



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

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The North Carolina CACFP Messenger

From the Special Nutrition Program Manager

To the CACFP Family,

I have said it before, and I will say it again, this has been a year! Who would have thought our nation would shut down for a year? That we would be walking around in masks? Who would have thought our children would not be able to go to school or that millions would lose their jobs? Who would have thought that we would lose so many lives?

And yet still, here we are. Trying our best to make it through the day. Our responsibilities and obligations have not stopped, in fact for some they may have increased. My question is, how do you cope? How do you get through the day?

It is okay to take a breath! It is okay to take a minute! It is okay to ask for help. We have the task of ensuring our most vulnerable populations receive nutritious meals daily. The documentation does not stop, and at times it can be overwhelming. Ask for help when needed. Take some time to recharge. Self-care is extremely important. The adults and children we serve need us to be the best that we can be. Pull on your staff, peers, and the people around you to assist with daily tasks. Please know that the State agency staff is available to answer any question you may have, offer tips, and give best practice suggestions regarding the successful operation of the CACFP. Do not hesitate to call or send an email. One person cannot do it all, but together, we make the difference.

With Appreciation,

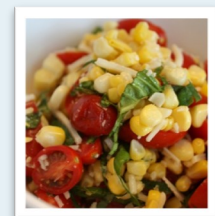
Cassandra Williams
Special Nutrition Program Manager

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Reminders

- **Friday, July 9 and August 6, from 1 to 2 PM**—next two [State agency calls with CACFP Institutions](#)
- **Friday, July 30, 2021**— last day to submit May 2021 claims
- **Monday, August 30, 2021**— last day to submit June 2021 claims
- Check out our seasonal standardized recipe for a [Corn & Tomato Salad](#) on pg. 9



Upcoming CACFP Virtual Trainings

⇒ **Application Update for FY 2022**—The State agency will be offering live and pre-recorded webinars. Participants will learn how to prepare for the annual application update and know which documents are required for the new year. Budgets will also be included in this year’s Application Update training.

Independent Centers

- Tues, June 29; 8:00 AM- 12:00 PM | [Click here to register](#)
- Weds, June 30; 1:00 PM - 5:00 PM | [Click here to register](#)
- Thurs, July 1; 8:00 AM- 12:00 PM | [Click here to register](#)
- Weds, July 7; 1:00 PM - 5:00 PM | [Click here to register](#)
- Fri, July 9; 8:00 AM- 12:00 PM | [Click here to register](#)
- Thurs, July 15; 1:00 PM - 5:00 PM | [Click here to register](#)

Sponsoring Organizations

- Tues, June 29; 1:00 PM - 5:00 PM | [Click here to register](#)
- Weds, June 30; 8:00 AM- 12:00 PM | [Click here to register](#)
- Thurs, July 1; 1:00 PM - 5:00 PM | [Click here to register](#)
- Thurs, July 8; 8:00 AM- 12:00 PM | [Click here to register](#)
- Thurs, July 8; 1:00 PM - 5:00 PM | [Click here to register](#)
- Tues, July 13; 8:00 AM- 12:00 PM | [Click here to register](#)

⇒ **Build a Better Menu**—Join us for this live 4 hr. webinar and learn how to plan nutritious and delicious menus that meet the CACFP Meal Patterns. In this training, participants will review the meal patterns, analyze their current menus, learn where to find new recipes, and be guided through a menu makeover.

- * Tuesday, July 20, 2021, from 9:00 AM – 1:00 PM | [Click here to register](#)

⇒ **Duties and Documents for Sponsoring Organizations**—Don’t miss the essential CACFP recordkeeping training. In this live webinar, you will receive guidance and information on the daily, weekly, monthly, and annual responsibilities and records required for Sponsoring Organizations. Recommended for administrators, monitors, and trainers for the Sponsoring Organization.

- * Tuesday, July 27, 2021, from 1:00 PM – 4:00 PM | [Click here to register](#)

⇒ **Duties and Documents for Independent Centers**—The essential CACFP recordkeeping training for Independent Centers! In this live webinar, you will receive guidance and information on the daily, weekly, monthly, and annual recordkeeping requirements for the CACFP. Recommended for Institution managers and trainers.

- * Wednesday, July 28, 2021, from 1:00 PM – 4:00 PM | [Click here to register](#)

NC CACFP Monthly Institution Call



All information presented on this call is true and accurate as of the date of the call.

Monthly Institutions Calls

Did you miss 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](#) — under “Program Resources, click “Monthly Institutions Call” to find them. They are also linked below.

- ⇒ [April 9, 2021](#)
- ⇒ [May 7, 2021](#)
- ⇒ [June 4, 2021](#)

FY 2022 Annual Application Update

It is that time of year! The 2022 Annual Application Updates for Independent Centers and Sponsoring Organizations are **due to the State Agency by the end of the current Fiscal Year, September 30, 2021**. As always, we encourage Institutions to plan ahead to meet this deadline!

We are expecting the 2022 fiscal year to be available in NC CARES on July 15. You will be able to start work on your Application Updates after that time. Between now and then, the State agency will be posting the required documents for the update on our website.

Live Training Webinar on Application Update—Dates and Registration Links Listed on Page 2

The webinar provides program managers from Independent Centers and Sponsoring Organizations with an application guide, necessary information, and required forms needed to complete the 2022 Annual Application Update process. The webinar will help prepare you to complete the application process in an efficient and effective manner. Live webinar sessions will be offered beginning June 29, 2021. To register to participate in a training webinar, visit [our website](#) or see [the links on Page 2 of this newsletter](#).

We are here to provide you with assistance and resources as needed. Please reach out anytime to your Regional Consultant. Working better, together!

Advice and Pro Tips from 2021

⇒ **From an Independent Center approved for Fiscal Year 2021...**

“It’s my best medicine to do everything ASAP. Yearly the Annual Food Program has always been extremely difficult. Each year I try so hard to complete it as soon as I get the information to try to master it. The main thing is to get it off my plate because just knowing it’s hanging out there to not only complete but to complete correctly will totally drive you crazy, especially since you know you can’t survive without it. Anyway this year I just told myself that I’m going to hop on this as quickly as I can.”

- By *Christine Ilderton, President, Heritage Child Enrichment Center, Inc. (Davidson Co.)*

⇒ **From a Sponsoring Organization approved for Fiscal Year 2021...**

“As a sponsor we like to get an early start with completing the application.

1. Make it a priority to complete the application.

- Allows time to correct any errors
- Allows time to get approval from State Agency

2. Utilize the Annual Application Update Guide

- Read and answer each question on application carefully
- Complete all required documents
- Upload all required documents to Attachment List
- Helps to minimize number of corrections

3. Contact your Nutrition Program Consultant for assistance when needed.”

- By *Jamesie Gentry, School Nutrition Director, & Patricia Slater, School Nutrition Supervisor, Whiteville City Schools, At-Risk Afterschool Meals Program (Columbus Co.)*



News on COVID-19 Waivers in the CACFP

The USDA has issued Child Nutrition Programs waivers for School Year 2021-2022. Any Institution that would like to use one or more of these waivers for School Year 2021-2022 must apply and be approved for each waiver they would like to use. Participation in these waivers starts July 1, 2021 and ends June 30, 2022. Click on the following links to learn more about each waiver:

- [Update for School Year 2021-2022](#)
- [Non-Congregate Meal Service](#)
- [Meal Times Requirements](#)
- [Specific Meal Pattern Flexibility](#) (Only three flexibilities allowed - read carefully)
- [Allow Parents and Guardians to Pick Meals for Children for School Year 2021-2022](#)
- [Area Eligibility in the At-Risk Afterschool Meal \(ARAM\) Programs and for Family Day Care Home Providers](#) (See more below)
- [Onsite Monitoring Requirements for Sponsoring Organizations](#)
- [Onsite Monitoring Requirements for State Agencies](#)

To apply for one or more of the School Year 2021-2022 waivers, please fill out the [Waiver Request Form for the Nationwide Waivers for School Year 2021-2022](#). (Information on the waivers and the link to the request form are also available on our website at <https://www.nutritionnc.com/snp/covid.htm>.)



Please apply only for waivers that are necessary to support the operation of a successful CACFP during the upcoming school year.

Calling All Sponsors!

The Stage agency would like to highlight one School Year 2021-2022 waiver in particular – the [Nationwide Waiver of Area Eligibility in the At-Risk Afterschool Meal \(ARAM\) Programs and for Family Day Care Home Providers](#). This waiver presents a wonderful opportunity for Sponsoring Organizations to add new

facilities under their sponsorship. The waiver allows at-risk afterschool care centers, regardless of their location, to apply to participate in the CACFP and claim all CACFP At-Risk Afterschool Program meals and snacks at the free rate. This waiver also allows day care homes participating in the CACFP to claim all meals served to enrolled children at the Tier 1 rate, regardless of their location. As is the case with all the waivers, interested Sponsors or Institutions must apply and be approved before implementing the waiver. Apply here today: [Waiver Request Form for the Nationwide Waivers for School Year 2021-2022](#)





Voluntary Recall
Announcement
Beech-Nut Stage 1, Single
Grain Rice Cereal

On June 8, 2021, Beech-Nut Nutrition issued a voluntary recall of an infant cereal product. Beech-Nut Stage 1, Single Grain Rice Cereal was recalled due to the presence of inorganic arsenic. Inorganic arsenic is a heavy metal which is hazardous to young children’s health. Beech-Nut also announced they will stop making this product. For more information, see the [recall announcement on the Food & Drug Administration’s \(FDA\) website](#). Please note there are other iron-fortified infant cereal options available to serve in the CACFP, such as infant cereals made from oats or wheat or iron-fortified infant rice cereal from other brands. If you have any questions, please contact the Nutrition, Training, and Policy Team at CACFPtraining@dhhs.nc.gov.



Policy Memo Updates

CACFP Policy Memo Updates

The USDA has issued a couple of new Policy Memos since our April/May e-newsletter issue. These are available on [our website](#). Read more about these important updates below.

[CACFP 11-2021: Collection of Race and Ethnicity Data by Visual Observation and Identification in the Child and Adult Care Food Program and Summer Food Service Program – Policy Rescission](#)

Summary: This memo states **visual observation and identification** by CACFP Institutions and facilities and SFSP sponsors **is no longer an allowable practice** for program operators to use during the collection of race or ethnicity data.

[CACFP 12-2021: Reimbursement for Meals and Snacks Served to Young Adults in the CACFP – Q&A](#)

Summary: This memo includes questions and answers to clarify for State agencies, emergency shelters, and emergency shelters that operate at-risk after school care centers regarding meals and snacks served to young adults (individuals under the age of 25 who are receiving assistance from these programs) in the CACFP.

Resources to the Rescue

Ounce Equivalents Resources—The requirement to measure grains using ounce equivalents will become effective on October 1, 2021. The USDA’s Team Nutrition provides almost everything you need in an easy-to-use format, and you can order print copies as well.

Worksheets

- Using Ounce Equivalents for Grains in the CACFP [[English](#) | [Spanish](#)] *Order Print Copies:* [[English](#) | [Spanish](#)] *Presentation Slides with Notes:* [[English PPT](#) | [Spanish PPT](#)]
- Feeding Infants Using Ounce Equivalents for Grains in the CACFP [[English](#) | [Spanish](#)]
- Calculating Ounce Equivalents of Grains in the CACFP Training Worksheet [[English](#) | [Spanish](#)]
- Crediting Single-Serving Packages of Grains in the CACFP Training Worksheet [[English](#) | [Spanish](#)]
- Determining Ounce Equivalents of Grains in CACFP Recipes [[English](#) | [Spanish](#)]

Digital Tools

- [Food Buying Guide for Child Nutrition Programs: Exhibit A Grains Tool](#)
- [Food Buying Guide Mobile App](#)

Recorded Webinars by the USDA’s Team Nutrition

- In-Grained: Easy Tools to Determine Serving Amounts [[English](#) | [Spanish](#)]
- Crediting Single-Serving Packages of Grains in the CACFP [[English](#) | [Spanish](#)]
- Exhibit A Grains Tool to the Rescue! [[English](#)]
- How to Maximize the Exhibit A Grains Tool [[English](#)]

Policy Documents

- [Delayed Implementation of Grains Ounce Equivalents in the CACFP](#)
- [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010; Final Rule](#)
- [CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#)

Resources from Other States

- [Grain Product Portion Guide for the CACFP](#) by MN Department of Education: At a glance list to find out required portion size of commonly served grain products in the CACFP
- [Ready-to-Eat Breakfast Cereal: Flakes, Rounds, Puffed, or Granola](#) by MI Department of Education: Helpful resource to check which cereal falls under different cereal types (Flakes, Rounds, Puffed, and Granola)

Meet Your State Agency Staff

Joseline Kirkendoll and Tina Lattimore-McNeil



Joseline Kirkendoll

Title/Role: Finance and Risk Management Supervisor

Region: Statewide

- **My favorite food is...**Chicken Biryani (a South Asian dish made with chicken, rice, and potatoes).
- **My favorite place and/or activity/event in North Carolina is...**Wrightsville Beach/Gardening/State Fair.
- **My favorite part of my job is...**talking to the coworkers/Institution's personnel about finance and compliance.
- **The best tip I have for success in the CACFP is...**CACFP is a unique grant, do your due diligence to understand, learn, and get familiar with the guidelines. It gets easier once you understand the program which helps us all to comply with the state and federal regulations.

Tina Lattimore-McNeil

Tina Lattimore-McNeil

Title/Role: Finance and Business Compliance Analyst I

Region: Rockingham, Caswell, Person, Durham, Granville, Vance, and Warren Counties

- **My favorite foods are...**Corn and Pineapples.
- **My favorite place and/or activity/event in North Carolina is...**Carolina Panthers Football.
- **My favorite part of my job is...**being a resource for our Institutions/helping them to be successful on the program.
- **The best tip I have for success in the CACFP is...**to participate in the monthly Institution calls and reach out to the State agency when you have questions.

Claim Validation



By Joseline Kirkendoll, Finance and Risk Management Supervisor

What is Claim Validation? It is the process of verifying the validity and accuracy of the reimbursement claim submitted by Institutions through NC CARES.

Why is Claim Validation Important? When an Institution submits a claim for reimbursement, the Institution certifies that the claim is accurate and all required documentation is available to support the claim. Unfortunately, sometimes errors happen, whether through a minor system glitch or a major mishap. These errors can affect the Institution's reimbursement and participation in the CACFP. The claim validation process ensures that the State agency pays only valid claims and the discrepancies requiring prompt attention are identified and communicated to the respective Institution before they become serious problems.

Why Now? The State agency's Financial and Risk Management team is now adequately staffed. As a result, the State agency can take on additional responsibilities such as claim validation.

What constitutes a valid claim? A valid claim must meet the regulatory requirements of 7 CFR, sections 226.7(k), 226.10 (c), and 226.11(b)(1). It is very important for the key personnel of the Institutions to be familiar with the provisions of these sections and any current FNS policy memos on this matter.

What will the State agency be reviewing?

- ✓ **Claims with Errors:** To ensure Institutions understand the nature of the error preventing payment of their claims and the steps they can take to correct it (Example: claims entered after 60 days from the last day of claim month).
- ✓ **Unsubmitted Claims:** To ensure Institutions file claims on time and do not have to use their one-time exception except for real emergencies.
- ✓ **Monthly Claim Cost Details:** To ensure Institutions are entering monthly costs with each claim and the expenses are ACTUAL and reported in the right budget category. Remember to keep the supporting documentation on file.
- ✓ **Nonprofit Food Service Status:** To ensure the documented allowable CACFP expenses cover the amount of reimbursement paid to date and that Institutions do not have excessive balances in the food-service account.



What could this mean to the Institution?

If the State agency finds discrepancies with the claim, a member of the financial management team will contact the Institution with a request to:

- ✓ Submit or correct the Institution claim.
- ✓ Provide additional documentation.
- ✓ Spend down the excessive balance on allowable costs or provide a spending plan.
- ✓ Reconcile the Institution's costs to the approved budget.

For claims with serious discrepancies, the State agency may:

- ✓ Put a hold on the payment for a claim until the discrepancies are corrected.
- ✓ Disallow partial or full reimbursement amount.
- ✓ Declare the Institution seriously deficient.

 **Red Flags** 

- Filing claims using incorrect enrollment records
- Filing claims using incorrect eligibility records
- Filing claims using incorrect meal count and attendance records
- Filing claims for meals that do not meet CACFP meal pattern requirements
- Reporting expenses without supporting documentation
- Reporting low/no food costs
- Reporting figures that are all whole numbers (i.e., 100; 1,000; 1,200)
- High travel costs
- Claiming rent costs on owned property
- High administrative costs (centers)
- High contracted services cost



Special Feature: Celebrate National Breastfeeding Month with CACFP and WIC!

August is National Breastfeeding Month! The theme of this year's National Breastfeeding Month is "Every Step of the Way." Fortunately, as a CACFP provider, there are many ways you can support breastfeeding families "every step of the way":

- **Create** a breastfeeding-friendly space at your child care center, a CACFP best practice.
- **Share** WIC information with all enrolled families, a CACFP requirement!
- **Display** the "[Breastfed Babies Welcome Here!](#)" [poster](#) at your center.
 - ⇒ [Order free copies in English, Spanish](#), or both.
- **Provide** the "[Breastfed Babies Welcome Here: A Mother's Guide](#)" [booklet](#) to all families.
 - ⇒ [Order free copies in English, Spanish](#), or both.
- And, remember...
 - ⇒ When parents provide expressed breastmilk or breastfeed their baby at your site, you may claim reimbursement for these meals or snacks as long as you provide all other required components based on the infant's developmental -readiness for solid foods.



The [World Alliance for Breastfeeding in Action](#) has lots of great info to share about National Breastfeeding Month. Each week of August will highlight a special focus and theme:

- ⇒ Week 1: [World Breastfeeding Week](#) / *Protect Breastfeeding: A Shared Responsibility*
- ⇒ Week 2: Native Breastfeeding Week / *Nourishing Our Futures*
- ⇒ Week 3: Asian American, Native Hawaiian, and Pacific Islander Week / *Reclaiming Our Traditions*
- ⇒ Week 4: Black Breastfeeding Week / *Theme to be announced*



Cherry Tomato & Corn Salad

Recipe Category: Vegetable

CACFP Meal Pattern Contributions: ½ cup vegetable (¼ cup vegetable and ¼ cup additional vegetable)

Serving Size: ½ cup

Ingredients	12 SERVINGS		24 SERVINGS		48 SERVINGS	
	Weight	Measure	Weight	Measure	Weight	Measure
Corn, husked	2.50 lbs.	6 medium ears	4.75 lbs.	12 medium ears	9.25 lbs.	24 medium ears
Fresh basil (chopped)		3 Tbsp		¼ cup + 2 Tbsp		¾ cup
Cherry or grape tomatoes	1.25 lbs.		2.25 lbs.		4.50 lbs.	
Shredded part-skim mozzarella cheese		¾ cup		1 ½ cups		3 cups
Olive oil		1 Tbsp		2 Tbsp		¼ cup
Lemon		1 Tbsp (¼ medium lemon)		2 Tbsp (½ medium lemon)		4 Tbsp (1 medium lemon)
Kosher salt		¼ tsp		½ tsp		1 tsp
Yield:	6 cups		12 cups		24 cups	

Procedure

1. Bring a large pot of water to a boil. Cook corn until just tender, about 8 minutes. Drain and let cool.
2. Meanwhile, cut the tomatoes in half.
3. To cut corn off the cobs, stand each ear on its flat end on a cutting board. Cut off the kernels with a sharp knife. Put in a large bowl. Add tomatoes, basil, cheese, oil, lemon juice and salt. Toss to combine and serve immediately.

Note: Refrigerate cooked corn kernels for up to 2 days.

Recipe adapted from: New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cook (<https://vtfeed.org/resources/new-school-cuisine-nutritious-and-seasonal-recipes-school-cooks-school-cooks>)