

**Save the Date!**  
**Saturday, May 16, 2026**  
**11:00 am - 1:00 pm Eastern**

# Provider Day

## Earn 2.5 Hours of CEUs.

In celebration of Provider Appreciation Month and the 40th anniversary of the National CACFP Association, we're taking a moment to celebrate you: child care providers who make a difference every single day.

Together, we'll explore easy menu ideas, playful ways to turn everyday meals into opportunities for learning and movement, and helpful resources designed with providers in mind. It's a chance to connect, feel appreciated and pick up simple ideas you can use right away!

### Sessions Include:

- » The Provider Perk Party with Free Resources for Your Program
- » Present, Calm and Connected: Building Mindfulness in Early Childhood
- » Using Your Menu to Spark Learning & Play

### PLUS This On-Demand Session - Check Out Our Improved Learning Center!

- » Explore New Foods with a Taste Testing Adventure

### Registration is FREE!

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



## Live Sessions

You can watch these webinars live on May 16, or later on demand through May 31, 2026.

11:00 am - 11:30 am Eastern

### The Provider Perk Party with Free Resources for Your Program

You show up for children and families every single day, and this session is our chance to show up for you. The Provider Perk Party will be full of celebration and will feature valuable free resources designed to strengthen your program. Enjoy a supportive, appreciation-filled session packed with tools, tips, and giveaways that support your nutrition education. | CEU: 0.5, Specialty 7

*Alexia Thex, MEd, National CACFP Association*

11:45 am - 12:15 pm Eastern

### Present, Calm and Connected: Building Mindfulness in Early Childhood

Discover how a few simple moments of calm can transform your classroom. This training introduces educators to the core principles of mindfulness and how to integrate them into daily classroom routines. Participants will explore practical strategies to help young children develop awareness, attention and emotional regulation through breathing, sensory experiences and guided activities. Educators will learn how mindfulness supports social-emotional development, reduces anxiety and strengthens children's ability to focus, connect with others and manage their feelings in developmentally appropriate ways. | CEU: 0.5, Specialty 6

*Tracy Cheney, M.Ed, Dr. Day Care Family & Education Consultant, Three Cheers Consulting*

12:30 pm - 1:00 pm Eastern

### Using Your Menu to Spark Learning & Play

Your CACFP menu can be so much more than a compliance document; it can spark learning, creativity and meaningful connections. Discover how a one-week cycle menu can inspire engaging, hands-on experiences that support early learning and child development, all while reinforcing CACFP best practices. | CEU: 0.5, Specialty 2

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

## On-Demand Session

### Explore New Foods with a Taste Testing Adventure

The CACFP fosters a positive eating environment that encourages healthy eating habits. Children will develop their own unique palates based on the foods they are exposed to while in your care, which may affect their food choices later on as adults. Learn how you can introduce new or challenging foods through various taste testing strategies, promote conversations around meals, and discover other food tasting adventure tips! | CEU: 1.0, Specialty 1

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

## Meet the Speakers



**Alexia Thex, MEd**  
**President, National CACFP Association**

Alexia leads NCA's advocacy efforts to advance the interests of association members and stakeholders while forming mutually beneficial partnerships to further NCA's mission. Alexia also oversees NCA's nutrition education and events that help support the success of the

CACFP. Alexia utilizes her experience in nonprofit management and development, partnerships and health and wellness to build capacity and garner support for the CACFP. Alexia holds a MEd from the University of Texas at Austin.



**Tracy Cheney, MEd**  
**Vice President, Dr. Day Care Family & Education Consultant, Three Cheers Consulting**

Tracy has over 35 years of experience in early childhood education. For more than 23 years, she has been overseeing the management of a multi-site organization. In her dual role, she supports many levels of early learning professionals with a wide array of topics. She also oversees compliance with state regulatory agencies including DHS, RIDE, BrightStars (QRIS), CACFP and the Department of Health. Tracy is a member of NAEYC, is also a CDA Specialist and a Conscious Discipline enthusiast.

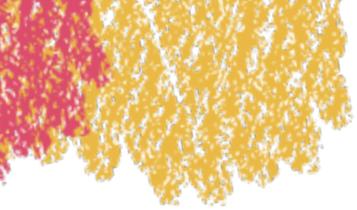


**Isabel Ramos-Lebron, MS, RDN, LD**  
**Senior Nutrition Education Specialist, National CACFP Association**

Isabel has a strong background & passion in working with low-income communities of various cultural backgrounds, while working on graduate research projects and working in the nonprofit, food banking environment for eight years. Isabel has an MS in Nutritional Sciences and is a registered dietitian and nutritionist. She believes that all children and adults should have access to balanced, nutritional foods to aid in childhood development and adult health in the long term.

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

*- 2023 Provider Day Attendee*



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11:00 am - 1:00 pm Eastern

## Schedule At-a-Glance by Time Zone

*\*Sessions will be available on demand through May 31, 2026.*

	Eastern	Central	Mountain	Pacific
<b>The Provider Perk Party with Free Resources for Your Program</b>	11:00 am - 11:30 am	10:00 am - 10:30 am	9:00 am - 9:30 am	8:00 am - 8:30 am
<b>Present, Calm and Connected: Building Mindfulness in Early Childhood</b>	11:45 am - 12:15 pm	10:45 am - 11:15 am	9:45 am - 10:15 am	8:45 am - 9:15 am
<b>Using Your Menu to Spark Learning &amp; Play</b>	12:30 pm - 1:00 pm	11:30 am - 12:00 pm	10:30 am - 11:00 am	9:30 am - 10:00 am