

# Alaska CACFP Sponsors and Institutions Free Virtual Trainings



Alaska Child Nutrition Programs is excited for the opportunity to offer all Alaska CACFP sponsors and institutions free training via instructor led virtual trainings hosted by the *Institute for Child Nutrition* (ICN) <https://theicn.org>

We have 3 upcoming trainings. Dates and times with the links to register are listed below. Course materials will be mailed to you after completion of registration. All participants who attend a full training will receive a course completion certificate the following day from ICN. Space is limited so make sure you get registered as soon as possible!

- **Nutrition 101** Virtual Instructor Led Training - April 6th and 7th, 2021 - 1:00 pm - 5:00 pm Alaska Standard Time Each Day

**Nutrition 101: A Taste of Food and Fitness** (8-hour training) This course qualifies for SNA core course certification level 1. This training provides a basic overview of nutrition with an emphasis on the importance of balance in daily food choices and the inclusion of physical activity as a key component to good health. The training incorporates a variety of learning activities including short physical activity boosters.

Please register by **March 19<sup>th</sup>** using the Smartsheet Registration Link below:

- [Nutrition 101 Registration](#)

- **Basic Culinary Math** Virtual Instructor Led Training - April 28, 2021 - 1:00 pm - 5:00 pm Alaska Standard Time.

The goal of this 4 Hour training is to provide participants with the opportunity to review and practice basic culinary math skills, including the basic math principles of addition, subtraction, multiplication, and division. The remainder of the training will focus on other key skills such as measuring and converting measurements, scaling recipes, and calculating food costs.

Please register by [April 9th](#) using the Smartsheet Registration Link below:

- [Basic Culinary Math Registration](#)

- **CACFP Meal Pattern Requirements Virtual Instructor Led Training - May 5, 2021 - 1:00 pm - 5:00 pm Alaska Standard Time**

Through USDA FNS guidance and collaboration, ICN developed the 4 Hour CACFP Meal Pattern Requirements training and materials. This webpage features training materials and additional resources for implementing the updated meal pattern requirements.

Please register by [April 16th](#) using the Smartsheet Registration Link below:

- [CACFP Meal Pattern Requirements Registration](#)

## About the Institute of Child Nutrition

The Institute of Child Nutrition (ICN), part of the School of Applied Sciences at The University of Mississippi, is the only federally funded national center dedicated to applied research, education and training, and technical assistance for child nutrition programs. The Institute was established by Congress in the Child Nutrition and WIC Reauthorization Act of 1989. It is funded by a grant administered through the United States Department of Agriculture (USDA), Food and Nutrition Service (FNS). The specific duties of the Institute can be found in Section 21 of the Richard B. Russell National School Lunch Act. The Institute's mission is to provide information and services that promote the continuous improvement of child nutrition programs.

As a national center, the Institute provides information, conducts applied research, and offers training and education opportunities using appropriate technology.

