



North Carolina Division of Public Health
Nutrition Services Branch
Special Nutrition Programs Unit
www.nutritionnc.com

May 2020
Volume 1, Issue 2



The North Carolina CACFP Messenger

A Note from Courtney Jones, Special Nutrition Programs Manager

Dear CACFP Operators,

I think we can all agree the past two months have been like nothing we've experienced before. The impact COVID-19 has had on daily life is hard to put into words. But like May flowers after April storms, you've risen to the challenge and extended your care and kindness into your communities to continue nourishing North Carolina's children and adults. Long after the Coronavirus pandemic is over, your neighbors, the families you serve, and those bright little faces who arrive each day with curious minds and hungry tummies will remember your heroic efforts during this critical time. On behalf of Team SNP, we are deeply grateful for you and we applaud your innovation and commitment always but especially during these troubled times.

Although the pandemic isn't over yet, the State agency is offering a variety of informative trainings and webinars, actively preparing for FY 2020-2021 application update, conducting compliance reviews remotely, and more. We're developing resources, elevating your concerns to our Federal partners, and preparing with you in mind.

Please enjoy the newsletter and share your successes and innovative practices with us. We welcome pictures, stories, and more to help us shape the story of the North Carolina CACFP's bold response to COVID-19.

In partnership,
Courtney

Inside this issue

Welcome	1
Upcoming Training.....	2
BF-Friendly Child Care, Resources	2
Introducing healthycacfp.org !	3
Meet Your State Agency.....	4
Tips from Professionals.....	5
Accurate Meal Count Pointers	6
Spotlights and Farm to CACFP.....	7
CACFP Response to Covid-19.....	8-9
CACFP Standardized Recipe.....	10-12

Reminders

- May 30, 2020— last day to submit March 2020 claims
- June 29, 2020—last day to submit April 2020 claims
- The Income Eligibility Guidelines for Fiscal Year 2020-2021 have been released from the USDA. You can find them on our website by clicking this link: [FY20-21 Income Eligibility Guidelines for CACFP](#)



Upcoming NC CACFP Trainings

- * Application Update training is around the corner
 - * All Application Update training will be conducted by webinar
 - * Webinars will be offered in late June and early July
 - * We will be sharing details and webinar registration information on our website soon
- * Please note that all CACFP training will be conducted virtually until further notice—[see our website for details and registration for all trainings](#)

USDA Webinar Coming Soon

USDA's CACFP Halftime: Thirty on Thursdays Training Webinar Series— Mealtime with Toddlers

- * June 18, 2020, from 2:00-2:30 pm
- * [Check the Team Nutrition website for registration details!](#)

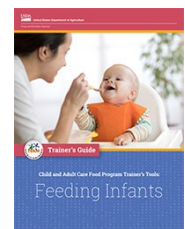
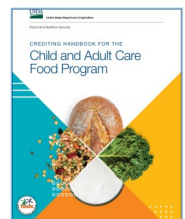
NC Breastfeeding-Friendly Child Care Designation Program Update

The NC Breastfeeding Friendly Child Care Designation program is currently on hiatus. The NC CACFP is partnering with our NC State Breastfeeding Coordinator, Chiara Phillips, MS, RD, LDN, IBCLC, to streamline the application and the review process. Ms. Phillips will oversee the designation program and assemble a Child Care Breastfeeding Advisory Group. We will provide updates regarding the Designation in future issues of the newsletter. Please visit the [Breastfeeding-Friendly Child Care Designation Program webpage](#) for resources on promoting a breastfeeding-friendly child care environment.



New Resources to the Rescue

- ⇒ **Crediting Handbook for the CACFP**—Updated and released in March 2020, [this new guide](#) reflects the updated CACFP meal pattern requirements, which became effective October 2017. The handbook supplements the [Food Buying Guide for Child Nutrition Programs](#) and lists creditable food for child and adult care facilities.
- ⇒ **Feeding Infants in the CACFP Handbook**—From developmental readiness, hunger and fullness cues, handling and storing breastmilk and infant formula, solid foods, and so much more, [this handbook](#) covers everything you need to know about feeding infants in the CACFP. It is now available in English and Spanish to enhance operators' programmatic training.



Become a Meal Planning Expert at HealthyCACFP.org!

The NC CACFP Nutrition, Training, and Policy Team has completed a year-long project to design online lessons for our CACFP operators. We are so excited to share this resource with you. At HealthyCACFP.org you'll discover free, interactive online lessons on CACFP infant and child meal pattern requirements:

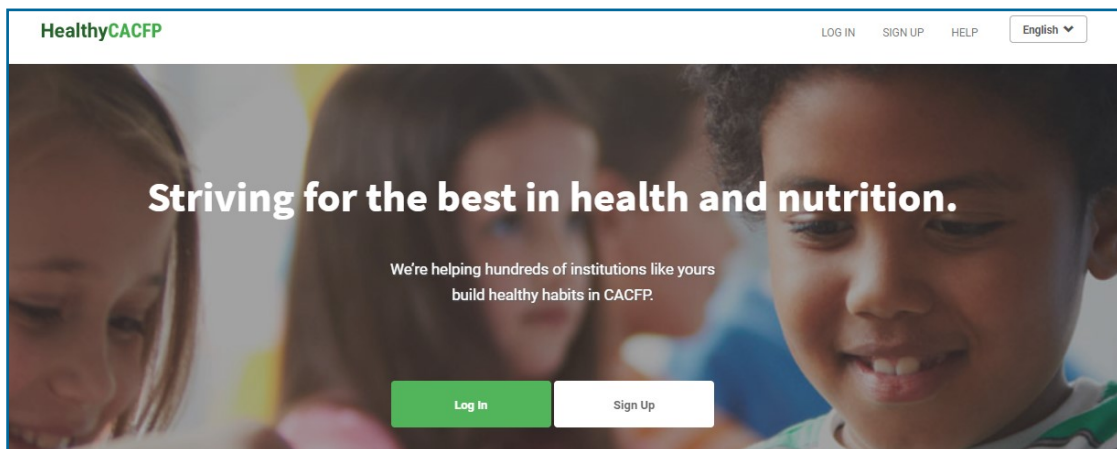
- ⇒ **Building Strong Kids With Milk**
- ⇒ **Creating Nutritious Menus With Less Added Sugar**
- ⇒ **Go for Whole Grains!**
- ⇒ **Healthy Menus, Healthy Kids: Reduce the Juice!**
- ⇒ **Infant Feeding: Develop Healthy Eating Habits**
- ⇒ **Protein Power: Meat and Meat Alternatives**

You'll also find lessons to bring you closer to meeting 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 are designed specifically for child care centers and Sponsoring Organizations to improve their understanding of the CACFP infant and child meal patterns and best practices. HealthyCACFP.org also offers corrective action lessons to guide child and adult care centers and sponsored facilities through the process of correcting findings from compliance reviews.

Wherever you are in your CACFP journey, HealthyCACFP.org is a great place for getting nutrition and 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. Check out [this video](#) and learn how easy it is to use HealthyCACFP.org.



Meet Your State Agency

NC CACFP Leadership: Cassandra Williams and Karen Lainez Rubi



Cassandra Williams

Title/Role: Program Supervisor II

Region: North Carolina statewide

- **My favorite food is...**Thai food, the spicier the better.
- **My favorite place in North Carolina is...**the beach. I love the sound of the ocean; it has a calming effect on me. I call it my “Happy Place”. That’s where I go to rest, relax, read, it’s my self-care.
- **My favorite part of my job is...**when I have been teaching or training on a subject and you see the wheels turning in a person’s head and all of a sudden the light bulb finally goes off, they start to smile, and they get it! They understand, they can articulate it, explain it, and teach someone else.
- **The best tip I have for success in the CACFP is...**to know your regulations!



Karen Lainez Rubi

Title/Role: Supervisor - Nutrition, Training, and Policy Team

Region: North Carolina statewide

- **My favorite foods and food memories are...**all of the food experiences I’ve had being raised in Hawai’i and traveling around the world – mochi, manapua, & papayas back home, pastries in Paris, almond filled cookies in Amsterdam, café Bon Bon & marzipan in Madrid, wine & pasta in Venice, grilled fish on the beach in Bali, Guangdong dinner in Hong Kong, and traditional full course meal at Korea House in Seoul to name a few.
- **My favorite event in North Carolina is...**the International Festival of Raleigh which used to be held in October but now is the first weekend in March. I’m a major xenophile – I love the sharing and mixture of people, all the different cultures, and of course the FOOD!
- **My favorite part of my job is...**working with the people on my team! I think the training team is awesome. They all care so much about what we do and they have great ideas to do more.

What is edamame?

- * Edamame (ed-UH-ma -may) is another name for whole soybeans
- * This legume is full of protein and fiber
- * Edamame is available in pods, shelled, fresh, or frozen
- * Edamame credits as a meat alternate or a vegetable, just like other legumes in the CACFP
- * To prepare, steam, boil, pan-fry, or microwave the pods or beans for a few minutes. Drain them, sprinkle them with a little pepper and soy sauce, and enjoy—



Tips from the Professionals (You)

Thank you to our institutions who wrote in about our February/ March question: **How have you replaced sugary desserts at snack with healthier options?** We received some excellent suggestions, including the ideas below.

From **Debbie Evans, First Baptist Church Child Care in Shelby...**

“Children here in our facility have enjoyed, more than we thought they would, these replacements.

Snack ideas:

- ⇒ Celery sticks w/ranch dressing, crackers, and water
- ⇒ Nonfat vanilla yogurt (no more than 23g of total sugar per 6oz), Post Grape Nuts®, and water
- ⇒ Grapes (sliced), whole wheat (WW) crackers, and water
- ⇒ Edamame (see sidebar), WW crackers, and water

From **Trentcey Cloud, Bethlehem Center of Charlotte...**

“Here are a few snack items we provide to our children:

- ⇒ Cheerios® and raisins
- ⇒ Fruit cups and graham crackers
- ⇒ Bananas and Rice Chex®
- ⇒ Broccoli and cheese cubes



Edamame in pods and shelled

Next Tips from the Professionals

Annual staff training is a requirement for all institutions taking part in the CACFP. So, we want to know your best answers to the following question...

Question for July: How do you make your CACFP staff training informative and engaging?

Email your creative training tips to CACFPtraining@dhhs.nc.gov by **Friday, June 5, 2020.**

Did You Know? A Fun Fact about CACFP in NC

A recent study of the eating habits of 840 North Carolina children aged 3 to 4 years showed that these children ate healthier food while at child care compared to what they ate at home. [Luecking et. al \(2019\). Journal of the Academy of Nutrition and Dietetics.](#)

A Few Pointers for Meal Count Accuracy from the State Agency

Written by Angie Crets, RD, REHS,

NC CACFP Nutrition Program Assistant—Regional Consultant for Coastal/Northeastern NC

When conducting a CACFP compliance review, we often find errors on the accuracy of meal counts reported on the claim for reimbursement. These errors result in a finding. This *seems* like the easiest part of the compliance review to get correct since it “only involves counting check marks.” However, many factors can lead to misreported meal counts: people get in a hurry, meal counts are not being recorded at the point of service, check marks are not clear, or check marks are miscounted.

Counting meals should happen at the point of service. Often, staff members are busy doing other tasks, but documenting meals right at the meal service time helps ensure that meal counts don’t exceed the number of participants in attendance.

Use the CACFP Daily Meal Count with Monthly Totals available on our [website](#) under General Forms, Meal Documentation. It is formatted to automatically summarize the totals for each meal each day and for all meals for the month.

If you chose to complete meal counts on paper forms, here are a few pointers on how to eliminate meal count errors:

- ✓ Make sure that check marks are clear so there is no confusion. (Staff should be trained so that everyone is marking meals the same way.)
- ✓ At the end of each day, have a teacher for each classroom (or other designated person) count the check marks on the daily meal count log and record the numbers at the bottom of the form.
- ✓ At the end of each week, have a different designated person recount the check marks to ensure accuracy and record the daily totals on the monthly meal count summary.
- ✓ At the end of the month, have the person in charge of filing the monthly claim recount the check marks, double-check the numbers on the monthly meal count summary, and check the final calculations for accuracy before entering the claim in NCCARES.



This may sound like overkill, but by following these steps, institutions ensure accurate meal counts and avoid meal count findings during a CACFP review. Avoiding meal count findings saves a lot of additional work compliance reviews and institution staff which makes everyone very happy.

Farm to CACFP—How Does Your Garden Grow?



Many child care centers across North Carolina are embracing “Farm to Child Care.” From planting gardens and farm visits, to taste tests and seasonal menus, you are helping children get excited about eating fresh, local food.

Are you new to Farm to CACFP? Don’t worry – our [Farm to CACFP webpage](#) has you covered. You can sign up for a free monthly [e-newsletter](#) and find tips on child care gardens, Farm to Child Care lesson plans, tips for cooks, and much more.

Did you know that adult day care centers are also joining the movement? We’ll be sharing tips for “Farm to Adult Daycare” in our July issue.

Springtime Spotlights

Congratulations from the NC CACFP



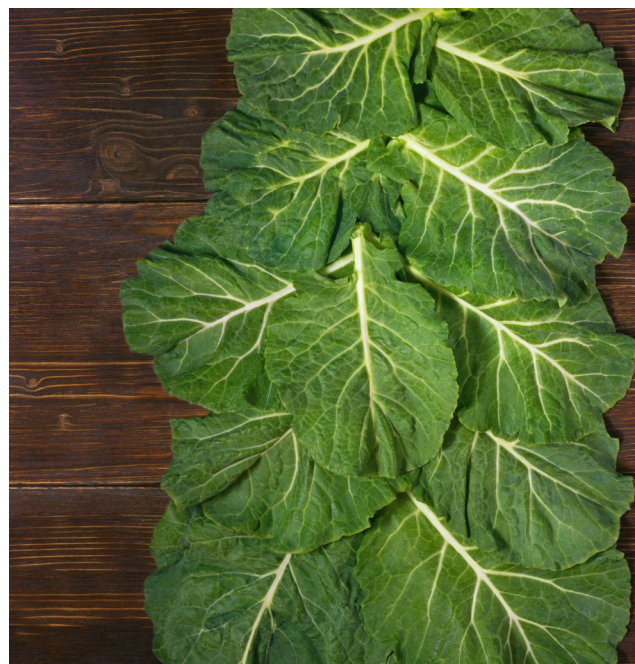
Jennifer Brown, 2020 NC Child Hunger Hero Award Winner
Director of School Food Service, Swain Co. Public Schools—At-Risk Afterschool Meals

The **NC Child Hunger Hero Awards** are [No Kid Hungry NC](#)'s way honoring the everyday heroes who make healthy meals possible for kids. Here’s what they wrote about Jennifer:

“As Director of School Food Service for Swain County Schools, Jennifer Brown is truly North Carolina’s ‘Year-Round Meals for Kids’ all-star. Swain is one of the few school districts in the state acting as its own sponsor for the At-Risk Afterschool Meals program. [...] Jennifer was nominated by her superintendent, Mark Sale, who said that ‘None of this would be possible without a dedicated and hardworking staff... led by an exceptional person.’”

Kudos, Jennifer! Read more about Jennifer and the other winners [here](#).

CACFP Standardized Recipe for Late Spring: Collard Greens



Spring is a wonderful time to include local, seasonal vegetables and fruits on your menu. During the months of May and June, you can find an abundance of NC-grown produce, especially berries and greens, at farm stands and farmer’s markets. See pages 10 and 11 to try our easy and tasty standardized recipe for collard greens – a Southern favorite!

Update on Waiver Requests in the NC CACFP

To date, the State agency has approved 225 waiver requests from Institutions in our state. We commend your dedication to and creativity in continuing to serve your participants! We know that there is a growing need for healthy meals during this difficult time, and you are making a big difference in the lives of so many North Carolina families with your work.

NC CACFP Response to COVID-19 Pandemic

The State agency is working hard to make sure CACFP flexibilities issued by the USDA are available to our CACFP operators in North Carolina. To use one or more of the waivers in your CACFP food service program, you must fill out the [NC CACFP Waiver Request Form](#). See [our website](#) for details. The USDA also just published a [wonderful resource](#) with tips on feeding children during the current public health emergency.

The [National CACFP Sponsor's Association](#) also has reliable info about operating the CACFP during the COVID-19 pandemic. You can find their great resources at <https://www.cacfp.org/resources/coronavirus/>.

“Rainbow in My Tummy” in the Time of COVID-19: News from the Verner Center for Early Learning

When the coronavirus epidemic hit North Carolina, Genie Gunn’s first thoughts were about feeding the children at her organization’s three early learning centers. Gunn, Director of Food and Nutrition at the Verner Center for Early Learning in Buncombe County, knew that closing the centers would result in food security issues for many.

By March 31st, Gunn and Verner staff had set up a system to distribute a week’s worth of nutritious meals to 50-60 children enrolled in the centers. Staff deliver to families who are unable to pick up meals at the center.

To stay true to the center’s commitment to serving healthy foods with their “Rainbow in My Tummy” nutrition curriculum, Gunn makes sure the meals include fresh fruits and vegetables, including local produce when possible. Families receive a weekly menu with preparation tips for items like a whole wheat English muffin pizza and steamed carrots. *(continued on page 9)*



“We knew we had to do something to help the families. Our centers provide Early Head Start and NC Pre-K programs, so at least 75% of our children are eligible for free and reduced-price meals. We applied for the CACFP waivers for non-congregate meal service so that we could offer ‘grab and go’ meals for families.” — Genie Gunn, pictured left

“Rainbow in My Tummy” (continued)

“We tried to include items that require little preparation. Luckily, we don’t have to deal with a lack of refrigeration, so we are able to provide milk, yogurt, and other protein items,” says Gunn.

What are the challenges of preparing more than 500 breakfast and lunch meals to go each week? Gunn says that initially there were some supply challenges, like finding enough one gallon Ziploc bags and the right kind of milk to purchase, as well as accommodating

food allergies and special diets. But she credits “super hero” Whitney Smith, Director of Family Engagement, and a team of dedicated Family Advocates with the success of the project.

“It really does take a team to make this work,” says Gunn. Genie is happy to share tips for setting up grab and go meal distributions with other CACFP institutions. Genie can be reached at ggunn@verneremail.org.



A photo of the beautiful rainbow of foods the Verner Center offers families through their grab-n-go meal service.

Verner Friends			May 5th delivery		
RAINBOW IN MY TUMMY			RAINBOW IN MY TUMMY		
BREAKFAST	LUNCH	DIRECTIONS	BREAKFAST	LUNCH	DIRECTIONS
Whole Grain Apple Cinnamon Muffin Banana Milk Infants: Yogurt	Chicken Salad in Whole Wheat Pita Pocket with Lettuce Apple Sugar Snap Peas with Ranch (boil or steam for under age 3) Milk	Enjoy!	Whole Grain Oatmeal Fresh Strawberries Milk Infants: Yogurt	Turkey and Cheese Sub on Whole Grain Rich Sub Roll with lettuce and tomato Carrots (boil or steam for under age 3) Orange Milk	Slice tomato and layer on bun with lettuce, cheese, turkey and mayo.
Whole Grain Graham Cracker Bugs Yogurt Banana Milk	Cheese Sticks Whole Wheat Breadstick Cucumber Slices Fresh Pear Milk	Enjoy!			

A glimpse of one of the Verner Center’s grab and go “Rainbow in my Tummy” menus.

Send us your story!

Let the State agency know how **YOU** have adapted your CACFP meal service program during the pandemic.

We would love to share your success stories and pro tips with institutions across the state.

Please email us your stories and don’t forget to send photos, too!

CACFPtraining@dhhs.nc.gov



Collard Greens

Collard greens are a popular vegetable in Southern cuisine, but can also be found in meals around the world, such as Brazil, Kashmir, Kenya, Portugal, and Tanzania. They are often cooked with other leafy green vegetables such as turnip greens, kale, or mustard greens.

CACFP CREDITING INFORMATION

1/3 cup (No. 12 scoop) provides 1/4 cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		1 spray	<ol style="list-style-type: none"> 1 Coat a large stockpot or tilting kettle with nonstick cooking spray and heat over medium heat. 2 Heat bacon for 3–4 minutes, until lightly brown, stirring frequently. 3 Increase heat to medium–high. Add onions and sauté until soft. 4 Add collard greens and sauté for 1–2 minutes, stirring continuously. Sauté until greens begin to wilt.
Turkey bacon, cooked, chopped	2 oz (4 slices)	1/2 cup	4 oz (8 slices)	1 cup	
*Onions, fresh, peeled, 1/4" diced	8 oz	2 cup	1 lb	1 qt	
*Collard greens, fresh, leaves only, chopped	2 lb 1 oz	2 gal 1 1/3 cup	4 lb 2 oz	4 gal 2 2/3 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 qt		2 qt	<p>5 Add water to stockpot or kettle, cover, and bring to a boil. Reduce heat to medium. Simmer for 10–12 minutes, stirring occasionally. Stir in liquid smoke (optional). Remove from heat when greens are tender.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Liquid smoke (optional)		1 tsp		2 tsp	<p>6 Serve 1/3 cup (No. 12 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>

NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
Calories	26
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	54 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 3 oz
Collard greens	3 lb 10 oz	7 lb 4 oz

NOTES

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

YIELD/VOLUME

25 Servings	50 Servings
3 lb 4 oz	6 lb 8 oz
2 qt 1/3 cup	1 gal 2/3 cup



NUTRITION INFORMATION

For 1/3 cup (No. 12 scoop).

NUTRIENTS	AMOUNT
Calories	26
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	N/A
Sodium	54 mg
Total Carbohydrate	3 g
Dietary Fiber	2 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	67 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 3 oz
Collard greens	3 lb 10 oz	7 lb 4 oz

NOTES

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

YIELD/VOLUME

25 Servings	50 Servings
3 lb 4 oz	6 lb 8 oz
2 qt 1/3 cup	1 gal 2/3 cup

