



North Carolina Division of Public Health  
Nutrition Services Branch  
Special Nutrition Programs Unit  
[www.nutritionnc.com](http://www.nutritionnc.com)

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# The North Carolina CACFP Messenger

## From the Special Nutrition Program Manager

Happy New Year CACFP Family,

Can you believe we are in 2022? January is always a time where we reflect on our successes, and we learn and grow from our mistakes. We all know that 2021 was a year like no other. We faced many challenges, from COVID-19 to staffing and day-to-day life experiences, just to name a few. We learned a lot; we overcame many challenges, and we fed, and continue to feed, our most vulnerable populations.

As we begin this new year, we always think about goals for the year and tasks we want to accomplish. I will be totally transparent and share some immediate goals within the State agency. The Special Nutrition Programs Unit has many vacant positions that must be filled. I'm sure many of you can relate. We will do our due diligence and bring on the best individuals for the positions, as we carry out the mission for our agency.

In addition to filling positions, you all are aware that the State agency is in the process of developing a new Management Information System. The new Management Information System will replace our current system of record known as NC CARES. The new system has a name now: NC PAC, which stands for **North Carolina Payment, Application, Compliance**. The thought process behind the name is there is a "Pact" between the State agency and our Institutions. We (the State agency and our Institutions, each of you) have a formal agreement (a pact) to serve our most vulnerable populations to the best of our abilities. The new system is one way that will allow us to do that efficiently and effectively.

As we start the new year we are in unified agreement. We agree to continue to provide exemplary services to our most vulnerable citizens of North Carolina. And, we continue to stand strong to ensure our youngest to our oldest participants receive nutritious meals. Let's make amazing things happen!

With Appreciation,  
Cassandra Williams, Special Nutrition Program Manager

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### Reminders

- **Friday, January 7 and February 4, from 1 to 2 PM**— next two [State agency calls with CACFP Institutions](#)
- **Saturday, January 29, 2022**— last day to submit November 2021 claims
- **Tuesday, March 1, 2022**— last day to submit December 2021 claims
- Check out our seasonal standardized recipe for a **Chicken and Egg Noodle Soup** on [page 9](#). Chinese New Year 2022 will fall on February 1st, 2022. Let's celebrate Chinese New Year with this hearty and comforting soup!



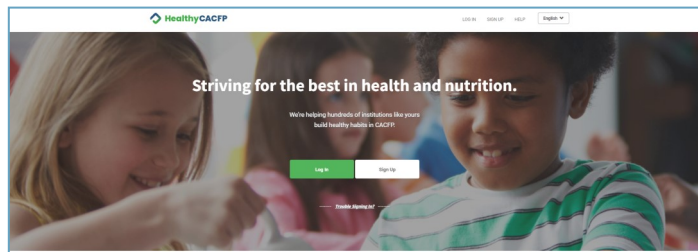


## Resources

**HealthyCACFP.org is now back. Become a Meal Planning Expert at HealthyCACFP.org!**

⇒ HealthyCACFP.org, created by the NC CACFP Nutrition, Training, and Policy Team, has online lessons designed specifically for our CACFP operators. At [HealthyCACFP.org](https://www.healthyCACFP.org), you'll discover free, interactive, on-demand lessons on the CACFP infant and child meal pattern requirements:

- Building Strong Kids With Milk
- Creating Nutritious Menus With Less Added Sugar
- Go for Whole Grains!
- Healthy Menus, Healthy Kids: Reduce the Juice!
- Infant Feeding: Develop Healthy Eating Habits
- Protein Power: Meat and Meat Alternatives



⇒ You'll also find lessons to help you meet some CACFP best practices:

- Making Snack Time Nutritious and Fun
- Farm to ECE: Getting Started With Local Foods

All of these fun, 30-minute online lessons will help child care centers and Sponsoring Organizations improve their understanding of the CACFP infant and child meal patterns and best practices. [HealthyCACFP.org](https://www.healthyCACFP.org) also offers corrective action lessons to guide centers and sponsored facilities through the process of correcting findings from compliance reviews.

Wherever you are in your CACFP journey, [HealthyCACFP.org](https://www.healthyCACFP.org) is a great place for getting the meal pattern information you need! Start building delicious, nutritious, and creditable menus today. It's fun, it's free, and it's all waiting for you at [HealthyCACFP.org](https://www.healthyCACFP.org). Check out [this video](#) and learn how easy it is to use [HealthyCACFP.org](https://www.healthyCACFP.org).



### Western North Carolina Farm to School Jumpstart Grant

#### WNC Farm to School Jumpstart Grants



⇒ **When is the application deadline?** January 15, 2022

⇒ **Who is eligible to apply?**

- Pre-K-12 schools, homeschool groups, and community-based organizations serving children and families
- Must be located within the 23 westernmost counties of NC (Alleghany, Ashe, Avery, Buncombe, Burke, Caldwell, Cherokee, Clay, Graham, Haywood, Henderson, Jackson, Macon, Madison, McDowell, Mitchell, Polk, Rutherford, Swain, Transylvania, Watauga, Wilkes, Yancey ) or the Qualla Boundary.

⇒ **Need more information?** Click [here](#).

## Announcements



**Goodbye NC CARES**—We will be changing from the North Carolina Claims and Reimbursement Electronic System (NC CARES) to a new system in Fall 2022. Thank you to those who weighed in on what the State agency should name the new system. We are pleased to share it will be called **NC PAC (Payment, Application, Compliance)**. Stay tuned for more details.

**CACFP Success Stories**—In anticipation of CACFP Week and National Nutrition Month in March, the State agency is looking for CACFP success stories. Follow [this link](#) to share your success stories. The first 20 Institutions to submit a story will receive a gift in the mail!



### Opportunity to Contribute to the Recognizing ECE's Advancing Children's Healthy Habits



**(REACH) Project**—[REACH](#) is a pilot project to recognize ECE programs across NC meeting child health best practices. They are seeking input on what you see as the key things that ECE programs can do to support children's wellbeing and the benefits you've seen from implementing health-related best practices. Share your perspective by taking their quick survey **by Friday, January 14**. (Sponsors, [use this link](#). ECE program professionals [use this link](#).) Your input will help REACH set the right

priorities and raise awareness of the incredibly important role that ECE programs play in children's health and development. Contact Ellie Morris at [reachrecognition@gmail.com](mailto:reachrecognition@gmail.com) with questions, suggestions, or to get more involved in the REACH project.

*The next monthly call with Institutions will be Friday, January 7, at 1 pm. We hope you can join us on Adobe Connect via [this link](#).*

### Meet our New Program Supervisor—Latosha Redd



My name is Latosha Redd. I have been working for the CACFP for 7 ½ years. My time outside of work is completely focused on spending time with my family, and it is what I enjoy the most. One of my favorite aspects of the CACFP is when the Institutions seek guidance from us, and I enjoy being that point of contact and a reference for them. I am looking forward to the continued growth in knowledge that I will accumulate and the relationships I will build working in this new role.

## Upcoming Trainings

- ⇒ **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 Sponsoring Organizations**
    - \* Wednesday, January 5, 9:00 AM - 12:00 PM | [Register here](#)
    - \* Wednesday, February 16, 1:00 - 4:00 PM | [Register here](#)
  - \* **Duties & Documents for Independent Centers**
    - \* Tuesday, February 15, 1:00 - 4:00 PM | [Register here](#)
- ⇒ **Compliance Review: Are You Ready?**—This webinar is designed to provide program managers with information, resources, and best practices for being prepared for a compliance review. Participants will learn why compliance reviews are necessary and understand the purpose of the review. Resources, tips, and best practices will be shared to help Institutions have a successful compliance review.
- \* Tuesday, January 11, 9:00 - 11:00 AM | [Register here](#)
  - \* Tuesday, February 22, 1:00 - 3:00 PM | [Register here](#)
- ⇒ **Sponsoring Organization Monitoring Tool Training**—The Sponsoring Organization (SO) Facility and Day Care Home Monitoring Tool and accompanying instructions were updated in October 2021. This training is designed to provide training on how to use the tool during a facility monitoring visit and highlight the recent revisions to the tool.
- \* **Sponsoring Organization Day Care Home Monitoring Tool Training**
    - \* Wednesday, January 19, 9:00 - 11:00 AM | [Register here](#)
  - \* **Sponsoring Organization Facility Monitoring Tool Training**
    - \* Wednesday, January 19, 2:00 - 4:00 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, January 25, 10:00 - 11:00 AM | [Register here](#)



\*



## Meet Your State Agency Staff

### Sherry Piurowski and Peace Ndalama



#### Sherry Piurowski

**Title/Role:** Business Officer

**Region:** Far western part of the state

- **My favorite food is...**spaghetti.
- **My favorite place and/or activity/event in North Carolina is...**walking, hiking, or just visiting the Blue Ridge Parkway.
- **My favorite part of my job is...**I get to work with the most amazing people within the State Agency (co-workers and administrative staff). They are truly a hard working and dedicated group. I also love diversity, and my job allows me the opportunity to work with Institutions of all sizes and dynamics, as well as travel through parts of North Carolina that I may never have seen otherwise.
- **The best tip I have for success in the CACFP would be...**to "never put off for tomorrow, what can be accomplished today." In addition, I would encourage Institutions to become very familiar with the regulations, stay on top of policy memos, attend all training offered (including taking advantage of all of the prerecorded webinars on the CACFP website), and put into place strong internal controls (edit checks).



#### Peace Ndalama

**Title/Role:** Finance and Business Compliance Analyst I

**Region:** Raleigh Office/Statewide

- **My favorite food is...**Nsima (a stiff maize flour porridge – a popular staple food in Malawi, Africa).
- **My favorite activity/place in NC is...**the North Carolina Zoo in Asheboro, North Carolina.
- **My favorite part of my job is...**helping to clarify the regulations and explain the procedures that govern the financial management of the CACFP.
- **The best tip I have for success in the CACFP is...**to familiarize yourself with the guidance documents, regulations, and requirements associated with the CACFP.

## Introducing New Beginnings to Employees

Effective managers learn to help their employees to deal effectively with changes. This article offers a process for introducing new beginnings to employees and the rules for reinforcing new beginnings.

### Share a Compelling Reason for a New Beginning

Beginnings involve new understandings, values, attitudes, and identities. Beginning or movement forward toward the new state is the final phase of a change process.

Timing a new beginning is not measured by dates written on an implementation schedule. Beginnings follow the timing of the mind and heart. You can't flip the switch, but you can build a foundation for moving to a new way of doing things using the **Four "Ps"**:

**(1) Clarify and Communicate the PURPOSE:** As a leader, you need to explain the purpose behind the outcome you seek. People must understand the logic of the transition before they turn their minds to it and accept it.

**(2) Paint a PICTURE:** Share your vision of success. Paint a picture of how the outcome will look and feel. People need to experience it imaginatively before they can give their hearts to it.

**(3) Create a PLAN:** Lay out a step-by-step plan for phasing in the outcome. People need a clear idea of how they can get where they need to go.

**(4) A PART to Play:** Give each person a part to play in both the plan and the outcome itself. People need a tangible way to contribute and participate in the new way of doing things.



### Rules for Reinforcing the New Beginning

**Rule One:** Be consistent in what you say and do. Lead by example.

**Rule Two:** Reward good performance and redirect poor performance.

**Rule Three:** Ensure quick successes. Quick successes reassure believers, convince the doubters, and confound the critics. Celebrate their successes.

For more information and/or assistance, contact the CACFP Training Team at [CACFPtraining@dhhs.nc.gov](mailto:CACFPtraining@dhhs.nc.gov).



## Black History Month Spotlight

February is Black History Month, a time to honor the lives and achievements of Black Americans. Here we'd like to spotlight a few people who have greatly contributed to the world of nutrition and the care of children.



### **George Washington Carver (1864-1943)**

When you hear George Washington Carver's name, you may instantly think of the peanut. However, did you know that Carver's goal as an agricultural scientist was to help poor farmers thrive? Carver was passionate about agriculture from a young age. Because of his ability to care for struggling plants, he became known in his community as the 'Plant Doctor.' He was the first Black student at the now Iowa State University. He later served as the Director of Agricultural Research at the now Tuskegee University. There, he focused his research on southern agriculture and discovered that rotating crops would nourish soil, thus helping farmers produce bountiful harvests. This not only helped farmers provide for their families, but it also helped to build the southern agricultural industry.

We know that many CACFP centers and day care homes have planted gardens to provide fresh vegetables and fruits for participants. George Washington Carver's discovery of crop rotation may be something to try in your gardens to keep your soil healthy!

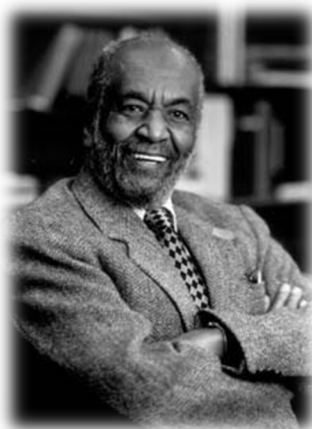
### **Edna Lewis (1916 – 2006)**

Edna Lewis made great contributions to the world of food and nutrition. Although she was a seamstress early in her career, her passion was southern-style cooking. Lewis and a business partner opened a successful restaurant in Manhattan where she would prepare dishes with a southern flare. Throughout her life Lewis celebrated many accomplishments in the restaurant industry and earned an honorary Ph.D. from Johnson & Wales University. She published several cookbooks encouraging the use of fresh, seasonal, and locally grown foods, which is also a CACFP best practice many of you include on your menus today! Lewis's culinary journey began on her family's humble farm in Virginia. Without kitchen tools, she would measure ingredients with what was available, sometimes using coins instead of measuring spoons. What a fantastic example of resourcefulness!



### **Edmund W. Gordon (1921 - )**

The educator, psychologist, minister, and author Edmund W. Gordon played a key role in the development of Head Start in the 1960s. Some of you operate Head Start programs and are aware of the many benefits this program offers to children and their families. Gordon was one of the founders of the program who worked to provide nutrition, education, and other services to deliver comprehensive care to low-income families. Today, Head Start continues to assist those in need, reaching over one million children and their families each year across the US.



Resources:

[National Peanut Board](#), [Science History Institute](#), [Women's History](#), [American University Magazine](#), [American Psychological Association](#)

Photo credits:

[Missouri Encyclopedia](#), [Kinfolk](#), [Horizons National](#)

# National CACFP Week

March 13-19, 2022



CACFP Week is designed to raise awareness of how the USDA's Child and Adult Care Food Program (CACFP) brings healthy foods to children and adults in care centers, homes and afterschool programs.

- ✓
Educate children and parents about healthy eating habits with the CACFP's free fun activities and communication tools.
- ✓
Raise Awareness of how the CACFP works to combat hunger.
- ✓
Promote the CACFP and advocate with a press release, a letter to congress and a request for proclamation.
- ✓
Share #CACFPWeek on social media and show your appreciation to all of those who work with CACFP every day.



Visit [cacfpweek.org](http://cacfpweek.org) to learn more!







## Easy Chicken and Egg Noodle Soup

Add Asian flavors to a traditional chicken soup using soy sauce, garlic, and ginger.

### CACFP CREDITING INFORMATION

1 ¼ cups (portion with 12-fl-oz ladle, fill ¾ of the ladle to provide 10 fl oz) provides 1 ½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		2 Tbsp 2 tsp		½ cup	<ol style="list-style-type: none"> <li>Heat canola oil in a large pot or tilting kettle over medium–high heat.</li> <li>Add onions and cook for 5 minutes or until onions are soft.</li> <li>Stir in ginger, garlic, salt, and pepper. Cook for 3 minutes or until ginger and garlic become fragrant.</li> </ol>
*Onions, fresh, peeled, ¼" diced	1 lb 1 oz	1 qt ¼ cup	2 lb 2 oz	2 qt ½ cup	
Ginger, fresh, grated OR ginger, ground		1 Tbsp 1 tsp OR 2 tsp		2 Tbsp 2 tsp OR 1 Tbsp 1 tsp	
*Garlic, fresh, minced OR garlic, jar, minced		4 cloves OR 2 tsp		8 cloves OR 1 Tbsp 1 tsp	
Salt, table		1 tsp		2 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken breast, boneless, skinless, cooked, ½" diced	2 lb 6½ oz	2 qt 1⅔ cup	4 lb 13 oz	1 gal 3⅓ cup	<p><b>4</b> Add chicken, chicken broth, and soy sauce. Bring to a boil and continue cooking on medium–high heat, about 15–17 minutes.</p> <p>Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
Chicken broth, low-sodium	168 fl oz	1 gal 1 qt 1 cup	336 fl oz	2 gal 2 qt 2 cup	
Soy sauce, low-sodium		½ cup		1 cup	
Stir-fry/Chinese egg noodles, enriched, uncooked	12½ oz		1 lb 9 oz		<p><b>5</b> Stir in noodles and cabbage. Cook for 4 minutes or until noodles are soft.</p>
*Cabbage, fresh, shredded	12½ oz	1 qt 2¼ cup	1 lb 9 oz	3 qt ½ cup	
*Spinach, fresh, baby leaves, whole, packed	1 lb 1 oz	1 gal	2 lb 2 oz	2 gal	<p><b>6</b> Stir in spinach, green onions, and sesame oil. Remove from heat.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
*Green onions with tops, fresh, chopped	2 oz	⅔ cup	4 oz	1¼ cup	
Sesame oil		2 tsp		1 Tbsp 1 tsp	
					<p><b>7</b> Serve 1¼ cups (portion with 12 fl oz ladle, fill ¾ of the ladle to provide 10 fl oz).</p> <p>Hold at 140 °F or higher.</p>



## NUTRITION INFORMATION

For 1 ¼ cups (portion with 12 fl oz ladle, fill ¾ of the ladle to provide 10 fl oz).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>194</b>
<hr/>	
<b>Total fat</b>	<b>7 g</b>
Saturated Fat	2 g
Cholesterol	54 mg
<b>Sodium</b>	<b>402 mg</b>
<b>Total Carbohydrate</b>	<b>15 g</b>
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>18 g</b>
<hr/>	
Vitamin D	N/A
Calcium	55 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

## MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 4 oz	2 lb 7 oz
Green onion	3 oz	5 oz
Garlic	4 cloves	8 cloves
Baby spinach leaves	1 lb 1 oz	2 lb 2 oz
Green cabbage	15 oz	1 lb 13 oz

## NOTES

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

One clove is about ½ teaspoon minced.

### Variations

For a lower cost option, cook raw chicken breast to 165 °F and cut into ½" diced pieces. For 25 servings use 3 lb 4¾ oz and for 50 servings use 6 lb 9½ oz.

If chicken is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Hold raw chicken at 40 °F or lower.

If serving younger children, chop spinach.

Spaghetti noodles may be substituted for the Asian egg noodles; however, cooking time will vary.

## YIELD/VOLUME

25 Servings	50 Servings
16 lb 10 oz	33 lb 6 oz
1 gal 3 qt 3½ cup	3 gal 3 qt 3 cup

