

# CACFP *take* ACTION CHALLENGE

Congratulations for participating in the CACFP *take* ACTION Challenge. CACFP Lights Camera *take* ACTION - Let the Challenge begin! #CACFPtac

### Challenge Steps:

1. Select a CACFP *take* ACTION Challenge from the Challenge List (list is also on Challenge webpage)
2. Complete the Challenge take a picture, tell a story.
3. Submit the completed challenge: take a picture, tell a story on the challenge [Web page](#)

\*Repeat the steps and accumulate more points for the Recognition Finale Celebration

## CACFP *take* ACTION Challenge List, Points and Instructions

Points  
per  
Action

Take a  
Picture,  
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Story,  
Submit ✓

### Group 1: CACFP Take ACTION Launch

Take a Picture, Tell your Story, Submit each challenge @ [www.cacfpchallenge.org](http://www.cacfpchallenge.org)

**Basic Instructions:** 1. Select one challenge. 2. Complete it. 3. Upload 4. Submit it. 5. Repeat 1-4 for more points!

1.	<p><b>Home/Center Sponsors: Let's Move! Child Care</b>  <a href="https://healthykidshealthyfuture.org/">https://healthykidshealthyfuture.org/</a>, when prompted for a code, use CACFPtac            Finale: Gold-25%, silver-15%, bronze 5% of your providers to participate</p> <p><b>Home/Center Based Providers: Let's Move Child Care, 5 Steps</b>            Sign up- @ <a href="https://healthykidshealthyfuture.org/">https://healthykidshealthyfuture.org/</a>            when prompted for a code, use CACFPtac</p>	1000- 3000	
2.	<p><b>National Farm to School Network Challenges</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Getting Started with Farm to Preschool Fact Sheet</a> take the first steps outlined in this helpful resource.</li> <li>• Attend the <a href="#">8<sup>th</sup> National Farm to Cafeteria Conference</a> in Madison, WI, June 2-4, 2016</li> <li>• Apply for a scholarship to attend the <a href="#">8<sup>th</sup> National Farm to Cafeteria Conference</a> in Madison, WI, June 2-4. Scholarship application period will be open January 15 – February 29, 2016.</li> <li>• Submit your farm to early care and education story on the National Farm to School Network's <a href="#">story sharing site</a>.</li> <li>• Use the <a href="#">National Farm to School Network Resource Database</a> to find a new farm to early care and education lesson or activity from the many curricula offered in the database. Use the lesson or activity in your home or classroom and take photos of the fun!</li> </ul> <p><b>California Department of Education's (CDE) CACFP Farm to Preschool (F2P) <i>take</i> ACTION</b>            There's something for everyone! <a href="http://www.cde.ca.gov/ls/nu/he/farmtopreschool.asp">http://www.cde.ca.gov/ls/nu/he/farmtopreschool.asp</a>            (this group # applies to any other CACFP State Agency that has their own CACFP <i>take</i> ACTION Challenge)</p>	1000 ea one	
3.	<p><b>#GimmeFive, I was at the CCFP Roundtable Conference and participated in the CACFP <i>take</i> ACTION Challenge launch-</b></p> <ol style="list-style-type: none"> <li>1. At the conference you participated in #GimmeFive dance</li> <li>2. Go online, sign on and submit your first completed challenge:  <a href="http://www.cacfpchallenge.org">www.cacfpchallenge.org</a></li> </ol>	500	✓
4.	<p><b>Alliance for a Healthier Generation #COMMIT2TEN Challenge</b>  <a href="http://commit2ten.org/">http://commit2ten.org/</a></p>	1000	
5.	<p><b>CACFP Walkers Talkers &amp; Runners-Monday October 26, 2015</b> - meet in the lobby 6:00pm            Fit2bYoga Tuesday, October 27 or Wednesday, October 28, 2015- Starview Room</p>	500	✓

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### Group 2 – USDA Resources and Best Practice Challenge

Basic Instructions: 1. Select one challenge. 2. Complete it. 3. Upload 4. Submit it. 5. Repeat 1-4 for more points!

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1.	Pledge to become a MyPlate Champion for your program <a href="http://www.choosemyplate.gov/kids-become-myplate-champion">http://www.choosemyplate.gov/kids-become-myplate-champion</a>	500
2.	Encourage children to try new fruits and vegetables with the <i>Make Today A Try Day</i> stickers and poster; choose several days to be “Try Days” and serve a new food each time <a href="http://www.fns.usda.gov/es/node/14684">http://www.fns.usda.gov/es/node/14684</a>	1000
3.	Read the story <i>The Two Bite Club</i> from Team Nutrition; have each child color the picture at the end of the story and receive the certificate <a href="http://www.fns.usda.gov/tn/two-bite-club">http://www.fns.usda.gov/tn/two-bite-club</a>	500
4.	Implement Team Nutrition’s <i>Grow It, Try It, Like It!</i> in your program <a href="http://www.fns.usda.gov/tn/grow-it-try-it-it">http://www.fns.usda.gov/tn/grow-it-try-it-it</a>	1000
5.	Find, cook, and serve recipes from the What’s Cooking? USDA Mixing Bowl Web site <a href="http://www.whatscooking.fns.usda.gov/">http://www.whatscooking.fns.usda.gov/</a>	500
6.	Use the “My Cookbook” feature on the What’s Cooking? USDA Mixing Bowl Web site to create cookbooks for parents with recipes their children like <a href="http://www.whatscooking.fns.usda.gov/">http://www.whatscooking.fns.usda.gov/</a>	1000
7.	Use the <i>Discover MyPlate “Emergent Reader Mini Books”</i> in your program <a href="http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books">http://www.fns.usda.gov/tn/discover-myplate-emergent-reader-mini-books</a>	500
8.	Involve children in preparing meals by using Team Nutrition’s <i>Discover MyPlate “Look and Cook Recipe”</i> cards <a href="http://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes">http://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes</a>	500
9.	Provide opportunities for active play every day; choose ideas from the Active Play Tip Sheets in <i>Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP</i> <a href="http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program">http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program</a>	500
10.	Encourage healthful foods by using the easy, low cost techniques found in “Supplement C: Encourage Healthful Foods” from <i>Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP</i> <a href="http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program">http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program</a>	500
11.	Serve local foods on your menu using tips from the <a href="#">USDA Guide Procuring Local Foods in Child Nutrition Programs</a>	500
12.	Take children on a farm/orchard field trip, visit a farmer’s market or have a farmer visit the classroom	1000
13.	Grow an edible garden (fruits, vegetables, herbs; indoor/outdoor; container/open space) and incorporate the harvest into meals and/or snacks	1000
14.	Use the Choosemyplate videos and songs <a href="http://www.choosemyplate.gov/kids-videos-and-songs">http://www.choosemyplate.gov/kids-videos-and-songs</a> with your children, then post a comment on the USDA site, take some pictures and share your story when you submit!	
15.	Use all of the listed USDA Resources and Best Practices in your program/agency in 2015/16 and receive an extra 2500 points	2500

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### Group 3. Health and Wellness

Take a Picture, Tell your Story, Submit each challenge @ [www.cacfpactionchallenge.org](http://www.cacfpactionchallenge.org)

Basic Instructions: 1. Select one challenge. 2. Complete it. 3. Upload 4. Submit it. 5. Repeat 1-4 for more points!

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1.	President's Challenge Create a free account at <a href="http://www.presidentschallenge.org/">http://www.presidentschallenge.org/</a> , choose which challenge you want to participate in and look up our group in the My Challenge application using the group number. <i>Group Number: 948795 Group Name: CACFP take ACTION Challenge</i>	1000
2.	<a href="#">Rethink your Drink</a> : Take Out One or All Sugar Drinks from your diet as an Individual or as a group at work. Another source: <a href="http://www.rethinkyourdrinknevada.com/">http://www.rethinkyourdrinknevada.com/</a>	500
3.	Weight loss-set your ideal healthy weight goal and achieve it, as a group or individual	1000
4.	Implement/Participate in a Monday Campaign <a href="http://www.moveitmonday.org/about/">http://www.moveitmonday.org/about/</a> or a Move It Monday Campaign at the office/child care or at home <a href="http://www.moveitmonday.org/">http://www.moveitmonday.org/</a>	1000
5.	Participate in any 5 or 10k or further Run/Walk event/s for a Non Profit, that includes your own agencies Run/Walk event	500
6.	Participate in a Marathon, half or otherwise. Triathlon, Bicyclist, that counts too, sign up and participate in a Bikeathon	1000
7.	Incorporate Family Style Meal @ home or in your child care facility	500
8.	Implement New Menu Plans, with cultural awareness for yourself or your family/center child care business/agency	1000
9.	Participate in Kids Cook Monday- get your parents or your family to take the pledge <a href="http://www.thekidscookmonday.org/become-a-kids-cook-monday-ambassador/">http://www.thekidscookmonday.org/become-a-kids-cook-monday-ambassador/</a>	500
10.	Take the Pledge and do it! Everybody Walk <a href="http://everybodywalk.org/">http://everybodywalk.org/</a>	500
11.	Plan a Run/Walk Event of your own, with CACFP in the title	1000
12.	Take a dance, yoga, fitness class of any sort alone or with a group	500
13.	Healthy Habits, Use the Toolkit for parents or in your child care <a href="http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits">http://www.sesamestreet.org/parents/topicsandactivities/toolkits/healthyhabits</a>	500
14.	Participate in National Walking Day – First Wednesday in April- April 6, 2016	500
15.	Preschool Shine <a href="http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp">http://www.cde.ca.gov/ls/nu/he/preschoolshine.asp</a>	1000
16.	Join #Team FNV and Sell Out - <a href="http://www.fnv.com/team">http://www.fnv.com/team</a> - Be a Big Deal	1,000

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### Group 4: Educate and Advocate

Take a Picture, Tell your Story, Submit each challenge @ [www.cacfpactionchallenge.org](http://www.cacfpactionchallenge.org)

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1.	Volunteer time to the Child Care or CACFP community	1000
2.	Start the National Accreditation process with NAFCC	1000
3.	Visit Your State Representatives; educate them about CACFP, establish relationships with political partnerships; <a href="http://www.house.gov/representatives/find/">http://www.house.gov/representatives/find/</a> ; <a href="https://www.congress.gov/people/zipcodelookup">https://www.congress.gov/people/zipcodelookup</a>	1000
4.	Take classes in Child Development or Child Nutrition or Child Care Business	500
5.	Take any CACFP or Child Care Program Assessment, examples: Go Napsacc <a href="https://gonapsacc.org/resources/nap-sacc-materials">https://gonapsacc.org/resources/nap-sacc-materials</a> , C.H.O.I.C.E. <a href="https://www.cocokids.org/child-health-nutrition/c-h-o-i-c-e-toolkit-self-assessment-questionnaire">https://www.cocokids.org/child-health-nutrition/c-h-o-i-c-e-toolkit-self-assessment-questionnaire</a>	1000
6.	Subscribe to a free and/or purchased CACFP or Early Child Care Content Website, newsletter, magazine (I.E., Child Care Exchange, Potpourri, ChildCareInfo.com, ICN)	500
7.	Participate or start your own CACFP and/or Child Nutrition Reauthorization social media campaign, i.e. #cacfp #CNR2015. A petition, a campaign, inform parents and/or child care providers, community	500
8.	Join and support a local and/or national Professional Child Care or CACFP Organization, <a href="#">National CACFP Professionals</a> , <a href="#">NCA</a> , <a href="#">CCFP Roundtable</a> , <a href="#">National CACFP Forum</a> , <a href="#">NAFCC</a> , <a href="#">NAEYC</a> , <a href="#">FRAC</a> , <a href="#">National Head Start Association</a> , <a href="#">NICCA</a>	500
9.	Implement A Breastfeeding Policy In your Child Care Program or at your Agency (i.e., <a href="https://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf">https://www.cdph.ca.gov/programs/breastfeeding/Documents/MO-BF-WorkPolicy.pdf</a> )	500
10.	Completed the quality rating for your child care business	5000
11.	Completed the Nationally Accreditation Process, provider or center, <a href="http://www.nafcc.org/accreditation">http://www.nafcc.org/accreditation</a> , <a href="https://www.naeyc.org/accreditation">https://www.naeyc.org/accreditation</a>	5000
12.	Create and implement a Sponsor/State Agency Roundtable/Summit/Forum/Group in your state	1500
13.	Attend local, state or National CACFP meetings and conferences, i.e., Anti-Hunger Policy; CACFP Leadership Conference, National Sponsors Association, CCFP Roundtable Conference, CACFP NPA, State, CCFP Roundtable's CACFP Provider Leadership Institute Attend CACFP, Child Development and/or Nutrition Webinars	1500
14.	Anything that reduces paperwork in CACFP; technology, new processes, new policy etc., etc.	500-1000
15.	More challenges to come/ submit an idea	500

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### Group 5: CACFP Campaigns

Take a Picture, Tell your Story, Submit each challenge @ [www.cacfpactionchallenge.org](http://www.cacfpactionchallenge.org)

Basic Instructions: 1. Select one challenge. 2. Complete it. 3. Upload 4. Submit it. 5. Repeat 1-4 for more points!

1.	Develop and achieve CACFP Publicity campaign (good publicity)	1000
2.	Create and implement a CACFP Marketing Campaign with CACFP press, online, TV or in print	1000
3.	Write and sing a National CACFP Song	1000
4.	Take a CACFP picture with a CACFP awesome sign and get others to do it in your community, mayor or representative (examples of signs on <a href="http://childcareinfo.com">childcareinfo.com</a> site and their Facebook)	500
5.	Launch and Feed a #CACFP Twitter Storm	1000
6.	Develop and implement a new CACFP Recruit New Providers Campaign (includes getting unlicensed/exempt child care providers licensed)	1000
7.	Develop and implement a CACFP Social Media Program for your child care business or agency (i.e., create a Facebook, Twitter, Instagram account)	500
8.	Develop and implement a <i>National CACFP Week</i> Campaign for your agency, center or home based child care facility	1000
9.	Challenge someone individual/another agency to do the CACFP <i>take</i> ACTION Challenge and compete with them	500
10.	Post CACFP <i>take</i> ACTION Challenge pictures on social media 6 weeks in a row	500
11.	Develop and implement your own agency CACFP <i>take</i> Action Challenge campaign for center or family child care providers or your own staff	1500
12.	Share your CACFP Story Campaign (one that inspires or makes a difference or that's just cute) providers story or yours or maybe one of the children or parents	1000
13.	Write and submit a CACFP grant	1000
14.	Submit your idea for a CACFP <i>take</i> ACTION Challenge (CACFPtac AMBASSADOR)	500
15.	Write a CACFP Blog and submit it to sites like Child Care Info, Child Care Exchange to be published	1000

Participants, Sponsors, Partners and Friends

# A Very Big Thank You



**CACFP** *take* ACTION  **CHALLENGE**

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**F**olks - **2**

**P**articipate