

# Mealtime Memo

*for Child Care*

## ICN and USDA Team Nutrition Resource Highlights

### We Are Here to Help

The Institute of Child Nutrition (ICN) and U.S. Department of Agriculture (USDA) Team Nutrition have countless resources available to help you operate safely during these unprecedented times. We know how important it is to have easy access to information and services, so this Mealtime Memo highlights some available resources that you might find helpful.

### ICN's Prevent Webpage

Visit ICN's [Prevent](#) webpage for helpful resources and the latest information regarding COVID-19 prevention.

- Posters, fact sheets, and videos
- Current COVID-19 news
- Links to relevant eLearning courses
- ICN and USDA Office of Food Safety COVID-19 webinar series (limited access)
- Other helpful information and resources

### Child Nutrition Sharing Site

The [Child Nutrition Sharing Site](#) (CNSS) is an online information center where child nutrition (CN) operators can share effective resources and their success stories related to CN program operation.

CNSS helps state and local school foodservice and child care programs meet the *Dietary Guidelines for Americans*. Using this site, child care professionals and school nutrition personnel can quickly locate useful training materials.



## Child Nutrition Recipe Box

The [Child Nutrition Recipe Box](#) (CNRB) provides CN operators with recipes to prepare healthy and delicious meals that meet meal pattern requirements. These recipes are standardized to provide meal pattern crediting information for all meal pattern components. A variety of recipes are included that feature legumes, whole grains, and vegetables. You can easily browse for Child and Adult Care Food Programs (CACFP) recipes, specific to child care centers, home child cares, and adult day stay centers.

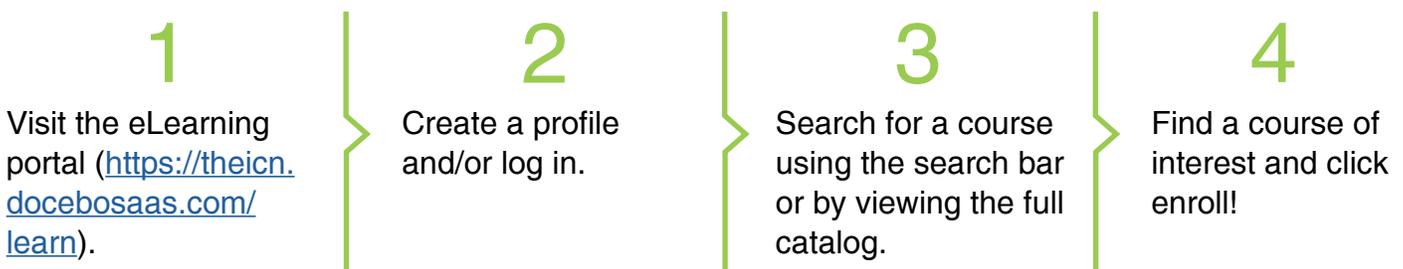


Additional features and tools are coming to the website later this fall. These will include advanced search capabilities, the option to save recipes, a shopping list feature, and other consumer-friendly features.

## ICN's eLearning Portal

The [ICN eLearning Portal](#) provides a catalog of over 80 free courses to learn anytime, anywhere, at your own pace. One new, and already popular course, is [Civil Rights in Child Nutrition Programs](#). This one-hour course provides the annual training for all programs reimbursed with Federal funding from USDA, FNS. The training helps ensure compliance and enforcement of the prohibition against discrimination in all USDA nutrition programs.

To enroll in this online course or any other eLearning course, follow these simple steps:



## USDA Team Nutrition Resources

[Team Nutrition](#) supports [Child and Adult Care Food Programs](#) by providing training for child care professionals. They offer nutrition education and resources for children and families to support a healthier environment.

- Training tools
- Posters
- Food buying guides
- Important information on meal patterns and dietary guidelines

## You Make a Difference!

Remember, you are providing a valuable service to the children in your care. They look to you to provide not only a nutritious meal but also for a stable and positive outlook during these challenging times. Find time to laugh, play, and instill a sense of gratitude, and keep smiling! These little things go a long way toward creating a happy, safe, and healthy environment for everyone. ICN and Team Nutrition are here to help. Visit [theicn.org](http://theicn.org) for more information, or email [helpdesk@theicn.org](mailto:helpdesk@theicn.org) for assistance.



## References

- Institute of Child Nutrition. (2020). *Child Nutrition Recipe Box*. <https://theicn.org/cnrb>
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