



Save the Date!

Saturday, October 15, 2022
11:00 am - 3:50 pm Eastern

Saturday Summit

Looking for training?

Earn 5.5 Hours of CEUs.

Topics Include:

- » Connecting Nutrition with Family Engagement
- » Meal Service Made Fun
- » Quick, Easy, Low Prep Snacks
- » Straw Bales: A New Way to Garden

PLUS these On-Demand Sessions

- A \$45 value for Free!

- » Brunch for Lunch
- » Giving Thanks: Turkey Talk and More!
- » Holiday Menu Planning

Who should attend?

- » Family Child Care Homes
- » Child Care Centers
- » Adult Day Care Centers
- » Head Start Communities

\$49 Registration

Standard Registration through October 7.

Late registration is \$79.

Register today at

www.cacfp.org/saturday-summit



Saturday Summit

October 15, 2022 11:00 am - 3:50 pm Eastern

Looking for training? Earn 5.5 Hours of CEUs.

It can be difficult to find live trainings that don't conflict with your work. That's why we're hosting this webinar on a Saturday afternoon. Join us on Zoom for an event designed specifically for CACFP child care providers, center staff, and the Head Start community. In addition to the live sessions, you'll also be getting access to three webinars we've hosted - **a \$45 value for free!**

Live Sessions

You can watch these webinars live on October 15, or later on-demand through October 31, 2022. Each will credit for 1 CEU.

11:20 am - 12:20 pm Eastern

Meal Service Made Fun

Add some pizzazz to meal or snack time with visually appealing, delicious, and exciting new recipes! Learn how to make power bowls with fresh ingredients and easy charcuterie boards for meals and snack times. Looking for a few meal ideas that don't require a lot of preparation? Get inspired with muffin tin, slow cooker and sheet pan recipes, where you can include at least 2 CACFP meal components in one dish.

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

12:30 pm - 1:30 pm Eastern

Connecting Nutrition with Family Engagement

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.

Tracy Ward, Coastal Plain Area E.O.A, Inc.

1:40 pm - 2:40 pm Eastern

Straw Bales: A New Way to Garden

No space? No soil? No problem. Learn how to start a straw bale garden from beginning to end. You will be ready to plant and grow with the children in your care this Spring!

Pamela Heisler, CCNP; Food for Kids

2:50 pm - 3:50 pm Eastern

Quick, Easy, Low Prep Snacks

Short on time and tired of serving the same old snacks day in and day out? Breathe new life into your snack time routine by filling your recipe box with new, favorite go-to ideas for snack time. Learn about quick snacks that can be prepared in advance or on the spot and how to involve children in snack making activities.

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

On-Demand Sessions

You're also getting access to three of our favorite webinars, available through October 31, 2022. Each will credit for 0.5 CEUs.

Brunch for Lunch

Looking for new ideas for your CACFP lunch menu? Why not try brunch for lunch?! There are endless possibilities when combining breakfast food favorites and lunch classics. Learn how to navigate brunch related food components in the CACFP and get recipe ideas to use in your child care centers, day care homes and adult day care centers.

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

Giving Thanks: Turkey Talk and More!

Want to know what a #CACFPCreditable meal looks like for Thanksgiving? Let's talk turkey and more! Not serving turkey? We'll cover meat alternates you can menu plan, favorite sides, and whole grain-rich ideas.

Lisa Mack, National CACFP Sponsors Association

Holiday Menu Planning

Holiday Menu Planning in the CACFP? Yes! Healthy and festive. Want to learn more about what #CACFPCreditable holiday meals look like among different cultures? Get fresh ideas to replace holiday sweets and treats with healthy and nutritious foods.

Lisa Mack, National CACFP Sponsors Association

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