



**BULLETIN:**  
**Child and Adult Care Food  
Program**

**Child Care Centers &  
Day Care Homes**

[www.education.alaska.gov/tls/cnp](http://www.education.alaska.gov/tls/cnp)

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**To:** CACFP Sponsors  
CACFP Program Reviewers

**Date:** January 15, 2013

**From:** Ann-Marie Martin  
CACFP Program Specialist

**Bulletin:** 2013-04

Program changes as a result of USDA Policy Memos and Technical Assistance Memos are to be implemented immediately. Please file this bulletin for reference, guidance and compliance with the Child and Adult Care Food Program. Feel free to call the Child Nutrition Programs office if you need further clarification.

**Bulletin Topics**

1. Training Opportunities
  - a. Procurement Training Conference Call
  - b. CACFP New Program Training Conference Call
  - c. Cooking Up Nutrition in Anchorage
2. Grant Opportunity for Afterschool Programs
3. Resources
  - a. USDA Team Nutrition “Nutrition and Wellness Tips for Young Children”
  - b. Growing Up Wild – training at Anchorage AEYC Conference
  - c. Veggiecation website and resources
  - d. Playworks: A Program that Promotes Physical Activity and Play at Schools
  - e. Recipe Conversion Calculator for Cooking Measurement Conversions
  - f. Food Buying Guide Calculator
  - g. ETR Associates health pamphlets, mirror/wall-clings, and stickers for flu season

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**1. Training Opportunities**

**a. Procurement Trainings:**

All programs are required to purchase all food, supplies, and contracted meals according to USDA regulations. The State Agency will be reviewing all agency and center purchasing of goods and services for CACFP to ensure compliance with Federal regulations.

It is highly recommended that all programs attend one of the three state agency CACFP Procurement conference call trainings. All programs will be held to Federal procurement requirements.

- **Wednesday, February 20<sup>th</sup> 1:00 p.m.**

- **Friday, February 22<sup>nd</sup> 1:00 p.m.**
- **Tuesday, February 26<sup>th</sup> 1:00 p.m.**

Please submit the attached registration form by January 31<sup>st</sup> to Veronica Lietz.

**b. CACFP New Program Training (for centers applying to CACFP and for new administrators of existing centers)**

This training is required for any agency applying for CACFP. Existing programs are required to attend the annual fall training and then train their current and future staff. This training is available to new program administrators to ensure they meet the requirements their agency as agreed to.

Emphasis is on recordkeeping, meal patterns, cycle menus, health and safety, application process and the management of CACFP.

- **Tuesday, February 26<sup>th</sup> 8:00 am – noon (Program Basics)**
- **Wednesday, February 27<sup>th</sup> 8:00 am- noon (Administrative Requirements)**

Please submit the attached registration form by February 8th to Veronica Lietz.

**c. Cooking Up Nutrition**

Chef John Layton, and Ann-Marie Martin will cover the meal pattern, standardized recipes, The Food Buying Guide, the *2010 Dietary Guidelines* (DGAs), CN labels and nutrition facts. Chef John will teach participants how to create delicious meals utilizing USDA standardized recipes with more whole grains, legumes, reduced sodium, and reduced fats. There will be plenty of hands on cooking throughout the two-day training.

May 20<sup>th</sup> and 21<sup>st</sup> 8:00-4:30 (including working lunch)

Or

August 8<sup>th</sup> and 9<sup>th</sup> 8:00-4:30 (including working lunch)

Please submit the attached registration form by April 5<sup>th</sup> for May training or July 5<sup>th</sup> for August training to Veronica Lietz.

**Cooking Up Nutrition Scholarships** are available for travel, lodging and meals to assist agencies in attending this workshop if attendee does not live in immediate area.

Please read the attached information sheet and submit the scholarship application by April 5<sup>th</sup> for May training or July 5<sup>th</sup> for August training to Veronica Lietz.

Space is limited so don't delay or you may miss out!

**2. Grant Opportunity for After-School Programs**

The Alaska Department of Education & Early Development is accepting grant applications for funds to support out-of-school-time programs. These awards will be made to organizations, school districts, parochial schools, or other public or private agencies. Awards are contingent on congressional funding.

The 21st Century Alaska Community Learning Center program provides competitive grants to organizations working in partnership within their community and schools to provide expanded learning and enrichment opportunities for children and their families outside of the regular school hours. The program is designed to target funds to high-need communities that have low-achieving students and high rates of poverty but lack the resources to establish after-school centers.

Applications are available at: <http://education.alaska.gov/21cclc/>. For hard copies, call Terri Campbell at 907-465-8719. Letters of Intent to Apply are suggested by February 8, 2013. The closing date for this competition is 4 p.m. Alaska time on March 29, 2013. If you have questions, contact Terri Campbell at 907-465-8719 or [terri.campbell@alaska.gov](mailto:terri.campbell@alaska.gov).

### 3. Resources:

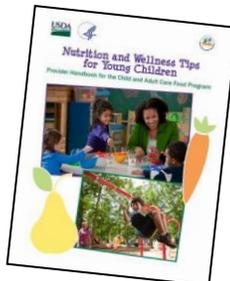
#### a. **USDA Team Nutrition Releases “Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program”**

*Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* was developed by the Department of Agriculture (USDA) and the Department of Health and Human Services (HHS) to help CACFP child care providers create healthier environments for the children in their care.

It includes a series of tip sheets addressing wellness recommendations and each tip sheet focuses on a specific nutrition, screen time, or physical activity topic and includes a practical application section to help providers apply the tips to their child care program. By using the tip sheets when planning meals and activities for children ages 2 to 6 years old, providers can incorporate key recommendations and best practices into menus and daily schedules.

Success stories shared in the handbook highlight examples of new and exciting ways CACFP child care programs have improved food they serve and activities they plan.

The handbook is available to download now on Team Nutrition’s Web site. Print copies will be available Summer, 2013 and Alaska Child Nutrition Programs will request copies of the handbook for all of our centers, Head Starts, and family day care homes in Alaska. You may want to look at the resources now and start using them in your program at [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov).



#### b. **Growing Up Wild** is an early childhood education program that builds on children’s sense of wonder about nature and invites them to explore wildlife and the world around them. It’s a program that provides professional development for teachers and care givers of children ages 3-7. This fun and engaging curriculum will help you introduce basic components of habitat, wildlife and human interactions with art, music, reading/vocabulary, math and science.

NAEYC accreditation and Head Start Domains alignment that helps students be ready for school.

One of the projects out of the Growing Up Wild book will be featured as a workshop at the annual Anchorage AEYC conference at the Hilton Hotel on January 31<sup>st</sup> from 1:15-4:30 PM. Fee is \$15.00 for the curriculum. For registration information contact Cecilia Harmon (907) 696-5884 or [anchorageaeyc@mtaonline.net](mailto:anchorageaeyc@mtaonline.net).

For more information on Growing Up Wild (program of Project Wild) go to their website at: <http://projectwild.org/GrowingUpWILD.htm>.



- c. **The Veggiecation© Program** is a nutrition education program that introduces young children to the wonderfully delicious and nutritious world of vegetables. This is done by incorporating unique and kid-friendly vegetable preparations into fun activities and exciting experiences. <http://www.veggiecation.com/>



- d. **Playworks: A Program that Promotes Physical Activity and Play at Schools**

*Playworks* is a national nonprofit organization that transforms schools by providing play and physical activity at recess and throughout the school day. *Playworks* teaches children to resolve their own conflicts that arise at recess and carry over to the classroom, improving school climate both on and off the playground. They help transform recess into a safe, fun and inclusive time that gets students active and engaged so they can return to the classroom focused and ready to learn.

Whether you want to keep kids active for a full recess period, or just do a few minutes of ice breakers before an activity, there's a game here for your needs. Games range from pre-K through Middle School. Please see the attached PDF of the *Playworks 2012-2013 Playbook*. You can also find good information at their website: <http://www.playworks.org/>

- e. **Recipe Conversion Calculator for Cooking Measurement Conversions**

The Recipe Conversion Calculator on this page will scale cooking measurements to accommodate a greater or lesser number of servings. This is a very good tool to use when you're preparing your recipes and need more or less quantity for the number of children and adults – especially using the USDA recipes. Print the finished document and include in your recipe binder.



<http://www.free-online-calculator-use.com/recipe-conversion-calculator.html>

**f. Food Buying Guide Calculator**

The calculator allows you to pick out items from the Food Buying Guide and include the size of serving and how many servings. It will calculate how much of the food item you need to purchase at the store. <http://fbg.nfsmi.org/>

**g. ETR Associates health pamphlets, mirror/wall-clings, and stickers for flu season**

This non-profit health promotion agency has resources to help remind your staff and children of personal hygiene that can help during the flu season. They have reminders about washing hands and covering the cough in age-appropriate literature and stickers. Go to their website for ordering information: <http://pub.etr.org/default.aspx>




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**Contact Information**

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**Commonly Used Acronyms**

CACFP – Child and Adult Care Food Program  
 CNS – Child Nutrition Services  
 FNS – Food & Nutrition Services  
 FNSRO-Food & Nut Services Reg. Office  
 USDA – U.S. Department of Agriculture  
 CNP – Child Nutrition Program  
 DEC – Department of Conservation  
 LEA – Local Education Authority

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