



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

February/March 2020  
Volume 1, Issue 1



# The North Carolina CACFP Messenger

## A Warm Hello from the NC CACFP

Welcome to the first issue of the NC CACFP Messenger! We have created this bimonthly newsletter to provide timely updates on available trainings, policies and procedures, and program resources. We hope that you will enjoy reading it and will share it with all those involved in the CACFP at your institution.

Also, we would like to take a moment to share our gratitude for the work you do every day. Among your many duties, you bring healthy meals to children and adults across our state. Your work is challenging and vitally important. You and your staff are the key ingredients in the recipe for successful CACFP operations. Thank you from all of us at the State agency.

## Upcoming In-Person Trainings

### Build a Better Menu

- \* Participants will have the chance to examine their menus, review the CACFP meal pattern, and do a hands-on “menu makeover”
- \* March 18, 2020, from 10:00am - 3:30pm in Jamestown, NC (Guilford County)
- \* [Check our website for details and registration!](#)

### Inside this issue

Welcome.....	1
Upcoming Training.....	1-2
Webinars Now Available.....	2
Tips from the Professionals.....	2
Meet Your State Agency.....	3
New Resources and Forms.....	4
Significant Celebrations.....	5
CACFP Standardized Recipe.....	7-8

### Reminders

- February 29, 2020, is the last day to submit December 2019 claims
- March 31, 2020, is the last day to submit January 2020 claims
- Please let us know what you think about the newsletter! We'll email a survey in the next week

## Feeding Infants in the CACFP – Coming Soon!

- \* Join us for a day of training focused on feeding our youngest participants in the CACFP - 0-11 months. This training is highly recommended for child care programs caring for infants.
- \* April 23, 2020, from 9:30am - 4:00pm in Raleigh (Wake County)
- \* Watch the [training page](#) on our website – registration will be posted soon

## Webinars Now Available

### Medical Statement for Meal Modification

[View this webinar](#) to learn about this updated form—also see page 4 of this newsletter for more info!

### Property Standards Subgrant Management Basics

[View this webinar](#) to better understand the basics of managing equipment and supplies and the requirement for a Property



*In FY 2019, the NC CACFP provided a total of 68,971,152 meals and snacks, served to an average of 125,696 children and adults each day.*

*(USDA FNS Child Nutrition Tables)*



## Tips from the Professionals (You!)

In future issues, we are going to use this section to spotlight our CACFP operators' pro tips on all things CACFP. We would love to share your secrets to program success more broadly. Each month, we will ask a new question—please write to us with your pro tips. We will choose some of your advice to share in the next issue.

**Question for April/May:** How have you replaced sugary desserts at snack with healthier options?

Email your pro tips to  
**CACFPtraining@dhhs.nc.gov**  
by **Friday, March 6, 2020!**

## Meet Your State Agency

### NC CACFP Leadership: Mary Anne Burghardt & Courtney Jones

---



#### **Mary Anne Burghardt**

**Title/Role:** Nutrition Service Branch Program Director I, State Director Child and Adult Care Food Program; State Director Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

**Region:** All of North Carolina

- **My favorite food is...**carrots – any way.
- **My favorite activity in North Carolina is...**I am a fan of retail therapy and we are fortunate in NC to have many, many options to indulge in shopping.
- **My favorite part of my job is...**the diversity and the service our Branch provides to North Carolina citizens. I am proud of our dedicated staff supporting our participating institutions.
- **The best tip I have for success in the CACFP is...** Take an active role in the Program through continued learning. CACFP is designed to supplement and enhance the nutrition services provided, Program compliance will allow your institution to be successful in CACFP while better meeting the nutrition needs of the children and families you serve.



#### **Courtney Jones**

**Title/Role:** Special Nutrition Programs Manager

**Region:** All of North Carolina

- **My favorite food is...**pizza. My first outing as a newborn was to get pizza with my parents so my mom always says I was destined to be a pizza lover.
- **My favorite place in North Carolina is...**Chapel Hill. As W.T. Carmichael, Jr., class of 1950, said so eloquently, *“Down through all the years of your lives, wherever you may go, your heart will always beat just a bit faster when you hear the symphonic syllables: Chapel Hill.”*
- **My favorite part of my job is...**the small part I get to play in ensuring children across North Carolina have tummies full of nutritious and delicious food.
- **The best tip I have for success in the CACFP is...**ask questions and keep learning. I’ve been working with this program for eight years now and still learn something new every day.

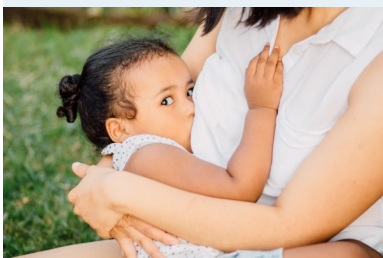


## All About the Infant Feeding Consent Form

Last June, the “Provision of Breastmilk or Infant Formula and Solid Foods” got some updates and a **new** name!

[Click here to find the Infant Feeding Consent Form](#)

- All institutions that enroll infants for care must have a Child Enrollment Form **and** an Infant Feeding Consent Form on file for each infant
- This is required even if your institution does not claim infant meals
- The Infant Feeding Consent Form shows that the infant meal pattern was offered to all enrolled families



## New Resources to the Rescue!

**NEW And Justice for All Posters** New civil rights posters have been developed by USDA. They are being mailed to institutions and are available from the State office or your regional consultant.

**Claim Submission 60-Day Deadlines** A chart indicating reimbursement [deadlines for Fiscal Year 2020](#) is now available on our General Forms page under Claims. Review the chart to know when each month’s claims are due.

**USDA’s Team Nutrition—CACFP Trainer’s Tools: Feeding Infants** These USDA [resources](#) provide information on developmental readiness, hunger and fullness cues, handling and storing breastmilk and infant formula, solid foods, and much more! All the materials are now available in English and Spanish to enhance operators’ programmatic training.

**Handy Guide to Creditable Foods** This is a [list](#) of creditable and non-creditable foods that can assist with menu planning and food buying. It can be found under Nutrition Resources on our Meal Patterns webpage.

**Grains Chart—Child Care Component** Wondering how many animal crackers, rice cakes, or pretzels are needed to meet the grain requirement for 1-5-year-olds? What about for 6-18-year-olds? This chart, found under Nutrition Resources on our Meal Patterns webpage, takes out the guesswork!

**Weekly Menu Templates** Weekly CACFP [Menu Templates](#) are available in 5-day and 7-day forms to help you create creditable menus. We’ve also updated the footnotes to match meal pattern requirements. Look on our General Forms page under Meal Documentation.

---

## Standardized Recipes from the [Child Nutrition Recipe Box for Child Care](#)

How about warming up with tasty meal of **red beans and rice** during these chilly winter months? Find the recipe on page 7-8 and find more recipes via the link above!

---

## Updated Medical Statement for Meal Modification

The NC CACFP Medical Statement form was updated in July 2019. Be sure to use the updated version as you enroll new participants.

Meals modified for a medical condition/disability and supported by a medical statement signed by a licensed healthcare professional **are** reimbursable, even when they do not meet the meal pattern.



**EAT RIGHT**



**BITE BY BITE**

National Nutrition Month®  
March 2020

**eat right.** Academy of Nutrition  
and Dietetics

*National CACFP Week is  
also in March!*

*What is CACFP Week?*

The National CACFP Sponsors Association has chosen **March 15-21, 2020**, as the week to highlight the CACFP's important role in fighting hunger.

*Where can I learn more  
and find resources?*

Go to the National CACFP Sponsors Association [website](#) for tools, worksheets, flyers, and more to promote National CACFP week in your program.

*Doing something for  
CACFP week?*

Email us and let us know what you are doing to celebrate. Send us pictures!

Significant February/March Celebrations:

February is:

### American Heart Month

Heart disease is the leading cause of death for both men and women in the U.S. This month [educate](#) yourself and others on symptoms, treatment, and prevention.

### National Cancer Prevention Month

This month, learn how to [cut cancer risk](#) by choosing mostly plant foods and limiting red meat, being physically active every day for at least 30 minutes, and aiming to maintain a healthy weight.

March is:

### National Nutrition Month®!

[National Nutrition Month®](#) highlights the value of making informed food choices and developing good eating and physical activity habits. CACFP program operators are in a unique position to impact children's eating habits and food choices, bite by bite!

### Registered Dietitian Nutritionist Day: March 11

This day increases the awareness of registered dietitian nutritionists as the indispensable providers of food and nutrition services and recognizes them for their commitment to helping people enjoy healthy lives.

---

## Congratulations from NC CACFP

We want to recognize and congratulate three institutions for their perfect completion of the application update. They submitted their updates prior to the deadline and were approved upon the first submission with no returns for corrections! Thank you and congratulations to:

Cleveland County Head Start

First Church of God in Hight Point, Inc.

Rutherford Life Service



Remember to email your tips and ideas for tasty and healthy snacks to [CACFPtraining@dhhs.nc.gov](mailto:CACFPtraining@dhhs.nc.gov) by Friday, March 6, 2020!

## Six Weeks of Healthy Bites for Child or Adult Snack

The following are creditable snack ideas to add to the menu in your facility.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Mozzarella cheese stick & apple slices	WG tortilla chips & salsa	Celery sticks with nut butter & raisins	Cottage cheese & pineapple tidbits	Vanilla yogurt & mixed berries
Cheerios® cereal & unflavored 1% milk	Turkey breast & WW tortilla	WG crackers & cheddar cheese	Hard boiled egg & raw green & red peppers	WG graham crackers & unflavored 1% milk
WG bread & nut butter	WG corn muffin & unflavored 1% milk	Trail mix with dried fruit, nuts, and pretzels	Carrot sticks & applesauce	Baked sweet potato & salsa
Strawberry yogurt & banana slices	Clementines & WG crackers	WG tortilla with cheese, baked	Rice Chex®, raisins & unflavored 1% milk	Celery & pretzel sticks with hummus
WG crackers, cucumbers & ranch dip	Cottage cheese & diced peaches	Vanilla yogurt & Simple Granola® cereal	Mini blueberry muffins & unflavored 1% milk	Berry Berry Kix® & unflavored 1% milk
Mini WG bagel with cream cheese & strawberries	Banana bread & unflavored 1% milk	English muffin with pizza sauce & cheese	Kix® cereal & unflavored 1% milk	Cheddar cheese cubes & apple slices



## Red Beans and Rice

Rice and beans is a staple dish in many South American countries. The popular duo is sometimes called “casamiento” or “matrimonio,” which means wedding or marriage. Rice and beans is also a popular part of Creole cuisine in Louisiana.

**Makes:** 6 servings      **Prep time:** 10 minutes  
**Cook time:** 20 minutes

---

### the

---

## INGREDIENTS

---

- 1 tablespoon** olive oil
- 1 ½ cups** onions, fresh, peeled, ¼" diced
- 1 ½ cups** green bell peppers, fresh, ¼" diced
- 3 cloves** garlic, fresh, minced  
(1 clove is about ½ teaspoon minced)
- ¾ cup** brown rice, instant, uncooked
- 2 teaspoons** cumin, ground
- 2 teaspoons** oregano, leaves, dried
- ½ teaspoon** salt, table
- ½ teaspoon** black pepper, ground
- 2 cups** chicken broth, low-sodium
- 3 cups** kidney beans, dark red, canned, low-sodium, drained and rinsed; *or* kidney beans, dry, cooked

---

### the

---

## DIRECTIONS

---

- 1.** Heat oil on medium–high in a medium skillet.
- 2.** Add onions and peppers, and sauté for about 3 minutes or until onions are soft.
- 3.** Reduce heat to medium.
- 4.** Stir in garlic, brown rice, cumin, oregano, salt, and pepper. Cook for 1 minute or until rice and spices become toasted, stirring constantly.
- 5.** When rice and spices are toasted, immediately add chicken broth. Stir, increase heat to medium–high, and bring to a boil.
- 6.** Stir in kidney beans. Reduce heat to medium, and simmer for 5 minutes or until rice becomes tender. Heat to a temperature of 140 °F for at least 15 seconds.
- 7.** Serve ¾ cup.

Critical Control Point: Hold at 140 °F or higher.

*the*

## NUTRITION INFORMATION

For  $\frac{3}{4}$  cup.

<b>Nutrients</b>	<b>Amount</b>
<b>Calories</b>	<b>173</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0 g
Cholesterol	1 mg
<b>Sodium</b>	<b>313 mg</b>
<b>Total Carbohydrate</b>	<b>30 g</b>
Dietary Fiber	7 g
Total Sugars	2 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	N/A
Calcium	41 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP  
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

*the*

## CACFP CREDITING INFORMATION

$\frac{3}{4}$  cup provides legume as meat alternate: 1  $\frac{1}{2}$  oz equivalent meat alternate,  $\frac{1}{4}$  cup vegetable and  $\frac{1}{2}$  oz equivalent grain; *or* legume as vegetable: no equivalent meat alternate and  $\frac{5}{8}$  cup vegetable and  $\frac{1}{2}$  oz equivalent grains.

*the*

## CHEF TIPS

### Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2 $\frac{1}{2}$  cups dry or 6 $\frac{1}{4}$  cups cooked beans.

**Overnight Method:** Add 1 $\frac{3}{4}$  qts cold water to every 1 lb of dry beans. Cover, and refrigerate overnight. Discard the water. Proceed with recipe.

**Quick-Soak Method:** Boil 1 $\frac{3}{4}$  qts 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.

### Tips for Cooking Dry Beans

Once the beans have been soaked, add 1 $\frac{3}{4}$  qts water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.