



Certified Professional Education Units (CPEUs) for Registered Dietitian Nutritionists

If you're looking for CACFP training that is accredited by the Commission on Dietetic Registration, our Learning Center has 26 hours of CPEUs that fulfill that requirement. Click on each title to be taken to its page in our Learning Center, where you will be able to register for each session.

Adding Whole Grains to Your Menu

This webinar focuses on how to offer whole grains at CACFP sites. ~ Also available in Spanish; 0.5 CPEUs

Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi

The webinar provides an overview of the crediting updates resulting from the Request for Information and provides crediting technical assistance with hands-on practice specifically for tempeh and surimi. ~ 0.5 CPEUs

Body Positivity and Cultivating Good Relationships with Food

Our relationship with food develops at an early age. Labeling certain foods as "bad" or calling someone a "good eater" or "picky eater" can create unintended harmful effects that can follow kids through life. Learn how to help kids cultivate a good relationship with food from the start. ~ 1 CPEU

Breakfast Basics

This webinar shows CACFP operators how to plan nutritious and appealing breakfasts that meet CACFP meal pattern requirements. ~ Also available in Spanish; 0.5 CPEUs

Choose Breakfast Cereals That Are Lower in Added Sugars

This webinar walks the audience through Team Nutrition's "How to Choose Breakfast Cereals Lower in Added Sugars" training worksheet and lets audience look at various cereals to see if they meet meal pattern requirements. ~ Also available in Spanish; 0.5 CPEUs

CN Labeling Program: Update for Industry

The webinar will provide an overview of the CN Labeling Program with crediting updates resulting from the Final Rule: Child Nutrition Program Flexibilities for Milk, Whole Grains, and Sodium Requirements and the Request for Information, in addition to crediting technical assistance specifically for the CN Labeling program. ~ 1 CPEU

Coaching & Mentoring Using a Peer-to-Peer Model

This training will highlight effective training strategies used by the Kansas State Department of Education and resources from the Institute of Child Nutrition (ICN). ~ 1 CPEU

Creative Online Learning Strategies to Engage Providers

State agency staff from Iowa, Massachusetts, and Nebraska will share experiences in developing and implementing online learning modules. ~ 1 CPEU

Crediting Coconut and Vegetable Noodles in CNPs

This webinar provides an overview of the crediting updates resulting from the Request for Information and provides crediting technical assistance with hands-on practice specifically for vegetable noodles and coconut. ~ 0.5 CPEUs

Crediting Popcorn, Hominy, Corn Masa and Masa Harina in CNPs

The webinar provides an overview of the crediting updates resulting from the Request for Information for these foods and provide crediting technical assistance with hands-on practice specifically for Popcorn, Hominy, Corn Masa, and Masa Harina. ~ 0.5 CPEUs

Crediting Store-Bought Combination Baby Foods in the CACFP

This webinar will show CACFP operators how to identify store-bought combination baby foods that may be served at reimbursable meals and snacks to infants. Attendees will have a chance to submit questions to the presenters and check their knowledge through interactive polling questions. ~ Also available in Spanish; 0.5 CPEUs

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Delivering Interactive In-Person Training

This webinar will spotlight interactive approaches used by the Maryland State Department of Education and the Texas Department of Agriculture to actively engage participants during in-person CACFP trainings. ~ 1 CPEU

Exhibit A Grains Tool to the Rescue!

In this webinar, Team Nutrition also provided in-depth practice for using the grains tool as well as highlighting the available training video. Participants can also experience the Exhibit A Grains Tool on the Mobile App. Program operators can calculate the grain contributions on-the-go. ~ 1 CPEU

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. ~ Also available in Spanish; 0.5 CPEUs

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. ~ Also available in Spanish; 0.5 CPEUs

Food Buying Guide Goes Digital

Learn about the new Food Buying Guide (FBG) Mobile App and FBG Interactive Web Tool via a live demonstration! You'll learn how to utilize the innovative features of these tools including search and navigation, the ability to compare food yield information, and the ability to create a favorite foods list. ~ 1 CPEU

Gardening Activities for Every Classroom

Ready to grow? Explore the many benefits of gardening with the children in your care. Learn about indoor and outdoor gardening activities to try in your classrooms. A love of gardening and dirt are not required. ~ 1 CPEU

Grains Ounce Equivalents Tools for CACFP Operators

This webinar highlighted resources, training materials, and frequently asked questions related to using ounce equivalents for grains. ~ Also available in Spanish; 0.5 CPEUs

Grain-Based Desserts in the CACFP

This webinar will focus on how Child and Adult Care Food Program (CACFP) operators can identify grain-based desserts, and use this knowledge to plan menus that meet program requirements. ~ Also available in Spanish; 0.5 CPEUs

Healthy Habits Count

Establishing healthy habits and routines during early childhood can set the stage for lifelong wellbeing. The 5-2-1-0 framework encourages children to develop positive habits through nutrition and physical activity. Learn how 5-2-1-0 reinforces CACFP meal patterns and best practices to help kids thrive. ~ 1 CPEU

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 CPEU

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. ~ Also available in Spanish; 0.5 CPEUs

Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List

This webinar will focus on how CACFP operators can use a food's ingredient list to identify whole grain-rich items for their menus. ~ Also available in Spanish; 0.5 CPEUs

Identifying Whole Grain-Rich Foods in the CACFP, Part 2

This webinar will focus on how CACFP operators can use a food's ingredient list to identify whole grain-rich items for their menus, with a focus on how to treat flour blends. ~ Also available in Spanish; 0.5 CPEUs

A Look Inside the New CACFP Trainer's Tools: Feeding Infants Kit

This webinar provides an interactive overview of Team Nutrition's new resource, the CACFP Trainer's Tools: Feeding Infants Kit. This kit includes a trainer's guide, presentation slides and trainer notes, videos, and digital interactive games. ~ 1 CPEU

Mealtimes with Toddlers

This webinar will include practical tips for how CACFP operators can meet meal pattern requirements while addressing a toddler's developmental needs. ~ Also available in Spanish; 0.5 CPEUs

Menu Planning for the CACFP

This webinar focuses on different meal planning techniques that can be used to serve healthy and appealing meals and snacks that meet CACFP and Preschool meal pattern requirements. ~ Also available in Spanish; 0.5 CPEUs

Methods for Healthy Cooking

This webinar focuses on cooking nutritious meals and snacks in the CACFP, using methods such as roasting, baking, steaming, sautéing, stir-frying, grilling and more. ~ Also available in Spanish; 0.5 CPEUs

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Moving Forward: Update on Food Crediting in CNPs with Guidance for Dried Meat Products

The webinar provides an overview of the crediting updates resulting from the Request for Information and provides crediting technical assistance with hands-on practice specifically for dried meat products. ~ 0.5 CPEUs

Navigating the Food Buying Guide Calculator

Learn about FBG Calculator, the new 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. ~ 1 CPEU

Offer Versus Serve in the CACFP

This webinar focuses on how to use Offer Versus Serve meal service, available and optional for sites that serve at-risk afterschool and adult participants in the CACFP only. ~ Also available in Spanish; 0.5 CPEUs

Serving Adult Participants in the CACFP

This webinar shows CACFP operators how to plan and prepare reimbursable meals and snacks for adult participants. ~ Also available in Spanish; 0.5 CPEUs

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. ~ Also available in Spanish; 0.5 CPEUs

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. ~ Also available in Spanish; 0.5 CPEUs

Serving Snacks in the CACFP

This webinar will show CACFP operators how to plan and prepare snacks for children and adults in their care. ~ Also available in Spanish; 0.5 CPEUs

Serving Vegetables in the CACFP

This webinar will focus on creative and appealing ways to offer vegetables at meals and snacks in the CACFP. ~ Also available in Spanish; 0.5 CPEUs

Tailoring Menus to Accommodate Special Diets

Unsure of how to plan menus for children with special dietary needs? Explore the key considerations to remember when planning and sourcing CACFP creditable substitutions for special diets such as food allergies, gluten-free, and preparing texture-modified diets. ~ 1 CPEU

Training Program Operators to Use Grains Ounce Equivalents

This webinar will help state agencies, CACFP sponsoring organizations, and independent centers provide training on using ounce equivalents instead of "servings" to determine amounts of grains. ~ 1 CPEU

Using the Nutrition Facts Label in the CACFP

This webinar shows Child and Adult Care Food Program (CACFP) operators how to use the Nutrition Facts label to identify items that may be served at reimbursable meals and snacks. ~ Also available in Spanish; 0.5 CPEUs

Using the WIC List to Identify Creditable Foods in the CACFP

This webinar will focus on how CACFP operators can use the Women, Infants and Children (WIC) food list to find creditable cereals and whole grain-rich foods to serve as part of a reimbursable meal or snack. ~ Also available in Spanish; 0.5 CPEUs

Commission on Dietetic Registration



the credentialing agency for the

Academy of Nutrition and Dietetics