



# Learning Center Training Plan:



New to Head Start or just need a refresher on how to operate the CACFP in Head Start settings? You can find all of these webinars at [cacfp.org/learning-center](https://cacfp.org/learning-center), or click directly on the title for easy navigation.

**“I have been a nutrition specialist for Head Start for 27 years and even I did not know some of the questions that were asked. Thank you for the education that I received!”**

## CACFP Regulations for Head Start

Learn what the Head Start performance standards that govern child nutrition are and how they align with the CACFP to provide good nutrition to children. Gain an understanding of the requirements and hear about the latest updates in Head Start performance standards for child nutrition. ~ 1 hour, Specialty 4

## A Change of Taste: Reducing Sodium in the CACFP

Sodium plays an essential role in our body but consuming too much can cause us harm over time. In the CACFP, it is recommended to serve foods low in sodium. Learn about the the impacts of sodium and how to reduce sodium while still retaining flavor in meals you serve. ~ 1 hour, Specialty 1

## Emergency Preparedness in Head Start

The pandemic taught us to always be one step ahead and prepared for the unknown. Discover ways to integrate emergency preparedness and planning into your facility operation plans while including all departments. Practice writing your own emergency plans to support your program and outline your next steps. ~ 1 hour, Specialty 4

## Fueling Growth in Early Head Start

Early Head Start sites must often manage two different meal patterns when complying with CACFP requirements based on the age of the children in their care. Learn the differences between feeding infants and toddlers to ensure optimal nutrition and program compliance. ~ 1 hour, Specialty 2

## Fueling Minds and Bodies in Head Start with Family-Style Dining

Unlock a world of learning opportunities during meal times in Head Start sites through family-style dining. Get practical guidance on aligning meal service with academic goals while ensuring compliance with CACFP and Head Start regulations. ~ 1 hour, Specialty 2