Where are we and where are we going?

“Keep your eyes on the road and your hands upon the Wheel”
What Strong Leadership Looks Like

Tight formation, leader ahead and wingmen on the sides, headed in the right direction
What Poor Leadership Looks Like
Leadership Challenges for 2013

• Paperwork Reduction Work Group
  – Federal regulations versus State policies or interpretations
  – What we should be doing and what we should not be doing
  – Peeling away 45 years of Institutionalization
  – Focus on CACFP Client and beneficiary needs

• New Meal Pattern Regulations
  – Consortium Continues to work together
  – Coordination for Response to Proposed Rules
  – Cueing child care providers for coming changes now
  – Positive messaging for parents and providers
Strategies for Success

- Collaboration
- Leadership and Governance
- Leverage Technology
- Educational Programming
- Communications
- Political and advocacy strategies
- Strategic partnerships
- Membership Needs
Association Highlights

• 2012 Activities
  – Nutrition Education
distributed 37,500 calendars/recordkeeping
distributed 24,000 Whole Grains pamphlets
  – Added professional staff
  – Membership at 372
  – Austin Texas Conference
    525 attendees
    Keynote by Audrey Rowe
    USDA FNS Administrator

• 2013 Activities
  – Membership at 422
  – Name Change to NCA
  – Revamped Website
  – Multi-Year April Conference Planning
    2014-2017
  – Nutrition Education
    • New Education Pamphlet on Processed Foods
    • 2014 Calendar Theme is nutrition and physical activity
2014 Calendar
focuses on physical activity and nutrition
Whole Grains Education Pamphlet

Whole Grains ...
Part of a Healthy Diet

For years, nutrition experts have said that whole grains are good for us. The Dietary Guidelines for Americans recommend that half or more of the grains in our diet should be whole grains. Whole grains include barley, corn, millet, oats, rice, rye, and whole wheat. Nutrients found in whole grains include: Vitamin E, Vitamin B6, magnesium, manganese, zinc, potassium, copper, and pantothenic acid.

Why increase the whole grains in the meals and snacks we eat?

Multiple studies have shown that people who eat 1-4 servings daily decrease the risk of heart disease and stroke by 25%.

Whole grains also play an important role in positively impacting our health by:

• Lowering risk of heart disease,
• Lowering cholesterol levels,
• Regulating insulin levels and controlling diabetes,
• Providing healthy antioxidants to combat cancer,
• Improving bowel function and preventing colon cancer, and
• Preventing obesity and helping with weight management.

Turn the page to take a closer look at nutrient benefits of whole grains and how to sort out some of the mystery behind the labels when shopping for whole grains for your meals.
Limit Heavily Processed Foods as Part of a Healthy Diet

Why is it important to limit processed foods?

A diet high in processed foods is usually high in fat, sugar, and sodium and low in needed vitamins and nutrients. Poor diet has been linked with a number of serious health conditions, including:
- Coronary heart disease, stroke, and high blood pressure
- High total cholesterol or high levels of triglycerides
- Type 2 diabetes
- Cancers, such as endometrial, breast, and colon cancer

What is a processed food?

One definition of processed food is anything packaged in a box, can, or bag. A processed food can be as simple as a canned, frozen, or dried food or as complex as cooking and preserving an entire meal. Minimally processed foods—such as frozen vegetables and fruit canned in its own juice—can be very healthful. In this case, processing allows us to enjoy food at the peak of flavor, beyond the regular growing season. Minimally processed foods have few added ingredients.

What is a heavily processed food?

Heavily processed foods have added fat, salt, and/or sugar and are less healthy than fresh or minimally process foods. Manufacturers know we are looking for convenient, tasty, and nutritious foods. They also know that
Over 550 Attendees . . .
28th Annual National CACFP Sponsors Association Conference

Nutrition, Wellness & All That Jazz

April 22-24, 2014
Fresh, Fast & Fabulous

Limit Heavily Processed Foods as Part of a Healthy Diet

Nutrition Education Series Pamphlet #3

Help caregivers and the families they serve understand the value of Limiting Heavily Processed Foods by making this Fresh, Fun & Fabulous pamphlet available to your providers for home visits, workshops, and more!

Order Now

Quick Links

2013-2014 Reimbursement Rates

Hot Topics

Hats Off USDA!

Three important memos have just recently been issued which should help address

Social Media

Facebook Updates

The National CACFP Sponsors
And Now we are on our Way on the Road to the Future