

# CACFP BOOT CAMP HEAD START

SEPTEMBER 26-28, 2023



# \$149

Standard Registration\*

## Earn 11 Hours of CEUs

Join us on Zoom to delve into a comprehensive range of vital topics tailored to the unique needs of Head Start programs.  
*Available on-demand for attendees through October 12, 2023.*

## Topics Include:

- CACFP Regulations for Head Start
- A Change of Taste: Reducing Sodium in the CACFP
- Civil Rights Complaint Procedures
- Emergency Preparedness in Head Start
- Fueling Healthy Growth in Early Head Start
- Fueling Minds and Bodies in Head Start with Family-Style Dining
- Mastering Head Start Menus in the CACFP
- Meal Patterns 101
- Understanding Meal Modifications in the CACFP
- INCLUDED ON DEMAND - Playing Around: Making Physical Activity Part of Your Program

Register today at [cacfp.org/bootcamp](https://cacfp.org/bootcamp)

\*Register by September 14 for standard rate.  
Late registration rate is \$199.

# CACFP BOOT CAMP

## HEAD START

SEPTEMBER 26-28, 2023



## Tuesday, September 26

11:00 am - 3:45 pm Eastern

### Meal Patterns 101

Head Start centers 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 components are required and how they fit into the CACFP meal pattern.

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

### CACFP Regulations for Head Start

Operating CACFP in Head Start is a requirement, but do you know the differences between what's a CACFP regulation and what is mandated by Head Start? Learn what the Head Start performance standards that govern child nutrition are and how they align with the CACFP to provide good nutrition to children. Gain an understanding of the requirements and hear about the latest updates in Head Start performance standards for child nutrition.

*Rhonda Kobylecky, CMP, CCNP, Acelero Learning*

### Fueling Minds and Bodies in Head Start with Family-Style Dining

Unlock a world of learning opportunities during meal times in Head Start sites through Family Style dining. Equip your staff or team with a deep understanding of the performance regulations surrounding this meal service model, empowering them to create enriching experiences. Discover how to seamlessly incorporate Math, Science, Language, and Literacy into meal times, transforming them into valuable educational moments. Get practical guidance on aligning meal service with academic goals while ensuring compliance with CACFP and Head Start regulations.

*Sheila Tompkins-Hess, Department of Child and Family Services*

### Mastering Head Start Menus in the CACFP

Navigating the complexities of developing a CACFP Head Start menu can often be overwhelming and confusing. What crucial information should you include on the menu to be in compliance? Do you include ounce equivalency, serving size, or both!? Moreover, are there specific documents you should maintain while planning your menu? Learn how to create menus stress-free while meeting CACFP requirements in Head Start as we guide you through the process. Get confidence and clarity in your menu development endeavors.

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

## Tuesday At-A-Glance

11:00 am - 11:10 am	Eastern	Boot Camp Welcome
10:00 am - 10:10 am	Central	
9:00 am - 9:10 am	Mountain	
8:00 am - 8:10 am	Pacific	
11:15 am - 11:45 pm	Eastern	Meal Patterns 101
10:15 am - 10:45 am	Central	
9:15 am - 9:45 am	Mountain	
8:15 am - 8:45 am	Pacific	
12:00 pm - 1:00 pm	Eastern	CACFP Regulations for Head Start
11:00 am - 12:00 pm	Central	
10:00 am - 11:00 am	Mountain	
9:00 am - 10:00 am	Pacific	
1:30 pm - 2:30 pm	Eastern	Fueling Minds and Bodies in Head Start with Family-Style Dining
12:30 pm - 1:30 pm	Central	
11:30 am - 12:30 pm	Mountain	
10:30 am - 11:30 am	Pacific	
2:45 pm - 3:45 pm	Eastern	Mastering Head Start Menus in the CACFP
1:45 pm - 2:45 pm	Central	
12:45 pm - 1:45 pm	Mountain	
1:45 am - 12:45 pm	Pacific	

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# CACFP BOOT CAMP

## HEAD START

SEPTEMBER 26-28, 2023



## Wednesday, September 27

11:00 am - 3:45 pm Eastern

### Civil Rights Complaint Procedures

It's a requirement for operators of CACFP to ensure non-discrimination in the administration of the program and knowing how to establish a written procedure for handling civil rights complaints related to discrimination is important. Gain a comprehensive understanding of the Civil Rights Complaint Procedures and learn how to develop a Self-Assessment Checklist, essential components for compliance. Enhance your knowledge, strengthen your agency's commitment to civil rights in the CACFP, and be inspired by a real-life example showcasing the successful execution of these procedures.

*Rhonda Kobylecky, CMP, CCNP, Acelero Learning*

### Fueling Healthy Growth in Early Head Start

Early Head Start sites must often manage two different meal patterns when complying with CACFP requirements based on the age of the children in their care. Learn the differences between feeding infants and toddlers to ensure optimal nutrition and program compliance. Gain valuable insights on how to create balanced and age-appropriate menus, address specific dietary considerations for infants, and implement practical strategies for promoting healthy eating habits to foster a positive mealtime environment.

*Jami Rokala, MS, RDN, LD, CLC, CMP, CCNP, Headwaters Nutrition Counseling, LLC*

### Understanding Meal Modifications in the CACFP (Two-Hour Session)

Have you ever received a parent's or doctor's note describing a meal modification or substitution to serve a child in your care? Maybe you have felt confused or overwhelmed on how to modify the menu to ensure foods are safe to serve to a participant with a disability. Learn about the requirements for having a medical statement to serve safe and reimbursable foods in the CACFP. Identify creditable and non-creditable milk substitutions in the CACFP and understand the documentation needed. Gain valuable knowledge on tailoring foods for special diets, including vegetarian, pureed, and gluten-free diets. Empower yourself with the information and guidance to confidently address meal modifications and provide suitable options for participants with specific dietary needs in the CACFP at your Head Start site.

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

## Wednesday At-A-Glance

11:00 am - 12:00 pm	Eastern	Civil Rights Complaint Procedures
10:00 am - 11:00 am	Central	
9:00 am - 10:00 am	Mountain	
8:00 am - 9:00 am	Pacific	
12:15 pm - 1:15 pm	Eastern	Fueling Healthy Growth in Early Head Start
11:15 am - 12:15 pm	Central	
10:15 am - 11:15 am	Mountain	
9:15 am - 10:15 am	Pacific	
1:45 pm - 3:45 pm	Eastern	Understanding Meal Modifications in the CACFP
12:45 pm - 2:45 pm	Central	
11:45 am - 1:45 pm	Mountain	
10:45 am - 12:45 pm	Pacific	

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# CACFP BOOT CAMP

## HEAD START

SEPTEMBER 26-28, 2023



### Thursday, September 28

11:00 am - 2:30 pm Eastern

#### A Change of Taste: Reducing Sodium in the CACFP

Sodium plays an essential role in our body but consuming too much can cause us harm over time. In the CACFP, it is recommended to serve foods low in sodium. Learn about the the impacts of sodium and how to reduce sodium while still retaining flavor in the meals you serve.

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

#### Emergency Preparedness in Head Start

The pandemic taught us to always be one step ahead and prepared for the unknown. Discover ways to integrate emergency preparedness and planning into your facility operation plans while including all departments. Practice writing your own emergency plans to support your program and outline your next steps.

*Sheila Tompkins-Hess, Department of Child and Family Services*

#### Ask Us Anything: CACFP Head Start

Join us for an unscripted, dynamic, and real conversation focusing on CACFP for Head Start. Bring your questions – you can ask us anything about CACFP for Head Start – and we’ll answer as many as we can.

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

*Jami Lee-Rokala, MS, LN, CCNP, CFPM, CLC, Tri-Valley Head Start*

*Rhonda Kobylecky, CCNP, CMP, Acelero, Inc.*

*Sheila Tompkins-Hess, Department of Child and Family Services*

#### Playing Around: Making Physical Activity Part of Your Program (ON DEMAND)

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.

*Alexia Thex, MEd, National CACFP Sponsors Association*

*“I have been cooking for over 20 years professionally, yet only for a couple of years as part of the CACFP. I learned more over the last couple of days (in Boot Camp) than I have in the rest of my career!”*

### Thursday At-A-Glance

11:00 am - 12:00 pm	Eastern	A Change of Taste: Reducing Sodium in the CACFP
10:00 am - 11:00 am	Central	
9:00 am - 10:00 am	Mountain	
8:00 am - 9:00 am	Pacific	
12:15 pm - 1:15 pm	Eastern	Emergency Preparedness in Head Start
11:15 am - 12:15 pm	Central	
10:15 am - 11:15 am	Mountain	
9:15 am - 10:15 am	Pacific	
1:30 pm - 2:30 pm	Eastern	Ask Us Anything: CACFP Head Start
12:30 pm - 1:30 pm	Central	
11:30 am - 12:30 pm	Mountain	
10:30 am - 11:30 am	Pacific	

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