



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

March/April 2024
 Volume 5, Issue 2



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

We did it! We have officially surpassed the February 29th deadline for this fiscal year’s Record Renewal. I want to say a huge “thank you” to all of our institutions and State agency staff who worked tirelessly to get their records updated, reviewed, and approved by the deadline. I know this year’s renewal required extra time and effort with the launch of the new system, NC CACFP CONNECTS. Without the hard work of our CACFP family, this Record Renewal would not have been possible, and together, we made it a huge success. Now, it is time to celebrate!

March is the perfect month to do so because it is National Nutrition Month and CACFP Week. The theme for this year’s National Nutrition Month is “Beyond the Table” and it aims to shine a light on the farm-to-fork aspect of nutrition. Nourishment does not start and end at the dinner table. This year’s theme promotes learning about food production, distribution, sustainability, various ways to eat healthfully on the go, and so much more. On top of that, CACFP week has been taking place from March 10th to March 16th. This year, each letter in the “CACFP” has been used to emphasize a different aspect of the program. In this campaign, the letters stand for Community, Awareness, Children, Food Program, and Participate. Did you know that the CACFP serves over 4.5 million children and adults every day? During CACFP Week, please take the time to learn more about how the CACFP works to combat hunger and to find even more ways to promote serving nutritious foods at your centers. To learn more about National Nutrition Month and CACFP Week, be sure to check out pages [8](#) and [9](#) of this newsletter.

With that, I will let you begin celebrating the end of Record Renewal! Thank you again for your continued dedication to the CACFP. I appreciate you all!

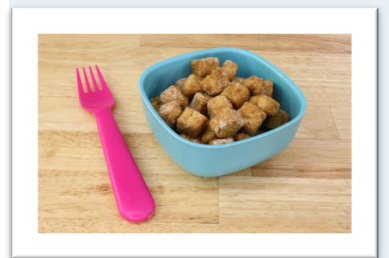
In appreciation,
 Cassandra Williams
 CACFP Manager

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Reminders

- **Friday, April 5 and May 3, from 1 to 2 PM**—next two State agency monthly calls with CACFP Institutions (click [here](#) to join)
- **Monday, April 1 and April 29, 2024**—last days to submit January and February 2024 claims
- Check out our seasonal recipe for Baked Tofu Bites on [page 10](#)



Announcements



“And Justice for All” posters: While we await the updated USDA “And Justice for All” poster, CACFP institutions and centers should prominently display the green poster with the image of the US flag and government building, as to the left. If copies of this poster are needed, please contact the State agency (cacfptraining@dhhs.nc.gov).

Training Opportunities

- ⇒ **Modifications to Accommodate Individuals with Disabilities in Community Meal Programs - Tuesday, March 26 | 2:00 PM - 3:00 PM Eastern**

Offered by Food and Nutrition Service (FNS) Civil Rights Division, USDA. The State agency encourages Institutions to register for this training. Important notes from the FNS: “Registration is required for this event. Everyone should register for this event, even if they plan to attend as part of a group. This will allow for more efficient transmittal of information to participants following the training. Please register no later than 24 hours in advance to ensure you receive an attendee link. We cannot accept last-minute registration requests. Please log on at least five (5) minutes prior to the beginning of the session as access to the training will be restricted 15 minutes into the session.” Register [here](#). Please select for “SERO” for the FNS Region.

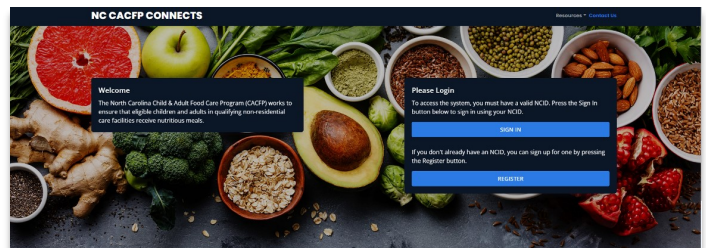
- ⇒ **Family Style Dining: Conversations Around the Table - March 28 | 2:00 PM - 2:30 PM Eastern**

Encourage young ones to share their thoughts and stories as they gather around the dining table- family style. This interactive experience fosters not only healthy eating habits but also helps them learn the art of conversation, where little voices can be heard and cherished. Receive tips on how to make family style dining kid-friendly and discover resources to start conversing with children at the table! Register [here](#).



FY 2024 Record Renewal Deadline

FY 2024 Record Renewal Approval Deadline was Thursday, February 29, 2024. Serious Deficiency Notices were sent to Institutions who have not started their Record Renewal the week of March 5, 2024. Serious Deficiency Notices will be sent to Institutions that have started but not submitted their Record Renewal the week of April 1, 2024. General questions regarding the CACFP should be sent to the Field Service Specialist. Questions regarding Record Renewal should be sent to the Renewal App Specialist.



For Our Health

In celebration of Nation Nutrition Month and the fact that summer is around the corner (Can you believe that?), we want to share the importance and benefit of drinking water. When you look at the My Plate image you may notice that it doesn't include one of the most important foods that everyone needs every day, water.

Water is required for our health. Water moves nutrients around the body, is required for digestion, and gets rid of waste. It is needed for all body functions; our organs cannot work well without it. Water is essential for weight management, clear skin, and mental clarity.

The U.S. National Academies of Science, Engineering, and Medicine says that women need about 12 cups of water per day and men need up to 16 cups. Even more water is needed with activity and in the summer heat.

Enjoy the beautiful Spring weather, take care of yourself, and drink lots of water. (*Karen Lainez Rubi, Supervisor – Nutrition, Training, and Policy Team*)

Resources

Storybooks & Activity Guides: North Carolina Farm to School offers storybooks that tell the story of a NC crop (apples, blueberries, peaches, strawberries, sweet potatoes, tomatoes, and watermelons) from the farm to the school cafeteria, as well as activity guides for each NC crop. The activity guides are designed for classroom use and identify the Standards of Learning met through the activities. Visit the provided links for more information!



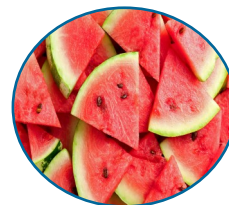
We Are Now Accepting New Applications! During the transition to the new management information system, NC CACFP CONNECTS, applications to participate in the CACFP were on hold. We are excited to announce that we are now accepting new applications! If you know Institutions that may be interested in joining the NC CACFP, please refer them to the NC CACFP website "[How to Apply](#)" page for details. Any questions regarding new applications can be sent to CACFPnewapp@dhhs.nc.gov.



Resources Continued



“I Tried Local...” A Toolkit for Engaging Kids with Local Food and Farms “*I Tried Local...*” is designed for use in Early Care and Education (ECE) through second-grade classrooms. The curriculum, created by the Growing Minds team at the Appalachian Sustainable Agriculture Project, is divided into 10 units based on foods grown in North Carolina: blueberries, broccoli, carrots, green beans, mushrooms, peppers, radishes, sugar snap peas, sweet corn, and watermelons. You can move through the units in any order that makes sense based on your growing region, curriculum, or program structure. The toolkit has a plethora of additional resources around how to implement farm to school with gardens, classroom cooking, farm field trips and farmer visits, and local food in meals or snacks. [Learn more and download.](#)



Food Buying Guide Updates: Two exciting new features have been added to the [Food Buying Guide](#) for Child Nutrition Programs (FBG) Interactive Web-based Tool. Both features are available under the Tools menu on the toolbar: **Interactive flow chart on using the preparation yield** walks users through when to use the Preparation Yield factor in the Recipe Analysis Workbook (RAW). **An Ounces to Pounds Calculator** allows users to easily convert ounces to pounds and pounds to ounces to make converting units a breeze.



New foods are available in the FBG! New additions consist of USDA Foods frozen mixed vegetables and a variety of meat items including 11-, 43-, and 48-ounce pouched tuna, boneless, skinless chicken thighs, ground mutton, mutton shoulder chops and stew meat, catfish fillets, and USDA Foods canned pork. Explore the [Food Buying Guide](#) today and stay tuned for additional yield data releases!



Farm to ECE Statewide Mapping Survey— Exciting news! The development of the North Carolina Farm to ECE Connections Map is underway! This map will be a valuable resource in connecting ECE sites with local Farmers, promoting the use of locally sourced foods, building stronger connections, and contributing to the creation of healthier communities throughout North Carolina. Click [here](#) to register your site on the map today.

Meet Your State Agency Staff

Mary Anne Burghardt and Cassandra Williams

Mary Anne Burghardt: Assistant Director, Division of Child and Family Well-Being, Community Nutrition Services Section; State Director, Special Supplemental Nutrition Program for WIC; State Director for CACFP Region: All of North Carolina

- **My favorite foods are...**carrots—any way.
- **My favorite place and/or activity/event 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 has been...**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.



Cassandra Williams: Program Manager Region: All of North Carolina

- **My favorite food is...**Thai.
- **My favorite place and/or activity/event in North Carolina is...**any beach! It is my “Happy Place”.
- **My favorite part of my job is...**being able to check off a to-do task from my list!! CACFP is a small but complex program, what I like most about my job is working with an amazing group of people and knowing we are making a difference in the lives of children and adults.
- **The best tip I have for success in the CACFP is...**to know your regulations!



Go NAPSACC

March is National Nutrition Month
Guiding Children/Respecting Children



As we celebrate National Nutrition Month, Ellyn Satter’s [Division of Responsibility in Feeding](#) is an important framework for encouraging long-term nutrition for children. “The Division of Responsibility” is a term created by feeding expert, Ellyn Satter. In its simplest form, the Division of Responsibility outlines how adults are responsible for the food they provide children – ideally healthy food with great variety. In turn, children are responsible for deciding what and how much to eat.

[Go NAPSACC](#) is a free online program that engages North Carolina Early Care and Education (ECE) programs in developing healthy habits for children. Go NAPSACC starts with evidence-based practices and then guides ECE programs in their adoption. Several Go NAPSACC Child Nutrition evidence-based practices support the principles of the Division of Responsibility in Feeding.

First, there are evidence-based practices that focus on adults modeling and encouraging children to eat (or try) the healthy foods offered to them:

- When in classrooms during meal and snack times, teachers and staff always eat and drink the same food and beverages as children.
- Teachers enthusiastically role model eating healthy foods at every meal and snack time.
- Teachers always praise children for trying new and less-preferred foods.



While we want adults to encourage children to try new foods, we don’t want to create power struggles around food. In the long run, this creates a figuratively negative taste in children’s mouth for the food. Instead, when presented with food choices, we want children to determine what they eat. [Centers for Disease Control and Prevention](#) shows us that for most children, if given healthy choices, they will consume a balanced diet over the course of week.

There are additional Go NAPSACC evidence-based practices that support these healthy eating habits:

- When children eat less than half of a meal or snack provided, teachers always ask them if they are full before removing their plates.
- When children request seconds, teachers always ask them if they are still hungry before serving more food.
- Teachers use an authoritative feeding style during every meal and snack time. (*An authoritative feeding style strikes a balance between encouraging children to eat healthy foods and allowing children to make their own food choices from the foods caregivers provide.*)

Our goal, both nutritionally and social-emotionally, is for children to learn and trust their own bodies. Children can learn their likes and dislikes as well as their hunger and fullness cues. We want children to respect their bodies and their needs. As adults, we can create an environment that supports this growth in children.



If you’d like to get involved in Go NAPSACC to learn more about healthy habits in ECE settings, please fill out this [interest survey](#) (or use the QR code). Your ECE program will then be matched with a consultant to help you get started.

With a **free** Go NAPSACC account, you can explore Go NAPSACC’s evidence-based practices, Tips & Materials library, and online trainings (for DCDEE credit). Go NAPSACC is free to all ECE programs in North Carolina. Come join NAPSACC Nation!

What's Happening in March & April

Be sure to check out pages [8](#) and [9](#) to learn more about National Nutrition Month and CACFP Week celebrated in March.



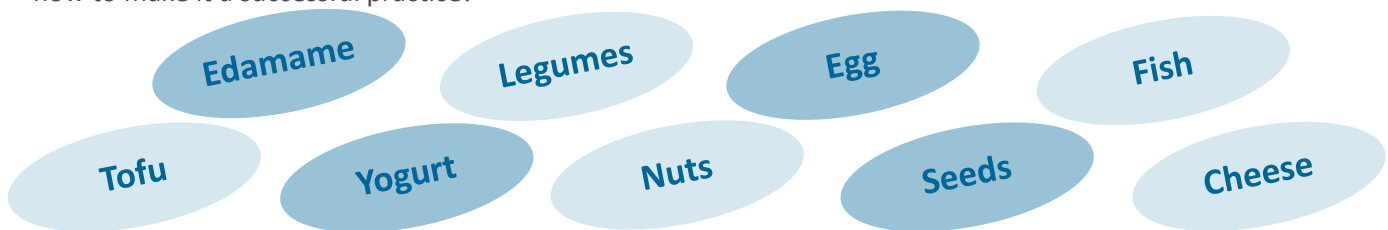
National Soy Foods Month with Meatless Mondays: Have you heard of meatless Mondays? Meatless Monday has become a worldwide campaign that aims to reduce meat consumption to improve a person's overall health as well as the health of our planet. On Mondays, we are encouraged to skip the consumption of animal-based protein and opt for a plant-based alternative instead. Hopefully, limiting meat on Mondays will help us eat more fruits and vegetables, too!

Well, it just so happens that National Soy Foods Month is in April. What a great time to begin implementing Meatless Mondays in your home! Soy is the only plant protein that contains all the essential amino acids that help us build muscle, provide energy, break down food, and more. Additionally, soy protein supports heart, bone, and cognitive health. The benefits of soy do not stop there. This food is not only sustainable but extremely versatile as well. This means it can be cooked and served in many ways. Soy food products include tofu, soy milk, edamame, etc. From including tofu and edamame in your next stir-fry to adding soy milk to a fruit smoothie, the ways to incorporate these delicious foods in your diet are endless! Take some time this April to learn more about the benefits of soy and maybe even try a new soy-based recipe on your next Meatless Monday!



Meatless Mondays: From the National CACFP Sponsors Association, going meatless on Mondays is a lifestyle choice that allows you to continue to eat the foods you love, while making your meals incrementally healthier and more sustainable. The concept is straightforward: "cut out the meat, one day a week."

People who start their week with Meatless Monday tend to eat healthier all week long. Research shows that consuming less red and processed meat and more plant-based meat alternates can lower your risk of heart disease, high blood pressure, obesity, and more. Participating in Meatless Monday could also be a great way to introduce new foods to those in your care while making it a little easier for you to accommodate those who already follow plant-based diets. Visit [this link](#) for more information on the benefits of doing Meatless Monday, as well as some tips on how to make it a successful practice!



National CACFP Week

March 10-16, 2024



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!





BEYOND THE TABLE

2024 NATIONAL NUTRITION MONTH[®]

A CAMPAIGN BY

THE ACADEMY OF NUTRITION AND DIETETICS

Click [here](#) to learn more about this year's theme and to explore National Nutrition Month resources.



Baked Tofu Bites

These tasty meatless bites are the perfect finger food.


AGES: 3–5 years

PREP TIME: 1 hour 40 minutes (1 hour for marinating)

COOK TIME: 15 minutes

CACFP CREDITING INFORMATION

1 ½ oz eq meat alternate

½ oz eq grains 

SOURCE

Team Nutrition CACFP Easy Recipe Project

TeamNutrition.USDA.gov

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds.
					<ol style="list-style-type: none"> 2 Preheat oven to 400 °F.
Nonstick cooking spray		3 sprays		6 sprays	<ol style="list-style-type: none"> 3 Lightly spray a baking sheet with nonstick cooking spray. Set aside. For 25 servings, use 1 full sheet pan (18" x 26" x 1") and 1 half sheet pan (18" x 13" x 1"). For 50 servings, use 2 full sheet pans (18" x 26" x 1").
Tofu, firm, rinsed, and drained, cut into ½" cubes (see notes)	5 lb 4 oz		10 lb 8 oz		

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Hoisin sauce		½ cup		1 cup	<p>4 To make marinade: In a 2-gallon plastic bag, combine hoisin sauce, soy sauce, and water. Seal the bag tightly. Squeeze and release the bag several times to mix ingredients together.</p>
Soy sauce, reduced-sodium		½ cup		1 cup	
Water		¼ cup		½ cup	
					<p>5 Add tofu cubes to marinade. Seal the bag tightly. Lightly toss tofu by turning the bag over repeatedly on a flat surface to prevent tofu from breaking apart. Marinate in the refrigerator for 1 hour at 40 °F or lower. Turn bag over every 15 minutes.</p>
Flour, whole-wheat	8½ oz	2 cups	1 lb 1 oz	1 qt	<p>6 In a separate 2-gallon plastic bag, combine whole-wheat flour, cornmeal, dry mustard, and garlic powder. Seal the bag tightly. Shake to mix.</p>
Cornmeal, whole grain, medium-grind	6 oz	⅓ cup	12 oz	⅔ cup	
Mustard, dry, ground		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>7 Carefully remove tofu from marinade a few cubes at a time. Place tofu cubes in the 2-gallon plastic bag with the seasoned flour-cornmeal mixture. Carefully turn the bag over to coat the tofu with breading. Remove coated tofu cubes and place on baking sheet in a single layer. Repeat until all tofu cubes are coated. Discard any remaining marinade (see notes).</p>
					<p>8 Bake for 15 minutes or until tofu is lightly crisp. Heat to an internal temperature of 140 °F or higher for at least 15 seconds. Remove from the oven.</p>
					<p>9 Serve ¾ cup (6 oz server). Serve immediately, or keep warm at 140 °F or higher.</p>




NUTRITION INFORMATION

¾ cup Baked Tofu Bites

NUTRIENTS	AMOUNT
Calories	155
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	318 mg
Total Carbohydrate	16 g
Dietary Fiber	2 g
Total Sugars	2 g
Includes Added Sugars	N/A
Protein	13 g
Vitamin D	N/A
Calcium	147 mg
Iron	2 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains soy (tofu, hoisin sauce, and soy sauce) and wheat (flour and soy sauce).**
- To credit as a meat alternate, tofu that is commercially made and meets the definition of tofu as stated in the Code of Federal Regulations (7 CFR 210 and 226.2) at govinfo.gov/help/cfr is creditable if a serving provides at least 5 g of protein per 2.2 oz portion. For more information on crediting tofu, refer to the CACFP policy memorandum SP 53-2016, CACFP 21-2016 “Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program” at fns.usda.gov/cacfp/policy.
- To drain tofu, place cubed tofu in 2 full steam table pans (12" x 20" x 6") lined with full perforated steam table pans (12" x 20" x 4"). Cover and let it sit in the refrigerator overnight at 40 °F or lower.
- The  symbol indicates the recipe is whole grain-rich.
- Creditable grains contribution calculated using the Recipe Analysis Workbook, Method C.
- Do not re-use marinade.

YIELD/VOLUME

25 Servings	50 Servings
Weight: 5 lb 15 oz	Weight: 11 lb 14 oz
Yield: 1 gal 2 cups	Yield: 2 gal 1 qt