



**29th Annual
National CACFP
Conference**

NATIONAL
CACFP SPONSORS
ASSOCIATION 

**CACFP: Where Children &
Seniors Are The Winners!**

Las Vegas, Nevada • April 21-23, 2015

From the Board of Directors



A National Platform for the CACFP Community

April 2015

Dear Conference Attendees,

On behalf of the Board of Directors of the National CACFP Sponsors Association (NCA), welcome to Las Vegas for our 29th Annual Conference. Our Association started in the USDA's Midwest Region in 1986 and has grown into a national organization with members in all of the United States and US Territories. This annual conference is the second of many planned with our new April conference schedule in mind, and I am happy to report that this year's conference hosts a record number of attendees for any NCA conference in our history with attendees from every U.S. State and Territory and Canada.

Our theme this year is "CACFP: Where Children & Seniors are the Winners" and with our lineup of speakers and 64 workshops, your opportunity for professional training is set. This year's Conference covers it all: nutrition, training, financial management, policy and the proposed new meal pattern regulations. Based on last year's success, we are happy to host, again, seven USDA Regional Discussion Groups to solicit your best ideas on how to improve and advance the Program.

Your participation in our Annual Conference signals your commitment to the CACFP. The Board of Directors strongly believes in the social and professional value of our work to better the Program and transform the lives of our nation's children through the CACFP. We believe in the wisdom of a CACFP community which respects education, celebrates the experience of continued learning, and seeks solutions which meet USDA's goal to feed our nation's children.

We hope you will enjoy seeing old friends and making new ones while you are here in Las Vegas, one of America's top destination cities.

Yours,

Blake Stanford
President
National CACFP Sponsors Association

THANK YOU

The Board of Directors of the National CACFP Sponsors Association (NCA) and the 2015 NCA Conference Committee would like to express its deepest appreciation to all of those individuals and organizations that made this conference an outstanding example of collaboration and success. We honor your contributions to the educational mission of the Association and thank you for helping make this Conference a showcase for the CACFP community:

- The CACFP Sponsoring Organizations of the State of Nevada
- The Nevada Department of Agriculture
- USDA FNS Regional Offices of the US Department of Agriculture
- The National Office of the USDA Food and Nutrition Service
- National Food Service Management Institute
- National Association for Family Child Care
- National CACFP Professionals Association
- No Kid Hungry - Share Our Strength
- MH Miles Company
- The Center for Nutrition Policy and Promotion
- Food Research and Action Center
- Clemson University
- Southwestern University
- The Culinary Academy of Las Vegas
- Centers for Disease Control and Prevention and Let's Move Child Care
- NCA Regional Sponsor Representatives
- Minute Menu
- Rainbow in My Tummy, Nutrition Matters, Diversified Foods, Brighton Training Group, Novick Brothers, Preferred Meals, Penn State Better Kid Care, Learning ZoneXpress, FoodSource Plus, The Accutrak Group, Chefables, and
- All of our workshop presenters, without whom we would not have a Conference.



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Conference Schedule



CACFP Conference
Third Floor

TUESDAY, APRIL 21, 2015

- 8:00 am – 6:00 pm Registration & Exhibits
- 8:30 am – 12:30 pm Preconference Training AM
- 1:30 pm – 5:30 pm Preconference Training PM
- 1:30 pm – 5:30 pm USDA State Agency Training

WEDNESDAY, APRIL 22, 2015

- 8:00 am – 5:30 pm Registration & Exhibits
- 8:00 am – 9:30 am Welcome & General Session
- 9:45 am – 10:45 am Regional Roundtables
- 11:00 am – 12:00 pm Workshops Session One
- 12:00 pm – 1:30 pm Lunch Program
- 1:45 pm – 2:45 pm Workshops Session Two
- 3:00 pm – 4:00 pm Workshops Session Three
- 4:15 pm – 5:15 pm Workshops Session Four

THURSDAY, APRIL 23, 2015

- 8:00 am – 5:30 pm Registration & Exhibits
- 8:00 am – 9:00 am NCA Annual Meeting
- 8:00 am – 9:00 am State Agency Symposium
- 9:15 am – 10:45 am General Session
- 11:00 am – 12:00 pm Workshops Session Five
- 12:00 pm – 1:30 pm Lunch Program
- 1:45 pm – 2:45 pm Workshops Session Six
- 3:00 pm – 4:00 pm Workshops Session Seven
- 4:15 pm – 5:15 pm Workshops Session Eight

Vista
Scenic
Twilight
Ballroom

Registration

NAFCC • NCA • SOS • USDA

Special Thanks
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Registration Sponsor



BRIGHTON Training Group



Penn State Extension BETTER KID CARE



CACFP.Net



EXHIBITORS

Rest Rooms

Reno

Laughlin I

Laughlin II

Laughlin III

Rest Rooms

ELEVATORS

Virginia City

ESCALATORS

Lower Level Meeting Rooms

Rest Rooms

Lake Mead

Red Rock III

Red Rock IV

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Welcome to Las Vegas!
Nutrition & Physical Activity: My Story, Our Fight
USDA CACFP Proposed Meal Pattern Changes & Policy Plans

Rooms	Reno	Laughlin I	Laughlin II	Laughlin III	Virginia City	Lake Mead	Red Rock III	Red Rock IV
8:00-9:30 AM	<p>General Session • Ballroom</p> <p>Welcome to Las Vegas! Nutrition & Physical Activity: My Story, Our Fight USDA CACFP Proposed Meal Pattern Changes & Policy Plans</p>							
9:45-10:45 AM REGIONAL ROUNDTABLES	MidAtlantic Region		Western Region	Southeast Region	Southwest Region	Mountain Plains Region	Midwest Region	Northeast Region
11:00-12:00 PM WORKSHOPS SESSION ONE	Bringing the Farm to CACFP	Improving Community Health Through Policy, Systems and Environmental Change in Southern Nevada	Please Pass the Peas: Strategies for Working with Picky Eaters	Educational & Language Learning Strategies for Effective Training	Proposed Meal Pattern Survey, Listening Calls & Consortium Feedback	Using the Web for All Things CACFP	Connecting Families with the Benefits of CACFP	Knife Skills: Making the Cut!
12:00-1:30 PM	<p>Lunch Program • Ballroom</p> <p>Friend of CACFP Award Organically Grown Creativity: Inspiring Thought-Provoking Individuals & Industries</p>							
1:45-2:45 PM WORKSHOPS SESSION TWO	Using Outdoor Garden Classrooms to Improve Eating Habits	Expanding Your Reach: Demystify the ARAS Program	Navigating the FNS 796-2 Instruction	How To Work with Elected Officials: The Seven C's of Advocacy	Proposed Meal Pattern Best Practices Panel	Educating for the Health of It	EAT and RUN Workshop	What's for Breakfast?
3:00-4:00 PM WORKSHOPS SESSION THREE	Passport to Adventure: Think Globally, Eat Locally	Let's Get Moving	The Serious Deficiency Process	Aligning Partners Increases Access to Afterschool / At Risk Meal Programs	Best Practices in Monitor Visits: Auditor vs Advocate	Ensuring Healthy Futures by Creating Healthy Habits	Online Professional Development in Nutrition, Health, and Wellness from Penn State Extension Better Kid Care	Minding Our Peas & Cues: The Importance of a Positive Mealtime Environment in Child Care Setting
4:15-5:15 PM WORKSHOPS SESSION FOUR	Healthier Futures for Our Children	Overview of Let's Move! Child Care	The Serious Deficiency Process PART II Q & A	The E-Model: Managing an Ethical CACFP Program	Play With Your Food: How to Incorporate Fun Nutrition Education in Everyday Childcare	Center Sponsorship 101	CACFP Case Studies: Where Implementation Meets Application & Instruction	

Thursday, April 23rd

8:00-9:00 AM	National CACFP Sponsors Association Members Annual Meeting • <i>Reno</i>							
State Agency Symposium • <i>Laughlin II</i>								
9:15-10:45 AM	<i>General Session • Ballroom</i>							
	<p align="center">Meal Patterns & Reauthorization - What You Need to Know & Why You Should Care No Kid Hungry Exciting, Healthy Cuisine</p>							
Rooms	<i>Reno</i>	<i>Laughlin I</i>	<i>Laughlin II</i>	<i>Laughlin III</i>	<i>Virginia City</i>	<i>Lake Mead</i>	<i>Red Rock III</i>	<i>Red Rock IV</i>
11:00-12:00 PM WORKSHOPS SESSION FIVE	Farm to Childcare: The Freshest for the Youngest	It's A Date! Woo Providers Using the NCA Calendar: Provider Nutrition Training, Activity Ideas, and Record Keeping Made Easy	Menus to Meals: Building a Healthier Future for Young Children	Implementing IOM Recommendations in Head Start	Investigating Fraud, Waste & Abuse in Federally Funded Programs: Red Flags in the CACFP & SFSP	Training Centers on Minute Menu CX	The Role of Sponsors in Helping Providers Defend Themselves Against Serious Deficiency	Celebrate Your Inner Chef
12:00-1:30 PM	<i>Lunch Program • Ballroom</i>							
	<p align="center">Feeding Our Neighbors: Culinary Academy of Las Vegas Let's Move Child Care National Recognition Awards</p>							
1:45-2:45 PM WORKSHOPS SESSION SIX	Ingredients for Success: Technology, Training, and Monitoring	At-Risk Afterschool Promoting Year Round Feeding with SFSP	Cost Allocation for Center & Home Sponsors	Meeting the Challenges of Creating Healthy Child Care Environments USDA's Team Nutrition Resources	Simple Fruit and Vegetable Snacks for Preschool Children	Area Eligibility -- A Primer	Selling the CACFP & Other Mysteries	Improving Early Care Obesity Prevention Through CACFP
3:00-4:00 PM WORKSHOPS SESSION SEVEN	Beyond the Playground: Top 10 Things You Should Know to Create Intentional Opportunities for Physical Activity	Strategies for Expanding At-Risk Afterschool Meals Sponsorship	Up Your Odds for a Successful Training Session	A State Agency's Perspective: Boundaries, Expectations, and Advocacy in Virginia	Reasonable Accommodations & Food Allergies	Whole Grains for Health	A CACFP Cycle Menu Writing/Editing Process	Develop Good Policies: Project a Professional Image
4:15-5:15 PM WORKSHOPS SESSION EIGHT	Paperwork Reduction: Report to Congress	Show You the Money: Fundraising 101	Think Your FOOD	Tools on the Web For You: Save Time & Money	CACFP Documentation: Connecting the Dots, Building the Blocks	Off to a Good Start for Infants		CACFP's Role in Compliance with Head Start's Fiscal Integrity Monitoring Protocols

Tuesday • 8:30 am–12:30 pm
Preconference Training

Show Me the Money: Getting Through The Budget Approval Process *Laughlin I & II*

Cherese Myree, CFE and Monica Miles
MH Miles Company, CPA PC



An overview of generally accepted source documentation to support allowable costs for Program operations. Best practices to assist with determining if proposed Program costs are necessary, reasonable and allocable will be provided. Discover the impact the management plan has on the budget; what constitutes a related party transaction; and who has the burden of proof for ensuring proposed costs are necessary, reasonable, and allocable. Training will include group activities, discussion on proposed Program costs that are often questioned, and tools to assist with avoiding common budget submission mistakes.



Year Round Feeding for Child Care Settings *Reno*

Jillien Meier, Share Our Strength
Melissa Moore, Family League of Baltimore City
Buster Lackey, Arkansas Department of Health



Family Day Care Homes and Child Care Centers underutilize the At-Risk Afterschool Meals Program and the Summer Food Service Program. These stakeholders have the location, staff, equipment, and expertise to participate in both programs and offer food for low-income children every day of the year. This in-depth training offers best practices from the field, tips from a sponsor of both programs, and guidance from a state agency.

Better Enrollment & Nutrition with Minute Menu

Lori Johnson, Jason Sellers, and Cindy Vian
Minute Menu Systems

Laughlin III

Come learn some effective ways to encourage good nutrition for children using Minute Menu HX! Learn how to run and analyze nutrition reports in order to evaluate the foods served so that your agency can start a campaign to serve more fresh fruits, vegetables, and whole grains. Once you've completed your campaign, analyze claim data to evaluate its effectiveness. Did your providers serve more whole grains, more fruits and veggies at snack, fewer dessert items? We'll teach you how to find out! Then we'll share tips and tricks for streamlining the enrollment and re-enrollment processes. Whether you do it all once a year or on a rolling basis, there are many ways that Minute Menu HX can help make your process more efficient and less costly. We'll cover the various options in HX and Kids for the annual re-enrollment process, and you'll leave with an action plan to take back home.

Tuesday • 1:30 pm–5:30 pm
Preconference Training

Show Me the Money: An Overview of FNS Instruction & Common Financial Findings and Unallowable Costs *Laughlin I & II*

Monica Miles and Cherese Myree, CFE
MH Miles Company, CPA PC



An overview of the key components in the fourth revision of the FNS Instruction 796-2. This training will include tools to assist with identifying allowable and unallowable costs. An overview of common financial findings and unallowable costs noted in monitoring reviews will be discussed. Best practices to avoid common financial findings will be provided. Training will include group activities, and discussion on various cost categories that tend to become questionable during reviews.

Culinary Nutrition Strategies

Dr. Margaret D. Condrasky, RD
Clemson University
Chef Anne Q. Corr *Reno*



An interactive and practical tips presentation from a chef and nutrition educator team with two parts: a discussion of applied culinary nutrition strategies for healthy weight for children based on with increased acceptance of vegetables, legumes and fruits; and a lively culinary demonstration with tips and strategies to take back home with emphasis on CACFP regulations.



Home Visits with Minute Menu

Dawn Perez, Cindy Vian, Natalie Clark, and Lori Johnson
Minute Menu Systems *Laughlin III*

MinWhether you are supervising/managing your own provider caseload or an entire staff's caseload, this session is for you. Learn how to efficiently plan, conduct, and record home visits in Minute Menu HX. Then, we'll go beyond the basics and demonstrate how to analyze the data and use it to maximize resources and increase program integrity. For example, Minute Menu HX can help you determine which meals should be reviewed based on claiming patterns and can help Monitors vary the timing of unannounced reviews so that they are unpredictable by the Providers. The tools and processes available in Minute Menu HX allow your staff to not only meet, but exceed CACFP regulations. We'll also examine the features of the hx2go Review App for tablets and laptops that allows instant data-entry by monitors and reduces paperwork. We will cover everything from how to set up users to use hx2go, to customizing the questions on the app, to setting up your new internal procedures, and more. You will walk out of this training feeling confident in how to get your agency started on hx2go and feeling great about how much time it will save! Already using the app? This class will give you ideas for how you can expand the usefulness of hx2go for your agency.



USDA Presents: State Agency Training

This training is for state agency and regional USDA personnel only and will be presented by the USDA Food and Nutrition Services staff.

1:30 PM - 5:30 PM

Virginia City

Welcome to Las Vegas, Nevada

Blake Stanford, President
National CACFP Sponsors Association



Jim Barbee, Director
Nevada Department of Agriculture
Jim Barbee has worked on policy issues with both the Nevada State Board of Education and the Nevada Legislature. He is a former Secondary Agriculture Educator with a certificate as a Certified Public Manager (CPM).



**Nutrition & Physical Activity:
My Story, Our Fight**

Senator Valerie Wiener, MA, MA

Retired Senator Valerie Wiener has a message for all of us. It begins with a personal story about her struggles with health and nutrition and evolves into a long history of successful advocacy for child nutrition and empowerment for the

child nutrition community. Senator Wiener, the state's longest-serving female legislator born in Nevada (1996-2012) retired as the Senate's Assistant Majority Leader and was also the first woman to serve in both minority and majority leadership positions in the Legislature. As a legislator, Senator Wiener focused on several health care issues, including obesity, prescription drugs, preventative health care, access to care, and more.

**USDA CACFP Proposed Meal Pattern
Changes & Policy Plans**

Hear about where we are in the process for the Proposed Changes to the CACFP Meal Patterns as well as the many exciting updates to the CACFP including recent policy changes and the progress of special projects such as the Paperwork Reduction Act work group.



**Jesus Mendoza, USDA's Food and
Nutrition Service Western Regional
Administrator**

As the Regional Administrator with the U.S. Department of Agriculture Food and Nutrition Service, Western Regional Office, Jesus oversees 15 nutrition assistance programs in Alaska, Arizona, California, Guam, Hawaii, Idaho, Nevada, Oregon, Washington, the Pacific

Territories of American Samoa, Commonwealth of the Northern Mariana Islands, and Indian Tribal Organizations in several western states. Jesus' goal is to create a positive change in programs which serve vulnerable Americans by building partnerships with federal, state and local agencies to maintain the integrity, access and nutritional quality of these programs.

**Tina Fritz Namian, Section Chief
USDA Food & Nutrition Services**

Tina Fritz Namian has nearly 20 years of experience working on Federal policy issues relating to children, including child nutrition, child welfare, and child labor. She is a former Presidential Management Fellow.



Join fellow attendees from your region for a discussion about the Issues & Challenges for Successful Implementation of the Proposed Meal Patterns.



MidAtlantic Region Delaware, Maryland, New Jersey, Pennsylvania, Puerto Rico, Virginia, West Virginia *Reno*
Suzanne Zanella, Pittsburgh YMCA
Debra Ghia, Lehigh Valley Children's Center

Western Region Alaska, Arizona, California, Hawaii, Idaho, Nevada, Oregon, Washington *Laughlin II*
Janice Kirby, Mountainview Day Care
Gail Birch, Providers Choice

Southeast Region Alabama, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee *Laughlin III*
Alan Mills, Community Childcare
Vicki Lipscomb, Child Nutrition Services
Senta Hester, Our Daily Bread of Tennessee

Southwest Region Arkansas, Louisiana, New Mexico, Oklahoma, Texas *Virginia City*
Sharon Ray, Nutriservices
Blake Stanford, Southwest Human Development Services

Mountain Plains Region Colorado, Iowa, Kansas, Missouri, Montana, Nebraska, North Dakota, South Dakota, Utah, Wyoming *Lake Mead*
Susan Ison, Helping Hands
Kati Wagner, Wildwood CACFP

Midwest Region Illinois, Indiana, Michigan, Minnesota, Ohio, Wisconsin *Red Rock III*
Lisa Smith, United 4 Children
Robin Paul, Mid Michigan Child Care Centers

Northeast Region Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, Vermont *Red Rock IV*
Jean Bianchi-Sharkey, Clarendon Early Education Services
Pat Siergiey, Central Vermont Community Action Council

www.cacfp.org

Watch our Culinary Kids in Action! Then <SHARE> these videos with your providers, families, and children . . .



Better Breakfasts



Let's Get Growing



Now They're Cooking

Wednesday • 11:00 am–12:00 pm
Workshops Session One

Bringing the Farm to the CACFP

Reno

Traci Mouw, MPH, Food and Nutrition Service, USDA

Farm to Child Care is a growing area of interest. Participants will learn about USDA policy, resources and recommended strategies for incorporating local foods in the CACFP, including adult care, and connecting children to local foods and gardening. There will be opportunities for peer-to-peer learning and questions and answers.

Improving Community Health Through Policy, Systems and Environmental Change in Southern Nevada

Laughlin I

Aurora Buffington, MS, RDN, LD, Mindy Meacham & Amanda Reichert, Southern Nevada Health District Office of Chronic Disease Prevention and Health Promotion

This session showcases public health initiatives, including local examples from Southern Nevada, that impact community health and wellness through physical activity, nutrition, and child care.

Please Pass the Peas: Strategies for Working with Picky Eaters

Maureen Lyons, Learning ZoneXpress

Laughlin II

Interactive discussion of picky eating brings understanding of the negative food issue that impact life-long eating patterns and health. Learn how to improve acceptance of challenging foods. Find options for nutrition education for care providers and parents to reduce power struggles and improve collaboration between home and child care settings to use right away.

Educational & Language Learning Strategies for Effective Training

Laughlin III

Anna Briggs, TX Education Service Center

With the rapid rise of non-native English speaking adults in the U.S., this constitutes a diverse population of child care providers, who have unique linguistic needs when meeting the demands of the workforce. This session will highlight educational and language learning strategies for providing trainings to adult English language learners in the child nutrition industry.

Proposed Meal Pattern Survey, Listening Calls & Consortium Feedback

Virginia City

Vicki Lipscomb, Child Nutrition Programs

In this workshop we will review the recommendations made by the Institute of Medicine (IOM) and input from stakeholders (such as you). The National CACFP Forum, The CA Roundtable, NPA and NCA formed a consortium to review the original IOM Report, make recommendations to USDA, and most recently to submit comments to USDA and prepare a model letter for those supporting the consortium's recommendations. This workshop will review the process, along with the feedback received from surveys and listening sessions.

Using the Web for all things CACFP

Lake Mead

Michael Spevacek, The AccuTrak Group

Learn how the web-based CACFP.Net for sponsors, providers and centers works and why it's comprehensive, cost-saving and easy to use. An internet connection is all you need to complete records, validate claims, generate reports and checks. Learn to connect with scanners and tablets for field-staff recordkeeping.

Connecting Families with the Benefits of CACFP

Pat Siergiey, Central Vermont Community Action Council *Red Rock III*
Jessica Boese, National CACFP Sponsors Association

We are all familiar with the CACFP, but how can we communicate the benefits of participating in this program to families? Learn ways to bridge that gap and show how those five letters represent the standard in high-quality childcare.

Knife Skills: Making the Cut!

Red Rock IV

Chef Patrick Simon, Culinary Academy of Las Vegas

Knife skills make work in the kitchen easy! Come learn from the Chef Simon the number of knife skills you could be teaching your providers (or using in your own home).

Wednesday • 12:00 pm–1:30 pm
Lunch Program *Ballroom*

2015 Friend of CACFP Award

Congresswoman Marcia L. Fudge
11th District of Ohio



This year's recipient of the Friend of CACFP Award, Congresswoman Fudge is a committed public servant who brings a hard-working, problem-solving spirit to Congress and to the task of protecting safety net programs, and improving access to child nutrition programs and healthy foods.

First elected in 2008, she represents the people of the 11th Congressional District of Ohio. Congresswoman Fudge has served the people of Ohio for more than two decades, beginning with the Cuyahoga County Prosecutor's Office. She was the first African American and the first female mayor of Warrensville Heights, Ohio. Congresswoman Fudge serves on the House Committee on Agriculture and the House Committee on Education and the Workforce which is charged with legislation for CACFP and all child nutrition programs. She is the Ranking Member on the Subcommittee on Early Childhood, Elementary and Secondary Education.

Congresswoman Fudge consistently fights for equitable access to a quality education from preschool through post-secondary programs, child nutrition, food stamp (Supplemental Nutrition Assistance Program) recipients, for access to locally grown, healthy foods. Congresswoman Fudge's work ethic, problem solving approach, and ability to build collaborative relationships has earned her a reputation among her colleagues in Washington and at home as an insightful leader and knowledgeable legislator. NCA is proud to honor Congresswoman Marcia L. Fudge for her support of CACFP.



**Organically Grown Creativity:
Inspiring Thought-Provoking
Individuals and Industries**

Dr. Edward B. Burger, PhD
Southwestern University

How can leaders flourish, become their best selves, and reach potentials beyond their own expectations? The answer is by practicing basic habits of effective thinking that open doors to creativity and innovation. This lively presentation will offer specific actions that can be taken to provoke thought and find hidden solutions and opportunities.

Edward Burger is the President of Southwestern University as well as an educational and business consultant who has led creativity and leadership seminars at the World Bank, Microsoft, the United States Department of the Interior, the International Monetary Fund, and colleges and universities around the world. He is the author of over 60 research articles, books, and video series (starring in over 4,000 on-line videos viewed by over ten million individuals).

Burger has received a long list of prestigious awards including Robert Foster Cherry Award for Great Teaching—the largest and most prestigious prize in higher education teaching across all disciplines in the English speaking world. The Huffington Post named him one of their 2010 Game Changers; "HuffPost's Game Changers salutes 100 innovators, visionaries, mavericks, and leaders who are reshaping their fields and changing the world." In 2012, Microsoft Worldwide Education selected him as one of their "Global Heroes in Education." In 2013 Burger was inducted as a Fellow of the American Mathematical Society and in 2014 he was elected to The Philosophical Society of Texas.

Wednesday • 1:45 pm–2:45 pm Workshops Session Two

Using Outdoor Garden Classrooms to Improve Eating Habits

Ciara Byrne, Green Our Planet Reno

Learn how Outdoor Garden Classrooms can be used to make learning about healthy nutrition fun for students. The workshop discusses the STEM curricula developed by CCSD teachers which includes 5th graders running farmers' markets and chef partnerships with schools.

Expanding Your Reach: Demystify the ARAS Program

Jason Sellers, Minute Menu Systems Laughlin I

At-risk sites can be a great opportunity for your center sponsorship, but the rules for at-risk participation are different from regular CACFP centers. In this class, we will discuss who is eligible to participate in the At-Risk program, how to make sure you choose the right at-risk centers to sponsor, how to track at-risk claims using Minute Menu CX, and strategies for finding and recruiting at-risk sites.

Navigating the FNS 796-2 Instruction

Susan Weeks, Food and Nutrition Services, USDA Laughlin II

This presentation will focus on using the FNS 796-2 Instruction (and related CACFP resources) to determine the allowability of costs proposed for a CACFP budget. Examples of proposed costs will be presented to identify how to determine if a cost would be allowable.

How to Work With Elected Officials: The Seven C's of Advocacy

Senator Valerie Wiener (Ret.), Wiener Communications Group Laughlin III

Success in the political environment often depends on more than the merits of your issue or the benefits of your program. The "how" of your connection with elected officials can make or break your efforts to persuade decision-makers. Success starts with the "Seven C's of Advocacy!"

Proposed Meal Pattern Best Practices Panel

*Christine Twait, MS, RD, Providers Choice Virginia City
Linda Simmons, MSHP, RD, LD, Texas Department of Agriculture
Rhonda Kobylecky & Kristina Bedikian, Acelero Head Start
Jean Bianchi-Sharkey, Clarendon Early Education Services
Susan Horner, Community Services of Northeast Texas*

We know there are state agencies, sponsors, providers, and head start centers who are already implementing the best practices recently proposed by the USDA. Hear from a panel of CACFP community members about their successes, challenges, and lessons learned implementing the best practices for breastfeeding infants, ensuring adequate fruits and vegetables, limiting frying, and serving whole-grains, unflavored milk, and lean meats.

Educating For The Health Of It

Tanya Harvey, Missouri Department of Health and Senior Services Lake Mead

Childhood obesity is the result of many factors in a child's life and may not be resolved by a single action, but steps can be taken by child care providers to start leading our children down the path to a healthier tomorrow. This session will focus on what Missouri is doing to help providers educate and empower young minds with the information needed to help them lead healthier lives.

EAT and RUN Workshop

Kamini Jassal, Abeba Tzeggai, Jene Moore, Fairfax County Office for Children Red Rock III
Eat and Run workshop is interactive workshop that is designed to recruit and retain providers in CACFP. It promotes healthy eating and physical activity to prevent childhood obesity.

What's For Breakfast?

Nancy Johns & Michelle Hawkes, Association for Child Development Red Rock IV

Do you ever wonder if the choices you are making at breakfast for yourself and your day care children are really as healthy as the box says? Come find out the truth.

Wednesday • 3:00 pm–4:00 pm Workshops Session Three

Passport to Adventure: Think Globally, Eat Locally

Jessica Boese, National CACFP Sponsors Association Reno

Learn about popular foods from all around the world and how to encourage children to be more open minded when it comes to trying new foods. Participants will have the opportunity to prepare and sample a recipe, and everyone will go home with a "tool" to try at home.

Let's Get Moving

Michelle Stickleby and Denise Meyer, Association for Child Development Laughlin I

Incorporate exercise into your daily curriculum. Discover how to promote the love of activity in youth through play in this interactive workshop.

The Serious Deficiency Process: Part I

Barbara J. Smith, USDA - FNS - CNP Laughlin II

This workshop will feature a discussion of the serious deficiency (SD) process including: basic steps in declaring an institution/facility SD; the corrective action process; and the possible outcomes of an institution/facility being declared SD.

Aligning Partners Increases Access to After-school/At-risk Meal Programs

*Dr. Susan Gallo, City of Denver/Mayor's Office of Children's Affairs Laughlin III
Kristen Wiley, Revolution Foods*

Together we will explore successful partnerships between sponsors and food vendors to increase access to after-school/at-risk meal programs. Strategies include mapping of after-school/at-risk meal programs, focused attention on increasing participation at each site, and regular stakeholder meetings to provide seamless communication. Participants will receive tools to implement similar models within their communities.

Best Practices in Monitor Visits: Auditor versus Advocate

Barbie James and Amanda Theissen, Knowledge Universe Virginia City

Monitor visits are not just about compliance. They are your opportunity to provide support and build relationships with providers who are serving children nutritious meals. In this workshop you will participate in discussions and share ways to maximize your impact while ensuring program compliance...building a food program everyone loves!

Ensuring Healthy Futures by Creating Healthy Habits

Julia Quattrini, Indiana Alliance of Boys & Girls Clubs Lake Mead

To some degree we are all products of our environment. In this session, learn how to use this logic to your advantage in order to influence the way your youth views and responds to "healthy" food, and help them to develop healthy habits they can carry with them throughout life.

Online Professional Development in Nutrition, Health and Wellness from Penn State Extension Better Kid Care

Claudia Mincemoyer & Jill N. Cox, MS, RD, Penn State Better Kid Care Program Red Rock III
Better Kid Care "On Demand" is an online professional development initiative that offers modules on nutrition, health and other topics for early childhood professionals. Learn how to access the modules and hear about lessons learned regarding self-directed learning.

Minding Our Peas & Cues: The Importance of a Positive Mealtime Environment in Child Care Settings

Christine Twait, MS, RD, Providers Choice 2 Hrs. Red Rock IV

Come experience this workshop from a child care provider's perspective and leave with all the tools you need to present this workshop to providers yourself. Helping children develop positive lifelong eating habits requires attention to both peas (the menu) and cues (the mealtime environment). Experts agree that children's early food experiences affect their health and nutrition in the short-term and their lifelong eating habits. You will learn how to cultivate positive eating behaviors and understand the feeding style most likely to create positive long term eating behaviors. You will also learn that some food waste is worthwhile, and be able to include your mealtime environment practices in your wellness policy.

● Wednesday • 4:15 pm–5:15 pm ●
Workshops Session Four

Healthier Futures for Our Children

Kati Wagner, Wildwood CACFP

Reno

Designed for sponsors to train providers, this session will look beyond the "Creditable Meal." We will explore CACFP, nutrient-dense foods, the goals of Colorado's Healthier Meals Initiative, and how to help providers build a foundation of healthy lifetime eating habits for the children in your care.

Overview of Let's Move Child Care

Rachel Powell, PhD, Centers for Disease Control & Prevention

Laughlin I

This presentation will highlight Let's Move Child Care, which is an obesity prevention intervention for early child care and education providers. Resources related to the best practices of the five goals (physical activity, food, beverages, screen time, and infant feeding) will be shared.

The Serious Deficiency Process: Part II Q & A

Barbara J. Smith, USDA - FNS - CNP

Laughlin II

This is an interactive hour to discuss issues needing clarification SD Part I.

The E-Model: Managing an Ethical CACFP Program

Dietrich Nickleberry Love, MBA, Head Start of Greater Dallas

Laughlin III

The training session geared toward Head Start will help sponsors understand the importance of ethical health. Sponsors will strengthen their knowledge in the importance of accountability and responsibility of monitoring the CACFP Program.

Play With Your Food: How to Incorporate Fun Nutrition Education in Everyday Childcare

Jamie Mortimer and April Rodriguez, Association for Child Development

Virginia City

"The Food Group Boogie", noodle art, edible insects... Learning about nutrition can be fun for all! This interactive session will provide you with practical, take-home ideas on how to integrate age-appropriate nutrition curriculum into your regular childcare programming. Let's not only feed children's grumbling stomachs, but also feed their desire to learn, experiment, and have fun.

Center Sponsorship 101: Just Do It!

Gail Birch, Providers Choice, Robin Paul, Mid-Michigan Child Care Centers, Senta Hester, Our Daily Bread of TN

Lake Mead

Do you or have you ever considered sponsoring child care centers? This workshop is a place for sharing ideas, concerns, strategies, and integrity issues of being a sponsor of unaffiliated sites. We will discuss the challenges of center sponsorship; working with your state agency, staff development, center training needs, maintaining accurate records, and budgeting.

CACFP Case Studies: Where Instruction Meets Application & Implementation

Marissa Hamm Saddler, MPH, MH Miles Company CPA PC

Red Rock III

Through the use of case studies, this interactive session will assist sponsors with identifying best practices for identifying and preventing program non-compliance.

● Thursday • 8:00 am–9:00 am ●
NCA Annual Meeting

NCA Annual Meeting

Join fellow members of the National CACFP Sponsors Association for our annual meeting to hear more about where we are, what we've accomplished, and what we have planned for the future!



State Agency Symposium

Specifically for state agency staff, this symposium will be led by National Professionals Association Board Member Linda Simmons in discussion on the current findings in the formative research on nutrition, physical activity and electronic media for CACFP.

● Thursday • 9:15 am–10:45 am ●
General Session



Meal Patterns & Reauthorization What You Need to Know & Why You Should Care

Geri Henchy, MPH, RD

Food Research and Action Center

Get ready for #CNR2015. Priorities for the coming reauthorization include ensuring more children have a healthy start by improving early childhood nutrition programs. At the same time, meal pattern changes for the CACFP are here! Learn why you need to know about these now and what more you can do to take action.

Geraldine Henchy is the Director of Nutrition Policy and Early Childhood Programs at the Food Research and Action Center (FRAC)— a research, policy, public education, and advocacy center working for more effective public and private policies to eradicate domestic hunger and improve the nutrition and health of low-income individuals and families.

No Kid Hungry Josh Wachs, Share Our Strength

You've likely heard of Share Our Strength's No Kid Hungry Campaign. Now hear from Josh Wachs, chief strategy officer, who will share the evolution and goals of the program, why it matters to the CACFP community, and the kinds of change it aspires to bring about.

Josh Wachs is responsible for developing and implementing the long-term strategy for both the nutrition "access" and nutrition "education" components of Share Our Strength's No Kid Hungry campaign, the organization's national effort to end childhood hunger in America. Wachs is a veteran community organizer and strategist, and has held positions in the private, academic, and political sectors. He has served as the NBA's Vice President of Community Relations, as Associate Dean for The New School's Milano School of International Affairs, Management and Urban Policy, as the Chief Operating Officer of the Democratic National Committee, and also as campaign manager of several state, House, and Senate campaigns.



Exciting, Healthy Cuisine Chef Mary Sue Milliken

A pioneer of world cuisine, Mary Sue is most notably recognized as a preeminent ambassador of modern Mexican cuisine with her Border Grill Restaurants.

Mary Sue has co-authored five cookbooks, co-starred in nearly 400 episodes of the Food Network's "Too Hot Tamales," and co-hosted a food centered radio show for over a decade in Los Angeles. She competed on season three of Bravo's "Top Chef Masters," making it to the finale and winning \$40,000 for her charity, Share Our Strength, and its mission to end childhood hunger in America.

Mary Sue has served as a fundraiser, board member and advocate of Share Our Strength since 1987 and also serves on the Board of Trustees for the James Beard Foundation. She is passionate about food policy, working alongside the LA Food Policy Council, Pew Charitable Trusts, Oxfam, Monterey Bay Aquarium and others to help shape sustainable food systems. Mary Sue is proud to have been selected to serve the U. S. State Department as a member of the American Chef Corps, furthering the industry's role in diplomatic affairs.

● Thursday • 11:00 am–12:00 pm ●
Workshops Session Five

Farm to Childcare: The Freshest for the Youngest *Reno*

Erin McKee VanSlooten, Institute for Agriculture and Trade Policy, Pakou Hang, Hmong American Farmers Association, Angie Prokop, Community Action Partnership of Ramsey & Washington Counties Head Start

What is Farm to Childcare? Why does it matter? How do you get started? Discover how to find local foods and use them in healthy, appealing meals and snacks for children. Learn how to engage children in understanding where their food comes from through hands-on activities like gardening, field trips, stories and more. We will share our experience implementing a Farm to Head Start program, and introduce free Farm to Childcare resources and curricula.

It's A Date – Woo Providers Using the NCA Calendar: Provider Nutrition Training, Activity Ideas, & Record Keeping Made Easy

Paula Peirce, RD, A Child's Choice, Senta Hester, Our Daily Bread of TN, Jessica Boese, National CACFP Sponsors Association *Laughlin I*

Would you like to find nutrition information, table crafts, physical activities, training modules, parent provider connection letters and record keeping all in one place? Learn how to translate these materials into crediting hours for your providers and experience first-hand how easy it is to make (and taste) the featured recipes.

Menus to Meals: Building a Healthier Future for Young Children

Jill N. Cox, MS, RD, Penn State BetterKid Care *Laughlin II*

Children develop preferences for specific foods early in life and research shows their early experiences set the foundation for lifelong health behaviors. This workshop explores the importance of serving healthy foods in child care that comply with nutrition guidelines and discusses creative ideas for ways to do this.

Implementing IOM Recommendations in Head Start

Rhonda Kobylecky & Kristina Bedikian, Acelero Learning Head Start Clark County *Laughlin III*

At Acelero Learning Head Start Clark County, our menus have reflected the IOM Meal Pattern Recommendations for the past two years. We serve protein at breakfast two to three times a week, two different vegetables at lunch, two different components at snack including protein, and more. The feedback from children, families and staff has been amazing. Learn how you can make it happen for your children.

Investigating Fraud Waste & Abuse in Federally Funded Programs: Red Flags in the CACFP & SFSP

Cherese Myree, CFE, MH Miles Company CPA PC *Virginia City*

This session will provide sponsoring organizations and program monitors with strategies to identify red flags in the CACFP & SFSP. Participants will also obtain best practices for minimizing fraud, waste, and abuse in federally funded programs.

Training Centers on Minute Menu CX

Dawn Perez, Minute Menu Systems *Lake Mead*

Would you like to be cool, calm, and confident while training your centers? Wouldn't it be great if the material was organized, easy to understand and right at your fingertips already? It is, join this train-the-trainer class for: new ideas to engage clients, established training plans, tools to make training more efficient, and more enjoyable!

The Role of Sponsors in Helping Providers Defend Themselves Against Serious Deficiency Notices

Tom Copeland, CACFP Consultant *Red Rock III*

Providers often don't have a clue about how to defend themselves in the Serious Deficiency process. Come offer feedback on a how-to document in progress for sponsors to share with providers that includes tips on how they can present evidence on their behalf.

Celebrate Your Inner Chef

Kati Wagner, Wildwood CACFP *Red Rock IV*

What is your cooking style? Are you a master chef, musical cook, or a minimalist? We will explore these tricks for all styles: how cooking at home can be easier, healthier and more economical than eating out, how to organize your kitchen to make cooking quick and easy, and how to fit fast food into a healthy lifestyle for you and your family.

● Thursday • 12:00 pm–1:30 pm ●
Lunch Program *Ballroom*

Feeding Our Neighbors

Chris Fava & Chef Patrick Simon
Culinary Academy of Las Vegas



The Culinary Academy of Las Vegas is a nonprofit organization that trains people for successful hospitality careers. Their mission is to do that, and more. As part of their commitment to the surrounding neighborhood, the Academy prepares and delivers nutritious meals to those in need. Year-round, they provide daily hot meals for disadvantaged children, youth, veterans, and the elderly at various community locations through the Summer Food Service Program (SFSP) and the Child and Adult Care Food Program (CACFP). Learn more about their story of service and triumph.

LET'S MOVE!
Child Care National Award Recognition

Let's Move! Child Care (LMCC) is excited to recognize excellence in early education centers and homes who are participating in the Child and Adult Care Food Program (CACFP); CACFP sponsoring agencies; and State CACFP agencies who are making outstanding efforts to improve child nutrition programs that promote young children's health and prevent childhood obesity.

Child Care Centers

- Will Rogers CDC/State Preschool – California
- West Haven Child Development Center – Connecticut
- Gingerbread House Learning Center – Florida
- MSU Child Development Center – Montana
- Thompson Child Development Center – North Carolina
- Miami Valley Child Development Centers – Ohio
- Fairfax County Public Schools Family and Early Childhood Program/Head Start – Virginia
- Penfield Children's Center – Wisconsin
- Taos Pueblo Head Start – New Mexico **Rebecca Martinez**

Child Care Homes

- Sandy's Childcare and Preschool – California **Sandy Guzman**
- Little Angels Learning Place – Florida
- Little Angels – Pennsylvania
- LadyBugHugs – Kansas
- Cunningham Family Child Care Home – Florida

CACFP Sponsoring Agencies

- Children's Council of San Francisco – California **Amy Nelson**
- Parents In Community Action – Minnesota **Jamie Bonczyk**
- Providers Choice – Minnesota
- Children's Hunger Alliance – Ohio
- Child Care Consultants – Pennsylvania

CACFP State/Territorial/Tribal Agencies

- Bright from the Start: Department of Early Care and Learning – Georgia **Deidria "Dee" Bolden**

Thursday • 1:45 pm–2:45 pm Workshops Session Six

Ingredients for Success: Technology, Training and Monitoring
*Susan Still, Brighton Training, Debra J. Ghia, Lehigh Valley Children's Center
Dara Jacobs, Brighton Training Group* Reno

Explore innovative ways to integrate technology into the monitoring process. Provide training and technical assistance with quality monitoring, to correct problems and prevent recurrence. Our Yeti Training System includes electronic monitoring forms with corrective action plans, and twenty-minute online training segments allow individuals to review regulatory requirements, whenever and wherever convenient. The sponsor management tool assists sponsors to track successful course completion.

At-Risk Afterschool – Promoting Year Round Feeding with SFSP

Kathryn Quillen, Food and Nutrition Service, USDA Laughlin I

Learn how organizations, including traditional child care centers that participate in the at-risk afterschool meal component of CACFP, can expand their programs and establish a year-round presence in their communities through the SFSP. Topics covered will include application requirements, site eligibility, monitoring and training requirements, and updated guidance.

Cost Allocation for Center & Home Sponsors

Vicki Lipscomb, Child Nutrition Programs

Cherese Myree & Monica Miles, CPA, CFE, MH Miles Company CPA PC Laughlin II

Confused about the requirements for cost allocation when you begin sponsoring unaffiliated centers? This workshop should help. We will review the USDA guidance concerning cost allocation and share some examples of typical expense areas and examples of a cost allocation plans.

Meeting the Challenges of Creating Healthy Child Care Environments—USDA's Team Nutrition Resources

Andrea Farmer, MS, RD, LD, Food and Nutrition Service, USDA Laughlin III

Discover how USDA's Team Nutrition can help sponsors, centers, and providers create healthier child care environments! This session will present findings from nationwide research conducted with CACFP centers, homes, sponsors, and State agencies. The session will also showcase free child care resources, and share plans for future USDA resources.

Simple Fruit and Vegetable Snacks for Preschool Children

Amanda Tucker, TX Education Service Center Virginia City

This workshop will focus on child friendly fruit and vegetable snacks that will increase young eater's capacity to try new fruits and vegetables. Demonstrations of budget friendly snacks will highlight the nutrition benefits of fruit and veggies that children will love.

Area Eligibility – A Primer

Traci Mouw, MPH, Food and Nutrition Service, USDA Lake Mead

Participants will learn the basics of area-eligibility, how to use FNS mappers to determine area eligibility using census data and to identify areas for outreach and expansion. Participants will have an opportunity to ask questions and are encouraged to bring real-world scenarios for live demonstration.

Selling the CACFP & Other Mysteries

Cindy Vian, Minute Menu Systems Red Rock III

The CACFP is changing rapidly, how do you keep up? Come learn how to identify your agency strengths, communicate them effectively and attract new providers or centers. Take control of your web destiny; find community partners & funding sources to help meet organizational goals. Join us and get caught up in the fun.

Improving Early Care Obesity Prevention Through CACFP

*Jennifer Weber, American Heart Association, Katey Swanson, Nemours
Lloyd Werk, Nemours Children's Hospital, Arianne Corbett, Leading Health* Red Rock IV

This session will highlight different strategies being implemented to improve the nutrition quality of meals and snacks served through CACFP featuring lessons learned, promising practices and specific examples to support improvements and innovation to help ensure children receive healthy meals and snacks through CACFP.

Thursday • 3:00 pm–4:00 pm Workshops Session Seven

Beyond the Playground: Top 10 Things You Should Know to Create Intentional Opportunities for Physical Activity
Anne R. Lindsay, MS, University of Nevada Reno

"Just move" isn't the same as "let's move!" Increasing outdoor time alone may not be enough... it must be intentional! Teaching fundamental movement skills and promoting active lifestyles at an early age can play a role in the development, competency and fitness of the growing child while targeting obesity prevention.

Strategies for Expanding At-Risk Afterschool Meals Sponsorship

Katherine Klosek, Baltimore Partnership to End Childhood Hunger Laughlin I

Melissa Moore, Family League of Baltimore

Kara Panowitz, Share Our Strength

Clarissa Hayes, Maryland Hunger Solutions

This interactive session will give examples, including stories, photos, and best practices, that CACFP sponsors in Maryland have used to expand the number of sites and children that they serve. Participants will leave with a worksheet filled with exciting ideas and resources to use when they get back home.

Up your Odds for a Successful Training Session

Jennifer Basey, MA, National CACFP Sponsors Association Laughlin II

Have you ever sat through a training session and been completely restless or given a presentation while looking out at unengaged audience? If so, come learn a few different tricks of the trade to make your presentations more interesting and your audience more engaged.

A State Agency's Perspective: Boundaries, Expectations and Advocacy in Virginia

Conchetta Yonaitis & Melinda Wooten, Virginia Department of Health Laughlin III

Learn about Virginia's approach to the CACFP not only by focusing on program quality and integrity, but also how the State agency fosters program growth through relationship building, community collaboration and sponsor retention.

Reasonable Accommodations and Food Allergies

David C. Youngblood, Civil Rights Division Virginia City

Food and Nutrition Service, USDA

This session will cover the requirements for providing reasonable accommodations to program participants who have disabilities, with a particular emphasis on providing accommodations to individuals with food allergies.

Whole Grains for Health

Kayte Partch, MS, RD, LMNT, Nebraska Department of Education Lake Mead

Participants will learn more about the varied health benefits of whole grains and strategies for increasing whole grain content of the foods served in their childcare.

A CACFP Cycle Menu Writing/Editing Process

Lori Muzquiz, MED and Tarrah Moreno, Texas Education Service Center Red Rock III

Participants will work through a process of creating and implementing a cycle menu for Childcare Centers. The process accounts for choking prevention, color and variety of menu items, and foods that contain sources of nutrients that are often lacking in children's diets.

Develop Good Policies: Project Professional Image

Donna C. Hurley & Sharon Woodward Red Rock IV

S&D Instructional Services

Do employees give conflicting answers to questions? Do your policies relate to your mission statement? Do your policies address nonfood program problems employees face? Whether an administrator or employee, know what policies should be in place to assure that your sponsorship projects a unified and professional image in your community.

“CACFP provides approximately 1.9 billion meals and snacks to over 3.2 million children.

You make that possible. Thank you.”

Thursday • 4:15 pm–5:15 pm
Workshops Session Eight

Paperwork Reduction: Report to Congress

Reno

*Vicki Lipscomb, Child Nutrition Program
Natalie Clark, Minute Menu Systems*

Team members from the PWR work group will review the final report that has been submitted to USDA and Congress. In addition we will discuss some of the recommendations that may only require a conversation with your State Agency. Let's start simplifying!

Show YOU the Money: Fundraising 101

Laughlin I

Alexia Thex, MEd, National CACFP Sponsors Association, Susan Ison, Helping Hands, Lisa Smith, United 4 Children

As 501c3 organizations, non-profits are always looking to increase their budget through fundraising. Join our experienced panelists to discuss strategies for making a presence in your community while raising funds for your organization.

Think Your FOOD

Laughlin II

Kim Overby & Neal Nachtigall, Sanford Health CHILD Services

Learn about fit and how MOOD, RECHARGE, FOOD and MOVE are all connected when making healthy choices. Obtain information on the important role caregivers play in teaching children and educating parents on making healthy food choices while also providing a care environment that promotes healthy food choices.

Tools on the Web for You: Save Time and Money

Samantha Marshall, ChildCareInfo.com

Laughlin III

You know that there are free or discounted web resources out there to help you but you don't have the time to figure out what they are and how they are going to help? Well, this is the workshop for you. We'll focus on different business management tools, marketing tools, as well as CACFP/nutrition specific resources that you can use to make your agency the best it can be!

**CACFP Documentation:
Connecting the Dots, Building the Blocks**

Virginia City

Amanda Tucker, TX Education Service Center

Connect the dots between required CACFP operational and administrative documentation including enrollment, eligibility, meal counts, meal production records, claims reporting, financials, and budgeting. Then turn these dots into building blocks for a successful CACFP program through enhanced information flow, policies and procedures, and organization.

Off to a Good Start for Infants

Lake Mead

Linda Simmons, MSHP, RD, LD, Texas Department of Agriculture

Proper nutrition is essential to the rapid growth and development that occurs during an infant's first year. Providing infants with breast milk, iron-fortified infant formula and nutrient dense solid foods will promote good health and give them the opportunity to enjoy new taste and textures as they establish good eating habits. Loving and supportive feeding techniques are essential in allowing infants to eat well and develop healthy attitudes towards themselves and others.

**CACFP's Role in Compliance
with Head Start's Fiscal Integrity Monitoring Protocols**

Red Rock IV

Susan Still, Brighton Training

The new Head Start Fiscal Integrity Monitoring Protocols specify the proper coordination of funds with the CACFP. This workshop will address the parallels between the CACFP and Head Start's fiscal integrity initiatives, provide planning strategies, and review the CACFP's role in Head Start.

CACFP Connections

Pass along some craft, activity, and recipe ideas while you raise awareness year-long about the Child and Adult Care Food Program: an indicator of quality child care. NCA has created these parent connection activity newsletters for members to share with their providers and their families—once again connecting CACFP to quality child care in communities across the nation. www.cacfp.org.

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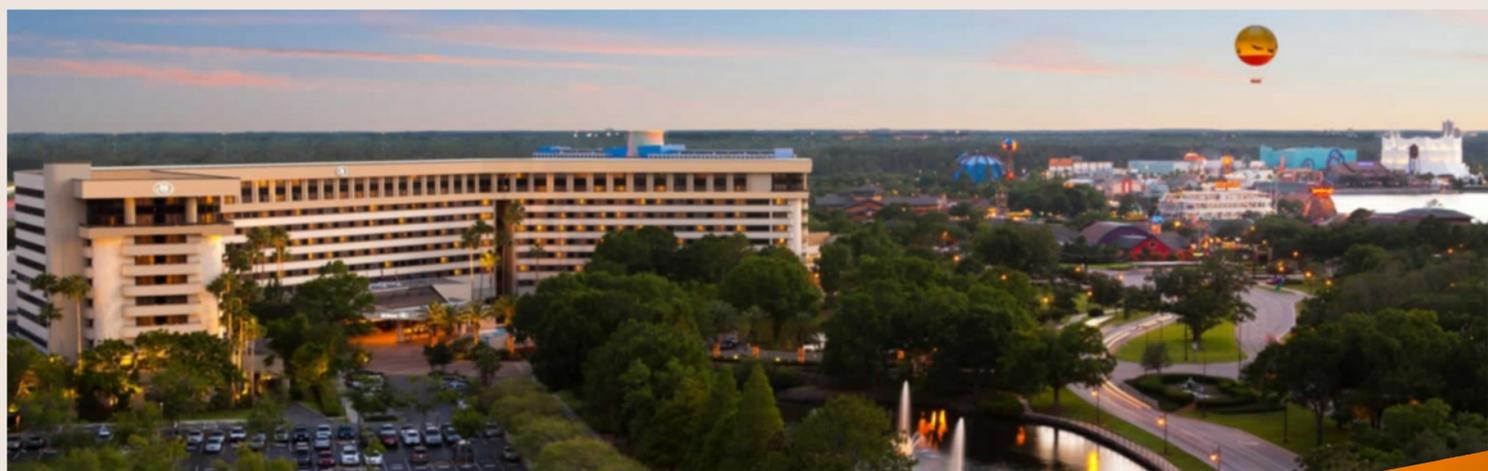


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JAPAN

CRISPY EDAMAME
1 package (12 ounce) frozen shelled edamame (green soybeans)
1 tablespoon olive oil
1/4 cup grated Parmesan cheese
Salt and pepper to taste

Preheat oven to 400°F. Rinse under cold water to thaw. Drain and dry completely. Spread the edamame in a single layer on a shallow baking dish. Drizzle with olive oil and toss to coat. Sprinkle with cheese and season with salt and pepper (optional). Bake at 400°F until the cheese is crispy and golden, about 15 minutes.

CHERRY BLOSSOMS
In Japan, the cherry blossom symbolizes new life or hope. Make your very own cherry blossoms with this fun craft.

Using brown crayons, guide children to draw a skinny tree trunk with long branches onto construction paper. Create the blossoms by dipping fingertips in pink paint and leaving prints all along the branches.

PORTION POWER
According to the World Health Organization's recent reports, the Japanese live longer and healthier lives than Americans. Not only that, but the International Obesity Task Force consistently ranks Japan #1 for the lowest obesity rate in the developed world. With figures like those, it's definitely worth taking note of their eating habits. Many believe it has a lot to do with portion sizes.

Research shows that when we're served more, we tend to eat it, which is due in part to the "clean your plate" mentality many Americans were raised with. Conversely, the Japanese are known for making their food beautiful and for presenting meals on smaller plates and trendy dishes. They're raised to slow down, take smaller bites, and to "eat with their eyes." This style of eating through meals, or eating on the fly, means dining often means eating less and consuming fewer calories because your body registers being full sooner, which means maintaining a healthy lifestyle.

HANETSUKI
The traditional Japanese New Year's game is played with a wooden shuttlecock and a shuttlecock. The game is similar to badminton but played without a net. It is thought that the longer the shuttlecock stays in the air, the better protected the players will be in general - our version uses a balloon in place of the shuttlecock and the children's hands in place of the shuttlecock. The object of the game being to keep the balloon from touching the ground.

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