

Date: January 15, 2021

To: Child and Adult Care Food Program (CACFP) List-Serv Members

From: Community Nutrition Team

Subject: CACFP Bulletin: January 2021-06

Announcements from the Wisconsin Child and Adult Care Food Program (CACFP)

- Tuesday Talks Webinars (ALL)
- *CACFP Halftime: Thirty on Thursdays* Webinar on Using the Nutrition Facts Label in the CACFP (ALL)
- Annual Wisconsin Chili Lunch Thursday February 25, 2021 (ALL)
- 2020-2025 Dietary Guidelines for Americans (ALL)
- New MyPlate Digital Tools and Resources Available (ALL)

Tuesday Talks Webinars (ALL)

In place of in-person training this year, the Community Nutrition Team will provide monthly live webinars on various CACFP topics based on issues found during reviews and questions submitted by agencies. Webinar topics include Household Size Income Statements, financial recordkeeping, meal pattern compliance, special dietary needs, whole grain rich requirements, and tools for meal planning.

The webinars will take place on a Tuesday from 2:00-2:30 p.m. The first half of the webinar will be a short presentation and the second half will give time for attendees to ask questions directly to CACFP consultants. Come prepared with questions on the topic being covered.

The first webinar will be held on January 26, 2021, and will cover Household Size Income Statements. DPI will send out a separate email with information on how to access the webinar the week before each scheduled webinar. All of the webinars will be recorded and posted on the [Tuesday Talks website](#).

***CACFP Halftime: Thirty on Thursdays* Webinar: Using the Nutrition Facts Label in the CACFP (ALL)**

On January 21, 2021, USDA's Team Nutrition will present [Using the Nutrition Facts Label in the CACFP](#). Registration for this free webinar is now available, using the following registration links:

- 1-1:30 p.m. **English Webinar** [[Register Now](#)]
- 2-2:30 p.m. **Spanish Webinar**: [[Register Now](#)]

Registration links are also available [here](#).

This upcoming webinar will show CACFP operators how to use the information on the Nutrition Facts label to identify foods that can be served as part of reimbursable meals and snacks. Attendees will have the opportunity to submit questions to the presenters and to check their knowledge through interactive polling questions.

Team Nutrition will provide certificates of participation to individuals who attend the entire thirty-minute webinar. The National CACFP Sponsors Association (NCA) is also offering webinar participants the opportunity to submit and track continuing education credits. Additional information on this opportunity is available from NCA at:

<https://www.cacfp.org/resources/thirty-thursdays>. The Academy of Nutrition and Dietetics Commission on Dietetic Registration has also approved this webinar for 0.5 hours of Continuing Professional Education Units (CPEUs).

For more information, please visit the [CACFP Halftime: Thirty on Thursdays](#) webpage. Questions about this webinar may be sent to TeamNutrition@usda.gov.

Annual Wisconsin Chili Lunch (ALL)

Participate in the annual Wisconsin Chili Lunch celebrating the use of local foods in early care! Support local farmers by serving the Wisconsin Chili Lunch recipe in your center or family day care home on Thursday, February 25, 2021. Make the Wisconsin Chili Lunch recipe special by using locally-grown ingredients and customizing it to meet your needs. This event is a great opportunity to highlight Farm to Early Care and Education efforts, incorporate more local foods, and support farmers across the state! For more information and registration, please visit the [Wisconsin Chili Lunch](#) webpage.

2020-2025 Dietary Guidelines for Americans (ALL)

Did you hear? The USDA and HHS just released the [Dietary Guidelines for Americans, 2020-2025](#) – our nation’s leading nutrition advice to help all Americans lead healthier lives. This edition expands the guidance for the first time to include recommended healthy dietary patterns for infants and toddlers.

New MyPlate Digital Tools and Resources (ALL)

[MyPlate](#) is here to help you and your family put the *Dietary Guidelines* into action with new digital tools and resources available starting today! *Start Simple with MyPlate* offers free, personalized resources based on your eating needs and habits.

Follow these simple steps and get started with these MyPlate resources:

1. *Find your starting point: Take the quick [MyPlate Quiz](#) to see how your eating habits stack up against the MyPlate recommendations. Based on your answers you’ll receive tailored resources and a personal quiz results code to sync with the *Start Simple with MyPlate* app.*

2. *Set simple goals based on your personal needs: Use the [Start Simple with MyPlate app](#) to help you set daily meal- and snack-based goals to help you eat healthier. Sync your results from the MyPlate Quiz for a personalized experience. Join challenges, see progress, and earn badges to celebrate successes.*

3. Learn how much you should eat: To find out what and how much to eat from each of the food groups, **get your own personalized [MyPlate Plan](#)**.

4. Put your plan into action: **Discover recipes on [MyPlate Kitchen](#)**. Check out hundreds of healthy, budget-friendly recipes that provide detailed nutrition and food group information to help you choose recipes that fit your needs.

5. Save money and eat healthy: Use **[Healthy Eating on a Budget](#)** to help you save money at the store by making a shopping plan, shopping smart, and preparing healthy meals to stretch food dollars.

6: Keep up the good work! One big change is that the website officially changed from ChooseMyPlate.gov to MyPlate.gov. **Explore [MyPlate's new website](#)** with streamlined information for you to find tips, tools, and recipes that will fit your healthy eating needs.

The benefits of healthy eating add up over time, bite by bite. Small changes matter. [Start Simple with MyPlate](#).

For DPI's CACFP COVID-19 Information visit [CACFP COVID-19 Information](#).

PROGRAM ABBREVIATION KEY		
CC: Child Care	HS: Head Start	OS: Outside of School Hours Care
AR: At Risk	ES: Emergency Shelters	ADC: Adult Day Care
FDCH: Family Day Care Home	SO: Sponsoring Organizations	ALL: Applies to all types

The abbreviation key identifies each type of program in the CACFP. Each section above identifies who the information applies to when implementing the CACFP. If your type of program is not listed in a section, it does not apply.