



# Mealtime Minutes

Newsletter for the Child and Adult Care Food Program

## Identifying Whole Grain-Rich Foods

**J**oin the U.S. Department of Agriculture’s Team Nutrition for “Identifying Whole Grain-Rich Foods in the CACFP, Part 2” on March 21.

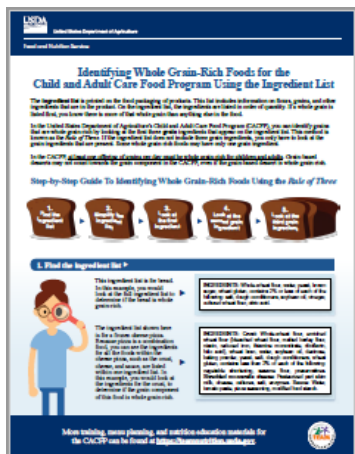
The USDA Team Nutrition’s “CACFP Halftime: Thirty on Thursdays” webinar is part of a series of interactive, skills-building webinars on the updated Child and Adult Care Food Program (CACFP) meal patterns. They are offered in both English and Spanish. The English webinar is held 1-1:30 p.m. Central Time, and the Spanish webinar is held from 2-2:30 p.m.

[Register on the USDA website.](#) Space is limited.

Save the dates for other upcoming webinars in the Thirty on Thursdays series:

- Using the WIC Food List to Identify Creditable Foods in the CACFP, May 16
- Serving Vegetables in the CACFP, July 18
- In-Grained: Easy Tools to Determine Serving Amounts, Sept. 19

Recorded versions of past 30-minute webinars are available on the [USDA’s website.](#)



**T**he USDA’s Team Nutrition has a **new training worksheet on “Identifying Whole Grain-Rich Foods for the CACFP Using the Ingredient List.”** CACFP operators can use this colorful four-page worksheet to identify foods that are whole grain-rich using the “Rule of Three.”

A digital version of the document is available in English and Spanish online at <https://www.fns.usda.gov/cacfp-meal-pattern-training-worksheets>. Print copies will be available to request soon.

For questions or more information, contact [teamnutrition@fns.usda.gov](mailto:teamnutrition@fns.usda.gov).

## Grow It, Try It, Like It! Fun With Fruits and Vegetables

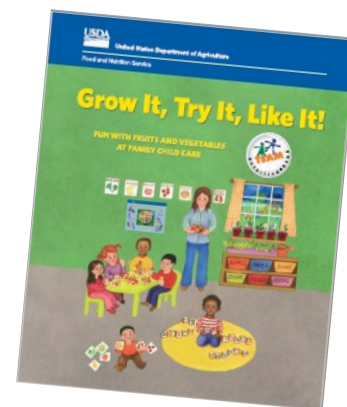
**T**he USDA’s Team Nutrition recently announced the release of “Grow It, Try It, Like It! Fun with Fruits and Vegetables at Family Child Care.” This booklet is designed to help CACFP operators provide garden-based nutrition education for children ages 3 through 5 years old in family child care settings.

This resource is a family child care version of the USDA Food and Nutrition Service’s “Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables.”

**Materials include:**

- Booklet featuring lesson plans for six featured fruits and vegetables
- MyPlate Poster
- Tasty Acres Farm Map
- Memory Card Game

All materials are available in English online at <https://www.fns.usda.gov/tn/grow-it-homes>. Digital and print versions are available.



# Join the USDA's Team Nutrition CACFP Organizations Network

The new [Team Nutrition CACFP Organizations Network](#) welcomes sponsoring organizations and independent centers participating in the Child and Adult Care Food Program that are interested in and working towards an environment and culture of wellness through promotion of healthy eating and physical activity.

Joining the Team Nutrition CACFP Organizations Network is free and easy. CACFP sponsors and independent centers can enroll online via <https://www.fns.usda.gov/tn/cacfp>. As part of the network, CACFP organizations will be connected with Team Nutrition and regularly receive announcements about new resources, networking opportunities, idea-sharing, and more! All CACFP institutions (i.e. organizations with a written agreement to participate in the CACFP) are eligible to join. Organizations are asked to designate a Nutrition Education or Training Coordinator to serve as the champion that spreads the word at their CACFP site.

Visit the [Team Nutrition CACFP Organization Network website](#) to:

- [View the easy-to-use enrollment form for CACFP organizations](#),
- [Find, view, and update existing Team Nutrition CACFP Organiza-](#)

[tion information](#),

- [Download certificate of enrollment for each Team Nutrition CACFP Organization](#),
- [Watch training tutorials](#) to help with enrollment and navigation,
- [Learn more about Team Nutrition CACFP Organizations](#); and
- [Easily access this website from any desktop or mobile devices](#).
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Organizations are encouraged to keep contact information, including email addresses, updated via the website, to ensure they receive announcements about new resources, updates, and promotional items from Team Nutrition. New, colorful decals with nutrition messaging that can be displayed at the CACFP site will soon be available to Team Nutrition CACFP Organizations — don't miss out!

For questions or for more information, please contact [teamnutrition@usda.gov](mailto:teamnutrition@usda.gov).

## National CACFP Week March 17-23

There is still time to prepare for National CACFP Week (#CACFPWeek), which is set for March 17-23.

The National CACFP Sponsors Association offers an [online toolkit](#) to help

sponsors celebrate the special week.

The toolkit includes a CACFP Week sample menu, marketing postcards, social media images, a parent newsletter, sample tweets, and more.

### CACFP CALENDAR

- ◆ [National CACFP Week](#), March 17-23
- ◆ ["Identifying Whole Grain-Rich Foods in the CACFP, Part 2"](#) webinar, March 21
- ◆ [National Child Nutrition Conference](#), April 23-25 in Chicago

## Breastfed Babies Welcome Here! Resources Online

The USDA's Team Nutrition offers a "Breastfed Babies Welcome Here!" resource. CACFP operators can use these materials to communicate ways the child care site supports a mother's decision to breastfeed her baby. Materials include:

- A Mother's Guide
- Poster
- Message Graphic

All materials are available in English and Spanish online at <https://www.fns.usda.gov/tn/breastfed-babies-welcome-here>.

These materials support the implementation of the CACFP: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010 Final Rule, which allows for reimbursement of meals when the mother provides breastmilk or directly breastfeeds her infant at the child care center or home. These materials also encourage mothers to talk with their child care provider about their breastfeeding plans and the space available for breastfeeding at the child care site.

Questions or comments? Email us at [cnp@isbe.net](mailto:cnp@isbe.net) or call (800) 545-7892 or (217) 782-2491. [This institution is an equal opportunity provider.](#)