



Child and Adult Care Food Program (CACFP)

July 2023

Looking to Expand? Consider At-Risk Afterschool Programs! Feed the Whole Child the Whole Year!

CACFP's At-Risk Afterschool Meals offers Federal funding to afterschool programs that serve a meal or snack to children in low-income areas.

Organizations may participate in the At-Risk Afterschool Meals component of CACFP either as an independent afterschool program or through a sponsor. For more information, see the FAQs section of the [Michigan Department of Education's \(MDE\) CACFP webpage](#).

New Discover MyPlate Nutrition Education for Kindergarten Videos

Happy Birthday, MyPlate! To celebrate, United States Department of Agriculture's (USDA) Team Nutrition initiative is pleased to announce the addition of these videos to our Discover MyPlate: Nutrition Education for Kindergarten resource for teachers and families.

Click the video titles below to watch (and dance if you'd like)!

- [Discover MyPlate Training Video](#): Learn about the Discover MyPlate: Nutrition Education for Kindergarten resource and its contents.
- [Discover MyPlate Reach for the Sky Music Video](#): Dance along with this music video demonstrating movements to the Reach for the Sky song about the five food groups.

Find more ways to celebrate with MyPlate at fns.usda.gov/tn/myplate.

Michigan Child Nutrition Training Modules

Brighton Training Website

- Michigan 110: CACFP Annual Sponsor Training - Returning sponsor staff
- Michigan 120: CACFP New Sponsor Training - New staff and/or sponsors

Complete one of the above as part of your CACFP Coordinated Application requirements. Trainings are accessible on the MDE CACFP Website under Training.

Use the [Brighton Training CACFP Quick Start Guide](#) to get started.

- Must have your own individual login and password
- Access code: 1234
- Certification of completion provided

Institute of Child Nutrition

Mealtime Memo



Supporting Healthy Iron Intake

In the United States, about 7% of children ages 1–5 have iron deficiency anemia—and this number is even higher for children ages 1–2. Iron deficiency anemia occurs when there is not enough iron in the body to produce healthy red blood cells to carry oxygen throughout the body. Our bodies only need a small amount of iron, but without it, a child can appear pale in color; suffer from frequent headaches; or feel cranky, tired, and weak. This [Mealtime Memo](#) reviews good sources of iron and how the CACFP Meal Pattern supports a healthy intake of iron.

Sources of Iron

There are two main types of iron found in the food we eat. Heme iron is found in animal products like meat, seafood, and eggs. Non-heme iron is found in plants like dried beans and peas, tofu, and green leafy vegetables. Heme iron is absorbed better in the body than non-heme iron.

Recipes

- The [Child Nutrition Recipe Box](#) has USDA standardized recipes for child care centers and family child care homes.
- The [Child Nutrition Recipe Box: New CACFP Lunch/Supper Recipes](#) has standardized recipes per age group (3–5 and 6–18 year-olds) and for servings of 6, 25, and 50.

CACFP Meal Patterns and Iron

Infants and Iron

Infants are born with a certain amount of iron in their bodies. Over time, they need additional iron from their diet for proper development. As the infant is developmentally ready, the CACFP Infant Meal Pattern allows for serving foods that are good sources of iron, such as iron-fortified infant cereal, meat, fish, poultry, eggs, and cooked dry beans and peas.

Transition from Infant to Toddler

As infants become toddlers, they transition from getting a large portion of calories from formula or breast milk to getting most of their calories and nutrients from food. You may notice that some toddlers rely on milk in a bottle or sippy cup to fill them up. While milk is a source of many nutrients, it is low in iron. Filling up on milk may increase the risk of iron deficiency anemia. The CACFP meal pattern supports the transition to more iron-rich foods by requiring that all meal components be served starting at 1 year of age. Encouraging toddlers to eat all of the components offered in a meal can help them get more iron.



Mealtime Discussion Prompts

During mealtime, raise children's awareness about the importance of iron using the questions below.

- Has anyone ever felt really tired? What was that like?
- Has anyone heard of something called iron that is in some foods? What foods on your plate do you think contain iron?
- Does anyone know why eating iron is important?

Transforming America's Food System

Food and Nutrition Service (FNS) is supporting USDA's mission of transforming America's food system with a greater focus on local and regional food production while committing to support Tribal Nations' goal of food sovereignty. To promote serving traditional Indigenous Foods in Child Nutrition Programs (CNP), FNS has created a new webpage, as an organized hub of technical assistance resources and policy guidance, to assist Indigenous communities. This new webpage, [Serving Traditional Indigenous Foods in Child Nutrition Programs](#), houses resources such as the Crediting in Child Nutrition Programs Tip Sheet series, Crediting Handbook for the Child and Adult Care Food Program, Food Buying Guide for Child Nutrition Programs (FBG), Gardens in Tribal Communities fact sheet, and USDA standardized recipes.

FNS also released an update to the FBG that allows users to search for traditional Indigenous foods such as tepary beans, dandelion greens, and pheasant that are similar to foods currently included in the FBG.

Explore these resources and more on the traditional Indigenous foods webpage today at <https://www.fns.usda.gov/cn/serving-traditional-indigenous-foods!>

Reminder:

All CACFP sponsors are required to check the National Disqualification List (NDL) to ensure new staff or a new provider/center under their sponsorship has not been disqualified from participation. CACFP sponsors may create an account with the United States Department of Agriculture's (USDA) NDL website to perform the mandatory checks.

Here is the website link to create a new customer account on the USDA's NDL website: [eAuthentication \(usda.gov\)](#).

CACFP staff cannot reset lost or expired passwords. If an individual had previous access to the NDL and needs assistance with access, password reset, or updating their account, they can contact the NDL help desk by email at: [NDL Help Desk](#)

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USDA Civil Rights Complaint Link:
<https://www.usda.gov/sites/default/files/documents/USDA-OASCR-P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>