



Child and Adult Care Food Program (CACFP) November 2023 Newsletter

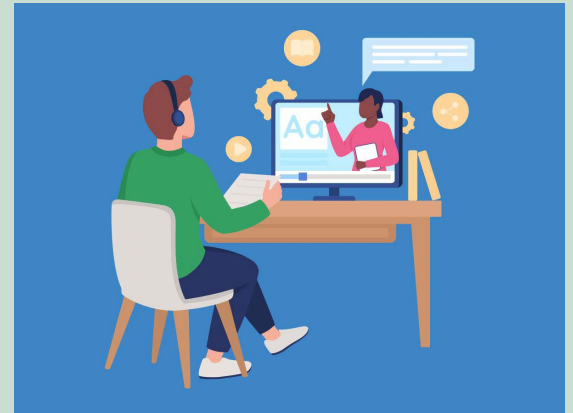
www.michigan.gov/CACFP



Fall and Winter Trainings

The Institute of Child Nutrition (ICN) is offering virtual training sessions during the upcoming fall and winter. Register now to secure your spot and start learning!

[Access the Trainings](#)



New Nibbles for Health Parent Newsletters!

United States Department of Agriculture's (USDA) Team Nutrition initiative is proud to announce the release of three new Nibbles for Health: Nutrition Newsletters for Parents of Young Children.

- Developing Healthy Habits with Less Sugar
- Developing a Taste for Less Sodium
- Serving Meals "Family Style"

These colorful and engaging newsletters for parents of young children (3 to 5-year-olds) can be shared by Child and Adult Care Food Program providers to communicate information about popular nutrition topics.

Check out these newsletters and more at www.fns.usda.gov/tn/nibbles.

Thinking Thursdays

The Thinking Thursdays Webinars will resume in January.

Healthy Cooking Methods

It's always important to be mindful of the methods that you use to prepare your foods in the CACFP. While some methods, such as deep fat frying, are not creditable, there are many ways that you can make meals and snacks that adhere to the CACFP's standards. [Download Resource](#)



Institute of Child Nutrition (ICN) CACFP Food Allergy Fact Sheets

The ICN Food Allergy Fact Sheets for adult care centers, childcare centers, and family childcares provide information about all nine major allergens, including sesame. Information is provided on foods and products that may contain allergens, how to read food labels to identify allergens, menu modifications, and food allergy symptoms.

Download all of them from ICN's [Food Safety Resources](#) page.

Menu Ideas

Check out CACFP recipes available in English and Spanish on the [Child Nutrition Recipe Box](#) site.



[Spiced Oatmeal](#)
(Grain)
Banana Slices
1% Milk



[Beef Shepherd's Pie](#)
(Meat, Vegetable)
Whole Wheat Roll
Diced Pears
1% Milk



[Aztec Grain Salad](#)
(Grain)
Mandarin Orange Segments

For Spanish recipes, visit TheICN.org/CNRB-es
For English recipes, visit TheICN.org/CNRB

Updated CACFP Training Slides Now Available

Team Nutrition released two new training modules featuring the Food Buying Guide for Child Nutrition Programs (FBG). These modules provide a step-by-step tour through the Exhibit A Grains Tool and FBG Calculator available on the FBG Interactive Web-Based Tool and Mobile App. Each module provides an in-depth look at each tool and interactive knowledge checks to assist the learner.

Topics covered include:

- Module 4: Exhibit A Grains Tool
- Module 5: FBG Calculator

These modules and other trainings such as webinar recordings can be accessed on the [Food Buying Guide for Child Nutrition Programs: Training Resources](#).

Also check out modules 1, 2, and 3 on the Institute of Child Nutrition's [iLearn Portal](#).

Family Day Care Home Sponsor Expansion Opportunities in CACFP!

Michigan Department of Education (MDE) CACFP is looking for eligible organizations to provide oversight and guidance to family day care home providers by becoming a Family Day Care Home (FDCH) Sponsor. All family or group day care homes must come into the program under a sponsoring organization.

Financial assistance is available to a sponsoring organization for its administrative expenses associated with developing or expanding a food service program in family day care homes and initiating successful program operations.

Contact the CACFP office at 517-241-5353 or MDE-CACFP@michigan.gov with any questions.

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