



# Child and Adult Care Food Program (CACFP) May 2022

## Coordinated Application Message #2

If you haven't completed the action steps from the Coordinated Application Message #1, click [HERE](#) for instructions to do that now. This is the first step for accessing the NEW Child Nutrition Coordinated Application in the NexSys system.

### **Important Things to Know:**

- Just because you have the Nexsys link in your MILogin for Third Party account, DOES NOT mean you have access to the Nexsys system.
- MEGS+ Level 5 users were transferred to the NexSys system back in February. If you are a MEGS+ level 5 user, you must add your staff to your organization within NexSys. Click [HERE](#) for instructions. *\*See Action Step 2a to find out what MEGS+ level you are.*
- If someone has joined your agency recently, they will need to complete the instructions from Message #1 and all additional message instructions.

### **NEXT ACTION STEPS:**

1. Link your MILogin and MEIS accounts. Click [HERE](#) for instructions.
2. MEGS+ level 5 users must add other users to their organization. Click [HERE](#) for instructions.
  - a. How to find your current MEGS+ user level:
    - o Log into MEGS+
    - o Click on your name in the top right corner
    - o Scroll down to Agency Information and look under the "Role" heading to see your user level

### **\*NOTE:**

Once you complete the steps above, there is nothing more you need to do at this time. You will continue to use MEGS+ until we notify you with next steps. Stay tuned for the Coordinated Application Message #3!

Please contact your program analyst with any questions.

## Thinking Thursdays for May

Thinking Thursdays is a webinar series that is presented once a month on Thursdays. Please join us for our CACFP Thinking Thursdays webinar!

When:  
May 26, 2022, 2:00 PM Eastern Time (US and Canada)

Topic:  
Child Nutrition Coordinated Application

Register in advance for this webinar:  
[https://us06web.zoom.us/webinar/register/WN\\_pcKvw1ZpSl6goTx5U3IS2w](https://us06web.zoom.us/webinar/register/WN_pcKvw1ZpSl6goTx5U3IS2w)

After registering, you will receive a confirmation email containing information about joining the webinar.



Become a Great Start Readiness Program Provider!



Have you considered offering families a free preschool program? By becoming a Great Start Readiness Program (GSRP) provider, you can offer current and potential families with eligible 4-year-olds a free, high quality preschool experience.

GSRP is funded through the state of Michigan. Funding is awarded to intermediate school districts (ISDs). ISDs operate classrooms directly and/or award funds to local partners, including childcare centers, to provide the program. To become a GSRP provider, your program must be licensed and participate in [Great Start to Quality](#) with at least a 3-star rating. Other requirements for GSRPs include qualified staff (teachers with an early childhood education or child development bachelor's degree, associate teachers with a valid preschool Childhood Development Associate, or associate degree) and use of an approved comprehensive curriculum, child assessment tool, and developmental screener. ISDs support training for local programs, provide classroom coaches, and assist with recruitment and enrollment of children.

To learn more about becoming a GSRP provider, contact your local ISD.

## Training Corner Michigan Nutrition Training Calendar

The [Michigan Nutrition Training Calendar](#) is a one-stop-shop calendar that lists child nutrition trainings across the state. The more trainings listed, the better the calendar will be for our Child Nutrition Programs! During this time of necessary social distancing, it is important for the field to have access to the many virtual trainings available to help them continue to do their jobs. If you are offering an online/virtual training and would like to have your training included on this calendar, please fill out and submit this questionnaire: [I want my training added to the Michigan Nutrition Training Calendar](#). Be sure to fill out ALL of the information, including entering "NA" or "Not Applicable" if the question does not apply. Trainings cannot be added to the calendar without the complete information.



If you have questions, contact [MDE-MINutritionTraining@michigan.gov](mailto:MDE-MINutritionTraining@michigan.gov).

United States Department of Agriculture's (USDA) Team Nutrition initiative is excited to announce the availability of its [Let's Make a Snack! Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age](#). This menu planner is an excellent training resource for CACFP operators and covers creditable and non-creditable foods at snack, interactive snack meal planning activities, sample snack menus, and 20 easy snack recipes:

- Apples and Almond Butter
- Baked Carrot Fries with Yogurt-Sunflower Seed Butter Dip
- Caprese Bruschetta
- Cheesy Bean Tostada
- Chicken and Cheese Snack Cup with Grapes
- Corny Salsa with Tortilla Chips
- Curried Chicken Wraps
- Deli Bento Box
- Dried Fruit and Cereal Snack Mix
- Fresh Veggie Wraps
- Fruited Chicken Salad with Crackers
- Herb Bagel Bites
- Mini Egg Salad Sandwiches
- Mini Graham Crackers and Berry Nut Butter
- Parmesan Zucchini Chips
- Peach and Yogurt Smoothies
- Savory Yogurt-Hummus Dip with Veggies
- Toasted Pita Wedges and Fruit Dip
- Tuna Salad and Apples Slices
- Very Berry Parfaits

Photographs of the prepared recipes are available on USDA's Flickr account in the [Team Nutrition photo collection](#). These images can be used by State agencies and sponsoring organizations to communicate information about the availability of the recipes. Team Nutrition is working to release a Spanish language version of this menu planner in Summer 2022.

## **Michigan Farm to Early Care and Education Network**

Save the date:

The Michigan Farm to Early Care and Education Network is hosting ["Shaping Healthy Habits for Life: A Panel Discussion on Gardening"](#) on Tuesday, May 10, 2022, from 5:30-7:00 p.m.

Join the Michigan Farm to Early Care and Education Network for an interactive panel discussion of early childcare professionals who will share their experiences integrating gardening into their ECE program as well as insights into their successes, challenges, and practical advice to others who wish to establish or expand their garden initiative.

## Growing a Healthier Future with CACFP

Growing a Healthier Future with CACFP worksheets from Team Nutrition can be used to empower CACFP providers and operators with the knowledge, skills, and expertise to implement CACFP meal pattern requirements.

### [Download the Resource](#)



## Fruit & Veggie Flash Cards

Download the colorful flashcards to introduce young minds to fruits and vegetables, or teach them something new about the ones they've tried before.

### [Get the Resource](#)

## Buyer's Guide

Get resources from child nutrition and community organizations, find easy-to-order food and supplies, and learn about companies that can provide solutions to your CACFP and Summer Food Service Program operations.

### [Buyer's Guide](#)



## Cooking With Kids

[Team Nutrition Cooks!](#) is a series of cooking-based nutrition activities for out-of-school and afterschool programs, for children around ages 8 to 12 years old.



Team Nutrition has just released the updated [\*Crediting Handbook for the CACFP\*](#). This updated resource is an important supplemental companion to the Food Buying Guide for CACFP operators for crediting and meal planning. The resource supports CACFP nutrition professionals in ensuring they have the knowledge, training, and tools they need to successfully operate the CACFP. The handbook provides information on the CACFP meal patterns, crediting guidance for each meal component, a Crediting in Action section to practice crediting skills, and a list of helpful resources. Major revisions include the transition to crediting grains in ounce equivalents instead of grains/breads servings, which went into effect on October 1, 2021.

Stay tuned!

- Printed copies will be available for ordering from Team Nutrition in the Fall.
- The online Spanish-version will be available later this year.

### **Is it a Grain-Based Dessert? Perception Counts!**

While there is no specific amount of sugar, fat, or other nutrient limit set by the USDA to qualify a grain-based food item as a dessert, how a food item is perceived plays a role in determining if an item is a grain-based dessert. Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat, especially by a toddler or preschooler. If the item is seen as a dessert or sweet treat, choose a healthier grain option instead.

Things to ask yourself when selecting grain food items for your menu. If the answer is yes, the item does not count.

1. Does the food item contain:

- Chocolate or other flavored chips? (white, caramel, strawberry, etc.)
- Candy pieces?
- Jam, fruit puree, or custard fillings?
- Marshmallows?

2. Is the food item:

- Dessert flavored? (chocolate, caramel, butterscotch, etc.)
- Coated with dessert flavored coatings or toppings? (cocoa, caramel, cinnamon- sugar, powdered sugar, glazes, etc.)
- Iced or frosted?
- Covered with sprinkles, jimmies, or other sweet garnishes?

3. Is the item:

- Shaped like a cookie? Look like a cookie?
- An unfrosted piece of cake or a cupcake?
- A breakfast, cereal, or granola bar? (store-bought or homemade)
- A sweet pie, pastry, or turnover?

4. Is the item packaged as a sweet treat?

- Sweetened and/or dessert-flavored cereal snack food?
- Trail mix with sweetened cereal and/or candy pieces?
- Found in the snack aisle of the grocery store?
- Does it look like it came from a vending machine?

## Farm to Early Care and Education Curricula

Check out a host of free resources on farm to early care and education curricula available through the National Farm to School Network.

### [Access the Education](#)



## Fitness Breaks

Taking breaks to move helps our minds and our bodies. Use these activities from Alliance for a Healthier Generation to get kids moving.

### [Get Moving](#)



## Inspiring and Informative Video Series on Farm to School

The Michigan Department of Education (MDE) has developed and launched a series of seven videos for all school food service staff, agricultural educators, school food producers, and anyone interested in learning about bringing fresh local foods to schools and early childcare centers. The video series features topics including procurement, sourcing local, school gardens, agricultural education, food safety, and meal quality. These videos are meant to offer a peer-to-peer orientation into the Farm to School programs and give direction for further resources. Financial support came from a two-year USDA Farm to School grant that was obtained by the MDE Office of Health and Nutrition Services. You may view the seven videos below:

- [MDE Farm to School Why Farm to School - YouTube](#)
- [MDE Farm to School Gardens - YouTube](#)
- [MDE Farm to School Purchasing and Sourcing - YouTube](#)
- [MDE Farm to School Meal Quality - YouTube](#)
- [MDE Farm to School Local Procurement - YouTube](#)
- [MDE Farm to School Food Safety - YouTube](#)
- [MDE Farm to School Ag Education - YouTube](#)

This project is timely as food service staff continue to deal with supply chain disruption and look to local food sources to help keep food prices low. This project also serves as inspiration for child nutrition programs to focus on meal quality by including a variety of fresh, local produce on their menus. Farm to School is more than fresh, nutritious food being served to students; it also means connecting those foods to nutrition, agriculture, and their communities. For more information or questions about Farm to School, please visit [Local Purchasing](#) or [Farm to School planning toolkit](#). You may also email [malnarj1@Michigan.gov](mailto:malnarj1@Michigan.gov) or [crowleyw@michigan.gov](mailto:crowleyw@michigan.gov).

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