

CELEBRATE

VIRGINIA

CACFP

WEEK

MARCH 10-16, 2024

Participation Toolkit

Intended to be used in addition to the digital toolkit.

To register or for additional details, visit:

<https://www.vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit/>.



[VirginiaCACFP.com](https://www.vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit/)

This institution is an equal opportunity provider.

WELCOME TO VACACFP WEEK 2024

WHO?

You! We encourage everyone to participate in the week's festivities, from the sponsor level to the classroom.

WHAT?

Virginia CACFP Week

WHERE?

All events hosted by the SNP teams will be virtual with the expectation that participating organizations will celebrate within their centers or homes. Even if your organization is completely virtual at this time, we'd love to see you virtually.

WHEN?

March 10-16, 2024

WHY?

As part of the CACFP in Virginia, your organization has taken a stand in combating hunger and ensuring healthy meals are provided in your community. And we think that is something worth celebrating!

HOW?

There are so many different ways to participate and our goal is to help you get started with this toolkit. It doesn't have to stop at our virtual events or social media. We encourage you to let your creativity flow through nutrition education lessons, activities,, or games of your own design! Just don't forget to share with us @CACFPVirginia and @VDOESNP.

Dear Program Sponsors, Centers, and Family Day Care Home Providers,

The Virginia Department of Health's (VDH) Special Nutrition Programs (SNP) and the Virginia Department of Education's (VDOE) School Nutrition Programs (SNP), alongside our community partners, invite you to celebrate VACACFP Week, March 10-16, 2024.

All week your SNP teams will be hosting virtual events for Program operators, engaging with community partners, and launching the Virginia CACFP social media campaign. We hope in addition to these events, you'll share your own VACACFP Week celebrations with us.

As part of the CACFP in Virginia, your organization has taken a stand in combating hunger and ensuring healthy meals are provided in your community. And we think that is something worth celebrating! Together we can feed Virginia.

Sincerely,



VIRGINIA
CACFP &
Child and Adult Care Food Program



SCHOOL
NUTRITION
PROGRAMS

VIRGINIA DEPARTMENT OF HEALTH & EDUCATION

SCHEDULE OF EVENTS

In addition to your VACACFP Week activities, join us for this virtual event!

ASK THE EXPERTS!

MARCH 11th 1:00-1:30 pm

**Need a refresher of CACFP?
Want to know if you or someone
you know qualifies for CACFP?
Well make sure you join us for Ask
the Experts every second Monday
of the month...and bring a friend!**

**Check on the CACFP Week
webpage for the Registration Link.
VirginiaCACFP.com**



The graphic features a white plate with a smiling apple crab made of fruit (strawberries, blueberries, kiwi) and orange star-shaped snacks. The Virginia Early Childhood Foundation logo is in the bottom left. The Virginia CACFP logo is in the top right. The main text reads: 'CACFP Questions? Ask the Experts'. Below that, it asks: 'ARE YOU WONDERING IF CACFP IS RIGHT FOR YOUR CHILDCARE PROGRAM? NOT SURE HOW TO APPLY TO PARTICIPATE IN CACFP? JOIN THIS Q & A SESSION TO LEARN MORE.' At the bottom, it says: 'Every second Monday of the month. 1:00 - 1:30 pm'.

VIRGINIA
CACFP
Child and Adult Care Food Program

**CACFP
Questions?
Ask the Experts**

ARE YOU WONDERING IF CACFP
IS RIGHT FOR YOUR CHILDCARE
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Virginia
Early Childhood
Foundation

SOCIAL MEDIA

Virginia CACFP Week (VACACFP) is just around the corner and we'd like your help in getting #VACACFP trending. The Virginia Departments of Health and Education, along with their community partners, would like to see your social media posts leading up to and the week of VACACFP Week 2024. Follow the steps below to help you get started!

1. Follow VACACFP on Facebook, Instagram and Twitter @CACFPVirginia and @VDOESNP.
2. VACACFP Week 2024 Digital Toolkit available at - <https://www.vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit/>
3. Download the sample social media posts from the digital toolkit along with the language below.
4. Upload and post to your social media. Don't forget to add #VACACFP and tag @CACFPVirginia and @VDOESNP.

SAMPLE SOCIAL MEDIA POSTS TO SAVE THE DATE FOR #VACACFP WEEK!

- It's coming! Join us in celebrating #VACACFP Week March 10-16. @CACFPVirginia @VDOESNP
- Snack time feeling a little repetitive? We've got you covered. Check back March 12-18 for some snack-spiration! #VACACFP @CACFPVirginia @VDOESNP
- How does #VACACFP help your center and community? Share your CACFP story with us in celebration of VACACFP Week March 10-16! @CACFPVirginia @VDOESNP
- What helps with food access, nutrition education, and reaches thousands of Virginians every day? CACFP! Celebrate #VACACFP Week with us March 10-16. @CACFPVirginia @VDOESNP
- YIP-PEA! We going on the 1,2,3 Pea! adventure with @doctoryum for #VACACFP Week. How will you be celebrating? @CACFPVirginia @VDOESNP
- Calling all nursing moms and breastfeeding friendly organizations! Let us know what makes a space breastfeeding friendly. As a CACFP participant, breastfed babies are welcome here and we can't wait to celebrate #VACACFP Week with @CACFPVirginia and @VABreastfeeds !



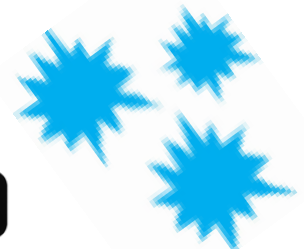
@CACFPVIRGINIA



@VDOESNP



#VACACFP



RECOGNIZING YOUR SITES

If you are a sponsoring organization of multiple centers or day care homes, you understand how hard your sites work to provide the best meals for their community. You can recognize their efforts by downloading, completing, and distributing the CACFP Recognition Certificate. These certificates can be downloaded from the digital toolkit (<https://www.vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit/>).



NUTRITION EDUCATION RESOURCES

March is National Nutrition Month® and while positive eating habits are a year-round activity, we encourage organizations to celebrate VACACFP Week with their own special nutrition education events. Sometimes creating a new lesson plan or activity can be a little daunting, so we've listed a few places below that might help out. These can also be sent home with parents and participants for the fun to continue at home. We'd love it if you shared your activities with us on social media @CACFPVirginia and @VDOESNP and #VACACFP!

TEAM NUTRITION

Team Nutrition is an initiative of the USDA to support the child nutrition programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

[HTTPS://WWW.FNS.USDA.GOV/TN](https://www.fns.usda.gov/tn)



**VACACFP RECOMMENDS:
MEAL PATTERN TRAINING**

ACADEMY OF NUTRITION AND DIETETICS

Aside from initiating National Nutrition Month®, The Academy of Nutrition and Dietetics strives to improve the nation's health and advance the profession of dietetics through research, education and advocacy.

[HTTPS://WWW.EATRIGHT.ORG](https://www.eatright.org)



**VACACFP RECOMMENDS:
GAMES AND ACTIVITIES**

DR. YUM PROJECT

The Dr. Yum Project is a non-profit organization on a mission to help families and communities overcome barriers to eating well.

dr.yumproject



[HTTPS://WWW.DOCTORYUM.ORG/](https://www.doctoryum.org/)

**VACACFP RECOMMENDS:
CLASSES AND MEAL-O-MATIC**

1,2,3 PEA SALAD!

INGREDIENTS

- 12 ounces frozen green peas, thawed (about 2 cups)
- 8 ounces sugar snap peas, trimmed and chopped (about 2 cups)
- 8 ounces snow peas, trimmed and chopped (about 2 cups)
- 2 tablespoons finely chopped fresh mint
- 2 tablespoons lemon juice (about 1 lemon)
- 1/3 cup extra virgin olive oil
- 1 tablespoon honey
- 1/4 teaspoon salt
- 1/4 cup crumbled feta cheese (optional)

*Allow children to explore the featured fruit or vegetable in its whole form before beginning to prep ingredients. Set aside small amounts of each ingredient for your tasting mat. Encourage children to explore separate ingredients using all of their senses.

EQUIPMENT

- Bowls for mixing
- Measuring cups
- Measuring spoons
- Cup with a spout for pouring
- Mixing spoon
- Citrus juicer
- Whisk
- Small bowls for serving
- Small plates for serving
- Food scale (optional)
- Sharp paring knife for grown-ups
- Colander
- Clean kitchen towels for drying produce

- Cutting boards
- Happy Mat
- Dog knives



DIRECTIONS

1. Defrost frozen green peas in a colander before lesson.
2. Children can rinse and dry sugar snap peas and snow peas.
3. Children can chop sugar snap peas and snow peas into 3 pieces each for the salad.
4. Chop or tear the mint. Sprinkle mint pieces on the salad.
5. Use citrus juicer to juice lemons. Whisk lemon juice, olive oil, and honey together.
6. Pour dressing onto the salad. Kids can take turns gently mixing the dressing into the salad.
7. Kids can sprinkle feta on top of their portion, if they choose.

Nutrition Info

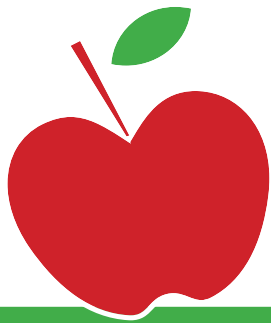
Yields/Serves: 8 servings

calories: 150	sodium: 120mg
total fat: 9g	folate: 40mcg
saturated fat: 1.5g	vitamin A: 135mcg
total carbohydrate: 13g	vitamin C: 45mg
sugars: 7g	vitamin D: 0mcg
added sugars: 2g	potassium: 190mg
fiber: 3g	calcium: 26mg
protein: 4g	iron: 1.8mg
cholesterol: 0mg	

Food Allergy Note:

Feta cheese is generally made of goat's milk and sheep's milk which has very similar proteins to dairy. If a child has a dairy allergy, the cheese can be left out of the salad recipe. Alternatively, a dairy free cheese may be used, but carefully check ingredients for other allergens.





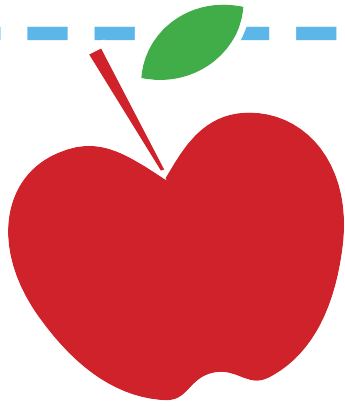
SAMPLE MEAL Plan

CELEBRATE VIRGINIA CACFP WEEK
MARCH 10-16, 2024

Meal	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	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cranberries	Peaches	Oranges	Strawberries	Applesauce
	Grain/Meat ¹	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Pancakes	WG Oatmeal	Large Egg	WG Cereal (Flakes)	WG French Toast
Lunch & Supper	Milk	1/2 cup	3/4 cup	1 cup	1 cup ³	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Cooked Peas	Green Beans	Cauliflower	Lettuce, Tomatoes	Squash
	Fruit ²	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Sliced Bananas	Berry Mix	Grapes	Avocado Slices	Oranges
	Grain ¹	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Bread	WG Roll	WG Crust	Whole Grain Tortilla	WG Noodles
	Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Grilled Cheese	Baked Chicken / Tofu	WG Cheese / Veggie Pizza	Chicken Tacos / Beans & Cheese	Lasagna, Tomato sauce
Snack	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)	Whole Milk (age 1) or Low/Fat-Free Milk (ages 2-5)
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Mandarin Oranges		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Cucumbers			Carrot & Celery Sticks	
	Grain	1/2 cup	1/2 oz	1 oz	1 oz		WG Banana Bread			WG Pretzels
	Meat / Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt Ranch Dip		Yogurt	Peanut Butter	Hummus

¹Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. ²The fruit component at lunch may be substituted by an additional vegetable.

³A serving of milk is not required at supper meals for adults.



Certificate of Recognition

VIRGINIA
CACFP
WEEK
MARCH 10-16, 2024

Name of Organization

Recognizes

*for your commitment to the Child and Adult Care Food Program.
Your commitment to supporting the health and well-being of participants in your care
is a key indicator of the quality care provided in your community.*



SCHOOL
NUTRITION
PROGRAMS



[VirginiaCACFP.com](https://www.VirginiaCACFP.com)