



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

March/April 2022
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The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

Teamwork is the collaborative effort of a group to achieve a common goal or to complete a task in the most effective and efficient way. It is a group of interdependent individuals who work together towards a common goal.

As the days, weeks, and months go by, I am truly understanding what the word teamwork means. I am amazed daily by our collaborative efforts towards the common goal of providing nutritious meals to our most vulnerable populations. When you stop and take a minute to realize who makes up the team, it's our day care home providers, our sponsored centers, our institutions, the State Agency, and FNS. As a team, we have continued to meet the demands of the program and accomplish the goal of ensuring nutritious meals are being served to our participants.

I just want to take a moment and thank you for being part of the team. Together, we do make a difference. As we celebrate National CACFP Week in March, please know that each of you are appreciated.

Best regards,

Cassandra
Child and Adult Care Food Program Manager

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Reminders

- **Friday, March 4 and April 1, from 1 to 2 PM**—next two [State agency calls with CACFP Institutions](#)
- **Friday, April 1, 2022**—last day to submit January 2022 claims
- **Friday, April 29, 2022**—last day to submit February 2022 claims
- Check out our seasonal standardized recipe for a **Spinach Salad with Raspberry Vinaigrette Dressing** on [p. 9](#)
- Don't forget **March is National Nutrition Month** and **March 13 -19 is CACFP Week!**



Resources



Team Nutrition New Quiz

Team Nutrition released their new web quiz, *Older Adult Nutrition Quiz*. This quiz focuses on nutrition for older adults. Test your knowledge and take the 10-question quiz [here](#). View the complete web quiz collection [here](#).

Milk: Part of a Healthy Eating Pattern

Milk is an essential part of a healthy diet. Learn why milk is important for development and what types of milk you can serve in the CACFP with this [resource](#). Test your knowledge with [Team Nutrition's Milk in the CACFP Web Quiz](#).

New Recipes from Team Nutrition!

Team Nutrition just released 10 new lunch/supper recipes for the CACFP! These quick-and-easy recipes are standardized to meet the minimum serving amount of at least one meal component at lunch/supper for children ages 3 through 5 and 6 through 18 years. Recipes are available in yields of 6, 25, and 50 servings, making them perfect for centers and family day care homes. Visit the Institute of Child Nutrition's Child Nutrition Recipe Box to access these new recipes.

- ⇒ Children ages 3 through 5: [\[6 Servings\]](#) [\[25-50 Servings\]](#)
- ⇒ Children ages 6 through 18: [\[6 Servings\]](#) [\[25-50 Servings\]](#)



National Garden Month

April is **National Garden Month** and what better way to celebrate than by starting a garden at your facility! Whether large or small, gardens are a great way to provide fresh vegetables and fruits to your participants. Did you know that your CACFP funds can be used to purchase seeds, fertilizer, labor, or other costs associated with growing foods that will contribute to your CACFP reimbursable meals? Just make sure this expense is included in your budget and then approved by the State agency. Check out the resources on [our website](#), under [Farm to CACFP](#) to get started!

What's in Our Library?: A Compilation of City Blossoms' Favorite Books for Kids and Their Educators

What's in Our Library is a free resource of over 200 garden, nature, and food-themed books for children ages two to ten curated by [City Blossoms](#). View resource [here](#).



North Carolina Food and Nutrition Resource Programs Guide

The NC Food and Nutrition Resource Programs Guide ([English](#) or [Spanish](#)) was curated by the NC Department of Health and Human Services and provides information on the USDA Food and Nutrition Service programs available in NC.

Western North Carolina Farm to School Jumpstart Grant

The Appalachian Sustainable Agriculture Project's Growing Minds Jumpstart Grant is now open! Eligible schools and organizations can apply for funding in the amount of \$500 to \$1,000 to support their farm to school project. Funding can be used to start new projects or to expand upon existing activities. Pre-k through 12 schools, homeschool groups, teacher and nutrition education programs, and community-based organizations serving children and families are eligible to apply. Schools/organizations must be located within the 23 westernmost counties of NC. Applications are due on the 15th of each month through August 2022. See [here](#) for more details.

Announcements

Effective February 1st 2022, the Division of Public Health has officially changed to the Division of Child and Family Well-Being (DCFW). We will build upon the department’s vision to promote healthy and thriving children in safe, stable, and nurturing families, schools, and communities. The DCFW will continue to meet the health, social, and education needs of children, youth, and families in North Carolina. Be on the lookout for updates to our website and other program materials from the State agency reflecting this exciting change!



Previously	New
Division of Public Health (DPH)	Division of Child and Family Well-Being (DCFW)
Nutrition Services Branch (NSB)	Community Nutrition Services Section (CNSS)
Special Nutrition Programs (SNP)	Child and Adult Care Food Program Unit (CACFP)

IMPORTANT

Renew SAM before the expiration day!

Every year, you need to revalidate and renew your SAM registration within the system.

All system accounts need to be renewed annually. If renewal is not completed on time, the system account will deactivate.

To renew a system account, log into [SAM.gov](https://sam.gov) to verify your account information and make a note of your institution’s expiration date.

DUNS ➔ Unique Entity ID (SAM)

As you may be aware, all entities wishing to do business with the federal government must have a unique entity identifier known as the DUNS number. **On April 4, 2022**, the U.S. government will switch from using the DUNS number to a new Unique Entity ID (SAM), also known as a UEI. Here is what you need to know:

If your Institution has a DUNS number, you do not need to do anything more than keep your SAM.gov registration up to date. As you go through the renewal process, the UEI will be assigned.

Prior to April 2022, you will continue going to [Dun & Bradstreet](https://dunbradstreet.com) to get a DUNS number to register your entity in [SAM.gov](https://sam.gov). You will be assigned a Unique Entity ID (SAM) as a part of the [SAM.gov](https://sam.gov) registration process.

After April 2022, you will be assigned a Unique Entity ID (SAM) as part of the [SAM.gov](https://sam.gov) registration process. You will no longer need a DUNS number for registration. For information about how to get your Unique Entity ID (SAM) without needing to complete an entity registration on SAM.gov, view this [video](#) posted by General Services Administration (GSA). If you have questions, please contact the CACFP [Financial Management Team](#).

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 Independent Centers**
Wednesday, April 6, 9:00 AM - 12:00 PM | [Register here](#)
 - * **Duties & Documents for Sponsoring Organizations**
Thursday, April 7, 9:00 AM - 12:00 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.
- * Wednesday, April 13, 1:00 - 3:00 PM | [Register here](#)



Monthly Institutions Calls

Have you missed any of the State agency's recent calls with Institutions? They are usually on the first Friday of each month at 1 PM. We now post the slides on [our website](#) — find them under “Program Resources,” then “Monthly Institutions Call.”



Our next calls will be [Friday, March 4 1-2 PM](#) and [Friday, April 1 at from 1-2 PM](#). We hope you can join us on Adobe Connect via [this link](#).

Meet Your State Agency Staff Joe Patton and Glynnis Acklin-Newkirk

Joe Patton

Title/Role: Finance & Business Compliance Analyst I

Region: Raleigh



- **My favorite food is...**hamburgers cooked on the grill.
- **My favorite activity/event in North Carolina is...**attending East Carolina University football games.
- **My favorite part of my job is...**sharing information about the program and helping people.
- **The best tip I have for success in the CACFP is...**this program requires an attention to detail and documentation.

Glynnis Acklin-Newkirk

Title/Role: Finance and Business Compliance Analyst I

Region: Cumberland, Hoke, Harnett, Moore, Scotland, Moore, Robeson and Wake (Temporarily)

- **My favorite food is...**Carimanolas. (Panamanian street food that consist of mashed cassava filled with beef, chicken, or cheese.)
- **My favorite place and/or activity/event in North Carolina is...**spending the Holiday at the Beach listening to the ocean and relaxing.
- **My favorite part of my job is...**visiting with the Institutions and Sponsoring Organizations every three years or more often and seeing how they have grown within the program and their understanding of CACFP.
- **The best tip I have for success in the CACFP would be...**read and ask questions if you need assistance. CACFP Staff is here to help you, and the only way we will know if you need assistance is if you ask. This is a wonderful, yet complex program; however, taking the time to learn, it is rewarding!



North Carolina’s First Statewide Survey Results for Farm to Early Care and Education Now Available!

(December 14, 2021) — Today, the NC Farm to Preschool Network released the results of their statewide **2021 North Carolina Farm to Early Care and Education (F2ECE) Survey**, which shows that NC providers are incorporating local foods by purchasing and/or growing them and teaching about them even as challenges and resource needs exist. Launched in early 2021 and completed by 656 early care and education (ECE) providers in 83 of NC’s 100 counties, the survey assessed activities, strengths, challenges, resource needs, and program characteristics. Research from the National Farm to School Network and others shows that farm to ECE activities help create high quality learning environments that promote lifelong health and wellness for children and families and can help create a more just food system.



77% HAVE PARTICIPATED IN F2ECE ACTIVITIES



The survey found that farm to ECE is reaching across North Carolina. Seventy-seven percent of respondents are already doing farm to ECE activities, including teaching lessons about local food (69%); serving local food in meals, snacks, or taste tests (64%), and gardening at the center/home (57%). Despite the negative impacts of the Covid-19 pandemic which created multiple challenges for child care programs, 656 respondents still completed the Network’s survey and proved that Farm to ECE is reaching across North Carolina.

Top F2ECE challenges identified across three questions dealing with serving local food, growing local food and teaching lessons about local food included: low/no funding to implement new activities (48%); limited space (40%); lack of personal knowledge about gardening, local foods, culinary skills, etc. (35%); limited or no farmers’ markets to shop at (32%); limited partners (or extra people) in the community that can help (31%); and unsure how to use the Child and Adult Care Food Program (CACFP) for local food and/or F2ECE (30%). Funding, space, farmers’ markets, increased awareness, and partnerships are needed to ensure that ECE providers across the state can start and expand farm to ECE activities.

GREATEST F2ECE CHALLENGES



Survey results will be used by the NC Farm to Preschool Network Advisory Committee (and our partners) to create an action plan with ECE providers to grow an equitable movement within our programs and communities so that *“all North Carolina children get a healthy start and develop to their full potential in safe and nurturing families, schools, and communities”* (vision statement from the [NC Early Childhood Action Plan](#)). The Network wants every young child in NC to have the opportunity to thrive and also wants to support and elevate our ECE heroes and community leaders in their transformative work to nourish our youngest learners’ bodies and minds and help local sustainable agriculture flourish.

Explore the full report and other survey resources to learn about the scope and reach of farm to ECE and opportunities to grow the movement across North Carolina at [NCFarmtoECESurveyResults](#).

S.M.A.R.T. Goals

We all have goals we want to achieve. Whether we successfully meet our goals can often depend on how we set them. One strategy for setting achievable goals is the S.M.A.R.T. goal method.

S.M.A.R.T. stands for **S**pecific, **M**easurable, **A**chievable, **R**elevant, and **T**ime-bound. Asking the questions in the chart below will help you develop clear and realistic objectives for what you want to accomplish. The example illustrates how using the S.M.A.R.T. method can narrow in on a specific goal and create a strong plan for success.

Example: ABC Child Care facility has a goal to begin onsite gardening. While this is a great goal, it is not specific. Let's see how using the S.M.A.R.T. method will help this facility better define their goal.



Specific	<ul style="list-style-type: none"> • What do you want to achieve and why is the goal important? • Who will be involved and where will the goal take place? • Which steps are needed to achieve the goal? <p><i>ABC: Use gardening at the facility to teach the benefits of gardening and enhance meal service. Staff will be involved in the planning, planting, maintenance, and harvesting of foods as part of lessons, and meal planning and preparation.</i></p>
Measurable	<ul style="list-style-type: none"> • How will you know when the goal is achieved? <p><i>ABC: Plant three different varieties of produce: leafy greens, tomatoes, and peas.</i></p>
Achievable	<ul style="list-style-type: none"> • Is the goal challenging yet attainable? • How will you overcome any obstacles? <p><i>ABC: Container gardening is realistic for the facility which is new to gardening and has limited space. As noted in their approved budget, CACFP funds will be used to purchase supplies.</i></p>
Relevant	<ul style="list-style-type: none"> • Is the goal in alignment with your values and priorities? • Is this the right time to be setting the goal? <p><i>ABC: Providing fresh produce is a CACFP best practice. The facility has budgeted for gardening supplies in their approved CACFP budget, and staff is enthusiastic about the project.</i></p>
Time-bound	<ul style="list-style-type: none"> • What is a realistic time frame for completing the goal? <p><i>ABC: Facility will begin the gardening project April 1st, and seeds will be planted by April 30th. The Program operator will post a chart in the office with weekly milestone dates and staff assignments for each part of the process: planning, getting supplies, planting seeds, maintenance, and harvesting.</i></p>
ABC Child Care's S.M.A.R.T. GOAL	<p><i>Use container gardening to meet the CACFP best practice of including fresh produce in menu planning by planting three varieties of produce (leafy greens, tomatoes, and peas) and beginning on April 1st. All seeds will be planted by April 30th, and staff will track progress each week using the chart posted in the office.</i></p>

Whatever the goal, by fine tuning your objectives with the S.M.A.R.T. method, you will have a clear picture of what you are working to accomplish, helping you to stay focused and motivated all the way to success!

Cream of Wheat®

Cream of Wheat® is a hot, enriched cereal made from wheat farina. There are many varieties of Cream of Wheat® on the market. Some are creditable as a grain in the CACFP; some are not. Two varieties meet the criteria for a whole grain-rich grain. Please see the list below for more information.

Creditable as a grain, but not a whole grain (made with enriched wheat):

- Original 1 minute
- Original 2 ½ minute
- Original Instant



Ingredients: Wheat Farina, Calcium Carbonate, Salt, Defatted Wheat Germ, Guar Gum, Natural Flavor, Ferric Orthophosphate, Niacinamide, Thiamine Mononitrate, Pyridoxine Hydrochloride, BHT, Riboflavin, Folic Acid, Cholecalciferol.

Creditable as a whole grain:

- Whole Grain 2 ½ minute
- Whole Grain Instant



Ingredients: Whole Grain Wheat, Whey Protein Isolate, Calcium Carbonate, Salt, Defatted Wheat Germ, Guar Gum, Natural Flavor, Ferric Orthophosphate, BHT, Niacinamide, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Cholecalciferol.

Not Creditable:

- Bananas & Cream Instant
- Banana with Real Walnuts Instant
- Cinna-Apple Walnut with Real Apples Instant
- Cinnabon® Instant
- Cocoa Nut with Real Almonds Instant
- Maple Brown Sugar Instant
- Maple Brown Sugar with Real Walnuts Instant
- Mixed Berry with Real Almonds Instant



Ingredients: Wheat Farina, Sugar, Calcium Carbonate, Natural Flavors, Guar Gum, Salt, Defatted Wheat Germ, Dry Molasses, Caramel Color, Ferric Orthophosphate, Niacinamide, BHT, Thiamine Mononitrate, Pyridoxine Hydrochloride, Riboflavin, Folic Acid, Cholecalciferol.

Per the company's [website](#), the sugar content for these varieties is 10-14 grams per 35 gram serving, which exceeds the sugar limit for this serving size.

Note: Product ingredients can change – always check the ingredient list to ensure the product is creditable. Feel free to contact the NC CACFP Training Team for guidance: CACFPtraining@dhhs.nc.gov.



Spinach Salad With Raspberry Vinaigrette Dressing

Try this simple spinach salad. The aromatic flavors and texture combinations will excite the taste buds.

AGES: 3–5 years

PREP TIME: 1 hour

COOK TIME: 15 minutes

CACFP CREDITING INFORMATION

¼ cup vegetable

¼ cup fruit

1½ oz eq meat alternate

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Eggs, fresh, large		19		38	<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 Place eggs in an extra-large pot. Add water until there is 1" of water above the eggs. Place on the stove on medium-high heat. Bring to a boil. Remove eggs from heat. Cover. Let eggs stand in hot water for 12 minutes to hard-boil the eggs. Wash hands after touching uncooked eggs. 3 While eggs are cooking, prepare an ice bath. Place ice and water in a bowl. Set aside.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					4 When eggs are done cooking, carefully remove eggs from water with a slotted spoon. Place eggs in the ice bath for 10 minutes.
					5 Peel eggs. Cut into quarters. Set aside.
Olive oil, extra virgin		¼ cup		½ cup	6 To make salad dressing: In a small bowl, combine oil, vinegar, honey, and salt. Whisk to blend.
Vinegar, raspberry		½ cup		1 cup	
Honey, pasteurized		¼ cup		½ cup	
Salt, table		½ tsp		1 tsp	
Baby spinach, fresh	2 lb 8 oz	12½ cups	5 lb	25 cups	
Cranberries, dried	15 oz	3⅞ cups	1 lb 14 oz	1 qt + 2¼ cups	7 In a large bowl, combine spinach, cranberries, and sunflower seeds. Add dressing. Toss. If not serving immediately, store salad, eggs, and dressing separately in the refrigerator at 40 °F or lower to prevent salad from wilting.
Sunflower seeds, unsalted		½ cup		1 cup	
Parmesan cheese, grated		1 Tbsp + 1 tsp		2 Tbsp + 2 tsp	
					8 Sprinkle with parmesan cheese.
					9 Serve ⅔ cup salad with 3 egg quarters. Serve immediately, or keep cold at 40 °F or lower.

NUTRITION INFORMATION

2/3 cup Spinach Salad With Raspberry Vinaigrette Dressing and 3 egg quarters

NUTRIENTS	AMOUNT
Calories	175
<hr/>	
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	140 mg
Sodium	138 mg
Total Carbohydrate	21 g
Dietary Fiber	2 g
Total Sugars	5 g
Includes Added Sugars	N/A
Protein	7 g
<hr/>	
Vitamin D	N/A
Calcium	70 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains eggs (boiled eggs), milk (parmesan cheese), and seeds (sunflower seeds).** Some sunflower seeds are processed on equipment shared with common allergens, which include milk, peanuts, tree nuts, eggs, fish, shellfish, soy, wheat, and sesame.
- **Choking Risk:** Dried fruit and seeds may be a choking risk for children under the age of 4.
- The ice bath will cool the eggs quickly and make them easier to peel.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 7 lb 10 oz	Weight: 15 lb 4 oz
Yield: 1 gal 1 cup salad and 19 eggs	Yield: 2 gal 2 cups salad and 38 eggs