

# Child and Adult Care Program

Bulletin

[DEED CACFP Bulletin Web Page](https://education.alaska.gov/cnp/cacfp4)

***Child Nutrition Programs***

*Finance & Support Services*

*P.O. Box 110500*

*Juneau, Alaska 99811-0500*

*Phone (907) 465-8711*

*Fax (907) 465-8910*

To: CACFP Sponsors and Institutions Date:  May 10, 2021

From: Ann-Marie Martin, CACFP Program Coordinator Bulletin: 2021-05

***Sponsoring organizations and institutions are required by regulation to keep Bulletins, Instructions, and USDA Policy Memorandums for reference and to apply immediately the appropriate instruction to agency programs. Call Child Nutrition Programs if you need further clarification.***

## USDA Policy, Information, & Implementation Memos

Food Nutrition Services (FNS) Response to [COVID-19](https://www.fns.usda.gov/disaster/pandemic/covid-19) web page (including all Extension memos)

* CACFP 09-2021 Q&A Regarding CNP Oversight, Administration, and Reporting During COVID-19
* COVID-19: Child Nutrition Response #96; Nationwide Waiver of Onsite Monitoring Requirements for Sponsoring Organizations in the CACFP – Extension -
* COVID-19: Child Nutrition Response #95; Nationwide Waiver of Onsite Monitoring Requirements for State Agencies in the CACFP – Ext 3
* COVID-19: Child Nutrition Response #93; Nationwide Waiver of Area Eligibility in the Afterschool Programs and the for Family Day Care Home Providers from July 1, 2021 through June 30, 2022
* COVID-19: Child Nutrition Response #91; Nationwide Waiver to Allow Specific Meal Pattern Flexibility in CACFP through June 30, 2022
* COVID-19: Child Nutrition Response #89; Nationwide Waiver to Allow Parents and Guardians to Pick-up Meals for Children through June 30, 2022
* COVID-19: Child Nutrition Response #88; Nationwide Waiver of Meal Time Requirements through June 30, 2022
* COVID-19: Child Nutrition Response #87; Nationwide Waiver to Allow Non-Congregate Meal Service through June 30, 2022
* COVID-19: Child Nutrition Response #84; Child Nutrition Nationwide Waiver Update for School Year 2021-2022
* CACFP 08-2021 Reimbursement for Meals and Snacks Served to Young Adults in the CACFP: Implementation Guidance for State Agencies

## Additional Topics

* UPDATED!!! Alaska CACFP Sponsors and Institutions Free Virtual Trainings
* CACFP Week Postcard Winners!
* CACFP Halftime: Thirty on Thursdays Webinar Rescheduled
* Alaska Farm to Summer Week July 18-24th

## Resources

* USDA Team Nutrition -New Message from Team Nutrition
* Dietary Guidelines for Americans 2020-2025 – New MyPlate Resources
* Food Buying Guide
* CACFP Operational Resources Education (CORE) online training
* Alaska Child Nutrition Programs Listserv

## USDA Policy, Information & Implementation Memos

* **CACFP 09-2021 Q&A Regarding CNP Oversight, Administration, and Reporting During COVID-19**

*This USDA Policy Memo provides guidance with questions/answers – most notably for CACFP monitoring to reiterate the waiver is only to allow off-site monitoring.*

* **COVID-19: Child Nutrition Response #96; Nationwide Waiver of Onsite Monitoring Requirements for Sponsoring Organizations in the CACFP – Extension -**

*USDA Food Nutrition Services (FNS) is extending the waiver of the requirement that CACFP sponsoring organizations monitoring must be conducted onsite. The waiver is in effect until 30 days after the end of the public health emergency that was declared on 1/31/20 by the US Dept. of Health and Human Services. If Sponsoring organizations requested flexibility for on-site monitoring after August 4, 2020 they do not need to request again. Alaska waiver requests are needed for Sponsoring Organization that would like to take advantage of this flexibility. Waiver forms will be included with next CACFP bulletin.*

* **COVID-19: Child Nutrition Response #95; Nationwide Waiver of Onsite Monitoring Requirements for State Agencies in the CACFP – Ext 3**

*USDA Food Nutrition Services (FNS) is extending the waiver of the requirement that state agency CACFP monitoring must be conducted onsite. The waiver is in effect until 30 days after the end of the public health emergency that was declared on 1/31/20 by the US Dept. of Health and Human Services. DEED Child Nutrition Programs has been approved for this waiver.*

* **COVID-19: Child Nutrition Response #93; Nationwide Waiver of Area Eligibility in the Afterschool Programs and the for Family Day Care Home Providers from July 1, 2021 through June 30, 2022**

*USDA Food Nutrition Services (FNS) is waiving the area eligibility requirements for the At-Risk Afterschool Meals program and the for family day care homes. This waiver allows at-risk afterschool care centers, regardless of their location, to apply to participate in the CACFP and claim all means and snacks at the free rate. It also allows all day care homes, regardless of their location, to receive the Tier I reimbursement rate for all meals and snacks., regardless of their location, to claim all afterschool snacks at the free rate starting July 1, 2021. Waiver forms will be included with next CACFP bulletin.*

* **COVID-19: Child Nutrition Response #91; Nationwide Waiver to Allow Specific Meal Pattern Flexibility in CACFP through June 30, 2022**

*USDA Food Nutrition Services (FNS) is allowing for specific requests to waive any of the following requirements:*

* + *That at least one serving per day, across all eating occasions, must be whole grain-rich*
	+ *That the crediting of grains by ounce equivalents must be fully implemented by 10/1/21*
	+ *That low-fat milk (1%) must be unflavored*

*Program operators must be approved for their specific requests listed on the Alaska CNP Waiver. Waiver forms will be included with next CACFP bulletin.*

* **COVID-19: Child Nutrition Response #89; Nationwide Waiver to Allow Parents and Guardians to Pick-up Meals for Children through June 30, 2022**

*USDA Food Nutrition Services (FNS) is waiving the requirements that meals may only be served directly to children. Program operators may distribute meals to a parent or guardian to take home to their children. Program operators must be approved for an Alaska CNP Waiver. Waiver forms will be included with next CACFP bulletin.*

* **COVID-19: Child Nutrition Response #88; Nationwide Waiver of Meal Time Requirements through June 30, 2022**

*USDA Food Nutrition Services (FNS) is waiving the requirements for meals to be served during specific meal times and with an approved waiver program operators may have meal time flexibilities to allow implementing appropriate safety measures by supporting alternative meal service models and social distancing. Program operators must be approved for an Alaska CNP Waiver. Waiver forms will be included with next CACFP bulletin.*

* **COVID-19: Child Nutrition Response #87; Nationwide Waiver to Allow Non-Congregate Meal Service through June 30, 2022**

*USDA Food Nutrition Services (FNS) is waiving the requirement that meals must be served in a congregate setting and must be consumed by the participant on site. Program operators that have an approved waiver may serve in a non-congregate setting to allow for non-congregate feeding and taking food off-site. Program operators must be approved for an Alaska CNP Waiver. Waiver forms will be included with next CACFP bulletin.*

* **COVID-19: Child Nutrition Response #84; Child Nutrition Nationwide Waiver Update for School Year 2021-2022**

*This memo announces a new suite of Child Nutrition Program nationwide waivers and flexibilities to support a successful school reopening in school year 2021-2022 (July 1, 2021-June 30, 2022).*

* **CACFP 08-2021 Reimbursement for Meals and Snacks Served to Young Adults in the CACFP: Implementation Guidance for State Agencies**

*This USDA Policy Memo provides guidance regarding reimbursement of meals and snacks served during the COVID-19 public health emergency by emergency shelters participating in the CACFP. Beginning March 25, 2021 DEED may reimburse emergency shelters participating in CACFP for meals served to persons under age 25 residing at the shelter. It also includes non-residential persons for groups/activities offered under the at-risk afterschool meals program. Reimbursement is authorized until the date the COVID-19 public health emergency is lifted.*

*If emergency shelters have documentation to support the service of reimbursable meals and snacks to eligible young adults they may revise their March claims and submit into Pending Approval no later than June 1, 2021.*

## Additional Topics

* **UPDATED!!! Alaska CACFP Sponsors and Institutions Free Virtual Trainings**

*If you missed the opportunity to take one of the ICN virtual trainings…we have some good news for you. We have added additional classes! Registration for all 3 classes was maxed out so we have two more opportunities for you. See times and dates below.*

**Nutrition 101 (full Saturday training)** June 5th 8:00 am - 4:30 pm

**CACFP Meal Pattern Requirements** July 8th 8:30 am – 12:30 pm

*Course materials will be mailed to you after completion of registration. All participants who attend a full training will receive a course completion certificate the following day from ICN. More information and registration links are provided on the training flyer. Space is limited so make sure you get registered as soon as possible!*

* **CACFP Week Postcard Winners!**



*CACFP Week was March 14th-20th, and to highlight the CACFP we asked for artwork from our Alaskan artists that showcases the meal time in a CACFP facility. We received wonderful art depicting the CACFP mealtime and have chosen three pieces of art that were made into postcards.*

*As a reminder, can still use the resources, activity sheets, videos and kits highlighting nutrition from the Sesame Street website* <https://www.sesamestreet.org/toolkits/healthyhabits>.

* **CACFP Halftime: Thirty on Thursdays Webinar Rescheduled**

USDA Team Nutrition’s next CACFP Halftime: Thirty on Thursdays webinar on “Serving Snacks in the CACFP” has been rescheduled for Thursday, September 23, 2021 at 10-10:30 a.m. You can register on the [USDA CACFP Halftime: Thirty on Thursdays Training Webinar page.](https://www.bing.com/search?q=cacfp+thursdays&form=IENTHT&mkt=en-us&httpsmsn=1&msnews=1&refig=2e9e2427272e4203ed9cf711f4c5fe1e&sp=-1&pq=&sc=0-0&qs=n&sk=&cvid=2e9e2427272e4203ed9cf711f4c5fe1ehttps://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series)

* **Alaska Farm to Summer Week July 18-24th**

*Check out the attached Toolkit - The week of the Farm to Summer Campaign celebrations support three main objectives:*

* + *EAT: To Serve more Alaska Grown produced, harvested, or raised products in meals served at Summer Meat Sites (including CACFP)*
	+ *PLAY: To encourage educational activities related to Alaska’s agricultural industry like taste testing local products, field trips to local farms or farmers’ markets, educational lessons focused on local food and agriculture*
	+ *SHARE: To connect Farm to Summer happenings at sites to parents, communities, and across the State.*

## Resources

* **USDA Team Nutrition**

[Team Nutrition Schools](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Fschools&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293581342*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=HYagBf2lzGrH8M1cRDVoO8Z018EVi3P*2FmHGys6MPtpE*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgxAx_HRYw$) and [Team Nutrition CACFP Organizations](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Fcacfp&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293591297*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=eMvYFwa2gBGO*2B9JSYT*2BkUehmnQ3Gvhwhhx7h038SwZk*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgx_6d3bPw$) are part of an important network committed to providing healthy meals and environments for program participants. Joining the network is free and easy and members can request free nutrition resources.

During the month of May, enrolled members will receive an email on how to request these resources.

Team Nutrition CACFP Organizations will be able to request free printed copies of these materials:

[Child and Adult Care Food Program Trainer’s Tool: Serving Milk](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Fserving-milk-bingo&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293591297*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=A*2FIvYA3VjFiFGsrUAkQCuxlJF1wvaHaUmSWNS0Ecwgo*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgy_9_IWfg$) bingo-style training, available in English and Spanish;

[Make Today a Try-Day! Stickers](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Fmake-today-try-day-stickers&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293601254*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=6ArUjElSnJHSV7qRccp5LbJYSfU30ph8d4xzsIuuT*2Bg*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgz_PIZlOQ$); and

Discover New Foods Decals, which include decals for [Dairy](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDiscoverNewFoodsdairy.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293601254*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=CBuWps1GycfWFKMdbkxNL2s7WiAA7EmtXAJ35kA8lDI*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgz_g77rsA$), [Fruits](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Fruit.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293611214*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=o4xOMQEWbMV27O0R4z*2BZRSG3pRmHXI2asSaF0kU31Zs*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgyWq96uHQ$), [Grains](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Grains.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293611214*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=Bt4pSQ3Pn*2BR*2Fdbmp3XcqPrP7kmKv5LnBm2J6TMfY5ng*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgx-ZbtSaw$), [Proteins](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Protein.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293621168*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=i3sDYMrJ3J5uF*2BpBDCw1mvrA2xas46k8byaTA5gJ2AM*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgxITkq-aQ$), and [Vegetables](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Veggie.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293621168*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=8oXcTTeKYfRnx81BRbkq3W6h35*2B2Fo6IQ7FBWQ549lM*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgyoTiK7hA$).

Team Nutrition Schools will be able to request free printed copies of these materials:

Discover New Foods Decals, which include decals for [Dairy](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDiscoverNewFoodsdairy.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293631123*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=ltq2feGBZ5aa0KiYOHPqbwvERGOHQDp0AwcraHHF*2BiE*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgxYYzmvlw$), [Fruits](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Fruit.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293631123*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=gnO*2FgbigawUKfce*2FcKMEbFvtYcueZMVrYM*2Ft641SXUA*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgz4f8cvuw$), [Grains](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Grains.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293641079*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=WaasoNgDSuHlkLEBzAdv0701e511g2TKyBbeIalbIXc*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgx7zwy9hg$), [Proteins](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Protein.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293641079*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=xTFAVl6aA02wQMOaVN8ZmUvGsAhZFgq3ZjZGBd4*2FMQs*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgzXdIx74A$), and [Vegetables](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Ffns-prod.azureedge.net*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Discover*2520New*2520Foods*2520Veggie.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293651035*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=vWuFYQY7EgnOFtvU*2BuI3u3nL3DM7pcJPYdBHrjx5pNQ*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgyGI7Gtwg$);

Fueling My Life Decals, which include decals for [Active](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Fueling*2520My*2520Active*2520Life.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293651035*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=9HcgPmZKa9LKcGArxyIDgqJDOo*2BMJ*2BoC2aL0efm7TpQ*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgz4IWCurw$), [Busy](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Fueling*2520My*2520Busy*2520Life.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293660992*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=Tl4oQbiqqjr7AB0wuxj2GDAc3CYnK2sAoI3EgvJnipo*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgyeJb1jsA$), [Colorful](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Fueling*2520My*2520Colorful*2520Life.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293660992*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=S3BaWPMmPrqvVQIMoqGg*2F1OWoVlAQH9zYL9HK4t5*2BiM*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgxCAulPDg$), [Creative](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Fueling*2520My*2520Creative*2520Life.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293670949*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=IgI*2FOuQ*2F2XMe7YhcQPq6N6y9GKg4bpwyz4DMuhJqTao*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgzQ5XJaTA$), and [Flavorful](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Fsites*2Fdefault*2Ffiles*2Ftn*2FDecal*2520Fueling*2520My*2520Flavorful*2520Life.jpg&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293670949*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=Yxi6ZFQlHJjoHzAo9*2BUWLPMw69EItxWQ*2FYhGbB00Gww*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgxLxB6OTA$);

[Make Today a Try-Day! Stickers](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Fmake-today-try-day-stickers&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293680906*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=sh3BLA97VjqzK*2FqNv9f6ze7YWBvKOUYq2*2FFvejNpeSI*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgxm7n1Jzg$);

[MyPlate Nate and Kate School Lunch Stickers](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Fmyplate-nate-and-kate-stickers&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293680906*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=rmfbA*2Fgogf*2FUCCSO4BS2cnqoejQn0FSPugJmdC*2Fdctg*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgzXSWhNmQ$); and

[Launch Your Day with Breakfast! Stickers](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.fns.usda.gov*2Ftn*2Flaunch-your-day-breakfast-stickers&data=04*7C01*7C*7C19c8fed3615740b475b708d90e639f41*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637556643293690864*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=zqyYikKMSRzLn56nOEiVaR39*2BINe48HE*2FQEh0bsKLXI*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!4KFJsJCJWAhQp_vwoVgbdD2zWZO83nuGPNpANtZbb96KFiuMoyfbLIPHxYgyUgwUGhODmg$).

State agencies and Food and Nutrition Service Regional Offices can request copies of any of the above nutrition resources for use as part of  their Child Nutrition Program training activities by contacting TeamNutrition@USDA.gov.

* **Dietary Guidelines for Americans 2020-2025 – New MyPlate Resources**

[MyPlate](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.myplate.gov*2F&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845977473*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=0*2FsSb*2FgoMo5*2B8zHOjp7anTtx3uj6Y8PM9qVg2XDSbIA*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vx7JX_ovg$) is available to help families 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 the family’s 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**](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.myplate.gov*2Fmyplate-quiz&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845977473*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=T1joJ6MAnr9bBZddEeZQJxtKiM8qrfPLJtTkBdu4otQ*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vzOwTsAaQ$) 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**](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.myplate.gov*2Fresources*2Ftools*2Fstartsimple-myplate-app&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845977473*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=wXHjmsAmtyftJjGU7zSQd2a7*2FJ8sZkpeOvZo*2FoloZy0*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUlJSU!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vzC8AL16g$) 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**](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.myplate.gov*2Fmyplate-plan&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845987427*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=6IQrwEs09mj2rtX8LVCweibE9kP91xM*2Fw0*2FknO71dfU*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vyJXbQ-1w$).

4. *Put your plan into action:* **Discover recipes on** [**MyPlate Kitchen**](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.myplate.gov*2Fmyplate-kitchen&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845987427*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=njW2kNq*2Bg2wA3zDhWo81JACOW*2Bt8kFX67b2un8d4JBU*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vwIw6qAaQ$)**.** 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**](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=https*3A*2F*2Fwww.myplate.gov*2Feat-healthy*2Fhealthy-eating-budget&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845997379*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=yBZPM8n6sxBuKZANUH1*2FbmusQDjOpdZvMi1ZESbBTrY*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJSUl!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vwwL1sNaQ$)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 we’ve officially changed our website from ChooseMyPlate.gov to MyPlate.gov. **Explore** [**MyPlate’s new website**](https://urldefense.com/v3/__https%3A/gcc02.safelinks.protection.outlook.com/?url=http*3A*2F*2Fwww.myplate.gov*2F&data=04*7C01*7C*7C50525f594ae44fbf0a3f08d8ac1d393d*7Ced5b36e701ee4ebc867ee03cfa0d4697*7C0*7C0*7C637448588845997379*7CUnknown*7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0*3D*7C1000&sdata=QZfp11FoBD9rteXg36XwsghW9GqLXdF5JsGAorQEmyU*3D&reserved=0__;JSUlJSUlJSUlJSUlJSUlJQ!!J2_8gdp6gZQ!5ss7zjIkg1n98PpYdmDX4-8S7n5f5D584x-LW2T15e6ZoKqxiY6AKtaftThp5vwlGjmdUw$) – MyPlate.gov – with streamlined information for you to find tips, tools, and recipes that will fit your healthy eating needs.

* **Food Buying Guide** There is a new feature available on the FBG Interactive Web-based Tool. Under the Food Item Details Page users can select the desired Serving Size per Meal Contribution for fruits and vegetables using a drop-down menu to auto-calculate the amount to purchase based on the serving size. You can download the [Food Buying Guide](https://foodbuyingguide.fns.usda.gov/Appendix/DownLoadFBG).
* **CACFP Operational Resources Education (CORE**) **online training**

CORE is funded by USDA and they have three trainings that are now available online for sponsors’ viewing pleasure! Subjects are Monitoring and Oversight, Financial Viability, and Serious Deficiency. It’s a great time to get extra training in while working from home. Access through the [core-cacfp website](http://www.core-cacfp.com/online-training/) at <http://www.core-cacfp.com/online-training/>

* **Listserv**- Did You Know? Alaska Child Nutrition Programs has a listserv. The purpose of the listserv is to provide information and updates on the USDA Child Nutrition Programs, including the National School Lunch Program, the Child and Adult Care Food Program, and the Summer Food Service Program.

To receive all of the hottest news and updates from Alaska Child Nutrition Programs, Subscribe to ak\_child\_nutrition\_programs by filling out the form found here: [Alaska Child Nutrition Programs ListServ](http://list.state.ak.us/mailman/listinfo/ak_child_nutrition_programs).

You will receive a confirmation link via email which you should click to complete your subscription.