

CACFP On-Line Learning and Resources

Where Healthy Eating Becomes a Habit



Child & Adult Food Program
Iowa Department of Education

Healthy Menu Makeover On-Line Learning Module

This training module was developed through a Team Nutrition Grant. Each lesson provides information about the Dietary Guidelines for Americans, explains how it applies to your work in the Child and Adult Care Food Program (CACFP), includes best practice examples, and helpful resources.

How Do I Access the Online Learning Module?

You will first need to create an account with the Iowa Learning Online "Moodle" system.

Instructions for creating an account for the online course:

- Go to <http://ilopd.iowa.gov/login/index.php>
- On the right side of the page (under "Is this your first time here?"), click the "Create new account" button
- Enter information for your account. Note that the first and last name you enter in this form will be used to create your certificate of completion in the course. You will need a valid email address to access this course and to receive related notifications. Click submit.
- A confirmation message will be sent to your email system. Click the link in this email to activate your new account.

Instructions for accessing the course the first time:

- Once you have confirmed your new account, go to <http://ilopd.iowa.gov/> and click on the "Login" link at the top-right side of the page.
- On the left side of this page (under "Returning to this web site?"), enter the username and password you created in the steps above.
- In the "My courses" list, click on the "CACFP Healthy Menu Makeovers" course.
- Enter "wholegrains" as the enrollment key, and click the "Enroll me in the course" button.
- You are now enrolled in the course. The next time you log in to the system, this course will automatically be associated with your account.

If you have issues creating an account or logging in, try to use the prompts in the system to resolve the problem. If you have difficulties the system cannot address, send an email to techsupport@iowalearningonline.org.

Mealtime Memo for Child Care

Mealtime Memo for Child Care offers information for child care providers participating in the Child and Adult Care Food Program, focused on good nutrition for young children. Sign up to receive the latest issue of *Mealtime Memo for Child Care* automatically each month. To sign up and to view them, visit: www.nfsmi.org and then click on "Child and Adult Care Food Program."



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CARE Connection Nutrition Education Webinars

Each presentation is designed to emphasize the importance of nutrition education for our youngest participants. Available at www.nfsmi.org and click on "Child and Adult Care Food Program." Below is a summary of each of webinars:

Playing, Learning, and Growing:

Fun Food Activities that Reinforce Health Messages

Provides a brief overview of early childhood education, and how food activities such as cooking, gardening, games, and role playing can contribute to learning and health. Includes several examples of activities that providers can easily incorporate into their child care curriculum.

Using Children's Storybooks as a Basis for Nutrition Education

Describes innovative ways to teach child nutrition, using children's storybooks. If you know how to read, you can teach nutrition education.

Creating an Active, Healthy Environment

Focuses on designing an environment for children, which invites discovery learning in the areas of both nutrition and activity/movement. Viewers will learn ideas for setting up play centers which encourage children to make healthful food choices.

Online course components of the webinars are available to earn CACFP approved Continuing Education Units.



Grow It, Try It, Like it!

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash. Available Free from Team Nutrition at <http://teamnutrition.usda.gov/childcare.html>

No to Low Cost Ways to Promote Physical Activity

This card set provides fun and interactive physical activity for children, teachers, parents, and other caregivers by showcasing low to no cost equipment and activity ideas. Available to download at www.iowa.gov/educate, click on Nutrition Programs, click on Team Nutrition, and found under "Team Nutrition Learning Tools".



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