

# CACFP BOOT CAMP MENU PLANNING

NOVEMBER 20-21, 2024



# \$149

Early Registration\*

## Earn 12 Hours of CEUs

Join us on Zoom to become a menu planning expert!

Unlock your inner chef and elevate your meal planning skills.

*Available on-demand for attendees through December 5, 2024.*

## Topics Include:

- » Adapting Menus for Special Diets
- » Best Practices for Budgeting for Meals & Snacks
- » The Efficient Chef: Maximizing Your Kitchen Potential
- » Flavorful Cooking Using Herbs and Spices
- » Meal Pattern Basics
- » Menu Planning: Your Guide to Success
- » Menus on Your Mind? Ask Us Anything
- » Plant-Forward Menus: A Guide to Successful Integration
- » Procuring Local Foods for Child Nutrition Programs
- » Using the Food Buying Guide for Effective Menu Development
- » On Demand: Beyond Beginners: Next Level Menu Planning
- » On Demand: Crediting Recipes for Centers
- » On Demand: Crediting Recipes in the CACFP
- » On Demand: Culturally Receptive Meals

Register today at [cacfp.org/menu-planning](https://cacfp.org/menu-planning)

\*Register by November 6 for early registration (\$149 for members and \$199 for non-members)  
Visit [cacfp.org/menu-planning](https://cacfp.org/menu-planning) to see more rates.

# CACFP BOOT CAMP

## MENU PLANNING

NOVEMBER 20, 2024



All times listed are Eastern

11:00 am- 11:30 am

### Meal Pattern Basics

Centers, family child care homes, and after-school 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 meal 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.

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

11:40 am - 12:40 pm

### Menu Planning: Your Guide to Success

Do you love menu planning or are you unsure where to begin? Learn what to consider 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 family child care home! Identify the differences between a cycle menu and weekly menu. Explore the step-by-step process of menu development, from concept ideation to finalization.

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

1:10 pm - 2:10 pm

### Procuring Local Foods for Child Nutrition Programs

From beef and bison in Montana to apples in Michigan and radishes in Rhode Island, local foods are on the menu for children across the country. Local procurement not only supports increasing economic opportunities for local farmers, but also helps child care institutions incorporate wholesome local foods into program meals and encourages children to make healthy food choices. Learn how local foods can meet meal pattern requirements, understand what is required when purchasing local foods, and get the resources you need for procuring them.

*Melissa Daigle-Katz, MPH, USDA Food and Nutrition Service*

*Lissa Ong, MPH, RDN, USDA Food and Nutrition Service*

2:20 pm - 3:20 pm

### Using the Food Buying Guide for Menu Development

Unlock the full potential of the USDA's Food Buying Guide (FBG) for Child Nutrition Programs. Learn how to access the FBG, create an account, and utilize its tools to plan nutritious, compliant, and cost-effective meals. We'll guide you through the FBG yield tables, meal components, and selecting the right food items for your recipes. Don't miss this chance to streamline your meal planning and ensure dietary guidelines are met with ease!

*Brittany Gorman, MPH, RDN, USDA Food and Nutrition Service*

3:30 pm - 4:30 pm

### Best Practices for Budgeting for Meals & Snacks

Every penny counts at child care centers and family child care homes. Discover the secrets to stretching your CACFP budget without compromising on quality. Gain fun, practical tips on planning, purchasing, and preparing nutritious, high-quality meals that kids will love—all while staying within budget. Learn how to make the most of your resources and create delicious, healthy meals that are both budget-friendly and nutritious.

*Kerry Riter, The Centers*

### ON DEMAND

#### Culturally Receptive Meals

News flash! One of our little ones may be a new arrival from Afghanistan or a returnee in their second year with us whose parent(s) hail from Guatemala. Move over Sloppy Joe and Frittata, we want Lavash and Rellenitos too. What better way could there be to learn about other cultures than with food?

*Kent Williamson, Children's Aid New York*

## Meet Our Speakers



### Melissa Daigle-Katz, MPH

Lead Program Analyst, USDA Food and Nutrition Service

Melissa supports schools and childcare organizations in growing strong farm to school programs. Before joining farm to school, Melissa worked in CACFP and SFSP policy and in SNAP, building accessibility for regular and disaster benefits. Melissa has a bachelor's degree in clinical nutrition from the University of Texas Southwestern and a master's degree in public health from the University of California Berkeley.



### Brittany Gorman, MPH, RD, RDN

Nutritionist, USDA Food and Nutrition Service

Brittany is the project lead for the Food Buying Guide for Child Nutrition Programs (FBG) and works on technical assistance resources for program operators. She has over eight years of experience with CNP working in various roles at the local and federal level. She holds an MPH from the University of Massachusetts, Amherst.



### Lissa Ong, MPH, RDN

Nutritionist, USDA Food and Nutrition Service

Lissa works within the Western Regional Office. Over her 19-year career with FNS, she has worked with the WIC and School Nutrition Programs. In the past five years, she has been the CACFP Nutritionist, Western Region's Farm to CACFP point of contact, and a Program Officer for FY 21 Farm to School Grantees.



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

Nutrition Education Specialist, National CACFP Sponsors Association

Isabel develops nutrition education materials and provides informational webinars on nutrition to support stronger program operations. She has a strong background and passion in working with low-income communities of various cultural backgrounds, while working on graduate research projects and working in the nonprofit, food banking environment for eight years. Isabel has an MS in Nutritional Sciences and is a registered dietitian and nutritionist.



### Kerry Riter

Director of Food Services, The Centers

Kerry has been in contractual food service positions for over 20 years. Her experience is rooted in catering, beginning with her role as the Director of Catering for Case Western Reserve University. In her current role, Kerry is responsible for providing healthy meals to seven child care centers, a residential home, several catering centers, as well as catering and meals for nonprofit health and wellness clients. Kerry holds a degree in business management from Ohio State University.



### Kent Williamson

Food Service/CACFP Contract Manager, Children's Aid New York City

Kent is a classically-trained chef and holds a degree in business management. For the past 20 years, he has dedicated his time to healthy food and nutrition for children. He owned a food service company operating school meals in New York and New Jersey before joining Children's Aid of New York City. Kent has traveled extensively and learned the foods of many cultures.

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# CACFP BOOT CAMP

## MENU PLANNING

NOVEMBER 21, 2024



All times listed are Eastern

**11:00 am - 12:00 pm**

### The Efficient Chef: Maximizing Your Kitchen Potential

Discover strategies to optimize your kitchen workflow and unleash your inner chef! Learn effective cooking preparation techniques when using multiple kitchen appliances, ensuring smooth and efficient operations. Get time management skills to streamline your cooking process, reducing stress and increasing output. Expect practical tips and expert insights to help you maximize your kitchen efficiency.

*Gregory Williams, CEC, MBA, San Antonio Food Bank*

**12:10 pm - 1:10 pm**

### Plant-Forward Menus: A Guide to Successful Integration

There's never been a better time to add more plant-based options to your program's menu! Discover how to identify the health and environmental benefits of eating and serving plant-based foods. Learn how to source, prepare, and successfully market plant-based options. Get free resources to create more plant-forward menus.

*Kate Jarvis, The Humane Society of the United States*

**1:40 pm - 2:40 pm**

### Adapting Menus for Special Diets

Are you wondering how to navigate food allergies and create safe meals for the children in your care while participating in the CACFP? Learn the differences between various types of special diets and how to prepare these foods to meet CACFP guidelines. Know what a meal modification is, how to serve modified meals, and how to navigate through meal modification scenarios.

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

**2:50 pm - 3:20 pm**

### Flavorful Cooking Using Herbs and Spices

Are you wondering how to navigate food allergies and create safe meals for the children in your care while participating in the CACFP? Learn the differences between various types of special diets and how to prepare these foods to meet CACFP guidelines. Know what a meal modification is, how to serve modified meals, and how to navigate through meal modification scenarios.

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

**3:30 pm - 4:00 pm**

### Menus on Your Mind? Ask Us Anything

Still have pressing questions about menu planning? Get your answers from the experts in our speed round of Q&A. We'll address as many questions as possible, share essential resources, and equip you with all the tools you need to kickstart your menu planning journey.

*Lisa Mack, National CACFP Sponsors Association*

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

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

**ON DEMAND**

### Beyond Beginners: Next Level Menu Planning

Navigating the complexities of developing a CACFP 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.

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

**ON DEMAND**

### Crediting Recipes in the CACFP

Maybe you love to develop delicious recipes, or a parent has shared one of their family favorites, but you are not sure how to make it creditable in the CACFP. Learn key tips and methods on how to evaluate recipes to ensure they are #CACFPCreditable as we guide you through our recipe crediting worksheet.

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

**ON DEMAND**

### Crediting Recipes for Centers

Now that you've watched "Crediting Recipes in the CACFP," we'll go a step further and apply what we know about crediting recipes for centers. Learn how to evaluate and scaleup recipes while ensuring they are CACFP creditable. Become confident in developing your own #CACFPCreditable recipes to make and serve to those in your care.

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

## Meet Our Speakers



### Kate Jarvis

Senior Outreach Coordinator, Food Service Innovation, The Humane Society of the United States

Kate's team collaborates with the largest food service management companies and institutions in the country to help them implement more healthy, sustainable, and inclusive plant-based meals. This has included some of the nation's largest school districts, as well as leading K-12 Food Service Providers. Their work has been covered by national media, including The New York Times, Los Angeles Times, and CNN. She is a graduate of the University of California, Los Angeles.



### Jami Rokala, MS, RDN, LD, CLC, CMP, CCNP

Founder/Owner, Headwaters Nutrition Counseling

Jami has worked as a child nutrition professional for the state of North Dakota as a Child Nutrition Specialist and as Child Nutrition Manager for Head Starts/Early Head Starts and Migrant and Seasonal Head Starts throughout the state of MN and ND. Currently, she contracts with Head Start agencies as the RDN and has a focus on 0-18-year-olds struggling with anxious, avoidant or selective eating and nutrition concerns. She is a graduate of the University of North Dakota.



### Gregory Williams, CEC, MBA

Culinary Educator, San Antonio Food Bank

Chef Greg has served a variety of roles during his culinary career, from steward/dishwasher to the Chief Nutrition Officer for Meals on Wheels. At the Food Bank, he developed a 10-week training course that is certified by the Texas Workforce Commission and the American Culinary Federation. Chef Greg earned a BBA from the University of Texas at San Antonio and also holds an Associates in Culinary Arts and an MBA.

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## Schedule At-a-Glance by Time Zone

### Wednesday, November 20

11:00 am - 4:30 pm Eastern

| Eastern             | Central             | Mountain            | Pacific             | Session  |
|---------------------|---------------------|---------------------|---------------------|--|
| 11:00 am - 11:30 am | 10:00 am - 10:30 am | 9:00 am - 9:30 am   | 8:00 am - 8:30 am   | Meal Pattern Basics                                |
| 11:40 am - 12:40 pm | 10:40 am - 11:40 am | 9:40 am - 10:40 am  | 8:40 am - 9:40 am   | Menu Planning: Your Guide to Success               |
| 1:10 pm - 2:10 pm   | 12:10 pm - 1:10 pm  | 11:10 am - 12:10 pm | 10:10 am - 11:10 am | Procuring Local Foods for Child Nutrition Programs |
| 2:20 pm - 3:30 pm   | 1:20 pm - 2:20 pm   | 12:20 pm - 1:20 pm  | 11:20 am - 12:20 pm | Using the Food Buying Guide for Menu Development   |
| 3:30 pm - 4:30 pm   | 2:30 pm - 3:30 pm   | 1:30 pm - 2:30 pm   | 12:30 pm - 1:30 pm  | Best Practices for Budgeting for Meals & Snacks    |

### Thursday, November 21

11:00 am - 4:00 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   | The Efficient Chef: Maximizing Your Kitchen Potential  |
| 12:10 pm - 1:10 pm  | 11:10 am - 12:10 pm | 10:10 am - 11:10 am | 9:10 am - 10:10 am  | Plant-Forward Menus: A Guide to Successful Integration |
| 1:40 pm - 2:40 pm   | 12:40 pm - 1:40 pm  | 11:40 am - 12:40 pm | 10:40 am - 11:40 am | Adapting Menus for Special Diets                       |
| 2:50 pm - 3:20 pm   | 1:50 pm - 2:20 pm   | 12:50 pm - 1:20 pm  | 11:50 am - 12:20 pm | Flavorful Cooking for Herbs and Spices                 |
| 3:30 pm - 4:00 pm   | 2:30 pm - 3:00 pm   | 1:30 pm - 2:00 pm   | 12:30 pm - 1:00 pm  | Menus on Your Mind? Ask Us Anything                    |

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