

National CACFP Week!

1 message

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National CACFP Week! March, 2018



Nutrition Corner National CACFP Week

National CACFP Week is March 11th through March 17th. This week is to bring awareness to the Child and Adult Care Food Program (CACFP). The federal program provides reimbursements to eligible afterschool programs for serving healthy snacks and/or meals to kids.



You can celebrate this week in a variety of ways:

- If you haven't enrolled in CACFP, now is the time! Learn more by visiting AfterschoolMealsNY.org.
 - If you are already enrolled, spread the word about the program to other afterschool providers to help them get enrolled. Visit our website for resources that can be e-mailed and/or shared on social media, such as an FAQ on CACFP, sample menu, and meal planning template. And, guide other programs to determine if they are eligible for CACFP using this handy pre-screening tool.
- You can also post pictures of the kids in your program enjoying themselves eating healthy, and share your CACFP story on social media. If you are using Twitter, use #CACFPWeek to celebrate the occasion.

To learn other ways you can celebrate the week, visit the National CACFP Sponsors Association for resources, nutrition handouts, toolkits, social media tools, and much more.

Health and Wellness HEPA Standard: Reduce Screen Time

Healthy Eating and Physical Activity (HEPA) standards were established for afterschool programs to teach their participants the benefits of eating healthy and exercising.



One of the standards is to reduce screen time, which must be limited to 30 minutes per day. If screen time is offered, it also must not show commercials of unhealthy foods.

Here are ways for afterschool programs to reduce screen time:

- Take regular activity breaks when screen time is being used during programming.
- Use screen time to encourage movement by watching an exercise video.
- Reward good behavior using alternatives other than screen time, such as going outside to play.
- Set a good example by sharing information with parents on establishing screen time limits at home.
- Teach staff ways to incorporate physical activity into indoor games when going outdoors is not possible.
- Teach the participants about how food advertisements with snack foods and fast foods affects them.

For more information on how to reduce screen time at your afterschool program, please read these [tips and resources](#) from the National AfterSchool Association.

Resource

Webinar: Afterschool Meals Fuel Enrichment - How Schools and Afterschool Programs can Nourish Kids Beyond the School Day

Kids and teens need healthy food to stay focused and engaged beyond the traditional school day. The Child and Adult Care Food Program (CACFP) provides reimbursement funding to help eligible schools and enrichment programs serve nutritious meals and snacks to youth in their care after school, on weekends, and/or during breaks throughout the regular school year. Throughout New York State, over 2, 000 afterschool programs serve healthy meals and snacks through CACFP; many more could.



In this webinar, you will hear from two current CACFP sponsors, including a school food director who moved from serving afterschool snacks through the National School Lunch Program to serving complete meals through CACFP, and a Boys and Girls Club CEO who has expanded their afterschool meal service to provide suppers and snacks for neighboring programs. You will also hear from a NYS Department of Health public health nutritionist who will review the basics of CACFP's afterschool meals component, including eligibility criteria, meal requirements, and how to apply.

Webinar Panelists

- Patrick Doyle, Chief Executive Officer, Troy Boys and Girls Club - Rensselaer County
- Mary Ellen Flynn, Public Health Nutritionist, NYS Department of Health
- Caitlin Lazarski, School Food Director, Newburgh Enlarged City School District - Orange County
- Misha Marvel, Child Nutrition Programs Specialist, Hunger Solutions New York

This webinar will take place on Wednesday March 21st from 2:00 PM - 3:00 PM EDT. For more information and to register, please [click here!](#)

Upcoming Events

SAC Credential Registration Open, Buffalo

Having a School-Age Care Credential can help you become a Site Director. Registration is now open for all those interested in the SAC Prep Course in Buffalo. Classes begin March 27th! [Register now!](#)

3/6: Teaching Engineering in New York, Capital Region

WMHT Public Media is offering a free professional development workshop for teachers in grades 3 – 5, as part of the Teaching Engineering in New York project. This workshop and accompanying Teaching Engineering in New York resources are designed to help teachers incorporate engineering concepts and skills into science lessons and address the new New York State science standards. Both workshops qualify for CTLE hours. [Follow this link](#) for more information and to register!

3/7: Youth Studies Programs for Youth Workers at CUNY SPS

The CUNY School of Professional Studies (CUNY SPS) offers a [master's degree](#) and an [advanced certificate](#) in Youth Studies, timely programs that provide a pathway for professional development for youth workers. All are welcome to learn more about the Youth Studies programs by joining their online info session on Wednesday, March 7 at 12:00 pm. This session will provide an overview of the programs, career prospects, and possible scholarship opportunities. Register for their event [here!](#)

3/8: Ask, Listen, Learn: Incorporating Alcohol Education Afterschool

The afterschool setting is a great opportunity to encourage youth to choose healthy lifestyles—including saying NO to underage drinking. Join NAA for a free webinar from "Ask, Listen, Learn: Incorporating Alcohol Education Afterschool" at 1:00 pm on Thursday, March 8. For more information and to save your seat click [here!](#)

3/8: National Summer Learning Association's *Summer Changes Everything*™ RFP's Due

RFP for workshops at the National Summer Learning Association's *Summer Changes Everything*™ conference this fall is open. You can find details on the conference and the call for proposals [here!](#)

3/9: CRELO Legislative Breakfast, Capital Region

CRELO has planned a Legislative Breakfast for local legislatures and officials. The breakfast is focused on the importance of summer learning. We invite anyone interested in sharing the importance of the afterschool, summer, and expanded learning field to attend. This is a great opportunity to meet with local representatives and discuss the importance of your work. Please [click here](#) for more information.

3/18- 3/21: National Afterschool Association Annual Convention, Georgia

The NAA will be hosting their four day annual national convention in Atlanta, Georgia. This year's convention is titled "Lead the Charge" and is expected to attract about 2,000 afterschool providers. Attendees will participate in networking, learning, and inspiration: special events, workshops, daily keynotes, and an interactive Learning Expo all designed to meet the needs of the developing professionals and emerging and current leaders of afterschool. To learn more about the convention and to register, please [click here](#).

3/18: New York State Meet Up at NAA, Georgia

Network with other NYS Professionals on Sunday, March 18, at 7:30 pm at [Twenty-Two Storys Atlanta](#) located in the Hyatt Regency Atlanta Hotel. We look forward to seeing you there. NAA participants will receive an email from Erin Broderick by the end of this week with further details regarding the conference.

3/21: Webinar: Afterschool Meals Fuel Enrichment - How Schools and Afterschool Programs can Nourish Kids Beyond the School Day

In this webinar, you will hear from two current CACFP sponsors, including a school food director who moved from serving afterschool snacks through the National School Lunch Program to serving complete meals through CACFP, and a Boys and Girls Club CEO who has expanded their afterschool meal service to provide suppers and snacks for neighboring programs. You will also hear from a NYS Department of Health public health nutritionist who will review the basics of CACFP's afterschool meals component, including eligibility criteria, meal requirements, and how to apply. To register and for more information please click [here!](#)

3/23: School-Age Leadership Summit, Buffalo

Child Care Resource Network is happy to announce the first annual School-Age Leadership Summit. The theme of the summit is, "Building a Culture of Communication," with the intent of helping directors build systems of effective communication among staff, families, and children. During the event there will be a panel discussion to provide participants with an opportunity to hear from leaders in the field and share their successes, challenges, and strategies related to communication. To purchase tickets and for more information, please [click here!](#)

3/29: SciGirls Connect with WMHT Public Media/PBS, Capital Region

Join Jenn Baumstein, SciGirls Connect Trainer, and Director of Community Engagement for WMHT Public Media, for a FREE SciGirls PD. Learn about the myriad of ways in which [SciGirls](#) can be used in your classroom or library to encourage STEM-based learning for all students, not just girls! Explore the SciGirls Seven, and practice some of the activities created by the SciGirls team. [Register here!](#)

4/11: MOST General Body Meeting, Wayne County

Join Wayne County M.O.S.T for their General Body Meeting at the Cornell Cooperative Extension of Wayne County from 9 am- 12 pm.

School's Out, Make it Count!

2018 Annual Conference

4/13-4/14: Network for Youth Success 2018 Conference, Saratoga

Registration for our Annual Conference is now open! This year we will be offering our first ever Executive Director track. [Click here](#) to reserve your tickets! More information and a draft of the brochure can be [found here](#). Space is limited, so sign up now!

4/17: How to Take Care of YOU: Building Your Bounce, Free Webinar

In this webinar, learn how to take care of YOU so you can better take care of the children whose lives you touch. This webinar will help adults reflect on their own resilience and explore ways to "build your bounce" through simple, easy-to-use strategies. The importance of staff wellness is clear. Join co-author of Building Your Bounce: Simple Strategies for a Resilient You, Nefertiti Bruce Poyner, Ed.D., as she shares her insights on this very important and timely topic! To register for this webinar and for more information, click [here](#).

4/18-4/20: Ready by 21 National Meeting, Florida

Every year, the Ready by 21 National Meeting brings together more than 500 local, state, and national leaders who like you, are committed to improving partnerships, policies, and practices for children and youth. Their 7th Annual National Meeting will be held in Palm Beach County, Florida and will feature plenty of engaging and exciting sessions. For more information and to register, please follow [this link](#).

4/21: National Child Nutrition Conference

The National Child Nutrition Conference will be held in San Antonio, Texas this year. The National Child Nutrition Conference is the premier national conference for the Child and Adult Care Food Program community and home of the USDA requested Summer Food Program training. [Click here](#) for more information or to register.

4/26: Free Playground Safety Training, Capital Region

CRELO is offering this training for free from 7 pm to 8:30 pm on 4/26 at the Southern Saratoga Branch of the Capital District YMCA. Almost two thirds of nonfatal injuries related to playground equipment occur on public playgrounds. As school-age professionals, we are responsible for keeping our children safe during outdoor time. Come to this workshop to learn how to properly supervise children on and around playground equipment, how to keep children engaged, and how to identify risk factors. Register [here!](#)

5/1-5/4: BOOST Conference, California

The BOOST Conference, organized by the BOOST Collaborative, will take place May 1-4, 2018 at the Palm Springs Convention Center in Palm Springs, California. More information and tickets can be found [here](#).

5/10: Teaching Engineering in New York, Capital Region

WMHT Public Media is offering a free professional development workshop for teachers in grades 3 – 5, as part of the Teaching Engineering in New York project. This workshop and accompanying Teaching Engineering in New York resources are designed to help teachers incorporate engineering concepts and skills into science lessons and address the new New York State science standards. Both workshops qualify for CTLE hours. [Follow this link](#) for more info and to register!

7/29-7/31: New York STEM Education Collaborative 2018 Conference

STEM educators, save the date for a summer conference! The New York STEM Education Collaborative wants you to present and attend their 2018 conference! This organization unites state teacher associations in science, math, engineering, technology, and related fields in one conference. Come to Alfred, NY July 29th to 31st to connect with educators, businesses, and leaders from around the state who want to improve STEM education. The conference committee is now accepting presentation proposals! More details can be found [here](#)!

11/10: Rochester Training Institute, Rochester

Save the Date! Our Rochester Training Institute will take place Saturday, November 10th, 2018.

[Remove my name from all future email correspondence](#)

Address postal inquiries to:

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