

We Will Start the Webinar Shortly

If you need captions and do not see the option on the bottom of your screen, click "More." A transcript will be available with the recording of this meeting.





CACFP Thinking Thursday

March 20th, 2025

Welcome to Thinking Thursdays!

- Participants are muted
- Enter your questions into the Q&A, not the chat
- CACFP staff will answer questions in the Q&A
- Certificate will be emailed if you attend the entire webinar
- Thank you for your attendance!





Agenda

- Introductions
- National CACFP Week
- Food Safety



Introductions

KRISTY HEGNER

- Interim Consultant, Child and Adult Care Food Program (CACFP)
- Subject Matter Areas:
 - All things CACFP
- Contact:
 - Email: hegnerk1@michigan.gov
 - Phone: (517) 284-7531

CALLIE GAVOREK

- Consultant, School Nutrition Programs (SNP)
- Subject Matter Areas:
 - Fresh Fruit & Vegetable Program (FFVP)
 - Professional Standards
 - Food Safety
- Contact:
 - Email: gavorekc@michigan.gov
 - Phone: (517) 335-1558

Happy National CACFP Week!

Serving over **4.5 million children and adults**
healthy meals and snacks daily.

www.CACFPWeek.org



National CACFP Week Resources

CAMPAIGN RESOURCES

- Community outreach flyer
- Social media images & banners
- Staff appreciation certificates
- Activity sheets
- And more!



WORD HUNT
Can you find all these healthy foods?

APPLE	M	I	L	K
MILK	A	C	Z	Y
CHEESE	P	E	A	S
PEAS	R	I	A	J
PASTA	C	P	K	C
	E	O	K	K
	K	P	A	S

C IS FOR CHILDREN
Children receive healthy...

A HEALTHY SALAD!
Count the number of each type of salad ingredient and write the number in the blanks.

CACFP WEEK 2025

lettuce carrot cucumber tomato

F IS FOR FOOD PROGRAM
The CACFP helps children learn healthy eating habits.

NATIONAL CACFP ASSOCIATION
cacfp.org



Food Safety

Food Safety Requirements

Varies sponsor-to-sponsor

Types of CACFP Sponsors

- Infants & early child care
- Schools:
 - Infant & early child care
 - Pre-school
 - Afterschool Snack & Supper Program
- Adult day services & centers

Licensed Child Care Homes & Centers

- Licensed and inspected by LARA/MiLEAP
- Must abide by the Michigan Food Law

Sponsors with Food Service Establishment Licenses

- Inspected by the local health department
- Must abide by the Michigan Food Law & Michigan Food Code (2009)
- Certified Food Manager required
- Examples: Schools, food banks, & some child care centers, & faith-based & community kitchens

Sponsor Responsibility

Food safety requirements vary based on who your program serves & licenses.

Regardless, your program recipients should leave the same way they arrived.

Safe and healthy.



Populations at Risk for Foodborne Illness

At-risk populations:

- Children under the age of 5 years
- Elderly people
- People with compromised immune systems



Immune compromising medical conditions & medications, include, but not limited to:

- Diabetes
- Kidney disease
- Liver disease
- Alcoholism
- Cancer
- Chemotherapy & radiation
- Transplant recipients
- HIV/AIDs



USDA Regulations & Resources

USDA Regulations

CACFP REGULATIONS

[7 CFR Part 226 – CACFP](#)



NSLP/SBP REGULATIONS

[7 CFR 210.13](#)



USDA Resources: Feeding Infants in the CACFP

FEEDING INFANTS IN THE CACFP



Includes:

- Handling & storing breastmilk & infant formula
- Safe food preparation
- Choking prevention
- Food allergies & intolerances
- Infant food list
- Providers handwashing signage
- And more!

USDA Resources: Feeding Infants in the CACFP (continued)

CACFP TRAINER'S TOOLS: FEEDING INFANTS



Includes:

- Lessons & Pre/Post-Tests:
 - [Storing & handling breast milk in a Child Care Site](#)
 - [Selecting, Storing, & Handling Infant Formula in a Child Care Site](#)
- Videos:
 - [Handling & Storing Breastmilk & Infant Formula in a Child Care Site](#)
 - And more!

USDA Resources: Additional CACFP Food Safety References

MEALTIME WITH TODDLERS IN THE CACFP



REDUCING THE RISK OF CHOKING IN YOUNG CHILDREN AT MEALTIMES



USDA Resources: Additional CACFP & School Food Safety References

ADULT DAY CARE CACFP HANDBOOK



SCHOOL NUTRITION PROGRAM RESOURCES

- [USDA Food and Nutrition Service Food Safety Website](#)
- [USDA Food and Nutrition Service Food Allergies Website](#)



Local and State Health Standards

Licensed Child Care Homes & Centers

Licensed Child Care Homes & Centers:

- Licensed & inspected by MiLEAP/LARA
- Must abide by the Michigan Food Law

Requirements & References:

- MiLEAP/LARA – [Licensing Rules & Statutes](#)
- MiLEAP-LARA- [Licensing Rules Technical Assistance Website](#)
- [Child Care Licensing Staff Directory](#)

CHILD CARE CENTER COMPLIANCE RECORD PART 2. ENVIRONMENTAL HEALTH PROVISIONS Michigan Department of Licensing and Regulatory Affairs Bureau of Community and Health Systems			1. License Number
3. Name of Center		2. Date of Review	
4. Date of Most Recent Environmental Health Inspection	5. Rating	6. In the most recent environmental health inspection, was compliance cited for all rules? <input type="checkbox"/> Yes <input type="checkbox"/> No (If No, list rules below)	
Rules			
C = Compliance V = Violation NR = Not reviewed			
REQUIREMENTS			
R 400.8305 Plan review, approval, inspections.			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1) All local health department requirements regarding plan reviews and specifications are followed. Written confirmation to the department that this has occurred is submitted.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(2) An inspection is conducted by the local health department and an approval granted:
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(a) Before issuance of an original license.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(b) Every 2 years, at the time of renewal if the center has a private well and/or septic.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(c) Every 2 years, at the time of renewal, if the center provides food service where the food is prepared and served on-site, unless the kitchen is currently licensed to provide food.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(d) Prior to adding a food service program.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(e) Prior to adding an infant/toddler program.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(f) When requested by the department.
R 400.8310 Food preparation areas.			
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(1) Food contact surfaces are smooth, nontoxic, easily cleanable, durable, corrosion resistant, and nonabsorbent.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(2) Carpeting is prohibited in food preparation areas.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(3) Mechanical ventilation to the outside is required for all commercial cooking equipment.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(4) If residential hood ventilation is used, the cooking equipment is limited to a residential stove and oven combination.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(5) Mechanical ventilation to the outside may be required if a problem is evidenced.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(6) The use of deep fryers is prohibited.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(7) Live animals are prohibited from food preparation and eating areas.
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	(8) When the only food preparation is for feeding infants and toddlers, there is a sink that is used exclusively for food preparation and clean up.

Licensed Food Service Establishments

Sponsors with Food Service Establishment Licenses:

- Inspected by the local health department
- Must abide by the Michigan Food Law & Michigan Food Code
- Certified Food Manager required
- Examples: Schools, food banks, & some child care centers, & faith-based & community kitchens

Requirements & References:

- [Michigan Food Law](#)
- [Michigan Modified Food Code](#) (2009 Food Code)
- [Food Manager Certification](#)



Food Safety



Disclaimer

This section of the training is a high-level review of select basic food safety concepts that apply to most CACFP sponsors. This is not an all-inclusive food safety training. Sponsors should seek additional food safety training resources to meet their needs.

Food Safety Principles

- Purchase from approved &/or reputable suppliers
- Control time & temperature
- Prevent cross-contamination
- Practice personal hygiene
- Cleaning & sanitizing



Types of Contamination

- Biochemical
 - Bacteria
 - Viruses
 - Parasites
 - Fungi
- Chemical
- Physical

BACTERIA: CONDITIONS FOR GROWTH

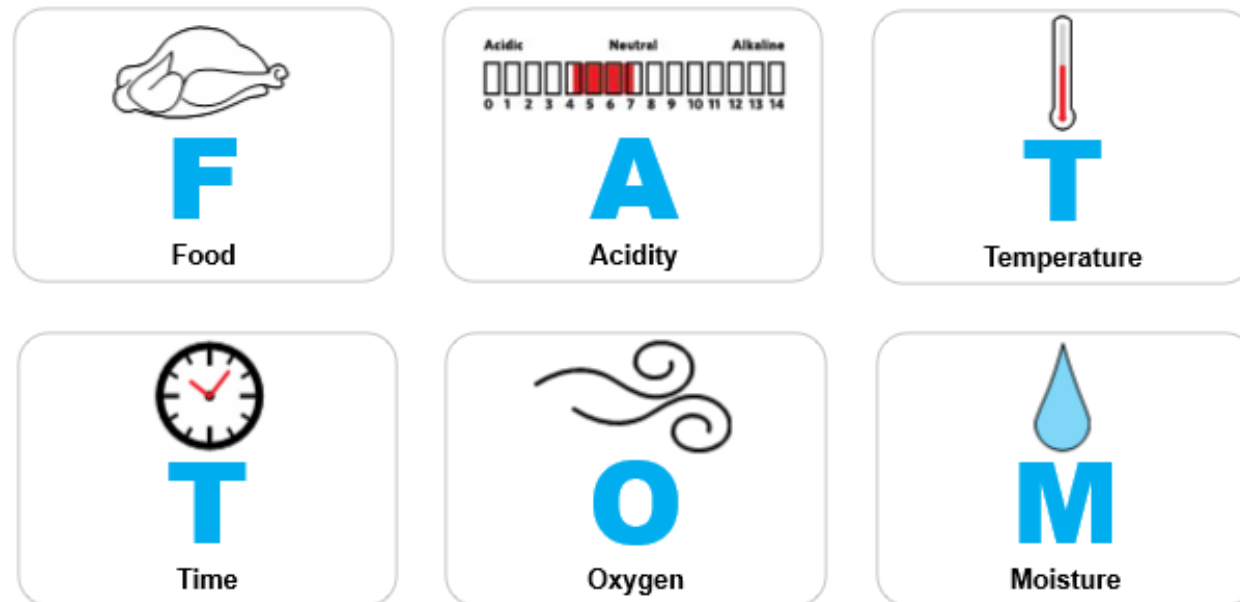
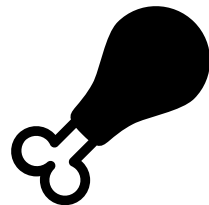


Photo Credit: National Restaurant Association

Cross-Contamination Vs. Cross-Contact

CROSS-CONTAMINATION

When pathogens are transferred from one source to another



CROSS-CONTACT

When an allergen is accidentally transferred from one food to another



Food Allergies

TOP 9 FOOD ALLERGIES

- Milk
- Soy
- Egg
- Wheat
- Fish
- Crustacean Shellfish
- Peanuts
- Tree Nuts
- Sesame

THE BASICS – PREVENTING ALLERGIC REACTIONS

The Basics – Preventing Allergic Reactions:

- Check food labels & recipes
- Wash hands & change gloves before prepping food
- Wash, rinse, & sanitize cookware, utensils, & equipment
- Avoid cross-contact:
 - Prepare food for allergic individuals separately
 - Do not put food on surfaces that have touched allergens



1. **Wet hands and arms.** Use running warm water.



2. **Apply soap.** Apply enough to build up a good lather. Follow the manufacturer's recommendations.



3. **Scrub hands and arms vigorously for 10 to 15 seconds.** Clean fingertips, under fingernails, and between fingers.

Hand Washing

The hand-washing process should take at least 20 seconds (or the length of time it takes to sing "Happy Birthday" twice)



4. **Rinse hands and arms thoroughly.** Use running warm water.



5. **Dry hands and arms.** Use a single-use paper towel or hand dryer.

Photo Credit: National Restaurant Association

Hand Washing (continued)

WASH HANDS BEFORE

- Preparing food
- Working with clean equipment & utensils
- Putting on single-use gloves

WASH HANDS AFTER

- Using restroom
- Touching the body or clothing
- Coughing, sneezing, blowing nose, etc.
- Eating, drinking, smoking, or chewing gum
- Handling raw meat, seafood, or poultry
- Handling soiled items or taking out garbage
- Handling chemicals
- Using electronic devices
- ... touching anything that may contaminate hands

Personal Hygiene

- Practice personal hygiene; shower/bathe before work & wear clean clothing/uniform
- Keep nails short & clean (no nail polish &/or false nails)
- Cover wounds appropriately
- Use single-use gloves when handling ready-to-eat foods (except when washing produce)
- Do not wear accessories or fake eyelashes that could become physical contaminants
- Don't wipe hands on clothes/apron, & don't wear aprons outside of prep/service area
- Remove jewelry (even rings, except plain bands)
- Wear hair & beard restraints, where applicable

Foods Most Likely to Become Unsafe

- Ready-to-eat food
- TCS foods: Food requiring time and temperature control to limit pathogen growth—
“time and temperature control for safety”

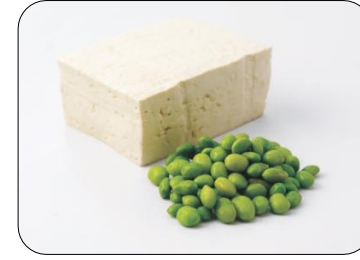
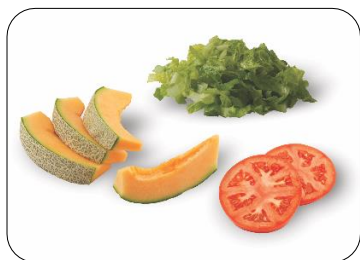
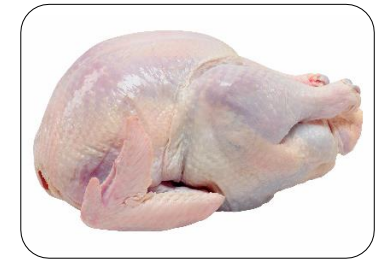
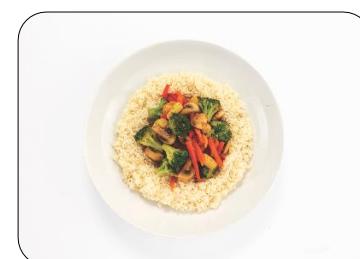
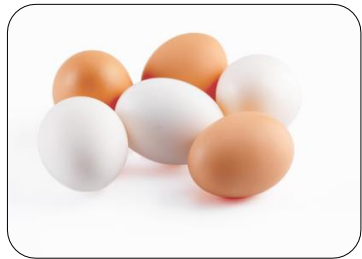


Photo Credit: National Restaurant Association

Danger Zone

- **Danger Zone:** 41-135 degrees Fahrenheit
- Most pathogens grow much faster between 70-125 degrees Fahrenheit
- The longer food stays in the temperature danger zone, the more time pathogens have to grow
- To keep food safe, you must reduce the time it spends in this temperature range. If food is held in this range for four or more hours, you must throw it out.

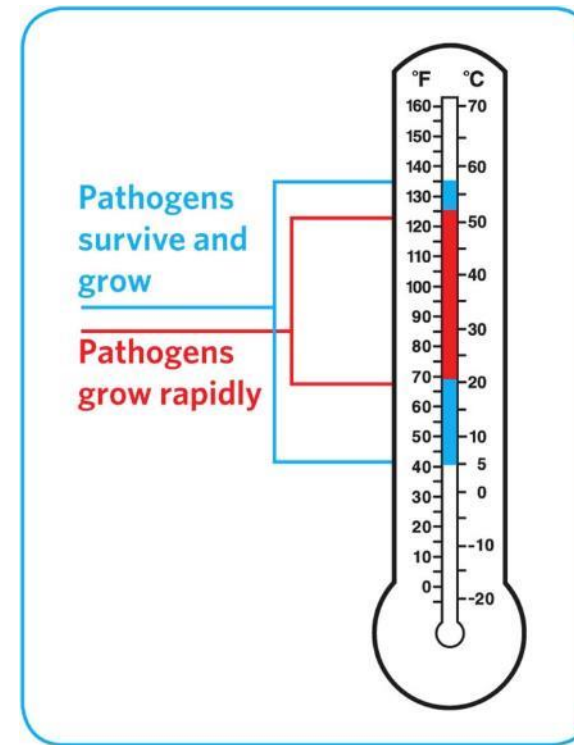


Photo Credit: National Restaurant Association

Temperatures

STORAGE

- Refrigeration: 41 degrees Fahrenheit or less
- Freezer: Frozen food should be at a temperature that keeps food frozen solid

COLD & HOT HOLDING

- Hot food should be held at 135 degrees Fahrenheit or higher
- Cold food should be stored at 41 degrees Fahrenheit or lower

COOKING TEMPERATURES

(Food Code 2009)

Temperatures
(continued)

Food	Minimum Temperature	Minimum Holding Time at the Specific Temperature
Raw Eggs prepared for immediate service Commercially Raised Game Animals and Exotic Species of Game Animals Fish, Pork, and Meat Not Otherwise Specified in this Chart or in & 3-401.11(B)	63° C (145° F)	15 seconds
Raw Eggs not prepared for immediate service Comminuted Commercially Raised Game Animals and Exotic Species of Game Animals Comminuted Fish and Meats Injected Meats	70° C (158° F) 68° C (155° F) 66° C (150° F) 63° C (145° F)	< 1 second 15 seconds 1 minute 3 minutes
Poultry Baluts Stuffed Fish; Stuffed Meat; Stuffed Pasta; Stuffed Poultry; Stuffed Ratites Stuffing Containing Fish, Meat, Poultry, or Ratites Wild Game Animals	74o C (165° F)	15 seconds
Food Cooked in A Microwave Oven	74° C (165° F)	and hold for 2 minutes after removing from microwave oven

MDARD SUMMARY CHART FOR MINIMUM COOKING FOOD TEMPERATURES & HOLDING TIMES REQUIRED

Cooling Food

1. Cool food from 135 to 70 Fahrenheit within **2 hours**
2. Cool it from 70 to 41 Fahrenheit or lower in the next **4 hours**

If you cool food from 135 to 70 degrees Fahrenheit in less than 2 hours:

- The remaining time can be used to cool it to 41 degrees Fahrenheit or lower
- The total cooling time cannot be longer than **6 hours**

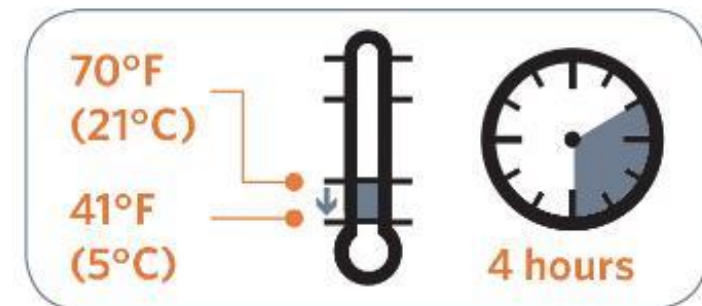
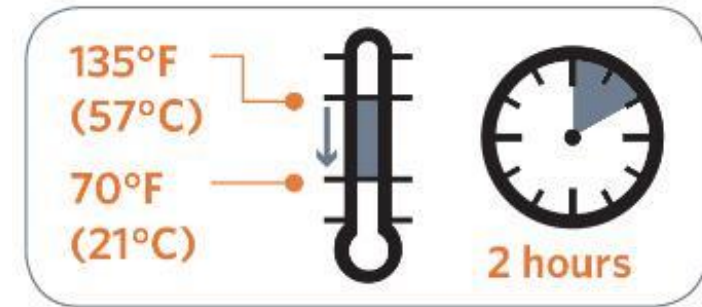


Photo Credit: National Restaurant Association

Choking

Children under the age of 4 years are at high risk of choking

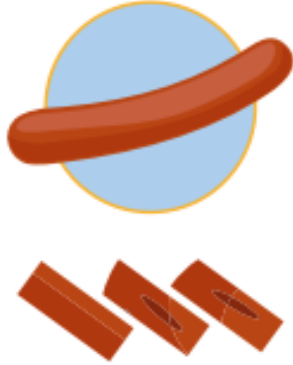
Tips to avoid choking:

- Prepare foods so they are easier to chew
 - Cut foods into small pieces (<1/2 inch)
 - Remove pits, seeds, & tough skins/peels
 - Cook or steam hard foods (e.g. carrots)
 - Grind tough meats & poultry, & remove bones from meat, poultry, & fish
- Teach good eating habits (e.g., sit-up, provide time to eat, don't talk while eating)
- Always supervise children eating during meals & snacks



Cut Tube-shaped Foods Into Smaller Pieces

Cut tube-shaped foods, such as baby carrots, string cheese, hot dogs, etc., into short strips rather than round pieces.



In addition to the foods listed, **avoid serving foods that are as wide around as a nickel**, which is about the size of a young child's throat.



Cut Round Foods Into Smaller Pieces

Small round foods such as grapes, cherries, cherry tomatoes, and melon balls are common causes of choking.



Slice these items in half lengthwise.



Then slice into smaller pieces (**no larger than 1/2 inch**) when serving them to young children.



REDUCING THE RISK OF CHOKING IN
YOUNG CHILDREN AT MEALTIMES



Choking (continued)

Milk Pasteurization

Milk: Pasteurized fluid types of unflavored or flavored whole milk, low-fat milk, skim milk, or cultured buttermilk which meet State and local standards for such milk,

- EXCEPT that, in the meal pattern for infants (0 to 1 year of age), milk means breast milk or iron-fortified infant formula

Juice: Must also be pasteurized (includes cider)

What is Pasteurization?

Pasteurization is a process of food preservation in which packaged foods are heat-treated to eliminate pathogens and extend shelf life.



Botulism & Honey

In the United States, infant botulism accounts for most botulism cases each year.

Botulism occurs when an infant ingest *Clostridium botulinum* bacteria.

The spores grow in the intestine & produce a neurotoxin that impairs functioning of the nervous system, which can lead to severe illness, & even death.

Honey is potential source, & infants don't have a strong enough immune system.

Honey should not be served to infants younger than age 1





Additional Food Safety Resources

Michigan State University (MSU) Extension Food Safety Resources

SAFE FOOD & WATER WEBSITE



FOOD SAFETY HOTLINE

(877) 643-9882



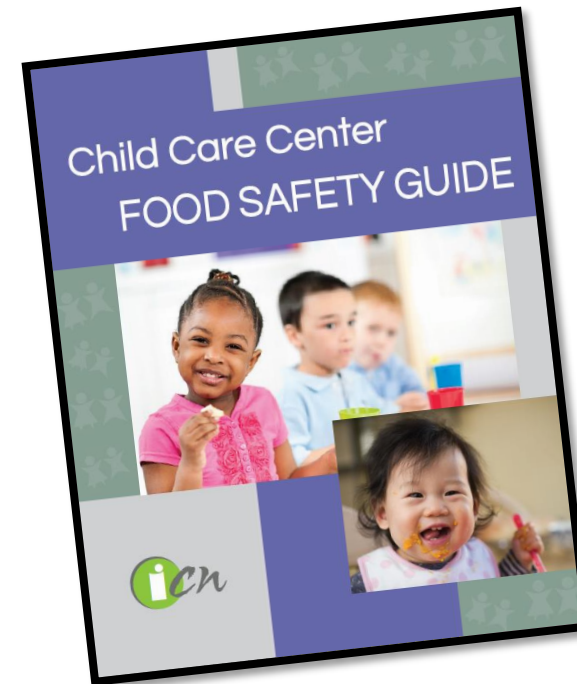
Institute of Child Nutrition (ICN) Food Safety Resources

ICN FOOD SAFETY RESOURCES

Includes:

- Food Safety Logs
- Food Safety Posters
- Food Safety Standard Operating Procedures
- Food Safety in Child Care Instructor's Manual
- Family Child Care Food Safety Kit
- Child Care Center & Adult Day Care Allergy Fact Sheets
- Mock Health Inspection Activity
- & More!

CHILD CARE CENTER FOOD SAFETY GUIDE



Also available
in Spanish!

ICN Online Food Safety Training

- [Food Safety in Child Care](#) (4 hours)
- [CACFP Food Safety Needs of Adult Care Day Centers in the CACFP](#) (1 hour)
- [CACFP 101: Managing Food Your Food Safety Plan](#) (30 minutes)
- [Science-Based Basics for Transporting Food Safety](#) (1 hour)
- [Food Safety From Beginning to End: Follow the Flow of Food](#) (1 hour)
- [Food Safety in Schools](#) (8 hours)
- [Introduction to HACCP for Schools](#) (1 hour)
- [Best Approach for Managing HACCP Plans in Schools](#) (1 hour)
- [Keeping Food Safe Starts with Science](#) (1 hour)
- [100 Years of Milk Safety](#) (1 hour, 30 minutes)
- [Norovirus in Child Care](#) (2 hours)

ICN Online Food Allergy Training & Resources

- [CACFP 101: Managing Food Allergies & Special Dietary Needs](#) (30 minutes)
- [Food Allergies in Schools – General Food Allergies](#) (1 hour)
- [Food Allergy Prevention in Schools](#) (1 hour)
- [Accommodating Food Allergies in Schools](#) (2 hours)
- [Food Allergies in Schools – Avoiding Cross-Contact](#) (1 hour)
- [Food Allergies in Schools - Reading Food Labels](#) (1 hour)
- [\[Food Allergies\] Hidden in Plain Sight](#) (1 hour, 30 minutes)
- [Tips on Managing the Ninth Major Food Allergen, Sesame](#) (1 hour)

ICN Online Food Allergy Training & Resources (continued)

ONLINE FOOD ALLERGY TRAINING SERIES FOR CACFP ADULT DAY CARE

1. [Recognizing & Responding to Food Allergies](#) (30 minutes)
2. [Major Food Allergens & Food Intolerances](#) (30 minutes)
3. [Reading Food Labels](#) (1 hour)
4. [Avoiding Cross Contact](#) (30 minutes)
5. [Managing Food Allergens for Alternative Meal Service](#)
(30 minutes)
6. [Accommodating Participants with Food Allergies](#) (1 hour)

OTHER FOOD ALLERGY RESOURCES

- [School Food Allergy Fact Sheets](#)
- [Food Allergies in School Nutrition Face-to-Face Training](#)

MDE Resources

ONLINE RESOURCES

- [Food Safety Webpage](#)
- [Food Allergy Guidelines](#)
- [Understanding Special Diet Accommodations for Child Nutrition Programs Guide](#)
- [Special Diet Statement Form \[for Food Allergies & Intolerances\]](#)

NEW ONLINE TRAINING MODULE FOR SCHOOLS



The banner features a background image of a person in a white lab coat and blue gloves handling a large stack of white, round food items. The text 'SNP: Food Safety' is prominently displayed in white, with a 'START COURSE' button below it. The Michigan Department of Education logo is in the bottom left, and a QR code is on the right. Text at the bottom provides course details.

SNP: Food Safety

START COURSE

MICHIGAN
Department of
Education

Welcome to our SNP: Food Safety course!

Professional Standards Topic: 2600 Food Safety and HACCP

Related Nutrition Programs: School Nutrition Programs (SNP)

Target Audience: Food Service Directors (FSD), SNP employees, and Food Service Management Company (FSMC) and Vended Meal Company (VMC) contract overseers.

Estimated Duration: Approximately 40-50 min



Additional Food Safety Trainings

- ServSafe Manager (based on 2022 Food Code):
 - [Michigan Restaurant & Lodging Association](#)
 - [MSU Extension](#)
- [ServSafe Food Handler](#) (online)
- Other [Certified Food Manager](#) courses recognized by MDARD



Recalls

Sign-Up for Recalls

**MDARD CONSUMER INFORMATION EMAIL
FOOD RECALL ALERT SERVICE**



USDA Foods Recalls

- The MDE Food Distribution Program works directly with the USDA Foods Consortia and their contracted broadline distributors in the case of a USDA Foods recall to identify and contact the schools who may have received the recalled product.
- Sponsors are required to respond to either MDE or their distributor within **24 hours** and must have a place/process to hold the food if recalled.

RESPONDING TO A FOOD RECALL PROCEDURES FOR RECALLS OF USDA FOODS



USDA Foods Complaint Forms

**USDA Foods for Schools Complaint
Submission Form
(PDF)**



**USDA Foods for Schools
Complaint Submission Form
(Electronic)**





Thank you!

- Next Thinking Thursday
 - Date: May 22, 2025
 - Topic: Added Sugars
- Questions? Contact us! Michigan Department of Education Child and Adult Care Food Program
 - Office Phone: (517) 241-5353
 - Fax: (517) 241-5376
 - Office Email: MDE-CACFP@michigan.gov
 - Website: www.michigan.gov/cacfp