



Learning Center Training Plan: ADULT CARE

We're recognizing the vital role adult care plays in supporting health and nutrition. Our Adult Care Boot Camp teaches you how to elevate your food program for older adults. You can find all of these webinars at cacfp.org/learning-center, or click directly on the title for easy navigation.

“Gearing nutritious meals toward our seniors is always a challenge. Learning and hearing ways to build them up is always a great help and encouragement!”

CACFP for Adult Day Care: An Overview

Want to make the most of the CACFP for older adults? Let's start with the basics! We will guide you through the eligibility criteria for older adults to receive reimbursable meals through the CACFP and provide a review of the CACFP meal pattern. Learn best practices and tips to ensure compliance while enhancing meal quality. Whether you're an adult care provider or sponsor, gain valuable insights to support the health and well-being of older adults through proper nutrition and CACFP participation.

~ 1 hour, Specialty 2

Beyond Bland: Making Meals Exciting

Older adults in your care may require special considerations when menu planning in the CACFP. Learn ways to make menus more exciting and appetizing for your participants while meeting CACFP requirements. Walk away with some tips and tricks on how to develop recipes that offer a fresh take on familiar foods. ~ 1 hour, Specialty 2

Get Moving! Practical Exercises for Older Adult

Staying active is one of the best ways to maintain health and independence, especially as we age. This session will explore simple, effective exercises that fit seamlessly into daily routines, whether at home or in an adult day care setting. Learn how to adapt familiar activities, keep movement fun, and make exercise a habit that sticks. ~ 1 hour, Specialty 2

Age-Defying Flavors: Recipes for Older Adults

May is Older Americans Month and we're celebrating the invaluable contributions of the older adult members within our community. Join us to discover how to adapt CACFP recipes to align with the changing needs and tastes of older adults. Gain insights into modifying recipes to cater to their distinct taste profiles and nutritional needs, ensuring meals that are both satisfying and health-supportive for our revered community members.

~ 1/2 hour, Specialty 1

Cooking with Flavor: Spice Up Your CACFP Recipes

Serving nutritious food doesn't matter unless the food is eaten. Spice up your CACFP recipes by learning how to make your menu items more flavorful using herbs, spices, and culinary acids. Get an overview of what makes up taste and how to make trying new foods exciting for those in your care. ~ 1 hour, Specialty 1

