



North Carolina Division of Child and Family Well-Being
 Community Nutrition Services Section
 Child and Adult Care Food Program
www.nutritionnc.com

July/August 2022
 Volume 3, Issue 4



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

CACFP Family,

It's that time of the year again—Application Update 2023. I wanted to take a moment to express the importance of getting applications submitted and approved on or before September 30, 2023.

Why is it imperative that the applications are approved on or before September 30, 2022? I'm glad you asked! The first reason, as previously communicated, is that we are getting a new Management Information System (MIS). The new MIS system is called NC CACFP Connects. It will replace the current NC CARES. For this reason, we must ensure all information is in and approved in NC CARES prior to the switch to the new system. The developer of NC CACFP Connects will take all information in NC CARES and import it into the new system. For this reason, we need everything accurate and approved.

The second reason for getting applications approved on or before September 30, 2022, is that Institutions must be trained on how to use the new system. It is our hope that applications are approved, so that Institutions can solely focus on training with NC CACFP Connects. The State agency will send communications regarding the new system throughout the next few months.

NC CARES will be open for Institutions to start submitting application update information on Monday, July 11, 2022. Please be mindful that you work in the correct fiscal year once the rollover occurs. Should you have questions regarding your application, please contact the consultant assigned to your application.

Together, we can make Application Update 2023 one of the best that we have ever had and look forward to a new and innovative system.

With Appreciation,

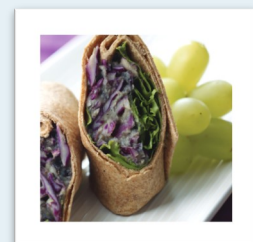
Cassandra Williams
 Child and Adult Care Food Program Manager

Inside this issue

[Resources..... 2](#)
[Announcements..... 3](#)
[Upcoming Trainings 4](#)
[Upcoming Trainings \(cont.\) and Grant Opportunities..... 5](#)
[National Breastfeeding Month..... 6](#)
[Breastfeeding Friendly Child Care Program 7](#)
[Meet Your State Agency Staff 8](#)
[Using CACFP Funds to Buy Garden-Related Materials & Local Foods... 9](#)
[CACFP Standardized Recipe 10](#)

Reminders

- **Friday, July 1, and Friday, August 5, from 1 to 2 PM**— next two State agency calls with CACFP Institutions
- **Monday, August 1, 2022**— last day to submit May 2022 claims
- **Monday, August 29, 2022**— last day to submit June 2022 claims
- Check out our seasonal standardized recipe for a **Purple Power Bean Wrap Salsa** on [page 10](#)

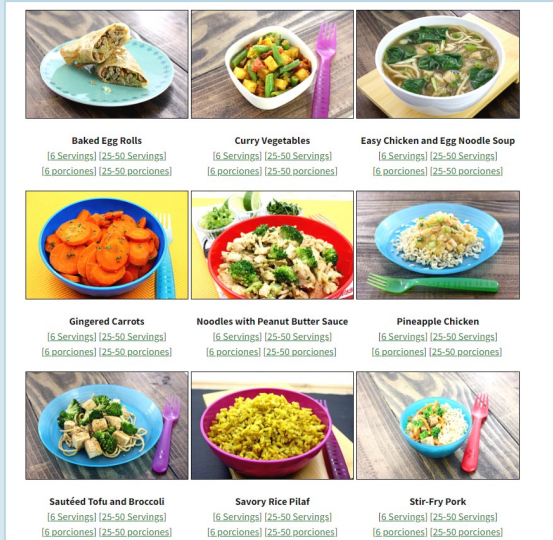


Resources

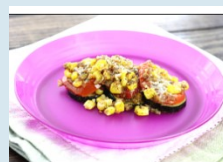
Multicultural Child Care Recipes

Spanish version is now available.

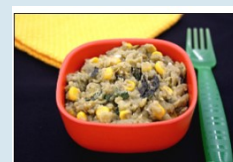
Available in yields of 6, 25, and 50 servings.



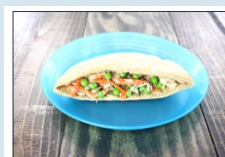
[Central and South America](#)



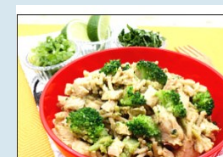
[North America](#)



[Africa](#)



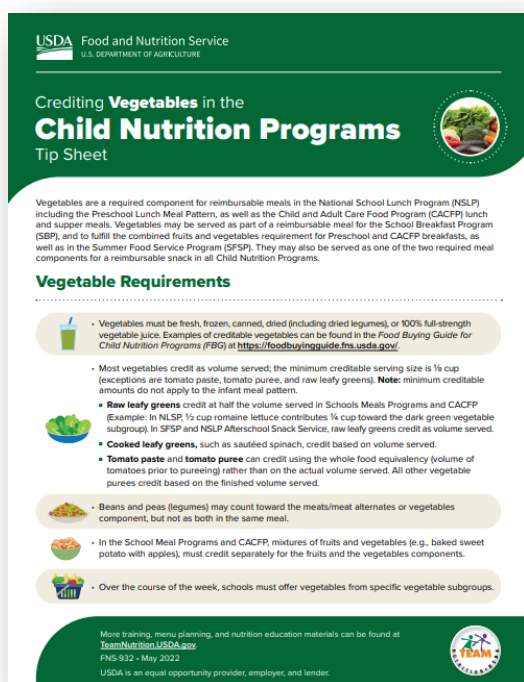
[Europe](#)



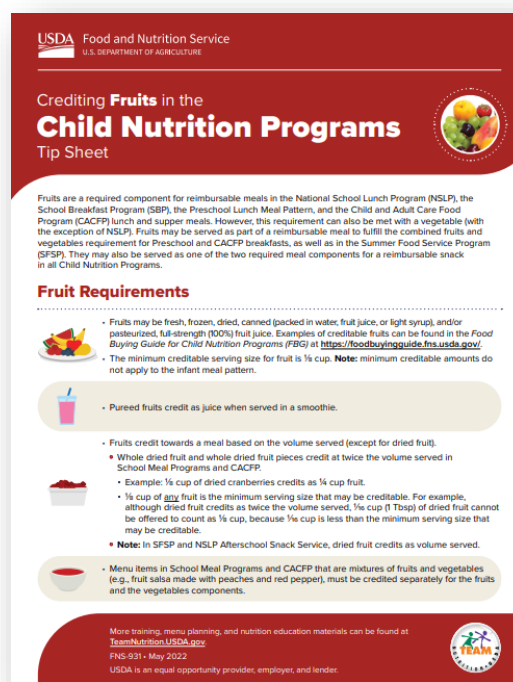
[Asia and Pacific Islands](#)

Now available—Tip Sheets on crediting fruits and crediting vegetables in Child Nutrition Programs!

These two tip sheets are a part of a series of tips sheets that include Milk, Meats/Meat Alternates and Whole Grains that provide handy references for Program operators across all Child Nutrition Programs (CNPs). They will address requirements common to all CNPs, as well as requirements that are specific to each program.



[Vegetables](#)



[Fruits](#)

Announcements

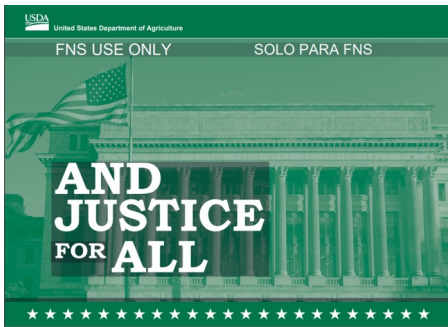
New Nondiscrimination Statement

On May 5, 2022, the Food and Nutrition Service (FNS), Civil Rights Division, issued a memorandum informing FNS program recipients that the prohibition of discrimination based on sex includes gender identity and sexual orientation. The USDA Nondiscrimination Statement (NDS) has been revised to include updated language for all FNS programs. Later this year, new *And Justice for All (AJFA)* posters will be made available. The abbreviated NDS has not changed. It remains, “**This institution is an equal opportunity provider.**”

All printed material and electronic messages should be updated with the [2022 NDS](#) as follows:

- ⇒ Websites by **August 4, 2022**
- ⇒ Documents, pamphlets, brochures, etc., when current supply on hand is exhausted or by **September 30, 2023**
- ⇒ All new printing must use the 2022 NDS

These changes also impact the Non-discrimination Policy submitted with all Management Plans. An updated Nondiscrimination Policy Template will be available, and its submission required, for Application Update.



AND JUSTICE FOR ALL (AJFA) Poster—This is a screenshot of the new AJFA poster. The posters are in production and will be sent to the State agency in the coming months. All institutions should complete and submit the [online 2022 And Justice for All Poster Request Form](#). Once the online poster request form is submitted, the institution will receive a confirmation email.

The State agency will distribute the number of posters requested to the Institution once they are received from the USDA. Sponsoring Organizations are responsible for the distribution of the new AJFA posters to their sponsored facilities upon receipt.

Until the new AJFA posters are received:

- The 2019 AJFA posters currently displayed at institutions and facilities *must not be removed until they can be replaced with the new poster*.
- Until the 2022 AJFA posters are received by the State agency, the 2019 AJFA posters will be sent to new institutions and upon request to participating institutions. Sponsoring Organizations distributing posters to any new facilities should also continue to distribute the 2019 posters until the new posters are available.
- Please contact us if languages other than English or Spanish are needed.

Important 2023 Application Update Dates

- ✓ **Early July 2022:** CACFP documents and forms for 2022-2023 will be posted to the website.
- ✓ **July 11, 2022:** Program Year 2022-2023 will open in NC CARES. You may begin your updates.
- ✓ **September 30, 2022:** Updated applications due to the State agency.

IMPORTANT



August is
Kids Eat Right
Month!

#kidseatright

KIDS eat right.
Academy of Nutrition and Dietetics
Academy of Nutrition and Dietetics Foundation

Upcoming Trainings

- ⇒ **Menu Planning Success in the CACFP Series**—This three-part series will help you learn how to create a compliant menu from the ground up, how to credit challenging foods, and discover tools that will add variety to your menus and ease the menu planning process. This training will have you feeling confident your menus are complete, compliant with the meal pattern, documented correctly, and filled with nourishing foods. Each part of the training is scheduled for 2 hours.
- ◆ **Part 1: Menu Planning Success in the CACFP Series: Part 1 - Laying the Foundation**
 - ◆ Wednesday, July 13, 1:00 PM—3:00 PM | [Register here](#)
 - ◆ **Part 2: Menu Planning Success in the CACFP Series: Part 2 – Answers to Common Questions**
 - ◆ Wednesday, July 20, 1:00 PM—3:00 PM | [Register here](#)
 - ◆ **Part 3: Menu Planning Success in the CACFP Series: Part 3 – Using Helpful Tools**
 - ◆ Wednesday, July 27, 1:00 PM—3:00 PM | [Register here](#)
- ⇒ **Menu Planning for Older Adults**—This training is designed to give adult day service programs and caregivers of older adults information and tools on menu planning for older adults in day care settings. In addition, it will provide practical and valuable information on meeting the special nutritional needs of older adults.
- ◆ Tuesday, August 9, 1:00 PM—2:00 PM | [Register here](#)
- ⇒ **Duties & Documents**—Whether you are new to the CACFP or looking for a refresher class, this live webinar training will give you tips and tools to operate a successful program. Learn strategies for managing the daily, monthly, and annual tasks and recordkeeping requirements.
- ◆ **Duties & Documents for Independent Centers**
 - ◆ Tuesday, August 23, 9:00 AM—12:00 PM | [Register here](#)
 - ◆ **Duties & Documents for Sponsoring Organizations**
 - ◆ Thursday, August 25, 9:00 AM—12:00 PM | [Register here](#)
- ⇒ **Application Update for FY 2023**—The State agency will be offering live and recorded, on-demand webinars. Participants will learn how to prepare for the annual update and know which documents are required for the new year. Budgets will also be included in this year’s Application Update training. Register for a live session below!
- ◆ **Sponsoring Organizations**
 - ◆ Thursday, Jul 28; 1:00 PM - 3:30 PM | [Register here](#)
 - ◆ Tuesday, Aug 2; 9:00 AM- 11:30 AM | [Register here](#)
 - ◆ **Independent Centers**
 - ◆ Thursday, Jul 28; 9:00 AM- 11:00 AM | [Register here](#)
 - ◆ Wednesday, Aug 3; 1:00 PM - 3:00 PM | [Register here](#)



*Our next monthly Institution calls will be **Friday, July 1,** and **Friday, August 5,** from 1-2 PM. We hope you can join us on Adobe Connect via [this link](#).*



Upcoming Trainings (cont.)

⇒ **Feeding Infants in the CACFP Training Series**—The CACFP infant meal pattern supports the growth and development of babies during their first year. Join us for a 4-part training series focused on feeding the youngest of CACFP participants, 0-11-month-olds! We will cover the CACFP infant meal pattern requirements and best practices for feeding infants. You will come away with an in-depth understanding of reimbursable meals and snacks in the infant meal pattern and tips on handling and storing breastmilk and formula. Each part of the training is scheduled for 2 hours.

- ◆ **Part 1: Feeding Infants in the CACFP: Introduction to the Infant Meal Pattern and Creditable Foods**
 - ◆ Wednesday, August 10, 10:00 AM—12:00 PM | [Register here](#)
- ◆ **Part 2: Feeding Infants in the CACFP: Feeding Babies Breastmilk and Formula**
 - ◆ Wednesday, August 17, 10:00 AM—12:00 PM | [Register here](#)
- ◆ **Part 3: Feeding Infants in the CACFP: Modifying Food Textures Based on an Infant’s Readiness for Solid Foods**
 - ◆ Wednesday, August 24, 10:00 AM—12:00 PM | [Register here](#)
- ◆ **Part 4: Feeding Infants in the CACFP: Supporting Breastfeeding Families in a Child Care Setting**
 - ◆ Wednesday, August 31, 10:00 AM—12:00 PM | [Register here](#)

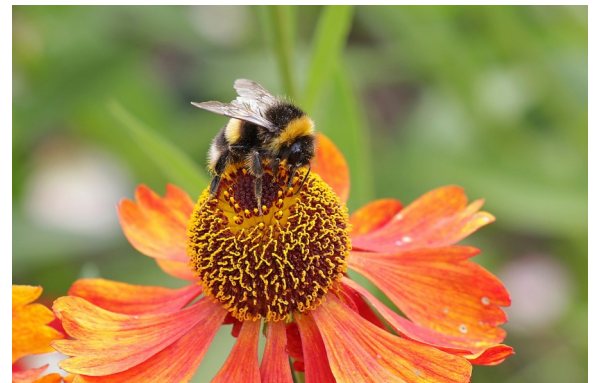


**Farm to School Success Stories:
Buying from Local Growers, Producers, and Processors**
Thursday, July 7, 3:00 PM —4:00 PM | [Register here](#)

Grant Opportunities

Little Seeds Pollinator Pals Grant (*Deadline: July 15, 2022*)

Little Seeds and KidsGardening are excited to announce the launch of the 2022 Little Seeds Pollinator Pals Grant. This grant will award a total of 20 programs \$500 in funding to develop new or expand existing pollinator gardens. Any nonprofit organization, school district, university, government entity, or tax-exempt organization, like religious organizations and Tribal governments, in the United States and US Territories serving at least 15 youth is eligible to apply. Programs must be planning a new or expanding an existing youth garden designed to teach about the importance of pollinators. Previous winners of the Little Seeds Pollinator Pals Grant are not eligible. Learn more and apply [here](#).



August is National Breastfeeding Month

This year's National Breastfeeding Month theme is "Together We Do Great Things." Did you know child care providers can play a major role in supporting breastfeeding families? Here are some ways you can help parents continue to breastfeed and/or provide expressed breastmilk while their child is in care:



- ⇒ Attend the State agency feeding infants training series in August ([click for registration links](#))
- ⇒ Train your staff how to promote and support breastfeeding
- ⇒ Write policies supporting breastfeeding families and employees
- ⇒ Share these policies with your staff and new parents
- ⇒ Display positive breastfeeding images around the center so staff and parents know that breastfeeding is welcome
- ⇒ Provide learning and play opportunities for children that normalize breastfeeding
- ⇒ Work with families to help them reach their infant feeding goals
- ⇒ Coordinate with local skilled breastfeeding support and know who to call when problems arise
- ⇒ Apply for the NC Breastfeeding-Friendly Child Care Designation

Click the image above to learn more about National Breastfeeding Month!

Supporting breastfeeding is also a smart business decision for child care providers. Being breastfeeding-friendly can help market your program to parents. Many families are interested in child care centers that support breastfeeding. Further, Supporting breastfeeding may help your center financially by reducing the cost of buying infant formula. It can also help with staff retention. Employers find less staff turnover when they have breastfeeding-friendly policies in place.



Did You Hear? The NC Breastfeeding-Friendly Child Care Designation is Back!



We are excited to announce that the Community Nutrition Services section is again accepting applications for the North Carolina Breastfeeding-Friendly Child Care Designation program. If you are a CACFP Operator serving infants, you are likely already meeting some of the requirements to become designated. If you have a space for parents or staff to breastfeed or pump milk and have a feeding plan for each baby, you're already on your way to achieving the designation. See [page 8](#) for information about the program and how to can apply.

Interested in Becoming a Breastfeeding Friendly Child Care Program?

Parents are looking for child care programs that support breastfeeding!

Designation Benefits

- Free Marketing and Recognition.
- Cost Savings (Breastmilk is Milk).
- Continued Enrollment.
- Healthy Kids and Parents.
- Reduced Absences.



"It's our job to focus on the whole child...There are not too many breastfeeding resources available in our communities. It is our hope to lead by example."
Designated Program Owner, Princeton Daycare Center



Programs designated as a NC Breastfeeding-Friendly Child Care after implementing five standards:

1. Written Policy.
2. Community Connections.
3. Professional Development.
4. Environment.
5. Curriculum.

And, you're already on the way if you have...

- Current feeding plans for children up to 15 months.
- A private space for breastfeeding.

Scan the QR code to start your application today!



- Work at your own pace via the online application.
- Applications reviewed twice a year—due March 31 or September 30.

Need help? Visit:

www.nutritionnc.com/breastfeeding/bf-childcare



Meet Your State Agency Staff

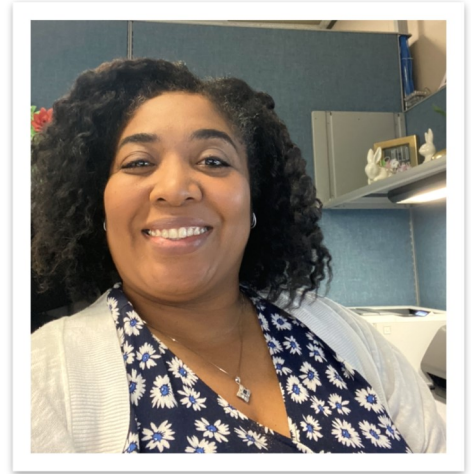
Candice Headley and Julie Sundermann

Candice Headley

Title/Role: Administrative Specialist I

Region: All of North Carolina / Raleigh Office

- **My favorite food is...**Poke Bowls and Okra cooked any style.
- **My favorite place and/or activity/event in North Carolina is...**Neuse River Greenway and Botanical Gardens at Asheville.
- **My favorite part of my job is...**working with the CACFP staff, especially my Nutrition, Training, and Policy Team colleagues. The opportunity to work alongside such dedicated teammates and learn something new every day makes my job rewarding.
- **The best tip I have for success in the CACFP is...**always check the "What's New Box" for updates, attend training, utilize the resources on the web, and don't be afraid to ask questions.
- **Fun Fact:** I grew up on the beautiful island of Trinidad and Tobago. I love my family, dresses, interior decorating, and anything Lenny Kravitz.



Julie Sundermann

Title/Role: Nutrition Program Consultant and Registered Dietitian (RD) with the Nutrition, Training, and Policy Team

Region: The whole state, but based in Raleigh

- **My favorite food is...**watermelon! Such a refreshing and delicious summertime fruit.
- **My favorite place in North Carolina is...**the sculpture park at the North Carolina Museum of Art. I love to take my dog there for walks, and it's a wonderful place for picnics! I also appreciate that it's free, can be enjoyed year-round, and has something for everyone.
- **My favorite part of my job is...**working on this CACFP e-newsletter! Having a newsletter for CACFP operators has been a dream of mine and others at the State agency for some time. I am so proud that we

have been publishing it for over two years now. If you have ideas on what you'd like to see featured in future issues, please let us know!

- **The best tip I have for success in the CACFP is...**attend the trainings and ask questions. Even if you are an expert in running the CACFP, it's good to refresh your knowledge and skills by attending trainings to keep up with the latest in the program. And, if you're new, the trainings are an awesome opportunity to learn.

Using CACFP Funds to Buy Garden-Related Materials & Local Foods



Incorporating seasonal and local produce into meals and snacks is a best practice for the Child and Adult Care Food Program (CACFP). We know our CACFP providers strive to meet this practice in a variety of ways, such as visiting local farms, shopping at farmers markets, and planting gardens. In addition to the enhanced nutrition of these fresh vegetables and fruits, integrating local foods into CACFP operations can provide valuable learning opportunities and help lessen the financial strain of rising food costs.

[FNS Instruction 796-2, Rev. 4](#) states that costs associated with growing food to be used in meal service and/or nutrition education are allowable costs. Examples include seeds, fertilizer, plot rental, gardening tools, and supplies needed for nutrition activities (e.g., cutting boards, plates, child-safe knives, etc.). To receive reimbursement for these items, procurement standards set forth by [7 CFR 226.22](#) must be followed, and these expenses must be listed in the institution's approved annual CACFP budget.



With CACFP 2023 Application Update beginning this month, institutions may be reflecting on food service expenses and deciding how to distribute CACFP reimbursement. We recommend institutions attend a 2023 Application Update training, which will also include information on completing the budget and how to list gardening supplies. Please visit the NC CACFP Training webpage or [Page 4](#) to register.



Receipts, invoices, etc. must be kept on file to document approved expenses. Ensure receipts of purchase, including those that may be handwritten, contain the date of purchase, name of the vendor or farm, item cost, amount, and total cost. Records of donated or harvested foods are to be retained as well. All documentation must be kept on file for three years, plus the current fiscal year.



Be sure to visit [the North Carolina Farm to CACFP webpage](#) to learn more about incorporating local foods into CACFP operations. The webpage contains helpful resources for getting started, documenting donated and harvested foods, educational materials, menus, and more!

The State agency is available to provide further guidance as needed. Contact your Regional Consultant, the Financial Management Team, or the Nutrition, Training, and Policy Team with any questions. We are happy to help!

Photos source: U.S. Department of Agriculture



Dry Beans and Peas

Purple Power Bean Wrap

NEWMAN ELEMENTARY SCHOOL

Needham, Massachusetts

Our Story

The Newman Elementary School is the largest elementary school in the Needham Public School District. Serving over 700 students in preschool through the 5th grade, Newman offers an engaging and supportive learning environment for all children.

The recipe competition was a great opportunity for the students to play a major role in sustaining a healthy school environment. Six students helped out with the recipe challenge. When great northern beans became available, the team took the challenge of preparing beans in a recipe that kids would eat and enjoy. The recipe challenge team worked for several weeks in the school kitchen trying different recipes that combined puréed beans with a variety of different ingredients.

They eventually decided that avocado and purple cabbage yielded the best color and flavor combination for the entrée. The end result was called Purple Power Bean Wrap. It's sure to surprise and delight your children!

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Steve Farrell

CHEF

Sue Findlay

COMMUNITY MEMBERS

Kim Benner (Parent) and Anne Hayek (Parent)

STUDENTS


James B., John B., Maeve B., Sophie F-W., Becca S., and Chloé M.

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains

Sandwiches F-15r

Ingredients	25 Servings		50 Servings		Directions Canned Beans Process #1: No Cook Dried Beans Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb OR 3 lb	1 qt 1 ⅓ cups (⅔ No. 10 can) OR 1 qt 1 ⅓ cups	6 lb OR 6 lb	2 qt 3 ⅓ cups (1 ½ No. 10 cans) OR 2 qt 3 ⅓ cups	1. Puree beans in food processor to a smooth consistency. Set aside.
*Fresh avocados, peeled, seeded	1 lb 6 oz	About 3	2 lb 12 oz	About 6	
*Fresh lemons, zested then juiced	About 3	1 Tbsp zest ½ cup juice	About 6	2 Tbsp zest 1 cup juice	2. Puree avocado, lemon zest and juice, garlic, oil, chili powder, and salt to a smooth consistency. Mix in pureed beans.
Fresh garlic cloves, minced		¼ cup		½ cup	
Extra virgin olive oil		3 Tbsp		¼ cup 2 Tbsp	
Chili powder		1 ½ tsp		1 Tbsp	
Salt		2 ¼ tsp		1 ½ Tbsp	
*Fresh purple cabbage, finely shredded	1 lb 2 oz	1 qt 1 cup	2 lb 4 oz	2 qt 2 cups	3. Combine shredded cabbage with bean mixture. Cover and refrigerate at 40 °F for no more than 2 hours to avoid avocado oxidizing and turning brown.
Whole-wheat tortillas, 10" (1.8 oz each)		25		50	
*Fresh romaine lettuce, shredded	1 lb 10 oz	3 qt 1 cup	3 lb 4 oz	1 gal 2 ½ qt	4. Using a No. 10 scoop (¾ cup) spread filling on bottom half of tortilla.
					5. Add ½ cup of lettuce and roll in the form of a burrito and seal.
					6. Cut diagonally in half.
					7. Critical Control Point: Hold for cold service at 40 °F or lower.
					8. Portion 1 wrap (two halves).

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.



Dry Beans and Peas

Purple Power Bean Wrap

Meal Components: Meat Alternate-Legume Vegetable-Dark Green Vegetable-Other Vegetable-Grains

Sandwiches F-15r

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.


Avocados vary in size according to the season. Please measure this product by weight and not by produce amounts.

Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
 Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
 Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.
 OR
 Chill for later use.
 Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¼ cups cooked beans.

Nutrients Per Serving (1 wrap)			
Calories	274.40	Saturated Fat	0.77 g
Protein	7.62 g	Cholesterol	0 mg
Carbohydrate	37.91 g	Vitamin A	2879.83 IU
Total Fat	9.53 g	(143.99 RAE)	
		Vitamin C	23.56 mg
		Iron	2.48 mg
		Calcium	53.97 mg
		Sodium	424.25 mg
		Dietary Fiber	8.36 g

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Dry great northern beans	1 lb 1 oz	2 lb 2 oz
Avocados	3 (2 lb)	6 (4 lb)
Lemons	3 (1 lb)	6 (2 lb)
Purple cabbage	1 lb 6 oz	2 lb 12 oz
Romaine lettuce	2 lb 2 oz	3 lb 6 oz

Serving	Yield	Volume
1 wrap (two halves) provides:	25 Servings: about 11 lb	25 Servings: 25 wraps
Legume as Meat Alternate: ½ oz equivalent meat alternate, ⅝ cup vegetable, and 1 ¾ oz equivalent grains.	50 Servings: about 22 lb	50 Servings: 50 wraps
OR		
Legume as Vegetable: ¾ cup vegetable and 1 ¾ oz equivalent grains.		
½ wrap (one half) provides:		
¾ cup vegetable and ¾ oz equivalent grains.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		