



Success in the Food Program

Trainer's Guide

YMCA CHILDCARE RESOURCE SERVICES
NEMOURS CHILDREN'S HEALTH SYSTEM



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- DeGodoy Child Care
- Little Faces Child Care
- Marisela & Carlos Castro Family Day Care
- Little Blossoms Child Care
- Sandra's Family Child Care
- Brenda Peraza Day Care
- Toledo's Day Care
- Berg Family Child Care
- Mujica Lorena Family Child Care
- Jimenez Day Care
- Lacarra Yolanda Family Child Care
- Gladys' Family Child Care
- Guadalupe Soto Family Child Care
- Frances Carvajal Family Child Care
- Kid's Child Care
- Sayra's Family Child Care

DEAR TRAINERS:

In 2017, the United States Department of Agriculture (USDA) made changes in the Child and Adult Care Food Program (CACFP) meal patterns with the Dietary Guidelines for Americans (DGA). This program is now even better!

The New Meal Pattern (NMP) became effective October 1, 2017. This Trainer's Guide will help you navigate the "Success in the Food Program" training materials and resources to conduct a CACFP NMP training and follow-up technical assistance for family child care providers.

The training materials were developed and piloted by the YMCA Child Care Resource Services in San Diego, California with support from Nemours Children's Health System. The pilot project tested the training materials and resources with 30 family child care providers. The information provided in the training combined with hands-on activities focuses on the benefits providers will see for their children.

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INTRODUCTION

About “Success in the Food Program”:

Through funding from the David and Lucile Packard Foundation, the training materials and resources were created by the YMCA Childcare Resource Services and Nemours Children’s Health System.

We appreciate the suggestions and feedback provided by the local, state, and national partners to the “Success in the Food Program” training materials and resources.

The pilot project provided training and technical assistance to 30 family child care providers in the South Bay area in California. Each family child care provider attended one training and received three technical assistance visits during the pilot project.

For a summary of “*lessons learned*” check out page 22.

As a Trainer, there are several points to keep in mind regarding the CACFP NMP:

- You play a crucial role in supporting providers with the new meal pattern (NMP).
- The NMP is based on the Dietary Guidelines for Americans (DGA)—they’re simple and easy to understand! Presenting the changes as such will help providers feel confident they can implement them.
- Research shows that aside from higher quality nutrition, CACFP providers also provide higher quality of care—to engage providers it is important to tie the changes back to how they will help the children in their care.
- You have the liberty to modify the training materials to better serve your providers!

You can find additional resource materials for the “Success in the Food Program” at HealthyKidsHealthyFuture.org/cacfp.

Also, page 23 provides additional supplemental resources used during the pilot project.

PREPARING FOR THE TRAINING

You're going to have a great training! To ensure providers show up to enjoy it, be sure to contact them at least twice—one month prior to your training and within the week before your training. Providers will be more likely to attend your training if they understand what will happen and how they will benefit from it.

PROVIDERS WILL LEARN...

- About new CACFP NMP requirements, many of which they may already be doing
- How to identify reimbursable foods
- How to implement changes in their family child care
- Learn from other providers experiences and share their own expertise

Providers should have the opportunity to ask questions. If you as the Trainer are not sure of the answer, here is a list of state contacts that can help: https://www.fns.usda.gov/agency-contacts-search?field_state_value=All&field_agency_programs_tid=963&=Apply

ACTIVITY MATERIALS

The training includes hands-on activities to identify reimbursable whole grains, cereals, and yogurts. It is recommended to use empty boxes and containers of each and provide a minimum of one set per table:

- 2 variety types of cereal boxes
- 2 variety types of cracker boxes
- 1 yogurt container

PREPARING FOR THE TRAINING

PROVIDER MATERIALS

Aim to have all materials, binders, and resource handouts printed and ready before the training.

The Participant Binder:

The binder should include a copy of the PowerPoint slides and the resource handouts listed below. The resource handouts should be in the order listed below. The resource handouts can be found on the Healthy Kids, Healthy Future website in English and Spanish:

- **USDA Updated CACFP Meal Patterns: Child and Adult Meals**
- **Identifying Whole Grain-Rich**
- **CACFP Meal Pattern Requirements on Grain Based Desserts**
- **CACFP Tofu Informational Sheet**
- **USDA Choose Yogurts That Are Lower in Added Sugars**
- **USDA Choose Breakfast Cereals That Are Lower in Added Sugars**
- **USDA Serving Milk in the CACFP**
- **USDA Updated CACFP Meal Patterns: Infant Meals**
- **USDA CACFP: Best Practices**
- **Vegetable Best Practices**

Healthykidshealthyfuture.org/cacfp

Additional Resources (optional):

WIC Shopping Guide:

The WIC Shopping Guide can be used as a pamphlet by printing it double sided in color. Stack all three pages on top of each other in the order they were printed with the first page (front and back cover of shopping guide) on top. Using a paper cutter, cut along the edges. Fold the three sheets in half and staple along the crease three times to create a booklet.

CACFP Bookmark:

The CACFP Bookmark includes a summary of the NMP requirements. It should be printed single sided in color on cardstock. Use a paper cutter to cut along the edges to get two bookmarks per sheet. The CACFP Bookmark can be laminated as well.

Evaluation Materials:

A Pre/Post Assessment is available and can be used to determine participants' level of understanding of the NMP requirements before and after the training.

A Survey can be used for participants to provide feedback regarding their overall experience. Both of these resources may be adapted for your organization's use and are optional if needed.

The WIC Shopping Guide, CACFP Bookmark, and Evaluation materials can be found in the supplemental resources on page 23 of the Trainer's Guide.

PREPARING FOR THE TRAINING

ADDITIONAL RESOURCES

Additional Resources:

Participants appreciate additional resources at trainings. Below are some ideas to include on a resource table during the training. Some examples include cook books, “Potter the Otter” activity books, information about free summer meals, and/or printouts from the internet. You can find resources specific to your state at HealthyKidsHealthyFuture.org/cacfp/.

SAMPLE ADDITIONAL RESOURCES

Resource Title	How It Helps
List of Whole Wheat Products	Sample whole grain products
Common Questions	Milk FAQs
Growing a Healthier Future w/CACFP	Overview of all changes
Phrases That Help/ Hinder	Food as reward/ punishment
Whole Grain-Rich Grains	FAQs

Whole Grain Samples:

The PowerPoint presentation refers to whole grain samples. Whole grain samples can be placed in small clear plastic containers labeled in English and Spanish (pictured). If budget permits, prepare a small amount of various whole grains in sandwich zip lock bags that training participants can take with them and have an exploring whole grains activity with their children.



Incentives (optional):

Incentives are always a great addition to a training. If donations or funds are provided here are some suggestions of incentives that were used during the “Success in the Food Program” pilot project. A Kaplan family style dining kit , produce slicers, and air fryers (all pictured below).



PREPARING FOR THE TRAINING

ROOM SET UP

Welcome Table:

Have a sign-in sheet, pens, Bookmarks, WIC Shopping Guide, and binders with assessment materials, PowerPoint slides, and handouts ready for the participants.

Participant Tables:

Since the training has several group activities, it is recommended to cluster tables in order to facilitate discussion. Participants appreciate having at each table water containers, cups, sticky notes, pens, and highlighters for use throughout the training. Activity materials can be set out prior to the training: cereal boxes, cracker boxes, and yogurt containers, which will save time. Training participants will use the nutrition facts label or ingredients label of these products during the activities. Provide only one or two types of each based on time purposes of the training. The following were the brands used in the pilot project:

- Cheerios
- Honey Nut Cheerios
- Wheat Thins
- Wheat Ritz Cracker
- Chobani Greek Yogurt – Fruit on the Bottom

However, any type of cereal, crackers, and yogurt will work just as well for the training.

Focusing on details can change the environment of the training and make your participants feel welcome. Here are a few suggestions:

Participant Snack Table:

Set up a small table with individually packaged cheese, melon balls (watermelon, cantaloupe, and honeydew), apples, bananas, whole wheat bread (a toaster's a plus), whole wheat English muffins, peanut butter, hardboiled eggs, celery sticks, baby carrots, hummus, or individual yogurt.

Resource Table:

The resource table can include the examples listed on page 6. The whole grains can be displayed on the resource table as well. Here are some suggestions of whole grains to be displayed (pictured below): oats, steel cut oats, barley, millet, buckwheat, amaranth, quinoa, bulgar, and cous cous.



PREPARING FOR THE TRAINING

TIPS FOR FOSTERING LEARNING

Whether you are a new Trainer or a seasoned veteran, here are some helpful tips:

Build Authentic Relationships

Greet participants warmly and help them feel welcome by creating an atmosphere where they feel valued and comfortable. Set up interesting displays, interactive activities and opportunities for discovery learning. Take the time to get to know each provider and facilitate networking by introducing participants to one another.

Know Your Role

The Trainer can have a variety of roles. Sometimes the Trainer will be the teacher, but other times the Trainer will be the facilitator as providers teach one another about their successes, challenges or lessons learned.

Use Your Skills and Experience

Providing examples from previous work with family child care providers will help build rapport and trust with participants. As an expert, you will also be able to provide guidance for providers as they continue to grow and learn.



PREPARING FOR THE TRAINING

TIPS FOR FOSTERING LEARNING

Facilitating Adult Learning:

An important element of effective facilitation with adult learners is understanding how they learn—by incorporating discovery learning and collaborative approaches into the process of learning rather than a didactic approach. Adult learners are most engaged when the learning experience is active and the contributions between the Trainers and participants is balanced. It is helpful to provide time for providers to ask questions and provide possible solutions for each other.

Adult Approaches to Learning:

Malcolm Knowles, a leader in the field of adult education, developed a framework describing how adults learn differently than children. He defined six principles of adult learning:

1. Adults are internally motivated and self-directed;
2. Adults bring life experiences and knowledge to learning experiences;
3. Adults are goal oriented;
4. Adults are relevancy oriented;
5. Adults are practical; and
6. Adult learners like to be respected.

Knowles, Malcolm. *The Modern Practice of Adult Education, Andragogy versus Pedagogy*. New York: Cambridge Book Company, 1970. Print.

Learning Environment:

Provide frequent opportunities for participants to explore and use the resources they will take back to their programs. If participants seem disengaged, review the six principles of adult learning to determine which area could be improved.

Important considerations related to the environment and principles of adult learning are as follows:

- The learning environment is characterized by physical comfort, mutual respect, trust and helpfulness, freedom of expression, and acceptance of differences.
- Provide physical conditions that are comfortable (seating, temperature, ventilation, lighting, decoration) and conducive to interaction (circle, small groups at round tables, interactive displays, opportunities for active play).
- Accept the learners as persons of worth and respect their feelings and ideas. They are curious about what the learners will bring to the sessions. Involve the participants in establishing a learning environment that makes them feel comfortable, engaged and productive.
- Build relationships among the learners by encouraging cooperative activities and conversations. Guide participants to explore differences and commonalities as they learn more about implementing best practices in their programs.

PREPARING FOR THE TRAINING

TIPS FOR FOSTERING LEARNING

The words, actions, and gestures of the Trainer all impact group dynamics. Participants are sensitive to a Trainer’s lack of interest or energy and may disengage. Conversely, enthusiasm and passion for a subject can lift a group, even one that is tired or lacking in motivation. A Trainer needs to be able to read the mood and temperament of a group and decide how to best keep participants engaged.

Consider the table below describing responsibilities of effective Trainers. Place a check next to responsibilities you feel you do well. Select one or two areas to focus on at your next training.

Responsibilities of an Effective Trainer Checklist	Yes
Be the guide, not the leader.	
Cultivate an atmosphere of respect.	
Recognize that ECE providers are accustomed to a playful, active atmosphere.	
Create a collaborative environment that values everyone’s contributions.	
Speak clearly and with enthusiasm.	
Build group curiosity and confidence.	
Guide and manage group interaction.	
Understand and respect cultural differences.	
Practice active listening, paraphrasing, observing, and clarifying.	
Use open-ended questions to stimulate conversation.	
Interpret verbal and non-verbal behavior cues.	
Be aware of group dynamics and adjust the agenda or activity to maintain engagement.	
Focus on achieving outcomes during the training and technical assistance (TA).	
Incorporate feedback when possible.	
Have fun, bring a sense of humor, and enjoy the new relationships you will establish and facilitate!	

HOW TO USE THE POWERPOINT

The PowerPoint was created so anyone can pick it up and easily replicate the training. Since slide content is simple, the notes section is the bread and butter of the training. Give yourself plenty of time to read the notes to feel comfortable with the information and modify it to sound natural for you.

PROMPTS IN NOTES SECTION:

- **SAY:** The text was created using conversational motivational interviewing. Motivational interviewing is science based and it works!
- **DO:** This will prompt you to guide providers to either a handout or activity.
- **ASK:** These questions are asked to the group. Take a few responses where appropriate and be sure to thank providers for sharing. If you have giveaways, giving one to each participant who speaks encourages providers to contribute.
- **(CLICK):** This prompts you to use your clicker to add something to your current slide.
- ****Personal Anecdote:** Samples of anecdotes used by a Trainer are provided for reference. Modify location of anecdotes throughout the training. Anecdotes provide a useful tool to regroup after training activities.
- **ADDITIONAL:** This is optional information you can include if interest is present, for your information if a question arises, or if time permits.

***You have the liberty to modify the training materials to better serve your providers!**

HOW TO USE THE POWERPOINT OVERVIEW

Every group of providers will have different interests and will want to spend more time discussing different topics. This will keep the training new and interesting for you as the Trainer!

To give you an idea of how much time to allocate to activities and the three main topics—(1) Child Meal Pattern, (2) Infant Meal Pattern, and (3) Best Practices—refer to the training time line below.

TRAINING TIMELINE:

Topic	Slides	Time (min)	Total Time
Overview	(1 – 7)	5	5
USDA Child & Adult Handout	7	5	10
CHILD MEAL PATTERN	(8 – 45)	15	25
Practice Grain Label Reading	23 – 24	10	35
USDA Yogurt Chart	32	5	40
Practice Yogurt Label Reading	33 – 34	10	50
USDA Cereal Chart	36	5	55
Practice Cereal Label Reading	37 – 39	5	60
USDA Milk Activity	41	10	70
Break	46	10	80
INFANT MEAL PATTERNS	(47 – 58)	5	85
Introduction to Solids Discussion	53	10	95
BEST PRACTICES	(59 – 62)	5	100
Vegetable Best Practices Activity	62	10	110
Closing	(63 – 65)	10	120

TIPS FOR TRAINING ACTIVITIES

The training was created to be interactive with many activities for the participants. From the timeline on page 12, you can see that more than half of the training time is set aside for activities. Here are some tips on how to conduct the training activities:

USDA Child & Adult Handout:

The training is packed with information! Since there is not a formal icebreaker, this activity serves as one. Ask for volunteers to read the listed sections.

Practice Grain Label Reading:

Empty cracker boxes should be pre-set on the participant tables for providers to use. Walk around to make yourself available for questions. If a group is done early, encourage them to see if their cereal counts as a whole grain rich product as well. When you regroup ask for volunteers to share what they learned about label reading.

USDA Yogurt Chart:

This activity can be done several ways depending on time. In small groups and then each group shares OR facilitate the activity as a large group and encourage participants to “shout out” the answers. As the Trainer if you choose to conduct this activity as a large group you will read the step on the handout and the providers will “shout out” their answers.

Practice Yogurt Label Reading:

If snacks are provided during the training, the Trainer can ask providers to look at their yogurt label. Alternatively, yogurt containers are pre-set on the participant tables already. Similar to the other two label reading activities, walk around to make yourself available for questions. When regrouping participants can volunteer to provide their answer for this activity.

USDA Cereal Chart:

This activity is similar to the USDA Yogurt Chart Tips.

Practice Cereal Label Reading:

This activity is similar to the other two label reading activities, this time using the empty cereal boxes on the participant tables. The Trainer can walk around the room to be available for questions. As the participants regroup ask each group to share their answers. Example, “For the group who had the Bran Cereal Box what did you find?”

USDA Milk Activity:

Begin this activity by asking volunteers to read the top part on the front of this handout. Next you’ll have providers work on the first two questions on the back side of the handout (the third question has to do with adult care). Note, the answer key is found on the back bottom of the handout. When you regroup ask for volunteers to share their answers. Be sure to add missing information, and highlight the breastfeeding information on the handout as well. Here are some tips you can share about breastfeeding:

- Breastmilk is reimbursable and part of the CACFP meal pattern.
- Many different cultures look at breastfeeding as a natural choice for feeding.
- Formula stays the same, but breastmilk changes according to the baby’s nutritional needs.
- Mom’s breast will create antibodies and anti-viruses to protect her baby from illness in his or her environment.

TIPS FOR TRAINING ACTIVITIES CONT'D

Introduction to Solids Discussion:

Introduction of solids is a topic relevant to many new parents. For this activity have participants take a few minutes to think about the questions posed on slide 53 of the PowerPoint. Ask volunteers to share their successes and challenges encountered on this topic. This activity is great for participants to network and learn from each other's experiences and successes. There will be funny stories or challenging situations where providers can ask the group for help.

Vegetable Best Practices Activity:

The instructions for this activity is at the top of the Vegetable Best Practices handout. Ask participants to complete the first two instructions on their own and the third with their table group. If time permits volunteers can share their answers with the full group.

Giveaways:

If budget permits have small giveaways available for training participants as motivation to participate in training activities. You can use giveaways to remind providers of the new CACFP meal pattern requirements when they use the giveaway in their programs.

Here are a few giveaway examples:

- Popsicle molds: Remind providers they can make yogurt pops with less added sugars.
- Over the pot colander: Encourage providers to make whole grain pasta.
- Plastic balls for infused water: Remind providers that water must be available and offered throughout the day.
- Various vegetable seeds: Remind providers children are more likely to eat something they've grown; providers can claim produce they've grown as part of the Food Program; a vegetable is required at both lunch and dinner.

TECHNICAL ASSISTANCE SITE VISITS

As mentioned in the introduction, all 30 family child care providers were offered up to three technical assistance (TA) site visits during the pilot project. The first TA visit was used as a follow up from the training to answer questions that providers might have putting the information from the training into practice. Also, during this TA session a provider information sheet and a pre-assessment were completed. Both of these forms can be found on page 33 in the Technical Assistance Materials section of the Trainer’s Guide.

Providers were also provided two additional TA topics and could select from the list below:

TA TOPICS	
“Active Play” by Diane Craft	Other: Provider’s Choice
Breastfeeding Friendly San Diego	Parent Workshop
Farm-to-Preschool	Seasonal/Local/Bulk Purchasing
Food for Thought	Tofu for My Tummy
Grow It, Try It, Like It	Wellness Champion
Menu Modification	Workshop Follow Up

**The TA was provided and funded as part of the pilot project with the 30 participating family child care providers. TA is important if funding is available .*



TECHNICAL ASSISTANCE

TOPIC DESCRIPTIONS & TIPS

Each of the TA topics are listed below along with information, rationale, and tips for Trainers. Materials can be found at the back of your Trainer's Guide. Please note each of the TA topics can also be used as a workshop activity OR as a stand-alone workshop.

“Active Play” by Diane Craft:

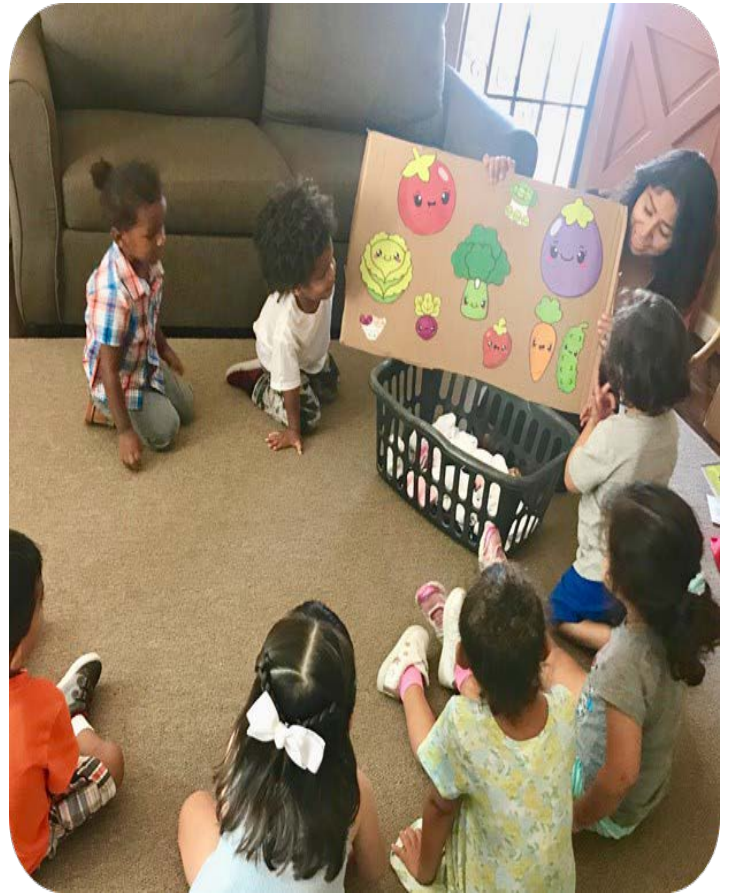
This TA is a physical activity demonstration with children. The provider is shown a copy of Diane Craft's *“Active Play”* and a Trainer models two to three activities with the children. The provider is able to keep the book which includes a DVD with several examples.

Some activities in *“Active Play”* are nutrition related, while others can be modified. For example, in the Sock Smiley activity, a printout of a smiley face is glued to a piece of cardboard. The children then throw rolled up socks at the smiley face. The socks are collected in a laundry basket.

The smiley face can be switched out for vegetable print outs to aid in the increased consumption of vegetables per the new meal pattern (NMP) changes.

The picture shows the print outs can be used to start a discussion with children before playtime.
*What is this vegetable called? What color is it?
Have you tasted it before? What's your favorite vegetable? What other vegetables are this color?
What vegetables did you eat yesterday?*

Pictured below is the “Sock Smiley” activity with children in a family child care that participated in the “Success in the Food Program” pilot project in San Diego, California.



TECHNICAL ASSISTANCE

TOPIC DESCRIPTIONS & TIPS

Another example of an “Active Play” activity that can be modified to support the NMP is Paper Plate Scooters. In this activity, children place their hands on a paper plate to slide around a carpeted area. Children take objects from one side of the room to the other using their “scooter.” A garden theme can be applied here to start a discussion on how vegetables grow.



Pictured above, a Trainer can refer to print outs of sunshine, dirt, and water glued to a piece of cardboard and ask children what does a plant need to grow? Seed packets with images of different produce can be used to start a discussion about vegetables.

After the table discussion, the printouts of sunshine, dirt, and water can be placed on the opposite side of the room. Children can be instructed to take the seeds to the other side of the room on their “tractor scooters” so the seeds can grow.

To purchase or find more information about “Active Play” you can visit activeplaybooks.com/about-dr-craft/. More information can be found at the back of the Trainer’s Guide.

Breastfeeding Friendly San Diego:

Breastfeeding Friendly San Diego (BFSD) is an initiative through the University of California San Diego (UCSD) Lactation Supportive Environments. More information can be found at ucsdcommunityhealth.org/work/lactation-supportive-environments/ and in the back of the Trainer’s Guide.

This TA helps providers learn details about the benefits of breastfeeding and how to be supportive. BFSD includes two TA site visits for personalized support on how to transform a family child care into a Breastfeeding Friendly site. Providers receive a display stocked with breastfeeding resources for parents.

If a similar local service is not available in your area, breastfeeding resources can be found at: HealthyKidsHealthyFuture.org.

TECHNICAL ASSISTANCE

TOPIC DESCRIPTIONS & TIPS

Farm-to-Preschool:

Farm-to-Preschool is an effective way to increase children's willingness to try new fruits and vegetables. More information can be found at farmtopreschool.org/curricula and the back of the Trainer's Guide.

This TA provides lesson plans providers can use in their family child care focused on seasonal fruits and vegetables. The curriculum is easy to use and includes examples of questions to ask children. The Trainer can go to the family child care and do a taste test with the children.



Note: Choosing produce that is in season increases the likelihood that children will like the taste. Although, some children will still not enjoy the flavor until eating the produce many times. In these cases, it is good to have children think of dishes they enjoy that include the produce. For example if a child does not enjoy a tomato taste testing, you can ask what foods do they like that include tomatoes? They might like salsa or tomatoes in burritos. Children who do not enjoy a bell pepper taste test can be asked if they have tried them in fajitas.

Food for Thought:

Food for Thought is a preschool curriculum created by the California Department of Education with five units: Fall fruits and vegetables; Winter fruits and vegetables; Go-go grains; Power up with proteins; and Spring snacking. More information can be found at:

healthypreschoolers.com/?page_id=12 and the back of the Trainer's Guide. This TA provides lesson plans providers can use as nutrition activities and integrate educational domains such as language arts, mathematics, and science concepts.

Grow It, Try It, Like It!

A sample of Grow It, Try It, Like It was shown to providers. It is a garden themed nutrition kit that teaches children about three fruits and three vegetables. More information is found at: fns.usda.gov/tn/grow-it and the back of the Trainer's Guide. This TA provides lesson plans, nutrition activities, planting activities, and introduces children to MyPlate.

TECHNICAL ASSISTANCE

TOPIC DESCRIPTIONS & TIPS

Menu Modification:

This TA topic provides provider support to the transition to the NMP . It involves a 1:1 evaluation of the provider’s existing cycle menu. Any discrepancies between the previous and current CACFP guidelines was identified and alternative menu items were identified.

This TA topic is also helpful for providers interested in starting a cycle menu. The providers are given several sample menus and a template to create their own, which can be found at the back of the Trainer’s Guide.

The provider is asked to list common items served at breakfast, lunch, supper, and snack. They are guided in thinking about which items were more labor intensive and which were less. That information is used to place meals and snacks on days where the provider has more or less time.

If the provider wants to introduce a new item, it is recommended to limit items to one or two. This encourages providers to expand their cycle menu once they are comfortable.

Other—Provider’s Choice:

Providers were given a choice to select their own topic if they needed additional support in a specific area. Many providers requested assistance with the air fryers and produce choppers they received as incentives from the training (pictured on page 6). The produce chopper, or Super Slicer, was given to reduce prep time of fruits and vegetables.

This TA was offered during snack time. The Super Slicer 3 blade chopper feature was used to chop strawberries. Many providers had not used a salad spinner prior to this TA. The remaining whole strawberries were dried using the salad spinner—informing providers that the dried strawberries would remain fresher longer. Providers were pleasantly surprised by the ease of use, speed, and presentation of the produce.

As a demonstration of how to use the air fryer, Healthy Chips (pictured below) were made by cutting yellow corn tortillas into half inch strips. The strips were then drizzled with olive oil and freshly ground sea salt and pepper. They were placed in the air fryer for ten minutes at 400°F, tossing half way through.



TECHNICAL ASSISTANCE

TOPIC DESCRIPTIONS & TIPS

Parent Workshop:

Several providers stated parents would benefit from the “Success in the Food Program” training information. Parents struggle to understand why providers are rigid in food choices offered to their children.

This TA is a 30 to 45 minute version of the “Success in the Food Program” training and geared towards parents and how they can implement changes in their home. The provider provides childcare and the Trainer brings incentives, handouts, and giveaways to encourage participation during the parent training.

Some ideas for topics to include in the parent training:

- Focus on Saving Money
- Add Policies to Create Engagement
- Start in the Summer
- Survey Parents for Dates/Times/Content

Seasonal/Local/Bulk Purchasing:

This TA is offered to assist in implementing optional best practices: purchasing seasonal and local produce.

The TA is an additional meeting with providers interested in identifying local farmers who can provide seasonal fruits and vegetables in bulk.

Tofu for My Tummy:

Tofu is a newly reimbursable food item, and this TA is essential. Providers could select either a breakfast or lunch time for a food demo. A Trainer arrives at the provider’s home 30 minutes prior to meal time and cooks with the provider or staff member in charge of meal prep. The Trainer models for the provider different ways of preparing tofu and discusses the options for purchasing. The Trainer then sits with the children to model eating tofu and asks exploration questions to generate interest among children.

Several tofu recipes are given to providers. More information can be found at the back of the Trainer’s Guide. The recipe used for breakfast TA visits was the tofu scramble. For lunch TA visits, the tofu scramble recipe was used to create tofu asada by swapping out the turmeric/ curry powder for a carne asada seasoning. The one pictured below left was used due to the color it added to the tofu. The one pictured below right was used for providers that preferred spicy foods.



TECHNICAL ASSISTANCE

TOPIC DESCRIPTIONS & TIPS

Tips given to providers during the tofu session include:

- After draining the tofu, you pat it dry with paper towels. Some websites say you should wrap it in paper towels and put pressure on it by using a plate, then replace the towels several times to dry thoroughly.
- The consistency of a tofu scramble is similar to scrambled eggs. If you'd like to incorporate tofu into your menu you can use tofu in place of scrambled eggs.
- Tofu is like a sponge, it absorbs the flavor of whatever you add to it. Therefore you can season it like you would season meat or chicken.
- White tofu can be unappetizing. Try to incorporate seasonings and marinades that will add color. You can soak a tofu steak (a 1/2 inch slice of tofu) in a sesame oil and liquid aminos marinade to add brown to your tofu steak. If you don't have liquid aminos, soy sauce works as well.
- *A lie by omission can be used when first introducing a new tofu dish to children. Redirecting with questions like, "Let's find out what this is. What does it taste like?" After children try the dish, the benefits of lean protein can be discussed.*

Wellness Champion:

Wellness Champion is a year long program for early childhood education centers and family child care. Topics include healthy eating and physical activity. Subtopics include gardening and creating environments that encourage active play through stencils.

Providers are offered two options: A Trainer led gardening activity with children; or a Trainer visit when children are not present to help provider paint outdoor concrete areas using oversized stencils. Examples of stencils include fruits and vegetables, alphabet, and bullseye.

Pictured below is a stencil playground of a family child care in San Diego, California.



Note: *All technical assistance resources and forms can be found at the end of the Trainer's Guide.*

LESSONS LEARNED

Below are lessons learned including successes and challenges encountered during the “Success in the Food Program” pilot project.

KEY TAKEAWAYS

- Adult centered learning was taken into consideration when creating the “Success in the Food Program” training. That’s why the majority of the training consists of audience engagement and activities.
- Training groups were limited to less than 20 providers. Feedback received showed that providers were more prone to ask questions to encourage deeper understanding in smaller group settings.
- Providers requested more trainings which is why some of the TA was delivered in that format.

SURVEY FEEDBACK

Refer to page 32 for a copy of the Training Survey. The results shown below indicate that the “Success in the Food Program” was effective in increasing provider knowledge and confidence in implementing the CACFP NMP requirements. All providers stated they would recommend other providers attend this training, with most showing enthusiasm.

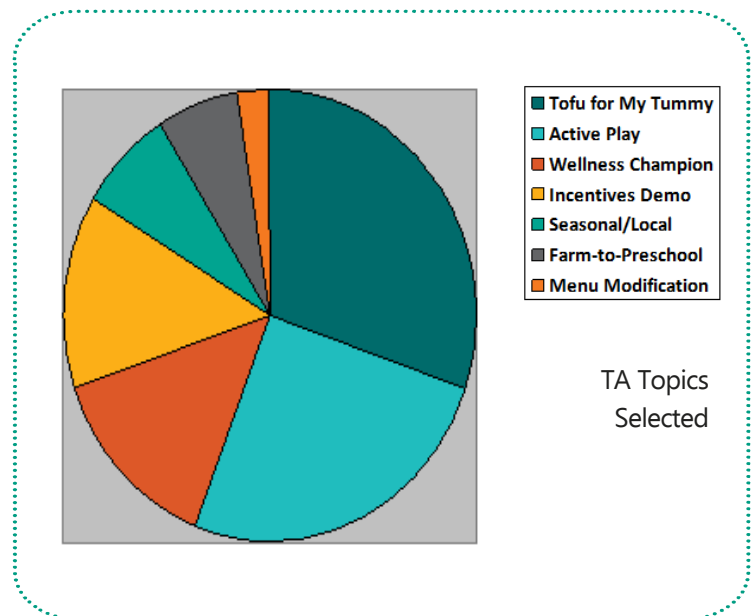
SURVEY RESULTS

Question	Completely Agree	Agree
Knowledge	97%	3%
Confidence	90%	5%
Attendance	97%	3%

Providers Really Liked...

Opportunity to Practice	Label reading
Yogurt/Cereal Activities	Specific Examples
List of Reimbursable Foods	NMP Detailed Overview
The PowerPoint	Passionate/Patient Trainer
Serving Sizes Information	Fun and Knowledge

BELOW IS THE DISTRIBUTION OF TECHNICAL ASSISTANCE TOPICS SELECTED BY THE 30 FAMILY CHILD CARE PROVIDERS:





SUPPLEMENTAL RESOURCES

ADDITIONAL RESOURCES

Healthy Kids Healthy Future:

HealthyKidsHealthyFuture.org features digital copies of all materials found in this Trainer's Guide and an interactive stand alone webinar that can be viewed on the "Success in the Food Program" training. All materials are available in English and Spanish.

Aside from specific CACFP resources at HealthyKidsHealthyFuture.org/cacfp/ additional free resources can be found on how to:

- Get Kids Moving;
- Reduce Screen Time;
- Nurture Healthy Eaters;
- Provide Healthy Beverages; and
- Support Breastfeeding.

CACFP Halftime: Thirty on Thursdays:

Thirty minute CACFP webinars to support providers and are available in English and Spanish can be found at cacfp.org/resources/thirty-thursdays/.

Team Nutrition USDA:

Team Nutrition USDA offers a variety of user friendly one pagers on topics ranging from identifying reimbursable foods to sample CACFP menus. Team Nutrition also has the option to order relevant books, posters, and infographics. Examples include The Two Bite Club book, MyPlate posters, and Growing a Healthier Future with the CACFP infographic.

USDA CACFP Policy Memos:

Provides updates to the new meal pattern policies. If providers have specific situation questions, this would be a good resource to help find answers. The CACFP Policy Memorandums list can be found at www.fns.usda.gov/cacfp/policy.

Two important memos are the Grain-Based Desserts released on 06/30/2017 and Feeding Infants and Meal Pattern Requirements released on 10/19/2017 in the Child and Adult Care Food Program

Team Nutrition sends out memo updates as they become available.

National CACFP Sponsors Association:

Nothing beats a local partner. You can find sponsors by state at cacfp.org/resources/tools-providers-centers/find-a-cacfp-sponsor/.

Sponsors have taken CACFP information from a federal and state level and localized it to their communities. Being culturally sensitive to the community will aid in communication and ultimately make a bigger impact on childhood obesity.

The National CACFP Sponsors Association hosts an annual conference featuring informative workshop presentations, and speakers. You can view more information about the annual conference at cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference/.



California Department of Public Health,
California WIC Program
This institution is an equal opportunity provider.

1-800-852-5770 #910282 03/16

WIC Authorized Food List Shopping Guide

March 28, 2016

This document is intended for educational purposes only and does not create any rights, obligations, affirmative duties, and does not replace or supersede the WIC Bulletin Regulations. A complete copy of the regulations summarized in this document can be found at www.wicworks.ca.gov.

BREAKFAST CEREAL



OTHER CEREALS – Less than 51% whole grain.

Kellogg's



Corn Flakes



Special K – Original



Corn Bran Crunch

Post/Malt-O-Meal



Honey Bunches of Oats – Honey Roasted



Malt-O-Meal Hot Cereal – Original



Oat Blenders with Honey

• Crisp (y) Rice:

- Best Yet
- First Street
- Food Club
- Great Value
- Hospitality
- HY-TOP
- Hy-Vee
- IGA
- Kiggins
- Kroger
- Malt-O-Meal
- Market Pantry
- Mill Select Early On*
- Parade
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Springfield
- Stater Bros.
- Sunny Select
- Valu Time
- Western Family
- WinCo Foods

* Cereal is 51% or more whole grain

CANNOT BUY ☹

- Any other brand, type, size, or flavor of breakfast cereal
- Grits
- Hot breakfast cereal with added fruits, nuts, sugars, or sweeteners (artificial, reduced-calorie, or no-calorie)

Helpful Hint: To buy the full 36 oz of cereal:



BREAKFAST CEREAL



CAN BUY Brands in 12 oz – 36 oz box or bag of cereal listed below and on the next page:

- = 50% or more folic acid per serving
- = 5 or more grams of fiber per serving

WHOLE GRAIN CEREALS – 51% or more whole grain.

General Mills



Cheerios MultiGrain Cheerios Honey Kix Kix Total Whole Grain

Kellogg's



Frosted Mini Wheats Original Frosted Mini Wheats Little Bites

Quaker



Life – Original Oatmeal Squares – Brown Sugar Oatmeal Squares – Cinnamon

Post



Grape-Nuts Bran Flakes

B&G Foods



Cream of Wheat Whole Grain

Mill Select Early On



Puffed Wheat

Instant Oatmeal or Instant Oats | Brands listed below in 11.8 oz – 12 oz containers of individual serving packets, old fashioned, classic, regular, or original flavor:

- Best Yet
- Early On
- First Street
- Food Club
- Great Value
- Hy-Vee
- IGA
- Kroger
- Raley's
- Ralston Foods
- Red & White
- Shurfine
- Signature Kitchens
- Special Value
- Springfield
- Stater Bros.
- Sunny Select
- Western Family
- WinCo Foods

WHOLE GRAINS



CAN BUY

Whole Wheat Bread | Any brand in 16 oz package:

- Loaves, buns, or rolls that have "100% Whole Wheat" on the front label
- Store bakery bread is allowed, if labeled appropriately

CAN BUY

Any brand in 16 oz package or bulk, plain:

Brown Rice

- Short, medium, or long grain
- Regular, quick, or instant
- Basmati Brown
- Jasmine Brown

Oatmeal or Oats

- Old fashioned
- Rolled, cut, or steel cut
- Regular, quick, or instant
- Crystal Wedding

Whole Grain Barley

- Organic is allowed

Bulgur

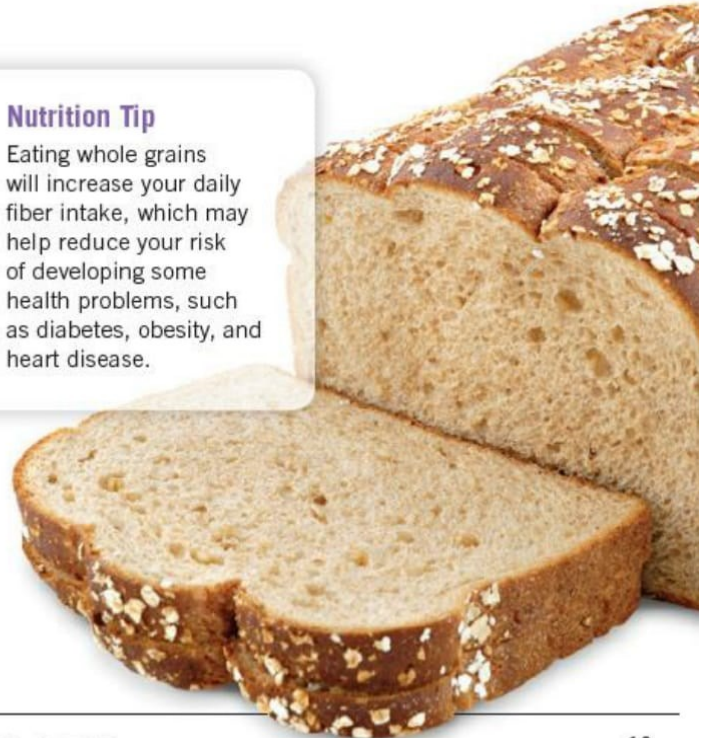
- Organic is allowed

CANNOT BUY ☹

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

Nutrition Tip

Eating whole grains will increase your daily fiber intake, which may help reduce your risk of developing some health problems, such as diabetes, obesity, and heart disease.



YOGURT



CAN BUY

Brands, flavors (plain, vanilla, or strawberry), and fat levels of cow's milk yogurt listed below and on the next page in 32 oz or quart container:



Alta Dena

- Plain (Nonfat, Lowfat, or Whole)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



Coburn Farms

- Plain (Lowfat)
- Vanilla (Lowfat)



Dannon

- All Natural Plain (Nonfat, Lowfat, or Whole)
- Strawberry (Nonfat)
- All Natural Vanilla (Lowfat)



Food Club

- Plain (Fat Free)



Great Value

- Plain (Nonfat)
- Strawberry (Lowfat)
- Vanilla (Lowfat)



Kroger

- Blended Plain (Lowfat)
- Plain (Nonfat)



LALA

- Plain (Lowfat)



Lucerne

- Plain (Fat Free)
- Strawberry (Lowfat)
- Vanilla (Lowfat)

Helpful Hint: Must buy yogurt fat level printed on check.

WHOLE GRAINS



CAN BUY

Corn Tortillas: *Soft corn, yellow or white* | Brands listed below in 16 oz package:

- **Acapulco Tortilleria Mexicatessen** — King Size White Corn Tortillas
- **Carlita** — Corn Tortillas Soft Taco Style
- **Chi-Chi's** — White Corn Taco Style Tortillas
- **Don Pancho** — White Corn Tortillas
- **Early On** — White Corn Tortillas
- **Early On** — Yellow Corn Tortillas
- **El Comal** — Corn Tortillas
- **Fiesta** — Corn Tortillas
- **Guerrero** — Tortillas de Maiz Blanco
- **Herdez** — White Corn Tortillas Soft Taco Size
- **La Banderita** — Corn Tortillas
- **La Banderita** — Grande Corn Tortillas
- **La Burrita** — Corn Tortillas
- **La Fe Tortilleria** — Corn Tortillas King Size
- **La Mexicana** — Corn Tortillas
- **La Perla Mexicana** — King Size White Corn Tortillas
- **La Perla Mexicana** — King Size Yellow Corn Tortillas
- **La Rosa** — Corn Tortillas La Grande
- **La Rosa** — Yellow Corn Tortillas La Grande
- **La Tapatia** — Premium Corn Tortillas
- **La Tapatia** — White Corn Tortillas/Tortillas Blancas
- **Marcela Valladolid** — White Corn Tortillas
- **Mi Rancho** — Mama's White Corn Tortillas
- **Mi-Rancho Tortillas** — Soft White Corn Tortillas
- **Mission** — Yellow Corn Tortillas Extra Thin
- **Northgate Gonzalez Market** — White Corn Tortillas de Maiz
- **Northgate Gonzalez Market** — Yellow Corn Tortillas de Maiz
- **Ozuna** — Corn Tortillas
- **Romero's** — Stone Ground Corn Tortillas Large King Size
- **Romero's** — Whole Grain Corn Tortillas
- **Santa Fe Tortilla Company** — White Corn Tortillas
- **Santa Fe Tortilla Company** — Yellow Corn Tortillas
- **Sol De Oro** — Premium Corn Tortillas
- **Vallarta Supermarkets** — Vallarta Tortilla de Maiz
- **Vallarta Supermarkets** — Vallarta Tortilla de Maiz Amaril

CANNOT BUY ❌

Refer to the **Cannot Buy** section at the bottom of page 17 for a full listing of cannot buys for Whole Grains.

WHOLE GRAINS



CAN BUY

Whole Wheat Pasta | Brands in 16 oz package, organic allowed, as listed below and on the next page:



- Allegro**
• Whole Wheat Spaghetti



- Barilla**
• Whole Grain Penne Spaghetti



- Bella Terra Organic**
• Organic Whole Wheat Capellini
• Organic Whole Wheat Spaghetti



- Essential Everyday**
• Whole Wheat Elbow Macaroni
• Whole Wheat Penne Rigate
• Whole Wheat Rotini
• Whole Wheat Spaghetti
• Whole Wheat Thin Spaghetti



- Full Circle**
• Organic Whole Wheat Angel Hair
• Organic Whole Wheat Spaghetti



- Great Value**
• Whole Wheat Spaghetti



- Hodgson Mill**
• Whole Wheat Angel Hair
• Whole Wheat Elbows
• Whole Wheat Spaghetti
• Whole Wheat Spirals
• Whole Wheat Thin Spaghetti



- Kroger**
• 100% Whole Grain Penne Rigate
• 100% Whole Grain Rotini
• 100% Whole Grain Spaghetti
• 100% Whole Grain Thin Spaghetti



- O Organics**
• Organic Whole Wheat Penne Rigate
• Organic Whole Wheat Spaghetti

WHOLE GRAINS



RACCONTO

Racconto

- Whole Wheat Capellini
- Whole Wheat Elbows
- Whole Wheat Farfalle
- Whole Wheat Linguine
- Whole Wheat Penne Rigate
- Whole Wheat Rigatoni
- Whole Wheat Rotini
- Whole Wheat Spaghetti



- Ronzoni Healthy Harvest**
• 100% Whole Grain Linguine
• 100% Whole Grain Penne Rigate
• 100% Whole Grain Rotini
• 100% Whole Grain Spaghetti
• 100% Whole Grain Thin Spaghetti



- Simply Balanced**
• Organic Whole Wheat Farfalle
• Organic Whole Wheat Fusilli
• Organic Whole Wheat Penne Rigate
• Organic Whole Wheat Spaghetti



- Simple Truth Organic**
• Whole Wheat Penne Rigate
• Whole Wheat Rotini
• Whole Wheat Spaghetti



- Western Family**
• 100% Whole Wheat Penne Rigate
• 100% Whole Wheat Spaghetti

CANNOT BUY ☹

- Any other type, brand, or size of corn tortillas, whole wheat tortillas, or whole wheat pasta
- Any other type, size, or variety of whole wheat bread, brown rice, whole grain barley, oatmeal or oats, or bulgur
- Whole grains with added ingredients, such as fruits, nuts, or spices
- Refrigerated or frozen bread, dough, mixes, tortillas, rice, oats, or pasta
- Ready-to-serve rice
- Brown rice mixed with any other type of rice
- Individual or flavored oatmeal packets
- Pearled barley
- Organic bread, tortillas, oatmeal, or brown rice
- Cannot mix and match bulk brown rice, oatmeal, oats, whole grain barley, and bulgur
- Homemade whole grains
- Whole grains with artificial, reduced-calorie, or no-calorie sweeteners

THE NEW CACFP MEAL PATTERNS MAKING A GREAT PROGRAM EVEN BETTER



MEAT/MEAT ALTERNATE OPTIONS

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate..



AGE APPROPRIATE MEALS

- A new age group to address the needs of older children 13 through 18 years old.



LESS ADDED SUGAR

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



MORE WHOLE GRAINS

- One serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



VEGETABLES AND FRUITS

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day



MAKING EVERY SIP COUNT

- Unflavored milk change
- Non-dairy milk substitutes
- Yogurt may be served in place of milk once per day for adults



ADDITIONAL ENHANCEMENTS

- Extends offer versus serve to at-risk afterschool programs
- Deep Fat Frying is not allowed as a way of preparing foods on-site.

<https://www.fns.usda.gov/cacfp/meals-and-snacks>

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FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

PRE/POST ASSESSMENT

Success in the Food Program

LIST 3 CHANGES TO THE FOOD PROGRAM

1. _____

2. _____

3. _____

IDENTIFYING REIMBURSABLE FOODS

Using the Ingredients List to the top right, Ritz Whole Wheat Crackers are (circle one):

- A. Reimbursable AND whole grain rich
- B. Reimbursable
- C. Not reimbursable

Use the Nutrition Facts Label to the middle right. Lucerne Low Fat Strawberry Yogurt meets the yogurt sugar limits.

- TRUE
- FALSE

Use the Nutrition Facts Label to the bottom right. Honey Nut Cheerios meet the sugar limit for cereal.

- TRUE
- FALSE

REMINDERS

- You can use the handouts you received.
- Take all the time you need.
- Your results don't affect your participation!

Ingredients: Unbleached Enriched Flour, Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cotton seed Oil, Leavening, Salt, High Fructose Corn Syrup, Soy Lecithin.

Nutrition Facts	
1 servings per container	
Serving size	8 oz
Amount Per Serving	
Calories	240
<small>% Daily Value*</small>	
Total Fat 2.5g	3%
Saturated Fat 1.5g	8%
<i>Trans</i> Fat 0g	
Cholesterol 15mg	5%
Sodium 150mg	7%
Total Carbohydrate 45g	16%
Dietary Fiber 0g	0%
Total Sugars 41g	
Includes 18g Added Sugars	35%
Protein 10g	20%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

Nutrition Facts	
22 servings per container	
Serving size	0.75 cup (28g)
Amount Per Serving	
Calories	110
<small>% Daily Value*</small>	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 22g	8%
Dietary Fiber 2g	7%
Total Sugars 9g	
Includes 9g Added Sugars	18%
Protein 2g	4%
<small>Not a significant source of vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

We are the village that will raise healthy children.



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA CHILDCARE RESOURCE SERVICE

WORKSHOP SURVEY

Directions: Please take a moment to provide feedback on the workshop that you received. When the survey is completed, leave it with your trainer.

Name of Location: Bonita-Sunnyside Library

Date: 07/08/17

Please indicate to what extent you agree with the following statements.

	YES!	Yes	Neutral	No	NO!
1. The workshop increased my knowledge of the changes in the Food Program (CACFP).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I feel confident I can implement the changes in the Food Program.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I recommend that other providers attend this workshop.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

5. The best features of this training were...

6. My suggestions for improvements are...

Thank you!



Technical Assistance Materials



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA Childcare Resource Service Success in the Food Program Intake Form

Date of intake: _____

Pre-Confidence: _____ Post-Confidence: _____

Staff Information

Name of Provider: _____ Primary Language: _____

Other Staff: _____ Primary Language: _____

Other Staff: _____ Primary Language: _____

Site Information

Site Name: _____

Site Address: _____

Phone: _____ Alternate Phone: _____ E-mail: _____

Capacity: _____ Number Enrolled: _____ Number of Staff: _____

Age range of children: _____

What changes have you made since attending the workshop? _____

What would you like to learn from your home visits? _____

What are some barriers to implementing the CACFP meal pattern updates at your site? _____

What goals do you want to accomplish by the end of the program? _____



YMCA CHILDCARE RESOURCE SERVICE Success in the Food Program Participation Agreement

We look forward to working together to help improve the health and wellness of your child care site. In order to provide the best support possible we will need to work as a team. Part of working together as a team includes open communication and a commitment to each other. Below are the expectations for each person involved in the process to help ensure success.

Responsibility of the Health Educator:

- I will attend all scheduled appointments. If cancellation of an appointment is necessary due to illness I will contact you with as much advance notice as is possible.
- I will schedule follow up appointments with you at the time of our meeting.
- I will respond to your calls and emails in a timely manner.
- I will serve as a support system to improve policy and behavior changes.

Responsibility of the Provider:

- I will be available for all scheduled appointments. If cancellation of an appointment is necessary I will contact you with as much advance notice as is possible.
- I will respond to your calls and emails in a timely manner.
- I commit and agree to completing a minimum of 3 visits from the Health Educator

I have read and understand this agreement:

Health Educator: Print Name _____

Signature _____ Date _____

Provider: Print Name _____

Signature _____ Date _____

Director: Print Name _____

Signature _____ Date _____

Eating Through Meal Patterns

Child and Adult Care Food Program



New CACFP Meal Pattern Self-Assessment

Are you ready for the new CACFP meal patterns? Grab a copy of your weekly menu and take this assessment to learn about how to achieve meal pattern success before October 1, 2017!

When serving claimed meals and snacks, do you...	Yes	No
1. Introduce solid foods to infants around 6 months as developmentally ready?	<input type="checkbox"/>	<input type="checkbox"/>
2. Claim a vegetable, fruit, or both at snack for infants 6 through 11 months old?	<input type="checkbox"/>	<input type="checkbox"/>
3. Avoid claiming juice for infants?	<input type="checkbox"/>	<input type="checkbox"/>
4. Avoid claiming cheese food or cheese spread for infants?	<input type="checkbox"/>	<input type="checkbox"/>
5. Claim one fruit and one vegetable or two vegetables at lunch and dinner?	<input type="checkbox"/>	<input type="checkbox"/>
6. Claim juice for children no more than once per day?	<input type="checkbox"/>	<input type="checkbox"/>
7. Claim whole grain-rich* grains, breads, or cereals at least once per day?	<input type="checkbox"/>	<input type="checkbox"/>
8. Avoid claiming grain-based desserts**?	<input type="checkbox"/>	<input type="checkbox"/>
9. Claim breakfast cereals with no more than 21.2 grams sugar per 100 grams cereal?	<input type="checkbox"/>	<input type="checkbox"/>
10. Claim yogurt with no more than 23 grams of sugar per 6 ounces?	<input type="checkbox"/>	<input type="checkbox"/>
11. Claim unflavored (and no flavored) whole milk to 1 year old children?	<input type="checkbox"/>	<input type="checkbox"/>
12. Claim unflavored (and no flavored) low-fat or fat-free milk to children 2-5 years old?	<input type="checkbox"/>	<input type="checkbox"/>
13. Claim unflavored low-fat or fat-free, or flavored fat-free milk to children 6 or older?	<input type="checkbox"/>	<input type="checkbox"/>
14. Avoid claiming foods deep fried on-site?	<input type="checkbox"/>	<input type="checkbox"/>

*Whole grain-rich means at least 50% of the grains in a food are whole grains. Remaining grains are enriched.

**Grain-based desserts include cookies (including vanilla wafers), sweet crackers (e.g. graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.



The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

**ONE
BITE
AT A TIME**

Your Self-Assessment Results

Count the number of times you checked “yes” and “no” your assessment.
See below for more information about how you are doing so far.

Checked “yes” 0-4 times?

Let’s get started! There are still a number of requirements that you will need to implement, but don’t worry because ACD is here to help you succeed!



Checked “yes” 5-8 times?

You are getting there! You are meeting many of the requirements, but there are still a few more steps you can take to meet all of the new CACFP meal patterns.

Checked “yes” 9-13 times?

You are so close! You are nearly meeting the new CACFP meal pattern requirements! There are only a few more steps to take before October 1, 2017.



Checked “yes” 14 times?

Congratulations! You are already an expert on the CACFP meal pattern requirements! You will be well-prepared when October 1, 2017 arrives.

WHAT CAN DO YOU?

- ✔ Review the boxes checked “no” and think about what you can do to change them to a “yes.”
- ✔ Take small steps to move your menus closer to the new CACFP meal pattern requirements.
- ✔ Check out all of the new CACFP meal pattern resources on the ACD website.
- ✔ Contact the ACD offices or your field monitor with questions or if you need technical assistance.

THANK YOU FOR YOUR PATIENCE!

Some meal patterns changes are *not* compatible with the current meal patterns. Please wait to implement them until October 1, 2017 or until otherwise instructed. Thank you for your patience!

- ➡ Receiving reimbursement for infant meals when the mother breastfeeds on-site.
- ➡ Claiming yogurt, whole eggs, and ready-to-eat cereals under the infant meal pattern.
- ➡ Claiming meat/meat alternates in place of grains at breakfast up to three times per week.
- ➡ Claiming tofu and soy yogurts as a meat alternate.
- ➡ Allowing parents/guardians to provide one meal component when children have medical or special dietary needs not related to a disability.

Michigan Office

139 W Lake Lansing Rd, Suite 120 • East Lansing, MI 48823
Telephone: (800) 234-3287 • Fax: (517) 332-5543

Association for Child Development

www.acdkids.org

Illinois Office

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My Weekly Menu Plan

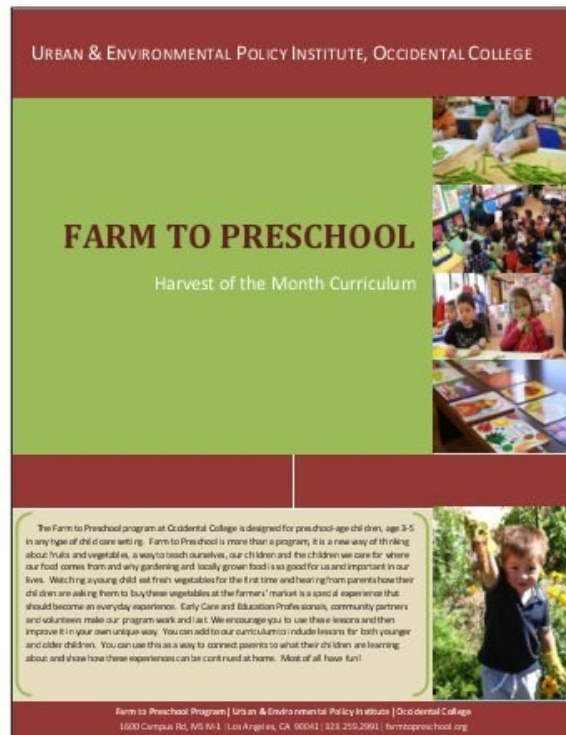
	BREAKFAST	AM SNACK	LUNCH	PM SNACK	DINNER
Mon					
Tues					
Wed					
Thurs					
Fri					

*WG = Whole Grain Rich

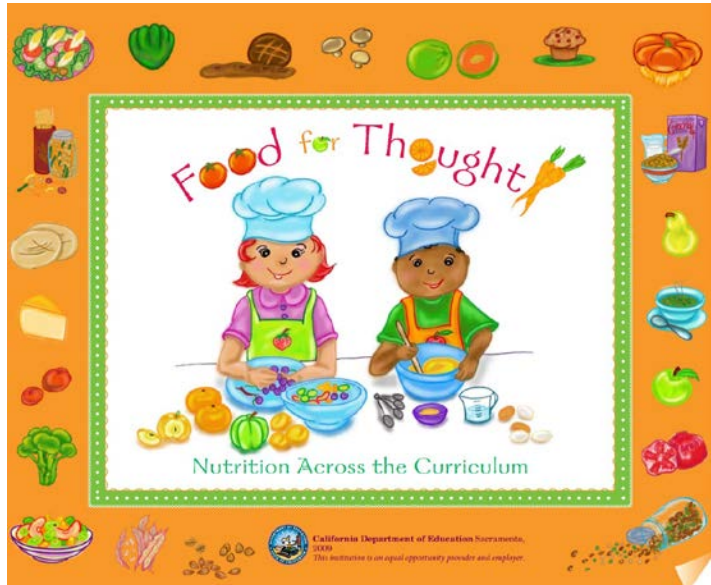


Additional information about Diane Craft's Active Play and order forms can be found at activeplaybooks.com/about-dr-craft/.

Additional information about Farm-to-Preschool and printable free PDF files can be found at farmtopreschool.org/curricula.html.

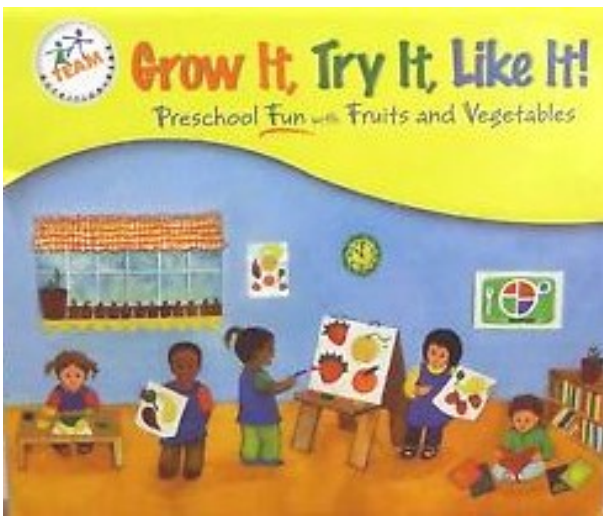


The Food for Thought curriculum can be printed for free at healthypreschoolers.com/?page_id=12.



For more information about Farm Fresh to You home deliveries and to sign up, visit farmfresh toyou.com/how-it-works/home-delivery.





Providers can order a free Team Nutrition Grow It, Try It, Like It! kit at fns.usda.gov/tn/grow-it.

More information about the Wellness Champion Program can be found at ymca.org/community-support/childcare-resource-service/services-providers/wellness-champion.

Program Overview

The Wellness Champion Program

1. Workshop training in nutrition and physical activity
2. On-site coaching sessions

Requirements

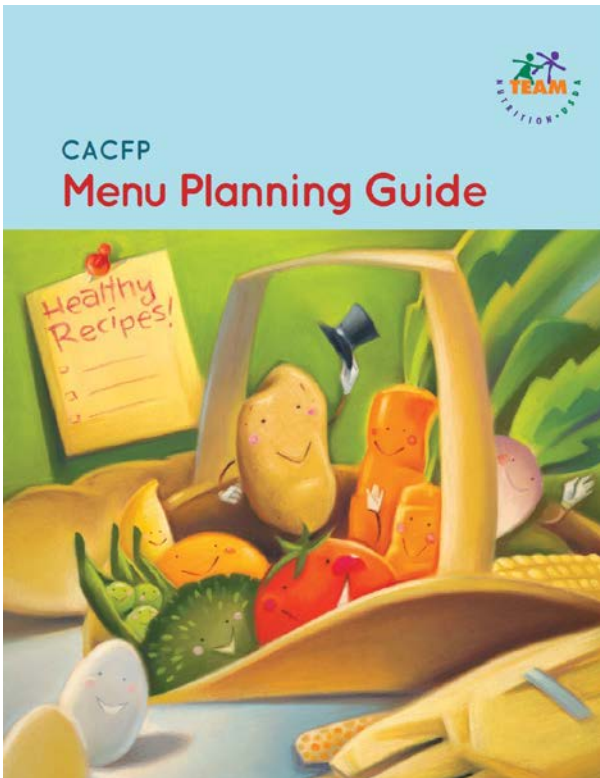
- Uphold best practices in health and wellness
- Implement a wellness policy
- Score at least 80% on the Contra Costa

Benefits

- Preferred Referrals
- Waved joining fee at any YMCA branch
- Site specific plan of action
- 1:1 Coaching
- Curriculum
- Certificate and Decal
- Quarterly newsletter



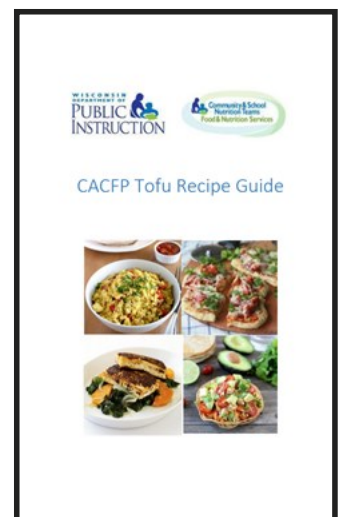
5 | PRESENTATION TITLE HERE | ©2010 YMCA of the USA



A menu planning toolkit by Team Nutrition can be found at foodprogramwi.org/pdfs/menu_planning_guide.pdf.

Other Team Nutrition Resources can be found at fns.usda.gov/tn/team-nutrition.

You can find printable tofu recipes at dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/tofu_recipe_guide.pdf.



"Thank you for all the help you've provided me and believing in me! It's made a huge difference in my life."

"It was good information and I think CACFP will be a better program with the new changes. Thanks!"

"My sponsor told me I have to start family style dining, offer more vegetables, that we can't fry foods any more, and I have to serve the right portion sizes, but they didn't give me the tools I need or tell me how to do it. Success in the Food Program is the one that is giving me what I need to make those changes, so I'm prepared when the state comes to audit me."

"Now that the changes have started, I keep looking back to my Success in the Food Program binder. It's been so helpful! I wouldn't have understood all the changes I see in KidKare if you hadn't explained them to me at the workshop. I feel bad that there are lots of providers that didn't get to attend."

"I learned more about nutrition. The new rules about feeding our children are great to avoid over feeding our kids. We need to have more knowledge about the food."

PROVIDER QUOTES

"This was fun and I learned a lot!"

"The information was easy to understand. All my doubts and questions were answered!"

"Very good explanations!"

"This has been a perfect training! Lots of information delivered in a way that's easy to grasp!"

"I received a similar training on the changes through my sponsor, but this one was more detailed and helpful. I liked that we had activities where we could try identifying foods for ourselves. It's not the same listening to someone tell you what to do. When you get home, you forget everything. Since I got to practice, I know I can definitely identify reimbursable foods at home."

"The best feature of this training was everything!"

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YMCA OF SAN DIEGO COUNTY

The Y: We're for youth development, healthy living and social responsibility.

www.crs.ymca.org

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