



April 15, 2024

Updated Assignments for Administrative Services

Please note the following assignment changes for the Budget Team below. Please make sure you are familiar with your budget representative. For all budget inquiries, please email nutrition.budget@dec.al.ga.gov.

Budget Representative	Institution Assignment	Email	Phone Number
Kristy Lanier	o (zero) - M Excluding Combo Sponsors	Kristy.Lanier@dec.al.ga.gov	(770) 359-4401
Gwendolyn Howard	N-Z All Combo Sponsors	Gwendolyn.Howard@dec.al.ga.gov	(404) 651-7191

The updated assignments for CACFP are listed below:

Application Specialists	Institution Assignment	Email	Phone Number
Jerald Savage	o (zero)-G V-Z	Jerald.Savage@dec.al.ga.gov	(770) 405-7916
Shericka Blount	H-P, Q-U	Shericka.Blount@dec.al.ga.gov	(404) 656-6411

If you have any questions or concerns, please contact [Demetria Thornton](#).

Career Opportunities with Nutrition Services

Application Specialist and Marketing & Outreach Specialist

Application Specialist

If you are a child nutrition advocate and have talent with determining program eligibility, interpreting federal regulations and state policies and excellent customer service, join the Nutrition Services team! This position will close on Monday, April 22.

For more information, contact Demetria Thornton by email at

Demetria.Thornton@dec.al.ga.gov

For a full job description and to apply, click [here](#).

Marketing & Outreach Specialist

Under the supervision of the Marketing & Outreach Manager, this position will assist with the recruitment and retention of sponsors and institutions that participate in the Child and Adult Care Food Program and Happy Helpings, Georgia's Summer Food Service Program. Primary responsibilities include outreach, marketing and social media.

This position will close on Tuesday, April 30. For more information, contact Cindy Kicklighter by email at Cindy.Kicklighter@dec.al.ga.gov

For a full job description and to apply, click [here](#).

Updated Agreement for DCH Sponsors

Nutrition Services recently updated the following CACFP sample agreement:

- [Sponsor and Provider Agreement](#)

You may also access the document [here](#), along with all other CACFP related forms.

DCH sponsors should utilize the revised Sponsor and DCH Provider Agreement for any newly sponsored DCHs.

USDA Requests Input on Proposed Serious Deficiency Process

Deadline to respond: May 21, 2024

On February 21, 2024, USDA published the Proposed Rule entitled “Serious Deficiency Process in the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP). The proposed rule can be viewed [here](#).

This rulemaking proposes important modifications to make the application of serious deficiency procedures in the CACFP and SFSP consistent, effective, and in line with current requirements under the Richard B. Russell National School Lunch Act.

USDA proposes to add clarity to the serious deficiency process by defining key terms, establishing a timeline for full correction, and establishing criteria for determining when the serious deficiency process must be implemented. This rulemaking will also address termination for cause and disqualification, implementation of legal requirements for records maintained on individuals on the National Disqualified List, and participation of multi-state sponsoring organizations.

CACFP institutions may offer written comments on the proposed rulemaking on or before May 21, 2024. For further information on submitting written comments please click [here](#).

At-Risk Afterschool Waivers Available during Unanticipated School Closures

On August 30, 2023, DECAL was approved by USDA to grant CACFP At-Risk Afterschool Meal Component facilities waivers for the following:

- Non-Congregate Meal Service
- Parent and Guardian Meal Pick-up
- Meal Service Times

- At-Risk Enrichment Activities

These waivers can only be utilized during unanticipated school closures resulting from natural disasters, unscheduled major building repairs, court orders relating to school safety or other issues, labor-management disputes or when approved by DECAL for similar unanticipated causes.

You may access the waiver request approval [here](#). To read more about At-Risk Afterschool Waivers Available during Unanticipated School Closures, click [here](#).

For questions, please contact [Robyn Parham](#) or [Tammie Baldwin](#).

Celebrating Children's Mental Health Week

May 6-10, 2024

The Georgia Department of Early Care and Learning will celebrate the fourth annual Children's Mental Health Week May 6-10, 2024.



Children develop social and emotional skills—mental health—through strong, nurturing relationships with the adults in their lives. There is a window of opportunity in early childhood to establish relationships that build the foundation for a child's emotional wellbeing throughout life.

During Children's Mental Health we promote activities that help children, and their caregivers recognize the importance of social and emotional development. We also celebrate early learning professionals and the important role they play in supporting early childhood mental health!

We have lots of fun activities planned for early care and learning classrooms for the week, and you can find out all about them [here](#).

Be sure to check out the self-care resources for teachers while you're there. Please share pictures of your class engaged in Children's Mental Health Week activities to social media using the hashtags **#KidsMindsMatter**, **#LittleKidsBigFeelings** and **#DECALCMHWeek2024** during the week.

Get Informed: Upcoming Training Dates

April 18, 2024

Procurement Documents & Resources

1:00 - 3:00 p.m.

Each year, CACFP operators are tasked with calculating the food cost for the fiscal year and selecting the appropriate procurement method(s) to support the food cost.

Join this webinar to learn ways to:

- distinguish the standard procurement methods with each procurement threshold
- know how to complete or create a Procurement Policy, and
- understand the required procurement documents to complete and submit to support the food cost.

May 14, 2024

Tuesday Tip! Physical Activity for Children 0 to 5 Year Old

1:30 - 2:00 p.m.

Would you like to learn effective strategies for implementing physical activity in early care settings?

Join this training to learn:

- the benefits of physical activity,
- ways to increase physical activity throughout the day
- physical activity ideas for small spaces, and outdoor areas while using minimal equipment.

Participants can earn one half [0.5] state-approved hours for attending this training in its entirety.

May 20, 2024

Memo Monday

10:00 a.m. - 12:00 p.m.

Do you have questions on crediting indigenous foods, tofu, and soy yogurt products in meal service preparation?

Join this webinar for guidance on how to credit these items in child nutrition programs. The following memos will be reviewed:

- **Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program - Revised November 29, 2023**
- **Crediting Traditional Indigenous Foods in Child Nutrition Programs – November 2, 2023**

May 21, 2024

Tuesday Tip! Physical Activity for Adults

1:30 - 2:00 p.m.

Would you like to learn effective strategies for implementing physical activity in adult day care settings?

Join this training to learn:

- the benefits of physical activity,
- ways to increase physical activity throughout the day, and
- how to provide adaptive and chair-based physical activity ideas for adults.

Participants can earn one half [0.5] state-approved hours for attending this training in its entirety.

May 28, 2024

Infant Meal Count Form Training

10:00 a.m. - 12:00 p.m.

Do you need a refresher on how to complete the Infant Weekly Menu & Food Service Record form? Join this webinar to learn the tips for a perfect meal count form.

Please click [here](#) to register for all DECAL webinars listed above.

Registration: This is a **two-step** process:

- **Step 1:**
 - After registering in GA ATLAS, you will receive a Training Confirmation email *immediately* from Georgia DECAL Help Desk - helpdesk@cnpus.com with a registration link to attend the webinar (**check your spam/junk folder**).
- **Step 2:**
 - You must then register for the training using the link provided on the Training confirmation email.

- If you should have an issue with registering, please contact Leslie Truman **prior** to the day of training.
- [Click here](#) if you need a refresher on how to register for training in GA ATLAS.

Please note: Only the Program Contact (PC) can self-register within GA ATLAS. If an additional person will be attending, please contact Leslie Truman, Administrative Assistant, at (404) 657-1779 for assistance.

Training Resources

In Case You Missed It: Webinar Recordings Now Available!

If you missed a webinar, please visit the [Training and Technical Assistance](#) webpage for previously recorded webinars. This month's training highlight is the [Child Meal Count Form Training](#) webinar. It discussed tips on how to complete a perfect meal count form.

Health Benefits of Whole Grains

Whole grains are great for your heart health and are packed with essential nutrients, fiber and antioxidants that are important for overall health and wellness. Our partners at the Home Baking Association shared health benefits of consuming whole grains and how to include them in your meal planning.

The [National CACFP Sponsor Association](#) has developed quick CACFP meal pattern tips, recipes, resources, and videos. View the videos of the following meal pattern minute tips below.

- [Beef Jerky Sticks](#)
- [Sugar Limits in Yogurt *New!*](#)
- [Soy Yogurt in Infant Meal Pattern *New!*](#)
- [Home-Canned Fruits and Vegetables *New!*](#)
- [Serving a Second Vegetable in Lieu of Fruit for Lunch and/or Supper *New!*](#)

NEW! [Family Style Meal Service with Children in the Child and Adult Care Food Program](#) – USDA Team Nutrition has released new resources related to *family style meal service with children in CACFP*. These resources are available in [English](#) and [Spanish](#) and include:

- **An Operator Booklet:** includes information on how to help prepare and support children, train staff, and meet CACFP meal pattern requirements to successfully serve meals “family style” in the CACFP.
- **Classroom Posters:** discussion tools teachers can use in their classrooms to introduce the steps of family style meal service, rules for family style meals, and sample scripts for conversations at mealtime with children.
- **Training Slides:** ready-to-go presentation slides to help train staff on family style meal service in the CACFP.
- **Photographs:** original photographs depicting family style meal service in child care and afterschool settings to use in training materials.
- **Social media graphics:** three animated graphics to help spread the word about this new resource and the benefits of family style meal services.

¡NUEVO! Servicio de comidas al estilo familiar con niños en el Programa de Alimentos para el Cuidado de Niños y Adultos

Team Nutrition del USDA se complace en anunciar nuevos recursos del *Servicio de comidas al estilo familiar con niños en los recursos del Programa de Alimentos para el Cuidado de Niños y Adultos*. Estos recursos incluyen:

- **Afiches para el salón de clases:** herramientas de discusión que los maestros pueden usar en su salón de clases para presentar los pasos del servicio de comidas al estilo familiar, las reglas para las comidas al estilo familiar y ejemplos de conversaciones a la hora de comer con los niños.
- **Fotografías:** fotografías originales que representan el servicio de comidas al estilo familiar en sitios de cuidado infantil y después de la escuela para usar como materiales de capacitación.

- Todos los materiales son gratuitos y están disponibles en línea en www.fns.usda.gov/es/tn/cacfp/family-style-meals.
- Echa un vistazo a nuestro boletín para padres, Sirva comidas al “estilo familiar” en www.fns.usda.gov/es/tn/nibbles.
- Motivamos a las agencias estatales a compartir este anuncio con los operadores de Programas de Nutrición Infantil y otras personas que puedan estar interesadas.

Las preguntas sobre estos recursos pueden enviarse a través del correo electrónico TeamNutrition@USDA.gov.

CACFP Meal Pattern Training Worksheets *New!*

Team Nutrition has released a new training worksheet for CACFP operators. All worksheets are available in English and Spanish. To see Team Nutrition’s collection of CACFP training tools, visit the [CACFP Training Tools](#) page.

- [Serving Adult Participants in USDA CACFP Worksheet](#)
- [Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP Worksheet](#)
- [Offering Water in the USDA CACFP Worksheet](#)
- [Serving Snacks in CACFP Worksheet](#)
- [Calculating Ounce Equivalents of Grains in the CACFP](#)
- [Serving Tasty and Healthy Foods in CACFP *New!*](#)

Snack Attack *New Recipes!*

The [National CACFP Sponsor Association](#) has shared snack options for program operators that are #CACFPcreditable.

- Tuna salad and crackers
- Chili and baked potato
- Baked tofu and asparagus
- Edamame and peach slices
- Cottage cheese and pineapple



Nutrition Ed Nook

Legumes: Vegetables or Protein?

Legumes are the April Harvest of the Month ([English](#) and [Spanish](#)) spotlight. Legumes are a nutritious staple of diets around the world. They are an inexpensive source of protein, vitamins, complex carbohydrates, and fiber. Along with being a highly nutritious food, evidence shows that legumes can play an important role in the prevention and management of many different health conditions.

Legumes have a similar nutrient profile to foods in both the protein foods group *and* the vegetable group and can be considered either a vegetable or a protein food. Legumes are a class of plants that include beans, peas, and lentils.

Beans are a versatile food that can be used in many ways. They are filled with protein, fiber and vitamins and minerals like folate and iron. Beans are an excellent staple ingredient to add to any pantry and they provide a splash of color, flavor, and texture to all types of meals. Examples include kidney beans, pinto beans, white beans, black beans, lima beans, fava beans, and soy beans.

Peas are a good source of vitamins A and C. Fresh peas are extremely versatile, pairing well with many vegetables and herbs, as well as rice, beans, grains, cheese and more. Examples include chickpeas, black-eyed peas, pigeon peas, split peas, green peas, snow peas, and sugar snap peas.

Lentils are highly versatile. They have a rich, earthy texture and will give any dish a boost of fiber and nutrients. They can add thickness and bulk to a recipe. They are an excellent source

of protein and dietary fiber. Types include green, brown, black, red, yellow, and orange lentils.

Integration:

- **Red Bean Curry**
- **Bean Patties**
- **Chickpea Salad Sandwich**
- **Roasted Zesty Chickpeas**
- **Lentil Plantballs**
- **Lentil Soup**

Education:

Watch the *Learn About Legumes with Kids Storybook Cottage* video with the children you serve. Jump into "Bean Bonanza" at Kids Storybook Cottage, where we unravel the exciting world of legumes and beans! From the plump Chickpeas to the colorful Kidney Beans, and the tiny Lentils to the creamy Soybeans, each episode is a fun-filled educational experience. Have children repeat the name of each legume in the video.

Do a **legume exploration** with beans, peas and/or lentils (i.e., kidney beans vs red beans, or lima beans vs black-eyed peas) using your five senses to describe how they look, feel, taste, sound, and smell.

Read *Auntie Yang's Great Soybean Picnic* by Ginnie Lo with the children you serve. Jinyi and her sister love visiting Auntie and Uncle Yang's home, where they enjoy dumpling-eating contests and backyard adventures with their cousins. One weekend, on a Sunday drive among the cornfields near Chicago, Jinyi and her family discover a soybean field, which begins a tradition that becomes a staple of the Chinese American community in the Midwest.

Talk with families about how children can help with meal preparation such finding and removing small rocks or other seeds and plant parts from dried beans and lentils. **Bonus:** Send recipes home with families for them to incorporate legumes into their meals!

Conversation:

- Have the children you serve eaten legumes before?
- Which legume is their favorite (beans, peas, or lentils)?
- What different legume would they like to try?

Share your Harvest of the Month stories and menu integration of legumes with Nutrition Education Specialist, Morgan Chapman, MPH, MCHc at morgan.chapman@decal.ga.gov.

Save Money on Nutritious Meals

CACFP INFANT - GERBER CYCLE MENU							
	0-5 Months	6-11 Months	MONDAY DAY 1	TUESDAY DAY 2	WEDNESDAY DAY 3	THURSDAY DAY 4	FRIDAY DAY 5
Breastfeed	4-6 oz	6-8 oz	MILK Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula
	-	0-2 Tbsp	FRUIT/VEG GERBER 1st FOODS Banana	GERBER 2nd FOODS Apple Applesauce	GERBER 1st FOODS Sweet Potato	GERBER 2nd FOODS Savory Strawberry	GERBER 1st FOODS Peaches
	-	0-4 oz	GRAIN/MEAT GERBER 1st Cereal	GERBER MultiGrain Cereal	GERBER Whole Wheat Cereal	GERBER 1st Cereal	GERBER MultiGrain Cereal
Lentils	4-6 oz	6-8 oz	MILK Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula
	-	0-2 Tbsp	FRUIT/VEG GERBER 1st FOODS Pumpkin	GERBER 2nd FOODS Green Beans	GERBER 1st FOODS Natural Apple Puree w/ Vitamin C	GERBER 2nd FOODS Sweet Potato Corn	GERBER 1st FOODS Peaches
	-	0-4 oz	GRAIN/MEAT GERBER 1st Cereal Chicken and Chicken Cereal	Breastmilk OR GERBER SOYBEAN Infant Formula	GERBER 2nd FOODS Beef and Beef Cereal	GERBER 1st Cereal Cereal	GERBER 2nd FOODS Turkey and Turkey Cereal
Soybean	4-6 oz	2-4 oz	MILK Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula	Breastmilk OR GERBER SOYBEAN Infant Formula
	-	0-2 Tbsp	FRUIT/VEG GERBER 1st FOODS Sweet Potato	GERBER 2nd FOODS Banana Strawberry Blends	GERBER 2nd FOODS Peeled Carrot Spinach	GERBER 1st FOODS Mango	GERBER 2nd FOODS Natural Apple Puree w/ Vitamin C
	-	0-4 oz	GRAIN/MEAT GERBER 1st Cereal Savory Banana Cereal	GERBER 1st Cereal Cereal	GERBER 2nd Cereal Cereal	GERBER 1st Cereal Cereal	GERBER 2nd Cereal Cereal

Gerber is committed to being a partner to child care providers by providing high quality, nutritious foods that meet the CACFP meal patterns. Click [here](#) to view the CACFP Infant - Gerber Cycle Menu.

Join Gerber's child care network and get access to discounted products, their Gerber cycle menu and a few other surprises.

Nibbles for Health Newsletter

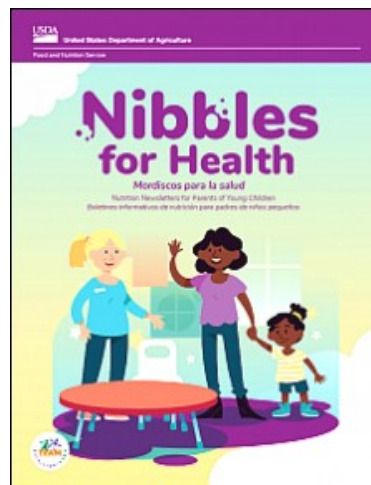
Family Engagement Resource for Healthy Eating Habits

USDA's Team Nutrition has released three new Nibbles for Health: Nutrition Newsletters for Parents of Young Children. Available in English & Spanish

- Developing Healthy Habits With Less Sugar
- Developing a Taste for Less Sodium
- Serving Meals "Family Style"

These colorful and engaging newsletters for parents of young children (3 to 5-year-olds) can be shared by Child and Adult Care Food Program providers to communicate information about popular nutrition topics.

Click [here](#) to check out these newsletters and more.



Physical Activity Corner

Spring into Action with Physical Activity



Spring is here – the perfect time of year to start fresh and keep moving. It's almost time to bring out those shorts, running shoes, bicycles, and get moving again after the cold winter.

Whether it's planting a garden, going for a run, or taking a walk around your neighborhood, there are plenty of activities to keep everyone moving and active outside this spring season. Simply moving and sitting less helps build the momentum of our bodies to move forward.

This may include walking, running, jogging, visiting the gym, yoga, kickboxing, or dancing. Be sure to be mindful of drinking water while being active, especially as we shift into the warmer months.

Staying active contributes to a healthy lifestyle that decreases risk of chronic diseases, enhances mental health, and improves overall wellbeing. How will you get active?

Integration:

- [Explore Georgia in Spring](#)
- [CDC Eight \(8\) Strategies for a Healthy Spring](#)
- [Spring Movement Activities for Young Children](#)

Education:

Read out loud, "[The Tiny Seed](#)," by Eric Carle.

Watch the video on [Spring Dance!](#) by Jack Hartmann.

Talk with families about ways to spring into action with fitness at home, in their community, child care centers and adult day centers. **Bonus:**

Share [#KeepItMoving](#), [#SpringIntoAction](#), [#HealthyLifestyle](#), and [#SpringFitness](#) pictures and events that are happening in your communities.

Conversation:

- What is your favorite spring physical activities?
- How do you spring into action after a cold winter?
- Why is spring the best season to get outdoors and exercise?
- Why is it important to keep moving daily?
- What are the keys to a healthy lifestyle?

Share **#DECALPhysicalActivity**, **#SpringFitness**, **#SpringIntoAction**, **#HealthyLifestyle**, and **#KeepItMoving** stories and pictures with Physical Activity Specialist, Tina McLaren at tina.mclaren@decals.ga.gov.

Help Families with Medicaid Redetermination

Help Georgia's Medicaid and PeachCare for Kids® members and communities prepare for eligibility checks beginning in April 2023 through May 2024.

Encourage the families of kids in your care to take charge of their Medicaid and PeachCare for Kids® coverage by visiting **Gateway** to view their redetermination date and to update their contact information.



Eat Healthy and Live Active

Georgia Early Care and Education Harvest of the Month 23-24 Calendar

Harvest of the Month (HOTM) is the Georgia Department of Education School Nutrition Program's farm to school initiative that highlights an item each month that can be sourced locally and served in Georgia's school meals.

The Georgia Early Care and Education Harvest of the Month is a collaborative campaign to promote a different local, seasonal fruit or vegetable in child care settings each month.

Visit the Georgia Department of Education's **HOTM webpage** and **Quality Care for Children webpage**. Upon viewing, you can find tips and tricks for preparing produce items, curriculum connections, activity lists and book alignment for your early care classrooms.

CACFP Resources:

The following documents were covered in previous newsletters:

- **Thriving Child Care Business Academy**
- **National CACFP Week: March 10-16, 2024**
- **DECAL, USDA tour White Oak Learning Academy during National CACFP Week**
- **Is it Time to Submit a Budget Revision?**
- **Claim Deadlines Updated**
- **Get the Lead Out of Water Where Children Learn and Play**
- **Updated Agreements for DCH and Administrative Sponsors**

- [Updated Suspension & Disbarment Certification Information](#)
- [How to File a CACFP Claim for Reimbursement](#)

You can find archived CACFP Newsletters [here](#).

Dates to Remember

DATE	EVENTS
April	Harvest of the Month: Legumes
April 18	Procurement Supporting Documents & Resources Webinar
May	Harvest of the Month: Berries
May 6-10	Children's Mental Health Week
May 14	Tuesday Tip! Physical Activity for 0-5 Year Olds
May 20	Memo Monday
May 21	Tuesday Tip! Physical Activity for Adults
May 21	Written comments on the USDA Proposed Rule on the Serious Deficiency Process in the CACFP and SFSP due
May 28	Infant Meal Count Form Training

How was my Customer Service?

Provide feedback on your experience with the Nutrition Team



Click on the icon on the right to participate in the customer service survey. Responses are anonymous.

Join Us for a NEW DECAL Download!

Georgia Public Library Service



Technology has made almost everything accessible right at our fingertips with smart devices. That includes surfing the internet, communication and even reading a book. Regardless of those advancements, the public library continues to be a popular place for individuals and families here in Georgia. With over 410 public libraries across the state, that library card, whether it be virtual, or

a physical copy still holds value. National Library Week is April 7th-13th. On this week's episode of DECAL Download we are joined by members of the Georgia Public Library service. Joining us is Julie Walker, the State Librarian and Vice Chancellor for Libraries and Archives, and Evan Bush, the Director of Youth Services for the Georgia Public Library Service.

Listen to the episode [here](#).



Nutrition Services Marketing & Outreach Team

Cindy Kicklighter

This institution is an equal opportunity provider.

Nondiscrimination Statement: English

Nondiscrimination Statement: Spanish

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