

What does virtual training look like in the field for Child Nutrition users?

Patti Delger, RD, LD
Iowa Team Nutrition Co-Director



Iowa Learning Online Professional Development

- Moodle platform - through Iowa Public Television
- Gain knowledge in supporting healthy environments
- FREE - login ID and password required
- Review questions answered with at least 80% correct
- A certificate of completion



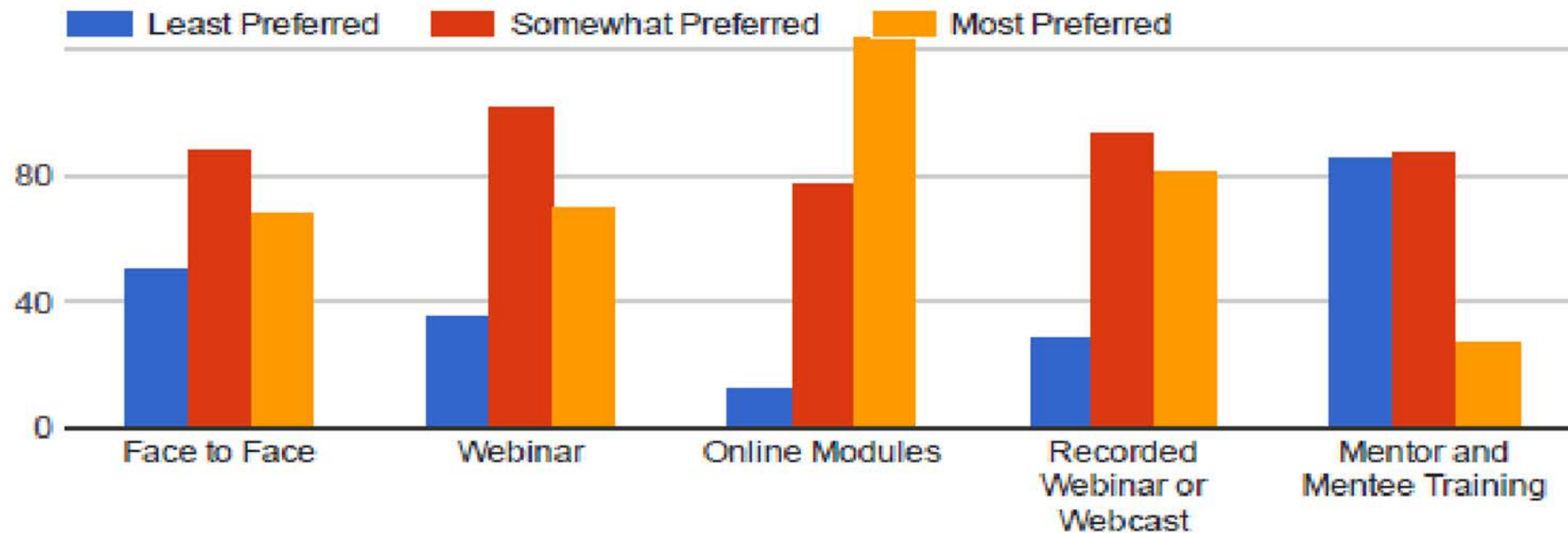
CACFP Online Training Topics

- Healthy Menu Makeover
- Healthy Food Purchasing
- New Meal Pattern Best Practices
- Smarter Mealtime Scorecard
- Farm to CACFP
- Meaningful Mealtimes
- Trying New Foods
- Opportunities for Active Play
- Nutrition Education



Team Nutrition Needs Assessment

Please rank the following types of training based on your preference.



Planning, Development and Design

- Timeline: 7 months to develop 2 modules
- Nutritionist as course author
- Iowa Public Television provided instructional design
- Regular team meetings



Project Budget

- Media design and online course production - \$7,000
- Video production - \$2,000
- Nutritionist - \$3,500
- Pilot with 10 CACFP - \$1,000

Total \$13,500

ILOPD

patti delger

Navigation

- ▼ Home
 - Dashboard
 - > Site pages
 - ▼ My courses
 - > Iowa School Meal Programs Tutorials
 - ▼ CACFP Healthy Food Purchasing
 - > Participants
 - Grades
 - > Homepage
 - > Introduction to Healthy Food Purchasing
 - > Lesson 1: Planning
 - > Lesson 2: Purchasing
 - > Lesson 3: Preparing
 - > Lesson 4: Storing
 - > Lesson Quiz and Certificate
 - > CACFP Healthy Menu Makeovers
 - > CACFP Meal Pattern Best Practices
 - > Farm to CACFP
 - > Iowa CACFP Steps to Success Training Modules
 - > Meaningful Mealtimes
 - > Nutrition Education in the Child Care Setting
 - > Provide Opportunities for Active Play
 - > Smarter Mealtime Scorecard for CACFP
 - More...

Administration

Homepage



CACFP Healthy Food Purchasing

Welcome to Iowa CACFP Healthy Food Purchasing.

These online modules have been created as part of the Iowa Department of Education's Team Nutrition grant program. They are designed for child care providers to gain knowledge in supporting healthy environments.

A certificate of completion for each module can be printed after the review questions have been answered with at least 80% correct.

If you would like to track your trainings on the DHS Iowa Child Care Provider Training Registry an account is required. Click on "Search Trainings," under "Training Org." select "Child and Adult Care Food Program." Search for the training of interest and click the "Enroll" button. Once you have completed the online course Bureau staff will update your registration to document completion. If you need assistance registering with DHS, contact trhelp@dhs.state.ia.us for assistance.

Getting Started

Read through the items below before starting the course. When you are ready to begin, choose Lesson 1 to get started.



Demographic Questionnaire

Before you start this course, please complete a short demographic questionnaire. You must complete this Demographic Questionnaire in order to receive a Certificate of Completion. You need to complete this questionnaire for each individual CACFP Wellness course.

A pair of hands is shown holding a thin black string that passes through the center of large, bold, red 3D letters spelling out the word "LEARNING". The hands are positioned on either side of the word, with fingers gently gripping the string. The background is a plain, light gray surface.

LEARNING

- Relevance of the course to their work
- Content should be practical and connect with job tasks
- Content needs to take into account prior knowledge
- Flexible and allow learner to have some control

Strategies in Course Development

- Take the course anytime, anywhere
- Discussion board
- Links to additional information
- Quiz questions connected to core learning outcomes
- Corrective feedback for incorrect answers
- Best practices from local childcare providers
- Course meets online accessibility requirements



Monday Menu

Breakfast

Grains or Meat/Meat Alternate

French toast made from whole wheat bread

Vegetables, Fruits, or Portions of Both

Strawberries and grape halves

AM Snack

Component 1

Low sugar vanilla yogurt

Component 2



Pineapple Juice
Fresh Pineapple
Canned pineapple in syrup
Canned pineapple in juice

Lunch

Meat or Meat Alternate

Grains

Vegetables

Fruits

PM Snack

Component 1

Discussion Board



- Avenue to apply what they learn
- Connect and share with other providers
- Purposeful questions
- Course developer can monitor responses

“Trying new foods and discussing how they look, smell, feel, etc. is such a great idea to help them learn about what they're eating and getting them to enjoy it.”

Sunday, 17 May 2020, 1:54 PM

Strategies for Ensuring Participant Success

- Use an instructional design process
- Team approach and consistent team members
- Needs assessment
- Testing of knowledge gained
- Project evaluation by users
- Discussion board is a big hit!



How to Access Iowa's CACFP Online Trainings

- Visit: <https://ilopd.iowa.gov/>
- Create an account on Iowa Learning Online Professional Development
- Create a username and password



Thank you!

patti.delger@iowa.gov



TEAM NUTRITION  IOWA™



Healthy Habits Start Early



IowaCACFP #IowaCACFP