CACFP BOOT CAMP
MEAL PATTERN IN PRACTICE

November 19, 2026

NATIONAL CACFP ASSOCIATION

Your Meal Pattern Questions, Answered

$149*

Spend a day with our nutrition education team as we break down the meal pattern topics we hear about most. Learn how requirements differ by age, how to use labels and crediting tools, and how to navigate fruits, vegetables, grains and more with confidence.

Available on demand for attendees through December 7, 2026.
Earn 6 hours of CEUs; certificate(s) provided

Live Sessions Include:

- Ready, Set, Learn: Meal Pattern in Practice Welcome
- Same Program, Different Plates: Understanding CACFP Meal Patterns Across All Ages
- Mix It Up: Flexible Crediting in Practice
- What's on the Label: A Practical Guide for CACFP Operators
- Making Grains Count: From Crediting to Menu
- Using Documentation to Credit Foods in CACFP

Register today at ***cacfp.org/meal-pattern-in-practice***

*Register by November 9 for standard registration ($149 for members and $199 for non-members)
Visit our website to see more rates.

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All times listed are Eastern

11:00 am - 11:15 am

Ready, Set, Learn: Meal Pattern in Practice Welcome

Kick off the Meal Pattern in Practice Boot Camp with a quick welcome and tour of everything available to support your learning! Get a brief introduction to the CACFP meal pattern, explore free tools and resources, discover additional training in the NCA Learning Center and learn how to navigate the NCA website to find the guidance you need. We'll help you get oriented, show you where to dive deeper and prepare you to make the most of every Boot Camp session.

Brittany Uribe, MBA, National CACFP Association

11:30 am - 12:00 pm

Same Program, Different Plates: Understanding CACFP Meal Patterns Across All Ages

CACFP meal patterns support healthy meals at every stage of life, but requirements vary for infants, toddlers, children and adults. Compare key differences in meal components, portion sizes and age-specific requirements, and explore practical menu adjustments that help ensure compliance while meeting participants' nutritional needs.

- Compare CACFP meal pattern requirements for infants, toddlers, children and adults, identifying key differences in meal components and age-specific requirements.
- Apply CACFP meal pattern requirements to adjust menus for different age groups while maintaining compliance with CACFP regulations.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association

12:15 pm - 12:45 pm

Mix It Up: Flexible Crediting in Practice

Fruits and vegetables can be served in many forms and still be creditable in CACFP. Explore how juice, smoothies, and other fruit and vegetable options fit into the meal pattern, including how beans, peas and lentils may credit as either a vegetable or a meat alternate. Practice evaluating menu examples to uncover important crediting considerations and discover ways to add variety and flexibility while meeting CACFP requirements.

- Identify how different forms of fruits and vegetables credit in CACFP meals and snacks.
- Analyze a menu for crediting scenarios involving fruits and vegetables to determine whether meal pattern requirements are met.

Melinda Nguyen, MS, RDN, LD, National CACFP Association

Meet Our Speakers

Isabel Ramos-Lebron, MS, RDN, LD
Senior Nutrition Education Specialist
National CACFP Association

Isabel is bilingual and dedicated to serving the CACFP and SFSP communities through nutrition education, program operations support and promoting access to nutritious foods. She has a strong background in working with low-income communities of various cultures through graduate research projects and when previously employed at a nonprofit food bank for eight years. Isabel has a Master of Science in Nutritional Sciences from Rutgers University and completed her dietetic internship through Aramark.

Melinda Nguyen, MS, RDN, LD
Nutrition Education Specialist
National CACFP Association

Melinda is dedicated to showing her passion for nutrition education by developing creative ways to reinforce knowledge. She began her career in Massachusetts by obtaining her Master's in Food and Nutrition from Framingham State University. She worked at Head Start planning meals for toddlers then moved to Texas to work for Whole Foods Market as a Recipe Data Specialist before taking on a role with a State agency. Melinda joined NCA's education team in 2025.

Brittany Uribe, MBA
Senior Event Specialist
National CACFP Association

Brittany plans and coordinates all webinars and virtual events for NCA, including those during the National Child Nutrition Conference. Brittany graduated from Florida State University with a BS in Family and Child Science. She began working for a CACFP sponsor in South Florida in 2013 and grew passionate about expanding CACFP training opportunities and educational resources.

Brittany Gorman, MPH, RDN
Nutritionist
USDA Food and Nutrition Administration

Brittany is the project lead for the Food Buying Guide for Child Nutrition Programs (FBG) and works on technical assistance resources for program operators. She has over eight years of experience with CNP working in various roles at the local and federal level. She holds an MPH from the University of Massachusetts, Amherst.

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1:00 pm - 2:00 pm

What's on the Label: A Practical Guide for CACFP Operators

Food labels help CACFP operators identify creditable foods, support participant safety and make informed purchasing decisions. Learn how to use the Nutrition Facts label and ingredient list to evaluate packaged foods, identify added sugars and allergens, and meet CACFP requirements. Explore the evolution of food labels and where to find the information that matters most.

- Identify key information on the Nutrition Facts label and ingredient list that supports CACFP requirements.
- Interpret label information to recognize added sugars, allergen declarations and other details relevant to CACFP.
- Compare food products using label information to support informed purchasing decisions and healthier menu choices.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association

2:30 pm - 3:30 pm

Making Grains Count: From Crediting to the Menu

Knowing the grains requirements is one thing. Putting them into practice is another. Take a closer look at how to evaluate grains, identify whole grain-rich and evaluate CACFP menus for grains compliance. Explore practical ways to add variety, make informed purchasing and menu-planning decisions and confidently put grain requirements into action. Using child and infant menus as examples, practice applying CACFP grains requirements.

- Identify creditable grains, whole grain-rich foods and infant grain options that meet CACFP requirements.
- Evaluate grain products and menus for compliance with CACFP meal pattern requirements, whole grain-rich standards and cereal sugar limits.
- Apply CACFP grain requirements to plan compliant, nutritious menus that include appropriate grains servings and documentation.

Melinda Nguyen, MS, RDN, LD, National CACFP Association

3:45 pm - 4:15 pm

Using Documentation to Credit Foods in CACFP

Determining whether a food credits toward the CACFP meal pattern often requires reviewing different types of documentation. Learn when to use CN Labels, Product Formulation Statements (PFS), Nutrition Facts labels, ingredient lists and the Food Buying Guide to make informed crediting decisions and support compliance. Through practical examples, you will strengthen your ability to identify the documentation needed to accurately credit foods and avoid common errors.

- Identify how packaging, documentation and online tools can be used to determine how foods credit toward the CACFP meal pattern.
- Evaluate food documentation to determine whether products meet CACFP meal pattern requirements and support accurate meal crediting.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association

4:30 pm - 5:00 pm

Ask Us Anything: CACFP Meal Pattern

Have questions about CACFP meal patterns? Let's wrap up the Boot Camp by getting them answered! Bring your questions for a live Q&A covering the topics explored throughout the event. Learn from the questions of others and engage with our experts in a dynamic, interactive conversation designed to provide clarity and help you confidently put what you've learned into practice.

- Clarify CACFP meal pattern requirements and best practices.
- Apply expert guidance to common meal pattern questions and real-world scenarios.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association

Melinda Nguyen, MS, RDN, LD, National CACFP Association

Brittany Uribe, MBA, National CACFP Association

I honestly think that the way the trainings are put together and how organized they are really helps me understand and remember A LOT better than if I was trying to do it myself. Kudos!"

- Christina Powell

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ON DEMAND

Bite-Sized Safety: Preventing Choking Hazards

Children under the age of 4 are at high risk of choking while eating, as they are still learning to chew properly and often swallow food whole. With their small airways easily blocked, it's crucial to understand the risks posed by certain foods. Learn which foods to avoid or modify to reduce choking hazards, which creates a safer mealtime environment.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association

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!

Brittany Gorman, MPH, RDN, USDA Food and Nutrition Administration

Crediting with Confidence: Navigating the CACFP Crediting Handbook

Discover how the updated Crediting Handbook for the Child and Adult Care Food Program serves as a quick, reliable reference for everyday crediting decisions. Explore where to access the handbook, how its organized layout supports faster answers, and simple techniques for locating information using browser search tools. Build confidence in identifying creditable foods and navigating the resource efficiently to support accurate, streamlined menu planning.

Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association

Registration Rates & Deadlines

Member Pricing:
$149 Standard Registration
$199 Late Registration Starting November 10, 2026

Non-Member Pricing:
$199 Standard Registration
$249 Late Registration Starting November 10, 2026

Not a Member? Join NCA Today!

Save $50 on this Boot Camp plus enjoy year-round access to member discounts, exclusive webinars and training opportunities, guidance on policy and legislative updates, members-only resources, and a nationwide network of child nutrition professionals.

Learn more at cacfp.org/members

"Thank you for a wonderful day of review - even though I have been doing this for 17 years, it always seems like there is something new."
- Keith Johnson

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Schedule At-a-Glance by Time Zone

Thursday, November 19
11:00 am - 5:00 pm Eastern

Eastern	Central	Mountain	Pacific	Session
11:00 am - 11:15 am	10:00 am - 10:15 am	9:00 am - 9:15 am	8:00 am - 8:15 am	Ready, Set, Learn: Meal Pattern in Practice Welcome
11:30 am - 12:00 pm	10:30 am - 11:00 am	9:30 am - 10:00 am	8:30 am - 9:00 am	Same Program, Different Plates: Understanding CACFP Meal Patterns Across All Ages
12:15 pm - 12:45 pm	11:15 am - 11:45 am	10:15 am - 10:45 am	9:15 am - 9:45 am	Mix It Up: Flexible Crediting in Practice
1:00 pm - 2:00 pm	12:00 pm - 1:00 pm	11:00 am - 12:00 pm	10:00 am - 11:00 am	What's on the Label: A Practical Guide for CACFP Operators
2:30 pm - 3:30 pm	1:30 pm - 2:30 pm	12:30 pm - 1:30 pm	11:30 am - 12:30 pm	Making Grains Count: From Crediting to the Menu
3:45 pm - 4:15 pm	2:45 pm - 3:15 pm	1:45 pm - 2:15 pm	12:45 pm - 1:15 pm	Using Documentation to Credit Foods in CACFP
4:30 pm - 5:00 pm	3:30 pm - 4:00 pm	2:30 pm - 3:00 pm	1:30 pm - 2:00 pm	Ask Us Anything: CACFP Meal Pattern