



Child and Adult Care Food Program (CACFP) August 2023

Webinars & Trainings

Taking a Fresh Look at Afterschool Meals

No Kid Hungry Center for Best Practices

Thursday, August 17, 2023, at 3:00pm ET.

Did you know that the Afterschool Meal Program can help fill the nutrition gap that may exist for millions of low-income children when the school day ends? The Afterschool Meal Program provides federal funding to afterschool programs operating in low-income areas to serve nutritious meals and snacks to children 18 and under after school, on weekends, and during school holidays.

Michigan Farm to Institution Network

Thursday, August 17, 2023, from 2:00pm - 3:00pm ET.

Do you have a garden at the site of your child nutrition program? Learn from Michigan schools that are successfully sourcing food from their school gardens and tools that exist to support. This August virtual meeting is designed for food program managers and educators from schools and early childcare and education (ECE) sites who would like to incorporate produce grown onsite into their menus and meals.

2023 CACFP Virtual Summit

August 15-17, 2023, from 11:30am-4:30pm ET each day

Looking for food program training? Join us for three days of workshops on nutrition, program administration, operations, management, and more! There are 12 hours of Continuing Education Units available to be earned.

Standard registration is \$149, increasing to \$199 after August 3, 2023.

Your registration fee also includes access to the on-demand sessions, available through August 31, 2023.

Watch for news on the next Thinking Thursdays Webinar to be held in September.

CACFP Meal Services in Head Start Programs

CACFP contributes to the wellness, healthy growth, and development of young children. Head Start programs give nutritious meals and snacks to children and use the CACFP to improve quality.

These [video clips](#) answer important questions about how to implement CACFP in your program. Find information about meal patterns, meal pattern accommodations, how CACFP reimbursements are calculated, and creating positive food and eating environments. [Video clips](#) are from a webinar broadcast on June 1, 2022.

If you would like to view the full webinar and receive a certificate of completion, please write to health@ecetta.info and request a link for CACFP Meal Services in Head Start Programs.



Michigan School Meals Program

On July 20, 2023, Governor Whitmer signed into law the Fiscal Year 2024 State School Aid Budget that includes funding designated for universal free breakfast and lunch for all public school students in Michigan. Students in grades pre-K to grade 12 are eligible to receive free meals. This program is called the Michigan School Meals program.

For a district to be eligible to participate, they must:

1. Be a public school, charter school, or intermediate school district
2. Participate in the National School Lunch Program
3. Serve breakfast AND lunch
4. Participate in Community Eligibility Provision (CEP) if eligible
5. Serve all meals for free

This is a huge step forward in the effort to ensure that all children have access to healthy meals in our state!

Questions regarding Michigan School Meals may be directed to:
mde-schoolnutrition@michigan.gov

Website: [Michigan School Meals](#)



Professional Development Opportunities available on [MIRegistry](#)

Both opportunities include an online, on-demand webinar with an online assessment. The assessment serves as registration too, so participants will want to view the webinar and then click on the assessment link. The sessions can be found in [MIRegistry](#) as:

[#127713, Growing Healthy Eaters Learning Collaborative – Child and Adult Care Food Program 101](#)
[#127735, Growing Healthy Eaters Learning Collaborative – Using CACFP to Purchase Local Food \(Includes information on 10 Cents a Meal!\)](#)

Questions about these opportunities can sent to mshedd@msu.edu

Ten Cents A Meal
<http://www.tencentsmichigan.org/>

Income Guidelines for National Free and Reduced Priced Meals for Schools and the Child and Adult Care Food Program are announced.

The Michigan Department of Education has announced the household income guidelines established by the United States Department of Agriculture for free and reduced-price meals and free milk through the National School Lunch, School Breakfast, Special Milk, and Child and Adult Care Food Programs. The income guidelines are effective from July 1, 2023, through June 30, 2024.

Families should contact their school, school district, childcare center, or family day care home sponsor to find out whether it participates in these programs.

Schools, childcare centers, adult day care centers, and family day care home sponsors will provide a form for applying for free or reduced-price meals. Only one application is required per household.

Adults, children, or foster children who are recipients of various programs such as Michigan’s Family Independence Program, Food Assistance Program, or Food Distribution Program on Indian Reservations, or who are enrolled in Head Start, an At-Risk afterschool center, or an emergency shelter automatically qualify for free meals. Households with incomes less than or equal to the following guidelines qualify for free or reduced price meals or free milk.

Total Family Size	Scale for Free Meals		Scale for Reduced or Free Milk Price Meals	
	Annual	Monthly	Annual	Monthly
1	\$18,954	\$1,580	\$26,973	\$2,248
2	\$25,636	\$2,137	\$36,482	\$3,041
3	\$32,318	\$2,694	\$45,991	\$3,833
4	\$39,000	\$3,250	\$55,500	\$4,625
5	\$45,682	\$3,807	\$65,009	\$5,418
6	\$52,364	\$4,364	\$74,518	\$6,210
7	\$59,046	\$4,921	\$84,027	\$7,003
8	\$65,728	\$5,478	\$93,536	\$7,795

For each additional family member add:
\$6,682 \$557 \$9,509 \$793

Governor Whitmer declares August as National Breastfeeding Month

Michigan is committed to encouraging a strong foundation for life by supporting breastfeeding/chestfeeding parents for the first year of their child's life and beyond. Due to this, Governor Gretchen Whitmer is declaring August 2023 as National Breastfeeding Month.

Michigan is committed to helping breastfeeding parents to reach their breastfeeding/chestfeeding goals. Community-based support such as doulas and Women, Infant, and Child (WIC) peer counselors help diversify lactation support and increase breastfeeding rates in local communities across the state. The State of Michigan WIC program is celebrating National Breastfeeding Month with the theme, "[Into Every Drop](#)" and invite our partners to share [Individual Logos](#) and [Social Media Templates](#).

WIC supports breastfeeding in the following ways:

- Free, unlimited access to lactation consultants and breastfeeding peer counselors.
- Training to all WIC staff to support prenatal and breastfeeding families.
- Breastfeeding clients get more WIC foods than non-breastfeeding clients and are able to stay on the program longer.
- At six months, breastfed babies receive infant meats and more fruits and vegetables.
- Many WIC clinics offer telehealth appointments.
- WIC offers a breastfeeding warmline available seven days a week, from 8 a.m. to 8 p.m. at 833-MIWICBF (833-649-4223).

All Michiganders benefit when our infants, children, and parents are healthy and happy. To show your support, visit the [Michigan Breastfeeding Network](#). In addition, the USDA has the following resources for use in CACFP centers and homes to support breastfeeding families: [Breastfed Babies Welcome Here | Food and Nutrition Service \(usda.gov\)](#) and [CACFP Trainer's Tools: Feeding Infants: Supporting Breastfeeding Mothers in a Child Care Site | Food and Nutrition Service \(usda.gov\)](#).

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