



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

January/February 2023
 Volume 4, Issue 1



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family, and Hello 2023!

With this new year, we have been thinking about fresh starts. A new year on the calendar offers a symbolic opportunity to begin anew. Here at the State agency, we are just about to start using our new Management Information System (MIS) called NC CACFP Connects. This is going to replace NC CARES and will help streamline CACFP operations. While there will certainly be a learning curve to using the new system, we are confident that it is going to bring many positive changes, including reduced paperwork. I know we can all get on board with that!

You may be wondering how you'll learn to navigate NC CACFP Connects. Rest assured that the State agency will be offering comprehensive training on the new system. In addition to training, we plan to hold "office hours" for you to call in if you would like one-on-one assistance on using NC CACFP Connects. Please stay tuned for details! The State agency will continue to send communications regarding the new system and training throughout the next couple months.

We hope that everyone's new year is off to a great start, and together we will make 2023 a wonderful year in the CACFP!

In partnership,

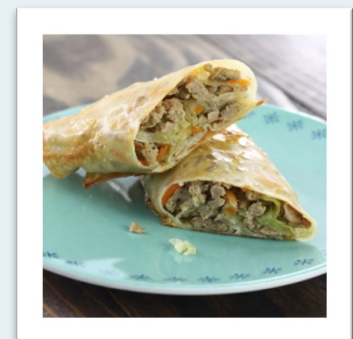
Cassandra Williams
 Child and Adult Care Food Program Manager

Inside this issue

[Announcements..... 2](#)
[Upcoming Trainings 3](#)
[Resources..... 4](#)
[Meet Your State Agency Staff 5](#)
[Get Ready for CACFP Week..... 6](#)
[Tips on Resolving Team Conflicts.. 7](#)
[CACFP Standardized Recipe 8](#)

Reminders

- **Friday, January 6, and Friday, February 3, from 1 to 2 PM**— next two State agency calls with CACFP Institutions
- **Monday, January 30, 2023**— last day to submit November 2022 claims
- **Wednesday, March 1, 2023**— last day to submit December 2022 claims
- **March 12-18, 2023**, is National CACFP Week! Be sure to see [page 6](#) for more information.
- Check out our seasonal standardized recipe for Baked Egg Rolls on [page 8](#)



Announcements

IMPORTANT

Tuesday, February 21, 2023: NC CARES closes to Institutions

NC State University Steps to Health Garden Funding

The NCSU Steps to Health program is offering a funding opportunity (up to \$600 per site) that can be used at early childhood education centers, schools, senior centers, and more! There are two primary requirements for the project. First, it must be located in a low-income area (50% of the population are below 200% of the federal poverty line) in NC. Second, there must be a nutrition component to the project. The nutrition component can be cooking demonstrations, recipe cards, signs, nutrition education classes, and more. If you're interested, please email Tammy Brunelle, Steps to Health Lead Food and Built Environments Extension Associate, at tchaseb@ncsu.edu. She'll talk with you about your project ideas and connect you with your local Extension office.

Updates to the Food Buying Guide

New food yields are available for frozen cherries, frozen cauliflower rice, frozen diced carrots, frozen legumes (black-eyed peas, navy beans, and garbanzo beans), mini sweet peppers, and pearly farro. Additionally, the Food Buying Guide (FBG) for Child Nutrition Programs Interactive Web-based Tool and FBG Interactive Mobile App has a new feature that allows a Favorites List and Compare Items List to be exported as an Excel file for ease of use. Take some time to explore the exciting new features of [the Food Buying Guide](#) today!



Important Ways to Decrease the Risk of COVID-19, Flu, and RSV

It's the season for respiratory viruses, and this year, there are a lot of kids getting sick. You can help reduce children's risk of catching these illnesses by sharing the following with families:



- ✓ Keep children 6 months+ up to date on COVID-19 vaccines. Kids ages 5+ can get a booster. Learn more at MySpot.nc.gov/Kids.
- ✓ Stay protected against the flu. Everyone 6 months+ can get an annual flu shot. Learn more about the flu and where you can find a convenient vaccination location at MySpot.nc.gov/flu. Check out [additional ways to protect young children against the flu here](#).
- ✓ [Reduce the spread of RSV](#) by washing hands, avoiding close contact with others, and staying home if sick.

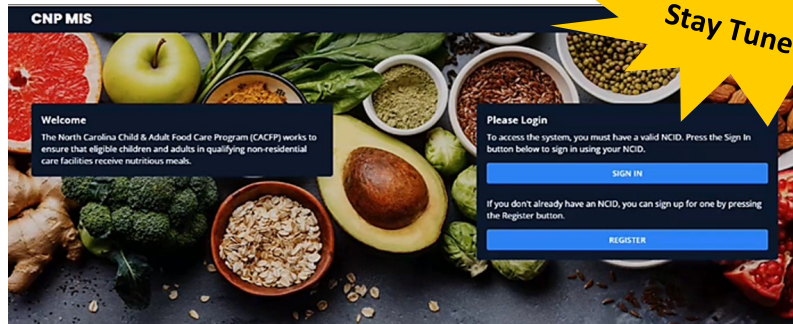
RECALL

On December 11, 2022, [ByHeart](#) voluntarily recalled certain infant formula products. (For details about this recall and affected products, read [the Food and Drug Administration \(FDA\) announcement here](#).) Our CACFP federal partners remain committed to making sure CACFP participants have access to safe formula to meet their nutritional needs. Parents and caregivers of infants who have purchased this product should follow directions provided by ByHeart in their [letter to consumers](#). Parents and caregivers of infants who have used this product and are concerned about the health of their child should contact their health care provider.

NC CACFP Connects Training



The State agency will begin offering training for all Institutions on the new system in **FEBRUARY**. NC CACFP Connects will replace NC CARES in March. Please check our [Training page](#) for training dates and times. They will be posted shortly. To the right is a screenshot of the new landing page.



*Our next monthly Institution calls will be **Friday, January 6,** and **Friday, February 3,** from 1-2 PM. We hope you can join us on Adobe Connect via [this link](#).*

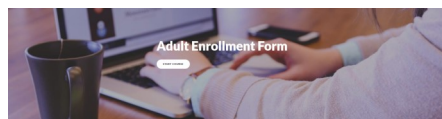


On-Demand Trainings

The State agency has created new on-demand, self-paced courses available 24/7. These trainings are mobile-ready and can be taken on any kind of device (desktop, tablet, or mobile phones). See the topics below and sign up today!



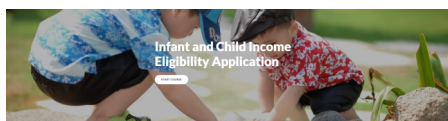
Infant and Child Enrollment Form
Registration Link: [Here](#)



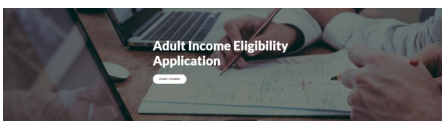
Adult Enrollment Form
Registration Link: [Here](#)



Medical Statement for Meal Modifications
Registration Link: [Here](#)



Infant and Child Income Eligibility Application Training
Registration Link: [Here](#)



Adult Income Eligibility Application Training
Registration Link: [Here](#)



Facility Monitoring Tool Training for Sponsoring Organizations
Registration Link: [Here](#)



Day Care Home Monitoring Tool Training for Sponsoring Organizations
Registration Link: [Here](#)



Feeding Infants in the NC CACFP
Registration: **Coming soon**



Meal Count
Registration: **Coming soon**

Resources

Map of Regional Consultants

Link: [Here](#)

Updated!

**NC Child and Adult Care Food Program
Regional Consultant Assignments**

Shared Counties:
Wake: Laura Cooke Brown and Sherry Plirowski
Mecklenburg: Paul Gerba and Elizabeth Cole

Regional Consultants:

- Celena Thaggard:** celena.thaggard@dhs.nc.gov, P.O. Box 307, Harrisburg, NC 28075, 704-455-8313, 704-455-8314 fax
- Joyce Bonner:** joyce.bonner@dhs.nc.gov, P.O. Box 1702, Sanford, NC 27331, 336-214-6207
- Sherry Plirowski:** sherry.plirowski@dhs.nc.gov, P.O. Box 1378, Waynesville, NC 28786, 984-297-5035
- Laura Cooke Brown:** laura.brown@dhs.nc.gov, P.O. Box 675, Louisburg, NC 27549, 919-239-9367
- Monica Oliver:** monica.oliver@dhs.nc.gov, P.O. Box 308, Deep Gap, NC 28618, 980-240-9446
- Nathalie Sumner:** nathalie.sumner@dhs.nc.gov, PO Box 843, Sylva, NC 28779, 828-631-2482, 828-631-4293 fax
- Paul Gerba:** paul.gerba@dhs.nc.gov, P.O. Box 2306, Matthews, NC 28106, (919) 268-0297 cell
- Elizabeth Cole:** elizabeth.cole@dhs.nc.gov, P.O. Box 96, Monroe, NC 28110, 904-212-0871
- Glynnis Acklin-Newkirk:** glynnis_acklin-newkirk@dhs.nc.gov, P.O. Box 8234, Fayetteville, NC 28311, 910-893-3050 office, 910-893-3053 fax, 919-576-7515 cell
- Janet Phelps:** janet.phelps@dhs.nc.gov, P.O. Box 174, Hubert, NC 28539, 910-330-0240 cell
- Angela Williams Crets*:** angela.crets@dhs.nc.gov, P.O. Box 151, Bath, NC 27808, 252-923-0280, 252-923-0286 fax

Medical Statement for Meal Modification

Link: [Here](#)

Medical Statement for Meal Modification

This document does not apply to meal modifications made for dietary preferences or religious reasons.

The information collected below is required for CACFP participants with medical conditions (i.e., diagnosed or suspected) requiring meal modifications. Reasonable modifications must be made to accommodate the children and adults with medical conditions in the program. Medical professionals, food allergy, etc., instructions for children and adults with CACFP meal allergy requirements must be reported by the medical professional to write documentation signed by a North Carolina (NC) licensed healthcare professional authorized to write prescriptions under state law.

Child/Adult Participant Information:

Name: _____ DOB: _____
 Insurance/Member Name (if applicable): _____ P-CID#: _____
CACFP Facility Information:
 Name: _____ Facility: _____ Phone: _____
 Address: _____
 Participant Name: _____
 Home Address: _____
 Phone: _____

To be completed by licensed healthcare professional

Describe the Physical or Mental Impairment Restricting the Diet:
 (Please describe the physical or mental impairment and how it affects the child or adult. Only one governmental address and one home address may be listed.)

Beverages and/or Foods to Omit: _____
Beverages and/or Foods to be Substituted: _____

Other Special Dietary Needs or Modifications Needed:
 (Please describe the special dietary needs or modifications and how they affect the child or adult.)

Authorized Signatures:
 Name of Licensed Healthcare Professional: _____ Title: _____
 Signature: _____ Date: _____

CACFP Program Questions:

- Program operators should not engage in weighing medical evidence against the legal standard to determine whether a physical or mental impairment is severe enough to qualify as a disability. The primary objective is providing appropriate accommodations. (Example: The Program operator may not ask about medical history, medical documentation nor for the medical professional's name.)
- Medical staff must be trained in the program's meal modification process and must be able to provide substitutions supported by a medical statement.
- Program operators must keep responsible meal modification records. If the meal modification process changes, it is recommended that the program operator update the program's meal modification process. The program operator must ensure that the meal modification process is updated and that staff are trained on the updated process.
- Program operators must ensure that the meal modification process is updated and that staff are trained on the updated process.

Updated!

New Team Nutrition Quiz

Team Nutrition released a new web quiz, *Whole Grains Quiz*. The quiz is comprised of 10 self-paced questions and provides feedback for correct and incorrect answer choices. Test your knowledge and take the quiz [here](#). View the complete web quiz collection [here](#).



Serving Vegetarian Participants in the CACFP

Do you serve vegetarian participants? If so, the [National CACFP Sponsors Association](#) has information and definitions (right) that may be helpful.

Type of Vegetarian	Included Foods	Excluded Foods
Lacto-Ovo	Milk, dairy products, eggs	Meat, fish, poultry
Lacto	Milk, dairy products	Meat, fish, poultry, eggs
Ovo	Eggs	Meat, fish, poultry, milk, dairy products
Pesco (Pescatarian)	Fish, seafood May include dairy products and eggs	Meat, poultry
Semi (Flexitarian)	May occasionally include dairy products, eggs, chicken, meat	
Vegan	Only plant-based foods	Any animal products, including meat, fish, poultry, eggs, dairy products, honey, gelatin, etc.

Meet Your State Agency Staff

Rosalyn Sparkman and Katherin Munoz



Rosalyn Sparkman

Title/Role: Finance and Business Compliance Analyst II

Region: Raleigh Office

- **My favorite food is...**Sushi and Poke bowls.
- **My favorite place or activity/event in North Carolina is...** pier fishing on the Carolina Coast.
- **My favorite part of my job is...**being a resource to staff and Institutions for Financial Management and budget questions. I was once titled the “Budget Guru.”
- **The best tip I have for success in the CACFP is...** Documentation, Documentation! Maintaining adequate records and keeping them organized.



Katherin Munoz

Title/Role: Nutrition Program Assistant

Region: Raleigh, NC

- **My favorite food is...**sushi from Sushi Mon.
- **My favorite place and/or activity/event in North Carolina...**I am a big “Foodie,” so I love trying new restaurants! I love experiencing that explosion of flavors every time I try a new cuisine.
- **My favorite part of my job is...**my colleagues who make coming to work so much more fun.
- **The best tip I have for success in the CACFP is...**attend live trainings regularly. This is fundamental for staying up to date, following best practices, and allows Institutions to further expand their knowledge on specific topics of choice.

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!



Tips on Resolving Team Conflicts

Team conflict happens. Some conflict is minor and easily resolved. Some can result in healthy debate and innovative ideas. And, some can become drawn-out, destructive, and distracting.

Managers may feel getting involved gives the issue more attention than it deserves. While it may feel like a time waster, failing to intervene means distracting, even destructive, interpersonal behaviors go unchecked.

Conflict between peers must be dealt with promptly and constructively. Intervention should focus on defining acceptable behavior at work and creating a dialogue leading to resolution. Here are six steps for resolving team conflict:

1. Meet with individuals first

Resist the temptation to get two people into a room to “have it out.” This is likely to worsen the hard feelings and fix nothing. Meet with the individuals separately first and tell them what you have seen. Let them know this behavior has a negative impact on co-workers and participants and must be resolved. To do this you should schedule a time for the three of you to meet and discuss the issue. This should not be an optional meeting.

2. Bring the parties together

A cooling off period may be needed. However, do not allow the meeting to be put off indefinitely. Set a firm date and bring the parties together in a private location.

3. Agree on ground rules and objectives for the discussion and for work

Ask for cooperation and commitment to these agreements. Ground rules should include:

- Only one person speaks at a time.
- Profanity, yelling, or name calling won't be permitted.
- The discussion remains in the room, and going forward, is not shared with any co-workers.

4. Discuss the issues

Allow each to air their concerns within the rules of behavior. Do not permit interruption. Do not agree or disagree with either party. Take notes. Ask open-ended questions to gather as much information as possible. Reinforce policy and procedure where appropriate. Emphasize appropriate behavior at work must include courteous conversation and cooperation and cannot include gossip about the conflict.



5. End with an expectation of appropriate behavior

Thank both parties for the difficult work of coming together. Summarize decisions, agreements, and next steps to be taken. Let them know you expect agreements regarding behavior to be honored.

6. Check back with individuals

Pay attention to employees' behaviors in the workplace. Acknowledge effort and offer another opportunity to discuss issues if requested or required.



Baked Egg Rolls

This kid-friendly snack is fun to eat and make. Dough is wrapped around a mixture of lightly seasoned ground turkey, green cabbage, and carrots.

CACFP CREDITING INFORMATION

1 egg roll provides 1 ½ oz equivalent meat, ¼ cup vegetable, and 1 oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

<https://teamnnutrition.usda.gov>

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		2 sprays		2 sprays	1 Preheat oven to 425 °F. Coat a skillet with nonstick cooking spray. 2 Add ground turkey, salt, pepper, and garlic powder. Brown turkey on medium–high heat for about 15–20 minutes. Stir frequently. For 25 servings, use 2 extra-large skillets. For 50 servings, use 4 extra-large skillets. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Turkey, ground, 93% lean, fresh or frozen, raw	3 lb 6 oz		6 lb 12 oz		
Salt, table		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Garlic powder		2 tsp		1 Tbsp 1 tsp	
*Green cabbage, shredded	1 lb 4 oz	2 qt 2½ cup	2 lb 8 oz	1 gal 1 qt 1 cup	3 Stir in cabbage and carrots. Lightly sauté for 5 minutes, remove from heat, cover and allow to cool for 25 minutes.
*Carrots, peeled, shredded	8 oz	2¾ cup	1 lb	1 qt 1½ cup	
Egg, fresh, large		2		4	4 Make egg wash by whisking together eggs and water.
Water		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Wonton wrappers (1 oz each)		25 each		50 each	5 Assemble egg rolls: Place ½ cup turkey-vegetable mixture on the center of each wrapper.
					6 Carefully roll each egg wrapper. Place egg rolls, seam side down, on a baking sheet lined with parchment paper and lightly coated with nonstick cooking spray. Brush egg wash over the top and on all the sides each egg roll.
					7 Bake for 20 minutes. Heat to 140 °F for at least 15 seconds.
					8 Serve 1 egg roll. Critical Control Point: Hold at 140 °F or higher.



NUTRITION INFORMATION

For 1 Baked Egg Roll.

NUTRIENTS	AMOUNT
Calories	191
<hr/>	
Total Fat	6 g
Saturated Fat	1 g
Cholesterol	62 mg
Sodium	400 mg
Total Carbohydrate	19 g
Dietary Fiber	1 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	15 g
<hr/>	
Vitamin D	N/A
Calcium	47 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Cabbage	1 lb 7 oz	2 lb 14 oz
Carrots	10 oz	1 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.

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

YIELD/VOLUME

25 Servings	50 Servings
5 lb 12¾ oz	11 lb 9½ oz
25 egg rolls	50 egg rolls

