



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

July/August 2023
Volume 4, Issue 4



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello, CACFP Family,

I hope you have been enjoying this beautiful North Carolina summer!

I would like to take this time to thank each of you for your patience with the transition from NC CARES to the new management information system, NC CACFP CONNECTS. While development is taking a bit longer than anticipated, we at the CACFP are confident the streamlined processes for claims, compliance, and updating records will be worth the wait!

Speaking of updating records, it's that time of year again! In NC CACFP CONNECTS, Application Update will be referred to as Institution Record Renewal. The regulations require this renewal of all participating CACFP institutions and the State agency is working hard to make the 2024 Institution Record Renewal as smooth as possible. There will be much to learn as we all get to know the new system and complete the annual renewal. I want to assure you that the State agency will be here to guide and assist our institutions every step of the way.

We will continue to keep you informed on details and dates around the NC CACFP CONNECTS launch, Institution Record Renewal, and required training. Join us for our monthly Institution Calls and keep a look out for broadcast emails for more information. Don't forget any questions regarding the new system can be sent to NCCACFPConnects@dhhs.nc.gov.

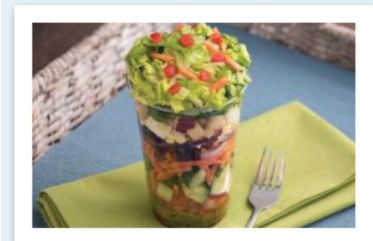
In appreciation,
Cassandra Williams
CACFP Manager

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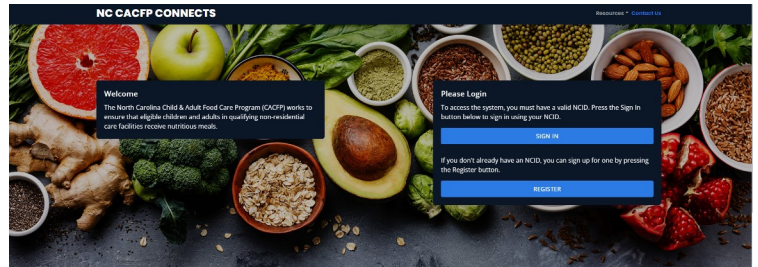
Reminders

- **Friday, July 7, and Friday, August 4, from 1 to 2 PM**— next two State agency calls with CACFP Institutions (click [here](#) to join)
- **Monday, July 31, 2023**—last day to submit May 2023 claims
- **Tuesday, August 29, 2023**— last day to submit June 2023 claims
- Check out our seasonal standardized recipe for a salad shaker on [page 9](#)



Announcements

NC CACFP CONNECTS Implementation Delay: The new system is not yet yielding a clean start-to-finish run. Therefore, the NC CACFP CONNECTS go live date has been delayed. Stay tuned for further updates on the expected timeline and required training dates.



And Justice For All Poster Updates: Here is a screenshot of the new "And Justice For All" poster. The State agency is still waiting for new posters to be delivered from USDA. We will mail out all requested posters as soon as we receive them. In the meantime, please continue to use the existing "And Justice For All" posters. Haven't filled the order form yet? Use [this link](#) to request posters for your institution.

Income Eligibility Guidelines for FY 2023-2024: The Income Eligibility Guidelines for the coming fiscal year are available for download [here](#). They are also available on our website, on the Program Resources [page](#). These guidelines are effective from July 1, 2023 to June 30, 2024.

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

HOUSEHOLD SIZE	YEARLY		MONTHLY		TWICE PER MONTH		EVERY TWO WEEKS		WEEKLY	
	Free	Reduced	Free	Reduced	Free	Reduced	Free	Reduced	Free	Reduced
1	\$18,064	\$28,913	\$1,505	\$2,408	\$760	\$1,204	\$708	\$1,038	1,061	\$139
2	\$23,639	\$38,482	\$2,137	\$3,391	\$1,069	\$1,721	996	\$1,404	1,493	\$192
3	\$31,318	\$49,991	\$2,614	\$4,163	\$1,347	\$2,107	\$1,243	\$1,765	1,822	\$240
4	\$39,000	\$59,500	\$3,230	\$4,845	\$1,625	\$2,437	\$1,500	\$2,135	1,750	\$2,088
5	\$46,682	\$69,009	\$3,857	\$5,418	\$1,904	\$2,709	\$1,757	\$2,505	1,879	\$2,251
6	\$54,364	\$78,518	\$4,484	\$6,723	\$2,182	\$3,265	\$2,014	\$2,847	2,007	\$2,414
7	\$59,046	\$84,027	\$4,831	\$7,289	\$2,461	\$3,582	\$2,271	\$3,212	2,138	\$2,638
8	\$65,728	\$93,536	\$5,178	\$7,795	\$2,739	\$3,898	\$2,538	\$3,598	2,184	\$2,799
For each additional family member, add	\$4,661	\$6,000	\$387	\$490	\$193	\$297	\$207	\$286	\$129	\$183

Example: A household of 4 with a yearly income of \$48,000.00 would be classified as Reduced.

NC CACFP - Income Eligibility Guidelines FY 2024 03/2024

Training

New Rise Course Available - CN Labels: Our new CN Labels webinar is for those responsible for CACFP food service, menu planning, and recordkeeping. The information in this webinar comes from the Institute of Child Nutrition's Meal Time Memo, "Child Nutrition (CN) Labels", as well as the USDA website and Food Buying Guide for Child Nutrition Programs. In this course, you will learn about the CN Labeling Program, information on CN-labeled products, and much more. You will also be taken through several examples to help you better understand how to read CN labels. Access the course using [this link](#).



CN 000000*

CN Each 5.25 oz (by weight)¹⁵ portion of Beef Chili with Beans and Textured Soy Protein Isolate provides 2.00 oz equivalent meat/meat alternate and 1/4 cup serving of vegetable for the Child Nutrition Meal Pattern Requirements. (Use of this logo and Statement authorized by the Food and Nutrition Service, USDA 02/05**)

CN



August is National Kids Eat Right Month! Each August, Kids Eat Right Month focuses on the effort aimed at ending childhood obesity and teaching kids healthy eating habits for life. This initiative, known as Kids Eat Right, was originally started in 2010 to encourage participation in childhood obesity-prevention projects among schools and communities. A quality diet is essential to optimize the growth and development of children. Click [here](#) for more information and resources on the Kids Eat Right campaign.

Resources

Nibbles for Health: Are you looking for resources to communicate information about popular nutrition topics? Team Nutrition has created nutrition newsletters for parents of young children. Twelve newsletter topics include Growing Strong with Milk, Healthy Meals with MyPlate, to name a few. These can be used to celebrate this year's [National Kids Eat Right Month](#). Visit this [link](#) to view the newsletters.



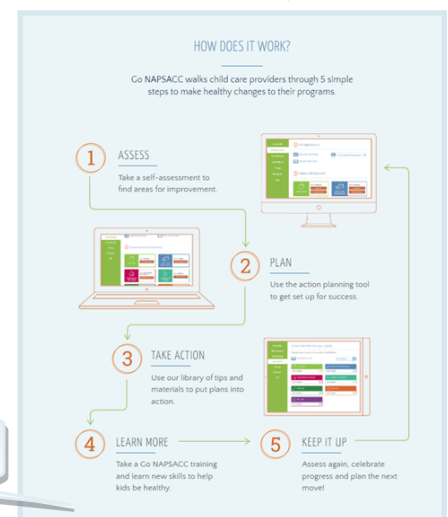
Tofu Preparation Tips: Have you tried tofu on your menus? Tofu is a product made from soybeans. It is very soft (can be sliced with a butter knife) and can be used in many dishes such as chili, casseroles, burritos, and stir-fries. It provides a healthy alternative to meat, especially for your vegetarian participants. The National CACFP Sponsors Association has partnered with the Humane Society to provide a great tip sheet about preparing and serving tofu in the CACFP. Click this [link](#) to access the tip sheet. Please note tofu is not creditable as part of a reimbursable infant meal.

Updated Potentially Allowable Non-Dairy Beverages List: Updated version is now available on our [website](#).

- ⇒ **8th Continent®**, **Vanilla Soymilk:** No longer produced as of 3/31/2023
- ⇒ The distributor of previously-named “WESTSOY® Organic Plus Plain Soymilk” has changed the package design.
- ⇒ Ripple® On The Go (Shelf-Stable, 8 fl. oz.) Original, Vanilla, and Chocolate are added to the list. These are pea-based milk products.

	UNFLAVORED				FLAVORED			
Product Name	Image	Image	Image	Image	Image	Image	Image	Image
Product Name	8th Continent® Soybean Original	On the Border Soybean Original	8th Continent® Soybean Original	WESTSOY® Organic Plus Plain Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original
Product Name	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original	Ripple® On The Go Soybean Original
Product Name	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original	8th Continent® Soybean Original

Go NAPSACC Self-Assessments: Self-Assessments help childcare providers compare their practices to best-practice standards based on the most up-to-date research. Go NAPSACC’s best-practice standards for childcare programs can help children up to age 5 develop healthy habits for eating, physical activity, and oral health. The Go NAPSACC self-assessment is the first step toward change. Go NAPSACC’s [provider tools](#) allow childcare providers to complete and save their self-assessments online, then continue through the [5 Steps of Go NAPSACC](#) by setting goals, creating action plans, and using favorite tips and materials to guide them. Take a look at the graphic to the right and click the [link](#) in the message bubble to get started.



[GET STARTED NOW](#)

Resources (cont.)

CN Label Quiz (Announced via email on May 25, 2023): Let's see how much you know about Child Nutrition (CN) labels with Team Nutrition's latest web quiz. The [Child Nutrition Label Quiz](#) helps operators identify products that may need a CN label and understand the requirements for accepting CN labeled products. The quiz consists of 10 self-paced questions that provide feedback for correct and incorrect answers. The user has the opportunity to retake the quiz and retry the questions as many times as desired. This quiz was created to support the information found in the [CN Labeling Program](#) and [Food Buying Guide for Child Nutrition Programs](#). Take other [Team Nutrition web quizzes](#) today!

New!

Discover MyPlate: Nutrition Education for Kindergarten: June 2, 2023 was MyPlate's 12th birthday, and USDA's Team Nutrition has announced new videos for Discover MyPlate: Nutrition Education for Kindergarten resources to celebrate MyPlate's birthday. These resources are designed for teachers and families to use for their kindergartners to improve their nutritional foundation. You can find more Discover MyPlate materials [here](#).

- [Discover MyPlate Training Video](#): Learn about the Discover MyPlate: Nutrition Education for Kindergarten resource and its contents.
- [Discover MyPlate "Reach for the Sky" Music Video](#): Dance along with this music video demonstrating movements to the "Reach for the Sky" song about the five food groups.
- [Discover MyPlate Look and Cook Recipes Video \(English | Spanish\)](#): See how to prepare your favorite Look and Cook recipe, or check out all five!

FNS Senior Resources Toolkit: Good nutrition is the foundation for a healthy lifestyle. When you're eating healthy, you have the energy to stay well and do the things you love.

As grocery prices continue to rise, senior citizens can get help filling their baskets. Individuals age 60+ with a limited income may be eligible to participate in several North Carolina food benefit programs. These programs include food assistance such as NC Food and Nutrition Services (FNS), which provides monthly food benefits. The following deductions can be applied to maximize your monthly allotment:

- \$193 standard deduction
- 20% earnings deduction
- Medical expense deduction
- Dependent care deduction
- Housing costs when they exceed a certain percent of your income after deductions



In addition to monthly food benefits, participating in FNS can help you qualify to receive financial assistance for additional programs that can help with common expenses such as utilities, phone, and internet.

Learn more about the different types of assistance available to you, as well as how to qualify and apply, at www.NCDHHS.gov/SeniorResources.

Meet Your State Agency Staff

Janice Freeman, Gavneet Kalra, and Karen Togba

Janice Freeman

Title/Role: UAT Analyst

Region: Raleigh Office

- **My favorite food is...**I enjoy all types of food. (foodie)
- **My favorite place and/or activity/event in North Carolina is...**walking along North Carolina beaches.
- **My favorite part of my job is...**testing and making sure any errors found are resolved.
- **The best tip I have for success in the CACFP is...**pay attention to detail in NC CACFP CONNECTS.



Gavneet Kalra

Title/Role: QA Tester

Region: Raleigh Office

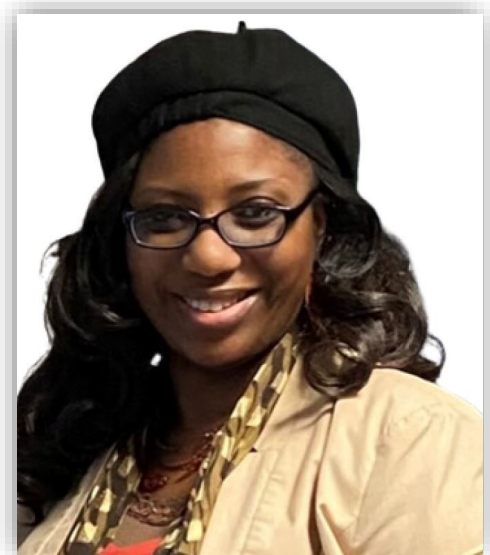
- **My favorite food is...**big foodie. I love trying different cuisines but specifically clean healthy food.
- **My favorite place and/or activity/event in North Carolina is...**hiking on the trails. Especially early in the morning.
- **My favorite part of my job is...**debugging issues in UAT and helping the team with their issues.
- **The best tip I have for success in the CACFP is...**providing user friendly training to all the Institutions.

Karen Togba

Title/Role: User Support Analyst

Region: Raleigh Office

- **My favorite food is...**Jalof Rice.
- **My favorite place in North Carolina is...**the Blue Ridge Mountains.
- **My favorite activity in North Carolina is...**painting, sculpting, and designing events.
- **My favorite event in North Carolina is...**the NC State Fair (where I showcase products from my business).
- **My favorite part of my job is...**conquering new challenges.
- **The best tip I have for success in the CACFP...**learn EVERYTHING there is to know about the application and pass it on.



National Breastfeeding Month and World Breastfeeding Week

Did you know that National Breastfeeding Month and World Breastfeeding Week (WBW) are both in August? The entire month focuses on expanding support, advocacy, and protection of breastfeeding. It is the perfect time to educate new mothers on the health benefits and ways to manage breastfeeding in their day-to-day lives.

[World Breastfeeding Week](#) began in 1992 and as its support and recognition grew, the World Health Assembly endorsed it as an “important breastfeeding promotion strategy” in 2018. Annually, the [World Alliance for Breastfeeding Action](#) (WABA) releases a campaign during the first week of August to promote WBW. This year’s campaign has 4 objectives: inform, anchor, engage, and galvanize.

How do these objectives relate to breastfeeding? First, working parents share different perspectives on breastfeeding and parenting. It is important to **Inform** others of these viewpoints. Next, **Anchoring** paid leave and support for breastfeeding is crucial for parents to feel comfortable in the workplace. To increase support and collaboration for breastfeeding at work, it is also important to **Engage** with other individuals and organizations. **Galvanize** is the final objective for this year’s WBW campaign. Synonyms for galvanize are to excite, motivate, and spur. World Breastfeeding Week wants to motivate- or galvanize- everyone to improve support and working conditions for breastfeeding mothers.

Throughout August, we urge everyone to take the time to learn more about breastfeeding in the workplace. Balancing breastfeeding and a career can be extremely overwhelming and challenging to navigate. It is important that mothers and parents feel heard and supported at work. We hope this article and the resources provided help you find ways to celebrate and promote National Breastfeeding Month and World Breastfeeding Week at your institutions and in your communities.

Resources: [World Alliance for Breastfeeding Action \(WABA\)](#), [U.S. Department of Homeland Security](#), [World Breastfeeding Week](#), [U.S. Breastfeeding Committee](#)



Congratulations! **Opening Doors Preschool, II** (Independent Center, Columbus County) has been awarded the North Carolina Breastfeeding-Friendly Child Care Designation (NC BFCCD).

NC BFCCD recognizes childcare centers who have implemented breastfeeding-friendly policies and practices at their facilities. Childcare programs receiving the NC BFCCD will receive a certificate, be recognized by [the NC Division of Child and Family Well-Being](#), and have the designation listed as Facility Special Features in their DCDEE facility profile (see below). The designation is **FREE** and no site visits are required. The next application is due September 30, 2023. The online application and resources for application assistance are available [here](#).

Facility Special Features

The following information is furnished by the provider and is not guaranteed to be up to date, nor verified for accuracy by DCDEE. You can confirm the information by contacting the provider directly.

Additional Services & Amenities

NC Breastfeeding-Friendly Child Care Designation

Interested in Becoming a Breastfeeding-Friendly Child Care Program?

The North Carolina Breastfeeding-Friendly Child Care Designation recognizes child care programs that implement practices in their center or home that support breastfeeding.

Designation Benefits

- Free Marketing and Recognition.
- Parents are looking for child care programs that support breastfeeding!
- Cost Savings (Breastmilk is Milk).
- Continued Enrollment.
- Healthy Kids and Parents.
- Reduced Absences.



Programs designated as a NC Breastfeeding-Friendly Child Care after implementing five standards:

1. Written Policy.
2. Community Connections.
3. Professional Development.
4. Environment.
5. Curriculum.

And, you're already on the way if you have...

- Current feeding plans for children up to 15 months.
- A private space for breastfeeding.

Scan the QR code to start your application today!



- Work at your own pace via the online application.
- Applications reviewed twice a year—due March 31 or September 30.

Need help? Visit:

<https://www.ncdhhs.gov/ncbfccdesignation>



Salad Week (July 23-29, 2023) Tips

During July and August, an abundance of colorful, flavorful, and nutritious vegetables and fruits are available in North Carolina, and we don't want you to miss out! See below for a list of vegetables and fruits that are currently in season. (To see what's available throughout the year, check out [this](#) North Carolina Fruit and Vegetable Availability chart.) With National Salad Week around the corner (July 23 – 29, 2023), how about offering seasonal vegetables and fruits each day at lunch/supper? Salads can be a great way to serve these fresh veggies and fruits, either as a light side dish or a hearty main course meal.

[Salad Shakers](#) are a fun, easy way to *mix up* the traditional salad! Simply choose two different vegetables (1st vegetable and 2nd vegetable) or one vegetable and one fruit* from the lists below, then add a meat/meat alternate (e.g., tofu, beans, low-fat shredded mozzarella cheese, grilled chicken/turkey, seeds**, nuts**) to the salads. Don't forget the grains too, which can be part of the salad or on the side (e.g., brown rice, bulgur, quinoa, whole grain-rich pita bread, couscous, crackers, etc.) Finally, serve the appropriate type of milk (i.e., fat content and unflavored/flavored) for the age group you plan to serve. The salad shaker will meet the CACFP [lunch/supper meal pattern](#) requirements. Make sure to cut foods into desired size and shape appropriate for the age group to be served. Have fun creating your salads!

Vegetable: Butterbeans, Cabbage, Carrots, Collards, Cucumbers, Eggplant, Leafy greens***, Okra, Onions, Peppers, Potatoes, Snap Beans, Squash, Sweet Corn, Sweet Potatoes, Tomatoes, Zucchini

Fruit: Apples, Blackberries, Blueberries, Cantaloupes, Figs, Honeydew Melons, Muscadine Grapes, Nectarines, Peaches, Pears, Plums, Sprite Melons, Watermelon

*Please note that dried fruit credits as twice the volume served.

**Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for reimbursable meals. They must be combined with another meat or meat alternate to meet the full requirement for a reimbursable meal. Please be aware that some participants may have nut or seed intolerances or allergies. You are encouraged to make reasonable accommodations for children with allergies to ensure they are receiving safe and nutritious meals. Nuts and seeds should be served with caution to children under 4 years of age and some elderly participants, as they may cause choking.

***Raw leafy greens credit half of the volume served. To meet the meal pattern for lunch/supper, the following amounts should be offered. **Ages 1-2:** ¼ cup, **Ages 3-5:** ½ cup, **Ages 6-18:** 1 cup if serving as the 1st vegetable, ½ cup if serving as the 2nd vegetable, **Adult:** 1 cup

? How do we know if a produce item credits as half of the volume served? The USDA's [Food Buying Guide](#) has the answers! Search an item you would like to check and look at "Serving Size per Meal Contribution" for the item. If you see "credits as ½ cup in NSLP/SBP and CACFP" after the serving size, that means that item credits as half of the volume served. In the example below, fresh lettuce indicates "credits as ½ cup in NSLP/SBP and CACFP" under "Serving Size per Meal Contribution." However, fresh cabbage does not have that information listed under "Serving Size per Meal Contribution," which means it credits as the same volume served (i.e., credits as ¼ cup when served ¼ cup of fresh cabbage).

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Add to Compare	Add to Favorites
Vegetables	Dark Green Vegetables LETTUCE	Lettuce, fresh <i>Dark Green Leafy (loose lettuce), Untrimmed</i>	Pound	21.70	1/4 cup raw vegetable pieces (credits as 1/8 cup in NSLP/SBP and CACFP)	Add	Add
Vegetables	Other Vegetables CABBAGE, GREEN	Cabbage, fresh <i>Green, Untrimmed, Whole</i>	Pound	17.70	1/4 cup raw, chopped vegetable	Add	Add



Salad Shakers

USDA Recipe for CACFP

Shake things up with a salad shaker! A spinach vinaigrette dressing blends the cool and crisp flavors of tomatoes, cucumbers, carrots, onions, dried cranberries, eggs, apples, and romaine lettuce in this colorful and crunchy layered salad in cup.

CACFP CREDITING INFORMATION

One salad shaker provides 2 oz equivalent meat alternate, $\frac{3}{4}$ cup vegetable, and $\frac{3}{8}$ cup fruit.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple juice concentrate		1½ cups		3 cups	1 Dressing: Pour apple juice concentrate, olive oil, vinegar, salt, pepper, garlic, and spinach into a blender. Blend on high speed until dressing is liquefied and smooth. DO NOT OVERMIX. For 25 servings, mix for 2–3 minutes. For 50 servings, mix for 3–5 minutes.
Olive oil		¼ cup 2 Tbsp		¾ cup	
Balsamic vinegar		½ cup 2 Tbsp		1¼ cups	
Salt		1 tsp		2 tsp	
Black pepper		1 tsp		2 tsp	
Garlic, minced		2 Tbsp	3 oz	¼ cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, leaves	8 oz	3¼ cups	1 lb	1 qt 2½ cups	
					2 Cover and refrigerate at 40 °F until ready for service. Set aside for step 5.
					3 Place 16 oz drinking cups with domed lids on a sheet pan (18" x 26" x 1"). For 25 servings, use 2 pans (12 cups on 1 pan and 13 cups on 1 pan). For 50 servings, use 4 pans (13 cups on 3 pans and 11 cups on 1 pan)
					4 Assembly per cup:
					5 First layer: Portion 2 Tbsp spinach dressing on the bottom of each container.
*Fresh tomatoes, diced	1 lb 8 oz	1 qt ¼ cup	3 lb	2 qt ½ cup	6 Second layer: Portion ¼ cup tomatoes on top of dressing.
*Fresh cucumbers, diced	12 oz	2 cups 1 Tbsp 1½ tsp	1 lb 8 oz	1 qt 3 Tbsp	7 Third layer: Portion ⅓ cup cucumbers on top of tomatoes.
*Fresh carrots, shredded	12 oz	3⅔ cups	1 lb 8 oz	1 qt 3⅓ cups	8 Fourth layer: Portion ¼ cup carrots on top of cucumbers.
*Fresh red onions, thinly sliced	10 oz	½ cup 2 Tbsp	1 lb 4 oz	1¼ cups	9 Fifth layer: Portion ¼ cup onions on top of carrots.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dried cranberries	1 lb	3 cups 3 Tbsp 1½ tsp	2 lb	1 qt 2¼ cups 3 Tbsp	10 Sixth layer. Portion 2 Tbsp cranberries on top of onions.
Boiled eggs, diced	2 lb 12.5 oz	3 qt 1 cup	5 lb 9 oz	1 gal 2 qt 2 cups	11 Seventh layer. Portion ½ cup eggs on top of cranberries.
*Fresh apples, diced	12 oz	2¾ cups	1 lb 8 oz	1 qt 1½ cups	12 Eighth layer. Portion ¼ cup apples on top of eggs.
*Fresh romaine lettuce, shredded	1 lb 8 oz	2 qt 2¾ cups 2 Tbsp	3 lb	1 gal 1 qt 1¾ cups	13 Ninth layer. Portion ½ cup lettuce on top of apples.
					14 Critical Control Point: Cool to 40 °F or lower within 4 hours.
					15 Critical Control Point: Hold at 40 °F or below.
					16 Serve 1 salad shaker.



NUTRITION INFORMATION

For 16 oz cup (1 salad shaker).

NUTRIENTS	AMOUNT
Calories	231
Total Fat	9 g
Saturated Fat	2 g
Cholesterol	188 mg
Sodium	165 mg
Total Carbohydrate	29 g
Dietary Fiber	3 g
Total Sugars	24 g
Added Sugars included	N/A
Protein	8 g
Vitamin D	44 IU
Calcium	55 mg
Iron	1 mg
Potassium	361 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature red onions	12 oz	1 lb 8 oz
Spinach	8 oz	1 lb
Tomatoes	1 lb 12 oz	3 lb 8 oz
Cucumbers	13 oz	1 lb 10 oz
Carrots	12 oz	1 lb 8 oz
Apples	14 oz	1 lb 12 oz
Romaine lettuce	2 lb 6 oz	4 lb 12 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
About 13 lb 7 oz	About 26 lb 14 oz
About 1 gal 2 qt 2 ⁷ / ₈ cups/25 salad shakers	About 3 gal 1 qt 1 ³ / ₄ cups/50 salad shakers

