



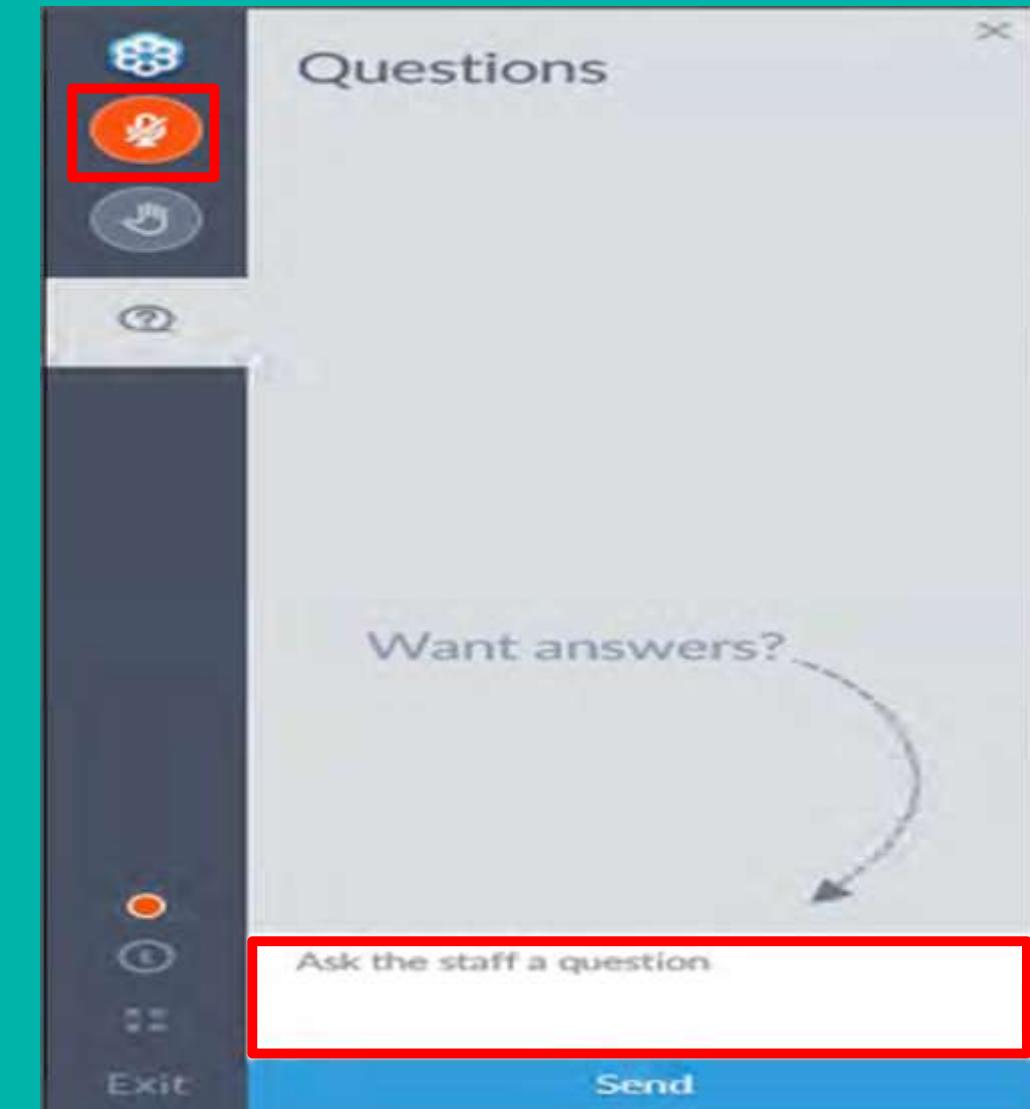
Creative Meals and Menu Planning

Accommodations for Special Diets

Nutrition Services TA and Training
February 3, 2021

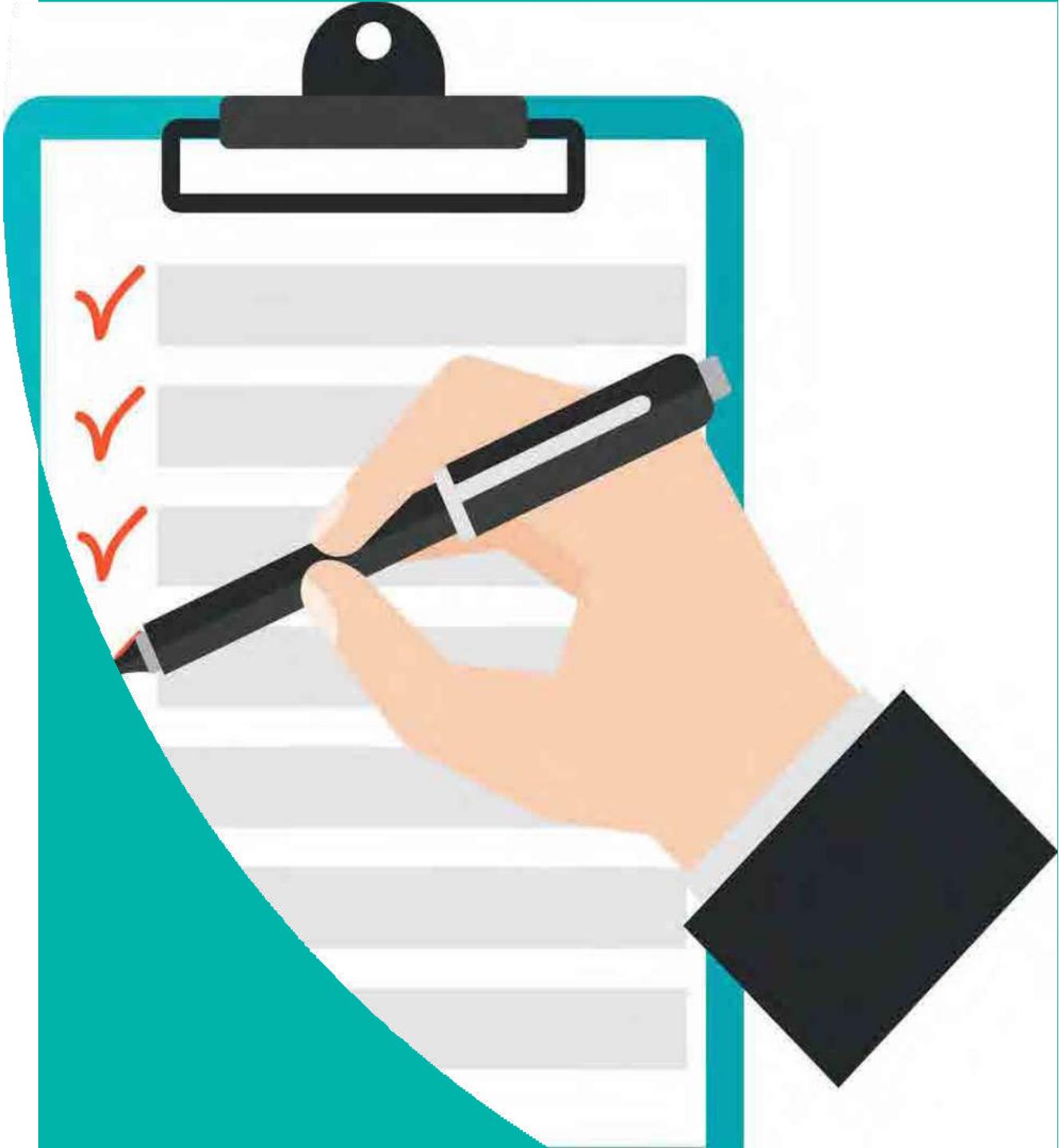
Housekeeping

- All attendees are in “listen-only” mode.
- Questions will be addressed at the end of the webinar.
- Attendees may type in the “chat box” to ask a question.



Agenda

- Tips for Creative Meals and Menu Planning in Child Nutrition Programs
- Creative Meals and Menu Planning for Special Dietary Needs
- Resources



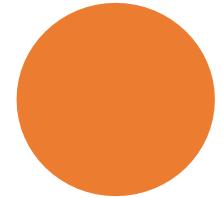
Tips for Creative Meals and Menu Planning in the Child Nutrition Programs



Georgia Dept
of Early Care
and Learning
BRIGHT FROM THE START

Benefits of Menu Planning

- ❖ Organization
- ❖ Time management
- ❖ Efficient grocery shopping
- ❖ Saves Money



1. Comply with Food Program Requirements

- ❖ Milk
- ❖ Meat/Meat Alternative
- ❖ Grain
- ❖ Vegetables
- ❖ Fruits



CACFP Weekly Menu

MEAL	COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup					
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup					
	Grain/Meat*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup**					
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup					
	Fruit*	1/8 cup	1/4 cup	1/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq					
	Meat/Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz					
SNACK	Milk	1/2 cup	1/2 cup	1 cup	1 cup					
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup					
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup					
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq					
	Meat/Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz					

*Meat and meat alternates may be served in place of the entire grain component at breakfast in a maximum of three times per week. **The fruit component at lunch may be substituted by an additional vegetable.

**A serving of milk is not required at supper /meals for adults.

1 oz eq = ounce equivalent

www.cacfp.org



Age 1 serve whole milk.
Ages 2-18 serve 1% or fat-free



At least one meal ingredient per day
must be whole grain-rich.



One 8 oz. glass of water per year of
age until 8 years old.
8 yrs old + 6-8 oz. glasses per day.



CACFP
CREDITABLE
National CACFP Association

This institution is an equal opportunity employer

SFSP Menu Form

Please refer to the Nutrition Guidance Handbook for the Meal Pattern Requirements and Menu Ideas. Food must be maintained at proper temperature at all times. IF MEALS CYCLES ARE REPEATED THROUGHOUT THE MONTH, INCLUDE THAT CYCLE ONLY ONCE. DO NOT ENTER DUPLICATE MEALS. Indicate food items that have a Child Nutrition (CN) label by adding "CN" with the item description.

Include all actual serving sizes for meals and milk.

Institution Name: _____

Agreement # _____

Submission Type: Original Submission

Revised Submission

Revision 8

Meal Pattern Type: Summer Food Service Program (SF^{NP})

National School Lunch Program NSLP

Menu Type: **Infan** **Child** **Adult**

If yes, complete and submit a separate menu.

Breakfast Menu

Include all actual serving sizes for meals and milk. Breakfast requires milk, vegetable, fruit and grain. Meat is optional.

Lunch Menu

Include all actual serving sizes for meals and milk. Lunch requires all 4 food components.



2. See What You Already Have

3. Take a Look at Your Grocery Ads



4. Buy In

Season

Season	Food Item
Winter	Apples, Avocados, Bananas, Cabbage, Collard Greens, Kale, Kiwifruit, Sweet Potatoes, Turnips, Yams, Winter Squash
Spring	Apples, Apricots, Broccoli, Bananas, Carrots, Celery, Kale, Kiwifruit, Radishes, Mushrooms, Spinach, Strawberries, Peas
Summer	Apples, Apricots, Bananas, Bell peppers, Blackberries, Blueberries, Cantaloupe, Eggplant, Honeydew Melon, Lima Beans, Okra, Peaches, Zucchini
Fall	Apples, Bananas, Beets, Brussel Sprouts, Cauliflower, Celery, Collard greens, Grapes, Kale, Pineapples, Pumpkin, Turnips, Winter Squash



5. Think Outside the Store



6. Add

variety



7. Highlight a Theme Day





8. Make Food Look Interesting

9. Delight in Cultural Gatherings

- Chili
- Garlic
- Ginger
- Basil
- Oregano
- Curry
- Cilantro



Multicultural Child Care Recipes

HOME > TEAM NUTRITION > MULTICULTURAL CHILD CARE RECIPES

Resource Type

Recipes

Resource Materials

The 40 recipes in this Team Nutrition collection will add the flavors from different cultures and regions to child care menus. Available in yields of 6, 25, and 50 servings. Download them in English and Spanish.

See also: Child Nutrition Recipe Box at the [Institute of Child Nutrition](#).

Related Content

Team Nutrition Recipes



[Central and South America](#)



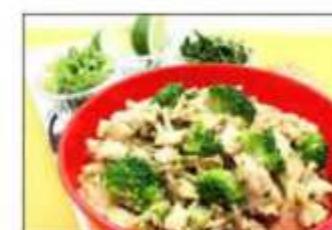
[North America](#)



[Africa](#)



[Europe](#)



[Asia and Pacific Islands](#)

<https://www.fns.usda.gov/tn/recipes-cacfp>

Multicultural Child Care Recipes from Central and South America

HOME > TEAM NUTRITION > MULTICULTURAL CHILD CARE RECIPES FROM CENTRAL AND SOUTH AMERICA

Resource Type

Recipes

Resource Materials**Related Content**[Team Nutrition Recipes](#)[Multicultural Child Care Recipes](#)[Recipes for Healthy Kids: Cookbook for Child Care Centers](#)[Recipes for Healthy Kids: Cookbook for Homes](#)

The 40 recipes in this Team Nutrition collection will add the flavors from different cultures and regions to child care menus. Available in yields of 6, 25, and 50 servings. Download them in English and Spanish.

See also: Child Nutrition Recipe Box at the [Institute of Child Nutrition](#).

**Arroz Con Pollo**[\[6 Servings\]](#) [\[25-50 Servings\]](#)
[\[6 porciones\]](#) [\[25-50 porciones\]](#)**Baked Batatas & Apples**[\[6 Servings\]](#) [\[25-50 Servings\]](#)
[\[6 porciones\]](#) [\[25-50 porciones\]](#)**Baked Cod Olé**[\[6 Servings\]](#) [\[25-50 Servings\]](#)
[\[6 porciones\]](#) [\[25-50 porciones\]](#)**Beef Picadillo**[\[6 Servings\]](#) [\[25-50 Servings\]](#)
[\[6 porciones\]](#) [\[25-50 porciones\]](#)**Black Beans with Plantains**[\[6 Servings\]](#) [\[25-50 Servings\]](#)
[\[6 porciones\]](#) [\[25-50 porciones\]](#)**Quick Quesadilla**[\[6 Servings\]](#) [\[25-50 Servings\]](#)
[\[6 porciones\]](#) [\[25-50 porciones\]](#)

Multicultural Child Care Recipes From Africa

HOME — TEAM NUTRITION — MULTICULTURAL CHILD CARE RECIPES FROM AFRICA

Resource Type

Recipes

The 40 recipes in this Team Nutrition collection will add the flavors from different cultures and regions to child care menus. Available in yields of 6, 25, and 50 servings. Download them in English and Spanish.

Resource Materials

Related Content

[Team Nutrition Recipes](#)

[Recipes for Healthy Kids: Cookbook for Child Care Centers](#)

[Recipes for Healthy Kids: Cookbook for Homes](#)

See also: Child Nutrition Recipe Box at the [Institute of Child Nutrition](#).



Chicken & Veggie Couscous

[\[6 Servings\]](#) [\[25-50 Servings\]](#)

[\[6 Porciones\]](#) [\[25-50 Porciones\]](#)



Chickpeas & Tomatoes

[\[6 Servings\]](#) [\[25-50 Servings\]](#)

[\[6 Porciones\]](#) [\[25-50 Porciones\]](#)



Greens & Beans Soup

[\[6 Servings\]](#) [\[25-50 Servings\]](#)

[\[6 Porciones\]](#) [\[25-50 Porciones\]](#)



Veggie Mash Up

[\[6 Servings\]](#) [\[25-50 Servings\]](#)

[\[6 Porciones\]](#) [\[25-50 Porciones\]](#)



Continent
of the day

South America

Around the World Sample Cycle Menu to help you plan a themed menu with creditable recipes. Remember to check with your sponsor or state agency in case there may be additional restrictions to your menu planning beyond the federal regulations.

Africa

Asia & Oceania

North America

Europe

	MONDAY - DAY 1	TUESDAY - DAY 2	WEDNESDAY - DAY 3	THURSDAY - DAY 4	FRIDAY - DAY 5
BREAKFAST	Milk	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Refried Beans	Sweet Potato Hash Sweet Potato	Star Fruit	Strawberry Parfait Strawberries
	Grain/Meat ⁺	WGR Tortilla	Sweet Potato Hash Eggs	WGR Naan	Strawberry Parfait Yogurt
	Milk	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Guava	Watermelon	Kiwi	Grapes
LUNCH	Vegetable	TN Red Beans & Rice Onion & Bell Pepper	TN Chicken/Veggie Couscous Carrots, Onion, Olives	Asian Chicken Wraps Cabbage, Carrots, Lettuce	TN Beef Goulash Onions
	Grain	TN Red Beans & Rice Brown Rice	TN Chicken/Veggie Couscous WGR Couscous	Asian Chicken Wraps WGR Tortilla	TN Beef Goulash Brown & Wild Rice
	Meat/Meat Alternate	TN Red Beans & Rice Dark Red Kidney Beans	TN Chicken/Veggie Couscous Chicken	Asian Chicken Wraps Chicken	TN Creamy Wild Rice Turkey
	Milk				
	Fruit	TN Batatas & Apples Apples	Orange Wedges	Samurai Banana Sushi Roll Bananas	Cantaloupe
SNACK	Vegetable	TN Batatas & Apples Sweet Potatoes	TN Veggie Mash Up Swiss Chard, Potato, Peas, Corn		Cucumber Slices
	Grain			Samurai Banana Sushi Roll WGR Tortilla	Rye Bread
	Meat/Meat Alternate				TN Squash Casserole Egg & Cheese
	Milk	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Mango Slices	Peach Passion Fruit Juice	Green Beans	Apple Slices
SUPPER	Vegetable	TN Beef Picadillo Tomato, Onion, Bell Pepper	TN Chickpeas & Tomatoes Tomato & Onion	TN Tabbouleh Cucumber & Tomato	Pizza Wheels Mushrooms
	Grain	TN Beef Picadillo Brown Rice	WGR Pita Pockets	TN Tabbouleh Bulgur	Pizza Wheels WGR Tortilla
	Meat/Meat Alternate	TN Beef Picadillo Ground Beef	TN Chickpeas & Tomatoes Garbanzo Beans	Grilled Fish	Pizza Wheels Mozzarella Cheese
	Milk				TN Turkey Tzatziki Burgers Ground Turkey
	Fruit				

10. Utilize Resources

- ❖ DECAL Website
- ❖ DECAL Technical Assistance
- ❖ Food Buying Guide
- ❖ USDA Team Nutrition
- ❖ Choosemyplate.gov
- ❖ Institute of Child Nutrition
- ❖ What's Cooking: USDA Mixing Bowl



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CHILD HEALTH AND WELLNESS

Child Health & Wellness encompasses the whole child as a state of physical, mental, intellectual, social, and emotional well-being. Engage these available resources to improve the way you reinforce child health and wellness in your programs.

+ Nutrition Education Resources

+ Meals and Menu Planning

+ Farm to Child Nutrition Programs

+ CACFP Meal Patterns

+ USDA Recipe Box

+ Food Safety

+ Physical Activity

+ Georgia SHAPE

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— Nutrition Education Resources

Early Care & Education settings play an important role in serving nutritious and appealing foods.

Teaching children about healthy food choices and the food groups at a young age will help in setting the foundations for developing lifelong healthy eating behaviors. Nutrition Education is a vital part of a comprehensive health education program and empowers children with knowledge and skills to make healthy food and beverage choices.¹

For more information and resources, view the [about Child Health & Wellness](#) page.

¹ Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR Morb Mortal Wkly Rep.* 2011;60(RR-5):1–76.

- **Breastfeeding**

- [WIC Breastfeeding Basics](#)
- [Centers for Disease Control: Breastfeeding](#)
- [Georgia Women, Infants and Children \(WIC\)](#)
- [USDA's Breastfed Babies are Welcome Here](#)
- [American Academy of Pediatrics: Breastfeeding](#)

- **Child Care Nutrition**

- [Centers for Disease Control: Early Care and Education](#)
- [Centers for Disease Control: Childhood Nutrition Facts](#)
- [Centers for Disease Control: Good Nutrition Starts Early](#)
- [Centers for Disease Control: Infant and Toddler Nutrition](#)
- [Georgia Department of Public Health: Early Care Providers](#)

- **Nutrition Education**

- [Activities
 - \[It's Taste Test Time!\]\(#\)
 - \[Go, Slow, Whoah Foods\]\(#\)
 - \[ABC Fruit and Vegetable Cards\]\(#\)
 - \[Discover MyPlate: Nutrition Education\]\(#\)
 - \[Growing Healthy Kids: Just Add Water!\]\(#\)](#)

- Centers for Disease Control: Good Nutrition Starts Early
- Centers for Disease Control: Infant and Toddler Nutrition
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 - Activities
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 - Go, Slow, Woah Foods
 - ABC Fruit and Vegetable Cards
 - Discover MyPlate: Nutrition Education
 - Growing Healthy Kids: Just Add Water!
 - Food Education Scavenger Hunt
 - I Eat My A, B, C's Because Vitamins Help Me Grow!
 - Team Nutrition's Digital Nutrition Resources for Kids
 - Cultural and Ethnic Food and Nutrition Education Materials
 - National CACFP Sponsors Association Parent Provider Connections and Activity Page
 - Information
 - The Word on Whole Grain
 - Understanding Food Labels
 - Stages of Infant Development and Feeding Skills
 - Milk... Part of a Healthy Eating Pattern (English and Spanish)
 - Nibbles for Health: Nutrition Newsletters for Parents of Young Children (English and Spanish)
- **CACFP**
 - Growing a Healthier Future with the CACFP
 - Mealtimes with Toddlers Family Handout (English and Spanish)
 - Three Meals a Day: A Win-Win-Win – A Guide to Starting and Improving your Afterschool Program
- **SFSP**
 - Summer Meals Toolkit
 - Summer Food, Summer Moves: Operator Activity Guide, Family Activity Guide, Posters, Placemats and Recipes
- **Food Allergies**
 - Food Allergy Research & Education
 - Food Allergy 101
 - Common Allergies
 - Children with Food Allergies
 - Food Allergy and Anaphylaxis Emergency Care Plan (English and Spanish)
 - Institute of Child Nutrition: Food Allergy Fact Sheets
 - Kids with Food Allergies: A Division of the Asthma and Allergy Foundation of America

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 - Institute of Child Nutrition: Food Allergy Fact Sheets
 - Kids with Food Allergies: A Division of the Asthma and Allergy Foundation of America
- **Training Tools**
 - USDA
 - CACFP Meal Pattern Training Slides
 - Trainers' Circle for CACFP Webinars
 - CACFP Trainer's Tools: Feeding Infants
 - CACFP Trainer's Tools: Serving Milk Bingo
 - CACFP Halftime: Thirty on Thursdays Training Webinar Series
 - Crediting Updates for Child Nutrition Programs: Be in the Know! Webinar Series
 - Other
 - Better Kid Care
 - Village Table Training
 - Move. Talk! Toolkit
 - Child Care Training Online
 - Day Care Consultants Services, Inc.
- **Useful Websites**
 - MyPlate
 - Meal Sites
 - Strong4Life
 - HealthMPowers
 - The OrganWise Guys
 - Child Nutrition Sharing Site
 - USDA's Team Nutrition (English)
 - USDA's Team Nutrition (Spanish)
 - Academy of Nutrition & Dietetics

+

Meals and Menu Planning



Nutrition

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[+ Nutrition Education Resources](#)

+ Meals and Menu Planning

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+ Nutrition Education Resources

- Meals and Menu Planning

The following resources are designed to assist CACFP and SFSP organizations with planning meals for Program participants. This section provides a wealth of information on what to serve – choosing the healthiest, most nutritious options and serving sizes per age group.

• COVID-19

- Child and Adult Care Food Program: Providing Multiple Meals at a Time During the Coronavirus Pandemic
- Summer Food Service Program: Providing Multiple Meals at a Time During the Coronavirus Pandemic
- Feeding Kids While Schools Are Closed Due to Coronavirus (COVID-19)
- Transitional Menu Planning Tool

• SFSP

- SFSP Nutrition Guide
- USDA's Summer Meals Webinars and Videos

• Menu Planning

- Tools
 - Recipe Analysis Workbook
 - Food Buying Guide for Child Nutrition Programs

◦ Resources

- CACFP Weekly Menu Template
- Best Practices for Menu Planning
- Institute of Child Nutrition's Mealtime Memos
- Child and Adult Care Food Program Menu Planning Resource Guide
- Reducing the Risks of Choking in Young Children at Mealtimes (English & Spanish)

• Sample Menus

- Sample Cycle CACFP Menu
- Snacks without Crackers Menus
- Sample Infant Cycle CACFP Menu
- [Around the World Sample CACFP Menu](#)
- DECAL's Disaster Planning Menu Template

• Meal Ideas

- Family Style Dining Tips
- Serving Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 1-2
- Serving Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 3-5
- Serving Tasty and Healthy Foods in the CACFP Sample Meals for Children Ages 6-12 & 13-18
- Serving Tasty and Healthy Foods in the CACFP Sample Meals for Adults

• Recipes

- CACFP Multicultural Child Care Recipes (English and Spanish)
- National CACFP Sponsors Association Recipes
- Child Nutrition Recipe Box: Healthy Recipes for Child Nutrition Professionals
- Snacks without Crackers Recipes
- Provider's Choice Twist & Sprout Recipes

+ Farm to Child Nutrition Programs



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[+ CACFP Meal Patterns](#)

+ USDA Recipe Box

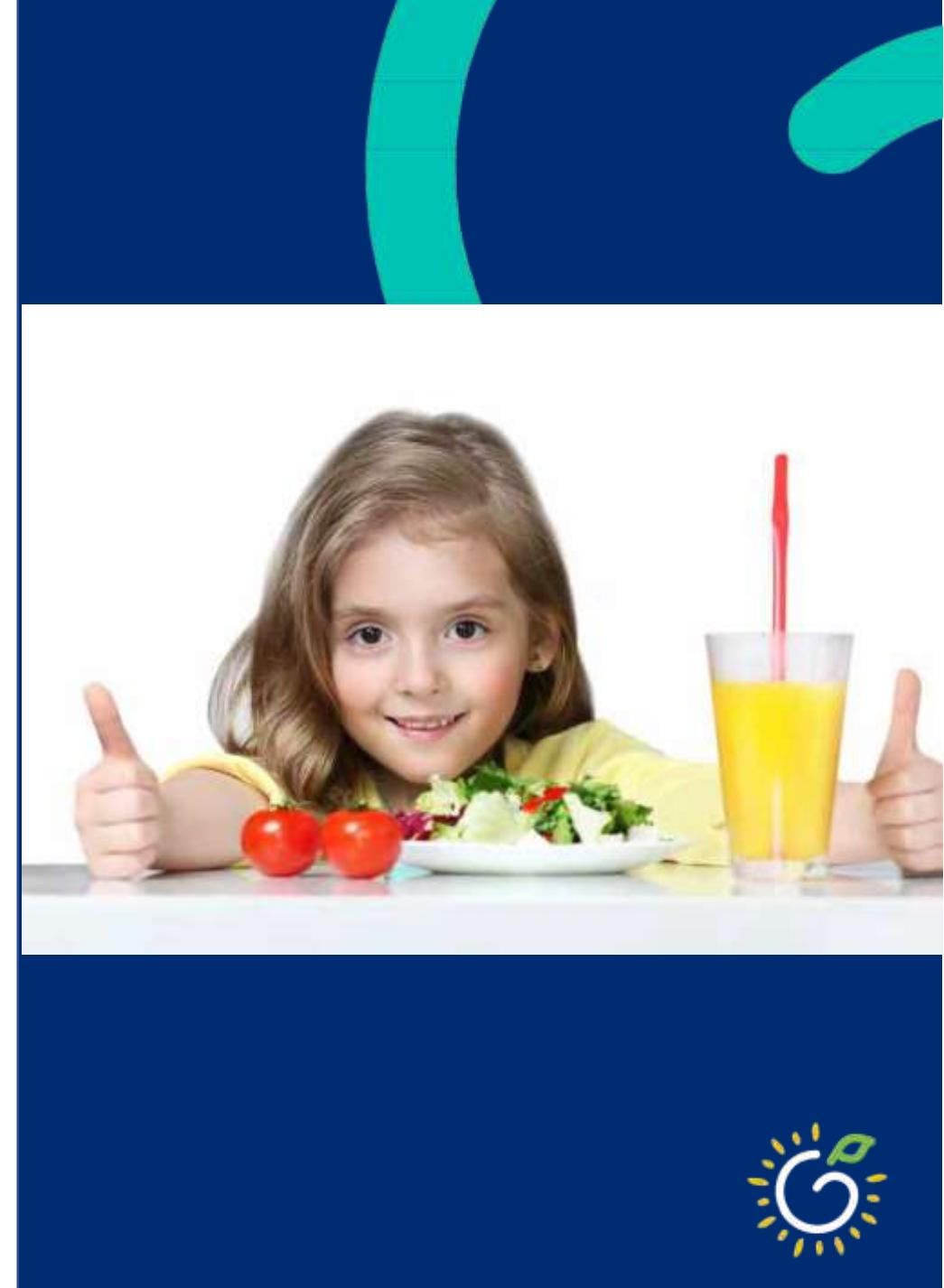
[+ Food Safety](#)

[+ Physical Activity](#)

[+ Georgia SHAPE](#)

Which tips will you use?

1. Comply with food program requirements
2. See what you already have
3. Take a look at your grocery ads
4. Buy in season
5. Think outside the store
6. Add variety
7. Highlight a theme day
8. Make food look interesting
9. Delight in cultural gatherings
10. Utilize resources



Special Dietary Modifications



Georgia Dept
of Early Care
and Learning
BRIGHT FROM THE START

What type of special dietary modifications do you or have you accommodated at your institution?

- Disability/Medical
- Food Allergy
- Vegetarian/Vegan
- Religious/Cultural
- Other



Special Dietary Modifications

- ❖ Disability/Medical/Allergies
- ❖ Milk Allergy/Lactose Intolerance
- ❖ Vegetarian/Vegan
- ❖ Religious/Cultural



Disability/Medical

|

- ❖ Participants with disabilities
- ❖ Substitutions and other reasonable modifications
- ❖ Team approach
- ❖ Reimbursement
- ❖ Medical statement



Modifications to Accommodate Disabilities in the CACFP and SFSP July 24, 2017



Disability/Medical Statement

Medical Statement must:

- ❖ Must be kept on file
- ❖ Confidential
- ❖ Describe the child's disability and an explanation of why the disability restricts the child's diet
- ❖ The major life activity affected by the disability
- ❖ Food or foods to be omitted from the child's diet
- ❖ Appropriate substitutions

Modifications to Accommodate Disabilities in the CACFP and SFSP July 24, 2017

Bright from the Start Georgia Department of Early Care and Learning Child and Adult Care Food Program and Summer Food Service Program	
<p>USDA regulations, 7 CFR Part 15b, require institutions and facilities to make substitutions or modifications in meals for children whose disabilities restrict their diets. A person with a disability is defined as any person who has a physical or mental impairment which substantially limits one or more "major life activities," has a record of such impairment, or is regarded as having such an impairment [29 USC § 705(9)(b); 42 USC § 12101; and 7 CFR 15b.3]. "Major life activities" are broadly defined and include, but are not limited to, caring for one's self, performing manual tasks, seeing, hearing, eating, sleeping, walking, standing, lifting, bending, speaking, breathing, learning, reading, concentrating, thinking, communicating, and working. "Major life activities" also include the operation of a major bodily function, including, but not limited to, functions of the immune system, normal cell growth, digestive, bowel, bladder, neurological, brain, respiratory, circulatory, endocrine, and reproductive functions [29 USC § 705(9)(b) and 42 USC § 12101].</p> <p>USDA regulations, requires CACFP institutions and SFSP sponsors to make reasonable modifications to the meal, including providing special meals, no extra charge, to accommodate disabilities which restrict a participant's diet. USDA regulations <i>do not</i> require institutions and facilities to provide substitutions for participants whose conditions do not meet the definition of a disabled person set forth in 7 CFR 15b.3(i). Institutions and facilities may, <i>at their discretion</i>, provide substitutions for individual participants who do not have a disability, but are unable to consume a food item because of medical or other special dietary needs.</p> <p>Please have the child's licensed physician or State licensed health care professional complete and sign the form. Note: Institutions/sponsors may use this form at their discretion. Declining use of this form will not result in disallowed meals.</p>	
Child's Name	DOB
Part A – Children with Known Disabilities	
Does the child have a disability as defined as having a physical or mental impairment (non-food allergy related) which substantially limits one or more major life activities? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Does the child suffer from a food allergy? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Does the child's physical or mental impairment (non-food allergy related) or food allergy restrict the child's diet? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Part B	
List the dietary restrictions, allergies, or food intolerances to avoid:	
List foods to be substituted:	
List any changes that need to be made in texture or preparation, such as chopping, grinding, or pureeing specific types of food:	
Indicate any other comments about the child's eating or feeding patterns:	
Parent's Signature	Date
Physician's or Medical	Date



Medical/Food Allergies

- Inform all childcare staff of any food allergies
- Read ingredient labels to avoid serving the allergy-causing food
- Avoid any contact between allergy-containing foods and allergy-free foods
- Visit the Food Allergy & Anaphylaxis Network at www.FoodAllergy.org to learn more about food allergies
- Visit Food Allergy Research and Education (FARE)



Milk Allergy/ Lactose Intolerance



Milk Allergy/Lactose Intolerance

Unacceptable Non-dairy or cow's milk substitutions:

Juice	Hemp Milk
Almond milk	Oat milk
Rice milk	Whole Grain drink
Almond Milk plus	Flax milk
Coconut milk	Water
Cashew milk	
Calcium Fortified orange juice	





Vegetarian/Vegan

- Childcare providers are encouraged to work with parents/guardians regarding food accommodations for children
- Parent/Guardian may provide one meal component per meal.

Types of Vegetarian Diets

Type	Description
Semi-vegetarian	milk, milk products, eggs, and occasionally small amounts of chicken and/or fish
Lacto-ovo-vegetarian	milk, milk products and eggs; soy products, nuts, seeds is protein source
Lacto-vegetarian	milk and milk products as well as plant-based foods
Ovo-vegetarian	eggs and all plant –based foods
Vegan	plant-based foods only



Vegetarian/Vegan

- Beans
- Peas
- Lentils
- Chestnuts
- Fish
- Soy beans
- Nuts
- Tofu
- Cheese
- Yogurt

Religious/Cultural

|

- Variations in meal requirements for religious reasons
- Incorporate culture into meals



Resources



**Georgia Dept
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Nutrition Services Web Page



Agency Programs Families Teachers Providers Contact Us

/ Nutrition / Nutrition

Nutrition

- About Nutrition Service
- + CACFP Applicant Infor
- CACFP Forms
- + CACFP Participant Info
- CACFP Updated Meal Resources
- Contact Nutrition
- FAQ
- Food Allergy Information
- GA ATLAS
- Newsletters

Child Care Services
Childcare and Parent Services
Early Head Start Partnership
Georgia's Pre-K
Head Start
Inclusion Services
Infant Toddler Program
Nutrition
Professional Learning
Quality Rated
Summer Transition Program

SERVICES

utrition

CACFP Forms

SFSP Forms

Handbooks / Instructions

SFSP Handbooks / Instructions

Child Health and Wellness

  <http://decal.ga.gov/Nutrition/Default.aspx>

Contact Information for Training & TA

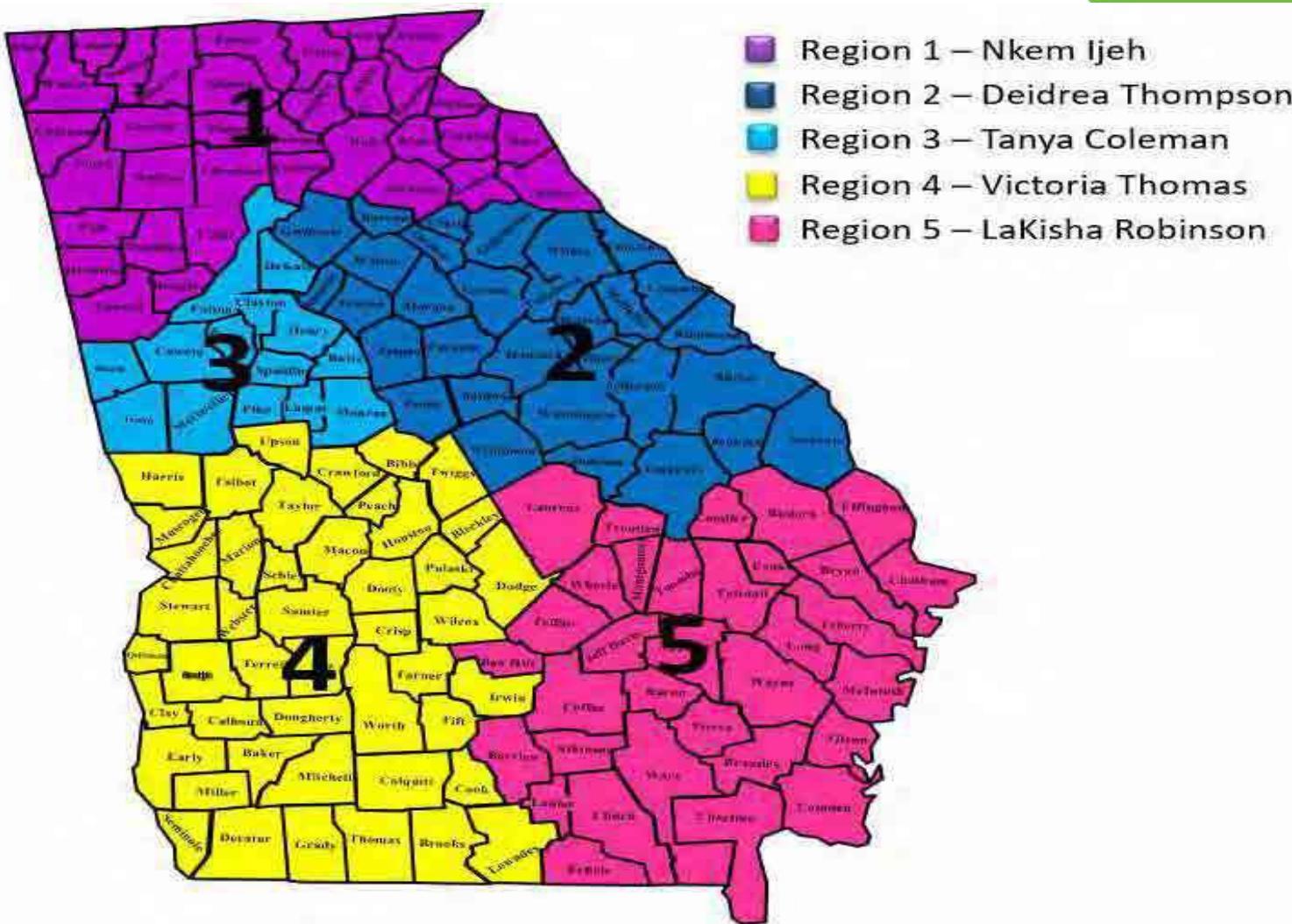
Name	Title	Phone	Region
LaKisha Robinson	TA Coordinator	(404) 291-1823	Southeast
Deidrea Thompson	TA Coordinator	(866) 370-3203	East
Victoria Thomas	TA Coordinator	(470) 532-0873	Southwest
Nkem Ijeh	TA Coordinator	(404) 973-4099	North/NW
Tanya Coleman	TA Coordinator	(470) 373-7826	Metro West
Sylvia Boykin	Trainer	(404) 463-2317	
Grushan Blake	Training Manager	(404) 651-7426	

Contact the TA Team individually or the TA mailbox at
NutritionTA@decal.ga.gov

All email addresses are firstname.lastname@decal.ga.gov



Technical Assistance Territory Assignments



Technical Assistance
Coordinators are
regionally assigned
throughout the state.





QUESTIONS?



Georgia Dept
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Georgia Dept of Early Care and Learning

References

Bureau of Child Care Food Programs, Florida Department of Health- Nutrition and Menu Planning for the CCFP- March 2013

Crediting Handbook for the CACFP

GA DECAL policy memos and policies

Google Images

Himama blog Daycare menu planning ideas

Independent Childcare handbook

Mayo Clinic

Nutrition Guide for the SFSP

USDA Choose MYPlate

USDA FNS Team Nutrition

USDA Snap-ed

