

# Nutrition Drill Down: USDA Requirements in Head Start & Early Head Start

For Head Start, Early Head Start, American Indian & Alaskan Native, Migrant and Seasonal Head Start and Early Head Start Childcare Partnership Program Staff



## A Virtual Event

December 9-10, 2021

10:00 AM – Noon CST each day

(11 AM - 1 PM ET/9 - 11 AM MT/8 - 10 AM PT)

Providing nutritious, appropriate, USDA-reimbursable meals, which also meet the Head Start Performance Standards in Head Start, Early Head Start, American Indian/Alaska Native, Migrant/Seasonal Head Start and our Child Care Partnerships is complex. With federal oversight by not only one, but two distinct federal agencies, as well as state, local, tribal, and other regulations— with requirements often differing among themselves on the same topic—delivering quality nutrition

services can be daunting. In addition, the roles of both the Nutrition Manager, Registered Dietitian, and Kitchen Manager may vary widely from program to program and are clearly impacted by the skill level, training, and partners who support an agency's nutrition services. To top it off, right now there are inherent challenges in providing quality meals, due to food and labor shortages inherent with the COVID-19 pandemic.

The **Nutrition Drill Down: USDA (United States Department of Agriculture) Requirements in Head Start & Early Head Start** strives to provide content-area staff overseeing nutrition services (as well as their supervisors, colleagues, dietitians, early childhood education staff, and partners) with accurate, consistent, credible, and realistic information and tools to demystify USDA requirements and integrate them in an understandable way with our Head Start Performance Standards.

Participants in **Nutrition Drill Down: USDA Requirements in Head Start & Early Head Start** will refine their understanding of the relationship between Head Start Performance Standards nutrition-related requirements and USDA requirements, increase supervisory skills in this area, garner updated information, and gain insights into appropriate nutrition practices for early childhood programs. They will also learn about Civil Rights requirements in the Child Nutrition Programs, the recent Ounce Equivalents requirement, importance of the agency's relationship with their respective USDA State Agency, and classroom mealtime practices to facilitate required meal counting for USDA meal reimbursement.

An intentional, teamwork approach is stressed throughout the training, focusing on not only ensuring that requirements are met, but concurrently also aiming for quality!

The Standard Registration Fee is \$400 per person. Members of **T/TAS@Your Service** may qualify for the Subscriber Rate of \$370 per person. (Please visit [www.ttas.org](http://www.ttas.org) for information on how to become a subscriber.) For details on registering, including information on earning 0.4 (4 hours) Continuing Education Units (CEUs) for this event, please see page 4.

## Learning Outcomes



Participants will explore the relationship between United States Department of Agriculture Child Nutrition Programs requirements and mandates and those of the Head Start Performance Standards, as well as strategies for accomplishing both concurrently whenever possible.



Participants will review USDA meal pattern and menu planning requirements, including recent updates.



The mealtime environment, inclusive of food safety for infants, toddlers, and preschoolers will be explored.



Participants will be able to explain USDA Civil Rights requirements, including the Civil Rights Complaint Procedure for the Child Nutrition Programs.



Participants will walk away with an enhanced recognition of the value of an integrated, team approach in delivering quality, sustainable nutrition services.



Participants will be able to explain the essential role of nutrition service delivery in positively impacting child outcomes and school readiness goals for children aged birth to five.

## Your Presenters



**Paula Mydlenski, MS, RDN, CDN,** a nationally acclaimed speaker and writer, has worked for more than 35 years with Head Start and Early Head Start programs, including over ten years of working as a Head Start Lead Health Consultant for the U.S. Public Health Service. Paula is both Infant and Preschool CLASS-reliable, a CLASS Affiliate Trainer, a QCIT certified observer, an I Am Moving, I Am Learning (IMIL) Facilitator, and a certified Cavity-Free Kids trainer. She is also a registered dietitian, Wested Program for Infant & Toddler Caregiver Modules I-IV certified trainer, and has certificates in Infant Mental Health, Partners for a Healthy Baby Prenatal Home Visiting curriculum, and Administering the Ages & Stages Social & Emotional Questionnaire.



**Susan Grammond, MPH, RDN** is a nutrition consultant with over 45 years of clinical and public health experience. Most currently she was the Clinical and Community Nutrition Coordinator of the Florida Department of Health- Palm Beach County. With an emphasis in Maternal and Child Health, she has extensive experience with both the WIC and Head Start and Early Head Start Programs. Strengths include team building and facilitation, community engagement as well as executive training for teachers, medical provider, and community agencies. She also has experience as a Clinical Instructor with the Department of Preventive Medicine at Nova Southeastern University and Palm Beach State College.

(T/TAS reserves the right to substitute presenters.)

### Tentative Agenda

Agenda is in the [Central Time Zone](#)

Sessions are live. No recordings will be available.

#### December 9, 2021

10:00 AM – Noon CST (11 AM - 1 PM ET|9 - 11 AM MT|8 - 10 AM PT)

- Planning Requirements, Updates, and Considerations:
  - Infants, Toddlers, and Preschoolers
  - Developmental Appropriateness and Cultural Concerns
- Accommodating and Documenting Special Diets
  - Medical, Disability, and Religious Reasons
  - Family Preferences
- Do's and Don'ts of Food Safety for Children

#### December 10, 2021

10:00 AM – Noon CST (11 AM - 1 PM ET|9 - 11 AM MT|8 - 10 AM PT)

- The Mealtime Environment
  - Possible COVID-19 Flexibilities
  - Family Style
- Civil Rights in the Child Nutrition Programs
  - Civil Rights Compliance Requirements
    - Program-Wide Requirements
    - Individual Considerations
  - Civil Rights Complaint Procedure and Follow-Up
  - The 4Ds of Discrimination in Nutrition Services

*All topics will be covered, although not necessarily in the order listed*

## IMPORTANT Participation and Technology Information Required to Participate

- ★ *We highly recommend participating from [desktop or laptop computer](#)*, as opposed to a mobile device, for the best participation and audiovisual experience. A high speed internet connection is recommended as the training may be bandwidth intensive at times.
- ★ Participants must register individually and must have a valid and active individual e-mail address to participate. Groups of individuals cannot participate using a single e-mail address.
- ★ This event will require you to access the T/TAS learning management system, [Adobe Captivate Prime](#).
  - Participants will be sent an email before the start date which will provide a link to login to Captivate Prime.
  - The first time you use Captivate Prime, you will be required to use your email address to create an Adobe ID (if you already have an Adobe ID connected to your registered email address, you can use your current Adobe ID). Your T/TAS Captivate Prime account is a free service provided as part of the online course or virtual event, and you can use the same Adobe ID for future T/TAS events.
  - After you sign in to Captivate Prime, you will be able to access the event dashboard to download the agenda, the live Zoom Webinar URLs, any PDF materials, or suggested external resources.
  - If you will be accessing the training on a *desktop or laptop computer*, you will not need to download any Captivate Prime add-ons.
  - If you will be accessing the training on a *mobile device*, you will need to install the free Captivate Prime mobile app to participate.
- ★ The event will also require you to access the [Zoom Video Conferencing](#) website or app.
  - If you are participating in the live Zoom session on a *desktop or laptop computer*, you will find the Zoom link in your Captivate Prime training content. We recommend participants create a free Zoom account with their FIRST and LAST name before the event start date at <https://zoom.us/join>. You may be asked to install the free Zoom program file.
  - If you are participating in the live Zoom session on a *mobile device*, you will need to install the free Zoom Cloud Meetings app to join the session.
- ★ Participants may experience delays in accessing the training based upon the speed and reliability of their computer or mobile device and internet access.

Participants are responsible for completion of the event within the stated timeframe.

### Registering for T/TAS Virtual Events

**It is easy to register for events sponsored by T/TAS!** Register online for any T/TAS virtual event. Visit our web site at [www.ttas.org](http://www.ttas.org), locate the event for which you wish to register, and then click on the Register button.

**Payment Policy:** *Payment or Purchase Order is due at time of registration.* Registrations received without copy of Purchase Order or payment by check or credit card will not be confirmed to participate in this virtual event.

**Registration Deadline:** Unless the event fills first, registrations for this virtual event must be received **by November 30, 2021.**

**Enrollment is Limited:** T/TAS cannot guarantee enrollment at virtual events. If available enrollment slots fill, you will have the option of being placed on a waiting list in case space reopens due to cancellations.

**Confirmation of Registration:** Registrations can only be confirmed by e-mail. Please provide a unique email address for the participant. If an administrator needs to receive a copy of the confirmation, please include administrative email address on the Group Contact Profile. If you do not receive a confirmation within five days of registering for the event, please contact the T/TAS office at [ttas.register@wku.edu](mailto:ttas.register@wku.edu) or call 800-882-7482.

**Cancellations/Substitutions Policy:** To obtain a refund of registration fees (less \$75 enrollment charge), cancellations must be received by email to [ttas.register@wku.edu](mailto:ttas.register@wku.edu) by **November 30, 2021**. If you do not receive an email confirmation of your cancellation from T/TAS within 3 business days, you must call 800-882-7482 to confirm your cancellation email was received in order to be eligible for the refund. Substitutions can be made up to the cancellation deadline date. **After the cancellation deadline date, no refunds will be provided.**

T/TAS reserves the right to cancel the event if enrollment criteria are not met or when conditions beyond our control prevail. In the event of cancellation, each registrant will be contacted. The liability of T/TAS is limited to the refund of registration fees only.

**Continuing Education Units (CEUs):** Western Kentucky University offers Continuing Education Units (CEUs) for participants successfully completing a T/TAS training seminar. To apply for CEUs, please complete the appropriate section of your registration form and include an additional fee of \$25 per person. Consult the event description to learn how many CEUs are offered for each event.

**Photo/Video/Recording Policies:** Recording or taking images of this event is not permitted. Participants of this event may be recorded. By registering for the event, authorization is given by you to be included in any recordings made of live webinar or meeting sessions of this event in connection with T/TAS' programs, publications, the Internet and public web sites. T/TAS and any employees, officers and associates, as well as any assignees, are released from any and all claims for damages for libel, slander, invasion of privacy, right of publicity, or any other claim based on use of the above-described material(s).

### T/TAS Also Brings the Training to You

You have questions...T/TAS Specialists have solutions.

Let the highly qualified T/TAS at WKU Training Specialists bring up-to-date information and best practices to your program leadership, as we work together to develop individualized strategies and solutions for your program.

- Customized program roadmap planning
- Staff in-service/pre-service trainings delivered from a variety of remote platforms
- Need-based learning designed by you to engage in creative discussion and problem solving

To learn more, to discuss your local training needs, or to schedule training, call **800-882-7482**.

