

# 2023 CACFP VIRTUAL SUMMIT



## Looking for food program training? Earn up to 12 hours of CEUs.

Join us on Zoom for workshops on nutrition, program administration, operations, management and more. All sessions will be available on-demand for attendees through August 31, 2023.

## Topics Include:

- » USDA Policy Updates & Town Hall
- » Book & Bake to Build Math, Science and Literacy Foundations
- » Building Healthy Bodies with the Foods We Serve
- » Creditable or Not?
- » Culinary Knife Skills for Child Nutrition Programs
- » Explore New Foods with a Taste Testing Adventure
- » Plant-Powered Palates: Showcasing Plant-Forward CACFP Recipes & Menus
- » Program Accountability: Internal Controls
- » Resilience is Everything
- » Promoting Responsive Feeding Practices in Early Childhood Settings
- » Quizapalooza: Are You a Meal Pattern Super Star?
- » Summit Welcome & Introduction to CACFP
- » Ask Us Anything About CACFP Meal Patterns
- » Ask Us Anything About Head Start
- » Ask Us Anything: No CACFP Questions Unanswered
- » PLUS: CACFP Professional Certification Overview On Demand

## Save the Dates!

11:30 am - 4:30 pm Eastern

Tuesday, August 15  
Wednesday, August 16  
Thursday, August 17

## Who Should Attend?

Child Care Centers  
Home Providers  
Sponsoring Organizations  
Head Start  
Food Banks  
Schools  
Tribal Nations  
Adult Care Centers  
Emergency Shelters  
Anti-Hunger Advocates



## \$149 Registration

Standard Registration through August 3. Late registration is \$199.

[www.cacfp.org/summit](http://www.cacfp.org/summit)

# 2023 CACFP VIRTUAL SUMMIT

August 15-17, 2023



## Tuesday, August 15

11:30 am - 12:00 pm

### CACFP Summit Welcome & Introduction to CACFP

We're talking about CACFP! Learn about the history of the food program and get the meal pattern basics. Hear how the CACFP impacts our nation and share your why.

*Lisa Mack, National CACFP Sponsors Association*

12:15 pm - 1:15 pm

### Explore New Foods with a Taste Testing Adventure

The CACFP fosters a positive eating environment that encourages healthy eating habits. Children will develop their own unique palates based on the foods they are exposed to while in your care, which may affect their food choices later on as adults. Learn how you can introduce new or challenging foods through various taste testing strategies, promote conversations around meals, and discover other food tasting adventure tips!

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

1:30 pm - 2:30 pm

### USDA Policy Updates & Town Hall

Hear from USDA as they present an overview of policy guidance and share a state-of-the-program update for CACFP. The USDA FNS team will also be answering questions as part of this session, based on those questions submitted in advance.

*USDA Team Nutrition*

2:45 pm - 3:45 pm

### Promoting Responsive Feeding Practices in Early Childhood Settings

Responsive feeding is an attentive way of feeding young children that includes watching for their hunger and satiety cues. This session will define the characteristics of responsive feeding as well as the impact and benefits on children's physical and social emotional well-being. Participants will be provided with strategies and resources to help them engage in responsive feeding with children.

*Shonika Kwarteng, MBA, RD, LD, National Center on Health, Behavioral Health, and Safety*

4:00 pm - 4:30 pm

### Quizapalooza: Are You a Meal Pattern Super Star?

Think you know the meal pattern like the back of your hand? From food components to required serving sizes to substitutions and variations of the meal pattern by age groups, there is so much more to know beyond the basics. Test your knowledge, or learn something new, as we review a wide range of meal pattern topics through polls and interactive learning!

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

## Wednesday, August 16

11:30 am - 12:00 pm

### Ask Us Anything About 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.

*Shauna Payne, Tallatoona CAP*

*Jami Lee-Rokala, MS, CPM, CLC, CCNP; Headwaters Nutrition Counseling  
Rhonda Kobylecky, CCNP, CMP; Acclero Learning*

12:15 pm - 1:15 pm

### Book & Bake to Build Math, Science and Literacy Foundations

Embark on a culinary adventure that combines the magic of books with the art of baking. Show children how to experience the joy of creating some of their favorite dishes, and develop foundational skills in math, literacy, science, wellness, and cultural understanding. Explore best practices for baking with young children, insights on timing and tools for success, and get access to valuable resources.

*Sharon Davis, Home Baking Association*

1:30 pm - 2:30 pm

### Program Accountability: Internal Controls

You know internal controls are important, but maybe you haven't set them up or don't know where to start? Learn why they are necessary for all operators to ensure CACFP compliance. Learn how to develop, document, and evaluate internal control systems and how to identify common program areas where internal controls are essential.

*Cherese Myree, CFE, MH Miles Company, CPA, PC*

2:45 pm - 3:45 pm

### Plant-Powered Palates: Showcasing Plant-Forward CACFP Recipes & Menus

Are vegetarian menus in high demand? Maybe you're not sure where to start or need more recipe ideas to liven up your current menu. Learn about the difference between a vegetarian and vegan diet, the latest research about plant-based alternatives, ways to identify vegetarian products, share recipe ideas, plus, get a two-week CACFP plant-forward menu for you to try at your site!

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

4:00 pm - 4:30 pm

### Creditable or Not?

Looking for resources on how to determine if something is creditable or not in the CACFP? We can help! We'll share where to look and what types of nutrition education resources are available free-of-charge, including the guides for Identifying Whole Grain-Rich, determining sugar content in cereals and yogurt, and which milk to serve in the CACFP.

*Lisa Mack, National CACFP Sponsors Association*

## Thursday, August 17

11:30 am - 12:00 pm

### Ask Us Anything About CACFP Meal Patterns

Join us for an unscripted, dynamic, and real conversation focusing on the CACFP Meal Pattern. Bring your questions – you can ask us anything – and we'll answer as many as we can.

*Kate Abernathy, MS, RDN, LDN, CMP, CCNP, Providers Choice*

*Alix Pasillas, CMP, CCNP, Food for Kids  
Gabriela Rangel, CMP, CCNP, Child & Family Resources  
Annetta Rutland, CCNP, CMP, 4C for Children*

12:15 pm - 1:15 pm

### Building Healthy Bodies with the Food We Serve

In your career, you play a critical role to ensure that all children have access to healthy foods. Those foods are vital to providing the nutrients kids need as they grow, and into adulthood. Learn what fruits, vegetables, grains, meats/meat alternates and fluid milk contribute so you can put nutrients together for optimal health when building a menu.

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

1:30 pm - 2:30 pm

### Culinary Knife Skills for Child Nutrition Programs

Know the difference between diced, chopped, and cubed when your CACFP recipe calls for it? Learn classic culinary cuts in combination with cuts used in the USDA's Food Buying Guide for Child Nutrition Programs (CNP) as well as what small, medium, and large slices look like as you prepare your age-appropriate required serving sizes to meet the meal patterns. Get to know the anatomy of a knife, how to hold it, maintain them, and be safe in the kitchen.

*Chef Brenda Thompson-Wattles, LD, RDN, BLT Food & Nutrition, LLC*

2:45 pm - 3:45 pm

### Resilience is Everything

Resilience: The ability to bounce back. It's what enables students to come out of challenging experiences with a positive attitude about themselves and their future. After 18 years in foster care and watching his daughter battle brain cancer, hear how Dee turned those unexpected events into incredible life lessons. This unforgettable hour will remind you, you are not alone, and move you to continue to make a difference in the lives of those you serve.

*Dee Hankins, Motivational Speaker*

4:00 pm - 4:30 pm

### Ask Us Anything: No CACFP Questions Unanswered

Nothing's off limits! Didn't get the information you were looking for this week? Now's the time to join us for our speed round of Q&A. We'll get through as many questions as we can, ask for your feedback, and share what's coming up next at NCA.

*Lisa Mack, National CACFP Sponsors Association*

*Alexia Thex, National CACFP Sponsors Association*

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

\*All times listed in Eastern\*

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August 15-17, 2023



## Meet Our Speakers



### **Kate Abernathy, MS, RDN, LDN, CMP, CCNP, Providers Choice**

Kate's work focuses on expanding participation of CACFP healthy meals and snacks to children across Minnesota. Providers Choice sponsors over 3,000 homes and 60 centers. Kate's in-depth nutrition expertise and leadership supports providers with managing special diets, creating resources to simplify the CACFP and overall program support to child care providers.



### **Sharon Davis, Home Baking Association**

Sharon has BS degrees in Home Economics Education and Family & Consumer Sciences Secondary Education, and a teaching licensure from Kansas State University. She's been employed and consulted in a baking test kitchen, conducted nutrition analysis and developed baking resources for KSU Extension. Sharon is a member of NAEYC, AAFCS, Society for Nutrition Education and Behavior, Kansas Wheat Commission, Wheat Foods Council, and Home Baking Association.



### **Dee Hankins, Motivational Speaker**

Dee's mission to instill the power of resilience in students all across the country especially resonates with audiences as Dee approaches storytelling with his life struggles and how he has overcome them. After spending 18 years in foster care and watching his daughter battle brain cancer, Dee knows that life is full of unexpected events, but our resilience can turn those experiences into an incredible life lesson. Dee is a graduate of California State University, Long Beach.



### **Rhonda Kobylecky, CCNP, CMP; Acelero Learning**

In addition to her role with a multi-state Head Start organization that serves over 5,000 children, Rhonda consults for Acelero's sister program, Shine Implement. She enjoys training and sharing her CACFP, SERV Safe and Head Start knowledge with others. Rhonda is currently on NCA's Board of Directors and received her degree from the College of Southern Nevada.



### **Shonika Kwarteng, MBA, RD, LD, National Center on Health, Behavioral Health, and Safety**

Shonika is an EDC training and technical assistance (TA) associate and child nutrition expert with over 20 years of experience in Head Start, the CACFP and early childhood nutrition. She holds an MBA from Troy University and completed a Georgia Division of Public Health Dietetic Internship.



### **Lisa Mack, National CACFP Sponsors Association**

Lisa works with the Board of Directors to develop and implement the long-term operating plan to ensure the growth and success of the National CACFP Sponsors Association. Central to that plan is managing member relationships, resource and product development, training and conference programming, and partnership development. She has a BBA from Pace University.



### **Cherese Myree, CFE, MH Miles Company, CPA, PC**

Cherese specializes in the USDA Food Programs and governmental compliance. She has over 15 years of experience in the fields of auditing, accounting and consulting with specialized experience in governmental contract auditing and contract compliance. She testifies as an expert witness for the CACFP and SFSP and manages MHMC's review, consultant and training engagements across the United States.



### **Alix Pasillas, CMP, CCNP, Food for Kids**

Alix joined Food For Kids over 24 years ago as a field monitor and has served as executive director for the last ten years. She has provided guidance that has resulted in the growth of the program throughout Nevada. Alix continues to reinforce the sponsorship's success with passion and determination for bringing healthy, nutritious meals to children and adults in programs that are a part of CACFP.



### **Shauna Payne, AAP, Tallatoona CAP**

Shauna operates and maintains compliance in the CACFP to ensure the nutritional needs of each child in the Head Start program are met. Tallatoona serves 611 children ages 3-5 with seven Head Start centers in Northwest Georgia. Shauna has an AAS in Culinary Arts, has been in the food-service industry for 20 year, and has cooked professionally and managed departments in a variety of food-service sectors.



### **Isabel Ramos-Lebron, MS, RDN, LD; 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 cultures, while working on graduate research projects and working in the nonprofit, food banking environment for eight years. Isabel has an MS in Nutritional Sciences from Rutgers University.



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

Jami has worked as a child nutrition professional for the state of ND as a as well as for Head Starts/Early Head Starts and Migrant and Seasonal Head Starts throughout the state of MN and ND. In her current work, 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.



### **Gabriela Rangel, MS, CMP, CCNP, Child & Family Resources**

Gabriela has worked for Child & Family Resources for 12 years, serving in her current role for seven years. She has an MS from Walden University and a Social Innovation Nonprofit Leadership Certificate from Eller Executive Education. She is currently on the NCA Board of Directors.



### **Annetta Rutland, CCNP, CMP, 4C for Children**

Annetta works to develop, implement and maintain policies, procedures and standards for professional development programs in identified content area. In addition, she supports the agency's Team Leaders of Quality Programs to help them make consistent and progressive steps toward organizational and programmatic consistency and sustainability. She is currently on NCA's Board of Directors.



### **Alexia Thex, MEd, National CACFP Sponsors Association**

Alexia is charged with expanding NCA's advocacy on policy matters and advancing the mission and interests of association members and stakeholders while forming mutually long-term, beneficial partnerships with corporations and organizations fitting the mission of NCA. Through her career in development, Alexia has also raised funds for Downtown Houston YMCA, the Holocaust Museum Houston and her children's schools. She has an MEd in Exercise Physiology from the University of Texas.



### **Chef Brenda Thompson-Wattles, LD, RDN, BLT Food & Nutrition, LLC**

Brenda consults for child nutrition programs. She studied to become an RD at the University of Idaho and then received her culinary degree at the Le Cordon Bleu College of Culinary Arts in Texas. Brenda has been a consultant recipe standardizer for the USDA and has published several child nutrition standardized cookbooks. She recently released her "Level Up with Chef Brenda" social media platform, focusing on sharing standardized recipes and culinary tips.

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11:30 am - 12:00 pm Eastern	CACFP Summit Welcome & Introduction to CACFP	Ask Us Anything About Head Start	Ask Us Anything About CACFP Meal Patterns
10:30 am - 11:00 am Central			
9:30 am - 10:00 am Mountain			
8:30 am - 9:00 am Pacific			
12:15 pm - 1:15 pm Eastern	Explore New Foods with a Taste Testing Adventure	Book & Bake to Build Math, Science and Literacy Foundations	Building Healthy Bodies with the Food We Serve
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	USDA Policy Updates & Town Hall	Program Accountability: Internal Controls	Culinary Knife Skills for Child Nutrition Programs
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	Session TBD	Plant-Powered Palates, Showcasing Plant-Forward CACFP Recipes & Menus	Resilience is Everything
1:45 pm - 2:45 pm Central			
12:45 pm - 1:45 pm Mountain			
11:45 am - 12:45 pm Pacific			
4:00 pm - 4:30 pm Eastern	Quizapalooza: Are You a Meal Pattern Super Star?	Creditable or Not?	Ask Us Anything: No CACFP Questions Unanswered
3:00 pm - 3:30 pm Central			
2:00 pm - 2:30 pm Mountain			
1:00 pm - 1:30 pm Pacific			



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