



# Supporting Healthy Habits in Childcare with Online Trainings for CACFP Participants



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## Summary

Develop interactive and engaging online trainings for CACFP (Child and Adult Care Food Program).

## Objective

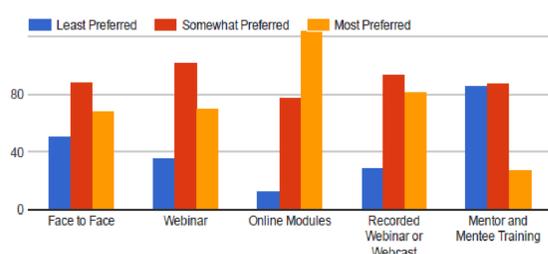
Support healthy habits in childcare homes and centers with online trainings based on:

- adult learning principles
- instructional strategy and audience analysis
- formative evaluation of knowledge gained

## Description

- A CACFP training needs assessment revealed menu planning and healthy food purchasing were topics of greatest interest.
- Iowa Public Television provided instructional design consultation.
- 10 CACFP participants pilot tested modules.
- Total budget for the project was \$13,500.
- Modules are available at no cost, can be completed at the participant's own pace, and accessed anywhere with an internet connection.

Please rank the following types of training based on your preference.



## Learning Activities

**Starting the Menu Makeover**

Jan decides to:

- Use applesauce with pancakes instead of syrup so that the children get nutrients from the apples, along with the sweet taste.
- Mix plain yogurt with fruit instead of buying sweetened yogurt.
- Use the *Providers Choice Approved Cereal List* to choose cereals with less than 6 grams of sugar per dry ounce; since products frequently change, she checks the Nutrition Facts label against the USDA cereal worksheet chart before purchasing.
- Offer desserts on a limited basis as an extra food, and when they are offered, they will include whole grain and/or fruit. She will remember that grain-based desserts are not creditable in the CACFP.

**Printable Resources**

- Choose Yogurts That Are Lower in Added Sugars (USDA Team Nutrition): USDA guide outlining how to identify whether yogurt meets CACFP sugar guidelines.
- Choose Breakfast Cereals That Are Lower in Added Sugars (USDA Team Nutrition): USDA guide outlining how to identify whether breakfast cereal meets CACFP sugar guidelines.
- Creditable Yogurt Chart (Iowa CACFP): Chart listing examples of creditable yogurt from the Iowa CACFP Administrative Manual.
- Grain Bread Charts from Iowa CACFP Administrative Manual (Iowa CACFP): Partial listing of creditable foods that can be used to meet CACFP meal pattern requirements established by USDA and the Iowa CACFP to help assure good nutrition for all participants.
- Cut Back on Kids Sweet Treats (MyPlate): USDA tip sheet with ideas for limiting the amount of foods and beverages with added sugar.
- Added Sugar and Saturated Fat: Know Your Limits (MyPlate): Summary of information from the USDA on how to limit sugar, saturated fat, and sodium in a child's diet.

**Limiting Sugar Discussion Forum**

Share ideas that you have used to cut the sugar in your menus on the Limiting Sugar Discussion Forum.



**Monday Menu**

<b>Breakfast</b>	
Grains or Meat/Meat Alternate	French toast made from whole wheat bread
Vegetables, Fruits, or Portions of Both	Strawberries and grape halves
<b>AM Snack</b>	
Component 1	Low sugar vanilla yogurt
Component 2	Pineapple juice
<b>Lunch</b>	
Meat or Meat Alternate	Fresh Pineapple
Grains	Canned pineapple in syrup
Vegetables	Canned pineapple in juice
Fruits	
<b>PM Snack</b>	
Component 1	

**Course Discussion: Challenges & Successes with Healthy Menus**

**Choosing Whole Grains**

• toddler and picky eaters

Display replies in nested form | Move this discussion to ... | Move | Pin

Choosing Whole Grains  
By Heather Johnson - Saturday, 18 May 2019, 3:46 PM

I find it difficult to find a variety of whole grain products that the children will eat. I mostly find crackers and breads. I also find that buying whole grain food is more expensive as well. After taking this course, I now know how to read food labels better to identify whole grain products that are creditable. I will start to make a list of products I find that will meet the requirements.

Permalink | Edit | Delete | Reply

Re: Choosing Whole Grains  
By Lynette Tuite - Monday, 20 May 2019, 10:14 AM

I agree with you. I need to be better about getting the right grains in.

Permalink | Show parent | Edit | Split | Delete | Reply

Re: Choosing Whole Grains  
By Sarah Sisson - Tuesday, 21 May 2019, 3:17 PM

I as well find it very difficult to find whole grains that the kids will actually eat outside of bread and crackers. I will need to be better at reading labels.

Permalink | Show parent | Edit | Split | Delete | Reply

• toddler and picky eaters

Final Quiz: The Healthy Menu Makeover | Jump to... | Healthy Menu Makeover Certificate

## How to Access

- Visit <https://ilopd.iowa.gov/>
- Create an account on Iowa Learning Online Professional Development with username and password.
- Providers from all states can take the modules for credit.
- There are 9 CACFP Online Training Modules Supporting Healthy Habits.

## Conclusions and Implications

- Online modules have been a popular and effective training option to meet CACFP training requirements in Iowa.
- Lessons learned include:
  - conduct assessment to determine training needs and topics of interest
  - implement an instructional design process
  - use an online learning platform
  - use discussion boards to engage learners

## Funding

This project was funded through Iowa's Team Nutrition 2017 U.S. Department of Agriculture grant. The USDA is an equal opportunity provider.

## Results and Evaluation

- Certificates earned April 2018 through May, 2019:
  - 408 for *Healthy Menu Makeover*
  - 342 for *Healthy Food Purchasing*
- A participant is allowed to take a final quiz up to three times to reach a passing grade of at least 80% correct.
- Demographic survey results report:
  - 51% of users are from centers
  - 38% are home providers

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