



State of New Jersey

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January 2013

TO: CHILD CARE FOOD PROGRAM INSTITUTIONS

**FROM: Tanya D. W. Johnson, *TJ* Coordinator
Child and Adult Care Food Program**

**SUBJECT: National Nutrition Month Training
CCFP Memo #13-05
FDCFP Memo #13-03**

Dear Sponsor:

March is National Nutrition Month. The Child and Adult Care Food Program is offering training on Serving Safe Food in Child Care and Happy Mealtimes for Healthy Kids. The training is scheduled for Wednesday, March 27, 2013 and Thursday, March 28, 2013 at the New Jersey Forensic Science Technology Center, Hamilton, New Jersey 08691.

This year, we have a guest presenter from the National Food Service Management Institute (NFSMI) to conduct these workshops. The National Food Service Management Institute is part of the School of Applied Science at The University of Mississippi. NFSMI is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. Please plan to join us on one of the abovementioned dates.

The workshop is divided into two segments: Serving Safe Food in Child Care and Happy Mealtimes for Healthy Kids. Serving Safe Food in Child Care is based on the four principles of the USDA Fight Bac® (bacteria) Food Safety program: Clean, Separate, Cook, and Cool. This training session was developed specifically for cooks and child care providers in the CACFP environment.

Happy Mealtimes for Healthy Kids consists of the "Picky Eater" session, which will help participants implement different tips and strategies for encouraging picky eaters to broaden their choices. Managing Food Allergies session provides information to assist participants in the following areas:

- Creating a Food Allergy Policy for child care centers,

- Implementing a Food Allergy Policy for children with food allergies, and
- Implementing basic tips for meeting the needs of children with food allergies.

Improving child nutrition is the focal point of the Healthy, Hunger-Free Kids Act of 2010. Planning your meal service is the same as any other aspect of your program. If you don't plan, it will happen anyway and that is when agencies have pitfalls of non-compliance. Healthy mealtimes are essential. It will not only provide a healthy and safe environment, but it will also save time and money. *Let's Move* to ensure healthier meal services for our participants.

We encourage you to have the staff responsible for the CACFP meal service requirements to attend this training. Refreshments will not be served. You may choose to bring a bagged lunch since the session will run from 9:30 am to 4:00 pm with a 45-minute break for lunch.

Since space is limited, reservations will be accepted on a first-come first-serve basis. Call Victoria Astudillo or Margaret Hughes at (609) 984-1250 to make a reservation. When you call, please specify who will be attending this session. **The deadline for reservations is March 25, 2013.**

Location:

Wednesday, March 27, 2013 & Thursday, 28, 2013
New Jersey Forensic Science Technology Center
1200 Negron Drive
Hamilton, New Jersey 08691

Time: 9:00 a.m. – 9:30 a.m. - Registration
9:30 a.m. – 4:00 p.m. - Workshop

IMPORTANT!

Directions to the location of the workshop are enclosed. We strongly recommend that you allow sufficient time for traffic and parking so that late arrivals will not unsettle the group.

Enclosure: Directions