So many amazing sessions to choose from! Star your favorite sessions and check online or in the app for scheduled times. Workshops do not require pre-registration, and you are welcome to attend any workshop you desire. Can't attend them all? No worries you will have access to our Virtual Conference all year.

Expand your knowledge
Workshops

10 Tips for Successful Taste Tests with Young Children
We all know that if children have the opportunity to prepare and taste new foods, they are more likely to eat them. What does research tell us about how to best introduce new foods and which healthy foods to focus on? Learn the top ten tips and tricks for getting kids to love their veggies.
Erin Croom, MS, Small Bites Adventure Club
Wande Okonuren-Meadows, Little Ones Learning Center

Addressing Health Disparities with Cultural Food Programs
Hear about an approach to food and nutrition topics through the lens of African heritage and health. Explore strategies for overcoming cultural and structural barriers to children's nutrition in communities of color, utilizing existing resources and best practices for African Americans and immigrant populations.
Kelly Toups, RD, LDN, MLA, Oldways
Marvin Young, MPH, Prairie View A&M University Cooperative Extension Program

Affordable Ways to Promote Learning and a Healthy Lifestyle
Children who learn to use tools and have fun working around food are more likely to try new foods. Discover creative ways to engage with young children in and around the kitchen and garden using affordable tools and easy STEM concepts. Learn how to encourage cooking, predicting, experimenting, tinkering, observing, exploring, problem-solving, and creativity.
Angela Russ-Ayon, Russ InVision Company

Affordable, Protein-Packed Lentils, Chickpeas, Dry Peas & Beans
Pulses, which include lentils, chickpeas, dry peas, and beans are dry edible seeds of legumes. They are nutrient-dense, affordable, delicious, and easy to use. They are also packed with protein and fiber. Learn how to use and prepare pulses, and go home with resources and recipes.
Becky Garrison, RDN, American Pulse Association USA
Dry Pea & Lentil Council

Afterschool Meals Champions Tell It Like It Is
Hear from CACFP At-Risk Afterschool Meals program operators as they share their experience with administration, partnerships, promotion and outreach, and work with children and families.

Avoiding Costly Mistakes in the CACFP
Human errors in monitoring, eligibility, meal counting, and claims are unavoidable. The key is to recognize the mistake and to prevent them from happening. Three of the most common mistakes together with practical solutions to fix or avoid these errors will be discussed.
Jocelyn Moss, MA, CMP, CCNP, YMCA of Greater Pittsburgh

Big Impacts in Rural Early Care and Education Settings
Do you directly or indirectly support rural ECE providers? Hear about and get access to a toolkit with over 23 effective interventions for obesity prevention in rural ECE settings. Learn about prevention practices, implementation considerations, sustainability ideas, and rural success stories.
Rebekah Duchette, RN, BSN, Nemours Children’s Health System
Erin Olson, MPH, Iowa Dept of Health

Body Shakes & Brain Waves: Moving & Learning in Childhood
Understand how young children benefit from activities that lead to the development of neural connection and why offering children developmentally appropriate experiences in the first six years is so important. Go home with ideas to help children physically interact with their environment and make the most of everyday brain-building experiences.
Angela Russ-Ayon, Russ InVision Company

Look for the Specialty ID # Each session and workshop provides hours towards your CACFP Professionals Certification. For more information visit cacfp.org/certification.

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### Nutrition

- **10 Tips for Successful Taste Tests with Young Children**
- **Affordable, Protein-Packed Lentils, Chickpeas, Dry Peas & Beans**
- **Child-Friendly Menu Planning Using Seasonal Foods**
- **Creditable Meals in the CACFP: Be in the Know**
- **Cuisines Across Cultures Serving Plant-based Meals**
- **Cultivating Cultural Awareness through Food**
- **Cycle Menus: On Trend Recipes and Menu Concepts for CACFP**
- **Feeding Infants: What, When & How**
- **Food Allergies & Special Diets**
- **Food Foundations for Infants and Toddlers**
- **Freedom to Eat: Promoting Positive Nutrition Attitudes for Life**
- **Getting Children to Enjoy Eating Healthy Foods**
- **Healthy Eating Habits Take Root Early**
- **Identifying Whole Grain-Rich Foods**
- **Making a Muffin Tin Recipe Box**
- **Math, Science, Language, and Literacy During Lunchtime**
- **Mealtimes with Toddlers: CACFP Halftime Live**
- **Meeting the Nutritional Needs of Children**
- **Menu Planning with Nutritious and Shelf Stable Tomato Products**
- **Ounce Equivalents for Grains: No Weigh!**
- **Prep to Plate for Centers: CACFP Portion Sizes**
- **Preparing Plant-Based Proteins**
- **Serving Cold Lunches**
- **Soyfoods: Health Benefits & Versatility**
- **Standardized Recipes and You**
- **Writing Recipes Right**

### 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 Staff*

### CACFP and Head Start Food Service Regulations
This training will focus on the performance standards that govern child nutrition and how they align with the CACFP program to provide good nutrition to children in Head Start. Also, learn what’s new in the HS performance standards concerning child nutrition.

*Rhonda Kobylecky, CMP, CCNP, Acelero Learning*

### CACFP Training Program & Nutrition Calendar
Where else can you find nutrition information, CACFP best practices, table crafts, physical activities, business tips, provider training modules, parent provider connection letters, child care curriculum, and record keeping all in one place? NCA’s Nutrition Calendar & Training Program is perfect for providers, centers and afterschool sites. The 56-page calendar record keeping system and 5-hour training program is available in bulk for less than $4 per provider.

*Jennifer Basey, Med, National CACFP Sponsors Association*

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#### Education Tracks

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Workshops

CN Labels & Product Formulation Statements: Hands-on Practice
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 will provide guidance on accepting documentation for meal pattern requirements and share sample Product Formulation Statements and CN Labels. Learn how to assess crediting documentation using sample CN Labels and Product Formulation Statements.

USDA Food and Nutrition Service Staff

Creditable Meals in the CACFP: Be in the Know
Get hands-on experience to successfully meet the CACFP meal pattern requirements with newly released or updated tools that can help you credit, purchase, and serve meals to program participants. Take a deep-dive into newly creditable foods in the CACFP and learn about the Crediting Handbook for the CACFP. Download the Food Buying Guide mobile app before attending the workshop.

USDA Food and Nutrition Service Staff

Cuisines Across Cultures Serving Plant-based Meals
Asian, Latin American, Middle Eastern and other ethnic recipes help programs appeal to diverse communities, promote healthier choices and limit food allergens, and meet the increasing demand for more plant-based meals. Learn how to elevate recipes using a variety of spices and ingredients that can turn your menus into a culinary trip across the world.

Karla Dumas, RDN & Rebecca Portman, MS, Forward Food, A Project of The Humane Society of the United States

Cultivating Cultural Awareness through Food
Americans of diverse racial and ethnic backgrounds are disproportionately affected by many chronic diseases, highlighting the need for more inclusive dietary messaging. Explore cultural models of healthy eating from around the world, with practical tips, insight, and recipes for diverse populations, with a special focus on Gen Z, and a cooking demonstration.

Kelly Toups, RD, LDN, MLA, Oldways

CycleMenus: On Trend Recipes and Menu Concepts for CACFP
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.

Malissa Marsden, SNS, Child Nutrition Support Services

Expanding Eligibility to Subsidy Providers in the CACFP
Together with the Virginia Department of Social Services and the Virginia Early Childhood Foundation, the Virginia Department of Health is expanding CACFP eligibility to religious exempt centers and unlicensed/unregulated homes that are approved subsidy vendors. The Virginia CACFP Expansion Project is a tri-agency collaboration working to increase the CACFP footprint by 20%.

Conchetta Yonaitis, MEd, Virginia Department of Health

Available online at cacfp.org/childnutritiontoday
Find new meal pattern resources, recipes, and other tools for every day use.

16
Extending CACFP Beyond the Classroom

Creating healthy eating patterns in the classroom is only one part of the equation: parents and home environments are the other. Learn about the important role parents play in the development of a child’s feeding patterns and how to increase parent awareness and engagement of CACFP best practices.

Leah Galitzdorfer, MS, RD, Food Services Group

Facilitating Compliance in Your At-Risk Afterschool Program

Learn how to use Adult Learning theory techniques to capture the attention of your program site supervisors to highlight the most frequent compliance issues during training. Take home an audit calendar to prepare for your state review, sample Performance Improvement Plans, standard compliance operating procedures, and other tools to continue to serve your sites year after year.

Melissa Moore, CCNP, & Sharon Bostwick, MS, Family League of Baltimore

Family Style Feeding: Functional and Fun

Come and share how serving family style provides more opportunities for modeling strong nutritional messages, social behaviors and common courtesy. Find sources for standardized recipes, meal plans and best practices for family style service. Share your challenges and your successes with others.

Melissa Marsden, SNS, Child Nutrition Support Services

Family Style Meal Service and Head Start Performance Regulations

Learning opportunities abound at meal times in Head Start sites. Help your staff or team understand the performance regulations for family style meal service and how they can incorporate Math, Science, Language and Literacy into their meal times.

Sheila Tompkins-Hess, ECE Professional

Farm to Child Care: Track and Celebrate Success

State agencies can support program operators that want to bring farm to child care to their programs by offering recognition for their efforts. Learn how to track and celebrate farm to child care success through a simple recognition program that is engaging for program operators and beneficial to state agencies.

Helenka Ostrum, MS, MPH, Texas Department of Agriculture

Two Hour Session

Farm to Early Care: Preventing Obesity in Early Childhood

Farm to Early Care initiatives connect young children with healthy, locally grown foods. Explore how these can help decrease children’s BMI and learn how to start up a Farm to Early Care initiative or expand on one you already have. Go home with family engagement ideas and curricula to run a successful Farm to Early Care program.

Jami Lee, LN, CCNP, CFPM, CLC & Deb Cooper, CFPM Tri-Valley Opportunity Council

Feeding Children: The Ecological Approach to Family Style Dining

With the updated meal pattern requirements, CACFP participating childcare providers report several challenges such as children not liking the taste of healthy foods, food waste, managing picky eaters and parent engagement. Hear about responsive feeding strategies as a way to encourage children to try the nutritious foods served in childcare and take home tools to increase consumption.

Dipti Dev, MS, PhD, University of Nebraska, Lincoln
Jill Cox, MS, RD, Penn State Better Kid Care

Feeding Infants: What, When, and How

Infancy is a critical period when children develop taste preferences and habits that last a lifetime. What, when and how we feed babies can impact their overall development and relationship with food. We will cover CACFP meal patterns for infants, infant feeding best practices and provide healthy, inexpensive ideas for planning your infant meals.

Monica Griffin, MS, RD, LD, Children’s Healthcare of Atlanta
Diana Myers, MS, RD, LD, Bright from the Start: Georgia Dept. of Early Care and Learning

Feeding, Eating and Succeeding Together (FEAST)

Feeding, Eating and Succeeding Together (FEAST) is a nutrition education program that empowers adults to feed in a way that supports children as they develop eating skills. Get strategies on how to implement a positive mealtime environment, overcome common feeding struggles, and have developmentally appropriate nutrition conversations.

Lily Doher, RD & Sara Gold, MSW, United Way for Southeastern Michigan

Field Trip Creditable

Field trips are a favorite child care activity! Learn what’s creditable and how to serve (or counsel your team on) reimbursable meals.

Lisa Mack, National CACFP Sponsors Association

Education Tracks

Program Spotlight

- Addressing Health Disparities with Cultural Food Programs
- Building Healthy Kids and Thriving Local Food Systems
- CCR&R + CACFP: A Winning Combination for Children’s Nutrition
- Community Based Approaches to Addressing Food Insecurity
- HealthyCACFP: Nutrition Education and Corrective Action Tool
- Help MyPlate Reach Birth to Age Two Audience
- Powerful Partnerships to Promote Healthier Generations
- Technology that Doesn’t Break the Bank
- The Power of Partnerships for Best Practices and Resources
- USDA National Breastfeeding Campaign for Millennial WIC Moms
- Using CACFP to Support Farm to Early Care and Education Models

At-Risk Afterschool

- Afterschool Meals Champions Tell It Like It Is
- Facilitating Compliance in Your At-Risk Afterschool Program
- Increasing Afterschool Meals Participation
- Maximize Your Sponsorship Potential: Summer & Afterschool Meals
- Schools as Afterschool Meals Sponsors, Sites, and Vendors
- Sponsors Navigating Success in Summer and Afterschool Meals
- Summer & Afterschool Meals Paperwork Playbook
**Workshops**

**Flawless Audits: Managing Your CACFP Sponsorship**

Are you a multi-program or multi-state sponsor? You'll 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.

Larry Karow, CMP, CCNP, D.Min, Jolene Benedict & Jason Grant, UMFCFood Ministry

**Fly through Your CACFP Paperwork with CenterPilot**

CenterPilot is a software program that can reduce the stress of claims processing for CACFP centers. Learn how the new meal patterns are easily met and documented when using CenterPilot and how sponsors of Head Start and affiliated sites can easily copy pre-saved menu weeks out to all sites. Afterschool and Summer Meal sites can claim without enrolling or income assessing participants.

Angela Young, MS, CenterPilot

**Food & Supply Source: Money Saving GPO**

Stop overpaying. Learn how you can save money on food and supplies without any risk or costs to participate. Hear how our Group Purchasing members are typically saving 10-35% and taking advantage of our free menu and nutritional reporting services.

Chris Primiano, Food & Supply Source

**Food Allergies & Special Diets**

Learn how to identify the top 8 sources of food allergies, recognize the difference between a food allergy and food intolerance, understand documentation requirements for CACFP claims, discover how to properly prepare an allergen safe meal, and develop menus that accommodate food allergies and special diets.

Salome Pemberton, RDN, CCNP, CDN, Food Services Group

**Food Foundations for Infants and Toddlers**

Learn about the importance of infant and toddler nutrition and discover best practices for creating supportive and engaging eating experiences in the early childhood classroom.

Denise Payton, MA & Erica Goldtharp, MA, ProSolutions Training

**Food Insecurity Connection to Obesity and Role of the Provider**

Food insecurity disrupts the foundation of a child's health. Learn how their environment plays a critical role to the adoption of healthy active living behaviors and the resulting connections to overweight and obesity. Get tools for screening and referring families to appropriate resources.

Stephanie Womack, MA, American Academy of Pediatrics - National Center on Early Childhood Health and Wellness

**Two Hour Session**

**Food Safety Best Practices**

Get the knowledge, tools, and resources to reduce foodborne illness in child care centers and to implement the core four food safety best practices in CACFP, school gardens, and taste test activities.

Diana Myers, MS, RD, LD, Nkem Ijeh, MPH, & Deidrea Thompson, MS, Bright from the Start: Georgia Dept. of Early Care and Learning

Kimberly Della Donna, Georgia Organics

**Food Safety in Child Care Centers**

Food safety practices help keep children safe from foodborne illness and food allergens. Learn food safety best practices and get food safety resources. Provide input on the contents of a new food safety kit being developed by the Institute of Child Nutrition.

Liz Dixon, MS, Institute of Child Nutrition

**Freedom to Eat: Promoting Positive Nutrition Attitudes for Life**

Get information on the basics of nutrition coupled with positive nutrition attitudes and behaviors. Discuss innate eating skills and how balanced eating requires freedom to eat.

Julie Brake, MS, RDN, LD, Positive Nutrition

**From Hot to Cold: How to Bring Quality Cold Meals to Your SFSP**

Learn how to work with key community partners to bring high quality, cold meals to the CACFP’s Summer Food Service Program.

Elise Lindstrom, MA, RDN, Marion County Public Health Department

Milele Kennedy, CMP, City of Indianapolis

**Food Insecurity Connection to Healthy Foods**

Discover ways to create meal plans with healthy foods that children will enjoy eating. Gradual substitutions, free-choice Fridays, food prep tips, and food choice ownerships will be covered together with tips on how to incorporate healthy food upgrades.

Carolyn Woodfork Richardson, MD, Daccrich.com

**Go Paperless: Bringing CACFP Sponsorships into the Digital Age**

Paper records use valuable space, paper, ink and time to sort through. Learn how simple it can be to take your program into the digital age. Get a step-by-step plan to follow if you would like to become more tech savvy and efficient with your resources. Wildwood has recently completed several audits using our digital files and the auditors loved it! Successful implementation requires a scanner and possible file storage hosting services.

Maureen Lyons & Savannah Thornburg, Wildwood CACFP

**Grant Writing 101**

New to grant writing? 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, put together budget justifications.

Alexia Thex, MEd, National CACFP Sponsors Association

**Growing CACFP Provider Participation**

Many CACFP sponsors across the country are struggling to sustain provider CACFP participation. Learn strategies that can increase retention and recruitment of new providers using many tools that are accessible for sponsors of any budget level.

Levell R. Baker, YWCA Metropolitan Chicago

**Growing Your Food Program**

Learn how to make the most of your food program participation with ideas that will be easy to implement, help expand your resources, and make your life a whole lot easier. Walk away knowing how to create a budget-friendly, kid-friendly menu as well as where to get resources to partner with the community.

Nezlarie Wynn, CMP, CCNP & Michele Peres, Vision Educational Center
Help MyPlate Reach Birth to Age Two Audience

Share your knowledge and experience in communicating with parents of infants and children up to two years old. Tell us about your need for specific resources to better provide nutrition to infants and toddlers and offer insights on how you hear about and learn about feeding our youngest consumers!

USDA Center for Nutrition Policy and Promotion Staff & HHS Office of Disease Prevention and Health and Promotion Staff

Identifying Whole Grain-Rich

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

Lisa Mack, National CACFP Sponsors Association

Improved Menu Documentation with Effective Technical Assistance

Want to increase menu compliance on a large-scale? Get the blueprint! The North Carolina State Agency developed menu assessment tools to operationalize statewide, institution-specific technical assistance for CACFP Operators. Learn about strategies and tools to streamline menu evaluation. Gain insight proven to improve meal documentation and reimbursement potential.

Julie Sandermann, MPH, RDN, LDN & Karen Lainez Rubi, MPH, RDN, LDN, CHES, CCHC, North Carolina Division of Public Health, Special Nutrition Programs Unit, CACFP

Two Hour Session

In-Service Training for Head Start Staff

Learn how to make your Head Start in-service training more interactive. Building on math, science, language and literacy as part of family style meal service routines, discover how to help the teachers in your program make the most of their teachable moments. Take home training materials and make and take learning activities your teachers can incorporate into their lesson plans.

Sheila Tompkins-Hess, ECE Professional

Attending the classes and being in the CACFP environment at the conference gives me such a high! I feel rejuvenated and ready to take on all obstacles fueled with new information and strategies. I have new tools to implement to make our summer program rock.”

Tonja Wright, House of Tiny Steps

Education Tracks

Head Start

- CACFP and Head Start Food Service Regulations
- Engaging Parents Early and Often
- Extending CACFP Beyond the Classroom
- Family Style Meal Service and Head Start Performance Regulations
- Farm to Early Care: Preventing Obesity in Early Childhood
- In-Service Training for Head Start Staff
- Serving Head Start Children with Food Allergies & Restrictions
- Why Nutrition Matters in Head Start

Program Administration & Operations

- Avoiding Costly Mistakes in the CACFP
- CN Labels & Product Formulation Statements: Hands-on Practice
- Family Style Feeding: Functional and Fun
- Field Trip Creditable
- Food Safety Best Practices
- Growing CACFP Provider Participation
- Growing Your Food Program
- Intentional Mealtimes
- Serious Deficiency Process
- Steps to Success Sponsoring Centers
- Taming the Inefficiency Monster

State Agency

- Expanding Eligibility to Subsidy Providers in the CACFP
- Farm to Child Care: Track and Celebrate Success
- GIS Maps: Increasing CACFP Participation
- Improved Menu Documentation with Effective Technical Assistance
- Integrating Program Requirements with Summer Food Applications
Workshops

Incorporating Grains and Dairy into CACFP Meal Patterns

Are you or your providers tired of serving the same old recipes? Are you looking for new ways to delight your children? Join us to learn new ideas, strategies, tips and tricks for pairing menu items and creating recipes that are sure to be fun and kid pleasing.

Ilene Amegatcher, PhD, General Mills Bell Institute of Health and Nutrition
Monica Coulter, MS, General Mills

Increasing Afterschool Meals Participation

Learn unique strategies to market and promote your CACFP afterschool program within the community. By partnering with community partners and parents, sponsors will develop methods to increase participation in afterschool, gain parental support and provide more nutritious meals in the community.

Kendra Burton, CCNP, Newark Board of Education

Infant & Toddler Movement Fun

Learn fun, developmentally appropriate physical activities to play with infants and toddlers in CACFP childcare homes and centers and Early Head Start classrooms. Consider the many benefits of physical activity and how these activities help meet recommended best practices. View demonstrations and videos of these activities and try some yourself.

Diane H. Craft, PhD, Active Play Books
Shauna Best, CCNP, Very Best Consulting

Innovative Solutions to Meet Nutrition Standards

From the business sector to public health, there are innovative ways in which programs can comply with CACFP guidelines in order to maximize time and effectiveness. Hear how to form partnerships to help relieve barriers to food access and learn about options for procurement.

Jonathan Wallace, CGF, Alliance for a Healthier Generation

Integrating Program Requirements with Summer Food Applications

Hear how Florida takes advantage of their online application process with several enhancements and supplemental tools to ensure all SFSP requirements are met. The system is designed to simplify the application process, better manage site information and limit manual processes.

Rachel Mohler, MS, RD, LDN, Florida Department of Agriculture and Consumer Service

Intentional Mealtimes

Mealtimes provide an opportunity for children to progress across all developmental domains. Review responsive feeding practices, identify critical feeding milestones, and learn how to integrate feeding with other domains of child development. Get tips for classroom implementation and for promoting healthy feeding practices with families.

Monica Griffin, MS, RDN, LDN, Children’s Healthcare of Atlanta

Introducing Healthy Food Choices with Fun, Interactive Learning

Eating patterns that are adopted during childhood affect health across a lifespan. Learn new ways to introduce healthy and nutritious food choices to children participating in CACFP through fun and interactive learning activities.

Shelby Beverly, CCNP, MSA, Deborah Wilson, CMP, and Amanda Eys, CCNP, Georgia Nutritional Services

Investigating Fraud, Waste & Abuse in Federally Funded Programs

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.

Monica Miles, CPA, CFE & Cherese Myree, CFE
MJ Miles Company, CPA, PC

Make Staff Training Stick

Want your training to be memorable? Discover effective strategies you can use and review basic adult learning principals. Find out how to not only get your staff training heard, but turned into action.

Samantha Brueske, OSPI Child Nutrition Services

Making a Muffin Tin Recipe Box

Are you or your family home child care providers having trouble serving mixed foods and not serving the right quantities? We’ll teach you how to use our muffin tin hack and you’ll work in groups to develop a new recipe to share with fellow attendees. Together, we’ll review your ingredients to ensure you’re ready to make a muffin tin recipe box back home.

Denise Andrews, CMP, CCNP, For the Children

Meal Planning with Nutritious and Shelf Stable Tomato Products

Looking for ideas to help you integrate creditable vegetables in the new CACFP Meal Pattern? Learn about nutritious, shelf stable tomato products and easy and popular menu solutions, featuring complete reimbursable meal ideas plus DIY Grab-N-Go Meal Kits.

Jodi Batten, SNS, Red Gold

Methods to Becoming a Great Leader

Do you have what is takes to lead? Is your team producing great results? Every great team starts with a great leader. Learn effective strategies on what it takes to lead and have a great successful team while exploring various leadership skills and leadership styles.

Kendra Burton, CCNP, Newark Board of Education

Nourishing the Whole Child through the SFSP

Each child, in each community, deserves to be healthy, safe, engaged, supported, and challenged for long-term success in college, career, and life. Learn how embracing the Whole Child model can lead to increased engagement, communication and meal quality at Summer Food Service Program sites.

Emily Purves, RDN & Sara Harmon, MPH, RDN, Michigan Department of Education

Maximize Your Sponsorship Potential: Summer & Afterschool Meals

Learn to avoid the abrupt start and stop of the Summer Meals and At-Risk Afterschool program periods by facilitating both programs consecutively and creating a year round program offering. A bit of strategic planning can create a seamless transition that allows for maximum efficiency and sustainability for sponsor organizations.

Brian Wither, CMP, CCNP, SNS & Melissa Weissler, MPH
Operation Food Search

Menu Planning with Nutritious and Shelf Stable Tomato Products

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Nourishing the Whole Child through the SFSP

Each child, in each community, deserves to be healthy, safe, engaged, supported, and challenged for long-term success in college, career, and life. Learn how embracing the Whole Child model can lead to increased engagement, communication and meal quality at Summer Food Service Program sites.

Emily Purves, RDN & Sara Harmon, MPH, RDN, Michigan Department of Education
**Nutrition and the Brain**
Learn about the vital role of nutrition and brain development. Understand specific nutrients essential for brain development and approaches to ensure adequate intake. Examine how hunger impacts physical growth and academic performance as well as the importance of embedding evidenced-based nutrition education as a strategy to improve nutritional status.

*Ashley Roth, MS, RDN & Kristin Mize, Common Threads*

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**Planting a Garden, Planting Children**
Gardening with children helps improve their eating habits. Learn about the positive developmental skills they learn in the process and how to set one up. Engaging children in gardening could possibly create lifestyle changes in families.

*Cheryl Moss, A Mother’s Touch Center for Child Development*

*Michelle Smith, MSW, LSW, Capital Area Head Start*

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**Obesity and Children with Special Healthcare Needs**
Childhood obesity is an epidemic in the US and children with special needs are at greater risk for obesity. Hear about the unique health issues, current research, and barriers of sensory processing and feeding skills.

*Chandi Edmonds, PT, DPT, PCS, Alpha Kids Shine*

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**Powerful Partnerships to Promote Healthier Generations**
Explore how partnering with nonprofit organizations can provide unique professional learning opportunities for staff while simultaneously increasing fruit and vegetable consumption. Hear about farm to school initiatives, sample tasty snacks, and leave with tools for implementation at your program.

*Rebecca Portman, MS, Forward Food, A Program of The Humane Society of the United States*

*Gina Cook, Quality Care for Children*

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**Prep to Plate for Centers: CACFP Portion Sizes**
CACFP portioning can be confusing on paper and in practice, many more questions come up. See correct portion sizes illustrated and get answers to common real-world portioning and service questions. Get tips for the kitchen and find out what tools help compliance and reduce food waste.

*Caitlin Boland, RD, LDN, CMP, CCNP & Marcia Wileczek, CMP, CCNP, Novick Brothers*

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**Preparing Plant-Based Proteins**
The demand for more plant-based meals and special diets in your program continues to grow each year. Investigate these diets and identify ingredients that can be used to meet this need and remain within budget while offering allergen-friendly options. Look at a variety of plant-based proteins like beans, tofu, and tempeh and discuss how to use each best in recipes.

*Karla Dumas, RDN, Rebecca Portman, MS, Forward Food, A Program of The Humane Society of the United States*

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**Paperless Program Management**
Site management is critical to running a successful CACFP or SFSP program. But getting meal accurate, timely meal service forms back from sites is a challenge. Learn how sponsors are leveraging Line2Feed technology to streamline their processes, automate compliance, increase reimbursements and go completely paperless at point of service!

*Emily Branton, MBA & Naomi Czerwinskyj, MA Link2Feed*

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**Preventing Obesity in Early Care and Education**
Learn best practices for obesity prevention in early care and education settings (ECE) and how CACFP sponsors and other stakeholders can embed healthy nutrition and physical activity into their programs through partnerships and collaboration across the ECE system. Take home key resources on obesity prevention.

*Nora Geary, MPH, MSW, McKing Consulting*

*Carrie Dooyema, RN, MSN, MPH, Centers for Disease Control and Prevention*
Workshops

Procurement in the CACFP
Get an overview of federal procurement regulations and practical tools on how to execute successful procurement measures.
LaMonika Jones, M.Ed, GCPA, Bright from the Start: GA Dept. of Early Care and Learning

Program Integrity: Transitioning from Paper to Digital Records
Change is challenging, but can be so rewarding! Learn how sponsors have transitioned to using a mobile application for their sites to produce daily digital records for streamlining production, reducing waste, analyzing trends, and monitoring their programs from a single sponsor level website hosted in the cloud.
Matthew Essner, SNS, Colyar Technology Solutions
Brian Wieher, CMP, CCNP, SNS, Operation Food Search

Resources for CACFP Professionals
Are you searching for free tools on meal pattern, menu planning, food preparation, or more? The Institute of Child Nutrition has you covered! Learn about our resources for CACFP professionals in child care settings, how to download or request materials, and take home one of our publications.
Latina Cochran, Institute of Child Nutrition

Responsive Feeding: Using Mealtimes to Support Development
Learn more about what responsive feeding is and how it benefits both the child and the family. Go home with strategies on how to implement it in the food program and consider ways to help families incorporate responsive feeding into their daily routines.
Stephanie Womack, MA, American Academy of Pediatrics - National Center on Early Childhood Health and Wellness

Roadmap to Understanding and Impacting CACFP Policy
CACFP policy occurs at multiple levels (federal, state, local, and organizational). Learn about how the policy process works, current CACFP policy, the levels that different types of policy decisions related to CACFP are made, and ways to effectively making your voice heard.
Jessica Soldavini & Tamara Cox Baker, RD, LDN, MPH
No Kid Hungry NC

Schools as Afterschool Meals Sponsors, Sites, and Vendors
Set up schools for afterschool meals success with the knowledge and experience of a school nutrition director and a nonprofit sponsor. We’ll cover everything you need to know, from finding the right models for partnership and implementation to communication with school and district officials to logistics and staffing.
Carolyn Wait, RD, MPH, Share Our Strength
Donna Martin, EdS, RDN, SNS, FAND, Burke County Board of Education
Vicki Lipscomb, CMP, Child Nutrition Program

Seamless Summer Option: Stories of Success
Hear from a panel of Turnip the Beet Award Winning School Districts on how the local program impacted children and how their operations lead them to the national recognition. Take away inspiration for feeding kids year-round.
Donna Carver, SNS, Floyd County Schools
Danielle Scott-Freeman, Douglas County School Nutrition
Andrea McSmith, MBA & Ruth Taylor, MS, RD, LD, Fulton County Schools

Serious Deficiency Process
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 Staff

Serving Cold Lunches
Cold lunches can be fun and sometimes are a necessity if you’re planning a picnic or field trip. In addition to meal pattern requirements, prep time, cost, and overall appearance matter when menu planning cold lunches. Bring your favorite cold lunch menu and we’ll work together to determine if it’s cost effective and desirable for children.
Stephanie Womack, MA, American Academy of Pediatrics - National Center on Early Childhood Health and Wellness

Soyfoods: Health Benefits & Versatility
Do you know that soy products meet CACFP requirements for meat/meat alternate, vegetables, and milk? The versatility of soy makes it an invaluable option for food providers. Learn about the unique health benefits of soy and easy tips to make soy a tasty (and affordable) part of children’s diets.
Denise Andrews, CMP, CCNP, For The Children

Sourced: Procurement 101
Get examples of how to effectively partner with vendors and suppliers and go home with answers to your most challenging questions about how to procure meals and/or food items for CACFP.
LaMonika Jones, M.Ed, GCPA, Bright from the Start: GA Dept. of Early Care and Learning
Kimberly Della Donna, Georgia Organics
Torey Repetski, MPH, Atlanta Community Food Bank
Liana Maldonado, MS, RDN, LDN, Burke County Schools
Abby Tennenbaum, The Common Market
Gary Mathews, Gourmet Express

Serving Head Start Children with Food Allergies & Restrictions
How can we better serve children with food allergies and restrictions from a central kitchen & program operations lens? Learn how to efficiently respond to a large number of special diet requests, provide reasonable meal accommodations, and communicate with staff and parents while meeting Head Start and CACFP regulations.
Rebecca Rodriguez, Lorain County Community Action Agency

Sesame Street in Communities: Let’s Get Cooking!
Learn how to support child and adult care institutions and family or group day care homes with our free resources specifically designed to promote healthy eating.
Antonio Freitas, Sesame Workshop

Sesame Street in Communities: Supporting Our Most Vulnerable Children
Beyond our health curriculum, Sesame Street in Communities addresses some of the most adverse experiences affecting our most vulnerable families and children – from trauma to homelessness and foster care to substance abuse. Explore why these resources are being created and their significance in the work you do.
Antonio Freitas, Sesame Workshop

Smart Strategies for Financially Savvy Youth
Financial capability skills are typically acquired at different rates over three broad developmental stages: early childhood, middle childhood, and the teen years. Children ages 3 to 5 are usually too young to understand abstract financial concepts. Still, they are building a foundation that can serve them well in the future. Learn about free resources and how your organization can help parents and kids learn more about lifelong money management.
Leslie Jones, MS & Meina Banh, MA, Consumer Financial Protection Bureau

Special Diets and Civil Rights Compliance in the CACFP
What is required for a child with a food allergy or special diet need? 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.
Kate Abernathy, MS, RD, LD, Providers Choice
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.

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

Sponsors Navigating Success in Summer and Afterschool Meals

Hear results from recent surveys completed by summer and afterschool meals program sponsors in North Carolina detailing perspectives on program areas such as marketing, enrichment activities, partnerships, challenges and areas of success. Learn about the intersection of the two programs, what works, and common barriers to participation.

Tamara Baker & Jessica Soldavini, RD, LDN, MPH
No Kid Hungry NC

Straw Bales: A New Way to Garden

Learn how to start a straw bale garden from beginning to end and you’ll be planting and growing with the children in your care this spring. No space? Bad soil? No problem.

Pamela Heisler, CCNP & Alix Pasillas, CMP, CCNP
Food For Kids

Successful Strategies in Creating & Implementing Wellness Policies

Healthy Way to Grow is an evidence-based program that has helped hundreds of providers create and implement wellness policies. Hear about Rhode Island’s experience, learn what it is, how you (and the providers or children you serve) can benefit from participation, and where to find new tools and resources.

Jennifer Weber, RD, MPH, American Heart Association
Heidi Hetsler, MS, RDN, University of Rhode Island

Summer & Afterschool Meals Paperwork Playbook

Paperwork can be the most daunting aspect of Child Nutrition Programs. By using technology to streamline paperwork, sponsors can increase utilization of SFSP and CACFP. Learn how to set sites up for success when switching to a commercial paperless system and increase participation by focusing on improving your program.

Melissa Weissler, MPH, Operation Food Search

Summer in South Carolina: A Mobile Meal Program

Pop Up Picnics serves a rural island community thousands of meals each summer from SFSP lunches and fresh produce to shelf stable pantry boxes. Learn how to identify mobile sites, market your program, engage children and their families, and host a Spike event!

Kara Moore & Christina Auth, Lowcountry Food Bank

Summer Meals Marketing for Reaching Today’s Youth

Summer can be a time of fun in the sun, but many children face hunger while school is not in session. Learn more about creative marketing strategies to engage youth through social media, student leaders, elected officials and community partners.

Helenka Ostrum, MS, MPH, Texas Department of Agriculture

Summer Meals: Leveraging Mobile Solutions in Rural Communities

Join No Kid Hungry and program providers from rural Maryland and Georgia to learn about the unique nature of reaching kids in rural areas for summer food service. Hear directly from sponsors who find success with mobile meals, including details on securing vehicles and equipment, managing costs, menu planning, and more.

Kara Panowitz, MSW, Maryland No Kid Hungry
Emily Pio, Share Our Strength
Donna Martin, Esds, RDN, SNS, FAND, Burke County Board of Education
Scott Germain, Garrett County Public Schools

Standardized Recipes and You

Learn how to create standardized recipes and why it’s important you use them. Review and take home a flow chart which helps create a standard operating practice for recipe development. Learn how to better use foods you have on your shelves to create new recipes and how to look for recipe concepts online.

Melissa Marsden, SNS, Child Nutrition Support Services

Two Hour Session

Start Strong: Cooking Feeding and More

Child care providers may lack the cooking skills and time needed to prepare healthy foods. In this train the trainer, learn how to teach the Start Strong: Cooking, Feeding and More curriculum. Topics include: knife skills, adding flavor without salt, cooking with beans, menu planning and more.

Mary Schroeder, RDN, LD, MPH & Kelly Kunkel, MS, MCHES, University of Minnesota Extension

Steps to Success Sponsoring Centers

If you’re a new sponsor of centers or are thinking of starting the center journey, come learn the steps you’ll need to successfully start your centers and get them on their way to claiming. From initial contact, to establishing procedures, to training and to maintaining success on the program.

Alix Pasillas, CMP, CCNP & Arlene Ross, CCNP
Food For Kids

Policy & Advocacy

• Accommodating Participants with Disabilities in Community Meals
• Child Nutrition Reauthorization
• Civil Rights 101: Compliance with Civil Rights Requirements
• Roadmap to Understanding and Impacting CACFP Policy
• Special Diets and Civil Rights Compliance in the CACFP

Financial Management

• CACFP Administrative Budgets
• Developing a CACFP Budget
• Flawless Audits: Managing Your CACFP Sponsorship
• Innovative Solutions to Meet Nutrition Standards
• Investigating Fraud, Waste & Abuse in Federally Funded Programs
• Procurement in the CACFP
• Smart Strategies for Financially Savvy Youth
• Sourced: Procurement 101

Commercial

• CACFP Training Program & Nutrition Calendar
• Empowering Kids to be Healthy and Smart from the Inside Out
• Fly through Your CACFP Paperwork with CenterPilot
• Food & Supply Source: Money Saving GPO
• Health-e Pro: Making Ingredient and Recipe Management Easy
• Incorporating Grains and Dairy into CACFP Meal Patterns
• Paperless Program Management
• Program Integrity: Transitioning from Paper to Digital Records
### Research and Resources

- Affordable Ways to Promote Learning and a Healthy Lifestyle
- Big Impacts in Rural Early Care and Education Settings
- Body Shakes & Brain Waves: Moving & Learning in Childhood
- Feeding Children: The Ecological Approach to Family Style Dining
- Feeding, Eating and Succeeding Together (FEAST)
- Food Safety in Child Care Centers
- Introducing Healthy Food Choices with Fun, Interactive Learning
- Nutrition and the Brain
- Obesity and Children with Special Healthcare Needs
- Parent Engagement in Farm to Early Care and Education Programs
- Planting A Garden, Planting Children
- Preventing Obesity in Early Care and Education
- Resources for CACFP Professionals
- Sesame Street in Communities: Let’s Get Cooking!
- Sesame Street in Communities: Supporting Our Most Vulnerable Children
- Straw Bales: A New Way to Garden
- Successful Strategies in Creating & Implementing Wellness Policies
- The Role of Nutrition Education in the Classroom

### Summer Resource Map: A Tool to Target Gaps in Meal Service

The Summer Resource Map is a digital tool that uses Geographic Information Systems technology to illustrate gaps in service and foster improved access to summer meals for children in Florida through the Summer BreakSpot Program. Features of the map will be brought to life through a live demonstration.

*Rachel Mohler, MS, RD, LDN, Florida Department of Agriculture and Consumer Services*

### Taming the Inefficiency Monster

Learn how to improve and maximize policies, procedures, and training to counteract the most common findings and inefficiencies in your programs. Get step-by-step guidance on finding opportunities for improvement together with inspirational ideas on how to strengthen your business flow and keep the inefficiency monster at bay.

*Amanda Tucker, CMP, CCNP, LSS, CHES & Carolyn Miller, CMP, CCNP, ESC Region 11*

### Technology that Doesn’t Break the Bank

Hear how UMFCFood developed technology for use to serve over 300 sites in 2 states and earned outstanding Management Reviews for both CACFP and SFSP. We’ll share how to identify the need, how to get it solved, how to write a road map, work with a programmer, and what it cost us. We’ll also share what went right and wrong along the way to help you take on the same type of project.

*Larry Karow, CMP, CCNP, D.Min & Jolene Benedict UMFC Food Ministry*

### The Power of Partnerships for Best Practices and Resources

Created by the State Legislature, the Early Childhood Health and Nutrition Interagency Council brought together representatives from 13 state agencies, childcare providers and community groups to make recommendations for improving the health of Texans under the age of six. Learn key take-aways and identify public sector resources that can be used at the state and local levels.

*Beth K. Thorson, MS, RDN, Texas Department of Agriculture*

### The Role of Nutrition Education in the Classroom

Children spend most of their time in school, and it is where the foundation for healthy habits are laid. Learn ways to incorporate nutrition in the classroom through engaging activities, discussions, and role modeling. Get resources for easy-to-use lesson plans that teach nutrition to children.

*Salome Pemberton, RDN, CCNP, CDN Food Services Group*

### USDA National Breastfeeding Campaign for Millennial WIC Moms

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 Staff*

### Using CACFP to Support Farm to Early Care and Education Models

Hear how the states of Georgia and Wisconsin use the CACFP to support Farm to Early Care and Education. Each state will share their statewide data collection results and how the data will be used to support the implementation of Farm to Early Care and Education models. Opportunities and barriers will be shared together with resources for training.

*Dadi Hidayat, MS, PhD & Daithi Wolfe Kids Forward
Melisa Haberlen DeWolf, MPH, JD Voices for Georgia’s Children
Lorenzo Almada, PhD, Georgia State University*

### Why Nutrition Matters in Head Start

Head Start has been around for over fifty years. Its unique design offers comprehensive education as well as health and nutrition services to low-income children. Learn why nutrition matters in Head Start and how you can meet the nutritional needs of our country’s most vulnerable children.

*Shauna Payne, Tallatoona CAP*

### Writing Recipes Right

Standardized recipes are a requirement in any federal meal program. What exactly does a standardized recipe involve? Why are they so important? With fun, hands-on activities, review the important components of a standardized recipe and learn how to ensure your recipes are written for accuracy, scalability, and clarity.

*Linsey LaPlant, MS, RDN, Health-e Pro*