

This is an On-Line training opportunity **approved for both DHS Registration Training Hours and CACFP Annual 2 Hr. Nutrition Training**. You are able return to this course at any time. If you chose this option for your annual training **you must send us a copy of the certificate of completion**. Please let us know if you have any questions.

# CACFP On-Line Learning and Resources



## Healthy Menu Makeover On-Line Learning Module

This training module was developed through a Team Nutrition Grant. Each lesson provides information about the Dietary Guidelines for Americans, explains how it applies to your work in the Child and Adult Care Food Program (CACFP), includes best practice examples, and helpful resources.

### How Do I Access the Online Learning Module?

You will first need to create an account with the Iowa Learning Online "Moodle" system.

#### Instructions for creating an account for the online course:

- Go to <http://ilopd.iowa.gov/login/index.php>
- On the right side of the page (under "Is this your first time here?"), click the "Create new account" button
- Enter information for your account. Note that the first and last name you enter in this form will be used to create your certificate of completion in the course. You will need a valid email address to access this course and to receive related notifications. Click submit.
- A confirmation message will be sent to you email system. Click the link in this email to activate your new account.

#### Instructions for accessing the course the first time:

- Once you have confirmed your new account, go to <http://ilopd.iowa.gov/> and click on the "Login" link at the top-right side of the page.
- On the left side of this page (under "Returning to this web site?"), enter the username and password you created in the steps above.
- In the "My courses" list, click on the "CACFP Healthy Menu Makeovers" course.
- Enter "wholegrains" as the enrollment key, and click the "Enroll me in the course" button.
- You are now enrolled in the course. The next time you log in to the system, this course will automatically associated with your account.

**If you have issues creating an account or logging in, try to use the prompts in the system to resolve the problem. If you have difficulties the system cannot address, send an email to [techsupport@iowalearningonline.org](mailto:techsupport@iowalearningonline.org).**