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37th National
**CHILD
NUTRITION
CONFERENCE**

April 10–14, 2023 | San Diego

NATIONAL
CACFP SPONSORS
ASSOCIATION

Register online



cacfp.org/conference

CACFP • AFTERSCHOOL MEALS • SUMMER FOOD

Schedule of Events



Join the
child nutrition
community for...



Days of
Education



150 Hours
of Workshops

13

Education
Tracks



Over 150
Presenters



31+
CEUs



VIRTUAL
Options Available

Monday, April 10, 2023		Virtual Sessions
10:00 am - 8:00 pm	Registration & Info Desk Open	
1:00 pm - 5:00 pm	Preconference Academy <i>*Pre-registration required</i>	
2:00 pm - 3:00 pm	State Agency Collaboration <i>*By invitation only</i>	
2:30 pm - 3:00 pm	CACFP Certification Overview	CACFP Certification Overview
3:45 pm - 4:15 pm	Navigating the Conference Q&A	Navigating the Virtual Sessions Q&A
4:30 pm - 5:00 pm	Professional Networking Strategies & Tips	
5:00 pm - 6:00 pm	Regional Networking Reception	Zoom Regional Networking Meeting
Tuesday, April 11, 2023		Virtual Sessions
7:00 am - 6:00 pm	Registration & Info Desk Open	
8:00 am - 12:00 pm	Preconference Academy <i>*Pre-registration required</i>	
8:00 am - 9:00 am	Group Meetups	
8:00 am - 9:00 am	CACFP Creditable Resources	CACFP Creditable Resources
9:00 am - 1:30 pm	Exhibit Hall Open	
9:15 am - 10:15 am	CACFP 101	CACFP 101
10:30 am - 11:30 am	Mid-Morning Coffee Break in Exhibit Hall	SFSP 100 (VIRTUAL ONLY)
1:45 pm - 3:00 pm	National Conference General Session	National Conference General Session
3:15 pm - 4:15 pm	Workshops Session One	Hybrid Workshop Coming Soon
3:30 pm - 6:00 pm	Exhibit Hall Open	
4:30 pm - 5:30 pm	Mix it Up! Welcome Reception in Exhibit Hall	
Wednesday, April 12, 2023		Virtual Sessions
6:00 am - 7:00 am	Sunrise Session: Wake Up with NCA	Sunrise Session: Wake Up with NCA
7:00 am - 6:00 pm	Registration & Info Desk Open	
7:00 am - 8:00 am	Breakfast, Coffee & Conversation	
7:15 am - 7:45 am	Shop Talk	
8:00 am - 9:00 am	Featured Speakers	USDA CACFP Policy Update
9:15 am - 10:15 am	Workshops Session Two	Hybrid Workshop Coming Soon
9:30 am - 1:00 pm	Exhibit Hall Open	
10:30 am - 11:30 am	Workshops Session Three	Hybrid Workshop Coming Soon
12:30 pm - 1:00 pm	NCA Annual Meeting <i>*By invitation only</i>	NCA Annual Meeting <i>*By invitation only</i>
1:00 pm - 2:30 pm	Lunch & Learn: USDA	Lunch & Learn: USDA
2:45 pm - 3:45 pm	Workshops Session Four	Hybrid Workshop Coming Soon
4:00 pm - 5:00 pm	Workshops Session Five	Hybrid Workshop Coming Soon
5:00 pm - 5:30 pm	Shop Talk	
5:00 pm - 5:30 pm	CACFP Professionals Celebration <i>*By invitation only</i>	
Thursday, April 13, 2023		Virtual Sessions
6:00 am - 7:00 am	5K Fun Run/Walk <i>*Pre-registration required</i>	
7:00 am - 5:00 pm	Registration & Info Desk Open	
7:00 am - 8:00 am	Breakfast, Coffee & Conversation	
7:15 am - 7:45 am	Shop Talk	
8:00 am - 9:00 am	Workshops Session Six	Hybrid Workshop Coming Soon
9:15 am - 10:15 am	Workshops Session Seven	Hybrid Workshop Coming Soon
10:30 am - 11:30 am	Workshops Session Eight	Hybrid Workshop Coming Soon
11:30 am - 1:00 pm	Lunch & Learn: Keynote Speaker	Lunch & Learn: Keynote Speaker
1:15 pm - 2:15 pm	Workshops Session Nine	Hybrid Workshop Coming Soon
2:30 pm - 3:30 pm	Workshops Session Ten	Hybrid Workshop Coming Soon
3:45 pm - 4:45 pm	Featured Speakers	USDA SFSP Policy Update
5:00 pm - 5:30 pm	Shop Talk	
Friday, April 14, 2023		
8:00 am - 9:00 am	Rising Leaders Coffee Hour	
8:00 am - 10:00 am	Postconference Academy <i>*Pre-registration required</i>	
8:00 am - 12:00 pm	State Agency Afterschool & Summer Meals Symposium <i>*By invitation only</i>	
9:15 am - 10:15 am	CACFP Creditable Resources	
10:30 am - 11:30 am	More About CACFP: Ask Us Anything!	
10:30 am - 12:30 pm	Postconference Academy <i>*Pre-registration required</i>	
11:45 am - 12:30 pm	CACFP Professional Certification Overview	

Check cacfp.org/conference for schedule updates.

Registration Rates & Deadlines

Conference Registration

Registration Period	Members	Non-Members
Advance (Until Nov. 30)	\$329	\$429
Early (Dec. 1 - Jan. 31)	\$399	\$499
Standard (Feb. 1 - Feb. 28)	\$479	\$579
Late (March 1 - March 31)	\$559	\$659
Onsite (April 1 - April 14)	\$699	\$799

Pre/Postconference Academies

Registration Period	Preconference	Postconference
Advance (Until Nov. 30)	\$79	\$29
Early (Dec. 1 - Jan. 31)	\$79	\$29
Standard (Feb. 1 - Feb. 28)	\$79	\$29
Late (March 1 - March 31)	\$99	\$49
Onsite (April 1 - April 14)	\$149	\$99

There are **NO REFUNDS** for cancellation. However, agencies may transfer like registrations to another individual within their organization.

Registration
sponsored by



Virtual Option

Unable to join us this year in San Diego? No problem! We're offering a virtual option for the 2023 National Child Nutrition Conference that will give you three days of virtual training from April 11-13, 2023. Attend the sessions live through Zoom, or watch them on-demand until May 15, 2023.

If you'll be joining us in San Diego your registration fee also includes all virtual sessions, which you can attend onsite or watch on-demand.

 **Register online**
cacfp.org/conference

Conference Headquarters



Manchester Grand Hyatt San Diego

1 Market Place
San Diego, CA 92101

Room Rate: \$185.00 per night plus tax

Booking link will be shared via email once registration is confirmed.



Flying in?

Plan to arrive on Monday, April 10 and depart on Friday, April 14.

Find it here...

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General Information



Food & Beverage

Mid-Morning Coffee Break

Tuesday, April 11
10:30 am - 11:30 am

Breakfast, Coffee & Conversation

Wednesday, April 12
7:00 am - 8:00 am

Thursday, April 13
7:00 am - 8:00 am

Lunch & Learn

Wednesday, April 12
USDA's Actions to Promote
Nutrition Security
1:00 pm - 2:30 pm

Thursday, April 13
Keynote Speaker
11:30 am - 1:00 pm

Rising Leaders Coffee Hour

Friday, April 14
8:00 am - 9:00 am

Calling All Runners & Walkers!



Boardwalk 5K Fun Run/Walk

Thursday, April 13
6:00 am - 7:00 am

\$20 registration fee required to
receive race medal

Learn more at
cacfp.org/conference/fun-run

Featured Sessions

Navigating the Conference Q&A

Monday, April 10 | 3:45 pm - 4:15 pm

Learn more about what to expect, how to navigate the schedule and where you need to be to get the most out of the 2023 national conference. We'll make sure you are able to walk away from this jam-packed, five-day conference with new insights and knowledge to use and share with colleagues back in the office.

Joining virtually? We've got you covered with a session right before this one! Join us on Zoom from 3:15 pm - 3:45 pm for **Navigating the Virtual Sessions Q&A**.

CACFP Creditable Resources

Tuesday, April 11 | 8:00 am - 9:00 am & Friday, April 14 | 9:15 am - 10:15 am

Learn about nutrition education resources which are available free-of-charge, including the guides for Identifying Whole Grain-Rich, determining sugar content in cereals and yogurt, and which milk to serve in the CACFP. Create your own toolkit of meal pattern materials and nutrition education flyers for use in your program and to share with your community.

Sunrise Session: Wake Up with NCA

Wednesday, April 12 | 6:00 am - 7:00 am

If you're on the East Coast, then you're already up, and if you're an early bird on the West Coast, then you're in luck! We've got coffee for you, so join us for our sunrise session as we answer your common questions about meal patterns, policy, monitoring and more.

NCA Annual Meeting **by invitation only*

Wednesday, April 12 | 12:30 pm - 1:00 pm

Members of the National CACFP Sponsors Association are invited to attend our annual meeting to learn about where the organization is today, hear from candidates for the NCA Board of Directors and find out what we have planned for the future. Our mission is to provide you with education resources, training opportunities, and guidance on federal programs policies.

CACFP Professional Certification Program Overview

Monday, April 10 | 2:30 pm - 3:00 pm & Friday, April 14 | 11:45 am - 12:30 pm

Interested in learning more about how to earn the CACFP Management Professional or the CACFP Child Nutrition Professional designation? Join NCA board members to hear why the program was started, what the qualifications are and next steps to getting the certification complete.

More About CACFP: Ask Us Anything!

Friday, April 14 | 10:30 am - 11:30 am

Don't go home with unanswered questions. Get the information you need from our experienced panel and make sure you take home knowledge to impact your program.



CACFP Champion



SFSP Champion

General Session *Don't miss!*

Tuesday, April 11 | 1:45 pm - 3:00 pm

What you do matters! When we all come together in one room with one focus, you can be sure you'll leave knowing that your role is as important as any other in ensuring that all children will have access to healthy foods. This session is strategically planned with speakers who will motivate us and remind us why we work to support our nation's most vulnerable populations.



Featured Speaker Rear Admiral (Ret.) Frank Ponds

Hear from career military officer, Rear Admiral (Ret.) Frank Ponds, as he shares how retired admirals and generals are advocating for the federal nutrition programs and strengthening national security by ensuring kids stay in school, stay fit, and stay out of trouble through Mission: Readiness. This initiative grew from the realization that the shortage of potential service members because of malnutrition and obesity disqualify an alarming percentage of our young people from military service.



Featured Speaker Stacy Dean, MPP

Stacy Dean, the Deputy Under Secretary for USDA's Food, Nutrition and Consumer Services, works to advance President Biden's agenda on increasing nutrition assistance for struggling families and individuals as well as tackling systemic racism and barriers to opportunity that have denied so many the chance to get ahead. Dean previously served as the Vice President for Food Assistance Policy at the Center on Budget and Policy Priorities. She directed CBPP's food assistance team and efforts to integrate the delivery of health and human services programs at the state and local levels.

Scholarships Available!

*Apply online
if you are a...*

- Sponsoring Organization
- Family Home Provider
- Child Care Center
- Adult Day Care Center
- Head Start
- School District
- At-Risk Afterschool Site
- Emergency Shelter
- Summer Food Site
- Food Bank
- Tribal Nation

cacfp.org/scholarships



Have you heard?

Fifteen scholarship opportunities, valued at over \$22,000, are available from the National CACFP Sponsors Association for the 2023 National Child Nutrition Conference. Each scholarship will include conference registration, four (4) nights' lodging at the conference hotel, and up to \$300.00 toward transportation costs. We will also be awarding **fifteen additional scholarships** to attend the conference virtually.



Hear from the USDA

USDA Sessions

- Accommodating Participants with Disabilities in Community Meals
- CACFP Administrative Budgets
- Civil Rights 101: Compliance with Civil Rights Requirements
- Crediting Basics and Beyond in the CACFP
- Developing a CACFP Budget
- Farm to Classroom: Teaching Children About Healthy Foods
- Get the Facts! CN Labels and Product Formulation Statements (PFS)
- Mastering Milk Requirements in the CACFP
- Menu Planning to Meet CACFP Meal Pattern Requirements
- Recent USDA Studies on CACFP and Summer Meals
- Serious Deficiency Process
- Serving Communities Year-Round Through Afterschool Meals and the SFSP
- USDA National Breastfeeding Campaign
- USDA Town Hall



Earn Credits for Attending

Your time with us goes further than just a few days. Up to 31 hours of Continuing Education Units are available for onsite attendees, while virtual attendees can earn up to 17 CEUs. PLUS, there are up to 12 hours of training for preconference and postconference academies.

cacfp.org/certification



Join the conversation on social media with #NCNC23 #CACFP23 #SFSP23
Like. Follow. Tag. @NationalCACFP



Featured Sessions

USDA CACFP Policy Update

Hear from USDA as they present an overview of new and revised policy guidance for the Child and Adult Care Food Program and share a state-of-the-state update of the CACFP. The USDA Food and Nutrition Service works to end hunger and obesity through the administration of 15 federal nutrition assistance programs including the Child and Adult Care Food Program which is crucial to ensuring children have access to nutritious foods and where healthy eating becomes a habit.

USDA SFSP Policy Update

Hear from USDA as they present an overview of new and revised policy guidance for the Summer Food Service Program and share a state-of-the-state update on SFSP program developments, policy, and guidance. The USDA Food and Nutrition Service works to end hunger and obesity through the administration of 15 federal nutrition assistance programs including the Summer Food Service Program which is crucial to ensuring year-round access to foods for children.

Lunch & Learn

USDA's Actions to Promote Nutrition Security

Dr. Sara Bleich, the first Director of Nutrition Security and Health Equity, will provide an overview of USDA's actions to promote and elevate nutrition security. She will explain what nutrition security is and how it intersects with health equity and structural racism. She will highlight USDA's four pillar approach to tackling food and nutrition insecurity and highlight activities and opportunities specific to CACFP.



Sarah Bleich, PhD

Director of Nutrition Security
and Health Equity
USDA Food and Nutrition Service



Conference Workshops

Workshops do not require pre-registration, and you are welcome to attend any workshop you desire. Mark your favorite sessions and check online or in the app for scheduled times.

Look for the Specialty ID

Each session and workshop provides hours towards your CACFP Professional Certification. For more information, visit cacfp.org/certification.

Specialties for CMP/CCNP

- S1 Nutrition
- S2 Program Operations
- S3 Training & Technology

- S4 Program Administration
- S5 Financial Management
- S6 Nonprofit Management
- S7 Civil Rights & Policy

Accommodating Participants with Disabilities in Community Meals S7

Get requirement updates related to accommodating participants with disabilities participating in CACFP, as required by Federal law, USDA regulations and the Policy Memorandum, Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program to ensure equal access and opportunity.

USDA Food and Nutrition Service

Accountability & Leadership S6

Understand the power of recognition, learn how to give great feedback and build a team that trusts. Get a list of guiding principles that create a culture of collaboration and accountability. Discover how looking at the big picture can help with the small stuff in your workplace.

1. Learn ways to become an effective leader.
2. Discover how to recognize a lack of accountability and how to hold your team accountable.
3. Receive strategies to build trust as a leader.

Maggie Mae Kennedy, Spring Branch ISD

Active Play to Combat Obesity S1

Learn how to encourage active play and integrate movement breaks in the Head Start classroom. Take home resources to help you enhance child development and learning through physical activity.

1. Identify the components of a childcare environment that helps children adopt healthy living habits.
2. Explore why active play is important for young children.
3. Learn a variety of ideas for use in the classroom to help children develop physically active behaviors.

Laura Sheffield, MS, RDN, LD, Community Action Council

Afterschool Meals: Reflections and Promising Practices S2

How we think, plan, and operate afterschool meals programs has changed dramatically over the last few years. Hear from Out-of-School Time Meals Champions as they share their experiences, lessons learned, and promising practices. Discover how afterschool meals programs will continue to adapt to the ever-changing landscape and how programs can learn from children and families to better serve their communities.

1. Gain strategies to improve your afterschool meals program.
2. Find out how to use reflection, evaluation, and iteration as tools.
3. Learn how to plan for afterschool meals 2023.

Paige Pokorney, MPH, Share Our Strength

Avoid Costly Mistakes in the CACFP S4

Monitoring, eligibility, and claims can be overwhelming which can lead to costly mistakes. Identify the most commonly made errors and learn effective ways to avoid making these mistakes in your program.

1. Identify the three most common mistakes.
2. Learn effective solutions to correct these errors.
3. Get tips and best practices to avoid costly mistakes.

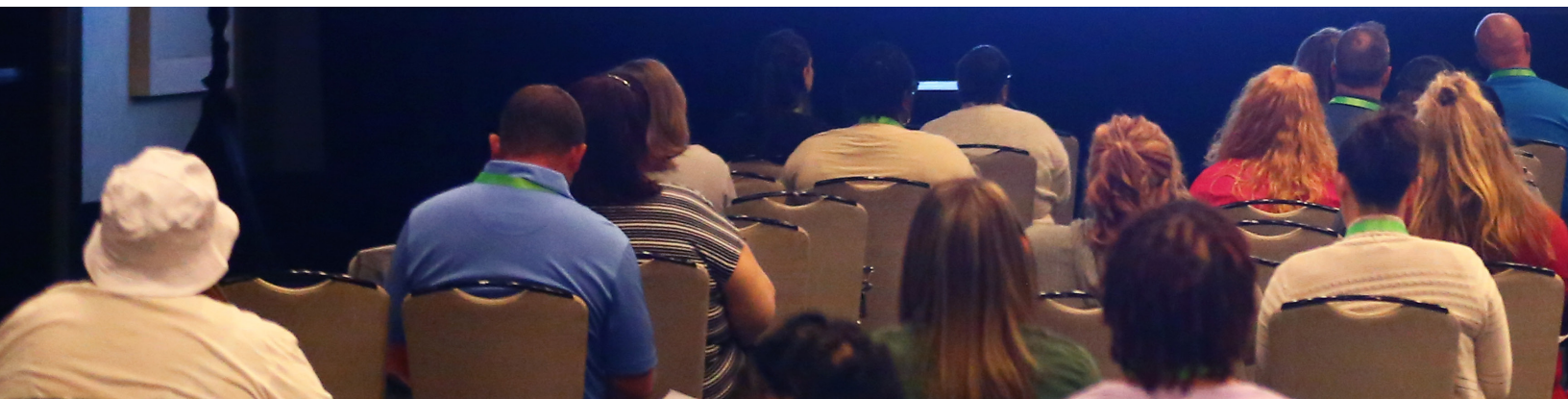
Jocelyn Moss, CCNP, CMP, MA, YMCA of Greater Pittsburgh

Baking Whole Grain-Rich S1

Whole grain-rich baking can be a signature part of your program that benefits menus, snacks, and acceptance while also helping your bottom-line. Learn how to choose a few signature favorite foods and align them with baking activities to involve children in the science, literacy, art, food safety and math to boost benefits beyond the plate.

1. Learn steps to bake a few whole grain-rich items.
2. Explore activities to assist your children in learning about grains.
3. Take home resources baking with whole grains.

Sharon P. Davis, Home Baking Association



Be Prepared & Plan Ahead: Steps for Emergency Preparedness

S6

Learn how child care centers can prepare for handling emergency situations including internal threats, external threats, and natural disasters. Understand how to plan for emergency situations before they occur so your staff can respond quickly and effectively when an emergency happens.

1. Create lists of potential emergency team members and types of emergencies they may encounter in their operation.
2. Identify tools and trainings that are needed to prepare and respond to a variety of emergencies.
3. Get free resources to use to prepare for emergency situations.

Liz Dixon, MS, Institute of Child Nutrition

Patrick Butler, MS, Institute of Child Nutrition

Best Practices in Garden to Early Childhood

S1

Learn how to implement a Garden to Early Childhood program model in your curriculum. Hear about suggested best practices, fundamentals of teaching gardening to young children, planning year-round gardening activities, and incorporating a garden-to-table element for a healthy and fresh food program.

1. Get strategies to increase access to healthy, local, and fresh food.
2. Identify resources for assessing your site.
3. Set implementation goals for Garden to ECE.

Aarie J. Wade, MSW, Baxter Community Center

Beyond Beans: A Guide to Plant-Based Menus

S1

No meat? No problem! Explore how plant-based eating has evolved and is tastier than ever for kids. Discover the versatility it provides and how to incorporate more into your menus.

1. Understand CACFP meal requirements and the versatility of plant-based foods in a nutrition program.
2. Discover the versatility of plant-based items and how to develop a menu that incorporates them.
3. Learn the benefits of plant-based eating.

Caitlin Boland, RD, LDN, Novick Childcare Solutions

Tracie Mercado, CCHA, CCHC, Novick Childcare Solutions

Marcia Wilczek, CMP, CCNP, Novick Childcare Solutions

Body Positivity and Cultivating Good Relationships with Food

S1

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. Identify the potential triggers of childhood obesity.
2. Explore the tenets of Division of Responsibility regarding serving and eating food.
3. Learn to adjust your approach about foods and mealtimes with your children.

Elana Natker, RD, Grain Foods Foundation

Dyan Hes, MD, Gramercy Pediatrics

Breaking Down Tasks for Successful CACFP Sites

S6

Are your child care center staff overwhelmed by their CACFP duties? Need help implementing daily tasks for your sites? Practice creating a task management guideline that will give your staff clear and concise guidance. Discuss what steps need to be executed and how to pinpoint a breakdown in communication.

1. Receive a task management guideline to give Center directors.
2. Learn how to simplify tasks that will help the center director assign small tasks.
3. How program monitors can use task management to establish details and pinpoint the breakdowns.

Sharon Ray, Nutriservice Inc.

Breastfeeding at CACFP Sites

S1

Learn easy and practical ways to meaningfully assist families and ECE program staff with breastfeeding. Gain confidence by discovering how-tos for honoring families' feeding choices and receive free toolkit materials.

1. Learn to implement breastfeeding support.
2. Identify job aides that make best practices simple to execute.
3. Understand how ECE fits into the breastfeeding care continuum.

Jessica Bridgman, MPH, RDN, LDN, Carolina Global Breastfeeding Institute (CGBI)

Daina Huntley, MPH, CHES, Carolina Global Breastfeeding Institute (CGBI)

Nutrition Track

- Best Practices in Garden to Early Childhood
- Beyond Beans: A Guide to Plant-Based Menus
- Body Positivity and Cultivating Good Relationships with Food
- Breastfeeding at CACFP Sites
- The CICN Presents an Exploration of Flavor
- Creating a Food Culture in Young Children
- Decolonizing Nutrition
- Delicious & Nutritious Plant-Forward Meals
- Delicious Ways to Maximize Snack Time Nutrition
- Developing Menus with Cultural Foods
- Diversity and Inclusion in Early Education
- Encouraging a Growth Mindset Around Child Nutrition
- Fuel Your Mind & Body: Menu Planning, Nutrition & Activities
- Hydration Station: Choosing Water
- Identifying Whole Grain-Rich
- Little Books for Little Cooks
- Mastering Milk Requirements in the CACFP
- More Fruits & Veggies, Less Waste
- Never Fear, Help with Crediting Grains is Here!
- Nourishing the Next Generation
- On-Trend CACFP Recipes
- Purposeful Playtime: Children in the Garden
- Reconstructing Traditional Hispanic Meals for a Healthy Menu
- A Rainbow a Week: Embracing Our Meal Patterns
- Spice Up Your Menus
- USDA National Breastfeeding Campaign
- Utilizing Cycle Menus in Your CACFP Operation



Building Communities of Practice to Promote Equity

Explore communities of practice as a strategy to integrate equity, diversity, and inclusion into state ECE systems to promote best practices for healthy eating and physical activity in young children. Learn strategies, get resources, and review examples in action to drive and advance equity to improve nutrition and health outcomes for young children.

1. Define Communities of Practice.
2. Learn strategies states can use to embed equity, diversity, and inclusion into ECE systems.
3. Review approaches to data analysis for addressing inequities.

Georgia S. Thompson, Nemours Children's Health

Building, Funding, and Sustaining Farm to ECE Programs

Interested in connecting children to local foods and engaging children in hands-on education about food? Explore what farm to early care and education (ECE) is, why it's important, and how to build, fund, and sustain farm to ECE programs.

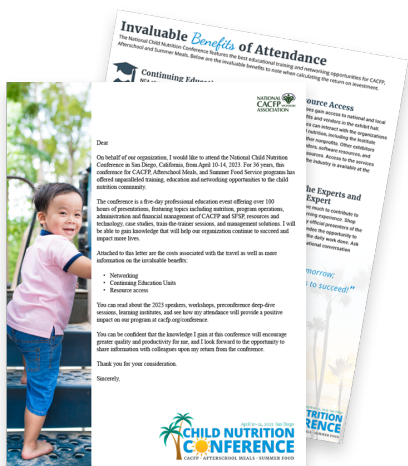
1. Understand what farm to ECE is and why it's important.
2. Identify strategies for building and sustaining farm to ECE programs.
3. Learn how to engage partners to support farm to ECE.

Amy Garfinkel, MPH, California Department of Food and Agriculture

CACFP Administrative Budgets

Learn tips and best practices on the preparation of an acceptable administrative budget. Topics will include the importance of strategic planning, using historical financial information to develop the budget, determining what expenses are allowable/unallowable, identifying staffing requirements, how excess administrative funds affect the budget and updating the budget throughout the year.

USDA Food and Nutrition Service



CACFP Administrative Review Advice

Get tips, suggestions, and best practices to prepare for an administrative review. Discover how to find success, avoid findings, and communicate with the review team.

1. Identify common findings during administrative reviews.
2. Learn about available technical assistance opportunities.
3. Get tips on how work with analysts and consultants before and during the review process.

Cintya Loreto, California Department of Social Services
Oby Okoye, RD, California Department of Social Services

CACFP at CDSS: Transitioning to a Social Services Program with an Equity Lens

In 2021 the CACFP in California transitioned from the Department of Education to the Department of Social Services. Discover why California felt it was important to have CACFP operate as a Social Services program and how the focus on equity will be an important factor in the work going forward.

1. Understand the benefits of having CACFP operate under Social Services.
2. Discuss the importance of an equity lens on social services programs, particularly food programs.
3. Hear about the work CDSS is doing in CACFP to promote diversity, equity, and inclusion.

Jessie Rosales, California Department of Social Services
Jessica L. Dailey-Keithline, California Department of Social Services

CACFP Training Program & Nutrition Calendar

NCA's Nutrition Calendar & Training Program is perfect for providers, centers and afterschool sites, available in bulk for less than \$4 per provider.

1. Learn how to use the 2023 Counting Animals calendar to support your program.
2. Get inspired on how to implement the activities and training.
3. Find out why over 35,000 providers across the country consider this their #1 CACFP resource.

Jennifer Basey, MEA, National CACFP Sponsors Association

Catering to Rural and Urban Sites

Rural and urban sites can look very different in terms of operations, populations served and available resources. Get insight on how to address the challenges and implement best practices that come with serving both rural and urban sites for Afterschool Meals and Summer Food Service.

1. Gain insight from a large, successful sponsor's operations.
2. Learn tips to expand programs to include more geographic areas.
3. Explore other sites and their stories of success.

Chelsea Casso, MA, Regional Food Bank of Oklahoma

Child Nutrition Reauthorization

Child Nutrition Program Reauthorization is in the works. Learn what it means to CACFP & SFSP.

1. Get the most recent legislative update.
2. Learn how you can advocate for CNR.
3. Hear NCA's policy priorities.

Alexia Thex, MEA, National CACFP Sponsors Association

The CINC Presents an Exploration of Flavor

Join the Culinary Institute of Child Nutrition's Chefs as they take you through a series of activities and exercises to understand the five basic tastes and how to make your menu items more flavorful.

1. Identify how the five basic taste profiles complement and contrast each other.
2. Discover a variety of herbs, spices, aromatics, and culinary acids.
3. Learn to build flavor without the use of sodium-laden ingredients.

Chef Patrick Garmon, The Institute of Child Nutrition
Chef Garrett Berdan, RDN, The Institute of Child Nutrition



Make Your Case to Attend

Attending the conference is a big commitment, both with your time and financially. That's why we've made things a bit easier for you with a Case to Attend letter that you can fill out and submit to your supervisor, along with an estimated costs budgeting worksheet. You can find both resources at cacfp.org/conference, located on the navigation bar under the "Registration" dropdown item.

Civil Rights 101: Compliance with Civil Rights Requirements

S7

The session will address the Civil Rights training requirements as outlined in FNS Instruction 113-1, Civil Rights Compliance and Enforcement – Nutrition Programs and Activities. State agency staff who interact with program applicants, participants and potentially eligible individuals and those persons who supervise front line staff must receive annual Civil Rights training. This session will fulfill this requirement.

USDA Food and Nutrition Service

Civil Rights Compliance and Special Diets in the CACFP

S7

What is required for a child with a food allergy or special diet need? Come and learn how to best support the needs of the child while balancing program regulations. Review real world examples with solutions and lists of creditable foods, tools and resources while maintaining compliance with civil rights.

1. Understand the basic requirements for civil rights and special diets.
2. Get documents, forms, and nutrition education resources.
3. Discover how other sponsors/programs are managing special diets.

Kate Abernathy, MS, RDN, LDN, CCNP, CMP, Providers Choice
Katie Chatfield, MPH, RDN, Providers Choice

Communicating Special Diet Needs

S1

Communication is key for keeping children and CACFP participants with special diets safe in our care. Learn best practices and receive resources for school operators to effectively communicate special diet information with staff, families, students, and program participants.

1. Identify the differences between food allergies and food intolerances.
2. Learn what is required for special diets.
3. Gain resources to implement communication strategies at your site.

Angela Gomez, RDN, SNS, LunchAssist

Community Wellness Hubs: Partnerships to Support Child Nutrition

S1

What is a community wellness hub, and how can partnerships with parks and recreation agencies support the health of children and their families? Learn how collaboration can implement innovative food access strategies to support health and well-being.

1. Learn ways to partner with parks and recreation agencies.
2. Leverage childhood food access programs.
3. Understand how community partnerships lead to strong, equitable systems.

Maureen Neumann, National Recreation and Park Association
Liliana Ruiz Fischer, MPH, National Recreation and Park Association
Jasmine Zandi, Central Arkansas Library System

Completing Claims Like Clockwork

S4

Learn the CACFP best practices for the submission of accurate claims for the reimbursements of meals. Identify management practices that adversely impact claims and help ensure that providers are getting reimbursed for the meals that they are serving.

1. Identify the role of the sponsoring organization.
2. Learn the key steps of the claim workflow.
3. Understand how to correctly calculate administrative fees.

Cherese Myree, CFE, MH Miles Company, CPA, PC

Connecting Nutrition with Family Engagement

S3

Partnering with families is an essential piece in the promotion of nutrition education initiatives. Discover creative ways to build family enthusiasm around healthy nutrition habits and learn how to provide them with the tools they need to adopt those habits long term.

1. Learn to connect the importance of nutrition with family partnerships.
2. Discover how to help families incorporate healthy eating at home.
3. Get easy action steps and simple recipes.

Tracy Ragan, CCNP, MBA, Coastal Plain Area E.O.A., Inc.
Valarie Glee, Coastal Plain Area E.O.A., Inc.

Creating a Food Culture in Young Children

S1

Learn about the importance of introducing different foods at early ages and how that helps create a food culture in young children. Discuss the responsibilities and best practices for establishing these habits early to teach your children to be open to tasting new yummy foods.

1. Gain best practices to get children interested in tasting new foods.
2. Learn how to get children to try new foods.
3. Understand what role parents and caregivers play in establishing a food culture.

Leticia Marin, CDM, Neighborhood House Association

Head Start Track

- Active Play to Combat Obesity
- Connecting Nutrition with Family Engagement
- Emergency Preparedness in Head Start
- Family-Style Dining in Head Start
- Healthy Dads in Head Start
- Impacts of Sodium: Shaping Healthy Food Preferences

At-Risk Afterschool Track

- Afterschool Meals: Reflections and Promising Practices
- Expanding Afterschool Meals Through CACFP and SFSP Partnerships
- Impacts of Afterschool Meals
- Nutrition Education Beyond the Classroom
- Reaching Rural and Tribal Communities
- Serving Communities Year-Round Through Afterschool Meals and the SFSP

Summer Food Track

- Embracing Diversity in Your Summer Meal Program
- Finding and Meeting Community Needs Through Porch Visits
- Keeping It Cool with Summer Food
- Meal Innovations: Maximize Labor and Mitigate Supply Chain Issues
- Recent USDA Studies on CACFP and Summer Meals
- Serving Summer Meals Where the Kids Are
- Summer Meal Program Success
- Summer Meals: Reflections and Promising Practices
- Toolkit for Successful Summer Meals

Creating Meaningful Vendor Relationships

S4

Establishing a positive vendor relationship can solve many challenges. Explore what it means to be a good customer and how to manage a positive relationship with your vendor or supplier, creating an overall better nutrition program.

1. Understand the RFP process.
2. Learn how to manage vendor expectations.
3. Develop better communications and positive vendor relationships.

Shawn Mason, PhD, Food For Good

Crediting Basics and Beyond in the CACFP

S1

Discover USDA Team Nutrition resources available to support you in meeting CACFP meal pattern requirements. Review and the ins and outs of the meal components via hands-on activities.

USDA Food and Nutrition Service

Cross-Program Referrals to Increase CACFP Participation

S4

The Arizona State Nutrition Action Committee's trans-agency collaborative, WIC/CACFP Collaboration Initiative, worked to build local level relationships with WIC directors and CACFP early child care providers to promote cross-program referrals to improve participation rates. Learn about the process of designing the initiative in an equity-centered, partner-engaged manner and hear the findings from an evaluation of the process.

1. Review USDA regulations for promoting cross-program awareness and referrals.
2. Learn the evidence behind promoting access and awareness to CACFP/WIC.
3. Understand the implementation strategies piloted by Arizona.

Yuka Asada, PhD, RD, University of Illinois Chicago

Suzanne Callor, PhD, Arizona Department of Education, Health and Nutrition Services

Culinary Basics: Weighing and Measuring Accurately

S2

Accurately weighing or measuring ingredients can make or break a recipe, not to mention the nutrition and meal pattern crediting for CACFP. Learn why accuracy is important, and practice your skills through a hands-on activity.

1. Describe the difference between weight and volume.
2. Identify when to use weight and when to use volume to measure.
3. Practice weighing or volume-measuring an ingredient.

Chef Garrett Berdan, RDN, Institute of Child Nutrition

Molle Polzin, RDN, Institute of Child Nutrition



Discover New Resources & Products

Visit with food manufacturers, food service vendors, nutrition education resource providers, software solution companies, and training and accounting consultants. Pick up resources from USDA's Team Nutrition and interact with many other organizations leading the change in the child nutrition landscape. Exhibit hall hours are scheduled so you can connect with key support organizations in between trainings.

Exhibit Hall Hours

Tuesday, April 11

Wednesday, April 12

9:00 am - 1:30 pm & 3:30 pm - 6:00 pm

9:30 am - 1:00 pm

Partners, Sponsors & Exhibitors so far...



Customer Service Skills in the CACFP

S6

Great customer service improves your client satisfaction, participant numbers and employee morale. Learn how to identify your customers and get best practices to overcome verbal and non-verbal communication barriers to help your CACFP program. Learn to model principles of customer service while improving interaction with your stakeholders.

1. Define customer service and recognize its importance.
2. Identify barriers to customer service and ways to overcome them.
3. Complete a self-assessment and create an action plan.

Amanda Tucker, CCNP, CMP, LSS, LINQ - TITAN
Carolyn Miller, CCNP, CMP, ESC Region 11

Decolonizing Nutrition

S1

Food is storytelling -- where we've been, and where we are going. It tells us about the fabric woven between cultures and communities, between the land and embodied knowledge. If food represents a story, do the nutrition services offered in your community communicate their respective stories authentically?

1. Learn ways food and nutrition have been colonized.
2. Understand how food is storytelling.
3. Gain strategies to decolonize nutrition and its services.

Rosalinda Mancillas, We Rise, LLC

Delicious & Nutritious Plant-Forward Meals

S1

Ethnic foods from Asia, India, the Mediterranean, Mexico and the Middle East offer many easy-to-create flavorful, exciting vegetarian and vegan dishes. Learn about 'back-to-basics' approach to flavoring plant-forward foods from scratch using ethnic spices. Learn to create lip-smacking delicious and nutritious meals that have a well-balanced combination of proteins, carbohydrates and fiber.

1. Get ideas for vegan and vegetarian dishes.
2. Learn to flavor your menus with ethnic spices.
3. Explore plant-forward menu options with leading school districts.

Sara Parthasarathy, Flavor Temptations

Delicious Ways to Maximize Snack Time Nutrition

S1

Snacks are a great opportunity for young children to fill nutrient gaps and establish healthy eating habits. Learn how to maximize snack-time nutrition by pairing minimally processed dairy foods, like milk, cheese and yogurt, with other wholesome foods to easily create tasty mini-meals!

1. Gain an awareness of the benefits of consuming milk, yogurt and cheese.
2. Get nutrition education resources that highlight the benefits of milk and dairy.
2. Take home simple snack recipes that align with CACFP regulations.

Renee Farias, Let's Eat Healthy
Trina Robertson, MS, RDN, Let's Eat Healthy

Developing a CACFP Budget

S5

Now that you know the basics of how to develop an administrative budget, this session will dive into details and best practices about how to tailor a budget to your CACFP operation.

USDA Food and Nutrition Service

Developing Menus with Cultural Foods

S1

Do you look at your menu and think, I wish I had more culturally diverse foods for children to try? Does your menu offer nutrition featuring diverse recipes and do you build cultural foods into your rotating, weekly, or monthly menu? Let's practice developing a menu with foods from different countries that are healthy!

1. Learn to include diverse foods in your menu.
2. Explore recipes from different sources.
3. Practice building a diverse menu.

Suzanne Hoyt, MA, The Children's Cabinet

Diversity and Inclusion in Early Education

S1

Diversity and inclusion for young children can begin with exploring foods from around the world. Introducing children to foods from other cultures when you have choosy eaters can feel like a daunting task. Helping children respect differences comes from exposing them to how food looks in the homes of their classmates and by holding an open dialogue that takes the fight out of trying new foods.

1. Gain resources to help children try new foods.
2. Learn how to speak about diversity with children.
3. Get tips to create inclusion with menus.

Temesha Ragan, MEd, Perfect Start Learning Consulting

Program Spotlight Track

- Catering to Rural and Urban Sites
- Community Wellness Hubs: Partnerships to Support Child Nutrition
- Increasing Healthy Eating Through Family Engagement with SFSP & CACFP
- Innovative Strategies to Connect CACFP and Farm to ECE
- Promoting CACFP Supper Eligibility with CalFresh
- Put Your State on the Plate with Local Foods
- Supporting the Front Line in the Fight Against Rural Child Hunger
- Teaming Up to Raise a Generation of Veggie Lovers
- Turnip-the-Beet on Your Summer Meals Program
- Wheat2School: A Farm to School Partnership Program

State Agency Track

- Building Communities of Practice to Promote Equity
- CACFP at CDSS: Transitioning to a Social Services Program with an Equity Lens
- Cross-Program Referrals to Increase CACFP Participation
- Program Compliance and Audit Preparedness for State Agencies
- Seizing Opportunities in Statewide Systems Building
- Serious Deficiency Intervention: Supporting Successful Changes
- Strategies to Address Food Insecurity in ECE Settings

Elevate Program Compliance with CenterPilot

Are you paying first class prices for coach experience? Fly through your paperwork with our web based/mobile application! Our first class cabin serves a full course of CACFP management tools allowing you to fully manage your program operations. Learn how to save hours of staff time while staying effortlessly compliant.

1. Learn how to help sites manage participation requirements.
2. Learn how to elevate sponsor compliance.
3. Learn how to on board new sites.

Angela Young, MS, CenterPilot

Lisa Laclede, CenterPilot

Embracing Diversity in Your Summer Meal Program

Meal programs are becoming more diverse each year. Learn strategies to recognize and strengthen diversity in your organization and your local community while leading your summer meal program.

1. Recognize why diversity matters in meal programs.
2. Discover ways to strengthen your organization with diverse staff.
3. Learn how to embrace diversity in your community.

Raquel Galvan, Kids at Their Best

Alicia Alton, Kids at Their Best

Javier Lomeli, Kids at Their Best

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. Create an emergency preparedness plan.
2. Learn how to help your staff to understand their role in emergency situations.
3. Reflect on your current plans and next steps.

Sheila Tompkins-Hess, Department of Child and Family Services

Rhonda Kobylecky, CCNP, CMP, Acelero Head Start

Encouraging a Growth Mindset Around Child Nutrition

Discover what's really important when it comes to nutrition education in the classroom: it's not about bribing or forcing a child to try new foods, but about helping children develop a healthy relationship with food. Learn how providers can help cultivate a positive attitude and willingness of children to try new foods.

1. Learn how a positive relationship with food is part of a child's growth mindset.
2. Understand what language to use when speaking about food and bodies.
3. Get practical strategies that will help children try new foods.

Rachel Rothman, MS, RD, Nutrition in Bloom

Engaging Training Techniques

Training in the CACFP is critical to the success of the program. Discuss the challenges you've faced and identify training gaps and needs. Learn techniques for engaging training activities and review USDA tools to incorporate onsite or virtually.

1. Learn effective training strategies.
2. Review tools and resources for engaging training activities.
3. Discuss different learning methods for in-person and virtual training.

Anjelica Terry, MS, Region 4 Education Service Center

Veronica Howard, MPH, Region 4 Education Service Center

Engaging Your Community in Your Meal Program

Meal programs are an important outreach tool, but what if your meal program also connected kids with others in their community and had business leaders helping out? Find out the potential with us. Bonus - all the ideas involved are cost-free!

1. Identify ways to engage your community in your program.
2. Learn how to involve youth in your meal program.
3. Receive resources to involve your community.

Jodi Walker, Kids At Their Best

Expanding Afterschool Meals through CACFP and SFSP Partnerships

Serving meals and snacks to children at-risk afterschool doesn't have to be hard or complicated. Learn how to expand your CACFP or SFSP sponsorship to include At-Risk Afterschool Programs.

1. Identify At-Risk Afterschool eligibility criteria.
2. Learn how extend SFSP site operations to support your ARAS program.
3. Get ideas to create partnerships to build community support.

Barbara Muse, MDiv, Bread of Life Development Ministries

Family-Style Dining in Head Start

Family-style dining is a Head Start requirement that makes meal time easier and more efficient while empowering children to make their own decisions. It also can bring family time back to our families when they use family style dining as a way to connect and communicate at home.

1. Learn to successfully implement family-style dining.
2. Get ideas to make staff more open to using family-style dining.
3. Discover best practices on how to train staff.

Tricia R. Edwards, The Children's Center

Farm to Classroom: Teaching Children about Healthy Foods

Farm to early child care can help foster children's learning and exposure to new foods. Learning opportunities can increase the curiosity of young minds, and their familiarity with new foods. Hear how to use available resources to employ simple nutrition education activities and get children excited about new foods.

USDA Food and Nutrition Service

Filling the Gap: How Food Banks Can Support Your Program

Food banks can be a resource for child care sites, afterschool programs, and summer programs who struggle to provide healthy food. Learn how to partner with your local food bank for prepared meals or whole foods and additional ways they can support your program.

1. How to find food banks in your area.
2. Determine if using prepared meals or rescued food can work for you.
3. Find ways to partner with local food banks.

Kylee McCombs, MS, RD, LDN, Inter-Faith Food Shuttle

Finding and Meeting Community Needs through Porch Visits

Page County's Porch Visit Program combines food delivery with one-on-one weekly conversations outside each participant's residence. Porch Visitors assist households by building relationships, making connections, and increasing food security. Learn how one community has leveraged cross-sector collaboration to reach their most vulnerable community members.

1. Know how to replicate this program in other communities.
2. Identify and engage key community partners.
3. Learn the value and results of the program.

Megan Gordon, Page Alliance for Community Action

Virginia "Jenny" Jeffries, SNS, Page County Public Schools

Flawless Audits for Multi-Program and Multi-State Sponsors

S5

Sponsors need strong organization, clear cost allocation, and excellence in monitoring to be prepared for your state audit. Learn how to operate so State Agencies find it a breeze to perform your Management Evaluations.

1. Organize paperwork for clear presentation.
2. Get best practices for managing your finances.
3. Discover the importance of team relationships and audits.

*Rev. Dr. Lawrence Karow, CMP, CCNP, D.Div, UMCFOOD
Luke Ruter, UMCFOOD*

*Jolene Benedict, UMCFOOD
Dean Faulkner, UMCFOOD*

Fostering Mental Wellness Through Physical Activity

Mindful movements can be done at any time during the day, not only providing relaxation and peace to children, but also to your staff. Learn about the benefits of physical activity and mindfulness, how to bring these into child care settings, and how to use mindful movements in our daily lives.

1. Discover the benefits of physical activity and mindfulness.
2. Learn techniques and how to promote them.
3. Take home resources to get started.

*Emily Campbell, MPH, CHES, AL Partnership for Children
Christina LeVert, MS, LD, RD, AL Partnership for Children*

Fostering a Positive Work Culture

S6

A positive workplace is critical to staff engagement and success. Learn how to foster a sense of connectedness and acceptance within your team. Gain valuable tools to identify employee strengths, encourage a practice of gratitude, and teach the value of collaboration.

1. Learn to assess the strengths of your team.
2. Identify how to communicate in a clear and effective way.
3. Recognize preferred styles of gratitude.

Madeline Moritsch, MS, RDN, Alliance for a Healthier Generation

Josephine Thomason, MS, RDN, LDN, Alliance for a Healthier Generation

Fuel Your Mind & Body: Menu Planning, Nutrition, & Activities

S1

Food is vital fuel for growing children—but how does it all work? How do you get kids to try new foods? Get a crash course in nutrition, exercise, and why what you eat matters. Level up your creditable meals with nutrient-dense food and how to make meal times interactive to encourage kids to try new foods. Be ready to get up, move around, and create meals with us!

1. Learn about how nutritious food fuels the body.
2. Explore creative ideas to encourage kids to eat healthier.
3. Get an exercise curriculum that inspires kids to be more physically active.

Danielle Jones, KidKare by Minute Menu

Gardening Activities for Every Classroom

S2

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. Identify benefits of gardening with children.
2. Learn how to incorporate gardening in your program.
3. Receive resources to implement gardening activities.

*Emily Campbell, MPH, CHES, AL Partnership for Children
Christina LeVert, MS, LD, RD, AL Partnership for Children*

Get the Facts! CN Labels and Product Formulation Statements (PFS)

S4

When should you request a CN Label or PFS? Is the crediting documentation for your product acceptable? Get clarity on common issues related to inaccurate or misleading product documentation. USDA experts will provide guidance on accepting documentation for meal pattern requirements and share sample Product Formulation Statements and CN Labels.

USDA Food and Nutrition Service

Grassroots Advocacy 101

S7

Are you ready to advocate for your program but unsure where to begin? Learn why we advocate for the CACFP and how to get started. Get tools and templates to make a plan so you can take action and make your voice heard.

1. Understand what advocacy is and how to engage in it.
2. Learn how to find your elected official.
3. Create an advocacy plan and take action.

Alexia Thex, MEd, National CACFP Sponsors Association

"The various **seminars, networking opportunities and hands-on product exhibitions** were a game-changer for me and my organization. The conference experience gave me **practical solutions** to address areas of improvement within our child nutrition program. I would recommend attending because it centralizes all the components of what makes a food service program work."

Arnisha Jordan
Legacy Prep Charter School



Happy and Healthy with Sesame Street in Communities

S3

Every child deserves healthy food, and every child can be empowered to make healthy choices! Even when families are having a hard time getting enough nutritious food to their tables, parents and other caring adults can remind children that our bodies are amazing and worth taking care of. Explore resources with some furry friends from your favorite Street to support healthy habits for everyone in the neighborhood.

1. Learn about the digital platform Sesame Street in Communities.
2. Explore the newest resources from our topic page on Eating Well.
3. Strategize ways to embed and share with children and families!

Antonio Freitas, MS, Sesame Workshop

The Healthy Conversations Kit: A Family Engagement Tool

S3

Early care and education professionals are trusted partners for families as they work together to help children grow, learn, and thrive. Do you need support teaching about healthy eating topics? Explore the kit. Experience a conversation. Engage with families!

1. Increase your awareness of how discussions with families on nutrition topics support a child's health journey.
2. Get resources and skills to facilitate a talk with families on healthy eating topics.
3. Understand why building optimal health behaviors is a team effort.

Rebekah Duchette, BSN, RN, Nemours Children's Health System

Healthy Dads in Head Start

S1

Parent engagement is a key tenet for Head Start programs and doesn't always need to be about nutrition. Fatherhood is vital to the health of the families and children we serve. Learn how involvement impacts a child's growth and hear testimonies from MVCDC.

1. Hear about the data and statistics on fatherhood involvement.
2. Get ideas to engage fathers in your program.
3. Explore the impact of fatherhood to the families served in Head Start.

Brad Currie, CCNP, CMP, Miami Valley Child Development Center



Selfie Spot

Gather your friends and take a selfie at our NCA Selfie Spot – stop by, snap a picture and post to social media with our conference hashtags: [#NCNC23](#) [#CACFP23](#) [#SFSP23](#)

Hydration Station: Choosing Water

S1

Beverage choices that are adopted during childhood affect health across a lifespan. Learn about the consumption of sugar in our everyday drinks and new ways to introduce water as a healthy alternative to children participating in CACFP.

1. Learn healthy drink alternatives.
2. Identify the amounts of sugar in everyday drinks.
3. Get activities to promote healthy drinking options.

Shelby Beverly, CCNP, CMP, MS, GA Nutritional Services
Deborah Wilson, CCNP, CMP, GA Nutritional Services,
Mandi Dyes, CCNP, CMP, GA Nutritional Services

Ideas and Strategies to Make Mealtimes More Enjoyable

S1

Expectations can set us up for success or failure, chaos or calm. There is a lot to manage at mealtimes; child preferences, nutrition guidelines, emotions, spills and more. Learn how to implement strategies that lead you and your children towards more fun, calm and safe mealtimes. Explore mealtime together and identify resources, ideas, and expectations that will benefit both you and the children you serve.

1. Examine current mealtime expectations.
2. Learn strategies that address the demands of mealtimes.
3. Identify resources to make mealtime less stressful.

Emily Campbell, MPH, CHES, AL Partnership for Children
Christina LeVert, MS, LD, RD, AL Partnership for Children

Identifying Whole Grain-Rich

S1

Serving whole grain-rich (WGR) grains is an important element of the meal pattern. Learn how to identify which products meet the whole grain-rich regulations. Trainers can use this workshop to support CACFP participants.

1. Review what whole grain-rich means.
2. Learn the six methods used to identify if a product is whole grain-rich.
3. Understand the rule-of-three and whether a grain is creditable or not.

Lisa Mack, National CACFP Sponsors Association

Impacts of Afterschool Meals

S2

Learn how providers help families understand the nutritional value and quality of foods through Afterschool Meals. Discover ways that you can assist children that may not receive meals once they leave your site.

1. Review the benefits of serving Afterschool Meals.
2. Understand how to offer nutrition education.
3. Ensure children have access to supper.

Marion Campbell, MA, YWCA Metropolitan Chicago

Impacts of Sodium: Shaping Healthy Food Preferences

S1

Sodium is an essential mineral that plays important roles in our bodies. However, we may be consuming too much, resulting in increasing health risks like high blood pressure. Learn about the impacts of sodium and how to shape healthy habit choices early.

1. Identify amounts of sodium on Nutrition Fact Labels.
2. Get tips modify meals to reduce salt usage.
3. Learn tricks to keep flavor with limited salt.

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

Increasing Healthy Eating Through Family Engagement with SFSP & CACFP

S2

The SFSP and CACFP are important tools to address food insecurity and support your bottom line, but did you know they could be leveraged to increase overall family engagement and provide a foundation to provide healthy eating practices that can be used at home? Learn how while also hearing why the key best practices of these programs can move the needle on participation.

1. Learn why family engagement can be a key strategy for growing participation.
2. Explore a pilot program that provides family resources through the CACFP.
3. Recognize lessons learned about family engagement.

Clarissa Hayes, Food Research & Action Center
Stacey McDaniel, YMCA of the USA



Innovative Strategies to Connect CACFP and Farm to ECE

S2

What is farm to early care and education, and how can this program help achieve best practices in CACFP and support healthy environments? Learn how a national grant has helped foster connections between these two programs in Colorado and Iowa at the state and community level through innovative strategies.

1. Identify the three core elements of farm to ECE.
2. Understand the natural overlap between farm to ECE and CACFP.
3. Discover strategies states and communities can use to build sustainable connections.

Sophia Riemer, MPH, RDN, National Farm to School Network

Brittany Martens, MPH, Colorado Department of Public Health and Environment

Chelsea Krist, Iowa State University Extension
Krista Smith, Iowa State University Extension

Investigating Fraud, Waste & Abuse in Federally Funded Programs

S5

Gain insight on investigating allegations of non-compliance in the CACFP and SFSP. Learn how to identify red flags during a monitoring review and take home interview techniques, sampling methodologies, and best practices which have been instrumental in identifying fraud, waste, and abuse in federally funded programs.

1. Define the meaning of fraud and learn the different types.
2. Explore techniques to identify fraud.
3. Learn strategies to reduce the risk of fraud, waste, and abuse in the CACFP and SFSP.

Cherese Myree, CFE, MH Miles Company, CPA, PC

Inviting All Voices: Developing Equitable Policy and Practices

S7

Anti-bias principals offer a lens to recognize, think about, plan for, and implement equitable policy and practice in ECE communities. This requires an intentional focus on creating a space to include all voices in the ECE community, elevating those who have been historically under-represented or marginalized. Consider strategies and learn about resources to build and enhance equitable policy and practice in your program.

1. Strategies to support equitable policy and practice within ECE communities.
2. Ideas to encourage members of an ECE community to be active participants in policy issues and decision-making.
3. Resources to develop and support equitable policy and practice.

Julia Gest, MEd, The Pennsylvania State University
Laurie Strouse, The Pennsylvania State University

Keeping It Cool with Summer Food

Trying to beat the summer heat? Cold meals can be high-quality, healthy and appealing for your summer meals program. Learn ways to incorporate cold items into your menus and receive recipes to introduce to your sites.

1. Learn the basics of planning a cold menu.
2. Discover how to make cold menu items visually appealing.
3. Get recipes that work for your site.

Robert Rusan, SNS, Mushroom Council

Little Books for Little Cooks

S1

Cooking can help develop life skills such as reading, math concepts, literacy and even develop self confidence as it relates to healthy eating habits. Learn how to explore literature with your children during cooking sessions to help them feel ownership and pride in dishes they created.

1. Discover how to connect cooking and literature.
2. Learn to enhance school readiness through cooking.
3. Get book ideas to introduce cooking.

Theresa Patterson, MS, Alabama State Department of Education

Make Every Bite Count with the Dietary Guidelines

When it comes to feeding infants and toddlers – every bite counts! Learn the most up-to-date dietary guideline recommendations, what they mean for food choices in the CACFP program, and how you can support healthy eating for infants and toddlers in your care. Get expert tips for answering parent questions.

1. Understand the 2020–2025 Dietary Guidelines.
2. Identify the types of nutrient dense foods young children need.
3. Learn strategies to help toddlers follow a healthy dietary pattern.

Susan Pac, MS, RDN, Gerber Products Company

Mastering Milk Requirements in the CACFP

S1

Looking for fun and interactive ways to teach-- or learn about-- milk requirements in the CACFP? Join USDA's Team Nutrition initiative as we demonstrate how to use free games, quizzes, videos, visuals and more to provide training on this topic!

USDA Food and Nutrition Service

Program Admin/Operations Track

- Avoid Costly Mistakes in the CACFP
- CACFP Administrative Review Advice
- Completing Claims Like Clockwork
- Crediting Basics and Beyond in the CACFP
- Creating Meaningful Vendor Relationships
- Culinary Basics: Weighing and Measuring Accurately
- Filling the Gap: How Food Banks Can Support Your Program
- Get the Facts! CN Labels and Product Formulation Statements (PFS)
- Menu Planning to Meet CACFP Meal Pattern Requirements
- More on Meal Patterns
- Serious Deficiency Process
- Standardizing Your Own Recipes

Policy & Advocacy Track

- Accommodating Participants with Disabilities in Community Meals
- Child Nutrition Reauthorization
- Civil Rights 101: Compliance with Civil Rights Requirements
- Civil Rights Compliance and Special Diets in the CACFP
- Grassroots Advocacy 101
- Inviting All Voices: Developing Equitable Policy and Practices

Meal Innovations: Maximize Labor and Mitigate Supply Chain Issues



Learn creative ways to maximize your labor and food resources to ensure great participation in your Summer Food Program. Get great ideas on how to package individual items, an entire meal or create a weekly meal box. Take home creative menu ideas requiring minimal labor and suggestions to resolve supply chain issues.

1. Learn how to package up a side dish, entrée, meal and meal box.
2. Get menu suggestions to deal with supply chain shortages of individually packaged items.
3. Discover way to combat labor shortages when offering supper or summer meal programs.

Donna S. Martin, RDN, EdS, FAND, LD, SNS, Burke County Board of Education

Paige Pokorney, MPH, Share our Strength

Menu Planning to Meet CACFP Meal Pattern Requirements

S2

Join USDA's Team Nutrition initiative for an interactive session on menu planning for the CACFP. Discover free resources available to support you in meeting CACFP meal pattern requirements. Learn how to use these materials to successfully plan, prepare, and serve nourishing and appealing reimbursable meals in the CACFP. Attendees will have a chance to explore USDA standardized recipes, cooking videos, and other materials created especially for child care settings.

USDA Food and Nutrition Service

Mindfulness: Reconnecting Children to Their Senses

S3

Mindfulness reconnects children to their five senses, bringing them into a moment-by-moment awareness of themselves and their surroundings. Learn how physical activities like breathing exercises, relaxation techniques, and sensory play help children become capable of exhibiting empathy, compassion, and patience as they acquire better emotional and social skills.

1. Gain an understanding of mindfulness.
2. Explore how mindfulness is related to teaching young children social/emotional skills.
3. Learn mindfulness exercises and how to apply them.

Tracy Cheney, MEd, Three Cheers Consulting



Become an NCA member

Get member rates on conference registration, up-to-date policy memos and cutting-edge resource materials for your organization.



cacfp.org/membership

Mobile Meals: A Guide to Getting a Food Truck for Free

S4

Food trucks are the perfect solution to reduce overhead and still reach those in need. Discover ways to get a food truck for free and expand your outreach by serving mobile meals.

1. Discover where to find vehicles to use for food trucks.
2. Understand how to obtain equipment and permits.
3. Learn the do's and don'ts of operating a food truck.

Angela Christopher, MS, Destiny of Greenwood

More Fruits & Veggies, Less Waste

S1

Are you fresh out of ideas on how to get your children to eat their broccoli or apples? Discover new ways to have your children explore fruits and veggies and how to set up an exploration station. Learn best practices on how to store your fruits and veggies to last longer and how to save money by reducing waste.

1. Learn how to get children to eat more fruits and vegetables.
2. Get tips to store fruits and vegetables to last longer.
3. Learn to reduce food waste and save money.

Lisa Zwiener, CCNP, Positive Bright Start

More on Meal Patterns

S2

We're here to clarify your meal pattern questions! We'll answer commonly asked questions, show how to access training from USDA Team Nutrition, and explore additional resources.

1. Review milk requirements in the CACFP.
2. Understand when sugar limits apply.
3. Know what makes a product a grain-based dessert.

Lisa Mack, National CACFP Sponsors Association

Never Fear, Help with Crediting Grains is Here!

S1

Learn to credit grains as ounce equivalents instead of servings and slices. We'll use a hands-on approach to determine how much to serve of various grain products to meet the grain ounce equivalent requirement.

1. Understand what it means to credit grains as ounce equivalents.
2. Learn tips to credit the variety of grain products served in centers and homes.
3. Identify resources available to assist with determining how much of a grain product to serve.

Courtney Hardoin, MS, RD, California Department of Social Services, CACFP Branch

Nonprofit Board Recruitment and Development

S6

What makes an effective board member and how do you find one? Join us for a look at how to recruit high quality board members.

1. Understand what constitutes an effective board.
2. Learn strategies to engage each board member.
3. Get tips and resources to build your board.

Alexia Thex, MEd, National CACFP Sponsors Association

Nourishing the Next Generation

S1

Learn why it matters how we raise the next generation of healthy eaters. Hear about interactive tools, education ideas, and platforms to use in your program. Walk away feeling inspired and empowered to nourish and teach the next generation.

1. Understand the why behind healthy eating.
2. Gain tips and tricks to enhance nutrition education.
3. Take home child nutrition resources.

Shannon FitzGerald, MS, RDN, LDN, Institute of Child Nutrition

Nutrition Education Beyond the Classroom

S1

Learn methods to engage and educate children about nutrition, food, and health through afterschool lessons, garden-based classes, and partnerships with clinics. Explore innovative approaches that target literacy and STEM learning. Hear about cutting edge research surrounding food sovereignty.

1. Recognize nutrition, food, and health education is possible in any community.
2. Discover ways to reach children who are not exposed to nutrition education in school.
3. Learn how food sovereignty intersects with child nutrition.

Richa Bisht, USF Morsani College of Medicine

Dhalia Bumbaca, WellFed Community

Chris Adwell, WellFed Community

On-Trend CACFP Recipes

Cycle menus require planning and forecasting as well as recipe and menu development. Fight menu fatigue by seeing how popular foods can be versatile and support your program. See what other programs are doing and take home their recipes and ideas.

1. Get ideas for affordable recipes and concepts.
2. Learn best practices for introducing new foods.
3. Discover how to incorporate new cuisines, foods and fun into meals.

Malissa Marsden, SNS, Child Nutrition Support Service

Planting the Seeds of Gratitude, Respect & Nurture for Nature

Explore a nature-based program that teaches children how to be grateful and respectful of every living thing in our environment. Get ideas to infuse nature into your program to create an enriching environment that invites children to connect with their natural world.

1. Learn the importance of nurturing nature early.
2. Receive resources on how to connect children to the natural world.
3. Identify the positive impact of nature and environment education.

Lenika Flores, SNS, YMCA

Program Compliance and Audit Preparedness for Sponsors

Do you know the dos and don'ts of conducting an audit? Effective program compliance and auditing is essential to the success of CACFP and SFSP. Hear lessons learned and get recommendations states can make to sponsors to be better prepared for future audits.

1. Identify the goals of an audit from a sponsor's perspective.
2. Understand the auditing process from beginning to end.
3. Learn best practices for conducting an audit as a sponsor.

*Melanie Farris, MBA, Myers and Stauffer
Brandon Price, Myers and Stauffer*

Program Compliance and Audit Preparedness for State Agencies

Do you know the dos and don'ts of conducting an audit? Effective program compliance and auditing is essential to the success of CACFP and SFSP. Hear lessons learned and get recommendations states can make to sponsors to be better prepared for future audits.

1. Identify the goals of an audit from the State Agency perspective.
2. Understand the auditing process from beginning to end.
3. Learn best practices for conducting an audit as a State Agency.

*Melanie Farris, MBA, Myers and Stauffer
Colin Diamond, Myers and Stauffer*

Promoting CACFP Supper Eligibility with CalFresh

Hear how practical strategies increased CalFresh/SNAP enrollment through partnerships with local school districts and community organizations with the goal of achieving eligibility for CACFP supper. Get best practices about building an effective team, tips for communications plans, and how to track your progress from those that piloted the innovative and successful enrollment campaigns in San Diego.

1. Identify how CalFresh/SNAP is beneficial for students, schools and communities.
2. Learn best practices to promote access.
3. Get customizable communications plans and materials.

*Amanda Mascia, San Diego Hunger Coalition
Ashley Jeznach, San Diego Hunger Coalition*

Promoting Nutrition with Culinary Arts Fairs

Move over science fairs, the culinary arts fair is here to teach children about nutrition and how to develop healthy habits! Learn how to teach students to create a story board with recipe and nutrition facts. Hear how they prepare the food to be judged by their peers using a rigorous rubric on taste, appearance and nutrition.

1. Receive step-by-step directions on implementing a culinary arts fair.
2. Learn how to excite students and involve your kitchen staff.
3. Discover how to promote nutrition and healthy eating through the fair.

Rhonda L Thomas, MA, Wyoming County Schools

Purposeful Playtime: Children in the Garden

Have you ever noticed how peaceful and calm children are when playing in dirt? Make dirt playing purposeful by letting them plant a garden. Imagine the feeling children get when they see the tiny seed grow. The benefits of gardening with children are worth their weight in gold.

1. Identify the benefits for children from gardening.
2. Learn about the developmental benefits from gardening with children.
3. Get resources to garden with your children.

Cheryl Moss, A Mother's Touch Center for Child Development

Management & Professional Development Track

- Accountability & Leadership
- Be Prepared & Plan Ahead: Steps for Emergency Preparedness
- Breaking Down Tasks for Successful CACFP Sites
- Customer Service Skills in the CACFP
- Fostering a Positive Work Culture
- Nonprofit Board Recruitment and Development
- Resilience is Everything
- Small Tweaks, Giant Peaks: Reframing Your Mindset

Train-the-Trainer Track

- Baking Whole Grain-Rich
- Engaging Training Techniques
- Mindfulness: Reconnecting Children to Their Senses
- Promoting Nutrition with Culinary Arts Fairs

Financial Management Track

- CACFP Administrative Budgets
- Developing a CACFP Budget
- Flawless Audits for Multi-Program and Multi-State Sponsors
- Investigating Fraud, Waste & Abuse in Federally Funded Programs
- Program Compliance and Audit Preparedness for Sponsors
- Sponsoring Summer Food: Keys to Financial Management

Put Your State on the Plate with Local Foods

S2

Serving local foods can be the perfect solution for your palette, plate, and participants. Learn how easy it can be to include food grown in your state on your plates when menu planning. Hear how we developed partnerships to help us incorporate locally sourced foods that you can replicate.

1. Understand the definition and importance of local foods.
2. Learn how to collaborate and develop partnerships for success.
3. Get ideas to implement or expand local food choices.

Brooke Wolf, Quality Care Services, Inc
Beth Carlton, Child Care Links

A Rainbow A Week: Embracing Our Meal Patterns

S1

An analogy on how we changed society in one generation by reaching our youngest leads this uplifting and positive message meant for everyone. While it's impractical to expect child care to serve 'A Rainbow A Day,' we can absolutely serve 'A Rainbow A Week.' Learn simple concepts to increase our rainbow of choices and take home recipes which feature fruits and vegetables.

1. Learn how to serve a rainbow of food choices at your site.
2. Get tips to embrace changing meal patterns and regulations.
3. Get recipes featuring fruits and veggies.

Malissa Marsden, SNS, Child Nutrition Support Services

Reaching Rural and Tribal Communities

S4

Learn about the innovative Freeze and Thaw model that has been successful in overcoming barriers to serve rural and tribal communities in Arizona. Discover how we implemented the monthly delivery of bulk products so children in afterschool programs have access to supper meals and the benefits of starting this model at your sites.

1. Discover a new model for serving afterschool meals.
2. Learn how to engage with tribal and rural communities.
3. Identify the benefits of implementation of the Freeze and Thaw model.

Terra Masias, MA, St. Mary's Food Bank Alliance

Recent USDA Studies on CACFP and Summer Meals

S6

This session will discuss findings from the Study of Nutrition and Activity in Child Care Settings (SNACS), the Summer Meals Study (SUMS) and other relevant USDA research on CACFP and Summer Meals.

USDA Food and Nutrition Service

Reconstructing Traditional Hispanic Meals for a Healthy Menu

S1

Traditional Hispanic meals can be challenging to incorporate into a healthy meal plan. Learn best practices to foster a healthy relationship with favorite Latino dishes while encouraging a culture-centered approach to nutrition and healthy eating. Get tips for authentic meal makeovers, healthy eating strategies, awareness of fullness, and other lifestyle modifications.

1. Learn about the nutritional value of favorite Latino dishes.
2. Know how to makeover common Latino dishes.
3. Take home strategies for making healthier modifications.

Sylvia Klinger, DBA, MS, RDN, CPT, Hispanic Food Communications, Inc.

Resilience Is Everything

S6

Resilience: The ability to bounce back. It's what enables students to come out of challenging experiences with a positive attitude about themselves and their futures. After 18 years in foster care and watching his daughter battle brain cancer, hear how Dee turned those unexpected events into incredible life lessons.

Dee Hankins, Inspirational Speaker



Seizing Opportunities in Statewide Systems Building

S4

Knowing how to seize opportunities helps build and sustain successful statewide early care and education systems. Embedding health, nutrition and physical activity strategies into existing and emerging programs strengthens each agency. Discover how various agencies within a state can work together to provide clarity and support for providers.

1. Recognize opportunities for input and influence with other agencies within your state.
2. Identify ECE health and nutrition practice levers.
3. Learn how state agency partners can collaborate to provide consistent health messaging to providers.

Bonnie Williams, MA, AZ Department of Health Services

Serious Deficiency Process

S4

Are you in a quandary about the SD process? Get an overview of the serious deficiency process, hear about the most common errors in responding to serious deficiencies, and better understand the elements of the appeals process and role of the hearing official.

USDA Food and Nutrition Service

Serious Deficiency Intervention: Supporting Successful Changes

S4

The serious deficiency process is not a one-size-fits-all approach to making lasting program change. Learn about an intervention style technical assistance model adopted by one state agency to provide additional support to help programs address their administrative and operational capacity to operate under CACFP.

1. Identify significant program deficiencies using this model.
2. Learn to support programs in making sustainable changes.
3. Understand the impact of using an intervention style model.

Amanda Chisholm, MPA, MA Department of Elementary and Secondary Education

Shannon Raymond, MPH, MA Department of Elementary and Secondary Education

Serving Communities Year-Round through Afterschool Meals and the SFSP

S4

The Summer Food Service Program, Seamless Summer Option, and At-Risk Afterschool component of the CACFP help serve children year-round outside of school hours. Learn about strategies for making these programs operate efficiently, best practices (including for transitioning between programs), and resources for engaging communities and increasing access to nutritious meals when school is not in session.

USDA Food and Nutrition Service

Serving Summer Meals Where the Kids Are



Serving summer meals to the kids who need them, the ones who are often in the most hard to reach places, is critically important. Discover ways to overcome the barriers and challenges that prevent the most vulnerable from accessing meals and how to become the connecting agency for meals.

1. Identify what makes up your "community."
2. Learn the skills to develop relationships to help access hard to reach populations.
3. Get ideas to recruit kids and their families to help you access hard to reach areas.

Jodi Walker, Kids At Their Best

Raquel Galvan, Kids At Their Best

Karra Walker, MPA, Kids At Their Best

Javier Lomeli, Kids at Their Best

Small Tweaks, Giant Peaks: Reframing Your Mindset

S6

Are you feeling burnt out or unmotivated? Learn skills to reframe your mindset to create your best self and get strategies to help you find success. Whatever your roles and responsibilities entail, these best practices will help you level up and prepare for the future.

1. Discover how grit and resilience affect everyday tasks.
2. Learn the strategies for increased productivity.
3. Learn about activities that successful people make habits.

Daryl Williams Jr., MS, My Pursuit of Excellence LLC

Spice Up Your Menus

S1

Global and ethnic foods are a leading trend in recent years, but with so many complex spices, where do you begin? Discover various new spices and learn how some school nutrition teams have spiced up their menus with new flavor profiles. Be prepared to have fun & get your hands spicy!

1. Get ideas to include new spices in your menu.
2. Learn to cook with specific spices.
3. Discover how leading school districts adopted new flavors.

Sara Parthasarathy, Flavor Temptations

Standardizing Your Own Recipes

S2

Want to use your grandmother's secret tuna noodle casserole recipe but don't know where to start to make it CACFP creditable? Have a great recipe that your children love but need to standardize it for use in your food service program? Learn to identify the basics of recipe standardization for CACFP and help further your success in menu planning.

1. Identify the steps to standardize a new or existing recipe.
2. Get tools to use for nutrient analysis.
3. Take home resources for recipe crediting and recipe templates.

Heather Burkhead-Goins, MS, Institute of Child Nutrition

Danielle Barrett, EdD, RDN, Institute of Child Nutrition

Research & Resources Track

- Building, Funding and Sustaining Farm to ECE Programs
- Communicating Special Diet Needs
- Engaging Your Community in Your Meal Program
- Farm to Classroom: Teaching Children About Healthy Foods
- Farm to Plate: Encouraging Children to Try Farm Fresh Produce
- Fostering Mental Wellness Through Physical Activity
- Gardening Activities for Every Classroom
- Happy and Healthy with Sesame Street in Communities
- The Healthy Conversation Kit: A Family Engagement Tool
- Ideas and Strategies to Make Mealtimes More Enjoyable
- Mobile Meals: A Guide to Getting a Free Food Truck
- Planting the Seeds of Gratitude, Respect & Nurture for Nature
- STEM in the Kitchen
- Storytelling to Promote Healthy Eating Habits

Commercial Track

- CACFP Training Program & Nutrition Calendar
- Elevate Your Program Compliance with CenterPilot
- Make Every Bite Count with the Dietary Guidelines

Sponsoring Summer Food: Keys to Financial Management

You're already working the food program and are ready to expand to summer feeding. Hear about best practices to ensure proper internal controls for successful financial management and mitigate high risk program areas.

1. Identify key SFSP Financial Management Requirements.
2. Discover strategies for existing programs to include SFSP.
3. Acquire best practices to prevent common internal control weaknesses.

Cherese Myree, CFE, MH Miles Company, CPA, PC

STEM in the Kitchen

Wondering how to introduce children to STEM in the kitchen? Learn basic principles with fun hands-on experiments designed to introduce children to the scientific process. Get resources to implement STEM concepts using household tools and age-appropriate tasks to make connections to a young child's real world.

1. Learn affordable ways to make STEM connections in the kitchen.
2. Discover how to make connections to STEM in all areas of a child's life.
3. Participate in hands-on breakouts to practice theories presented.

Angela Russ-Ayon, Russ InVision Company

Strategies to Address Food Insecurity in ECE Settings

Explore how food insecurity impacts young children and how two states partnered with early care and education programs to support families that are food insecure. Get resources and ideas for how you can support families in your program and state.

1. Examine current nationwide statistics and existing inequities.
2. Identify strategies to support families that are food insecure.
3. Learn how to replicate this model in your state.

Caliste Boswell Chong, MS, Nemours Children's Health

Storytelling to Promote Healthy Eating Habits

How can storytelling foster healthy eating for children? Early care settings are one of the best places to help children build a healthy living foundation. Explore a series of storytelling techniques designed to encourage children to eat healthier to prevent childhood obesity. Learn how to use a wide variety of literature along with felts, puppets, props and other techniques to inspire children to eat healthy.

1. Understand the significance of obesity in the United States.
2. Use storytelling to teach healthy eating.
3. Learn the importance nutritious foods in early care settings.

Lenika Flores, SNS, YMCA

Summer Meal Program Success

Summer meal programs reach children who need good nutrition when school is out of session. Get tips to improve your program to keep children fed during the summer months and discover innovative ways to strengthen your organization.

1. Discover ideas to promote summer meals in your community.
2. Learn new activities to try with your children.
3. Get best practices to implement at your site.

Gurjeet Barayah, California Department of Education

Summer Meals: Reflections and Promising Practices

How we think, plan, and operate summer meals programs has changed dramatically over the last few years. Hear from Out-of-School Time Meals Champions as they share their experiences, lessons learned, and promising practices. Discover how summer meal programs will continue to adapt to the ever-changing need and landscape and how programs can learn to better serve their communities.

1. Gain strategies to improve your summer meals program.
2. Find out how to use reflection, evaluation, and iteration as tools.
3. Learn how to plan for summer meals 2023.

Paige Pokorney, MPH, Share Our Strength

Supporting the Front Line in the Fight Against Rural Child Hunger

The Rural School Nutrition Directors Network is a peer network tailored to the unique strengths and constraints of rural communities. Hear how rural nutrition directors support one another through sharing ideas, experiences and effective practices to increase access to nourishing food among children.

1. Hear about successful food security programs in rural communities.
2. Obtain relevant resources to strengthen rural school food service delivery.
3. Discuss challenges and constraints facing school nutrition departments.

Luisyana Gamboa, MS, Save the Children

Teaming Up to Raise a Generation of Veggie Lovers

Ready to guide your children to the path of healthy and adventurous eating? Hear how PHA's Veggies Early & Often campaign is trying to change the fact that vegetables are under-consumed and under-available in the food marketplace. Discover the advantages of introducing vegetables early and tips to integrate these into your menus to foster healthy taste preferences and dietary patterns.

1. Learn to inspire colleagues to serve more veggies to children in their care.
2. Identify ways to integrate more vegetables into your infant and child menus.
3. Explore the steps to become a child care partner of PHA's Veggies Early & Often campaign.

Ella Daniels, MA, Partnership for a Healthier America

Toolkit for Successful Summer Meals

Is there a place you would like to provide meals but it doesn't look friendly? Worried about weather, transportation or attendance? Wondering how to engage diverse youth to increase attendance at new sites? Learn how to grow your Summer Meals program or how to get started for the first time.

1. Discover how to provide summer meals at any type of site.
2. Learn how to implement and sustain a program with no resources.
3. Get a toolkit that covers it all.

Jodi Walker, Kids At Their Best

Raquel Galvan, Kids At Their Best

Karra Walker, MPA, Kids At Their Best

Alicia Alton, Kids at Their Best

Turnip-the-Beet on Your Summer Meals Program

Learn new ways to spice up your service from the award-winning program at the Rialto Unified School District. Hear the strategies and innovations in marketing, community relations, and quality meal service that redefined Rialto's program.

1. Learn how to market your program.
2. Discover how to create relationships beyond the cafeteria.
3. Get tips and suggestions to get your program recognized.

Fausat Rahman-Davies, Rialto Unified School District

Maria Rangel, Rialto Unified School District

Kristina Kraushaar, Rialto Unified School District

 **Register online**
cacfp.org/conference

USDA National Breastfeeding Campaign

Get an overview of USDA's campaign, which supports breastfeeding moms with comprehensive, current and culturally appropriate messaging, materials, and website. Campaign goals are to encourage initiation and continuation of breastfeeding; increase knowledge and ability to breastfeed; increase referrals to WIC; and provide technical assistance in the promotion of breastfeeding.

USDA Food and Nutrition Service

S1

Utilizing Cycle Menus in Your CACFP Operation

Do you ever struggle with trying to figure out what to serve on your menu? Do your children get "burnt out" with eating the same menu items frequently? Learn how to control costs, reduce waste, use a cycle menu effectively, and serve a variety of foods.

1. Understand the systematic approach in knowing how to create a cycle menu.
2. Recognize the benefits of implementing cycle menus.
3. Take home resources on cycle menus and recipes.

Laura Duckworth, SIU Head Start

S2

Wheat2School: A Farm to School Partnership Program

Hear how this new hands-on, garden-based nutrition education program is partnering with community organizations who produce 100% whole wheat foods in California. Discover how they built a regional and statewide collaboration between grain farmers and schools. Gain tips on recipe development and training for scratch baking.

1. Learn about Wheat2School's nutrition education, procurement, and partnership building program.
2. Explore how to build a strong farm to school program for whole grains.
3. Get tips for creating culturally relevant 100% whole wheat foods.

Claudia Carter, MS, California Wheat Commission
Lauren Thomas, RDN, San Miguel Joint Union SD

S2



Virtual Sessions

Can't make it to San Diego? We certainly wish we could see your smiling face in person, but we do offer a virtual option as well! Earn **up to 17 hours of continuing education** from the comfort of your home, office or home office.

What's included?

- ✓ Every workshop block will have one session that will be identified as a **hybrid onsite/virtual session**. These will be streamed on Zoom, but in-person attendees are also welcome to attend the workshop live.
- ✓ Select **featured sessions** will be live streamed as well. This includes the General Session, CACFP Creditable Resources for Professionals, CACFP 101, Sunrise Session: Wake Up with NCA, the USDA CACFP Policy Update, the USDA SFSP Policy Update, USDA's Actions to Promote Nutrition Security and Thursday's Lunch & Learn Keynote Speaker.
- ✓ **NCA members** will be emailed a private link to stream the NCA Annual Meeting.
- ✓ There are also a number of **virtual only sessions**. These include Navigating the Virtual Sessions Q&A, the Zoom Regional Networking Meeting and SFSP 100.

Throughout the conference, join these small group conversations to share stories, learn from each other and connect with professionals who are facing the same challenges and opportunities you encounter.



Bento Box Meals for Children in the Summer Food Service Program

Bento boxes are a great addition to your traditional lunch or field trip service. Come share your ideas for incorporating meal components focusing on nutrition, variety and visual appeal.

Michelle Baldwin, FLIPANY

Coaching Techniques for the Family Child Care Home Monitors

Share successful coaching techniques that have set your providers up for success and helped you complete a successful review.

Brittany Uribe, National CACFP Sponsors Association

Farm to CACFP

CACFP is leading the way in fresh foods for our programs at CDSS. Come share ideas of how to expand Farm to CACFP in California.

California Department of Social Services

Financial Backups for Fiscal Audits

Are your backup expense files organized and ready to go? Share tips that make audits and reviews successful.

Alix Pasillas, CMP, CCNP, Food for Kids

Food Banks in the CACFP

Are you currently working in CACFP at a food bank? Let's share how menu planning can look different.

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

Fundraising Brainstorm

Need new fundraising ideas? Have ideas to share? Join us for an exchange on great ways to bring in money.

Alexia Thex, MEd, National CACFP Sponsors Association

Great Launch: Tips for Implementing Nutrition Programs at Charter Schools

Discuss ways to overcome the hurdles of starting a School Nutrition Program in a charter school.

Arnisha Jordan, Legacy Prep Charter School

Managing Remote Teams

Working from home is now a thing. Let's share ideas on how to manage teams that work remotely to ensure collaboration and community also continue.

Lisa Mack, National CACFP Sponsors Association

Meaningful Networking

Let's discuss how to come together in-person for a meaningful conference experience. Share your ideas for successful networking.

Melissa Wilder, MPH, RD, LD, National CACFP Sponsors Association

Nutrition Calendar Training Program

Swap stories about how to take advantage of all the elements that make up this highly-acclaimed program.

Jennifer Basey, MEd, National CACFP Sponsors Association

Nutrition Needs in Tribal Nations

Are you currently working in CACFP in a Tribal Nation? Let's share how menu planning can look different.

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

Procurement Support

Procurement has specific guidelines in the CACFP for organizations that operate in California. We'll share clarifying information.

California Department of Social Services

Promoting Equity in the CACFP

Let's talk how California has made this a priority. We'll share what we're doing in this space.

California Department of Social Services

Promoting Yourself

Looking for ways to climb the ladder in your organization without appearing to blow your own horn? We'll talk about ways you can help make that happen.

Lisa Mack, National CACFP Sponsors Association

Secrets to Successful Virtual Events

More meetings and events are moving to a virtual platform. Exchange your best tips and tricks for running a smooth virtual event from start to finish.

Brittany Uribe, National CACFP Sponsors Association

Social Media Channels: Connecting with Your Audience

Be more social on social media. Exchange ideas on how to interact with your followers so you can get more organic likes, follows and shares.

Sam Walker, National CACFP Sponsors Association

Virtual Partnership: How to Foster Relationships in a Digital World

Share tips on how to foster partnerships and stay connected in the digital world with tools like video-calls, LinkedIn and email to create meaningful connections without face-to-face conversations.

Melissa Wilder, MPH, RD, LD, National CACFP Sponsors Association



Specifically for State Agencies

Monday | 2:00 pm - 3:00 pm State Agency Collaboration

Take the opportunity to connect with other State Agency staff and participate in an open discussion to exchange ideas with one another.

Tuesday | 8:00 am - 9:00 am Group Meetups

Join your moderator and colleagues to talk about workplace issues. Find a mentor. Share experiences. Make contacts.

State Agency ARAS
State Agency CACFP
State Agency SFSP

State Agency Directors
State Agency Nutritionists



Friday | 8:00 am - 12:00 pm State Agency Collaboration & Summer Meals Symposium

Session sponsored by



This interactive symposium geared towards state agency staff will feature insights and best practices related to year-round meals, program administration, and streamlining. Topics include effective coordination among staff within state agencies responsible for the administration of the SFSP and CACFP, strategies for staff and sponsor training to improve program integrity, and collaboration with community-based organizations to enhance outreach and compliance. Expect to be actively engaged with networking, peer learning, and action planning.

Workshops Presented by State Agencies

Tuesday-Thursday

- **Building, Funding and Sustaining Farm to ECE Programs**
California Department of Food and Agriculture
- **CACFP Administrative Review Advice**
California Department of Social Services
- **CACFP at CDSS: Transitioning to a Social Services Program with an Equity Lens**
California Department of Social Services
- **Cross-Program Referrals to Increase CACFP Participation**
University of Illinois Chicago; Arizona Department of Education, Health and Nutrition Services
- **Innovative Strategies to Connect CACFP and Farm to ECE**
Colorado Department of Public Health and Environment
- **Little Books for Little Cooks**
Alabama State Department of Education
- **Never Fear, Help with Crediting Grains is Here!**
California Department of Social Services, CACFP Branch
- **Seizing Opportunities in Statewide Systems Building**
Arizona Department of Health Services
- **Serious Deficiency Intervention: Supporting Successful Changes**
Massachusetts Department of Elementary and Secondary Education
- **Summer Meal Program Success**
California Department of Education



Preconference trainings are four-hour deep dives in a classroom setting. Pre-registration is required.

Monday, April 10 | 1:00 pm – 5:00 pm

Show Me the Money: Getting Through the Budget Approvals Process

Join us for a 101-level overview of the generally accepted source documentation to support allowable costs for CACFP operations. Training will include group activities, discussion on proposed program costs that are often questioned, and tools to assist with avoiding common budget submission mistakes.

1. Learn best practices for determining if proposed program costs are necessary, reasonable, and allowable.
2. Discover the impact the management plan has on the budget.
3. Get tools and resources to assist with the budget approvals process.

Cherese Myree, CFE, MH Miles Company, CPA, PC

Monica Miles, CPA, CFE, MH Miles Company, CPA, PC

CACFP 101: Homes and Centers

New to the Child and Adult Care Food Program? Explore the ins and outs of the CACFP from experienced sponsor operators and USDA's Nutrition Promotion and Technical Assistance staff. This 10-course training will cover program administration, program operations, nutrition, financial management, nonprofit management and civil rights as required to operate a CACFP sponsoring organization.

1. Learn the basics and requirements of the CACFP.
2. Discover who is eligible for reimbursable meals.
3. Get resources and best practices about program administration and operations.

Blake Stanford, CMP, Southwest Human Development

Vicki Lipscomb, CMP, Child Nutrition Program

Kate Abernathy, MS, RDN, CMP, CCNP, Providers Choice

USDA Food and Nutrition Service

The New Normal in Head Start

With the effects of the pandemic mostly over, Head Start and Early Head Start programs are returning to in-person classes again but the "new normal" presents new challenges for us all. Together, we will look at some ways to monitor required regulations of CACFP and Office of Head Start by modifying our practices to help our most vulnerable population not become a lost generation.

1. Explore the effects the pandemic has had on the development of preschoolers and babies.
2. Learn how to mitigate these concerns with good nutrition and intentional teaching.
3. Get best practices for using technology to ensure you're maintaining compliance within your program.

Rhonda Kobylecky, CCNP, CMP, Acelero Learning

Sheila Tompkins-Hess, Division of Child & Family Services

Shauna Payne, Tallatoona Community Action Partnership

Stephanie Manchester, CCNP, CMP, Acelero Learning Monmouth/Middlesex

Joseph Golden, CCNP, Acelero Learning Monmouth/Middlesex

Summer Food: Planning, Participation, Policy & Partnering for Success

The Summer Food Service Program (SFSP) is an important tool for addressing the nutrition gap low-income children face when the school year ends. Success depends on collaboration, proactive planning and partnerships. Whether you are a CACFP sponsor operating SFSP for the first time or a year-round sponsor looking to expand your current operations, come learn what you need to know and leave with a concrete plan to reach more children with nutritious meals during the summer months.

1. Gain an understanding of the SFSP and needs that exist.
2. Learn strategies for successful implementation and operation.
3. Get best practices and tools for summer success.

Clarissa Hayes, Food and Research Action Center

USDA Food and Nutrition Service



"The preconference session was packed with so much needed information that was thoroughly broken down to understand. Trainers were knowledgeable and embraced questions and open dialogue throughout the entire training."

Carmel Davenport
Allegheny Intermediate Unit 3



*Earn up to 8 more hours of
continuing education!*

Tuesday, April 11 | 8:00 am – 12:00 pm

Menu Planning for the CACFP

Develop meal planning techniques that can be used to serve healthy and appealing meals and snacks that meet CACFP and preschool meal pattern requirements. Learn how to accommodate food allergies, incorporate multi-cultural recipes and locally-sourced foods, develop strategies for creating custom menus, and go home with menus you can use immediately or as inspiration.

1. Learn how to accommodate food allergies, incorporate multicultural recipes and local foods.
2. Develop strategies for creating custom menus.
3. Take home sample menus to use or for inspiration.

Susan Ison, CMP, Helping Hands, Inc.

Katie Chatfield, RDN, MPH, Providers Choice

Melinda Nguyen, LD, MS, RDN, Texas Department of Agriculture

CACFP 101: Afterschool Meals

Only 1 in 10 children who qualify for afterschool and out-of-school time meals are receiving them. The Child and Adult Care Food Program offers a solution to this nationwide problem. Learn how we can combat sending kids home hungry.

1. Learn the basics of how to operate CACFP Afterschool.
2. Discover how you can become a sponsor or work with a sponsor.
3. Hear success stories of those that have implemented the program.

Kati Wagner, CCNP, CMP, Wildwood CACFP

Melissa Moore, CCNP, Family League of Baltimore

Keith Johnson, Falcon Youth Services – Kooking4Kids

Policies and Procedures for CACFP Success

Learn the pitfalls of policies and procedures, receive a template to write better policies and practice writing actual policies. Attendees will create a step-by-step guide to train on improved CACFP management and administration for better organizational success.

1. Practice using a template for policies and procedures.
2. Understand how improved policies decrease CACFP findings.
3. Learn how to offer training to improve policies and procedures.

Tamika Figgs, MS, ESC 11

Amanda Tucker, CMP, CCNP, LSS, TITAN – LINQ





Postconference Academy

We've gathered training opportunities based on your most requested topics. Join us on **Friday, April 14**, to continue your conference experience with one or two academies. Choose from one of six sessions in each time slot. Pre-registration is required for each session.



Session Block 1 | 8:00 am – 10:00 am

Medical Statements, Milk Substitutions, and Specials Diets

Have you ever received a parent's or doctor's note describing a meal modification or substitution to serve a child or adult in your care? Maybe you have felt confused or overwhelmed on how to modify the menu to ensure foods are safe to serve to a participant with a disability.

1. Learn when you need to have a medical statement to serve safe, reimbursable foods in the CACFP.
2. Identify creditable and non-creditable milk substitutions in the CACFP, including what documentation you may need.
3. Gain knowledge on how to tailor foods for special diets, like vegetarian, pureed, and gluten-free diets.

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

Grassroots Advocacy

Your participation in advocacy efforts for child nutrition programs is critical. Learn how to implement successful strategies to become an effective advocate for CACFP/SFSP.

1. Learn the importance of advocacy.
2. Create an advocacy plan for yourself and/or organization.
3. Get tools and resources to get started easily.

Alexia Thex, MEd, National CACFP Sponsors Association

Training Tools for Record Keeping in the CACFP

Are your providers feeling bogged down by paperwork? Are they looking to you to help them strengthen their knowledge of CACFP record-keeping requirements and improve their workflow? We'll give you the tools and resources you need to train your CACFP providers on targeting their inefficiencies and maximizing their record keeping skills.

1. Review the basic record keeping and record retention requirements for the CACFP.
2. Walk away with outlines, worksheets and resources to strengthen your training process.
3. Explore ways to identify workflow inefficiencies & counteract common findings.

Brittany Uribe, National CACFP Sponsors Association

Strategies for Effective Time Management in the Kitchen

Children's eating experience and nutrition outcomes depend on food service and other staff being able to prepare, serve and adjust to the kitchen environment efficiently. Learn quality food preparation strategies to help better manage your food service operation.

1. Learn why time management is essential in the kitchen.
2. Identify three kitchen tasks that require time management skills.
3. Get tips to improve your time management skills in the kitchen.

Chef Patrick Garmong, Institute of Child Nutrition

CORE Training: Trainer Success

Develop the characteristics of a successful trainer. Participants will identify the different skills needed to training face-to-face or virtually, understand adult learning styles, identify and use probing questions to land the learning, and demonstrate an understanding of trainer success techniques by participating in engaging activities.

1. Learn and practice effective communication and active listening skills.
2. Understand and practice modern trainer competencies.
3. Learn to handle challenging situations.

MH Miles, CPA, PC

Happy Mealtimes in Child Care Settings

Mealtimes are among the most important times for young children. Each meal serves as an invaluable opportunity for young children to develop new skills and healthy eating habits. Learn best practices for child care professionals to create positive and safe mealtime environments for young children.

1. Get tips for creating routines and schedules.
2. Learn how to serve family-style meals.
3. Review food safety practices & healthy habits.

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*Add onto your conference experience
for as little as \$29 per session!*



Session Block 2 | 10:30 am – 12:30 pm

Meal Service In a Snap!

Feeling like you serve the same meals over and over again? Struggling to find delicious recipes that are not only quick to put together but also follow the CACFP meal pattern? This is the class for you!

1. Learn how to make different flavor combinations.
2. Get ideas on quick and easy methods to prepare creditable foods.
3. Identify ways to use leftover ingredients to add into another meal or snack.

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

Grant Writing 101

New to grant writing or need a refresher? Learn how to read and respond to a Request for Proposal when applying for a grant. Get tips on how to write a statement of need, outline measurable objectives and evaluation measures, and put together budget justifications.

1. Learn the grant process step by step.
2. Identify grant writing obstacles and how to overcome them.
3. Understand the three most important requirements when applying.

Alexia Thex, MEd, National CACFP Sponsors Association

Monitoring for Success

We've been conducting remote inspections for the past 2 years – now it's time to get back out into the field! Refresh your knowledge on quality monitoring techniques that minimize problematic reviews and setup providers for success. Explore the unique challenges that monitors can face and capture impactful coaching techniques that guide providers towards meeting program guidelines.

1. Review important policies and procedures on monitoring reviews.
2. Learn effective strategies to minimize challenges and promote program compliance.
3. Gain impactful coaching techniques to build trust and form meaningful connections.

Brittany Uribe, National CACFP Sponsors Association

Marketing Your Program

Ready to grow your program but not sure where to begin? Discover how to promote your program and the benefits of getting the word out.

1. Understand the importance of outreach activities and how to plan them.
2. Learn how to become a subject matter expert in your field.
3. Walk away with tips and tricks to put your program on the map and get referrals.

Lisa Mack, National CACFP Sponsors Association

CORE Training: Management Plans

Learn the meaning behind management plans and how they relate to the CACFP performance standards. Learn the key points through individual and group activities.

1. Identify the purpose and requirements of a management plan.
2. Learn how to evaluate, monitor, revise, and submit a management plan.
3. Get management plan best practices for program success.

MH Miles, CPA, PC

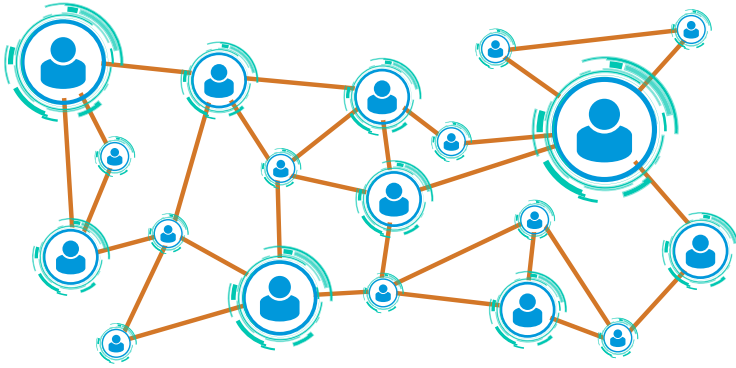
CACFP Meal Pattern Training

Questions about the latest meal patterns? Learn all about the updates for the five components in the CACFP, as well as tips and strategies for implementation.

1. Discuss the CACFP meal pattern requirements.
2. Review meal pattern updates and revisions.
3. Get resources to implement the updated meal pattern.

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Build Professional Connections and



There will be plenty of opportunities to meet new peers at this year's conference! Many of our attendees leave the conference having expanded their professional network by at least one meaningful connection. So, we encourage you to get out there and find your people!

Networking Opportunities Every Day of the Week

Professional Networking: Strategies & Tips

Monday, April 10 | 4:30 pm - 5:00 pm

Join us to learn how to implement strategies both in person and on social media to help meet people and advance your career. Afterwards we'll head to the Regional Networking Reception together to put our skills to the test!

Regional Networking Reception

Monday, April 10 | 5:00 pm - 6:00 pm

Don't go home without connecting with people who work where you do. Take this time to meet and network with others from your region and make connections that will last long after the conference.

Start here and continue on to the reception

New this year!

Group Meetups

Tuesday, April 11 | 8:00 am - 9:00 am

You asked, and we listened! Meet with people who do what you do everyday! Join your moderator and colleagues to talk about workplace issues. Find a mentor. Share your experience. Make contacts. Talk shop and learn from one another. This is one of the most powerful sessions at the conference and can't be missed.

- State Agency ARAS
- State Agency CACFP
- State Agency SFSP
- State Agency Directors
- State Agency Nutritionists
- Food Banks
- Tribal Nations
- Summer Food
- Nutritionists
- School Districts
- Field Monitors
- CACFP Sponsor Directors
- Claims
- Cooks
- Directors of Centers
- Head Start
- ARAS Schools
- ARAS Out of School
- ARAS Centers
- Adult Care Centers
- Family Homes

"I would absolutely recommend that others come to this conference, especially in-person, because it means so much more to interact on a personal level!"

Kristy Harmon
Kanuk Tribe Head Start



Discover the Power of Networking!

Don't forget about **hallway conversations!** 

If you've got some spare time in between sessions, strike up a conversation with someone that you have seen around the conference. You'll probably find that you have tons in common, especially with those who are attending the same sessions as you!



Mix It Up! Welcome Reception

Tuesday, April 11 | 4:30 pm - 5:30 pm

Mix and mingle with other professionals at the conference! Whether you're a first-time attendee or ten-year veteran, join us in the Exhibit Hall to catch up with peers and create new connections!

Reception sponsored by  **General Mills**
Making Food
People Love

Breakfast, Coffee & Conversation

Wednesday & Thursday, April 12 & 13 | 7:00 am - 8:00 am

While you're getting the day started with our breakfast buffet and waking up our breakfast buffet, find someone new to talk to and discuss what you've learned so far and what sessions you look forward to attending for the day.

This means you! Join us. 

CACFP Professionals Celebration

Wednesday, April 12 | 5:00 pm - 5:30 pm

We celebrate and commend those who have obtained the highest level of CACFP professional acknowledgment by earning their certification as a Management Professional and/or Child Nutrition Professional. Get your certification today to receive an invitation for a celebration reception in your honor.



Rising Leaders Coffee Hour

Friday, April 14 | 8:00 am - 9:00 am

You're ambitious and passionate about the CACFP. Join us for a cup of coffee while we talk about how you can get more involved in NCA and become a leader in your program.

See you in San Diego!



REGISTER
early
& SAVE!

37th National

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