Using Distance Education/Communication

Since Maine is a rural state and travel for training is sometimes difficult due to limited time and fiscal resources, Maine’s CACFP requested that sub-grantees use funding in innovative ways including some type of distance education.

On-line Trainings

Two CACFP sponsors, Penquis CAP and Catholic Charities, used some of their sub-grant funds to create on-line trainings and/or demonstrations. The Catholic Charities YouTube demonstrations are described below under “Encouraging Providers to Increase Physical Activity.”

Penquis CAP created on-line trainings for their CACFP facilities. The trainings included Gardening with Children, Winter Activity, Summer Activity, and Young Childhood Nutrition. Links to Lets Go on-line trainings are also available. These trainings are available to the public.

The following is how a Community Action Program in Maine’s northernmost county, Aroostook, (ACAP) used technology to share ideas and resources in an innovative way

Facebook Page

Aroostook Community Action Program actively collaborates with PAN programs within the state, including LetsGo! 5210 goes to Childcare, resources from the Community Transformation Grant (CTG), and CACFP resources from the CACP Wellness Grant. As a result, Aroostook County has a very active “CTG Early Care Sites” Facebook page. They use this page to share PAN activities and evaluations, and other information, including training opportunities, activities accomplished with the CACFP Wellness grant funds, 5210 Lets Go information, and as a communication vehicle to share PAN resources such as physical activity videos.