



**Save the Date!**  
**Saturday, October 14, 2023**  
**10:30 am - 4:10 pm Eastern**

# CACFP Provider Day

## Looking for CACFP training?

Earn 6.5 Hours of CEUs.

If you're a **Family Day Care Home provider** looking for weekend food program training, this one is for you!

### Topics Include:

- » Little Chefs, Big Appetites
- » Snack Attack: Elevate Your Snack Game
- » Tackling Inflation with Smart Budgeting
- » Tiny Tummys, Big Adventures: Understanding Infant Development
- » When Nurturers Can't Say No

### PLUS These On-Demand Sessions

*- A \$45 value for Free!*

- » Creating Your Own Food Station
- » Creditable or Not
- » Food Plating with a Purpose
- » CACFP Professional Certification Overview

**\$49 Registration**

Register today at [cacfp.org/provider-day](https://cacfp.org/provider-day)



Standard Registration through October 5.  
Late registration is \$79.





# CACFP Provider Day

October 14, 2023 | 10:30 am - 4:10 pm Eastern

## Live Sessions

You can watch these webinars live on October 14, or later on demand through October 27, 2023. Each will credit for 1 CEU.

10:30 am - 11:30 am Eastern

### Snack Attack: Elevate Your Snack Game

Hit reset on your menus with some fresh snack tips and recipe ideas. Get creative and add something exciting to the plate for you and the children in your care.

*Isabel Ramos-Lebron, MS, RDN, LD; National CACFP Sponsors Association*

11:40 am - 12:40 pm Eastern

### Tiny Tummies, Big Adventures: Understanding Infant Development

Early childhood is a critical phase in nurturing healthy relationships with food and fostering overall development. Explore the sequential journey infants embark upon, from mastering fundamental coordination of sucking, breathing, and swallowing to the gradual acquisition of key feeding skills such as chewing and tongue control.

*Rebekah Duchette, BSN, RN, Nemours Children's Health System*

12:50 pm - 1:50 pm Eastern

### Little Chefs, Big Appetites

We know that children are more likely to try a new food when they are involved in creating a meal or snack. But how do you set up a safe environment at your family child care home that allows children to do this? Learn different strategies on how your kitchen helpers can assist you in making food with age-appropriate tasks. Receive easy recipes to hone their fine motor skills while handling food.

*Isabel Ramos-Lebron, MS, RDN, LD; National CACFP Sponsors Association*

2:00 pm - 3:00 pm Eastern

### When Nurturers Can't Say No

In the demanding world of child care, compassion burnout can often be a challenge for those who give so much of themselves to care for others. When providers are well, the entire community thrives. Finding comprehensive wellness can be difficult—especially when many activities that promote self-care are temporary. Learn practical, sustainable strategies and gain resources to recognize the signs of burnout and how to maintain personal wellness. Invest in your own well-being and discover ways to create a healthy balance between caregiving and self-care.

*Bethany Younkers, MPA, Alliance for a Healthier Generation*

3:10 pm - 4:10 pm Eastern

### Tackling Inflation with Smart Budgeting

With the inflation in food costs, the struggle to purchase foods while staying in a budget can be challenging. But is it possible to buy healthy foods and make delicious meals on a budget? Yes! Learn how to plan, utilize savvy shopping techniques, and receive a budget-friendly 2-week cycle menu along with some recipe ideas to try.

*Isabel Ramos-Lebron, MS, RDN, LD; National CACFP Sponsors Association*

**I really enjoyed this event and learned so many new things! There was so much great information and the speakers were excellent.**

## On-Demand Sessions

You're also getting access to three of our favorite webinars, available through October 27, 2023. Each will credit for 0.5 CEUs.

### Food Plating with a Purpose

The way we present nutritious foods to children is a powerful tool that encourages them to eat healthier meals and snacks. Why not make it a little fun? By introducing fun shapes and designs to a single plate or family style dish, children may be persuaded to try these new or challenging foods. Learn how you can easily construct enticing plates and receive recipe ideas to inspire new creations!

*Isabel Ramos-Lebron, MS, RDN, LD; National CACFP Sponsors Association*

### Creating Your Own Food Station

Need a creative outlet with food but you don't want to overcomplicate it? Or perhaps you want to inject some excitement into your food service or entice children to try new foods in a different way. Creating food stations may be just the right fit for you! Get recipe ideas featuring #CACFPcreditable fixings and toppings so each child can assemble their very own personalized meal or snack.

*Isabel Ramos-Lebron, MS, RDN, LD; National CACFP Sponsors Association*

### Creditable or Not?

Looking for resources on how to determine if something is creditable or not in the CACFP? We can help! We'll share where to look and what types of nutrition education resources are available free-of-charge, including the guides for Identifying Whole Grain-Rich, determining sugar content in cereals and yogurt, and which milk to serve in the CACFP.

*Lisa Mack, National CACFP Sponsors Association*

### Bonus Session

#### CACFP Professional Certification Overview

Interested in learning more about how to earn your CACFP Management Professional or the CACFP Child Nutrition Professional designation? Join us for an overview of the program, learn what the qualifications are, and hear how it has impacted CACFP professionals who value these credentials.

*Jennifer Basey, MED, National CACFP Sponsors Association*

**\$49 Registration**

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# Provider Day

**Live Sessions**  
**Saturday, October 14, 2023**

*\*Sessions will be available on-demand through October 27, 2023.*

	Eastern	Central	Mountain	Pacific
<b>Snack Attack: Elevate Your Snack Game</b>	10:30 am - 11:30 am	9:30 am - 10:30 am	8:30 am - 9:30 am	7:30 am - 8:30 am
<b>Tiny Tummys, Big Adventures: Understanding Infant Development</b>	11:40 am - 12:40 pm	10:40 am - 11:40 am	9:40 am - 10:40 am	8:40 am - 9:40 am
<b>Little Chefs, Big Appetites</b>	12:50 pm - 1:50 pm	11:50 am - 12:50 pm	10:50 am - 11:50 am	9:50 am - 10:50 am
<b>When Nurturers Can't Say No</b>	2:00 pm - 3:00 pm	1:00 pm - 2:00 pm	12:00 pm - 1:00 pm	11:00 am - 12:00 pm
<b>Tackling Inflation with Smart Budgeting</b>	3:10 pm - 4:10 pm	2:10 pm - 3:10 pm	1:10 pm - 2:10 pm	12:10 pm - 1:10 pm