CACFP—Stay Connected Quarterly Webinar

Use of Artificial Intelligence (AI) Tools

The California Department of Social Services (CDSS) is committed to upholding privacy and confidentiality laws and policies that protect all virtual meeting participants. To address this commitment effectively, CDSS' Information Security & Privacy Office has blocked the use of AI applications during virtual meetings. AI applications include, but are not limited to, those used to record and take notes.

Webinar Tips & Reminders

- Audience will be muted.
- Captions are enabled
- You can turn off captions at any point during the webinar by selecting Hide Captions from the Zoom control bar
- PowerPoint presentation will be available on the CDSS CACFP—Stay Connected Quarterly Webinar web page along with other resources after the webinar
- Chat function for the audience has been disabled
- Questions should be asked through the Q&A feature

Welcome!

Hi! I am Jessie Rosales, CACFP Branch Chief at the California Department of Social Services.

AGENDA

- Introduction
- CACFP News & Updates
- Farm to CACFP Initiative
- Preschools SHINE
- Child Nutrition Program Meal Patterns Consistent with the Dietary Guidelines for Americans Final Rule, Published April 24, 2024

Celebrating the CACFP Community

Congratulations to **Rialto Unified School District** for receiving USDA's Healthy Meals Incentives Recognition Award for Innovative School Lunch Makeover, Innovation in Nutrition Education, Innovation in the Cultural Diversity of School Meals, and Innovation in the Preparation of School Meals!

~~CACFP~~ FARM News & Updates

FARM TO CACFP
California

LOCAL (within 100 miles)
BUY LOCAL!
Look for this tag!
Chico
Truckee
Ukiah
Woodland
Santa Rosa
Sacramento
Stockton
San Francisco
Modesto
San Jose
SALE
ORGANIC ROSIE THIN-SLICED BONELESS SKINLESS CHICKEN BREASTS
$8.99
LB
SAVE $1.80
LB
CA-GROWN
BROCCOLI
3.49
EA.

LOCAL (within 100 miles)
BUY LOC
Look for this
RECIPES
HEALTHY KIDS
EA.
$8.99
SAVE $1.80

CA Farm to School Incubator Grant

CA Farm to School Incubator Grant Background

- Administered by the CA Department of Food and Agriculture Office of Farm to Fork
- $52.8 million distributed
- Awarded to 195 Farm to School / Farm to Early Care and Education (ECE) projects statewide

CA Farm to School Incubator Grant—Track 3: Farm to ECE

- Funds Farm to ECE facilities and technical assistance organizations
- Used to start or expand Farm to ECE efforts
- 17 total grantees
- Awards between $50k-200k
- 7 CACFP Operators were awarded

Congratulations CACFP Operators!

FARM TO CACFP
California

1. A Better Choice Preschool, Inc
2. ABC Kids Preschool and Child Care
3. Children of the Rainbow
4. Community Action Partnership of Kern
5. Community Action Partnership Sonoma County
6. EDUCATE: Advancing Early Childhood Education, Parenting & Literacy
    - Un Mundo de Amigos Preschool
    - Un Mundo de Amigos Preschool – FCCLB
7. I.Newton Education LLC

USDA Announces $200 Million for CACFP Providers

[USDA Announces $200 Million for CACFP Providers]

NATIONAL CACFP SPONSORS ASSOCIATION

Resources | Professional Development | News & Events | Policy & Partnerships | Directories | Become a Member

USDA Announces $200 Million for CACFP Providers

October 1, 2024

Support for Local Food Purchasing

Today, October 1, 2024, the United States Department of Agriculture (USDA) announced $200 million for Child and Adult Care Food Program (CACFP) operators through the Commodity Credit Corporation (CCC).

In previous years, these funds have been made available to schools and emergency food providers to address supply chain challenges and incentivize local purchasing. This is the first time that CCC funds are being allocated specifically for CACFP-participating facilities. These funds can be used by child care centers, family day care homes, and adult day care facilities participating in the CACFP to purchase local foods that can be incorporated into the meals they serve.

The National CACFP Sponsors Association (NCA) commends the commitment of Secretary Tom Vilsack and the USDA for their support of CACFP operators who ensure over 4.5 million children and adults have access to healthy food. Since the release of CCC funds last year, NCA has worked in partnership with the USDA to find ways to provide additional assistance for CACFP operators, who also face challenges with local food purchasing.

"This historic investment not only helps strengthen local economies but also boosts nutrition security in some of our most vulnerable populations. We are thrilled that USDA has made this a priority and thank Secretary Vilsack and the entire team for their ongoing support of the CACFP community," said NCA President and CEO, Lisa Mack.

The CACFP is a critical Child Nutrition Program through the USDA that has been found to enhance the quality of care and increase the nutritional value of meals served in child care. The CACFP safeguards the health and wellness of over 4.5 million children and adults, and this $200 million commitment will help CACFP providers better supplement nutritious meals and allow them to incorporate more local foods into their menus.

This bold investment from USDA will support the CACFP community in their work to ensure all children and adults in America are nutrition secure.

Learn more about the Commodity Credit Corporation and stay tuned for more information on how to access these funds.

NUTRITION is the heart of the CACFP

The CACFP Branch and The Nutrition Education, Training, and Support Team are here to help!

Meet the Nutrition, Education, Training, and Support Section & Guest Speaker

Julie Chessen, MS, RD

Madison Fellenz, MPH

Pyrena Hui (Guest Speaker)

Stephanie Salazar, RD

California Farm to CACFP

Did you know?

- Common Terms
  - Farm to Fork
  - Farm to Summer
  - Farm to School
  - **Farm to Early Care and Education (ECE)**
  - **Farm to CACFP**
- Farm to Institution
  - Improve community health and wellbeing
  - Promotes local purchasing

Farm to ECE

- Farm to ECE connects early child care and education settings to:
  - Local food producers
  - Serve locally-grown, healthy foods to young children
  - Provide related nutrition education
  - Improve child nutrition (increase nutrition security)
  - Includes ECE settings not participating in the CACFP

Farm to CACFP

- Farm to CACFP connects early child care and education, afterschool care, adult day care, and emergency shelter settings to:
  - Local food producers
  - Serve locally-grown, healthy foods to young children, school-age children, and adults
  - Provide related nutrition education
  - Improve child and adult nutrition (increase nutrition security)
  - All agencies participate in the CACFP

What is Farm to CACFP?

One or more of three elements:

1. Purchase local food
2. Nutrition and agriculture-based education
3. Hands-on learning in an edible garden

Why Farm to CACFP?

- Increase willingness to try new foods
- Increase fruit and vegetable consumption
- Enhances physical, mental, and behavioral health
- Build relationships with community partners
- Stimulates the local economy
- Reduce carbon footprint

Element #1: Purchase Local Foods

- Many interpretations (e.g. city, county, state)
- Buy foods in season
- Several locations to purchase local

CACFP Meal Components

FARM TO CACFP
California

Element #2: Nutrition and Agriculture-based Education

- Engage in nutrition and agriculture-based education
- Use lesson plans to highlight local fruits and vegetables
- Offer taste tests
- Access curricula on the CDSS Farm to CACFP web page

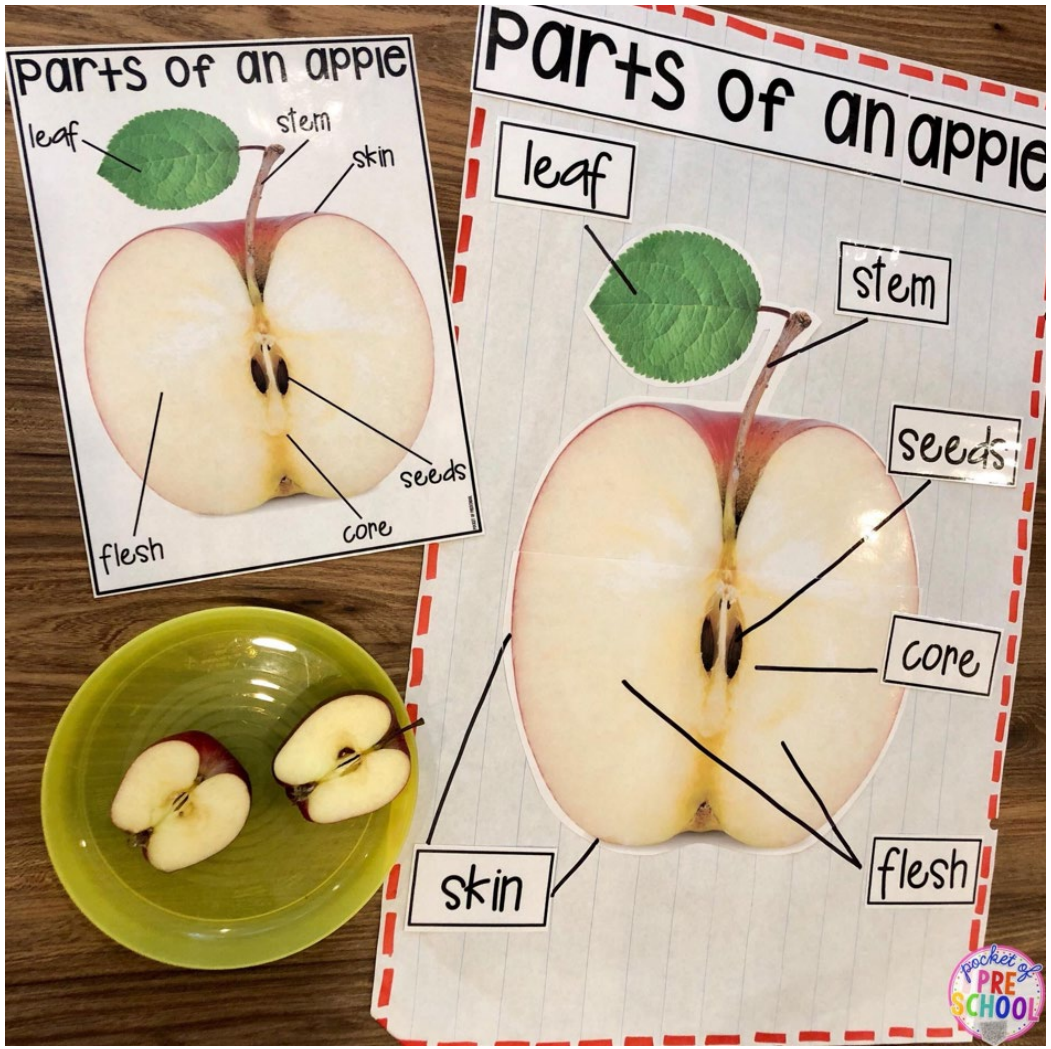


Photo credit: Dreamland Daycare and Preschool

Element #3: Edible Garden

- Grow fruits, vegetables, herbs, etc.
- Hands-on learning in a garden
- Indoor or outdoor
- Can be big or small

Photo credit: Modern Education Family Childcare – Portola

Farm to CACFP Plate

- All 5 meal components can be locally sourced
- What's in season?
- Start with one or two components
- Snack is a great place to start!

Farm to CACFP Projects & Resources

Farm to CACFP Logo

Advance California Farm to CACFP

- Farm to CACFP Strategic Plan
  - Technical assistance, training, networking, resources
- FARMWISE Learning Collaborative
  - Win for Farmers, Students, and Educators (FARMWISE)
  - California is 1 of 14 States
- California Farm to CACFP Coalition

Community of Practice Webinars

- Farm to Early Care and Education (ECE)
- Hosted quarterly by:
  - California Department of Food and Agriculture (CDFA)
  - California Department of Public Health (CDPH)
  - California Department of Social Services (CDSS)
- Guest speakers share best practices

California Department of Food and Agriculture YouTube

CACFP Funds

- Seeds
- Fertilizer
- Labor
- Watering cans
- Rakes
- Nutrition and agriculture-based education materials
- Part of reimbursable meal **and/or** nutrition education

Farm to Preschool: Local Food and Learning in Early Child Care and Education Settings

Farm to CACFP Web Page

[CDSS Farm to CACFP Web Page]

California's Farm to Child and Adult Care Food Program Initiative

Overview

The California Department of Social Services (CDSS) Farm to Child and Adult Care Food Program (F2CACFP) initiative involves one or more of three elements:

1. Meals and snacks include locally sourced foods.
2. Nutrition and agriculture-based education integrated into the meal times, classroom, garden, farm visits, or other venues.
3. Participants have an opportunity for hands-on learning in a garden.

F2CACFP increases participants' acceptance and consumption of fresh meals and foster a life-long appreciation of where nutritious food comes from. F2CACFP strengthens communities by providing local farmers with access to new markets and opportunities to connect with CACFP operators through educational programs.

Farm to CACFP Tip Sheets

- Tip Sheets by Program Type:
  - Child Care Center and Day Care Home
  - At-Risk
  - Emergency Shelter
  - Adult Day Care Center

California Department of Social Services
Child and Adult Care Food Program Branch

Farm to CACFP

Adult Day Health Care Center

What is F2CACFP?

The California Department of Social Services (CDSS) Farm to Child and Adult Care Food Program (F2CACFP) Initiative is designed to encourage CACFP operators to:

1. Serve meals and snacks that include **locally sourced foods.**
   - Local foods are sold at farmers markets, farm stands, supermarkets, and more.
   - Visit the Local Harvest Sacramento[1] or the CA Department of Public Health Farmers' Markets[2] web pages to find local food near you.
2. Integrate **nutrition and agriculture-based education** into mealtimes, classrooms, gardens, farm visits, or other venues.
   - Garden activities and curricula help educate participants where food comes from and the benefits of eating healthy food.
   - Access curriculum for adults and a guide on how to grow herbs and vegetables at home from the U.S. Department of Agriculture (USDA) SNAP-Ed Gardening web page.[3]
3. Offer participants the opportunity for **hands-on learning in an edible garden.**
   - Edible indoor and outdoor gardens encourage participants to interact with nature and consume healthy foods. Limited on outdoor space? Grow herbs inside in small pots on a sunny windowsill!
   - Plan a garden using the USDA Farm to Child Nutrition Programs planning Guide.[4]

Why is F2CACFP important in Adult Day Care settings?

Adults participating in the F2CACFP can increase longevity through consuming fresh fruits and vegetables and increasing physical activity with garden activities. Gardens range from big to small, accommodating all ages, levels, and abilities.

Questions

For questions, please contact Farm2CACFP@dss.ca.gov

Farm to CACFP: Poll Question 1

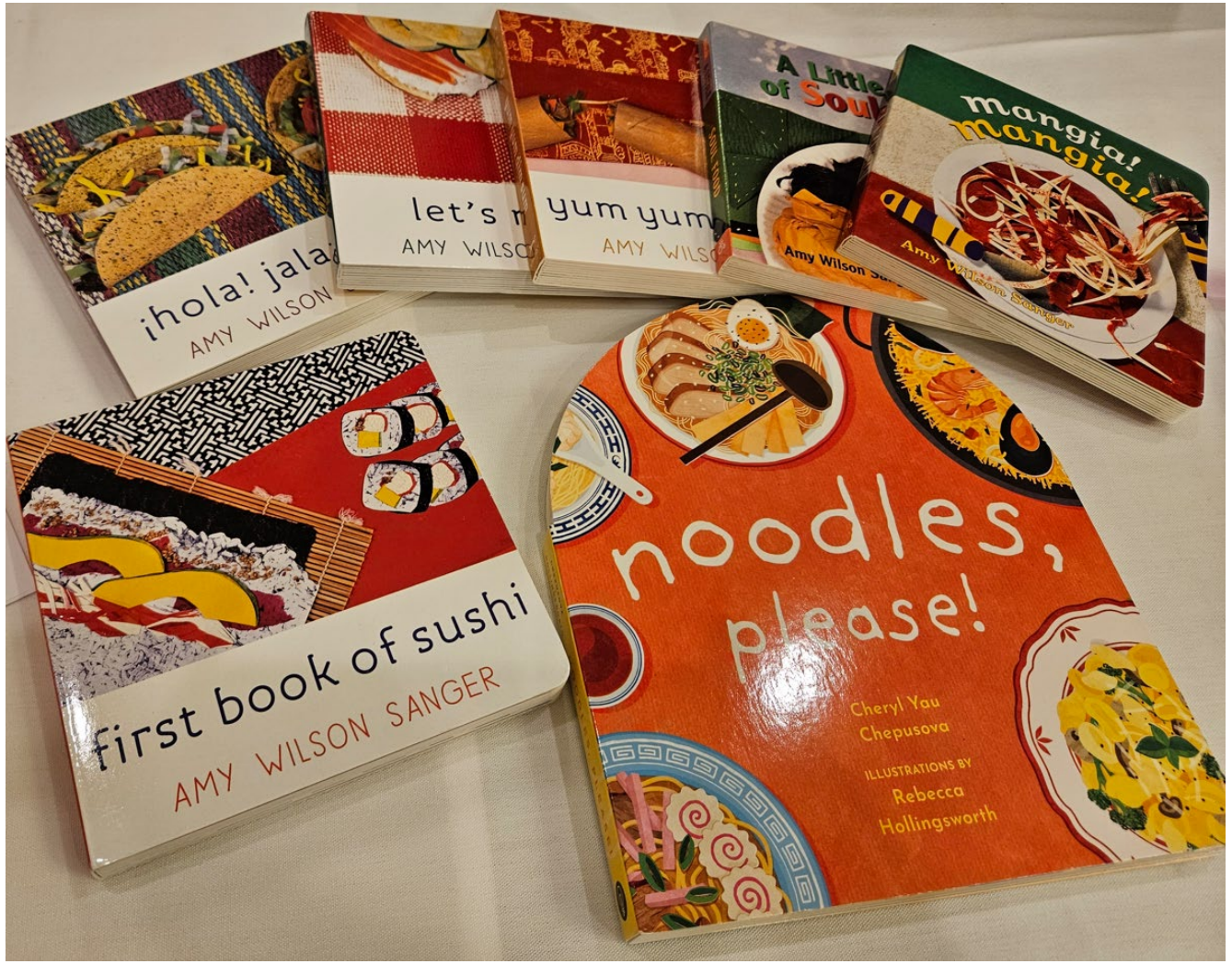
Are you currently doing Farm to CACFP related activities in your program?

Farm to CACFP: Poll Question 2

What are your biggest barriers to participate in Farm to CACFP?

Farm to CACFP: Poll Question 3

How can we best support you in your Farm to CACFP efforts?



Thank you!

Preschools SHINE

(**S**haping **H**ealthy **I**mpressions through **N**utrition and **E**xercise)

Pyrena Hui

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Director of Modern Education Family Child Care – Portola (aka ME Playschool)
- Preschools SHINE Gold Site–June 2024
- 10 years experience as a Bilingual Licensed Family Child Care Educator in San Francisco
- Program Philosophy: Relationship based & play based

Preschools SHINE: Poll Question 1

How familiar are you with the Preschools SHINE program?

Preschools SHINE

- A voluntary recognition program
- Showcases outstanding work of Early Care and Education (ECE) operators that support the health and well-being of children
- CACFP child care centers and family day care homes may apply

Benefits for SHINE sites

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Certified for 4 years
- Recognized leader
- Site name listed on CDSS website
- Awarded a Certificate of Recognition
- Contributes to children's positive health outcomes
- Assurance to families

Preschools SHINE Elements

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

1. Participation in the CACFP (required)
2. Promoting Quality Meals (elective)
3. **Mealtime Environment (elective)**
4. **Nutrition Education (elective)**
5. **Edible Gardening (elective)**
6. Physical Activity (elective)
7. Professional Development (elective)
8. Wellness Policies (elective)
9. **Partnerships (elective)**
10. **Leadership Team (elective)**

Mealtime Environment

(SHINE Element 3)

1. Serve a minimum of one meal or snack family-style each day

2. Practice Ellyn Satter's Division of Responsibility in Feeding principles

3. Provide children with adequate time to eat a meal or snack

4. Follow mealtime environment best practices

Family Style Meal Service

Family Style Meal Service

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Encourage children to make healthy decisions
- Incorporate math and counting
- Enhances fine motor skills
- Children are more willing to try new foods

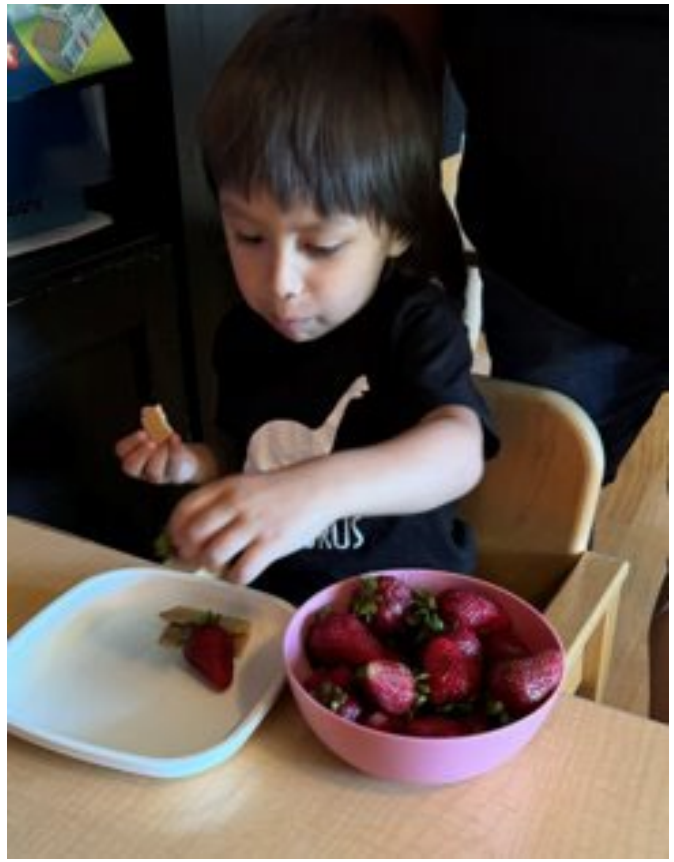


Photo credit: Luv Muffins Preschool and Child Care

Nutrition Education

(SHINE Element 4)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

1. Provide nutrition education experiences a minimum of twice a month.

2. Promote healthy foods and beverages at the child care site.

3. Create a culturally inclusive food environment.

Photo credit: Luv Muffins Preschool and Child Care

Nutrition Education (2)

(SHINE Element 4)

Examples:

- Include kids in meal preparation
- Offer foods in different ways (e.g., raw broccoli with dip, chop and mix broccoli in fried rice, etc.)
- Read stories about healthy eating
- Talk about growing healthy bodies
- Post colorful posters in dining area

Cultural Meals

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

Farm to CACFP Initiative

(SHINE Element 5 – Edible Gardening)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Grows seasonal fruits, vegetables, herbs
- Plant in pots, raised garden beds
- Grows: Sweet potato, potato, snow peas, pumpkin, lettuce, choy sum, onions, tomatoes, cucumber, bell peppers, garlic, mint, avocado, rosemary, lemon, etc.

Farm to CACFP Initiative (2)

(SHINE Element 5 – Edible Gardening)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Activities: Seed starting, tilling, planting, watering, observing, counting, measuring, using tools, harvesting & food preparation, etc

Farm to CACFP Initiative (3)

(SHINE Element 5 – Edible Gardening)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Take field trips
- Teach about food origins, plant growth cycles, vegetable varieties, garden insects, importance of healthy eating

Farm to CACFP Initiative (4)

(SHINE Element 5 – Edible Gardening)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Farm fresh box from local farm
- Delivered weekly/biweekly

Partnerships with Community

(SHINE Element 9)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Healthy Apple Program: Collaborating to improve nutrition and PA environments
- Family child care association of San Francisco
- Local Family Child Care Educators
- Chinese Speaking Providers
- Family resources center provides parent support group

Partnerships with Families

(SHINE Element 9)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Inform families of weekly/monthly lessons
- Give daily or weekly “Car Talk” prompts to parents
- Encourage families to share cultural recipes

Engaging Teachers and Staff

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

- Choose a theme of the month (e.g., Autumn)
- Create lesson related to theme (e.g., pumpkins)
- Discuss lesson with teachers
- Encourage teachers to provide activity ideas related to developmental stage

Build a Leadership Team

(SHINE Element 10)

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

1. Form a Preschools SHINE leadership team with a minimum of two preschool staff (i.e., teachers, cooks, families, etc.).

2. Complete the Preschools SHINE leadership responsibilities to successfully apply for certification.

Steps to successfully apply

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

1. Review Preschools SHINE element web pages
2. Complete the Self-Assessment to assess ‘Glows and Grows’
3. Complete the Action Plan, if desired
4. Select SHINE elements and determine the level of certification
5. Complete online SHINE application

Levels of Certification

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

If a site meets criteria within-

- **Bronze** level = CACFP + 5 additional elements
- **Silver** level = CACFP + 7 additional elements
- **Gold** level = all 10 elements

Sites may reapply anytime to achieve a higher level

Preschools SHINE Certificate of Recognition

CDSS
CALIFORNIA DEPARTMENT OF SOCIAL SERVICES

Certificate of Recognition

The California Department of Social Services certifies that

ABC Child Care

is a Preschools SHINE site that promotes high-quality nutrition and physical activity environments for preschool-aged children.

Elizabeth J. Moreno

Elizabeth Moreno
Nutrition Education Administrator
California Department of Social Services

September 5, 2022
Date
Certificate valid for four years

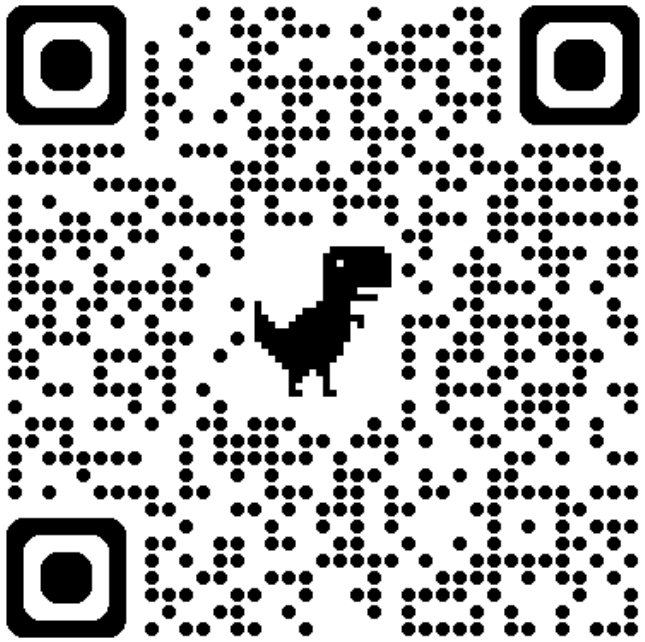
PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

CACFP
CHILD AND ADULT CARE FOOD PROGRAM

CDSS Preschools SHINE Web Page

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

[Preschools SHINE Web Page]



Contact Information

PRESCHOOLS SHINE
Shaping Healthy Impressions through Nutrition & Exercise

Questions about Preschools SHINE:
PreschoolsSHINE@dss.ca.gov

Madison Fellenz
Preschools SHINE Lead
Madison.Fellenz@dss.ca.gov

Pyrena Hui
Modern Education Family Child Care
polypyrena@gmail.com

Child Nutrition Program Meal Patterns Consistent with the Dietary Guidelines for Americans Final Rule, Published April 25, 2024

Background

February 7, 2023: USDA published proposed rule Child Nutrition Programs: Revisions to Meal Patterns Consistent with the 2020-25 Dietary Guidelines for Americans (DGA)

April 25, 2024: Final rule published to align the meal pattern requirements with the DGAs; included minor updates to CACFP

May 14, 2024: USDA published Initial Implementation Memorandum: SP 18-2024, CACFP 06-2024, SFSP 11-2024

Flexibility: Tribal Communities

- Allows vegetable to be substituted for grain in tribal communities
- Flexibility also extended to infant meal pattern
- Maintain documentation demonstrating site serves primarily American Indian or Alaska Native participants
- **Implementation date: July 1, 2024**

Flexibility: Crediting Nuts and Seeds

- Nuts and seeds may credit for full meat/meat alternates (M/MA) component
- Current requirement: nuts and seeds may credit for no more than one-half of the M/MA component
- **Implementation date: July 1, 2024**

Flexibility: Geographic Preference

- Expands geographic preference option to allow “locally grown,” “locally raised,” or “locally caught” as procurement specifications for unprocessed or minimally processed food items
- Continues to allow operators to adopt own definition of “local”
- **Implementation date: July 1, 2024**

Requirement: Added Sugar Limit for Yogurt

Current requirement:

- No more than **23 grams (g)** of **total sugars** per 6 ounce (oz)

New requirement:

- No more than **12 grams of added sugars** per 6 oz
- **Implementation date: October 1, 2025**

Requirement: Added Sugars Limit for Breakfast Cereals

Current requirement:

- No more than **6 g total sugars** per dry oz

New requirement:

- No more than **6 g added sugars** per dry oz
- **Implementation date: October 1, 2025**

Requirement: Meal Modifications (1)

Clarifies that both state licensed health care professionals and Registered Dietitians may write medical statements to request meal modifications on behalf of participants with disabilities.

Implementation date: October 1, 2025

Note: Operators have the option to implement prior to October 1, 2025

Requirement: Meal Modifications (2)

- Expands authority to write medical statements to Registered Dietitians
- Encourages operators to meet participants' dietary preferences when they have a special dietary need that is not considered a disability

Implementation date: October 1, 2025

Note: Operators have the option to implement prior to October 1, 2025

Additional Provisions

Updates Vitamin A and D units of measurement for **fluid milk substitutes**

Note: The amounts of Vitamins A and D required in fluid milk substitutes does not change; only the unit of measurement has changed to conform to FDA labeling requirements.

- Adds in regulation the current definition of **whole grain-rich**
- Changes references to “dry beans and peas (legumes)” to **“beans, peas, and lentils”**
- Changes references from “food components” to **“meal components”**
- Updates CACFP definitions in regulations

Resources

1. USDA Implementation Timeline for Updated Nutrition Requirements webpage
2. Child Nutrition Programs: Meal Patterns Final Rule web page
3. CDSS CACFP Meal Modifications in the CACFP web page
4. USDA Team Nutrition CACFP Meal Pattern Training Worksheets web page
5. California Department of Public Health WIC Foods web page

Key Takeaways

- Farm to CACFP and Preschools SHINE can be easy!
- Start small and we are here to help!
- Build connections with community partners
- Access resources on the CACFP web page

Poll Question 1

How satisfied were you with this webinar?

Poll Question 2

Did you find the information shared during the webinar helpful?

Poll Question 3

Will you join us for our next webinar?

SAVE THE DATE!

January 29, 2025
2:00 P.M. – 3:30 P.M.

THANK YOU

For questions:
CACFPTraining@dss.ca.gov
Child and Adult Care Food Program

This institution is an equal opportunity provider