



Learning Center Training Plan: MENU PLANNING BOOT CAMP

Our Menu Planning Boot Camp will help you understand CACFP menu requirements, select budget-friendly and accessible foods, and gain insights from kitchen professionals. Unlock your inner chef and elevate your meal planning skills to provide nutritious and delicious meals with confidence. You can find all of these webinars at cacfp.org/learning-center, or click directly on the title for easy navigation.

“This is the best information I have gotten since working in a kitchen. It’s exactly what I needed.”

Adapting Menus for Special Diets

Learn the differences between various types of special diets and how to prepare these foods to meet CACFP guidelines. Know what a meal modification is, how to serve modified meals, and how to navigate through meal modification scenarios. ~ 1 hour, Specialty 1

Best Practices for Budgeting for Meals & Snacks

Gain fun, practical tips on planning, purchasing, and preparing nutritious, high-quality meals that kids will love—all while staying within budget. Learn how to make the most of your resources and create delicious, healthy meals that are both budget-friendly and nutritious. ~ 1 hour, Specialty 5

Flavorful Cooking Using Herbs and Spices

Tired of using the same seasonings for your meals? Enhance your culinary skills and create delicious, nutritious meals using a variety of herbs and spices. Receive new recipe ideas to add to your menu. ~ 0.5 hour, Specialty 1

Meal Pattern Basics

Centers, family child care homes, and after-school care play a critical role in serving nutritious foods to those they serve. The CACFP guides you on how to provide healthy meals using five meal components which make up the meal service requirements: grains, fruits, vegetables, meats/meat alternates, and milk. Learn when these are required and how they fit into the CACFP meal pattern. ~ 0.5 hour, Specialty 2

Menu Planning: Your Guide to Success

Do you love menu planning or are you unsure where to begin? Learn what to consider when developing a cycle menu or planning meals one week at a time. Receive new, easy recipe ideas that are sure to become favorites at your center or in your family child care home! Explore the step-by-step process of menu development, from concept ideation to finalization. ~ 1 hour, Specialty 2

Plant-Forward Menus: A Guide to Successful Integration

There’s never been a better time to add more plant-based options to your program’s menu! Discover how to identify the health and environmental benefits of eating and serving plant-based foods. Get free resources to create more plant-forward menus. ~ 1 hour, Specialty 2

Procuring Local Foods for Child Nutrition Programs

Local procurement not only supports increasing economic opportunities for local farmers, but also helps child care institutions incorporate wholesome local foods into program meals and encourages children to make healthy food choices. Learn how local foods can meet meal pattern requirements, understand what is required when purchasing local foods, and get the resources you need for procuring them. ~ 1 hour, Specialty 5

The Efficient Chef: Maximizing Your Kitchen Potential

Discover strategies to optimize your kitchen workflow and unleash your inner chef! Learn effective cooking preparation techniques when using multiple kitchen appliances, ensuring smooth and efficient operations. Get time management skills to streamline your cooking process, reducing stress and increasing output. Expect practical tips and expert insights to help you maximize your kitchen efficiency. ~ 1 hour, Specialty 2

Using the Food Buying Guide for Menu Development

Unlock the full potential of the USDA’s Food Buying Guide (FBG) for Child Nutrition Programs. Learn how to access the FBG, create an account, and utilize its tools to plan nutritious, compliant, and cost-effective meals. We’ll guide you through the FBG yield tables, meal components, and selecting the right food items for your recipes. Don’t miss this chance to streamline your meal planning and ensure dietary guidelines are met with ease! ~ 1 hour, Specialty 3