

Online Training Modules for the Child and Adult Care Food Program

The following online training modules are provided to help prepare dietetic interns for work experiences in the Child and Adult Care Food Program (CACFP). Trainings provide general program information as well as more detailed information on nutrition topics. Please note, that while USDA strongly supports dietetic interns completing rotations at State agencies to improve the effectiveness of Child Nutrition Programs when appropriate, this support does not constitute endorsement of the Academy of Nutrition and Dietetics. The Accreditation Council for Education in Nutrition and Dietetics, the accrediting agency for the Academy, sets standards for nutrition and dietetic education programs (including dietetic internships), evaluates programs against the standards and awards accreditation to programs demonstrating compliance with the standards.

Title	Topics Covered	Brief Description	Time to Complete	Intended Audience	Web Address and Notes
Healthy Menu Makeover	<ul style="list-style-type: none"> ▪ Dietary Guidelines for Americans that apply to work in CACFP ▪ Make Half Your Grains Whole ▪ Focus on Fruits (instead of juice) ▪ Vary Your Veggies ▪ Get Your Calcium-Rich Foods ▪ Go Lean on Protein ▪ Limit Fat, Salt, and Sugar 	Identify the recommendations for a healthy diet based on the current Dietary Guidelines for Americans. Use the MyPlate.gov website to correctly identify recommended foods from each food group to meet the Dietary Guidelines. Correctly evaluate and select recommended changes to make sample menus meet the Dietary Guidelines. Share at least two changes you plan to make in the meals you serve to the children in your care to meet the Dietary Guidelines. Completion of all 9 lessons with 80% score is required to receive training credit.	4 hours	CACFP Staff	https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition/cacfp-healthy-menu-makeover Note: Please create an online training account via the link above.

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CACFP Steps to Success Training Modules	Multiple topics related to the Child and Adult Care Food Program	Web-based tutorials. Recommended modules: Introduction, Menu Planning, Production Records, Healthy Child Care, Infant Feeding, Outside School Hours	Varies	CACFP Staff	https://www.educateiowa.gov/pk-12/nutrition-programs/quick-links-nutrition/learning-tools-nutrition#Child_and_Adult_Care_Food_Program_CACFP Note: Please create an online training account via the link above.
Designing Positive Mealtimes	Nutrition Environment	This course provides an engaging introduction to positive mealtimes in child care settings, including serving style, convenience, taste expectations and role-modeling.	2 hours	Early Childhood Classroom and food service staff; Family Child Care	https://www.developoolmn.org/app/EventDetail.aspx?EVID=181196
Introduction to Behavioral Economics for Child Care	Behavioral Economics	This webinar presentation provides an introduction to behavioral economics – the practice of altering the physical environment in order to affect purchasing and consumption behavior.	1 hour	CACFP Centers/Homes	http://education.state.mn.us/MDE/SchSup/FNS/CACFPCenter/Training/index.html
Training: CACFP Centers	<ul style="list-style-type: none"> ▪ Menus, meal patterns, meal service ▪ Dietary Guidelines ▪ Types of centers ▪ Recordkeeping and financial information 	Webpage hosts a variety of additional online training from the Minnesota Department of Education, organized by type of center (at-risk afterschool, adult care, child care, emergency shelter) and requirements for sponsors and independent centers	15-30 minutes	CACFP center staff	http://education.state.mn.us/MDE/SchSup/FNS/CACFPCenter/Training/index.html
Infant Meal Patterns	Infant Meal Patterns	PowerPoint, plus a couple of recorded trainings	Varies: 30 – 60 minutes	CACFP Center Staff	http://www.k12.wa.us/ChildNutrition/Programs/CACFP/TrainingModules.aspx
Smarter Mealtimes	Smarter mealtimes	Recorded webinar	Varies: 30 – 60 minutes	CACFP Center Staff	http://www.k12.wa.us/ChildNutrition/Programs/NSLBP/pubdocs/2015-11-20CreatingSmarterMealtimes.wmv