



*Join our outstanding community of CACFP Professionals!*



## Learning Center Training Plan: *The Road to Certification*

*There is a path for everyone to earn their CACFP Child Nutrition Professional (CCNP) designation!*

To become a CCNP, you need either 16 or 32 hours of Continuing Education, and we have over 100 hours of CEUs available at [cacfp.org/learning-center](https://cacfp.org/learning-center). We've curated a recommended 16-hour plan that will get you well on your way to your professional certification. And good news! If you have an associate's degree or higher\*, these hours are all you'll need to qualify for your CCNP. Visit [cacfp.org/certification](https://cacfp.org/certification) to learn more.

You can find all of these webinars in our Learning Center, or click directly on the title for easy navigation.

### 12 Hours Specialty 1

#### CEU Specialty 1: Nutrition

Nutrition is the study of nutrients in food, how the body uses them, and the relationship between diet, health, and disease. The CACFP strives to teach lifelong healthy habits, decreasing obesity and increasing physical activity.

#### CN Labels & PFS Made Simple

We'll equip you with practical tools to determine when and how to request documentation and sharpen your detective skills to identify discrepancies, ensuring everything is compliant and running smoothly. You'll learn how to navigate crediting documentation confidently and sidestep those common pitfalls. ~ 1 hour

#### Explore New Foods with a Taste Testing Adventure

The CACFP helps children learn healthy eating habits. Learn how you can introduce new foods through various taste testing strategies. Discover tips for getting kids to try new foods while they are on their taste testing adventure! ~ 1/2 hour

#### Extending CACFP Beyond the Classroom

Creating healthy eating patterns in the classroom is only one part of the equation: parents and home environments are the other. Learn about the important role parents play in the development of a child's feeding patterns and how to increase parent awareness and engagement of CACFP best practices. ~ 1 hour

#### Feeding Infants 0-5 Months

This webinar focuses on how the Child and Adult Care Food Program (CACFP) infant meal pattern supports infant growth and development for babies ages birth through 5 months. ~ 1/2 hour

#### Feeding Infants: Starting with Solids

This webinar focuses on how the CACFP infant meal pattern supports infant growth and development for babies ages 6 through 11 months. The webinar includes information on developmental readiness and feeding infants solid foods in the CACFP. ~ 1/2 hour

#### Fresh Foods, Flavors and Kitchen Ingredients

Do you feel as if the food you serve is bland and lacks appeal? Is serving fresh fruits and vegetables hard to implement? Learn why indoor gardening is Farm to CACFP together with which essential ingredients you can use to keep sodium down, sugar low and still add tons of flavor while staying within the CACFP guidelines. ~ 1 hour

#### Grains in the CACFP

Grains are a key part of the CACFP meal pattern, providing the energy kids need to learn, play and grow. From whole grain-rich bread to pasta, knowing what counts and how much to serve is essential for meeting meal pattern requirements. ~ 1 hour

#### Healthy Eating for Families

Looking for ideas to help promote health and nutrition to the families you serve? We'll share tips for promoting healthy eating through meal planning. ~ 1/2 hour

\*Qualifying fields include: business; nutrition; public health; education; and community, family and personal services.

[cacfp.org](https://cacfp.org) | JAN26 NATIONAL CACFP ASSOCIATION  
CACFP is an indicator of quality care. This institution is an equal opportunity provider.



### How to Support Breastfeeding in the CACFP

This webinar focuses on how child care centers and family child care homes that participate in the CACFP can support breastfeeding. ~ 1/2 hour

### Keeping Kids Healthy: All About Food Allergens & How to Read Food Labels

Serving those in our care safely is our top priority! Learn about the nine major food allergens and how to recognize what food products contain these. Get a better understanding of how to read the food label to identify and avoid food allergens. ~ 1 hour

### Serving Adults in the CACFP: Meal Patterns, Nutrition and Resources

Serving adults in the CACFP is more than just increasing the portion size of the meal pattern requirements. Learn about allowable substitutions, get insight into senior nutrition and health, and discover the wealth of resources available for free about food, nutrition, and physical activities for older adults. ~ 1 hour

### Serving Meat & Meat Alternates at Breakfast

This webinar focuses on the option to serve meat and meat alternates in place of grains at breakfast up to three times per week for those following CACFP and preschool meal patterns. ~ 1/2 hour

### Serving Milk in the CACFP

This webinar walks the audience through Team Nutrition's "Serving Milk in the CACFP" training worksheet and lets audience select milk for various age groups to meet meal pattern requirements. ~ 1/2 hour

### Serving Snacks in the CACFP

This webinar will show CACFP operators how to plan and prepare snacks for children and adults in their care. ~ 1/2 hour

### Serving Vegetables in the CACFP

This webinar will focus on creative and appealing ways to offer vegetables at meals and snacks in the CACFP. ~ 1/2 hour

### Snack-tacular Celebrations

Take a fun and flavorful journey that will spark your creativity in developing easy, nutritious snacks. Celebrate every day with a new snack idea. Come hungry for ideas and leave with a snack resource to help you serve a variety of foods to those in your care. ~ 1 hour

### Water, Water, Everywhere

Learn about how to keep children and adults hydrated by including water-rich meal components in the CACFP. Get thirst-satisfying recipes to help ensure everyone stays safely hydrated during these warm months. ~ 1/2 hour

## 4 Hours Specialty 2 or 3

### CEU Specialty 2: Program Operations

CACFP Operations consist of the tasks that are performed to support the requirements of the CACFP program. For example, a provider may take training on how to keep records that are required to participate in the CACFP. Trainings to learn how to properly plan a menu to meet CACFP requirements or how to review and process claims are other examples.

### How to Credit Recipes in the CACFP

Maybe you love to develop delicious recipes, or a parent has shared one of their family favorites, but you are not sure how to make it creditable in the CACFP. Learn key tips and methods on how to evaluate recipes to ensure they are #CACFPCreditable as we guide you through our recipe crediting worksheet. ~ 1 hour

### Practical Strategies for Family Style Dining in the CACFP

Family style dining is a meaningful way to support children's development, promote healthy eating and create a sense of community at meal times. This session will guide you through the essentials of starting or enhancing family style dining in your program, with a focus on staying compliant with CACFP meal pattern requirements. We'll look at how to build children's independence, support staff in their role at the table and make meal times a learning experience that feels natural and engaging. You'll come away with practical tools and ideas you can use right away. ~ 1 hour

### CEU Specialty 3: Training & Technology

Training and Technology CEU credits consist of train-the-trainer workshops you may attend designed to give you the tools to teach others. It can also include workshops to learn CACFP software for uses such as record keeping, menu planning, or determining how to ensure you are meeting food crediting minimums.

### How to Maximize Exhibit A Grains Tool

This webinar provides a demonstration and in-depth practice for using the grains tool on the Food Buying Guide for Child Nutrition Programs (FBG) Interactive Web-Based Tool. Participants will also experience the Exhibit A Grains Tool on the Mobile App, which allows program operators to determine the grains contribution and the amount to serve on-the-go. ~ 1 hour

### Navigating the Food Buying Guide Calculator

Learn about FBG Calculator, the feature included with the Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool. The FBG Calculator is designed to create a shopping list to assist child nutrition program operators when ordering food for their programs. In this webinar, Team Nutrition also provided in-depth practice for using the calculator as well as highlighting the newly released training video. Participants can also experience the FBG Calculator on the FBG Mobile App. Program operators will be able to create and use their shopping list on-the-go. ~ 1 hour



**"There's unlimited access to resources, ongoing trainings and guidance within the CACFP. Obtaining my certification not only benefits my employer, our team, our community; but most importantly, my own professional growth and development."**

*Christine Gillison, CCNP*