



Community, Family & Youth Services
Child and Adult Care Food Program
2309 Euclid Ave, Des Moines, IA 50310-5703

Classes for the CACFP for October 2019-September 2020 are all 2 hours long

All our classes are held at 2309 Euclid Ave, Des Moines, IA 50310 unless noted below. You must sign up for all our classes through the DHS portal. Please call **Gracy 286-3703** or **Nikki 286-2136** if you are having any problems. You must have a created a password and sign on.

If you don't attend one of our trainings, you will be required to turn in a **2 hour Nutrition or Record keeping training**. Please call Gracy at 286-3703 and confirm that the class you will be taking is accepted.

Please don't wait until the last minute to sign up for classes because they will fill up quickly. Your only option if classes are full will be on line classes below.

If you are taking the Child Net Series 2.0, we will accept the What's Cooking Module as Nutrition training for our program.

Remember if you have already taken the same training class within 5 years DHS will not accept it.

If you're taking a Nutrition class through DMACC: Submit grades, instructor information, when the course was held, and the information regarding what was discussed in the classes regarding Nutrition.

Tuesday, October 22, 2019 6:30p.m.-8:30p.m. "Creditable Foods and Menu Planning in CACFP"

Thursday, November 14, 2019 6:30p.m.-8:30p.m. "Creditable Foods and Menu Planning in CACFP"

Thursday, January 23, 2020 6:30p.m.-8:30p.m. "Food Allergies Health and Safety in your daycare"

Wednesday, February 19, 2020 6:30p.m.-8:30p.m. "Diet impacts children health and wellness"

Saturday, March 28, 2020 9:00a.m.-2:00p.m. "The Basics of Meal Pattern Training in CACFP" A light lunch will be provided. (Other side of bldg.)

Tuesday, April 7, 2020 6:30p.m.-8:30p.m. "Food Allergies Health and Safety in your daycare"

Wednesday, August 26, 2020: 6:30p.m.-9:30p.m. "Mealtime Magic" in Spanish (Renewal will be held during this class)

Thursday, August 27, 2020 6:30p.m.-9:30p.m. "Mealtime Magic" in English (Renewal will be held during this class)

RENEWAL/CIVIL RIGHTS – MANDATORY Saturday, August 22, 2020 9:00a.m.-12:30p.m.. Times will be assigned and the packet will be mailed to out in July. (Located on the other side of the building with all the windows.)

Wednesday, September 9, 2020 6:30p.m. - 9:30p.m. Renewal Make-up Session and Training Class. "Creditable Foods and Menu Planning in CACFP"

ON LINE TRAINING: These classes are FREE

National Food Services Management Institute has several on line classes. Go to www.nfsmi.org The Care Connections classes on Nutrition from 1-4 hours are listed. These classes are free. Please call us if you have questions on where to find these classes.

www.ilopd.iowa.gov has training classes that we will accept. The classes are "Menu Planning," "Healthy Child Care," and "Infant Feeding."

Child Care Wellness Training : "Healthy Food Purchasing", "Healthy Menu Makeover 2018", " Meal Pattern Best Practices", " Farm to CACFP," "Meaningful Mealtimes," "Trying New Foods," "Opportunities for Active Play," "Nutrition Education" and "Smarter Mealtime Scorecard" Most of these classes are 1-4 hours.. Also The Steps for Success training is available.

CPR/First Aid Opportunity: We are offering CPR First Aid class on Saturday, September 28, 2019, January 11, 2020 and May 2, 2020 and September 26, 2020 for the food program and your helpers. We must have at least 12 or more people signing up otherwise we will have to cancel the class. The fee for CPR/First Aid will be \$70.00 CASH ONLY). Please call Lorna Morano at 286-3284 or email her at Lorna.Morano@polkcountyiowa.gov to sign up for this class. The instructor is asking you to pay half of the class on paypal and the email will come from him. (Adam Retzlaff)