

CHILD NUTRITION TRAINING

ON DEMAND

Earn up to 20 Continuing Education Credits

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 introduce new foods and which healthy foods to focus on? Learn the top ten tips and tricks for getting kids to love their veggies.

Applying a Racial Equity Lens to Recommendations for the CACFP & SFSP

Historic racial inequities are perpetuating hunger and poverty. This is perhaps even more of a reality during COVID-19. CACFP, SFSP and other child nutrition programs help to combat class inequities, but children of color still bear the consequences of structural racism. Hear about what racial equity is and how this lens can be applied to specific recommendations in food access and nutrition.

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.

Child-Friendly Menu Planning Using Seasonal Foods

Learn how to plan delicious, culturally appropriate, kid-friendly menus using local, seasonal foods. Start with the decision making tree to learn your best options for local purchasing. Learn time-saving tips to prepare fresh menu items. Learn how to promote new food to children and support your Farm to ECE Program and check out CACFP-standardized recipes to streamline the menu planning process.

Civil Rights 101: Compliance with Civil Rights Requirements

Civil Rights training is an annual requirement for state agency staff who interact with program applicants, sponsors, program participants, potentially eligible individuals and those persons who supervise front line staff. This session will fulfill that requirement while addressing the Civil Rights training requirements as outlined in FNS Instruction 113-1, Civil Rights Compliance and Enforcement – Nutrition Programs and Activities.

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.

Developing a CACFP Budget

Get training on developing a CACFP budget including; hands-on practice on budget forecasting, assessing if a cost is allowable/unallowable and determining when to revise or amend the budget.

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.

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.

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.

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.

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.

Food Allergies & Special Diets

Learn how to identify the top 8 sources of food allergens, 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.

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, and put together budget justifications.

Healthy Eating from Head to Toe

Discover foods that benefit and impact different parts of the human body with new ways and ideas to serve these foods in Child Nutrition Programs. Review and discuss CACFP nutrition program updates including tools to calculate ounce equivalents. Leave with resources to train this workshop to program participants.

Methods to Becoming a Great Leader

Do you have what it 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.

Procurement in the CACFP

Get an overview of federal procurement regulations and practical tools on how to execute successful procurement measures.

Schools as Afterschool Meals Sponsors, Sites & 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.

Summer Meals: Leveraging Mobile Solutions in Rural Communities

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, and menu planning.

USDA Policy Update

We'll welcome you to the 2020 Virtual Summit, share good news, and hear from USDA as they present an overview of new and revised policy guidance for the Child and Adult Care Food Program (CACFP) and Summer Food Service Program (SFSP).