



Welcome to the National Child and Adult Care Food Program (CACFP) Week!

March 16-22, 2025

What is National CACFP Week?

CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Association. The campaign is designed to raise awareness of how the United States Department of Agriculture's (USDA) CACFP works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes, afterschool programs, and adults in day care services. You can participate by helping spread the word about the CACFP! Visit the [National CACFP Association's Campaign Page](#) to download resources for spreading awareness in your classrooms and community.

<https://www.michigan.gov/cacfp>

Celebrate CACFP Week by taking one of our online training modules!

While CACFP stands for “Child and Adult Care Food Program,” we are using these same letters to highlight our many different resources. Please review each link for a training module or resource guide.



C Community [CACFP: Family Style Meals](#)

A Awareness [CNP: 10 Cents a Meal for Michigan’s Kids & Farms](#)

C Children [Nutrition Book Lists for Children PreK-K Grades 1-3](#)

F Food [CNP: Product Labels](#)

P Program [CACFP: Creditable Menus](#)



National CACFP Association events and links to help you celebrate National CACFP Week:

- [Share your CACFP stories](#) with the National CACFP Association.
- Become a [CACFP Week Advocate](#).
- [Download](#) materials on the campaign page.
- Take the [Social Media Challenge](#).
- [Register](#) for a free webinar “Food Program Fun: CACFP Week At-a-Glance.”

Upcoming National CACFP Association Webinars:

- [The Hidden Gems of CACFP Success](#), March 27 | 2:00 pm - 2:30 pm EST
- [CACFP Boot Camp Adult Care](#), May 14 | 11:00 am – 4:40 pm EST (NCA members only)

Meet the staff of Michigan's CACFP

Lynn Cavett, M.Ed., Supervisor



Lynn holds a Bachelor of Arts degree along with a Master's Degree in Education from the University of Michigan. She has been with the Michigan Department of Education (MDE) for over nine years and prior to that, she served as the Community Education/Early Childhood Director for 14 years at Swartz Creek Community Schools. Lynn is a strong advocate for CACFP and the difference it makes in the lives of Michigan kids! She serves on the Food Research Action Council (FRAC) as a national board member in the CACFP Forum. She is the mom to four wonderful daughters, Mom-in-law to three lucky guys, Grammie to Luciano, Magnus, and Tenley, and the wife to her awesome guy Marc! She enjoys cooking, walking, a great book, documentaries, "happy planner" journaling, and traveling. Lynn lives in Swartz Creek with her husband and their pup, Sophie.

Melissa M. Lonsberry, MS RDN, Interim Manager



Melissa attended Michigan State University (MSU) where she achieved a Bachelor of Science degree in Environmental Issues/Social Science. After working for the State of Michigan as a Foster Care Policy analyst, Melissa returned to MSU for a career change to study dietetics. Melissa has a second Bachelor of Science degree in Dietetics and holds a Master's Degree in Human Nutrition and is a certified Registered Dietitian Nutritionist (RDN). Melissa has experience in implementing and monitoring nutrition intervention and obesity prevention worksite wellness programs, developing and conducting food service training programs, monitoring federal regulations compliance, and providing nutrition-related technical assistance to participants in the CACFP. She enjoys being active, studying French, her animals, baking, and travel.

Candence Weaver, Secretary



Candence creates the monthly CACFP newsletters and maintains the CACFP website. Candence prepares travel arrangements for staff, assists with processing payroll, and updates annual forms and memos. Candence joined the Michigan Department of Education (MDE) in October of 2024 but has been working with the State of Michigan for five years. In her free time, she enjoys nature hikes with her husband and two pugs, Olive and Hazel.

Katherine Foreman, Secretary/Training Coordinator



Katherine organizes the CACFP annual trainings. She works with the CACFP Program Analysts and the family day care home sponsors regarding non-compliance issues and CACFP appeals. Katherine has been a State of Michigan employee for 12 years and with MDE for 11 years. Prior to working at MDE, Katherine worked in county government and in the legal field.

Stephanie Schenkel, MPA, Consultant



Stephanie has been with MDE for 17 years. She provides training and technical assistance to family day care home sponsors and providers that participate in CACFP. Prior to CACFP, Stephanie worked as a Departmental Analyst in the Child Development and Care program in the Office of Great Start at MDE. Stephanie enjoys reading, cooking, and volunteering.

Kristy Hegner, MPH, RDN, Interim Consultant



Kristy holds a Bachelor of Science degree in dietetics from Michigan State University and a Master of Public Health degree from Wayne State University, and is a registered dietitian nutritionist (RDN). She has been with MDE for about one year, with prior experience in K-12 school nutrition and Head Start. In her free time, she loves traveling with her family and staying active with running, yoga, skiing, or just about any outdoor activity.

Staff List, Continued



Pat Fox, Program Analyst

Pat holds a Bachelor of Science degree from Michigan State University and has been with MDE since 2001. Before joining the CACFP, he worked in sales for Coca-Cola and Kellogg Cereal Company. Pat is a husband, dad to two grown children, and grandpa to five children. In his free time, Pat enjoys camping, hunting, and time with his grandchildren. Pat currently resides in Charlotte, Michigan



Kelli Sigafoose, MSA, Program Analyst

Kelli holds a Master of Public Administration degree, with an emphasis in Education, from Central Michigan University. Kelli has been with MDE since August 2021. Prior to MDE, she worked as a health and nutrition program manager at an Intermediate School District for almost 10 years. Kelli has devoted her entire career to improving the health and wellness of children. During her free time, she enjoys spending time with family, cooking, and traveling.



Bob Smith, Program Analyst

Bob holds a Bachelor of Science degree in Economics from Michigan State University. He has been with MDE for 21 years, all focused in the CACFP. For 20 years prior to joining MDE, Bob managed several Meijer stores and restaurants in Michigan. Bob and his wife, Laura, live in Mason, Michigan, and have two grown children, Katie and Jeff. In his spare time, Bob enjoys spending time with his family, traveling, exploring the great outdoors in all seasons, and puttering with his antique cars and motorcycles.



Terri Dufour, Program Analyst

Terri has been with CACFP since 2017. Before joining CACFP, Terri was an analyst with the School Nutrition Program. She is a Registered Dietitian by trade and comes from a background in clinical nutrition. In her free time, Terri enjoys many activities including running, mountain biking, yoga, and cross-country skiing. She also enjoys spending time with her family.



Kristi Packer, Program Analyst

Kristi has been with MDE for eight years, joining the CACFP team in February 2024 after her previous role as a Department Technician in Nutrition Coordination where she assisted users with Child Nutrition Program systems access. Kristi lives in Flushing with her husband, Matt. They have four adult children and five amazing grandchildren. Kristi enjoys keeping a positive attitude and looking on the brighter side of things, helping others, and spending time with her family.



Jennifer Saint Amour, Program Analyst

Jen holds a Bachelor of Science degree in Education from University of Michigan as well as a Master's Degree in Education from Michigan State University. She has been with MDE since March 2024. Prior to joining the MDE team, she was an elementary, GSRP, and preschool teacher, as well as a Loan Processor in finance. In her free time, she enjoys spending time with her family, reading, knitting/crocheting, gardening, traveling, and biking.

Sponsor Celebration Shout Out!

Bay County Child & Senior Citizen Center



[Bay County Child & Senior Citizen Center](#) celebrated the theme of National CACFP Week "Trying New Foods" with a variety of tropical and common fruits. Seniors and children alike enjoyed trying new foods, socializing, and asking questions about the unique fruits while sharing their opinions with a thumbs up or thumbs down.

Thank you to Peggy Condon Watson and the Bay County Child & Senior Citizen Center for sharing your story and photo.



News from 10 Cents A Meal:

The winter featured foods for 10 Cents a Meal is Salad Greens!

Salad greens are highly nutritious, being rich in vitamins A, C, and K, as well as folate, iron, and fiber, making them a staple for healthy diets. Common varieties include lettuce (romaine, iceberg, and leaf), spinach, arugula, kale, and microgreens, as well as specialty greens like mizuna, tatsoi, and Swiss chard.



Photo of hydroponic grown lettuce



YWCA Dreamery Photographer: Sarah Rypma



Blue Mitten Farms, Photographer: Sarah Rypma

Salad Green Information

Recipes

Salad Green Coloring Sheets

[Michigan Produce Availability Chart - Center for Regional Food Systems \(msu.edu\)](#)

[Kale and Apple Salad](#)

[Salad coloring page | Free Printable Coloring Pages](#)

[Salad Greens - 10 Cents a Meal](#)

[Caprese Salad](#)

[Lettuce coloring page | Free Printable Coloring Pages](#)

[Revolution Farms continues to expand, provide locally grown leafy greens to Midwesterners - Produce Processing](#)

[Chicken and Spinach Quesadilla](#)

[Lettuce coloring page | Free Printable Coloring Pages](#)

Thinking Thursday Webinar- Focus on Food Safety

March 22, 2025 2:00 pm – 3:00 pm EST



Registration is required for this free one-hour webinar. Attend the entire session to receive a certificate for your participation. Register here:

https://us06web.zoom.us/webinar/register/WN_NC28Q6hQQBuy4dbSsRhI4A

Protect Kids from Hunger

Here are two things you can do today to encourage your elected leaders to prioritize children and families this year.

- [Write to your Members of Congress](#). Urge them to prioritize protecting kids from hunger and hardship.
- Spread the word on social media. Feel free to [retweet this message](#) from No Kid Hungry, or share the following message on any of your social platforms:
 - Tell Congress: a new year means a new opportunity to take action to protect kids and families from hunger and hardship. 1 in 5 children in the U.S. faces hunger today. Urge Congress to prioritize federal nutrition and safety net programs.

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detail

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1. mail:

U.S. Department of Agriculture

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW

Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

Program.Intake@usda.gov

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