



Georgia Department of Early Care and Learning

## Child and Adult Care Food Program Nutrition News

March 2019 • Edition XLV



CELEBRATE NATIONAL  
**CACFP** WEEK   
March 17-23, 2019

SERVING OVER 4 MILLION CHILDREN  
with healthy meals and snacks daily.

CELEBRATE AND PROMOTE NATIONAL CACFP WEEK IN YOUR COMMUNITY, HOME OR CENTER TOGETHER WITH THE CHILDREN YOU SERVE!

**#CACFPWeek** is March 17-23, and we want to make sure you are ready to help spread the word that the Child and Adult Care Food Program provides healthy meals and snacks to over 4 million children every day! This campaign is designed to raise awareness of how CACFP works to combat hunger. Check out the Toolkit [here](#) for some resources created to help kick off the celebration!

HELP SPREAD THE WORD  
**CACFP**   
SERVES OVER 4 MILLION CHILDREN  
with healthy meals and snacks daily.

We invite you to help educate parents and the general public about the Child and Adult Care Food Program by sharing the provided materials to promote the awareness week within your network, on social media platforms, and inside your homes/centers.

HERE'S how

# Take the CACFP Challenge

Select one challenge each day to help spread the word that the Child and Adult Care Food Program serves over 4,000,000 children with healthy meals and snacks daily.

Every challenge you complete and share on social media is an entry to win a gift card. Click the button below to take the challenge!

Take the Challenge



GET ONLINE...

Update your Facebook profile picture and cover image. Tweet each day about the program and what it means to you. Add the CACFP Week graphic to your email signature. Include a link to CACFP Week on your website.



GET OUT IN  
YOUR COMMUNITY...

Many people have no idea that a program like the Child and Adult Care Food Program even exists. Let's change that. Post flyers where they will get noticed. Think coffee shop, gas station, elementary schools, grocery store or community center.



TALK TO PARENTS...

Parents have a choice in who they chose for child care. Many parents will go to other parents for recommendations. Make sure all your parents know what the program is, why you participate, and how the CACFP is an indicator of quality child care.

\$100

## Need an incentive?

**ENTER TO WIN** As one completes each challenge, share online. Tag National CACFP Sponsors Association **@NationalCACFP** on your Facebook page, Twitter feed and Instagram. Each completion is an entry for a chance to win a \$100 Visa gift card. Do more than seven challenges. The more challenges you share, the better the odds.

## Want to be featured on DECAL's Instagram?

Tell us how you're participating in National CACFP Week by using **#CACFPWeekGA** on your social media

posts or emailing photos to [Gabi Phillips](#).



Instagram

## Thirty on Thursdays

Join Team Nutrition for monthly training webinars on hot topics related to the meal pattern requirements.

Save **March 21** on your calendar for the upcoming webinar, "*Identifying Whole Grain-Rich Foods in the CACFP, Part 2.*" Participants will have the opportunity to submit questions to the presenters and check their knowledge through interactive polling.

**English Webinar: 2:00-2:30 pm ET**  
**Spanish Webinar: 3:00-3:30 pm ET**

For more information visit the USDA's 30 on Thursdays Training Webinar page [here](#).



[Register Here!](#)

## NATIONAL NUTRITION MONTH®

 Academy of Nutrition and Dietetics

MARCH 2019

[LEARN MORE](#)

National Nutrition Month® is an annual nutrition education and information campaign created by the Academy of Nutrition and Dietetics. The campaign, celebrated each year during the month of March, focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.

Celebrate **#NationalNutritionMonth** throughout March with this celebration toolkit, ways to get involved, frequently asked questions and healthful eating messaging! Learn more [here!](#)

## CACFP Program Training

Please see below the list of training sessions for March - May 2019. Self registration for training is available through ATLAS. Contact [Sylvia Boykin](#) for more information.

**At-Risk After-school Meals**

**CACFP Adult Day Care**

**March 19, 2019**

Spruce Conference Room  
Limit 10 people

**CACFP 2 Day****April 16-17, 2019**

Central Georgia Technical College  
80 Cohen Walker Drive  
Warner Robins, GA 31088

**April 29-30, 2019**

Quality Care for Children (CCR&R)  
3706 Atlanta, Hwy  
Athens, GA 30606

**CACFP 2 Day****May 14-15, 2019**

Georgia State University  
75 Piedmont Avenue, 6th floor  
Atlanta, GA 30303

**At-Risk After-school Meals****May 21, 2019**

Georgia State University  
75 Piedmont Avenue, 6th floor  
Atlanta, GA 30303

## Procurement Update

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The [Vendor Database](#) has been updated. Please review the list if you are in need of vendors for your meal service. As a reminder, the database is for informational purposes only and does not serve as an "approved" directory for Bright from the Start or the State of Georgia.

The next Procurement 101 Training will be held on **Monday, April 15**. Notification will be sent via GA ATLAS when registration is open.

Please take advantage of the Procurement Masterclasses on the [DECAL Nutrition Services Procurement](#) Web Page. These are free resources to assist with procurement questions as it relates to your meal service.

### **Local Sourcing Spotlight -** *Community Supported Agriculture (CSA)*

What is a Community Supported Agriculture? CSA as it is more commonly referred, is a method of purchasing local, seasonally harvested produce directly from farmers and growers.

Farmers offer a designated amount or "shares" of produce to the community; typically in the form of boxed produce.

Those interested must sign up (subscription or membership based) to receive their weekly order which is either delivered or available for pick up.  
**(Source: Local Harvest)**

### **Local Sourcing Resources:**

**Georgia Organics Harvest Calendar:** See what's fresh and ready for serving

**Community Supported Agriculture (CSAs):** List of Georgia CSAs provided by Local Harvest.



## Save the Date: June 7-8, 2019

The Seventh Annual Georgia Farm to School and Early Care and Education Summit will be held June 7-8 at Helms College in Macon. The Summit features dynamic, hands on education sessions, workshops, and field trips for early care providers and k-12 staff on gardening, cooking with kids, local procurement, and more!

This event is co-hosted by the Georgia Department of Early Care and Learning and Georgia Organics and presented by the Georgia Farm to School Alliance and the Georgia Farm to Early Care and Education Coalition.

More information is available at [Georgia Organics Summit](http://Georgia Organics Summit).

## Crunch Into a New Vegetable!

Try something new in your weekly meal planning this month.

Have you ever heard of Green Garlic? Most people are familiar with the garlic bulbs readily available at most grocery stores. Green garlic is the plant that sprouts prior to the development of garlic bulbs.

Green garlic looks very similar to green onions or scallions and is usually picked by farmers to promote growth of garlic bulbs. With a milder, sweeter taste than traditional garlic, this may be a great way to incorporate new flavors into your menus or in taste test activities for your early eaters. [\(Source: The Kitchn\)](#)



In celebration of Dr. Seuss Day, try serving **“Green Eggs and Ham”** as an ode to his infamous storybook. For a more natural method of creating “green” eggs, you can add Swiss Chard, Spinach or a few sprinkles of chopped Green Garlic to your morning breakfast egg recipe.

Also, try this recipe from **The Spruce Eats** adding Green Garlic to another locally grown, in season vegetable Swiss Chard as a



healthy side dish.

Click [here](#) for tips on encouraging your young eaters to try new vegetables.

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## Important Dates to Remember

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March 17-23	National CACFP Week
March 21	Thirty on Thursday's: Identifying Whole Grain Rich Foods in the CACFP
March 27	Food Safety 101, Webinar
April 15	Procurement 101, Atlanta, Ga
April 18	Budget 101, Dublin, Ga
May 16	Thirty on Thursday's: Using the WIC Food List to Identify Credible Foods
June 7-8	Georgia Farm to School ECE Summit
July 18	Thirty on Thursdays: Serving Vegetables in the CACFP



It's never too early to be thinking about your child's college education. In this week's episode of DECAL Download, we talk with Mitch Seabaugh, Executive Director of Georgia's Path2College 529 Plan. Tune in to learn more about the plan offered by the state for college savings.

# DECAL Download

**New Episodes Every Wednesday!**

Have you listened to DECAL's new podcast? You can find DECAL Download [here](#) or on Apple Podcasts, Google Play, Spotify, Stitcher, TuneIn, Overcast, and more!

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