

CACFP BOOT CAMP SPECIAL DIETS

AUGUST 30-31, 2022



\$99

Standard Registration*

Earn 7 Hours of CEUs

Join us on Zoom to learn how to apply CACFP meal pattern substitutions or modifications with real, practical solutions to accommodate the diverse needs of CACFP participants!

Available on-demand for attendees through September 15, 2022.

Topics Include:

- ❖ Accommodating Participants with Disabilities in Community Meals
- ❖ Introduction to Meal Modification and Special Diets
- ❖ Common Allergens and Reading the Food Label
- ❖ Wheat & Gluten-Free Meal Modifications
- ❖ Dairy Meal Modifications
- ❖ Beginners' Guide to Serving Food to Participants with Swallowing Difficulties
- ❖ Vegetarian Meals
- ❖ Meal Modification Cooking Demonstration
- ❖ FAQ: Reinforcing Training & Managing Solutions

Register today at cacfp.org/bootcamp

*Register by August 22 for standard rate.
Late registration rate is \$129.

CACFP BOOT CAMP

SPECIAL DIETS

AUGUST 30-31, 2022



Tuesday, August 30

11:00 am - 3:30 pm Eastern

Accommodating Participants with Disabilities in Community Meals

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 to ensure equal access and opportunity.

- *Understand the requirements under Civil Rights in providing meal modifications.*
- *Learn the necessary actions CACFP providers need to take to be in compliance.*
- *Review what you need to have on a medical statement in order to serve foods in a safe manner.*

Intro to Meal Modifications and Special Diets

Learn the differences between various types of mechanical diets and how to prepare these foods to meet CACFP guidelines.

- *Know what a meal modification is.*
- *Learn how to serve modified meals.*
- *Navigate through meal modification scenarios.*

Common Allergens and Reading the Food Label

Discover the top nine food allergens and learn to recognize what food products contain these. Get a better understanding of how to read the food label to identify and avoid food allergens.

- *Become familiar with the top nine allergens.*
- *Learn how to read the Nutrition Facts Label.*
- *Identify food allergens from the ingredient list.*

Wheat & Gluten-Free Meal Modifications

Develop an understanding about the differences between wheat and gluten meal modifications. Learn how to identify food products containing wheat or gluten. Receive recipe ideas that will help you adapt and modify your menus.

- *Define wheat and gluten allergens.*
- *Learn about wheat-free and gluten-free products.*
- *Discover wheat-free or gluten-free meal options.*

Wednesday, August 31

11:00 am - 4:30 pm Eastern

Dairy Meal Modifications

Learn how to adjust your menu when a participant has a dairy allergy. Receive training on how to identify foods containing dairy, how to modify recipes, and what dairy products can be replaced to meet the fluid milk component.

- *Review dairy allergens when applied to fluid milk and dairy products.*
- *Identify alternative food products to meet CACFP meal components.*
- *Explore various dairy-free recipe ideas.*

Beginners' Guide to Serving Foods to Participants with Swallowing Difficulties

Obtain a broad overview about dietary needs of individuals with swallowing impairment. Receive information on the various types of texture-modified diets to safely feed individuals.

- *Understand the universal standards when serving foods to participants with dysphagia.*
- *Differentiate food preparations between dysphagia levels.*
- *Learn how to modify meals based on dysphagia level.*

Vegetarian Meals

Discover new ways to incorporate plant-based meals into the CACFP meal pattern. Learn how using plant-based recipes can be beneficial to your budget and your health.

- *Explain the differences between vegetarian and other plant-based diets.*
- *State the benefits of serving vegetarian meals in a CACFP cycle menu.*
- *Learn how to incorporate vegetarian meals into the CACFP meal pattern.*

Meal Modification Cooking Demonstration

You've learned about how to modify meals based on special dietary requests; now see how it's done! Join us in this half hour cooking session where you will get recipes using these meal modifications.

FAQ: Reinforcing Training & Managing Situations

You've got questions, we've got answers. We'll review the Special Diets Boot Camp training and answer questions you've asked along the way.

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