



Mealtime Memo

for Child Care

Training, Training, We all Need Training!



Regulations on staff training and professional development in child care programs vary widely from state to state. However, several national programs, including the U.S. Department of Agriculture (USDA) Child and Adult Care Food Program (CACFP) and the Head Start Performance Standards, require ongoing training in nutrition. Others, such as the Council for Professional Recognition's Child Development Associate Program, recommend education in health as part of their certification. Therefore, it is important to identify which trainings you need and the sources available to meet your training requirements.

First, why is training important? Ongoing staff training and professional development is essential for high-quality child care. In fact, when child care professionals are well-trained, they are more inclined to meet the increasing demand for high-quality child care to ensure that children start school ready to learn. While child care employees involved in food preparation require specialized training in food handling and safety, all child care staff members need a basic understanding of the role of nutrition in optimal child growth and development. Therefore, to meet the needs of young children, training is most important.

Second, where can I find training? There are many sources for training; however, one source is the Institute of Child Nutrition (ICN). ICN offers free training on a wide range of topics for child nutrition program professionals working in school nutrition and child care settings. For example, there are topics on food safety, culinary techniques, nutrition education, and many more. Additionally, ICN provides training throughout the 50 continental states and the American Territories. In addition to providing a trainer, ICN also provides materials, such as the Instructor's Manual, Participant's Workbook, and the PowerPoint presentation, when providing training.



Third, how can I request ICN training? The training request process is relatively simple, as there are only three requirements for child nutrition professionals to request training. First, all training requests must provide ICN with an 8-10 week notice before the training date to schedule and plan the training session. Second, each training request must allow for a minimum of four hours of training in a single day. Lastly, a minimum of 25-30 participants is required for ICN to provide a training session. For more information on requesting ICN training, check out the following link: <http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTU3>.

In conclusion, training is essential for high-quality child care. As you plan your next training or conference, keep ICN in mind for your training needs.

References

Institute of Child Nutrition. (2015). ICN face-to-face training. Retrieved from <http://www.nfsmi.org/Templates/TemplateDefault.aspx?q=cELEPTU3>.

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