



# Child and Adult Care Food Program

(CACFP) December 2024 Newsletter

## Get the Scoop on Added Sugars in the CACFP

Children often consume too many added sugars. The holiday season often brings gifts of sweet treats and desserts. Learn how to reduce added sugars in the CACFP, training resources available:

- Choose Breakfast Cereals that are lower in sugar.
  - CACFP Halftime [Webinar recording](#)
  - [Training Worksheet](#)
- Choose Yogurt that is lower in added sugar.
  - CACFP Halftime [Webinar recording](#)
  - [Training Worksheet](#)
- Share tips with Parents! Check out the Nibbles for Health Newsletter, [“Developing Healthy Habits with Less Sugar”](#).

## Chilly Weather Calls for Soup Season

### Check out CACFP Recipes:

Available in English and Spanish on the [Child Nutrition Recipe Box](#) Site.



#### [Sweet Potato and Black Bean Stew](#)

1 cup provides: **Legume as Meat Alternate:** 3 oz equivalent meat alternate and ½ cup vegetable.

OR

**Legume as Vegetable:** 1¼ cup vegetable



## Ask a Nutritionist: Creditable or Not?

Thursday, January 23, 2025 (2:00 PM- 2:30 PM EST)

Determining which foods are creditable in the CACFP can sometimes feel like a guessing game. Isabel Ramos-Lebron, Nutrition Education Specialist, can walk you through the ins and outs of the CACFP meal pattern. Bring your questions about what is and isn't creditable and learn the reasoning behind each guideline to help you confidently serve meals that meet CACFP standards.

[Register](#) for this Educational Webinar through the National CACFP Association.

## System Access Help

The Michigan Department of Education's Office of Nutrition Services is currently experiencing a transition with staff. Please be advised that responses to any system and/or access related questions may be delayed.

In the meantime, you may be able to find the answer(s) you need on our website.

- If you are unsure of what system you need access to, you can find a summary of each system and what they do under [“Summary of Child Nutrition Program Systems”](#).
- If you need step-by-step instructions for getting access to a system, you can find them under [“Steps to Child Nutrition Program System Access”](#).
- You can find ALL of the system help documents under [“Steps to Child Nutrition Program System Access”](#).

The new mailbox for all system and access related questions is [MDE-ONS-Access@michigan.gov](mailto:MDE-ONS-Access@michigan.gov).

# Child and Adult Care Food Program

## Online Modules

- CACFP: An Introduction to Procurement
- CACFP: Creditable Menus
- CACFP: Feeding Infants
- CACFP: Recordkeeping for Sponsoring Organizations
- CACFP: Recordkeeping for Independent Centers
- CACFP: Sponsoring Organizations Oversight and Site Monitoring Responsibilities



### Online Training Modules

## Thinking Thursdays

The Thinking Thursdays Webinars will resume in February.

When: February 20, 2025, 2:00 PM - 3:00 PM (EST)

**Register in advance for this webinar:**

[https://us06web.zoom.us/webinar/register/WN\\_PYQsaCktSBS1IVua0I99Fw](https://us06web.zoom.us/webinar/register/WN_PYQsaCktSBS1IVua0I99Fw)



The Institute of Child Nutrition (ICN) offers free virtual group training sessions for Child and Adult Care Food Programs (CACFP).

- [Food Safety in Child Care](#)
- [Child and Adult Meal Pattern Requirements](#)
- [Infant Meal Pattern Requirements](#)
- [Optional Best Practices](#)



# Scholarships Available

Apply today at [cacfp.org/scholarships](https://www.cacfp.org/scholarships).

**CHILD NUTRITION  
CONFERENCE**  
CACFP - AFTERSCHOOL MEALS - SUMMER FOOD

## Scholarships Available

The National CACFP Association is now accepting scholarship applications for the 2025 National Child Nutrition Conference (NCNC), which is being held April 14-18 in Dallas, Texas. The scholarship application is available at

<https://www.cacfp.org/conference/scholarships/>.

Fifteen scholarships will be awarded: seven to attend the conference in-person, and eight to attend virtually. In-person scholarships will include conference registration, four (4) nights' lodging at the conference hotel, and up to \$450.00 towards transportation costs.

Applications close on January 10, 2025, at 11:59 pm Eastern. For questions, please email [conference@cacfp.org](mailto:conference@cacfp.org).

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1. mail:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

Program.Intake@usda.gov

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