



North Carolina Division of Child and Family Well-Being
 Community Nutrition Services Section
 Child and Adult Care Food Program
www.ncdhhs.gov/nccacfp

March/April 2023
 Volume 4, Issue 2



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

Happy National Nutrition Month®! This year’s theme is “Fuel for the Future.” What a perfect way to think about the important work of CACFP Operators. Not only do you provide fuel—through nutritious meals and snacks—for nearly 98,000 North Carolinians daily, but you are helping to “fuel” a lifetime of healthy eating habits. People of all ages need good nutrition to grow, develop, and thrive, and CACFP plays a key role in this. CACFP participants often eat 2/3 of their daily food intake while in your care! Kudos to all of you for the important work you are doing to feed infants, children, and adults.

National CACFP Week is also coming up this month. It will be March 12-18. We look forward to celebrating with some fun trivia questions on our next Institution call on Friday, March 3, at 1 pm, and encourage you to check out the daily webinars that the Sponsor’s Association is hosting. There will be one each day from Monday, March 13 to Friday, March 17. Check page 7 for more info!

And, on a different note, have you been wondering when the State agency will switch from NC CARES to NC CACFP Connects? We are happy to report that NC CACFP Connects will go live on May 23. We have been working hard to get things just right and appreciate your patience. We are excited to share the new system with you. Prior to the launch date, we have planned a variety of virtual training sessions for mid-May. Please see page 2 for details, and don’t forget to save the date for a training that works best for your schedule.

In partnership,

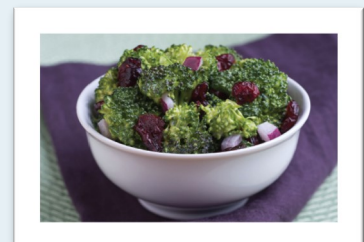
Cassandra Williams
 Child and Adult Care Food Program Manager

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Reminders

- **Friday, March 3, and Friday, April 14, from 1 to 2 PM**—next two [State agency calls with CACFP Institutions](#)
- **Monday, April 3, 2023**—last day to submit January 2023 claims
- **Monday, May 1, 2023**—last day to submit February 2023 claims
- **March** is National Nutrition Month and National Garden Month! Be sure to see pages [6](#) and [8](#) for more info
- Check out our seasonal



Announcements

USDA FNS published two new policy memos on February 15, 2023. Please be sure to review these memos and contact the Nutrition, Training, and Policy team at CACFPtraining@dhhs.nc.gov with any questions. CACFP Operators are responsible for knowing and understanding all CACFP regulations, policies, handbooks, guidelines, and procedures.

[CACFP 02-2023](#): Offsite Monitoring of the Child and Adult Care Food Program and School Meal Programs After the Public Health Emergency Ends

[CACFP 03-2023](#): Reimbursement for Meals and Snacks Served at Child and Adult Care Food Program Emergency Shelters After the Public Health Emergency Ends



*Our next monthly Institution calls will be **Friday, March 3**, and **Friday, April 14**, from 1-2 PM. We hope you can join us on Adobe Connect via [this link](#).*

NC CACFP Connects Key Dates

- ✓ **Monday, May 1:**
Last day to submit February 2023 claims
- ✓ **Friday, May 5:**
Last day to file a monthly claim in NC CARES
- ✓ **May 6 - 22:**
Institutions will not be able to file a claim during this time
- ✓ **May 8 - 19:**
NC CACFP Connects Virtual Training
- ✓ **May 9, 2023**
Last day to access NC CARES
- ✓ **May 23:**
NC CACFP Connects opens and claims may be filed in the new system
- ✓ **May 30:**
Last day to submit March 2023 claims

NC CACFP Connects Updates

Training Dates for Independent Centers
Tuesday, May 9, 1:00—3:00 pm
Wednesday, May 10, 9:00—11:00 am
Thursday, May 11, 1:00—3:00 pm
Monday, May 15, 1:00—3:00 pm
Tuesday, May 16, 9:00—11:00 am
Wednesday, May 17, 1:00—3:00 pm
Thursday, May 18, 9:00—11:00 am
Friday, May 19, 9:00—11:00 am
Training Dates for Sponsoring Organizations
Monday, May 8, 1:00—3:30 pm
Tuesday, May 9, 9:00—11:30 am
Wednesday, May 10, 1:00—3:30 pm
Thursday, May 11, 9:00—11:30 am
Friday, May 12, 9:00—11:30 am
Tuesday, May 16, 1:00—3:30 pm
Wednesday, May 17, 9:00—11:30 am
Thursday, May 18, 1:00—3:30 pm

As you can tell, the switch from NC CARES to NC CACFP Connects is going to be busy. The State agency wants to make you aware of these dates so that you can plan accordingly.

The week of May 1-5 will be the last chance to file a monthly claim for reimbursement in NC CARES. If you would like to file your April claim in NC CARES, you must submit it by May 5. The State agency will close NC CARES in order to transfer all Institutions' data to NC CACFP Connects. This means, if you don't file your April claim by May 5, you will need to wait until after May 23 to file in it the new system.

Virtual training on how to use NC CACFP Connects will be required. We will also host "office hours" during which you may call in for individual assistance with NC CACFP Connects. More details and registration links!

Resources

The FY 2023-2024 Income Eligibility Guidelines have been published and are available for you to download from [our website](#) (under “Income Eligibility Guidelines”). Please note these guidelines are effective from July 1, 2023 to June 30, 2024. Institutions will continue to use Income Eligibility Guidelines for FY 2023 until June 30, 2023.

North Carolina Department of Health and Human Services
Division of Child and Family Well-Being, Community Nutrition Services Section
CHILD AND ADULT CARE FOOD PROGRAM
INCOME ELIGIBILITY GUIDELINES FY 2024
Effective from July 1, 2023 to June 30, 2024

The following household size and income are used to determine CACFP eligibility categories of Free, Reduced, or Paid/Overhead. Dollar amounts below show the upper end of the Free and Reduced income categories. Income below the dollar amount in the Free column are classified as Free. If the family income is over the dollar amount in the Free column, but less than the dollar amount in the Reduced column, the income eligibility is classified as Reduced. Income over the Reduced dollar amount in the Reduced column are classified as Paid/Overhead.

HOUSEHOLD SIZE	YEARLY		MONTHLY		TWICE PER MONTH		EVERY TWO WEEKS		WEEKLY	
	Free	Reduced	Free	Reduced	Free	Reduced	Free	Reduced	Free	Reduced
1	\$18,954	\$26,970	\$1,580	\$2,248	\$790	\$1,124	\$790	\$1,088	\$395	\$515
2	\$25,636	\$36,482	\$2,137	\$3,040	\$1,069	\$1,520	\$1,069	\$1,404	\$543	\$702
3	\$32,318	\$45,995	\$2,694	\$3,833	\$1,347	\$1,917	\$1,347	\$1,769	\$662	\$865
4	\$39,000	\$55,500	\$3,250	\$4,625	\$1,625	\$2,313	\$1,625	\$2,135	\$790	\$1,015
5	\$45,682	\$65,000	\$3,807	\$5,418	\$1,904	\$2,709	\$1,904	\$2,581	\$879	\$1,124
6	\$52,364	\$74,518	\$4,364	\$6,210	\$2,182	\$3,105	\$2,182	\$2,884	\$1,015	\$1,285
7	\$59,046	\$84,031	\$4,921	\$7,001	\$2,461	\$3,502	\$2,461	\$3,271	\$1,124	\$1,440
8	\$65,728	\$93,545	\$5,478	\$7,795	\$2,739	\$3,888	\$2,739	\$3,594	\$1,233	\$1,590

For each additional family member, add:
\$6,682 \$9,509 \$557 \$793 \$279 \$397 \$157 \$204

Example: A household of 4 with a yearly income of \$40,000.00 would be classified as Reduced.
NC CACFP - Income Eligibility Guidelines FY 2024 (02/2023)

Updated

CN XXXXXX


Each 5.00 oz. slice Whole Grain Cheese Pizza provides 2.00 oz. equivalent meat alternate, 2.00 oz. equivalent grains, and 1/8 cup red/orange vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA mm/yy).

CN

CN

Note: The CN number on the sample label is not an actual CN number. A valid CN label will never have XXXXXX as a CN number.

MEALTIME MEMO



Check this Out

Announced via email on February 7th, 2023, check out this GREAT information on CN labels from the [Institute of Child Nutrition](#): “Are you confused by child nutrition (CN) labels? Do you know when you need to get one? Which foods may have a CN label, or how to use them? You are not alone. CN labels can be intimidating but also highly useful. [This Mealtime Memo](#) will guide you through the basics of the CN label and answer some frequently asked questions.”



New and Updated—Discover MyPlate: Nutrition Education for Kindergarten

USDA announced via email on January 26th, 2023 that Team Nutrition has new and updated “Discover MyPlate: Nutrition Education for Kindergarten” resources. Team Nutrition has expanded the set to include additional foods, Spanish-language components, and fun new resources showing where foods come from.

- Kindergarten teachers can use the standards-based lessons to help kids learn about nutrition while also reinforcing math, science, English language arts, and health education content.
- School Nutrition Professionals can reinforce key Discover MyPlate messages at school meals.
- Parents/caregivers can use these fun readers, activity sheets, and more to help their child learn about food while practicing reading and math skills.

All materials are free and available online at [Discover MyPlate: Nutrition Education for Kindergarten](#).

How does popcorn credit in the CACFP?

Many people wonder if popcorn would be creditable in the CACFP. The answer is YES, it is! Watch [this](#) one-minute video, “Meal Pattern Minute: Crediting Popcorn” from National CACFP Sponsors Association and learn how to credit popcorn in the CACFP.



Resources (cont.)

Have you ever visited the USDA Food and Nutrition Service [YouTube channel](#)? Not only are there recorded CACFP webinars, but there are also short CACFP cooking videos that are less than 3 minutes long. Check out these fun and creative recipe ideas—it doesn't take long to learn something new. Some of the videos are also available in Spanish. We know you'll find something great to try at your facilities.



Videos Less than 3 Minutes	Video Language by Age Group
 <p>Taco-Seasoned Stuffed Peppers Recipe for Children Ages 6-18 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18 [Spanish] Ages 3 - 5 , Ages 6 - 18
 <p>Baked Tofu Bites Recipe for Children Ages 6-18 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18 [Spanish] Ages 3 - 5 , Ages 6 - 18
Videos Less than 2 Minutes	Video Language by Age Group
 <p>Peach and Yogurt Smoothies Recipe for Children Ages 6-18 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18
 <p>Parmesan Zucchini Chips Recipe for Children Ages 6-18 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18
 <p>Cheesy Bean Tostadas Recipe for Children Ages 3-5 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18
 <p>Baked Tilapia Fish Fillets Recipe for Children Ages 3-5 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18 [Spanish] Ages 3 - 5 , Ages 6 - 18
 <p>Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip Recipe for Children Ages 6-18 Team Nutrition CACFP Easy Recipe Project</p>	[English] Ages 3 - 5 , Ages 6 - 18

Meet Your State Agency Staff Troy Hirt and Willow Thomas

Troy Hirt

Title/Role: User Support Analyst

Region: State Office (Raleigh)

- **My favorite food is...**chicken/fish/shrimp made spicy!
- **My favorite place in NC is...**Highlands.
- **My favorite NC activity is...**going to check out waterfalls and canyons.
- **The favorite part of my job is...**talking to different people from all over the state.
- **The best tip I have for success in CACFP is...**to log into the [NC CARES] program at least once a month!

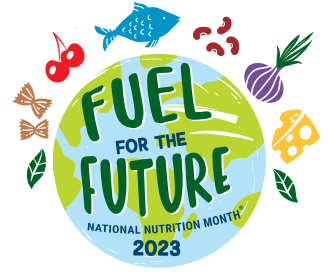


Willow Thomas

Title/Role: Nutrition Program Assistant

Region: State Office (Raleigh)

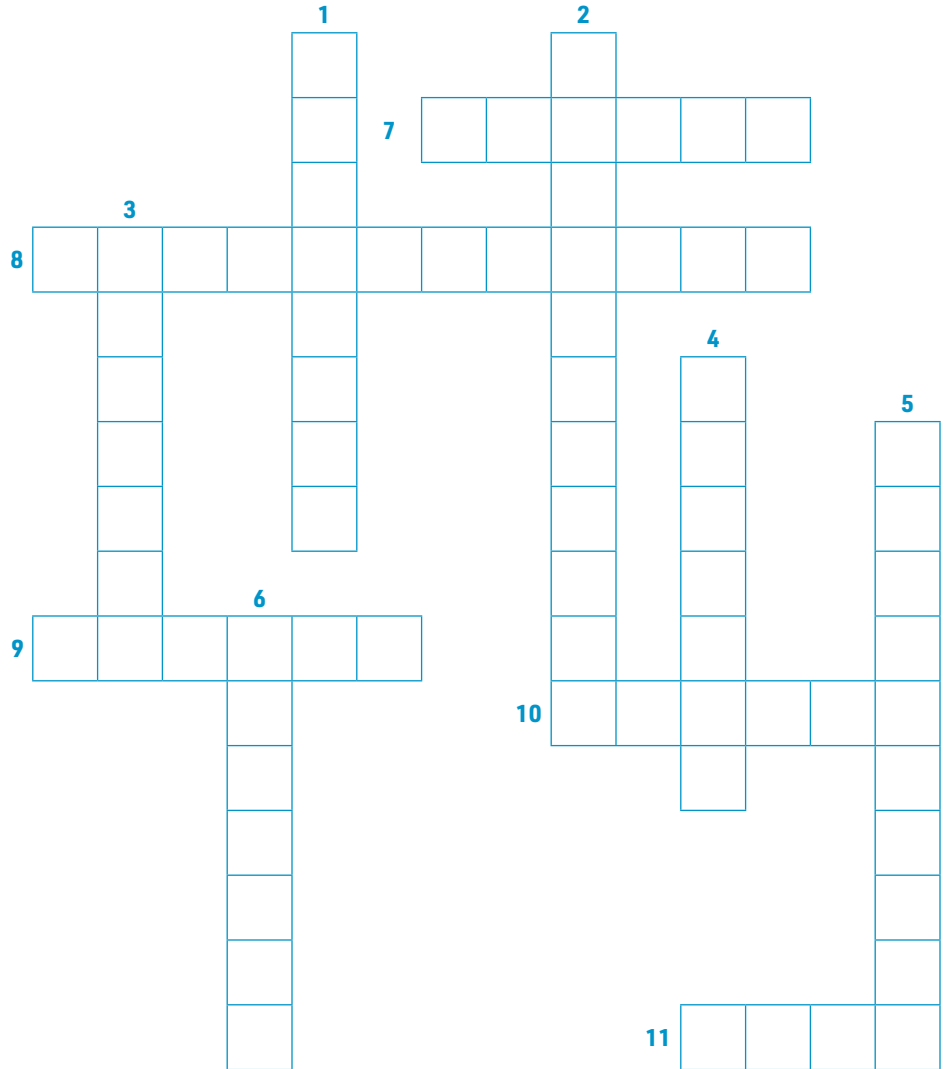
- **My favorite food is...**Pizza!
- **My favorite place and/or activity/event in North Carolina is...**visiting Caswell beach on Oak Island!
- **My favorite part of my job is...**reviewing institution and facility menus! I love getting to see the unique recipes our institutions create and all the delicious and nutritious foods they are serving to their participants.
- **The best tip I have for success in the CACFP is...**reach out when you are unsure! We are all constantly learning, and your question may be one that other institutions have as well. Our training team is happy to answer any of your questions, big or small!



CROSSWORD

DOWN

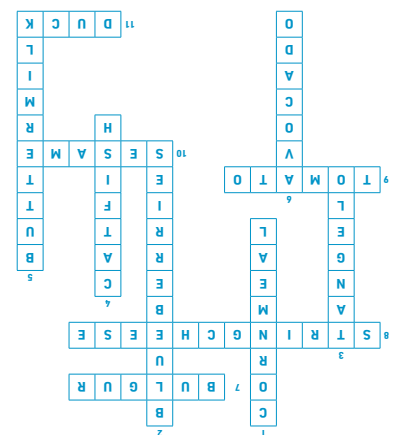
- When corn is dried and processed, it can be made into this ingredient which is used for dishes like polenta, grits, and cornbread.
- These tiny fruits are available fresh, frozen, or dried and include a color in their name.
- This fruit is a cross between a pomelo and a tangerine.
- This fish is often used in Cajun cuisine or may be coated (in the answer to #1 Down) and baked or fried.
- A low-fat, slightly sour beverage that is part of the Dairy Group.
- Found in the produce section and is often bumpy on the outside and smooth and green on the inside when ripe. It's also the main ingredient in guacamole.



ACROSS

- A type of quick-cooking wheat kernel that's popular in dishes like pilaf, tabbouleh, and kibbeh.
- This dairy food is common in lunchboxes and a popular snack for children and adults.
- This vegetable may be eaten raw or cooked and is used to make sauces for pasta.
- These seeds have a nutty taste and are the main ingredient in tahini. They can also be used in a variety of other dishes or pressed into an oil that's used for cooking.
- This game bird is found on dinner tables in some households during the holidays and special occasions.

ANSWERS



National CACFP Week

March 12-18, 2023



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 to learn more!



National Garden Month

April is National Garden Month! Like vegetables and fruits, gardens come in all shapes and sizes. Large or small, they can be a wonderful way to add fresh, seasonal, and local foods to your menus, which is a CACFP best practice. Gardening can also be incorporated into classroom lessons and activities to help children learn more about where foods come from and enhance subjects like math, science, and art! Remember, gardening can be a way to get moving, and the nourishing harvest will benefit participants of all ages.

If you are considering starting a garden at your center, a great first step is to visit the [NC Farm to CACFP](#) webpage. There you will find many resources available to help you get started, including the [NC State Extension Service](#) and [NC State Natural Learning Initiative](#). Both are excellent to assist with garden development and design. Click [here](#) to find the NC State Cooperative Extension in your county and see what services are available in your area.

Early care educators, be sure to check out [Growing Minds Farm to Preschool](#) when beginning or building onto your garden! Visit their website for lesson plans, recipes, and to sign up for their monthly newsletter for even more up-to-date information on Farm to Early Care and Education (ECE). Join the [NC Farm to Preschool Network Facebook page](#) to connect with others working to incorporate gardens and local foods at their centers.

**NC FARM to
PRESCHOOL
NETWORK**



If you already have a center garden or are planning to start one this year, we would love to hear all about it! Let us know what type of garden you will have (i.e., outdoor, indoor, container, etc.) and what you plan to grow. Send pictures and details of your garden plans to CACFPtraining@dhhs.nc.gov. As always, if pictures include children, ensure current photo release forms are on file at your center.

And, happy National Garden Month!





Broccoli Salad

USDA Recipe for CACFP

Our Broccoli Salad combines fresh broccoli and red onions in a slightly sweet creamy dressing.

CACFP CREDITING INFORMATION

½ cup (No. 8 scoop) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat mayonnaise	1 lb	1 ½ cups	2 lb	3 cups	1 Dressing: Combine mayonnaise, sugar, vinegar, and milk in a medium bowl. Stir well. Set aside for step 3.
Sugar	8 oz	1 cup	1 lb	2 cups	
White vinegar		¼ cup		½ cup	
Low-fat (1%) milk		⅓ cup		⅔ cup	
*Fresh broccoli, florets	2 lb	3 qt 2¼ cups	4 lb	1 gal 3 qt ½ cup	2 Combine broccoli, walnuts (optional), onions, and dried cranberries in a large bowl. Toss lightly.
(Optional) Walnuts, chopped	8 oz	2 cups	1 lb	1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh red onions, diced	3 oz	½ cup 1 Tbsp 1 tsp	6 oz	1 cup 2 Tbsp 2 tsp	
Dried cranberries	8 oz	1½ cups 1 Tbsp 2 tsp	1 lb	3 cups 3 Tbsp 1 tsp	
					3 Pour 3 cups (about 1 lb 8 oz) dressing over 1 gal (about 3 lb 1 oz) vegetable mixture. Stir well.
					4 Transfer 3 qt (about 4 lb 8 oz) broccoli salad to a steam table pan (12" x 20" x 2½"). For 25 servings, use 1 pans. For 50 servings, use 2 pans.
					5 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					6 Critical Control Point: Hold at 40 °F or below.
					7 Portion with No. 8 scoop (½ cup).



NUTRITION INFORMATION

For ½ cup (No. 8 scoop).

NUTRIENTS	AMOUNT
Calories	107
<hr/>	
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	6 mg
Sodium	170 mg
Total Carbohydrate	22 g
Dietary Fiber	2 g
Total Sugars	18 g
Added Sugars included	N/A
Protein	1 g
<hr/>	
Vitamin D	2 IU
Calcium	23 mg
Iron	0 mg
Potassium	128 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature red onions	4 oz	8 oz
Broccoli	2 lb	4 lb

NOTES

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

Cooking Process #1: No Cook.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb 8 oz About 2 qt 1 cup/1 steam table pan (12" x 20" x 2½")	About 9 lb About 1 gal 2 cups/2 steam table pans (12" x 20" x 2½")

