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

May/June 2023
Volume 4, Issue 3

The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Dear CACFP Family,
The May/June issue of the newsletter is always a special one to me. Spring is in full swing now, and—believe it or not—summer is just around the corner. There is so much to celebrate in May, and with June, we begin a new season. These letters always cause me to reflect on just how quickly time is passing and on how to enjoy the present.

And, at present, we would like you to know that we are delaying the rollout of our new management information system (MIS) NC CACFP Connects again. We would rather get it right than open it before it is ready. We hope you understand. We have truly appreciated your patience during the development process. It is taking longer than anyone anticipated, but as we have said before, you are going to like NC CACFP Connects.

In this newsletter, you'll find links to new resources, stories from REACH-recognized programs, and so much more. We hope you enjoy reading. And please pay special attention to page 8—we have links so you can register for training on the new system!

In Partnership,
Cassandra Williams
CACFP Manager

Inside this issue

Reminders

- **Friday, May 5, and Friday, June 2, from 1 to 2 PM**—next two State agency calls with CACFP Institutions
- **Tuesday, May 30, 2023**—last day to submit March 2023 claims
- **Tuesday, June 13, 2023**—last day to file claims in NC CARES
- **Thursday, June 29, 2023**—last day to submit April 2023 claims
- Check out our seasonal standardized recipe for a Tuscan Grilled Cheese Sandwich on page 10

Announcements

The federal Public Health Emergency (PHE) declaration will expire on May 11, 2023. The expiration of the PHE means two things for CACFP Operators:

1. For Emergency Shelters, reimbursement for meals served to 19-24-year-olds ends on May 11, 2023 (Policy Memo CACFP 03-2023)
2. For Sponsoring Organizations, off-site monitoring ends June 10, 2023, which is 30 days after the end of the PHE (Policy Memo CACFP 02-2023)

On April 6, 2023, the USDA Food and Nutrition Service (FNS) issued Policy Memo CACFP 07-2023: Oversight and Monitoring of the CACFP - Guidance on On-site and Off-site Strategies and Options and an accompanying Appendix. This memo shares guidance on on-site and off-site strategies and options for monitoring in the CACFP. The Appendix outlines monitoring procedures that must be conducted on-site and procedures with the option to be conducted off-site.

Also, the temporary increases for CACFP reimbursements from the Keep Kids Fed Act (KKFA) will expire on June 30, 2023. The KKFA provided an additional 10 cents of reimbursement for all CACFP meals/snacks. Starting July 1, 2023, the additional 10 cents per meal/snack will be gone. The Act also allowed all day care homes to qualify for the Tier I reimbursement rates. This is also going away. Starting July 1, homes that are Tier II will be reimbursed at the Tier II rate.

Our next monthly Institution calls will be ***Friday, May 5,*** and ***Friday, June 2,*** *from 1-2 PM.*
We hope you can join us on Adobe Connect via this link.

Grant Opportunities

ALDI Cares Community Grants (Rolling Deadline): This is a community grant program for Pre-K programs in K-12 schools and is open to nonprofits, public schools, and tribal organizations. Grants range from $250—$5,000. Funding requests should be submitted at least eight weeks before the requested donation is needed. Learn more here.

Gardener's Supply Company Grants & Donations (Rolling Deadline): For small projects and ECEs needing direct garden funding. Planning a community gardening project? Groups may be eligible for some of the company's products or gift certificates to get a project off the ground. Learn more here.

Let's Welcome These New Institutions to the NC CACFP!

- Wilson County Schools (SFA-ARAM, Wilson County)
- Bertie County Schools (SFA-ARAM, Bertie County)
- Villagers, Inc. (SO, Duplin County)
- Duplin County Schools (SFA-ARAM, Duplin County)
- Hug-A-Bear Childcare Center (SO, Robeson County)
- Sunshine Scholars Academy, LLC (IC, Craven County)
- A New Adventure, LLC. (IC, Beaufort County)
- Women's Foundation of NC (SO, Guilford County)
- Calling Kids CDC (IC, Alexander County)

Announcements Continued

Updated

The [Food Buying Guide](#) has been updated again! New food yields are available for apple bananas, chokecherries, taro, and fresh apples (for a purchase unit of a 3 lb. bag). Take some time to explore the exciting new features.

Apple bananas

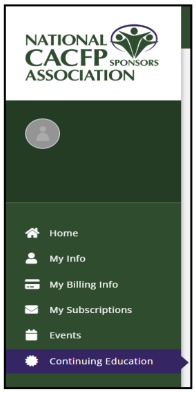
Chokecherries

Taro

3 lb. bag of apples

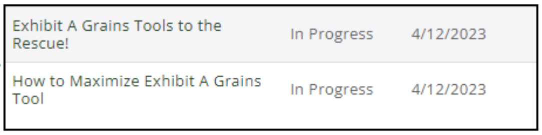
Additionally, have you used the Food Buying Guide Exhibit A Grains Tool? The Exhibit A Grains Tool was developed to simplify the process of determining the grains contribution in ounce equivalents when using Exhibit A. The USDA has recently updated **the Exhibit A Grains Tool** (both the web version and mobile app version) by the program (e.g., CACFP, NSLP) and meal type (e.g., Breakfast, Lunch/Supper, and Snack). To learn more, watch the FREE webinars below, available from the National CACFP Sponsors Association:

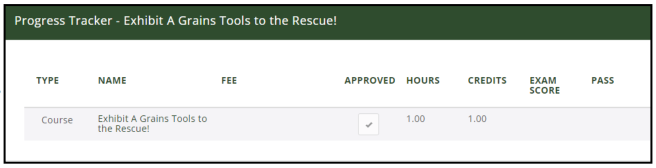
- Free Webinar: Exhibit A Grains Tool to the Rescue!
- Free Webinar: How to Maximize Exhibit A Grains Tool



Helpful Webinar* Registration Tips:

- Click the link for the webinar you want to watch
- Then, click the "Register Here" button, enter your username and password, and click "Sign In"
  - ⇒ If you don't have an account, you need to create one, so click the "Create One" link
- Once logged in, go to "Continuing Education" on the left sidebar to find these webinars
- Click the webinar name, a pop-up will appear
- Click the name of webinar again, this should take you to the webinar page





*While these two webinars are free, there are other webinars on the Info Hub that are fee-based.

How can you celebrate this year's National Herb Day? National Herb Day is celebrated annually on the first Saturday of May, which is on May 6 this year. Do you have any plans to celebrate National Herb Day? How about celebrating the day by holding a sensory herb lesson (e.g., Sensory Herb Lesson by MA Farm to School) and reading books about growing herbs (visit here for more info) with children? After the sensory activities, kids may enjoy a hands-on cutting herbs sensory activity with age-appropriate scissors.

Resources

New

One of the ways that the USDA's Team Nutrition celebrated this year's National Child and Adult Care Food Program Week (March 12-18, 2023) was to announce 20 new USDA standardized breakfast recipes. YUM!

These recipes are written for either 6 or 25-50 servings and will provide the minimum required serving size of at least one meal component for the ages 3-5 years or 6-18 years. Remember, these breakfast recipes do not have to be served at breakfast time. Recipes can be used for Snack or Lunch/Supper as long as the meal/snack meets the meal pattern.

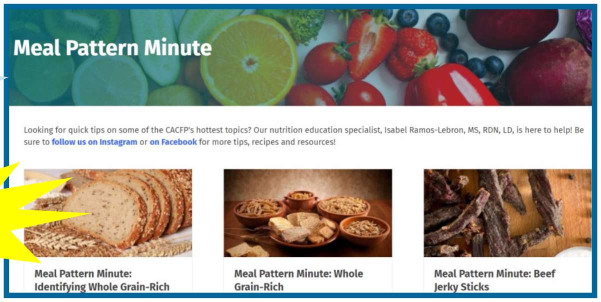
During CACFP Week, the State agency shared our new CACFP Week Recipe Books—one with Child recipes and one with Adult recipes. Nourishing foods are essential for growth, development, and wellness. We hope you enjoy the healthy and delicious meal and snack recipes in these books. All recipes are standardized with CACFP crediting information.

New Menu Ideas

Important!

Did you see? Check out this GREAT information on Nutrition Facts labels. The April 2023 Mealtime Memo from the Institute of Child Nutrition reminds us, "The Nutrition Facts label on food packages provides helpful information to help credit cereal, yogurt, tofu, and grains in the CACFP. This Mealtime Memo demonstrates how to use the Nutrition Facts label in the CACFP and provides examples and resources." Go to the site linked above to read the whole memo—scroll to the bottom of their page and find it below "Previous 2023 Mealtime Memos."

Do you have a minute? CACFP Meal Pattern Minute videos cover a variety of topics in just 60 seconds: Whole Grain-Rich, Beef Jerky, Medical Statements, Pickles, Potato Chips, Milk, Juice, Vegan Cheese, and much more. Watch one today!



Check this Out

Meet Your State Agency Staff
Kate Dulmaine and Gabriella Manwell

Kate Dulmaine
Title/Role: Staff Development Specialist II
Region: State Office (Raleigh)

- **My favorite food is...**Pizza! It's so versatile and when my kids were little we had a tradition of watching a movie and eating pizza every Friday night, so it brings back good memories, too!
- **My favorite place and/or activity/event in North Carolina is...**I'm always torn between the mountains and the beach, but if I had to choose JUST one, I'd probably have to pick the mountains. Luckily, where we live in Johnston County, I don't have to choose—it's the best of both worlds! This photo here, which is older, is of the first time I took my kids to Blowing Rock. Both of the boys in that picture are now MUCH taller than I am!
- **My favorite part of my job is...**I love being able to help people! As a former public school teacher, I've seen firsthand the effect good nutrition can have on early childhood development and I've also witnessed with family members the difference good nutrition can have on their health as they age. I love how our program helps to give kids the best start in their early years and helps keep older adults healthy in their later years as well!
- **The best tip I have for success in the CACFP is...**to really take your time and explore the NC CACFP website. There are SO MANY helpful resources available there that it can almost seem a bit overwhelming but a little time invested exploring the website upfront can pay lots of dividends in the long run. And of course, to always reach out to us if you have any questions!

Gabriella Manwell
Title/Role: Administrative Specialist
Region: State Office (Raleigh)

- **My favorite food is...**salmon!
- **My favorite place and/or activity/event in North Carolina is...**I love going to the farmers market!
- **My favorite part of my job is**...my coworkers.
- **The best tip I have for success in the CACFP...**Punctuality and positivity are key!

A Look Back on National CACFP Week

The State agency enjoyed celebrating National CACFP Week (March 12-18, 2023) with you this year. If you joined us for our March Institution call, we hope YOU enjoyed our CACFP trivia questions. Maybe you participated in the webinars from the National CACFP Sponsors Association or even hosted a fun event at your center(s) to celebrate.

We want to give a special CACFP shout-out to **Wilkes Developmental Day School** for their participation in the Sponsors Association's Social Media Challenge for National CACFP Week! To participate in this challenge, CACFP providers were asked to share a creditable snack on Facebook, Twitter, or Instagram with the hashtags #NCASnack and #CACFP Week, and tag @NationalCACFP.

Wilkes Developmental Day School shared a healthy and tasty snack of Greek yogurt, berries, and granola (see photo). The center's cook, Angela Williams, was inspired to create this snack idea by the children's love of fruit, and every last bit was enjoyed.

"Our children loved it...no waste at all," reported Director Donna Roope. The Greek yogurt, berries, and granola will be a regular menu item for this center in Wilkes county.

Be sure to visit the National CACFP Sponsors Association to see all the creative snack ideas shared during National CACFP Week.

Have You Heard? New REACH Designees Recognized

REACH stands for Recognizing ECE's Advancing Children's Health Habits. This program recognizes Early Childhood Education (ECE) programs in North Carolina that go above and beyond licensing requirements to support children's health. REACH recognition is available in the following key practice areas: Child Nutrition, Farm to ECE, Outdoor Play & Learning, Oral Health, Physical Activity, and Screen Time. (Recognition in breastfeeding support is offered through the NC DHHS Division of Child and Family Well-Being.)

We are so proud of the following CACFP centers for achieving REACH Recognition in Child Nutrition or Farm to ECE. Read about two of their stories on the next page, and click here to learn more about the REACH recognition process.

	A Safe Place in Wake County was recognized for their excellence in Child Nutrition. Read their story on page 7!
	Teddy Bear Child Care Center in Randolph County, **Sunflower Seeds** in Chatham County, **Precious Resources Inc.** in Onslow County (story on page 7), and **Wilkes Developmental Day School** in Wilkes County were all recognized for their Farm to ECE efforts. These programs support local agriculture, serve locally produced food, and/or provide education on farming and gardening.

Stories from Two REACH-Recognized Programs: A Safe Place Child Enrichment Center and Precious Resources, Inc.

A Safe Place—Raleigh, NC (Wake County)

“A Safe Place started their healthy habits journey over a decade ago. The commitment was made to ensure that the children served by the Center had access to healthy, fresh, and locally sourced food options and increased time spent outdoors. Our partnership with CACFP has made it more monetarily feasible for our Centers to provide food options to children while eliminating the use of canned fruits and vegetables. At both locations we have added tasting gardens for exploration and a production garden that supports our meal production, both helping facilitate a curiosity for food through taste testing and cooking projects for children. One of our greatest and most cherished activities is supporting our local farmers and farmers market. We are thankful to have such great Community Partnerships through the Go NAPSACC, Poe Center for Health Education, Natural Learning Initiative, NC State University, Wake Smart Start, and Telamon Early Head Start, all who have been essential in helping A Safe Place achieve greatness acknowledged through REACH recognition.”

—From Charmaine Winston, Assistant Director

Precious Resources —Richlands, NC (Onslow County)

“The Farm to ECE program at Precious Resources has greatly impacted our families. The children plant, grow, and, finally, taste their own foods. The children love checking in on the garden every day! We have found that if they have a hand growing it, the children are more likely to taste it. Families are also welcome to harvest herbs from our garden to cook with at home. Additionally, the staff is learning that they can grow their own fresh fruits and vegetables to eat too.”

—From Amber Riley, Site Administrator

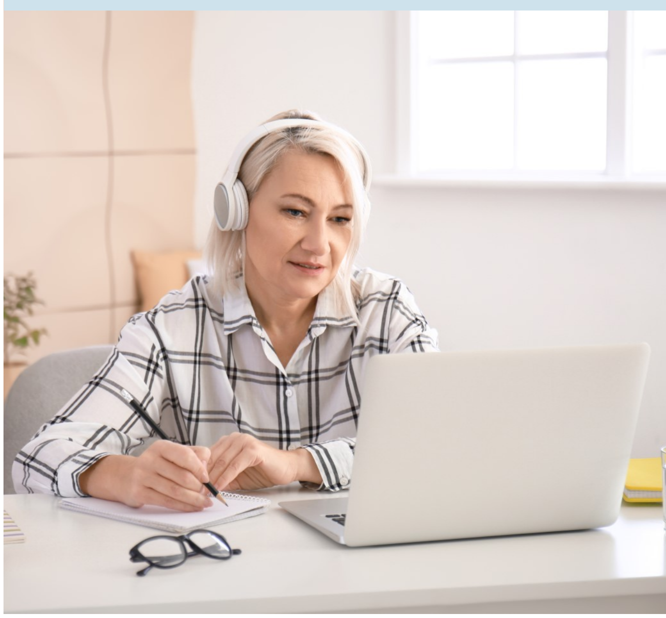
Updates on NC CACFP Connects

The launch of NC CACFP Connects, the new management information system, has been delayed until June. As a reminder, NC CACFP Connects will replace NC CARES. **All institutions must attend a training on how to use NC CACFP Connects in order to access the system. Training is mandatory.** Please register for one of the training sessions below.

Tuesday, June 13, will be the last day to file monthly claims for reimbursement in NC CARES. If you would like to file your May claim in NC CARES, you must submit it by June 13. This is because the State agency needs to close NC CARES to transfer all Institutions' data to NC CACFP Connects. So, if you do not file your May claim in NC CARES by June 13, you will need to wait until June 26 and file in the new system. Please plan accordingly.

NC CACFP Connects Key Dates

- ⇒ **May 30:** Last day to submit March 2023 claims (must be done in NC CARES)
- ⇒ **June 12-23:** NC CACFP Connects Virtual Training
- ⇒ **June 13:** Last day to file April or May claims in NC CARES and to access NC CARES
- ⇒ **June 14-25:** Institutions will not be able to file a claim during this time
- ⇒ **June 26:** NC CACFP Connects opens and claims may be filed in the new system
- ⇒ **June 29:** Last day to submit April 2023 claims in the new system



Training for Independent Centers	
Tuesday, June 13, 1:00—3:00 pm	Click here to register
Wednesday, June 14, 9:00—11:00 am	Click here to register
Thursday, June 15, 1:00—3:00 pm	Click here to register
Monday, June 19, 1:00—3:00 pm	Click here to register
Tuesday, June 20, 9:00—11:00 am	Click here to register
Wednesday, June 21, 1:00—3:00 pm	Click here to register
Thursday, June 22, 9:00—11:00 am	Click here to register
Friday, June 23, 9:00—11:00 am	Click here to register

Training for Sponsoring Organizations	
Monday, June 12, 1:00—3:30 pm	Click here to register
Tuesday, June 13, 9:00—11:30 am	Click here to register
Wednesday, June 14, 1:00—3:30 pm	Click here to register
Thursday, June 15, 9:00—11:30 am	Click here to register
Friday, June 16, 9:00—11:30 am	Click here to register
Tuesday, June 20, 1:00—3:30 pm	Click here to register
Wednesday, June 21, 9:00—11:30 am	Click here to register
Thursday, June 22, 1:00—3:30 pm	Click here to register

NC CACFP CONNECTS

Get Ready. Get Set. Go.

User Access to NC CACFP Connects

We know you are wondering about how you'll access NC CACFP Connects once it goes live. Below, we have outlined the steps you'll need to take to gain access to the system. As always, feel free to reach out to the Training team at CACFPTraining@dhhs.nc.gov with any questions or concerns.

1

Training

- Attend a session of the mandatory training on NC CACFP Connects (see page 8 for dates, times, and registration links)
- Learn how to use the system at the training
  - ⇒ Anyone who needs access to the system should attend
  - ⇒ At least one person from your Institution **MUST** attend

2

Online Form

- After training, receive an email with a link to the User Access Transition Form
- Owner or board chair completes the form
  - ⇒ Form asks for the name, title, and individual NCID of up to four users who are authorized to act for the Institution in NC CACFP Connects

3

Approval and Access

- State agency reviews each Institution's User Access Transition Form
- State agency emails each approved user a link to the User Access Request Form in NC CACFP Connects
- Approved users complete the User Access Request Form
  - ⇒ Users who have completed this before June 26 will have access when NC CACFP Connects opens on June 26
  - ⇒ Users who have not completed the form by June 26 will not be able to access the system until they have completed it and been approved

Tuscan Grilled Cheese Sandwich USDA Recipe for CACFP

We added tomatoes, spinach and Italian spices to a classic grilled cheese to create our Tuscan Grilled Cheese Sandwich. Sure to become a favorite!

CACFP CREDITING INFORMATION
1 sandwich provides 0.5 oz equivalent meat alternate, ¼ cup vegetable, and 2.0 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	**1** Melt margarine in a large stock pot.
Garlic powder		1 tsp		2 tsp	**2** Add garlic, basil, and oregano. Stir well. Set aside for step 8.
Dried basil		½ tsp		1 tsp	
Dried oregano		½ tsp		1 tsp	
Whole-grain bread, sliced	3 lb 2 oz	50 each	6 lb 4 oz	100 each	**3** Place bread slices on a sheet pan (18" x 26" x 1") heavily coated with butter flavored pan release spray. For 25 servings, use 2 pans (20 slices on 1 pan and 5 slices on 1 pan). For 50 servings, use 3 pans (20 slices on 2 pans and 10 slices on 1 pan).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Low-fat mozzarella cheese, sliced	12½ oz	25 each	1 lb 9 oz	50 each	**4** Place 1 cheese slice (about ½ oz) on top of each slice of bread.
*Fresh baby spinach, leaves	1 lb	1 qt 2 cups 3 Tbsp	2 lb	3 qt ¼ cup 2 Tbsp	**5** Place ⅔ cup spinach (about ⅗ oz) on top of cheese.
*Fresh tomatoes, sliced	1 lb 9 oz	25 each	3 lb 2 oz	50 each	**6** Place 1 tomato slice (about 1 oz) on top of spinach.
					7 Place 1 slice of bread on top of each sandwich.
					8 Brush the top of each sandwich with margarine mixture.
					9 Bake until lightly browned: Conventional oven: 400 °F for 15–20 minutes. Convection oven: 350 °F for 10–15 minutes.
					10 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Serve 1 sandwich.

NUTRITION INFORMATION
For 1 sandwich.

NUTRIENTS	AMOUNT
Calories	**143**
Total Fat	**5 g**
Saturated Fat	2 g
Cholesterol	7 mg
Sodium	**301 mg**
Total Carbohydrate	**21 g**
Dietary Fiber	6 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	**9 g**
Vitamin D	15 IU
Calcium	162 mg
Iron	1 mg
Potassium	69 mg

N/A=data not available.

SOURCE
USDA Standardized Recipes Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Spinach	1 lb	2 lb
Tomatoes	1 lb 14 oz	3 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.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 7 lb 1 oz	About 14 lb 2 oz
About 3 qt 2⅛ cups/25 sandwiches	About 1 gal 3 qt ¼ cup/50 sandwiches