assist with reducing Program fraud.

## Room 415B

### Special Diet Menu Planning

*Chanika Moses, Gulf Coast Community Services*

This session will help with creating menus for simple special diets according to Child and Adult Care Food Program and Texas Child Care Licensing standards and will also offer resources for complex special diet menus. Workshop objective include learning how to create a simple menu; how to create a simple special diet menu from your menu; what to do when a doctor or dietitian/nutritionist is needed; and resources available to you.



# WORKSHOPS SESSION VI

Saturday, September 22, 2012

3:15 PM –4:30 PM



## Room 400

### Serious Deficiency Process

*Barbara Smith, USDA*

This session will focus on common discrepancies revealed in the FY2010-2011 CACFP Target Management Evaluation of the State Agency's review of the implementation of the Seriously Deficient process by Sponsoring Organization and address how the Sponsoring Organization should effectively address these types of discrepancies.

## Room 406

### Farm to Preschool

*Rosa Romero & Victor Hernandez, Farm to Preschool, Occidental College*

This workshop features a presentation of the Farm to Preschool Movement nationally and regionally using Occidental College's evidence-based and nationally recognized program as a case study. We will also review ways in which child care sites can incorporate affordable local foods into snack, meals and curriculum.

At the end of the session, participants will have the skills and materials needed to implement a Farm to Preschool program in a variety of child care and preschool settings and will be equipped with new linkages and networks to successfully implement, improve or expand a farm to preschool type program in their community.

## Room 408

### Looking Past the Creditable Meal, Colorado CACFP Healthier Meals Initiative

*Brigitte Boyd, Colorado Department of Public Health & Environment, CACFP*

You may think that because a food meets CACFP guidelines, it is a healthy food. Not true. With an increase in attention to the nutrition quality of food served in child care settings and childhood obesity, the Colorado CACFP developed a Healthier Meals Initiative. The Healthier Meals Initiative goal is to support child care providers in meeting higher nutrition standards for meals and snacks served that is consistent with the most recent nutrition recommendations to support growth and development of young children and prevent obesity. Come learn about the four initiatives in a fun and interactive presentation.

## Room 410

### Weight of the Nation Panel Presentation (Repeat)

All conference attendees will receive a screening kit for The Weight of the Nation, a national public health campaign that offers a look at the severity of the obesity crisis. Come and find out how to use this powerful media kit that contains four documentary films, a three part family series, 12 bonus shorts and a comprehensive discussion guide book in English and Spanish. This workshop will provide an overview of the material, and recommendations for using it with parents, child care providers and center staff.

## Room 412

### Online Provider Claiming & Record Keeping

*Jenny Boston & Dawn Perez, Minute Menu*

Come discover the benefits of online claiming and how to start streamlining your processes today. Online claiming will help improve both Sponsor and Provider compliance, enhance nutrition education, strengthen program integrity, all while reducing administrative costs. Come see why thousands of Providers and Sponsors across the Nation already use and love online claiming! Learn about the entire life cycle of online Providers and ways that you can get Providers to go online, keep them happy, keep them claiming, and get them in compliance.

## Room 415A

### Successful Strategies for Handling Challenging Situations During Monitoring Reviews

*Sharon Woodward & Donna Hurley, S&D Instructional Services*

This workshop will provide effective strategies designed to realistically assist professionals who encounter challenging or potentially threatening situations during monitoring reviews. Participants will identify real life situations which are challenging and/or potentially threatening; examine and discuss various strategies designed to minimize potential challenges; and demonstrate their ability to create a safety action plan.

## Room 415B

### Right from the Start: Best Practices to Encourage and Support Optimal Infant Nutrition Through Breastfeeding

*Julie Stagg, Texas Department of State Health Services*

The Institute of Medicine's recommendations for healthy eating begin with the promotion and support of breastfeeding. While more than 75% of new mothers in Texas choose to breastfeed, many face challenges to achieving their infant feeding goals. This session will provide participants with actionable practices to support infant nutrition right from the start. After attending this session, participants will be able to: Identify 3 or more benefits of breastfeeding for infant health and development; Describe the child-care provider's role in addressing 3 or more barriers to breastfeeding; Describe 3 or more actions they can apply in their settings to encourage and support breastfeeding.

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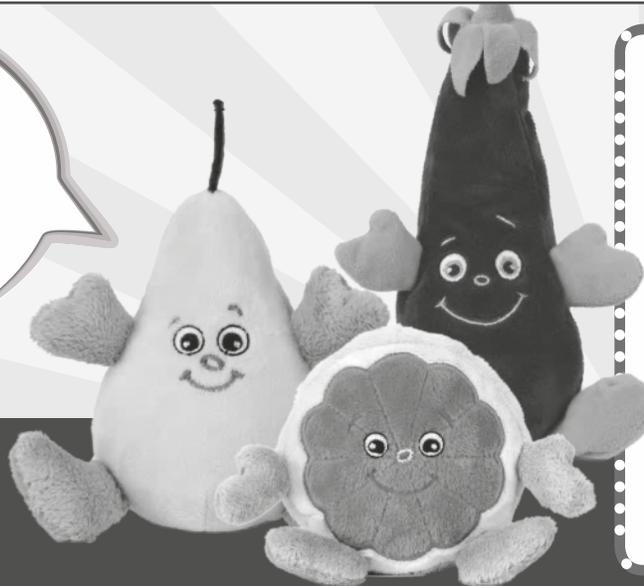
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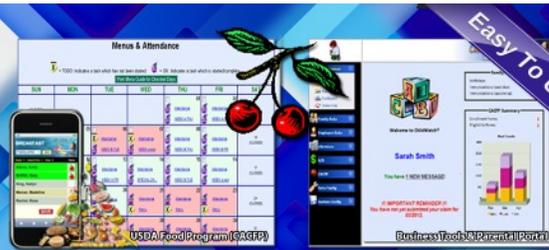
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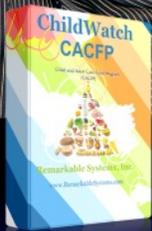
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## TSA Launches New Excellence Awards Series!

### Celebrating Excellence in CACFP

We know there are extraordinary  
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you and your organizations  
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**The Collaboration Award** highlights a successful partnership between a sponsoring organization and another nonprofit, business, foundation, or other entity that has resulted in improved impact and has achieved greater outcomes for both organizations because of their unique association. The two collaborating entities can be nominated for a shared award (within one nomination application). Both entities will receive a \$1,000 award.

**The Impact Award** honors a nonprofit CACFP sponsoring organization, or one of its programs, whose notable performance and delivery to the community sets a high standard of quality and impact. This organization can demonstrate ways in which it continually seeks to measure and improve impact. One award will be given for \$1000.

**The Innovation & Learning Award** honors a nonprofit CACFP sponsoring organization whose creation and application of new approaches or learning (from a workshop, conference, consulting engagement, book, etc.) to its work has advanced the organization and serves as a model for other nonprofit sponsors of the CACFP. This new practice or approach is being, or has been, incorporated into the fabric of the organization and makes an affirmative enhancement to the operation of the CACFP activities of its mission. Two awards will be given for \$1000.

**The Advocacy Excellence Award** recognizes an organization for its success in fostering the CACFP through effective advocacy. This organization can be an individual sponsoring organization or state CACFP association that demonstrates the non-profit's leadership role in advocating improvements to CACFP for sponsoring organizations, child care providers, or child care centers in their community, state or nation and can include areas such as fundraising, advocacy, strategic planning, successful leadership transitions, etc. One award will be given for \$1000.

**The CACFP Leadership Award** celebrates a nonprofit CACFP staff member whose masterful achievements in their role have directly benefited the organization's operating capacity and impact in the CACFP community. Individuals from all levels of employment are considered. One award will be given for \$1000.

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