

# CACFP BOOT CAMP ADULT CARE

May 14, 2025

NATIONAL  
CACFP  
ASSOCIATION 



## Let's shine a spotlight on the "A" in CACFP!

We're recognizing the vital role adult care plays in supporting health and nutrition. Join us on Zoom to learn how to elevate your food program for older adults.

*Available on demand for attendees through May 28, 2025.  
Earn 6 hours of CEUs.*

**\$149\***

### Topics Include:

- » CACFP for Adult Care: An Overview
- » Beyond Bland: Making Meals Exciting
- » Hip Hip Purees! Adjusting Menus for Soft Diets
- » Get Moving! Practical Exercises for Older Adults
- » Ask Us Anything: CACFP for Adults
- » On Demand: Age-Defying Flavors: Recipes for Older Adults
- » On Demand: Cooking with Flavor: Spice Up Your CACFP Recipes

Register today at [cacfp.org/adult-care-boot-camp](https://cacfp.org/adult-care-boot-camp)

# CACFP BOOT CAMP ADULT CARE

May 14, 2025



All times listed are Eastern

11:00 am - 12:00 pm

## CACFP for Adult Day Care: An Overview

Want to make the most of the CACFP for older adults? Let's start with the basics! We will guide you through the eligibility criteria for older adults to receive reimbursable meals through the CACFP and provide a review of the CACFP meal pattern. Learn best practices and tips to ensure compliance while enhancing meal quality. Whether you're an adult care provider or sponsor, gain valuable insights to support the health and well-being of older adults through proper nutrition and CACFP participation.

- Explain older adult eligibility to receive reimbursable meals in the CACFP.
- Review the CACFP meal pattern for older adults.
- Recognize the nutritional needs of older adults and how it can apply to CACFP meals and snacks.

*Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association*

12:15 pm - 1:15 pm

## Beyond Bland: Making Meals Exciting

Older adults in your care may require special considerations when menu planning in the CACFP. Learn ways to make menus more exciting and appetizing for your participants while meeting CACFP requirements. Walk away with some tips and tricks on how to develop recipes that offer a fresh take on familiar foods.

- Understand the special considerations when menu planning for older adults.
- Apply menu tips to include while menu planning.
- Gain new insights on how to enhance your menus and entice your participants.

*Melinda Nguyen, MS, RDN, LD, National CACFP Association*

1:45 pm - 2:45 pm

## Hip Hip Purees! Adjusting Menus for Soft Diets

Have you ever wondered how to incorporate soft diets and purees into your menu? Look no further and come explore all the ways you can adjust your menus to accommodate soft diets for older adults. Get recipes, guidance on preparation, and learn to prepare menus to meet the needs of those in your care.

- Analyze soft diet recipes that are CACFP creditable.
- Receive information on the various types of texture-modified diets to safely feed individuals.
- Apply tips to make purees fun and enticing for older adults.

*Lavanya Chandrasekar, MS, RD, Sunrise Senior Living*

## Meet Our Speakers



### Isabel Ramos-Lebron, MS, RDN, LD

Senior Nutrition Education Specialist, National CACFP Association

Isabel is bilingual and dedicated to serving the CACFP and SFSP communities through nutrition education, program operations support and promoting access to nutritious foods. She has a strong background in working with low-income communities of various cultures through graduate research projects and when previously employed at a nonprofit food bank for eight years. Isabel has a Master of Science in Nutritional Sciences from Rutgers University and completed her dietetic internship through Aramark.



### Melinda Nguyen, MS, RDN, LD

Nutrition Education Specialist, National CACFP Association

Melinda is dedicated to showing her passion for nutrition education by developing creative ways to reinforce knowledge. She began her career in Massachusetts by obtaining her Master's in Food and Nutrition from Framingham State University. She worked at Head Start planning meals for toddlers then moved to Texas to work for Whole Foods Market as a Recipe Data Specialist before taking on a role with a State agency. Melinda joined NCA's education team in 2025.



### Lavanya Chandrasekar, MS, RDN

Registered Dietitian Nutritionist, Sunrise Senior Living

Lavanya is an experienced dietetics and nutrition professional with a comprehensive background in academia and healthcare. She holds a BS in Nutrition, Food Service Management and Dietetics, as well as a MS in food science & nutrition. Her career began as a lecturer in nutrition & dietetics, where she imparted her knowledge to aspiring students. Lavanya currently works as a corporate dietitian, where she is responsible for menu development and providing community support.



### Jesus Lozano, PT, DPT

Physical Therapist, University Health

Jesus began showing his commitment to helping his fellow man by training under some of the most prominent physical therapists. With his license to practice Physical Therapy, religious background and study of human psychology, he hopes to provide holistic care for his patients. Jesus hopes to one day leave behind a legacy as a "healer" and become a pillar of his community knowing he helped as many people as he could.

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3:00 pm - 4:00 pm

## Get Moving! Practical Exercises for Older Adults

Staying active is one of the best ways to maintain health and independence, especially as we age. This session will explore simple, effective exercises that fit seamlessly into daily routines, whether at home or in an adult day care setting. Learn how to adapt familiar activities, keep movement fun and make exercise a habit that sticks.

- Discover creative and engaging exercises that help older adults stay strong, flexible and mobile.
- Understand how aging affects the body and how movement can reduce common risk factors.
- Learn practical tips for making physical activity safe, enjoyable, and accessible for all ability levels.

*Jesus Lozano, PT, DPT, University Health*

4:15 pm - 4:45 pm

## Ask Us Anything: CACFP for Adult Care

Get ready for this attendee favorite where your questions take center stage. Whether you're curious about best practices, compliance, or anything else related to CACFP for Adult Care, we've got you covered. Come prepared to dive deep and have your questions answered in real time.

*Brittany Uribe, National CACFP Association*

*Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association*

*Melinda Nguyen, MS, RDN, LD, National CACFP Association*

*Alix Pasillas, CMP, CCNP, Food For Kids Nevada*

## ON DEMAND

### Age-Defying Flavors: Recipes for Older Adults

May is Older Americans Month and we're celebrating the invaluable contributions of the older adult members within our community. Join us to discover how to adapt CACFP recipes to align with the changing needs and tastes of older adults. Gain insights into modifying recipes to cater to their distinct taste profiles and nutritional needs, ensuring meals that are both satisfying and health-supportive for our revered community members.

*Isabel Ramos-Lebron, MS, RDN, LD, National CACFP Association*

### Cooking with Flavor: Spice Up Your CACFP Recipes

Serving nutritious food doesn't matter unless the food is eaten. Spice up your CACFP recipes by learning how to make your menu items more flavorful using herbs, spices, and culinary acids. Get an overview of what makes up taste and how to make trying new foods exciting for those in your care.

*Chef Patrick Garmong, Institute of Child Nutrition*

*Chef Garrett Berdan, RDN, Formerly Institute of Child Nutrition*

## Meet Our Speakers



### Brittany Uribe

Senior Event Specialist, National CACFP Association

Brittany Uribe is primarily responsible for planning and coordinating all webinars and virtual events, including those during the National Child Nutrition Conference. Brittany graduated from Florida State

University with a BS in Family and Child Science. She began working for a CACFP sponsor in South Florida in 2013 and grew passionate about expanding CACFP training opportunities and educational resources.



### Alix Pasillas, CMP, CCNP

Executive Director, Food For Kids Nevada

Alix joined Food For Kids in 1998 as a field monitor and now serves as executive director. By providing key guidance, she has helped expand the program throughout Nevada. Alix continues to reinforce the sponsorship's success with determination by bringing nutritious meals to programs that are a part of CACFP. Elected to the NCA Board in 2020, Alix serves on the Policy, Certification, Conference and Board Nomination committees and is excited to work with the association on all things CACFP.



### Chef Garrett Berdan, RDN

Formerly Education and Training Specialist, Institute of Child Nutrition

Garrett has supported child nutrition programs through consulting, culinary training, recipe development, communications and marketing, menu planning, and operations since 2010. He is a graduate of Washington State University and The Culinary Institute of America at Greystone. In 2011, the White House honored Garrett as a champion of Change for his work with Chefs Move to Schools.



### Chef Patrick Garmong

Associate Director of Culinary Education and Training, Institute of Child Nutrition

Patrick has been in the food service industry for over 19 years. Previously, Patrick was the Child Nutrition Director for the Ellensburg School District. Patrick has been the Executive Chef in various fields of the hospitality industry including higher education, restaurants, and catering. He is a graduate of the Institute of Culinary Education (Manhattan, NY).

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## Schedule At-a-Glance by Time Zone

**Wednesday, May 14**

11:00 am - 4:45 pm Eastern

Eastern	Central	Mountain	Pacific	Session
11:00 am - 12:00 pm	10:00 am - 11:00 am	9:00 am - 10:00 am	8:00 am - 9:00 am	CACFP for Adult Day Care: An Overview
12:15 pm - 1:15 pm	11:15 am - 12:15 pm	10:15 am - 11:15 am	9:15 am - 10:15 am	Beyond Bland: Making Meals Exciting
1:45 pm - 2:45 pm	12:45 pm - 1:45 pm	11:45 am - 12:45 pm	10:45 am - 11:45 am	Hip Hip Purees! Adjusting Menus for Soft Diets
3:00 pm - 4:00 pm	2:00 pm - 3:00 pm	1:00 pm - 2:00 pm	12:00 pm - 1:00 pm	Get Moving! Practical Exercises for Older Adults
4:15 pm - 4:45 pm	3:15 pm - 3:45 pm	2:15 pm - 2:45 pm	1:15 pm - 1:45 pm	Ask Us Anything: CACFP for Adult Care

## Registration Rates & Deadlines

### Member Pricing:

**\$149 Standard Registration**

\$199 Late Registration Starting May 7

### Non-Member Pricing:

**\$199 Standard Registration**

\$249 Late Registration Starting May 7

**“This was very informative and really helped to get me more excited about offering this awesome program!”**

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