

# CACFP take ACTION★

## CHALLENGE

Do one thing!

USDA Resources and Best Practices Challenge

Educate and Advocate

Support CACFP

Farm 2 Preschool

Promote CACFP

CACFP It's Fun to Talk

About that CACFP

President's Challenge

Let's Move! Child Care

F2PS

Move It Monday Campaign

Grow It Try It Like It!

Two Bite Club

National CACFP Week!

#CACFPmatters

Social Media

#CACFPTAC

Energize

Team Nutrition

#COMMIT2TEN

Be Recognized

Preschool Shine

USDA

NAPSACC

YOGA

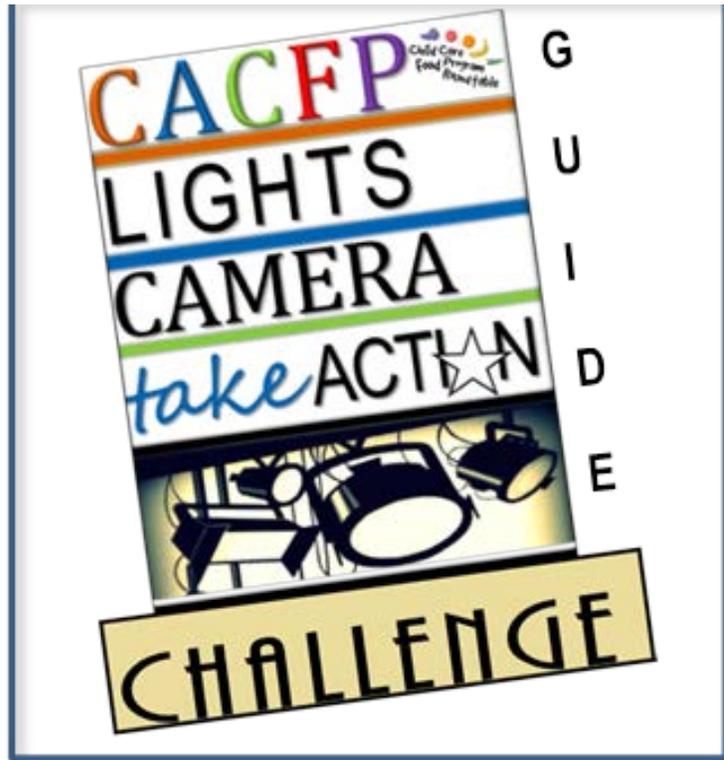
Everybody Walk

Farmer's Market

C.H.O.I.C.E

Let's Move!

Challenge



GUIDE

Take the Pledge and do it! Everybody Walk

Build a Healthy Culture

It's all about that CACFP

Be the Solution

Technology

MyPlate Champion

Rethink your Drink

Kids Cook Monday

National Association of Family Child Care Accreditation

## CHALLENGE GUIDE

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## Participants, Sponsors, Partners and Friends

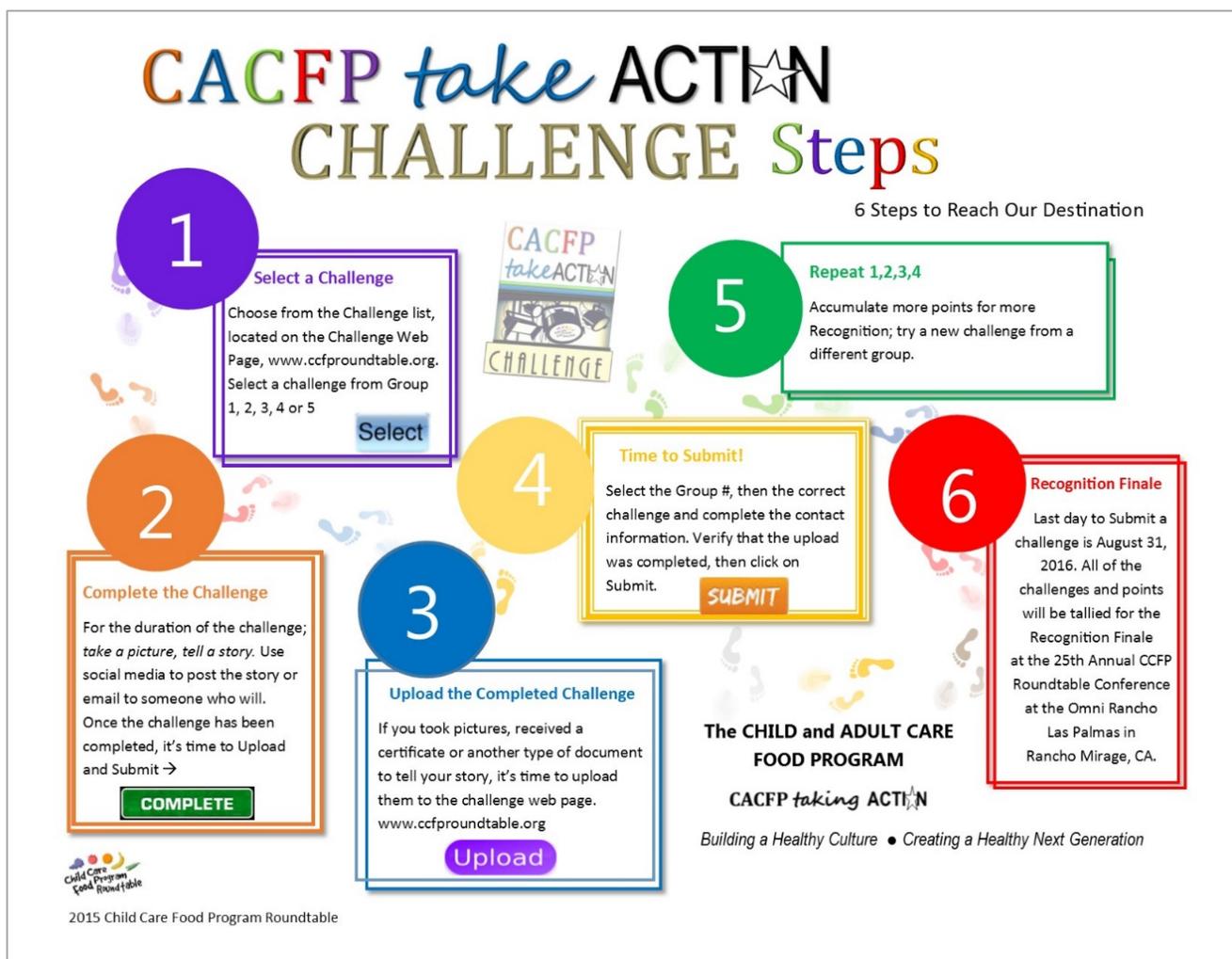
# A Very Big Thank You

# CACFP *take* ACTION CHALLENGE

Welcome to the Child Care Food Program Roundtable's CACFP *take* ACTION Challenge guide.

Congratulations for participating in the CACFP *take* ACTION Challenge. In this guide you will find a few simple instructions to assist you in participating in the CACFP *take* ACTION Challenge. You will also find a Q & A Section to answer the most frequently asked questions. There is something for everyone in the challenge list. CACFP. Lights. Camera. *take* ACTION! Now start the challenge! Gold, Silver, Bronze and Highly Commended Participation will be awarded to participants of the CACFP *take* ACTION Challenge.

## CACFP *take* ACTION Challenge Step by Step #CACFPtac



Challenge Quick Steps:

1. **Select** a challenge from the [Challenge List](#)
2. **Complete** the Challenge. Take pictures doing the challenge so you can tell your story.
3. **Upload** images or documents to [challenge website](#)
4. **Submit** the completed challenge online: take a picture, tell a story.
5. **Repeat** 1, 2 and 3 to accumulate more points

Website URL: [www.CACFPtakeactionchallenge.org](http://www.CACFPtakeactionchallenge.org)

## Challenge List, Points and Instructions

	<b>Challenge Instructions:</b> 1. Select one challenge 2. Complete it 3. Submit it 4. Repeat 1, 2 and 3 for more points! Remember, when submitting, select and submit one challenge at a time all through the year.	<b>Points ✓</b>	<b>Submit</b>
<b>Group 1: CACFP <i>take</i>ACTION Launch Challenges</b> Take a Picture, Tell your Story, Submit @ <a href="http://www.cacftakeactionchallenge.org/">http://www.cacftakeactionchallenge.org/</a>			
1.	<p><b>Home/Center Sponsors: Let’s Move! Child Care</b></p> <ol style="list-style-type: none"> <li>1. Get a plan and inspire providers to participate: Register @ <a href="https://healthykidshealthyfuture.org/">https://healthykidshealthyfuture.org/</a>, when prompted for a code, use cacftac</li> <li>2. Use the Let’s Move! Child Care Flyer <a href="https://healthykidshealthyfuture.org/wp-content/uploads/2015/01/LMCC_At-a-Glance.pdf">https://healthykidshealthyfuture.org/wp-content/uploads/2015/01/LMCC_At-a-Glance.pdf</a></li> <li>3. Motivate providers to take the Provider Quiz=more recognition</li> <li>4. Motivate and Inspire to Make an Action Plan=more recognition</li> <li>5. Inspire and Motivate providers to check their progress and retake the quiz=more recognition</li> <li>6. Success – Recognized on the map-Providers who report meeting 100% of the best practices in the checklist quiz through self-report can be on the Recognized Provider map on the Let’s Move Child Care website</li> </ol> <p>Recognition Finale: Gold-25%, Silver-15%, Bronze 5% - Get 25% of your providers to participate in the Let’s Move! Child Care initiative to receive Gold Recognition. To receive Silver get 15% of your providers to participate in the Let’s Move! Child Care initiative. Bronze get 5% .</p> <hr/> <p><b>Home/Center Based Providers: Let’s Move! Child Care, 5 Steps</b></p> <ol style="list-style-type: none"> <li>1. Sign up- @ <a href="https://healthykidshealthyfuture.org/">https://healthykidshealthyfuture.org/</a>. When prompted for a code, use cacftac. Print out certificate and send to sponsor and submit on CACFP <i>take</i> ACTION Challenge webpage</li> <li>2. Take the Provider Quiz</li> <li>3. Build an Action Plan, Access the free resources</li> <li>4. Check your progress, retake the quiz</li> <li>5. Be on the map</li> <li>6. Submit all year long and be recognized for participating in Let’s Move! Child Care</li> </ol> <p>Bonus: Introduce your parents to the <a href="#">Resources for parents</a> and the <a href="#">Go Smart App</a> for an extra 500 points. Take a picture, tell your story</p>	<p>#2 - 1000 #3 - 1000 #4 - 1000 (Complete all three for a total of 2500 points)</p> <hr/> <p>#1 - 500 #2 - 500 #3 - 500 #4 - 500 #5 - 500 Bonus - 500 (Complete all five steps and get 2500 points) Bonus 500</p>	<p>Take a Picture, Tell your Story, Submit</p>
2.	<p><b>USDA Resources and Best Practices Challenge –see <a href="#">Group 2</a> below for specific Challenges</b>  <a href="http://www.fns.usda.gov/">http://www.fns.usda.gov/</a></p>	<p>1000</p>	<p>Take a Picture, Tell your Story, Submit</p>
3.	<p><b>California Department of Education’s (CDE) CACFP Farm to Preschool (F2P) <i>take</i>ACTION Challenge</b></p> <p>The US Department of Agriculture is encouraging child care centers (Centers) and day care home (DCH) providers to incorporate Farm to Preschool activities into their regular routines. It’s a new priority and a great way to have some fun while promoting early, healthy eating habits. To assist</p>	<p>1000</p>	<p>Take a Picture, Tell your Story, Submit</p>

	<p>you, the CDE has created a Farm to Preschool <i>take</i>ACTION Challenge and will give Gold, Silver and Bronze awards to Centers and DCH providers that participate. DCH sponsors that encourage their providers to participate may also receive an award. When you participate, you will also earn points towards the overall CACFP <i>take</i>ACTION Challenge.</p> <p>Review the award criteria and choose the number of F2P activities that work for you. There are 27 F2P activities to choose from within three areas of focus: 1) Children Eat Healthy, Local Foods; 2) Children Learn Where their Food Comes From; and, 3) Children Engage in Hands-on Learning through Gardening. There's something for everyone!</p> <p>Here's what to do: Visit CDE's new F2P Web page at <a href="http://www.cde.ca.gov/ls/nu/he/farmtopreschool.asp">http://www.cde.ca.gov/ls/nu/he/farmtopreschool.asp</a> and click on the CACFP Farm to Preschool <i>take</i>ACTION Challenge–Questions and Answers.</p> <ol style="list-style-type: none"> <li>1. Determine which F2P activities you will implement by August 31, 2016.</li> <li>2. Complete the online survey, CACFP F2P <i>take</i> ACTION Challenge by August 31, 2016.</li> <li>3. Implement F2P activities by August 31, 2016.</li> <li>4. Complete a follow-up survey posted on the F2P Web page September 1 – 30, 2016.</li> <li>5. Receive your award certificate from the Nutrition Services Division in the mail by November, 2016.</li> <li>6. Frame it, show it off and repeat next year!</li> </ol> <p>The Nutrition Services Division will send an e-mail with detailed instructions to you soon. For questions, contact <a href="mailto:Farmtopreschool@cde.ca.gov">Farmtopreschool@cde.ca.gov</a>.</p> <p><b>*#3 in Group 1</b> also applies to any other State Agency that has a CACFP <i>take</i>ACTION Farm 2 Preschool Challenge</p>		
4.	<p><b>#GimmeFive dance</b>, I was at the CCFP Roundtable Conference and participated in the CACFP <i>take</i>ACTION Challenge launch-</p> <ol style="list-style-type: none"> <li>1. At the conference signed on to the challenge and participated in #GimmeFive dance</li> <li>2. Go online sign on and submit your first completed challenge: <a href="http://www.cacftakeactionchallenge.org/">http://www.cacftakeactionchallenge.org/</a></li> <li>3.</li> </ol>	500 ✓	Take a Picture, Tell your Story, Submit
5.	<p><b>Alliance for a Healthier Generation #COMMIT2TEN Challenge</b></p> <ol style="list-style-type: none"> <li>1. Go to <a href="http://commit2ten.org/">http://commit2ten.org/</a></li> <li>2. Take the quiz</li> <li>3. Download your customized 30-day activity calendar by <a href="#">taking the quiz</a></li> <li>4. Use the hashtag <a href="#">#Commit2Ten</a> on social media</li> <li>5. Follow them on <a href="#">Facebook</a> and <a href="#">Twitter</a></li> <li>6. Challenge someone/ another agency/CEO Challenge</li> <li>7. Download <a href="#">Sworkit</a> and try it out</li> <li>8. Try another plan/environment plan: workplace, school, anywhere</li> </ol>	1000	Take a Picture, Tell your Story, Submit
6.	<p><b>CACFP Walkers, Talkers &amp; Runners-Monday October 26, 2015</b> - meet in the lobby 6:00pm Fit2bYoga Tuesday, October 27 or Wednesday, October 28, 2015- Starview Room</p>	500 DO IT HERE ✓	Take a Picture, Tell your Story, Submit

## Group 2: USDA Resources and Best Practice Challenge

Take a Picture, Tell your Story, Submit @ <http://www.cacfpactionchallenge.org/>

		Points✓	Submit
1.	Pledge to become a MyPlate Champion for your program <a href="http://www.choosemyplate.gov/kids-become-myplate-champion">http://www.choosemyplate.gov/kids-become-myplate-champion</a>	500	Take a Picture, Tell your Story, Submit
2.	Encourage children to try new fruits and vegetables with the <i>Make Today A Try Day</i> stickers and poster; choose several days to be “Try Days” and serve a new food each time <a href="http://www.fns.usda.gov/es/node/14684">http://www.fns.usda.gov/es/node/14684</a>	500	Take a Picture, Tell your Story, Submit
3.	Read the story <i>The Two Bite Club</i> from Team Nutrition; have each child color the picture at the end of the story and receive the certificate <a href="http://www.fns.usda.gov/tn/two-bite-club">http://www.fns.usda.gov/tn/two-bite-club</a>	500	Take a Picture, Tell your Story, Submit
4.	Implement Team Nutrition’s <i>Grow It, Try It, Like It!</i> in your program <a href="http://www.fns.usda.gov/tn/grow-it-try-it-it">http://www.fns.usda.gov/tn/grow-it-try-it-it</a>	1000	Take a Picture, Tell your Story, Submit
5.	Find, cook, and serve recipes from the What’s Cooking? USDA Mixing Bowl Web site <a href="http://www.whatscooking.fns.usda.gov/">http://www.whatscooking.fns.usda.gov/</a>	500	Take a Picture, Tell your Story, Submit
6.	Use the “My Cookbook” feature on the What’s Cooking? USDA Mixing Bowl Web site to create cookbooks for parents with recipes their children like <a href="http://www.whatscooking.fns.usda.gov/">http://www.whatscooking.fns.usda.gov/</a>	500	Take a Picture, Tell your Story, Submit
7.	Use the <i>Discover MyPlate “Emergent Reader Mini Books”</i> in your program <a href="http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books">http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books</a>	500	Take a Picture, Tell your Story, Submit
8.	Involve children in preparing meals by using Team Nutrition’s <i>Discover MyPlate “Look and Cook Recipe”</i> cards <a href="http://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes">http://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes</a>	500	Take a Picture, Tell your Story, Submit
9.	Provide opportunities for active play every day; choose ideas from the Active Play Tip Sheets in <i>Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP</i>	500	Take a Picture, Tell your

	<a href="http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program">http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program</a>		Story, Submit
10.	Encourage healthful foods by using the easy, low cost techniques found in “Supplement C: Encourage Healthful Foods” from <i>Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP</i> <a href="http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program">http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program</a>	500	Take a Picture, Tell your Story, Submit
11.	Serve local foods on your menu using tips from the <a href="#">USDA Guide Procuring Local Foods in Child Nutrition Programs</a>	500	Take a Picture, Tell your Story, Submit
12.	Take children on a farm/orchard field trip, visit a farmer’s market or have a farmer visit the classroom	500	Take a Picture, Tell your Story, Submit
13.	Grow an edible garden (fruits, vegetables, herbs; indoor/outdoor; container/open space) and incorporate the harvest into meals and/or snacks	500	Take a Picture, Tell your Story, Submit
14.	Use all of the listed USDA Resources and Best Practices in your program/agency in 2015/16 and receive an extra 2500 points	2500	Take a Picture, Tell your Story, Submit

### Group 3: Health and Wellness

Take a Picture, Tell your Story, Submit @ <http://www.cacftakeactionchallenge.org/>

Points ✓ Submit

1.	President’s Challenge Create a free account at <a href="http://www.presidentschallenge.org/">http://www.presidentschallenge.org/</a> , choose which challenge you want to participate in, and look up our group in the My Challenge application using the group number below. Group Number: 948795 Group Name: CACFP <i>take</i> ACTION Challenge	1000	Take a Picture, Tell your Story, Submit
2.	<a href="#">Rethink your Drink</a> : Take Out One or All Sugar Drinks from your diet as an Individual or as a group at work. Another source: <a href="http://www.rethinkyourdrinknevada.com/">http://www.rethinkyourdrinknevada.com/</a>	500	Take a Picture, Tell your Story, Submit
3.	Weight loss-set your ideal healthy weight goal and achieve it, as a group or individual	1000	Take a Picture, Tell your Story, Submit

4.	Implement/Participate in a Monday Campaign: <a href="http://www.mondaycampaigns.org/about/">http://www.mondaycampaigns.org/about/</a> Meatless Monday <a href="http://www.meatlessmonday.com/">http://www.meatlessmonday.com/</a> Moveit Monday <a href="http://www.moveitmonday.org/about/">http://www.moveitmonday.org/about/</a>	1000	Take a Picture, Tell your Story, Submit
5.	Participate in any 5 or 10k or further Run/Walk event/s for a Non Profit, that includes your own agencies Run/Walk event	500	Take a Picture, Tell your Story, Submit
6.	Participate in a Marathon, half or otherwise. Triathlon, Bicyclist, that counts too, sign up and participate in a Bikeathon	1000	Take a Picture, Tell your Story, Submit
7.	Incorporate Family Style Meal @ home or in your child care facility. Do a training or provide resources to help providers and/or parents incorporate family style meal service.	500	Take a Picture, Tell your Story, Submit
8.	Implement New Menu Plans, with cultural awareness for yourself or your family/center child care business/agency	1000	Take a Picture, Tell your Story, Submit
9.	Participate in Kids Cook Monday- get your parents or your family to take the pledge <a href="http://www.thekidscookmonday.org/become-a-kids-cook-monday-ambassador/">http://www.thekidscookmonday.org/become-a-kids-cook-monday-ambassador/</a>	500	Take a Picture, Tell your Story, Submit
10.	Take the Pledge and do it! Everybody Walk <a href="http://everybodywalk.org/">http://everybodywalk.org/</a>	500	Take a Picture, Tell your Story, Submit
11.	Plan a Run/Walk Event of your own, with CACFP in the title	1000	Take a Picture, Tell your Story, Submit
12.	Take a dance, yoga, fitness class of any sort alone or with a group	500	Take a Picture, Tell your Story, Submit

13.	Healthy Habits for Life, Use the Sesame Street Toolkit for parents or in your child care <a href="http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits">http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits</a>	500	Take a Picture, Tell your Story, Submit
14.	Participate in National Walking Day, April 6, 2016	1000	Take a Picture, Tell your Story, Submit
15.	Preschool Shine <a href="http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp">http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp</a>	1000	Take a Picture, Tell your Story, Submit
<b>Group 4: Advocate and Educate CACFP</b>			
Take a Picture, Tell your Story, Submit@ <a href="http://www.cacfpactionchallenge.org/">http://www.cacfpactionchallenge.org/</a>			Points✓ Submit
1.	Volunteer time to the Child Care or CACFP community	500	Take a Picture, Tell your Story, Submit
2.	Be a presenter at CACFP Conferences, Child Care meetings and additional health and wellness conferences	1000	Take a Picture, Tell your Story, Submit
3.	Visit Your State Representatives; educate them about CACFP, establish relationships with political partnerships; <a href="http://www.house.gov/representatives/find/">http://www.house.gov/representatives/find/</a> ; <a href="https://www.opencongress.org/people/zipcodelookup">https://www.opencongress.org/people/zipcodelookup</a> Site Visit Planning Toolkit from FRAC: <a href="http://frac.org/pdf/CACFPsiteVisitToolkit.pdf">http://frac.org/pdf/CACFPsiteVisitToolkit.pdf</a>	1000	Take a Picture, Tell your Story, Submit
4.	Take classes in Child Development or Child Nutrition or Child Care Business	500	Take a Picture, Tell your Story, Submit
5.	Take any CACFP or Child Care Program Assessment. Examples include: <ul style="list-style-type: none"> <li>• Go Napsacc: <a href="https://gonapsacc.org/resources/nap-sacc-materials">https://gonapsacc.org/resources/nap-sacc-materials</a></li> <li>• C.H.O.I.C.E. <a href="https://www.cocokids.org/child-health-nutrition/c-h-o-i-c-e-toolkit-self-assessment-questionnaire">https://www.cocokids.org/child-health-nutrition/c-h-o-i-c-e-toolkit-self-assessment-questionnaire</a></li> <li>• <a href="#">Your state agency might have one too</a></li> </ul>	1000	Take a Picture, Tell your Story, Submit

6.	Subscribe to a free and/or purchased CACFP or Early Child Care Content Website, newsletter, magazine (I.E., Child Care Exchange, Potpourri, ChildCareInfo.com, ICN)	500	Take a Picture, Tell your Story, Submit
7.	Participate or start your own CACFP and/or Child Nutrition Reauthorization social media campaign, i.e. #cacfp #CNR2015. A petition, a campaign, inform parents and/or child care providers, community	500	Take a Picture, Tell your Story, Submit
8.	Join and support a local and/or National Professional Child Care or CACFP Organization, <a href="#">National CACFP Professionals</a> , <a href="#">NCA</a> , <a href="#">CCFP Roundtable</a> , <a href="#">National CACFP Forum</a> , <a href="#">NAFCC</a> , <a href="#">NAEYC</a> , <a href="#">FRAC</a> , <a href="#">National Head Start Association</a> , <a href="#">NICCA</a>	500	Take a Picture, Tell your Story, Submit
9.	Implement A Breastfeeding Policy In your Child Care Program or at your Agency (i.e., <a href="https://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf">https://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf</a> )	500	Take a Picture, Tell your Story, Submit
10.	Get a quality rating for your child care business	5000	Take a Picture, Tell your Story, Submit
11.	Get Nationally Accredited if you are a provider or center, <a href="http://www.nafcc.org/accreditation">http://www.nafcc.org/accreditation</a> , <a href="https://www.naeyc.org/accreditation">https://www.naeyc.org/accreditation</a>	5000	Take a Picture, Tell your Story, Submit
12.	Create and implement a CACFP Sponsor/State Agency Roundtable/Summit/Forum/Association/Group in your state	1500	Take a Picture, Tell your Story, Submit
13.	Attend Local, State or National CACFP Conferences, i.e., <a href="#">Anti-Hunger Policy; CACFP Leadership Conference</a> , <a href="#">National CACFP Sponsors Association</a> , <a href="#">CCFP Roundtable Conference</a> , <a href="#">CACFP NPA Conference</a> , <a href="#">CCFP Roundtable</a> , <a href="#">CACFP Provider Leadership Institute</a> , <a href="#">National Association of Family Child Care</a> , <a href="#">NAFFCC</a> <a href="#">more...</a>	500	Take a Picture, Tell your Story, Submit
14.	Anything that reduces paperwork in CACFP; technology, new processes, new policy, etc.	500-1000	Take a Picture, Tell your Story, Submit

## Group 5: CACFP Campaigns

Take a Picture, Tell your Story, Submit @ <http://www.cacfpchallenge.org/>

Points ✓

Submit

1.	Develop and achieve CACFP Publicity campaign (good publicity)	1000	Take a Picture, Tell your Story, Submit
2.	Create and implement a CACFP Marketing Campaign with CACFP press, online, TV or in print	1000	Take a Picture, Tell your Story, Submit
3.	Write and sing a National CACFP Song	1500	Take a Picture, Tell your Story, Submit
4.	Take a CACFP picture with a CACFP awesome sign and get others to do it in your community, mayor or representative (examples of signs on <a href="http://childcareinfo.com">childcareinfo.com</a> site and their Facebook)	500	Take a Picture, Tell your Story, Submit
5.	Launch a #CACFP Twitter Storm or a #CACFPtac storm	1000	Take a Picture, Tell your Story, Submit
6.	Develop and implement a new CACFP Recruit New Providers Campaign (includes getting unlicensed/exempt child care providers licensed)	1000	Take a Picture, Tell your Story, Submit
7.	Develop and implement a CACFP Social Media Program for your child care business or agency (i.e., create a Facebook, Twitter, Instagram account)	1000	Take a Picture, Tell your Story, Submit
8.	Develop and implement a <i>National CACFP Week</i> Campaign for your agency for centers and homes	1000	Take a Picture, Tell your Story, Submit

9.	Challenge someone individual/another agency to do the CACFP <i>take</i> ACTION Challenge and compete with them	1000	Take a Picture, Tell your Story, Submit
10.	Post CACFP <i>take</i> ACTION Challenge pictures on social media 6 weeks in a row	500	Take a Picture, Tell your Story, Submit
11.	Develop and implement your own agency CACFP <i>take</i> Action Challenge campaign for center or family child care providers or your own staff	1500	Take a Picture, Tell your Story, Submit
12.	Share your CACFP Story Campaign (one that inspires, makes a difference or is simply cute) Provider's story, sponsor story or even a story from the children or parents.	1000	Take a Picture, Tell your Story, Submit
13.	Write and submit a grant that benefits CACFP (or CACFP Participants)	1000	Take a Picture, Tell your Story, Submit
14.	<b>Submit your idea for a CACFP <i>take</i> ACTION Challenge</b>	500	Take a Picture, Tell your Story, Submit
15.	Write a CACFP Blog and submit it to sites like Child Care Info, Child Care Exchange to be published	1000	Take a Picture, Tell your Story, Submit

Select

COMPLETE

Upload

SUBMIT

Submit Your  
Challenge

CACFP Challenge  
Gallery

CACFP take ACTION  
Challenge Blog

Sponsors,  
Partners, Friends

About CACFP

1. Select one CACFP *take ACTION* Challenge from the groups below
  2. Upload your picture/s, a certificate, document (things you did while completing the challenge)
  3. Tell your story-one sentence to a paragraph, then complete contact information
  4. Submit the challenge below,
  5. Complete the Contact Information-then
  6. Repeat # 1-5 and accumulate more points and receive more recognition
- \*Remember, to get all the points you deserve, submit one challenge at a time.  
\*\*[Web Page steps](#)

# Challenge Website

## Complete Challenge Form

Ready to submit a completed CACFP take ACTION Challenge. Select the correct Group and Challenge. Upload a picture or document, Complete the contact information, next click Submit. It takes a bit of time when uploading, be patient, don't hit the back arrow. When you see a Thank you message, your challenge has been submitted.

### Select one CACFP take ACTION Challenge

Group 1: Select a CACFP take ACTION Challenge  
Select Below

Group 2: Select a CACFP take ACTION Challenge  
Select Below

Group 3: Select a CACFP take ACTION Challenge  
Select Below

Group 4: Select a CACFP take ACTION Challenge  
Select Below

Group 5: Select One \*  
Select Below

FAQ's about the Challenge

Name \*  
First Last

City, State \*

Organization, Agency, Business

## CACFP take ACTION Challenge Web Page Instructions

**1** Select one CACFP take ACTION Challenge

Group 1: Select a CACFP take ACTION Challenge  
Select Below

Group 2: Select a CACFP take ACTION Challenge  
Select Below

Group 3: Select a CACFP take ACTION Challenge  
Select Below

Group 4: Select a CACFP take ACTION Challenge  
Select Below

Group 5: Select One \*  
Select Below

**2** Upload Challenge Pictures and/or Documents \*

Choose File No file chosen  
Max file size: 20MB

Tell your story about your challenge! \*

**3** This take ACTION challenge submit is: \*

- First one - Congratulations
- 2-5- Congratulations
- 5 or more - Go CACFP'er

**4** Name \*  
First Last

City, State \*

Organization, Agency, Business

Email \*

Phone Number \*

Select One \*  
Select Below

**5**  
Submit



1. Select one CACFP *take ACTION* Challenge from any group
  2. Upload your picture/s, a certificate, document (of things you did while completing the challenge, take a picture of docs, certificates)
  3. Tell your story-one sentence to a paragraph
  4. Complete contact information
  5. Submit the challenge below
  6. Repeat # 1-5 to accumulate more points and receive more recognition
- \*Remember, to get all the points you deserve, complete a challenge, submit the challenge. One at a time-it-this will insure pictures and documents are kept with the correct challenge.

## Challenge Q & A

### 1. What is the CACFP *take* ACTION Challenge?

- a. The CACFP *take* ACTION Challenge is an awareness campaign designed to educate, rally and energize the Child and Adult Care Food Program (CACFP). The Challenge is going to motivate everyone connected with CACFP to *take* action. In addition to promoting and energizing CACFP and its participants as well as other organizations, this project will utilize and promote existing initiatives, material and resources that are aligned with CACFP.

### 2. Is this a contest?

- a. This is a challenge. Defined: A call or summons to engage in any contest, as of skill, strength, something that by its nature or character serves as a call to special effort, battle, contests, etc.



### 3. Who can participate?

- a. Anyone who wants to! We will be promoting to the CACFP state agencies, USDA, sponsors, children, providers, centers, parents, at risk, Head Start, tribal community centers, CACFP families, vendors, other agencies including the National Association for Family Child Care (NAFCC), National CACFP Sponsors Association (NCA) and the National CACFP Professionals Association. If you want to be recognized, campaign or support the building of a healthy culture this is the challenge for you.

### 4. Can we participate in the challenge as an agency and as an individual?

- a. You may participate as an agency (a team) and/or an individual or both.

### 5. Why should we participate in this Challenge?

- a. To have fun while raising Child and Adult Care Food Program awareness, its overall contribution to child care and building healthy cultures
- b. To challenge yourself/your agency
- c. Recognition
- d. Professional and/or Personal Growth
- e. Recruiting purposes
- f. One person can make a difference doing one thing, big or small
- g. Use as a marketing tool for some great publicity for grants, etc.
- h. To create opportunities
- i. Feel great for taking ACTION
- j. Build a healthy culture in your community

### 6. How long is the challenge?

- a. The challenge starts today October 26, 2015, and the last day for Challenge submissions is August 31, 2016. The Recognition Finale is on October 18, 2016.

**7. What are some of the *take ACTION* challenges?**

- a. There is a large variety: Let's Move! Child Care, USDA Resources and Best Practice Challenge, The President's Challenge, Farm to Preschool, and #COMMIT2TEN, just to name just a few.
- b. There is a complete list available posted on the [earlier in this guide](#) or on the [website](#).

**8. I heard someone mention points. Are there points? If so, what do they count toward?**

- a. Each CACFP *take ACTION* Challenge has assigned points. The more points, the more recognition you or your business/agency will receive. See [numbers 19](#) and [21](#) for more information.

**9. What types of recognition?**

- a. There are two types of recognition;
  - i. Type I: The ongoing CACFP *take ACTION* Challenge recognition. During the year participants will be featured on social media, at the bi-monthly CCFP Roundtable meetings, in newsletters, email blasts and in print when we have that opportunity. The more CACFP *take ACTION* Challenges completed and submitted, the more recognition and publicity opportunities for you and/or your agency.
  - ii. Type II: The Challenge Recognition Finale - **CACFP *take ACTION* Challenge** Recognitions will be announced and awarded at the 25th Annual CCFP Roundtable Conference. The websites, the CACFP *take ACTION* Challenge Blog, conference program and of course, Social Media will also be used to recognize the participants.

**10. Do I and/or my agency have to be at the conference to receive the recognition?**

- a. No, a CACFP *take ACTION* Challenge participant does not have to be at the conference to receive the 2015/16 CACFP *take ACTION* Challenge Recognition Award.

**11. How will I submit my completed *take ACTION* Challenges during the year for the Recognition finale?**

Simple: Take a Picture, Tell your Story, Submit by going to the Challenge [website](#)

CACFP *take ACTION* Challenge Steps:

- a. Select a Challenge (one at a time)
- b. While you are working on your challenge send us pictures by posting on our Facebook page or emailing it and we will post it in all of our social media as they happen throughout the year. Giving your challenge some publicity
- c. Challenge complete? Go to the challenge [website](#) and submit your completed challenge with a picture and/or document of the completed challenge

**12. What if I cannot go to the Challenge Finale at the 25<sup>th</sup> CCFP Roundtable Conference?**

- a. Whether you are at the Roundtable conference or not, you will be recognized for your achievements.

**13. Can I use something that I signed up for already, something that is on the challenge list, but I signed up before the official *take action* challenge launch happened, for instance, a webinar or class?**

- a. As long as you started in 2015 and complete and submit by August 31, 2016. It must be on the challenge list even if it's added during the challenge; it counts for points only if completed, NAFCC Accreditation is

the exception to that, meeting NAFCC requirements.

**14. What if I don't want to submit online?**

- a. Don't want to submit on line? Submit by email or postal mail. Everyone is included in this.

**15. Who is the organizer of this CACFP *take* ACTION Challenge?**

- a. The Child Care Food Program Roundtable Advisory Committee

**16. Do I have to be a member of the Child Care Food Program Roundtable to participate?**

- a. No, you do not have to be a member of the CCFP Roundtable. This challenge is for anyone that wants to participate. There is something for everyone.

**17. Is one group worth more than another?**

- a. No, it is just a way to track challenges. That said, if a person or agency decides to participate in the Farm 2 Preschool and/or Let's Move! Child Care Challenge, participants will have an opportunity to be recognized by those Programs and also the CACFP *take* ACTION Challenge at the conference in 2016.

Double the rewards on those two challenges as with others!

**18. Can we wait until the end of the challenge time period to submit all of our challenges?**

- a. No, do not wait until the end. You and/or your program will not be getting all of the benefits in social media and in print of working on the challenges if you wait until the end. On a side note, we also don't want to have the website crash because everyone waited until the last moment to submit.

**19. Will there be prizes?**

- a. Fun, health, awareness and recognition are the existing prizes. However, one never knows, we do love surprises! See ya in 2016!

**20. Are there any existing materials available to promote the challenge?**

- a. Reach Out and Challenge Packet
  - i. Flyers
  - ii. Website
  - iii. Social Media
- b. Roundtable, CDC, USDA, CDE and any organization that has signed on will assist throughout the program year with materials, social media and ideas.

**21. How will any awards be determined?**

- a. Gold, Silver, Bronze, and Highly Commended Participation will be awarded to participants of the CACFP *take* ACTION Challenge. The awards will be based on the highest overall number of points starting at Gold. Ultimately our goal is that all CACFP *take* ACTION Challenge participants will be recognized.

**22. I saw a poster with CACFP Logos on it, how do I get my agency on that poster?**

- a. Participate in the CACFP *take* ACTION Challenge.

## Building a Healthy Culture with CACFP • Creating a Healthier Next Generation

Now is the time to show support for a healthier CACFP [Child and Adult Care Food Program], yourself and your family. Get your agency, CACFP and yourself recognized all year long at the Recognition Finale at the 25<sup>th</sup> Anniversary of the CCFP Roundtable Conference. The culmination of a year's worth of CACFP taking ACTION and completing Challenges will give us a lifetime of rewards. Let's take advantage of this opportunity to create CACFP awareness while we continue our work to help build a healthy culture in child care and in CACFP!

### Just Three Actions to Take Today to kick off and participate in the CACFP take ACTION Challenge

1. Select one Challenge
2. Complete the Challenge and take a picture, tell a story, talk about it (social media, CCFP Roundtable) while completing it
3. Once the Challenge is completed, submit it to the website
4. Accumulate more points, buzz and recognition by repeating 1, 2 and 3 over and over

### Get started and use Social Media:

- Get other organizations besides yours to endorse and participate in the CACFP *take* ACTION Challenge use #CACFPtac
- Use your favorite social media tool and don't forget to use the #CACFP TAC hashtag. Seriously, don't forget the hashtag. #CACFP TAC
- If you have any questions or concerns regarding the CACFP *take* ACTION Challenge, please contact Chris Clark at [ccfprtconference@gmail.com](mailto:ccfprtconference@gmail.com)

See you all year long during the CACFP *take* ACTION Challenge and when submitting your completed CACFP challenges and finally at the Recognition Finale in October 2016! This is going to be an exciting year for all of us, filled with fun and challenges!

## CACFP *take* ACTION CHALLENGE

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**C**ACFP

**F**olks - **2**

**P**articipate



Participants, Sponsors, Partners and Friends

# A Very Big Thank You



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