



# POWER *of the* FOOD PROGRAM

Wednesday, December 7 • 11:00 am - 4:30 pm ET

Ensuring food access, nutrition security  
and financial reimbursement for child and  
adult care providers serving healthy foods.

[cacfp.org/power-of-the-food-program](https://cacfp.org/power-of-the-food-program)



## EARN UP TO 6 HOURS OF CONTINUING EDUCATION

Haven't heard of the **Child and Adult Care Food Program**?  
Not getting reimbursement for healthy meals you already  
serve children in your care during the day or afterschool?  
Do you already participate and need a refresher on the  
meal patterns and new ideas for making your menu  
planning easier?

This one-day powerhouse program is meant for you!

- ➔ Learn how the CACFP contributes to nutrition security and why you should participate.
- ➔ Get practical training on serving healthy meals.
- ➔ Discover ideas and resources you can use in your program immediately.
- ➔ Access on-demand viewing through January 6, 2023.

**Apply today for a  
scholarship**

## TOPICS INCLUDE:

- ❖ Power of the Food Program Welcome & CACFP 101
- ❖ Making Cents! How to Get Financial Reimbursement for the Meals You Serve
- ❖ Beginners' Guide to the Five Meal Pattern Components
- ❖ Serving Up Nutrition: Menu Planning & Recipe Ideas
- ❖ Playing Around: Making Physical Activity Part of Your Program
- ❖ Joining Made Easy - Five Steps to Food Program Success
- ❖ Power of the Food Program Q&A
- ❖ Keeping Kids Healthy: All About Food Allergens & How to Read Food Labels
- ❖ Quick, Easy, Low Prep Snacks
- ❖ Resources for Success: Tools, Templates & Activity Pages
- ❖ Child Nutrition Professional Certification



# POWER *of the* FOOD PROGRAM

**Wednesday, December 7**  
**11:00 am - 4:30 pm Eastern**

**11:00 AM-11:30 AM**

## **Power of the Food Program Welcome & CACFP 101**

You agree to serve healthy meals and snacks. The USDA CACFP offers you financial reimbursement. Learn about the history of the food program and how to get the most from your day of exciting training with us. We're defining the CACFP and celebrating you!

**11:40 AM - 12:10 PM**

## **Making Cents! How to Get Financial Reimbursement for the Meals You Serve**

Reimbursement rates for CACFP participants are dependent upon a variety of factors, such as whether you operate a family home child care, center, or afterschool program. Learn how to determine what the amount of reimbursement would be based on your enrollment, meal service, and rates of reimbursement. Discover how to qualify and how to receive financial reimbursement once you join the CACFP.

**12:20 PM - 12:50 PM**

## **Beginners' Guide to the Five Meal Pattern Components**

Centers, family child care homes, and afterschool care play a critical role in serving nutritious foods to those they serve. The CACFP guides you on how to provide healthy meals using five food components which make up the meal service requirements: grains, fruits, vegetables, meats/meat alternates and milk. Learn when these are required and how they fit into the CACFP meal pattern.

**1:00 PM - 2:00 PM**

## **Serving Up Nutrition: Menu Planning & Recipe Ideas**

Do you love menu planning or are you not sure even where to begin? Learn how to get started and what you should take into consideration when developing a cycle menu or planning meals one week at a time. Receive new, easy recipe ideas that are sure to become favorites at your center or in your child care home!

**2:30 PM - 3:00 PM**

## **Playing Around: Making Physical Activity Part of Your Program**

Being healthy is not only based on the foods we serve but also how we stay moving throughout the day. Learn why keeping children active should be an important part in everyday activities and how essential physical activity is to child development. Get ideas on how to incorporate new, fun, physical activity games into your program.

**3:10 PM - 3:40 PM**

## **Joining Made Easy - Five Steps to Food Program Success**

Are you convinced and ready to join the CACFP, but not sure where to get started? Learn how to successfully launch the program at your center, home or afterschool site. Find out how to work with a sponsor who will provide you training, technical assistance, monitoring, and administrative support or how to work with a state agency directly. Start getting financial reimbursement for meals you are already serving.

**3:45 - 4:30 PM**

## **Power of the Food Program Q&A**

So much information in one day! Have a question that didn't get answered? Now's the time to join us for our speed round of Q&A. We'll get through as many questions as we can so that you can successfully join and operate the food program at your site.

## **Pre-Recorded Sessions**

### **Keeping Kids Healthy: All About Food Allergens & How to Read Food Labels**

Serving those in our care safely is our top priority! Learn about the nine major food allergens and how to recognize what food products contain these. Get a better understanding of how to read the food label to identify and avoid food allergens.

### **Quick, Easy, Low Prep Snacks**

Short on time and tired of serving the same old snacks day in and day out? Breathe new life into your snack time routine by filling your recipe box with new, favorite go-to ideas for snack time. Learn about quick snacks that can be prepared in advance or on the spot and how to involve children in some of the snack making activities.

### **Resources for Success: Tools, Templates and Activity Pages**

From provider toolkits to activity sheets for children to training worksheets and more, learn what resources we have available to you free of charge that you can use today for promoting nutrition and physical activities. Learn where to find free online training and handouts for specific CACFP guidelines that will set you up for program success.

### **Child Nutrition Professional Certification**

When you join the CACFP community, you also have the opportunity to be recognized for your work and commitment to continued education to better serve those in your care. We know that regular training in nutrition, meal patterns, meal service, and health make a difference in the quality of care you provide. Learn about the

**Learn more at [cacfp.org/power-of-the-food-program](http://cacfp.org/power-of-the-food-program)**





# **POWER** *of the* **FOOD PROGRAM** **SCHEDULE AT-A-GLANCE**

<b>SESSION TITLE</b>	<b>EASTERN TIME</b>	<b>CENTRAL TIME</b>	<b>MOUNTAIN TIME</b>	<b>PACIFIC TIME</b>
Power of the Food Program Welcome & CACFP 101	11:00 am - 11:30 am	10:00 am - 10:30 am	9:00 am - 9:30 am	8:00 am - 8:30 am
Making Cents! How to Get Financial Reimbursement for the Meals You Serve	11:40 am - 12:10 pm	10:40 am - 11:10 am	9:40 am - 10:10 am	8:40 am - 9:10 am
Beginners' Guide to the Five Meal Pattern Components	12:20 pm - 12:50 pm	11:20 am - 11:50 am	10:20 am - 10:50 am	9:20 am - 9:50 am
Serving Up Nutrition: Menu Planning & Recipe Ideas	1:00 pm - 2:00 pm	12:00 pm - 1:00 pm	11:00 am - 12:00 pm	10:00 am - 11:00 am
Playing Around: Making Physical Activity Part of Your Program	2:30 pm - 3:00 pm	1:30 pm - 2:00 pm	12:30 pm - 1:00 pm	11:30 am - 12:00 pm
Joining Made Easy - Five Steps to Food Program Success	3:10 pm - 3:40 pm	2:10 pm - 2:40 pm	1:10 pm - 1:40 pm	12:10 pm - 12:40 pm
Power of the Food Program Q&A	3:45 pm - 4:30 pm	2:45 pm - 3:30 pm	1:45 pm - 2:30 pm	12:45 pm - 1:30 pm