

February 26, 2021

CACFP Spotlight

Senior Citizens, Inc. helps People Age Successfully with Nutritious Meals

Over the last 61 years, the mission of Senior **Citizen's Inc (SCI)** has been to help people age successfully. Part of accomplishing that mission includes participating as a CACFP provider for over 23 years. In 1959, their founder, Harley C. Morrison, noticed that some of his neighbors were struggling to find adequate nutrition for themselves. Early on, Morrison and other SCI founders wanted to make a change; they began packing weekly lunches and delivering them to seniors in the community. From there a vision grew to something greater and today, SCI accomplishes their mission by providing seniors with a variety of services and resources that includes social, intellectual, physical, and nutritional needs.



Every year, SCI works with 10,000 older adults and their families who live in the coastal counties of Chatham, Bryan, Effingham, and Liberty. President and CEO, **Patti Lyons**, explains that "Nutrition has always been an important part of what we do." She adds, "We know so much of a person's health is dependent on how they eat." SCI frequently distributes DECAL's nutrition education materials at their two senior centers, building lobbies, and when serving meals, so they can keep seniors and their families well-informed.



Prior to the pandemic, SCI served high quality breakfasts, snacks, and lunches daily at their adult day care centers through CACFP. Their meals are low sodium and have no concentrated sweets, making it easy to accommodate and substitute a healthier alternative for seniors who may be diabetic or have other dietary needs. Every day, they work with their clients' physicians and their families to help them maintain their physical, nutritional, and cognitive

health.

The funding that SCI receives through CACFP is important as they strive to serve as many

people as possible with high quality nutritious meals and snacks. When planning and preparing their meals, they offer clients a monthly menu serving a variety of different foods tailored to particular tastes, and they ask for feedback, as they are always looking to improve. Patti says, "We bring some of our clients together every quarter and ask, 'What do you like? What don't you like? What would you change?' so that our menus are constantly changing."

As the rest of the world has had to find a new normal because of COVID, SCI has adapted by making significant changes. After temporarily closing their adult day care centers for the safety of their clients, they began providing home-delivered meals through Meals on Wheels along with virtual daily activities. Although it isn't quite the same as being together in person, SCI aims to keep their seniors' routines as normal as they can. With vaccinations and safety precautions, SCI is hopeful they will be able to re-open their centers in mid-March 2021.

With all the resources and services SCI offers, Patti emphasizes that, "Everyone at the center would be in a nursing home if it weren't for our adult day care centers." She added, "Having the support of CACFP makes a huge difference-- not just for us but for our families. It is an important piece to keeping our community together."

For more information on Senior Citizens, Inc., click **here** to visit their website.



Need To Update Your Banking Information? *Verification may take up to 30 days to process*

Anytime changes are made to your banking account information, please notify DECAL by completing the Vendor Management Form . The State Accounting Office (SAO) Vendor Management Group has an extensive process for verifying the bank accounts of any individual or organization for which payments are made. This is to prevent fraudulent banking and payments. Therefore, any updates made to your existing banking information may take up to 30 days to process.

To mitigate delays, please follow these steps:

- Use the proper Vendor Management Form (note this forms changes periodically)
- Complete sections 1, 2, 3 and 4 of the VM Form.
- On section 2, date and sign with a real signature SAO will now accept digital signatures. Digital signatures are created by using appropriate PDF software such as Adobe. **Typed signatures using a cursive style font remain unacceptable.**
- On Section 2, specify general bank account for use by all state agencies or specific purpose (Pre-K, Nutrition, etc.).
- Use the proper IRS W-9 Form
- Sign and date the IRS W-9 Form (signatures on a W-9 are only valid 12 months from the date of the signature per IRS guidelines). W9's must be submitted using the October 2018 version. The version date is both in the top left and bottom right of the form). **Digital signatures are NOT acceptable on the W9.**
 - W9's for businesses must be completed exactly as the IRS has the company name listed on their tax returns. Both DECAL and SAO verify Tax ID and Name combinations using IRS software. DECAL will not honor requests to setup new vendors where the Tax ID and Name combination does not match IRS records. Vendors may be required to resubmit a W9 with accurate information or request a TIN verification letter from IRS and submit to DECAL.
- Submit the Vendor Management Form and updated W-9 to your assigned Application Specialist for processing.

Note: SAO eliminated the requirement for a voided check or bank letter. However, if banking

information cannot be verified on the form, you may be asked to submit a voided check or a bank letter. This usually happens with smaller banks, out of state banks, or credit unions. Also, SAO may contact you directly to independently verify banking changes. If you do not cooperate with SAO representatives for this verification, your request to change your bank will not be honored and your payment may be delayed.

Current processing times:

- 1. New vendor set-ups less than 3 days.
- 2. Address changes or adds less than 3 days.
- 3. Banking adds or changes 10 to 30 days.

If you have any questions, please contact your assigned Specialist:

Application Specialists or Business Operations Specialist	Institution Assignment	Email	Phone Number
Paula Lawrence	o (zero)-G,	Paula.Lawrence@decal.ga.gov	(404) 463-2111
Shericka Blount	H-P	Shericka. Blount@decal.ga.gov	(404)656-6411
Temika Moore	Q-Z	Temika.Moore@decal.ga.gov	(404) 463-1494

Did you know Health Inspections are an allowable cost under CACFP?

CACFP regulations do not require at-risk afterschool care centers, outside school hours care centers (OSHCCs), or emergency shelters to be licensed; however, they must meet State or local health and safety standards. Fees charged for health inspections of at-risk afterschool care centers, OSHCCs, emergency shelters, adult care centers and SFSP facilities are allowable costs under the CACFP and the SFSP. Please note that only licensing and fees costs are allowable. Repairs and upgrades needed for facilities to be certified or approved by the State or local health department are excluded from health and safety inspection costs. All documentation to support costs must be maintained and available for review. To charge health inspection costs to CACFP, please follow the steps below.

- Licensing and Fees must be included in the CACFP budget as an operating expense under Facilities and Space Costs.
- An invoice or quote must be uploaded in ATLAS for review.

For more information on allowable costs click here. The policy memo for Health and Safety Requirements can be found here.

Get Informed: Upcoming Training Opportunities

Upcoming Training and Technical Assistance March 15, 2020 – *Memo Monday!*

This webinar will provide an overview of an upcoming new procedure when requesting a Program waiver and the new USDA Waivers feature in GA ATLAS.

REGISTRATION OPENING SOON!

March 23, 2020 – Procurement Readiness Webinar

Planning for proper procurement? Join this webinar session to learn:

- relevant procurement practices when procuring food & non-food items,
- how to develop formal solicitations,
- current program flexibilities related to procurement during COVID-19, and

• how to incorporate local sourcing into meal service.

Here to Help Get to know the Training and Technical Assistance (TTA) Unit

The goal of the **Training and Technical Assistance (TTA) Unit** is to improve performance and better equip new and participating institutions and sponsors by providing practical, userfriendly resources and guidance materials that strengthen internal controls and result in successful, sustainable Program administration and operation.

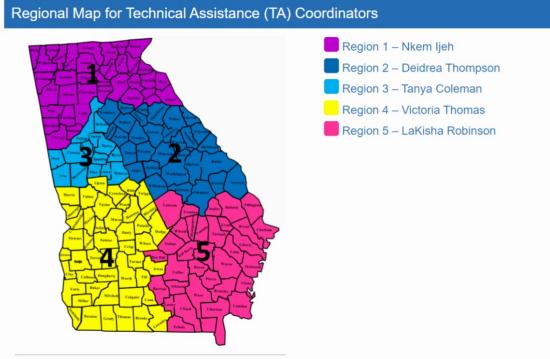
For upcoming CACFP and SFSP training dates, see the Training Calendar.

Need Assistance?

Each Technical Assistance Coordinator is responsible for various counties throughout Georgia as shown in the regional map below.

To contact the TTA Unit, phone numbers and e-mail addresses are listed below. You may also email the **NutritionTA Mailbox**.

For previously recorded webinars or more information about training and other resources, please visit the **Training and Technical Assistance webpage**.



Contact Information for Training & TA

Name	Title	Phone	Region	Contact the TA Team
LaKisha Robinson	TA Coordinator	(478) 314 -2806	Southeast	individually or the
Deidrea Thompson	TA Coordinator	(866) 370 -3203	East	TA mailbox at NutritionTA@decal.
Victoria Thomas	TA Coordinator	(470) 532 -0873	Southwest	ga.gov
Nkem ljeh	TA Coordinator	(404) 973 -4099	North/NW	
Tanya Coleman	TA Coordinator	(470) 373 -7826	Metro West	
Sylvia Boykin	Trainer	(404) 463 -2317		
Grushan Blake	Training Manager	(404) 651 -7426		

All email addresses are firstname.lastname@decal.ga.gov



In Case You Missed It:

Feeding Kids Year-Round: Transitioning from CACFP to SFSP

Have you ever considered offering nutritious meals to children year-round by becoming a SFSP Sponsor? This webinar includes information about:

- CACFP vs SFSP (similarities and differences)
- Application process
- Training requirements
- Waivers

If your organization is a nonprofit, you may be eligible to participate as a SFSP Sponsor.

If you missed our webinar, *Feeding Kids Year-Round: Transitioning from CACFP to SFSP*, and would like to watch the recorded presentation, please click **here**.

Memo Monday! Food Service Permit

Memo Monday webinars provide an overview of new and/or revised policy memorandums for the Child and Adult Care Food Program (CACFP) and/or the Summer Food Service Program (SFSP).

If you missed our December *Memo Monday*, the recorded webinar link is below and more previously recorded webinars are located on the **Training and Technical Assistance** webpage.

Memo December 2020

- Requirements for Obtaining a Food Service Permit dated 4.17.19
- Food Service Permit Inquiry Form

CACFP Meal Training Sessions Now Available!

In 2018, DECAL's Nutrition Division was awarded a Team Nutrition grant to support training sessions for the October 2017 updated CACFP meal patterns. As part of the grant, DECAL administered a survey to assess the training needs of CACFP organizations and the best platforms to utilize for training. Based on the responses, the Nutrition Division is offering five (5) self-paced virtual training sessions. These sessions will provide CACFP organizations with knowledge to better understand specific components of the CACFP meal patterns and enhance the meal appeal in their Programs. The five virtual training sessions are *free of charge* and *each*

provide one (1) hour of CEUs. The training session topics include:

- CACFP Snacks in a Jiffy!
- All Aboard the Whole Grain Express!
- Embracing Culture and Expanding Your CACFP Menu
- Menu Building Basics: Utilizing CN Labels and USDA Recipes to Build a Cycle Menu
- Build It Once; Serve It Time and Time Again: Using Cycle Menus and Standardized Recipes

To register for the CACFP Virtual Training Sessions, please follow the **Quick Start Guide**. The instructions are also detailed below.

CACFP Virtual Training Registration:

- 1. Go to https://decalnutritiontraining.com
- 2. Scroll to find your desired course and click the See more... button
- 3. Click the **Take this Course** button
- 4. Enter the access code: **decal** and click the **Submit** button
- 5. Click the **Add to cart** button
- 6. Click the **Proceed to checkout** button
- 7. Complete the form, and then click the **Place order** button when finished
- NOTE: If you do not know your agreement number, put '00000'
- 8. Click on My Account at the top right of the screen
- 9. Click on your course.
- 10. Click on **Lesson 1**.
- 11. Click on the first topic to begin your course!

For help desk support, submit a ticket using the online formhere.

For additional questions, please contact the Nutrition Health Educator Diana Myers.



Updates to DECAL's Nutrition Division Child Health & Wellness Webpage Now Available!

Child Health & Wellness encompasses the whole child as a state of physical, mental, intellectual, social, and emotional well-being. Engage these available resources to improve the way you reinforce child health and wellness in your programs.

The newly updated webpage includes useful resources, knowledge, and information revolved around:

- Nutrition Education
- Meals and Menu Planning
- Farm to Child Nutrition Programs
- CACFP Meal Patterns
- USDA Recipe Box Food Safety
- Physical Activity
- Georgia SHAPE

Please click here to check out all of the available resources.

Whole Kids Foundation Garden Grant Application is Now Open!

The Whole Kids Foundation Garden Grant application is now open (up to \$3000). These grants are focused on serving K-12 kids. **ECE sites that operate as a nonprofit and serve a minimum of ten k-12 kids (afterschool, etc.) are eligible to apply.** Application closes March 31.

Whole Kids Foundation | Garden Grant Program

National CACFP Week is March 14 - 20, 2021

CACFP Week is a national education and information campaign sponsored annually the third week of March by the **National CACFP Sponsors Association**. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, and afterschool programs as well as adults in day care. Click **here** for more information, resources, and activities.

Stay tuned for DECAL's CACFP Week activities!



Georgia Farm to School and Early Care and Education Virtual Summit

April 26 - May 1

Save the date for the 8th Georgia Farm to School and Early Care and Education Summit to be held virtually, April 26 - May 1. The Summit will feature dynamic education sessions highlighting gardening, cooking with kids, local procurement, curriculum integration, and more!

This event is hosted by Georgia Organics and the Georgia Department of Early Care and Learning and presented by the Georgia Farm to School Alliance and Georgia Farm to Early Care



and Education Summit. Click here for up to date information.

Call for Speakers!

Share your best practices or success stories of encouraging kids, families, and communities to grow, eat, and/or learn about local food by submitting a workshop proposal for the 8th Georgia Farm to School and Early Care and Education Summit. The planning committee is seeking proposals for 60-minute engaging and interactive online workshops.

Click here for more information and to submit your proposal by Wednesday, March 3 at 11:59 p.m.

CACFP Halftime: Thirty on Thursdays

Crediting Store-Bought Combination Baby Foods in the CACFP

On March 18, 2021, USDA's Team Nutrition initiative will present **Crediting Store-Bought Combination Baby Foods in the CACFP**. Registration for this free webinar is now available, using the following registration links:



- 2-2:30 p.m. ET English
 Webinar: [Register Now]
- 3-3:30 p.m. ET Spanish Webinar: [Register Now]

Registration links are also available here.

This upcoming webinar will show Child and Adult Care Food Program (CACFP) operators how to identify store-bought combination baby foods that can be served as part of reimbursable meals or snacks to infants. Attendees will have the opportunity to submit questions to the presenters and to check their knowledge through interactive polling questions. FNS Regional Offices, State agencies, sponsoring organizations, and CACFP program operators are invited to participate.

Team Nutrition will provide certificates of participation to individuals who attend the entire thirty-minute webinar. The National CACFP Sponsors Association (NCA) is also offering webinar participants the opportunity to submit and track continuing education credits. Additional information on this opportunity is available from NCA **here**. The Academy of Nutrition and Dietetics Commission on Dietetic Registration has also approved this webinar for 0.5 hours of Continuing Professional Education Units (CPEUs).

For more information, please visit the CACFP Halftime: Thirty on Thursdays webpage. Questions about this webinar may be sent to Team Nutrition.

Child Nutrition Program Emergency Funding – COVID-19

On January 26, 2021, the Food and Nutrition Service (FNS) published implementation guidance for the Child Nutrition Program (CNP) Emergency Operational Costs Programs, as authorized in Sec. 722 of the Consolidated Appropriations Act, 2021 (P.L. 116-260). Under this authority, FNS is offering additional funds to State agencies administering the National School Lunch Program (NSLP), School Breakfast Program (SBP), and the Child and Adult Care Food Program (CACFP) to provide eligible program operators with additional reimbursements for emergency operating costs they incurred during the public health emergency. This guidance along with the accompanying Q&A guidance is posted on the **DECAL website**.

Additional DECAL guidance on implementation is forthcoming.

P-EBT Guidance for Schools and Childcare

On January 29, 2021, the Food and Nutrition Service (FNS) published guidance concerning Pandemic EBT. Specifically, on January 22, in support of President Biden's call to action on hunger, USDA announced that it is increasing the Pandemic-EBT (P-EBT) benefit by approximately 15 percent, providing more money for low-income families and millions of children missing meals due to school and childcare closures.

In addition, the Consolidated Appropriations Act, 2021 (P.L. 116-260) amended section 1101 of the Families First Coronavirus Response Act (FFCRA, P.L. 116-127), providing significant new flexibilities designed to ease the administration of P-EBT for States and territories. The Act makes changes to P-EBT for school children as well as children in childcare. The guidance issued provides a high-level summary of P-EBT that reflects these flexibilities and other changes.

Please note that additional DECAL guidance concerning implementation is forthcoming.

CACFP Federal Regulations Link has Changed!

To ensure that organizations have access to the most recent version of the applicable Federal regulations (7 CFR 226), a direct link to them was added to our website. To access the regulations, please visit the Nutrition page and click on **CACFP Participant Information**. From there, you will see **Federal Regulations** appear from the drop-down menu.

For questions concerning these updates, please contact the Nutrition Services' Policy Administrator, Kate Alexander.

Update on Nationwide Waivers During COVID-19

In light of the exceptional circumstances of the current public health emergency, the Food and Nutrition Service (FNS) has extended Nationwide Waivers to support access to nutritious meals while minimizing potential exposure to the novel coronavirus.

Waiver request forms that were previously approved for both CACFP and SFSP do not need to be re-submitted. If you were previously approved for a SFSP only waiver, but would like to continue utilizing the waiver in your CACFP operations, please submit a request to utilize the waiver for the CACFP. Similarly, if you were previously approved for a CACFP only waiver but wish to utilize the waiver in your operation of the traditional SFSP, a SFSP waiver request is required.

Waiver requests can be submitted to **Leslie Truman**. For any waiver-related questions, please contact **Kate Alexander**.

NATIONWIDE WAIVERS

DECAL Participation of Nationwide Waivers due to COVID-19

For full details on the CACFP & SFSP waivers below, please click on the links to read the actual waiver memo or **click here** for more information on DECAL's website.

CACFP Only

At-Risk Area Eligibility Requirements

Under this waiver, schools and afterschool care centers, regardless of their location, are allowed to serve at-risk afterschool meals and snacks to students after the regular school day. ****Waiver** in effect until June 30, 2021**

CACFP & SFSP

Parent Pick-Up:

Under this waiver, Program operators in a State with an approved waiver allowing noncongregate meal distribution during COVID-19 related operations may distribute meals to a parent or guardian to take home to their eligible children. ****Waiver extended to June 30**, **2021****

Meal Pattern Flexibilities:

The requirement to serve meals that meet the meal pattern requirements is waived during the public health emergency. ****Waiver extended until June 30, 2021****

Meal Times Waiver:

The requirement that meals must follow meal service time requirements is waived during the public health emergency. ****Waiver extended until June 30, 2021****

Non-Congregate Feeding:

The requirement that meals be served in a congregate setting and must be consumed by participants on site is waived during the public health emergency. ****Waiver extended to June 30, 2021****

Onsite Monitoring Requirements

FNS waives, for all CACFP sponsoring organizations, that CACFP monitoring requirements included at 226.16(d)(4)(iii) be conducted onsite. To ensure Program integrity during this time, sponsoring organizations should, to the maximum extent practicable, continue monitoring activities of Program operations offsite (e.g., through a desk audit). ****Waiver in effect until September 30, 2021****

Updated CACFP Sponsor Monitoring Guidance during COVID-19

New Guidance and Fact Sheets regarding Off-Site Monitoring in Child Nutrition Programs During the Pandemic

On November 13, 2020, USDA issued guidance and fact sheets regarding Program monitoring in the CACFP, SFSP and the National School Lunch Programs. Each correspondence reiterates monitoring requirements as well as flexibilities for State agencies and Program operators as a result of the pandemic. The flexibilities mentioned in the guidance are extended through September 30, 2021. To review copies of the guidance, click **here** and see *Nationwide Waivers – Policy Guidance*.

A Sponsor Monitoring Guide was created to provide guidance on monitoring during COVID-19, monitoring waiver options, and conducting virtual/desk reviews. This guidance has been developed to assist our CACFP sponsors in developing an alternate virtual monitoring process (desk review/audit) to ensure sponsors are in compliance with CACFP monitoring requirements per 7 CFR 226.16(d)(4)(iii) during this public health emergency.

- CACFP Sponsor Monitoring Guidance during COVID-19 (updated)
- Record Request Checklist Template

Records Regarding Financial Management:

Labor Documentation

All costs charged to the CACFP must be necessary, reasonable, and allowable. Labor costs charged to the CACFP are considered allowable costs, provided that all Program requirements are met. Costs can be made unallowable by the action or inaction of an organization. For example, administrative labor costs may become unallowable because the organization failed to maintain the required documentation to support the costs charged to the Program.

Therefore, the guidance below is designed to help clarify what is required when charging labor to the CACFP. For additional labor cost guidance, please see FNS Instruction 796-2 Rev.4, DECAL Policy No. 39, the Budget Guidance Manual, and DECAL Policy Memo on Labor Cost Documentation dated May 23, 2005.

Labor costs may be in the form of operating or administrative costs. Operating costs are limited to the organization's allowable expenses of serving meals to eligible participants in eligible child and adult care centers. An example may include food service labor. Administrative costs are limited to the organization's allowable expenses for planning, organizing, and managing the Program. An example may include salaries or wages to review and approve income eligible statements.

Each element of an individual's compensation must be reasonable for the services provided and conform to the organization's written compensation plan. The Program cost for compensation is limited to Program work performed during the current grant period by individuals employed by the organization.

All labor charged to the Program must be fully disclosed, consistent with the management plan **and compensation plan**, approved in the budget, and **all labor records must be** available upon request.

Documentation Requirements

Organizations must establish and provide all of the following:

- All payroll records.
- A written compensation plan for every element of compensation charged to the Program.
- Time and attendance reports
 - Are always required for all staff.
 - Time and Attendance reports are different from time distribution reports in that they indicate the exact time that staff are in attendance working for the organization.
 - For all labor costs (salaries, wages, and benefits) charged to the Program for hourly or salaried employees for part-time, full-time, or piece-work, reports must identify the total time actually worked by the employee (not just the time spent on Program activities. Further, at a minimum, there reports must include: (1) start time; (2) end time; and (3) absences. Reports must be prepared timely and coincide with the employee's pay period.
- **Time distribution reports**. These reports must be completed by employees, both fulltime and part-time, whose assignments include both operating and administrative duties, when an employee's duties include work on non-CACFP programs or projects, or when an employee works for a sponsor that include administrative and family day care home sponsorship. The report must account for the total activity for which each employee is compensated.

In all cases, all labor documentation must be signed by both the staff person and the staff supervisor. Failure to do so will result in a cost disallowance.

Please refer to the following table regarding when to complete applicable labor documentation:

Required Labor Documentation	100% CACFP Labor	CACFP Labor Charged < 100% (Administrative Labor, Admin./Operating Split Duties, Non-CACFP Duties)
Time & Attendance	Yes	Yes
Time Distribution	No	Yes

Procurement Updates

Suspension and Debarment Certification Requirement

USDA/FNS requires verification that persons with whom child nutrition program providers intend to do business have not been excluded or disqualified when entering into a transaction covered by this section. The certification requirement applies equally for procurement transactions across all Child Nutrition and Food Distribution Programs.

This verification may be done by:

- Checking the System for Award Management (SAM) or the Excluded Parties List System (EPLS); or
- Collecting a certification from that person; or
- Adding a clause or condition to the covered transaction with that person.

If using the certification method to meet the verification requirements the **Suspension and Debarment Certification Form AD1048** must be used and cannot be deviated from in any way. This form is located on the **Procurement Web Page.**

Update: Procurement Documentation

Procurement documentation has been updated to reflect the use of the Suspension and Debarment Certification. Please see below.

Revisions have also been made to the Procurement and Purchasing Policy Template to regarding *"Conflict of Interest" and "Code of Conduct"*. Please review the revisions and be sure you are utilizing the most current version.

A list of updated documents can be found below as well as on the **Procurement Web Page**.

- Agreement to Furnish Food Items (SFSP)
- FSMC Agreement to Furnish Meals (SFSP)
- Procurement and Purchasing Policy Template

Register Now:

2021 Nutrition Services Virtual Vendor Summit

On **Thursday, March 25**, we will be hosting the first of several Virtual Vendor Summits. This will be an opportunity for program providers to meet and greet with vendors and suppliers servicing both CACFP and SFSP. There will be an opportunity to learn about how they are working to better address program provider's challenges in the midst of COVID-19.

To register, click here.



Local Sourcing Spotlight Beaming about Broccoli

While not a produce item native to or grown here, broccoli is often transplanted to Georgia during late winter to spring ensuring harvest prior to summer heat. This winter veggie can also be planted for harvest in late fall.

According to **LocalHarvest.org**, fall broccoli tends to be sweeter than summer broccoli because cool weather sweetens its taste. It is also a vegetable that freezes well.

Widely available in Georgia, broccoli can



be purchased at your preferred grocery store. If you are in south Georgia, try purchasing from White Oak Pastures or in the Metro Atlanta area visit and order for local pick up from Rogers Greens and Roots.

For questions regarding procurement, please contact LaMonika Jones, Procurement Compliance Officer.

Nutrition Ed Nook *A Bounty of Broccoli*

Broccoli is bountiful this month as our February Harvest of the Month (English and Spanish) spotlight! Broccoli is a member of the Brassicaceae family, which also includes cauliflower, Brussels sprouts, cabbage, kale, and radishes. It is a cool season crop that does not fare well in Georgia's summertime heat. Enjoy it prepared in a variety of ways now while it is at its peak nutritional value and in season!

Integration:

- Broccoli Salad
- Crunchy Hawaiian Chicken Wrap

- Noodles with Peanut Butter Sauce
- Chinese Style Vegetables with Tofu

Education

- *Grow* broccoli. Looking to plant broccoli in your garden? We recommend growing broccoli from transplants versus direct seeding for an easier growing practice.
- *Make* a variety of cultural dishes that include broccoli to share various meals from across the world with your participants. Try some of the recipes above in your program!
- *Read* different books themed around broccoli. Examples include *The Boy Who Loved Broccoli* by Sarah A. Creighton and *Monsters Don't Eat Broccoli* by Barbara Jean Hicks. Find more book recommendations **here**!

Conversation

- What other green vegetables do your participants enjoy eating?
- Have your participants eaten broccoli before? How do they like it prepared?
- Did you know that broccoli is a flower? Do your participants know the plant parts?

Harvest of the Month Bonus Item: Milk!



Diana Myers, MS, RD, LD!

Milk is an essential part of Child Nutrition Programs and is the Harvest of the Month Bonus Item in February! Milk can be locally sourced throughout Georgia. Packed with calcium, vitamin D, potassium, and phosphorous, milk is also a great source of protein. Serve local milk in your meal program to enhance the nutritional benefits of every meal!

Share your winter Harvest of the Month stories and menu integration of broccoli and milk with Nutrition Health Educator,

Nutrition Division Employee Spotlight *Grushan Blake - Nutrition Training Manager*

Meet **Grushan Blake**, Nutrition Training Manager for DECAL's Nutrition Services Division. With over 10 years' experience, Grushan has worked with several different Child Nutrition Programs including the Child and Adult Care Food Program (CACFP); Summer Food Service Program (SFSP); National School Lunch Program (NSLP); School Breakfast Program (SBP) and The Special Supplemental Nutrition Program for Women, Infants and Children (WIC).

Born in Enid, Oklahoma, and raised in a small town in South Carolina, Grushan earned her Bachelor of Science degree in Dietetics from the University of Kentucky and a Master of Arts in Teaching degree from Mercer University in Atlanta. After working at the Virginia Department of Health as a Compliance Review Liaison, Grushan re-located to Atlanta to serve in the Technical Assistance Coordinator role at DECAL and then took on the role of Nutrition Training Manager.

In this role, Grushan manages and oversees the activities of the Training and Technical Assistance Unit. The team provides program and specialized training, as well as technical assistance to CACFP/SFSP partners. She says, "I love Child Nutrition Programs. I am a teacher 'at heart,' so I enjoy working with my team to discover and design new ways to provide engaging, user-friendly training material that will help our Child Nutrition partners be successful with program operation."

A fun fact about Grushan is that she loves to travel and she has lived in several states. While in college, she studied abroad in Buenos Aires, Argentina!



Dates to Remember



Child & Adult Care Food Program

DATES TO REMEMBER

MARCH 14 - 20, 2021	National CACFP Week
MARCH 18, 2021	Team Nutrition's "Thirty on Thursdays" Training
MARCH 20, 2021	CACFP Meal Service Summit
MARCH 25, 2021	Virtual Vendor Summit
MARCH 31, 2021	Deadline for Whole Kids Foundation Garden Grant application
APRIL 26 - MAY 1, 2021	Georgia Farm to School and Early Care Education Virtual Summit

NEW Episode of DECAL Download Community Impact Grants & Path2College 529 Plan

Communities across Georgia who are interested in promoting highquality early childhood care and education are applying for three separate Community Impact Grant opportunities from DECAL. Funding for these grants was made possible by the \$11.2 million Preschool Development Renewal Grant that Georgia received in January 2020 from the U.S. Department of Health and Human Services and the U.S. Department of Education. These grant opportunities are meant to support the unique needs of communities across the state, helping children and families at the community level and support collaboration between the local and state levels.

On the next ...



Quality Innovations & Partnerships (OIP)

This Week's Topic:

Community

Impact Grants

aura Waq Community Outreach and Partnerships Director

&



Manager of Early Education Community Partnerships



Joining us to talk about the Community Impact Grants is Dr. Bentley Ponder, Deputy Commissioner for Ouality Innovations and Partnerships, Laura Wagner, Community Outreach and Partnership Director, and Jill O' Meara, Manager of Early Education Community Partnerships.

We also have a DECAL Download Extra highlighting "This is My Life's Dream Challenge". Is your child a great artist, singer, or writer? They could win a \$1,529 early start on their college saving plan in a promotion going on now between DECAL, Georgia's Pre-K Program, and the Path2College 529 Savings Plan. Mitch Seabaugh the Executive Director for Path2College 529 Plan joins us to tell us more about "This is My Life's Dream Challenge" and the Path2College 529 Savings Plan.

Stay tuned for this week's water cooler question and the DECAL Download Quiz for your chance to win a nice prize!

You can find DECAL Download here or on Spotify, Apple Podcasts, Google Play, Stitcher, TuneIn, Overcast, and more!

Have an idea for a future topic? E-mail us.

Stay safe, everyone!



Nutrition Division Marketing & Outreach Team

Cindy Kicklighter Gaby Garza

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