



Learning Center Training Plan: SPECIAL DIETS BOOT CAMP

Need to know how to apply CACFP meal pattern substitutions or modifications with real, practical solutions? Our Special Diets Boot Camp helps you navigate the intricacies of policy regulations and proper documentation. You can find all of these webinars at cacfp.org/learning-center, or click directly on the title for easy navigation.

“I have been cooking for over 20 years professionally, yet only a couple of years as part of the CACFP. I learned more about special diets over two days than I had during the rest of my career!”

Accommodating Participants with Disabilities in Community Meals

Get requirement updates related to accommodating participants with disabilities participating in CACFP/SFSP, as required by Federal law, USDA regulations and the Policy Memorandum, Modifications to Accommodate Disabilities in the CACFP and SFSP to ensure equal access and opportunity. ~ 1 hour, Specialty 7

Beginners' Guide to Serving Foods to Participants with Swallowing Difficulties

Obtain a broad overview about dietary needs of individuals with swallowing impairment. Receive information on the various types of texture-modified diets to safely feed individuals. Understand the universal standards when serving foods to participants with dysphagia. Differentiate food preparations between dysphagia levels. Learn how to modify meals based on dysphagia level. ~ 1 hour, Specialty 1

Common Allergens and Reading the Food Label

Discover the top nine food allergens and learn to recognize what food products contain these. Get a better understanding of how to read the food label to identify and avoid food allergens. Become familiar with the top nine food allergens. Learn how to read the Nutrition Facts Label. Identify food allergens from the ingredient list. ~ 1 hour, Specialty 1

Dairy Meal Modifications

Learn how to adjust your menu when a participant has a dairy allergy. Receive training on how to identify foods containing dairy, how to modify recipes, and what dairy products can be replaced to meet the fluid milk component. Review dairy allergens when applied to fluid milk and dairy products. Identify alternative food products to meet CACFP meal components. Explore various dairy-free recipe ideas. ~ 1/2 hour, Specialty 1

Introduction to Meal Modifications and 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. Learn how to serve modified meals. Navigate through meal modification scenarios. ~ 1 hour, Specialty 1

Meal Modification Cooking Demonstration

You've learned about how to modify meals based on special dietary requests; now see how it's done! This half hour cooking session will get you recipes using these meal modifications. ~ 1/2 hour, Specialty 1

Vegetarian Meals

Discover new ways to incorporate plant-based meals into the CACFP meal pattern. Learn how using plant-based recipes can be beneficial to your budget and your health. Explain the differences between vegetarian and other plant-based diets. State the benefits of serving vegetarian meals in a CACFP cycle menu. Learn how to incorporate vegetarian meals into the CACFP meal pattern. ~ 1/2 hour, Specialty 1

Wheat & Gluten-Free Meal Modifications

Develop an understanding about the differences between wheat and gluten meal modifications. Learn how to identify food products containing wheat or gluten. Receive recipe ideas that will help you adapt and modify your menus. Define wheat and gluten allergens. Learn about wheat-free and gluten-free products. Discover wheat-free or gluten-free meal options. ~ 1/2 hour, Specialty 1