



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

November 2020
Volume 1, Issue 5



The North Carolina CACFP Messenger

From the Special Nutrition Programs Manager

Dear CACFP Operators,

It is hard to believe it's already November, like we've entered some odd time machine that keeps the calendar moving while also feeling like it's still March 2020. Time does march on, and as we enter this new fiscal year, it's important to reflect on what we have accomplished and what we are grateful for.

For me, this year has really emphasized how important it is to come together as a team and community to assist our fellow North Carolinians. It has given me the time to pause and reflect on what matters the most to me, and I hope these weird times have allowed you to do the same. I am hopeful we face better days ahead and that when life begins to look familiar again, our communities and partnerships will emerge stronger than ever.

In this issue, you will find tons of helpful information. First, please consider participating in our newest training opportunity: Compliance Review – Are You Ready? The trainings begin on Monday, November 9, so be sure to sign up now: <https://www.nutritionnc.com/snp/training.htm>. For those of you who feed infants, the issue is packed with resources to assist you in this effort. Please enjoy and continue to suggest topics and issues that you'd like to learn more about.

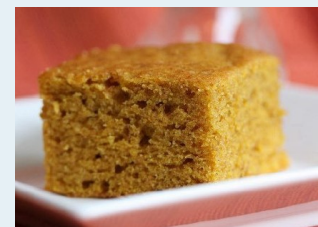
In partnership,
Courtney Jones, MPA
Special Nutrition Programs Manager

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Reminders

- Friday, November 6 from 1:00 to 2:00 pm—next [State agency call with CACFP Institutions](#)
- November 30—last day to submit claims for Sept. 2020
- Check out our seasonal standardized recipe for Pumpkin Squares on page 9



Upcoming NC CACFP Trainings—All still offered virtually!

- ⇒ **Compliance Review: Are You Ready?**—This webinar is designed to provide program managers with information, resources, and best practices for being prepared for a compliance review. Each of these webinars will be co-hosted by a NC CACFP regional consultant. You may choose to attend the webinar that your regional consultant is attending, or you may choose to attend a webinar based on the date and time that is most convenient for you.
 - * Offered November 10, 12, 13, 17, and 20, 2020, from 9:00 - 11:00 a.m.
 - * Offered November 9, 10, 12, 16, 17, and 19, 2020, from 1:00 - 3:00 p.m.
 - * **Registration:** Go to our [training page](#) and click “Live Webinars” to sign up

- ⇒ **Build a Better Menu**—Participants will have the chance to examine their menus, review the CACFP meal pattern, and do a hands-on “menu makeover”
 - * Wednesday, December 2, 2020, 9:00 a.m. - 12:00 p.m.
 - * **Registration:** [Click here](#)

- ⇒ **Duties and Documents**—This training will provide guidance and information on the daily, weekly, and monthly record keeping requirements for the CACFP. It is recommended that the attendee from the institution be the person(s) who is responsible for record keeping and CACFP training.
 - * For Independent Centers: Wednesday, December 9, 2020, 9:00 a.m. - 12:00 p.m.
 - * **Registration:** [Click here](#)
 - * For Sponsoring Organizations: Thursday, December 10, 2020, 9:00 a.m. - 12:00 p.m.
 - * **Registration:** [Click here](#)



Next “Tips from the Professionals” Question:

Calling all cooks! Do you have a favorite standardized recipe to share? Please send us the recipe (and a photo if you have one), and it may get published in the next edition of the NC CACFP Messenger!

Email your pro tips to CACFPtraining@dhhs.nc.gov by Friday, November 20, 2020.

Resources to the Rescue

As always, now is a great time to check out the online nutrition lessons at HealthyCACFP.org. Each 30-minute lesson is full of tips and resources on the CACFP meal patterns and best practices. Check out [this video](#) and learn how easy it is to use HealthyCACFP.org. Start learning now!

HealthyCACFP.org Featured Lesson of the Month

- ⇒ **Infant Feeding: Develop Healthy Habits**
Infants develop food preferences early! You can help infants form great eating habits. Take this 30-minute lesson to learn how to create a reimbursable infant menu with a variety of foods. Plus, get tips for talking with families!

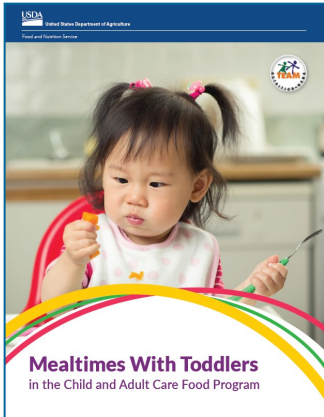


New CACFP Resources from USDA's Team Nutrition

New!

USDA's Team Nutrition initiative is pleased to announce the release of new resources for CACFP operators. All materials are available in **English** and in **Spanish**, for both downloading and printing. (Printed versions will be made available at a later date.)

- * Mealtimes With Toddlers in the CACFP Operator Booklet, <https://www.fns.usda.gov/tn/mealtimes-toddlers-cacfp>
- * Mealtimes With Toddlers in the CACFP Family Handout, <https://www.fns.usda.gov/tn/mealtimes-toddlers-family-handout>
- * Crediting Store-Bought Combination Baby Foods in the CACFP Worksheet, <https://www.fns.usda.gov/tn/crediting-store-bought-combination-baby-foods-cacfp>
- * Feeding Infants Using Ounce Equivalents for Grains in the CACFP Worksheet, <https://www.fns.usda.gov/tn/feeding-infants-using-ounce-equivalents-grains-cacfp>
- * Calculating Ounce Equivalents of Grains in the CACFP Training Worksheet, <https://www.fns.usda.gov/tn/calculating-ounce-equivalents-grains-cacfp>



And, check out the new tip sheet from Team Nutrition on **Reducing the Risk of Choking in Young Children at Mealtimes**. This four-page publication is available online in **English** and **Spanish** at <https://www.fns.usda.gov/tn/reducing-risk-choking-young-children-mealtimes>



Meet Your State Agency

Latosha Redd and Paul Gerba



Latosha Redd

Title/Role: Nutrition Program Assistant

Region: Some of North Central (Wake, Johnston, Wilson), Southeast (Wayne and Greene), Northeast (Halifax) and the Sandhills (Sampson)

- **My favorite food is...** Mexican food is my favorite.
- **My favorite place in North Carolina is...** the beach is one of my favorite places, and with family living so close, we visit quite frequently. My favorite event is going to the State Fair. I especially love trying all of the different

foods. Although most are not the healthiest options, it doesn't hurt to splurge every once and a while.

- **My favorite part of my job is...** assisting the Institutions with guidance through CACFP and building that rapport that allows them to call or email me with any question regardless of how small.
 - **The best tip I have for success in the CACFP is...** to stay in the know! Always stay updated on what is going on with the program and make sure you pay attention to information posted on NC CARES and the NC CACFP websites.
-



Paul Gerba

Title/Role: Nutrition Program Assistant

Region: Main counties are Mecklenburg, Gaston, Lincoln, Cleveland, and Rutherford

- **My favorite food is...** Skippy peanut butter. I have been eating it since I was in elementary school since it contains some good protein. Now, when it comes to cooking, I enjoy making lasagna.

- **My favorite place and/or activity/event in North Carolina is...** hiking in the mountains and watching our grands play soccer as

they travel to different areas in the state on the weekends.

- **My favorite part of my job is...** I enjoy providing technical assistance and training. The result will be that Institutions have a good knowledge of the program requirements.
- **The best tip I have for success in the CACFP is...** be organized. Keep good records of documents required daily, weekly, monthly, and yearly. In addition, train staff effectively so they perform their required functions without additional prompting. Lastly, attend as many trainings for CACFP as possible to keep up with changes and best practices.

Tips from the Professionals (You)

Thank you to our Institutions who responded to the question in our September newsletter:
How do you support breastfeeding and make your centers welcoming for breastfeeding families?



⇒ **From Donna Roope, Family Coordinator at Wilkes Developmental Day School in Wilkesboro, NC (Wilkes County)**

“Our school supports breastfeeding families. Our school offers a quiet, secluded, and comfortable area for breastfeeding mothers to feel welcomed and comfortable while breastfeeding here at school. The breastfeeding area has a soft comfortable glider, lamp for low light option, sound ball with soothing sounds and breastfeeding material for parents to read.”

A glimpse of the cozy, inviting space for breastfeeding mothers at Wilkes Developmental Day School

⇒ **From Cassandra Brooks, M. Ed., Executive Director at Little Believer’s Academy in Clayton, NC (Johnston County)**

“We believe in encouraging and supporting breastfeeding mothers. We provide lots of literature to new mothers to encourage breastfeeding. Mothers are encouraged to nurse, pump, or a combination of both. Studies have shown that breastfeeding is the best way to boost and build the baby’s immune system. This is the best way to support the child’s health considering our current environment.”

LITTLE BELIEVER'S ACADEMY
★ DREAM ★ BELIEVE ★ ACHIEVE ★

STEM PRESCHOOL- SCIENCE, TECHNOLOGY, ENGINEERING, AND MATH

Update on the North Carolina Breastfeeding-Friendly Child Care Designation



North Carolina

**Breastfeeding-Friendly
Child Care Designation**

The NC Division of Public Health developed the North Carolina Breastfeeding Friendly Child Care Designation (NC BFCCD) to recognize childcare centers who have implemented breastfeeding friendly policies and practices at their facilities. The program is currently on hold to develop a more streamlined application process, but we encourage you to check back frequently for updates on the NC BFCCD website:

<https://www.nutritionnc.com/breastfeeding/bf-childcare.htm>

Feeding Infants in the CACFP? It's as Easy as 1-2-3! Just Remember the 3 Ps...Paperwork, Pattern, Practices

1. Paperwork

These CACFP forms must be completed and on file for all infants in care:

- ✓ [Infant Feeding Consent Form](#)
- ✓ [CACFP Child Enrollment Form](#)
- ✓ [Income Eligibility Application \(IEA\)*](#)
- ✓ Infant menu—see sidebar for a link to a handy menu planning tool

2. (Meal) Pattern

The [infant meal pattern](#) is designed to match each infant's developmental readiness for solid foods:

⇒ **For infants 0-5 months**

- * **ONE component** is required at all meals and snacks
- * For breakfast, lunch, supper, and snacks
 1. Breastmilk or iron-fortified (IF) infant formula

⇒ **For developmentally ready infants 6-11 months**

- * **THREE components** are required at all meals and snacks
- * For breakfast, lunch, and supper meals
 1. Breastmilk or IF infant formula
 2. Vegetable, fruit, or a combination of both
 3. Creditable meat/meat alternate component or IF infant cereal
- * For snacks
 1. Breastmilk or IF infant formula
 2. Vegetable, fruit, or a combination of both
 3. Creditable grain component or IF infant cereal

⇒ Don't forget to plan your infant menu at least a week in advance and post it at your facility.

3. Practices

[Feeding infants in the CACFP](#) is different than feeding children. There are a couple special practices to follow when feeding the youngest CACFP participants—infants!

- **Feed on demand.** Feed infants when they show signs of hunger and stop feeding them when they show signs of fullness. Infants do not have to eat within a specific meal time for your facility to claim their meals and snacks for reimbursement. Just make sure you provide all the required components over the course of the day.
- **Look for signs of developmental readiness and talk to the baby's parents/guardians** about if the infant has tried solid foods at home. Parents/guardians can also tell you which foods are okay to serve to their baby while he or she is in care.



Helpful Hints

Are you still using an infant menu template that lists only two components for infant snack? If so, toss it immediately. The infant meal pattern has required THREE components at snack for developmentally ready infants since 2017. Out with the (very) old, and in with the new-ish infant snack meal pattern! We advise using our [Infant Menu Planning Tool](#).

When a parent comes to breastfeed their baby at your facility—or provides expressed breastmilk— you may claim that meal or snack for reimbursement, as long as your facility provides all other required meal or snack components.

*Exceptions: Early Head Start programs and Emergency Shelters do not need IEAs.

How You Can Support Breastfeeding in Your Child Care Facility

If you think about it, breastfeeding is like a team sport. It takes many players to help a mom successfully breastfeed her infant. That team includes a supportive family and friends to be cheerleaders and health-care providers who understand breastfeeding. It also includes employers who provide parents with the space and time to express milk or feed the baby and—last but not least—supportive child care facilities.

Why Breastfeed?

The science is clear that breastmilk provides a baby with all the nutrients he or she needs. Breastmilk is an amazing fluid that changes with the infant's age and health status. A new mother's body is equipped to produce the perfect food for her new baby, and the more she feeds, the more milk her body produces. In North Carolina and across the country, breastfeeding rates are increasing. In 2019, over 80% of North Carolina mothers initiated breastfeeding.

Breastfeeding is Good for Business

Supporting breastfeeding is also a smart business decision for child care providers. Breastfed children are less likely to get sick, less prone to spitting up, and less likely to have constipation or diarrhea. Being breastfeeding-friendly can help you market your program. Supporting breastfeeding can benefit your center financially by reducing the cost of purchasing infant formula. Supporting breastfeeding can also help with staff retention. Employers find less staff turnover when they support breastfeeding-friendly policies.



How Can Childcare Providers Support Breastfeeding?

Here are some tips for making your facility more breastfeeding-friendly:

- * Develop policies that support breastfeeding for families and employees.
- * Communicate these policies to your staff and parents upon orientation.
- * Train your staff in promotion and support of breastfeeding.
- * Display positive breastfeeding images so staff and parents know that breastfeeding is welcome.
- * Provide learning and play opportunities that normalize breastfeeding for children.
- * Work with families to help them reach their personal infant feeding goals.
- * Coordinate with local skilled breastfeeding support and know who to call when problems arise.

- Submitted by Chiara Philips, MS, RD, LDN, IBCLC, State Breastfeeding Coordinator, NC Dept. of Health and Human Services, Div. of Public Health, Nutrition Services Branch. Edited for length by the CACFP Nutrition, Training, and Policy Team (NTPT).

Breastfeeding in ECE during COVID-19

The folks at the Carolina Global Breastfeeding Institute (CGBI) have created new breastfeeding resources for Early Care and Education (ECE) professionals. These new resources take into account enhanced health and safety measures to follow during the COVID-19 pandemic. Here is some of what's available:

- ⇒ Resources on [supporting breastfeeding families in child care settings during COVID-19](#) (for even more, [see child care tab](#))
- ⇒ For ECE professionals who may be lactating, [they created helpful graphics on expressing and storing milk while working at a child care facility](#)
- ⇒ And, coming soon: new resources and an announcement about virtual [ENRICH Carolinas](#) trainings for ECE professionals!

- Submitted by Jessica Bridgman, MPH, RDN, LDN, Social/Clinical Research Specialist, Carolina Global Breastfeeding Institute. Edited for length by the CACFP NTPT.





Pumpkin Squares

Recipe Category: Grains

CACFP Meal Pattern Contributions: 1.0 oz equivalent WGR grain

Serving Size: 1 piece

Serving size for Breakfast:

- 1-5 year olds – serve ½ square (1/2 oz equivalent)
- 6-18 year olds – serve 1 square (1 oz equivalent)
- Adults – serve 2 squares (2 oz equivalents)

Ingredients	18 SERVINGS		36 SERVINGS		75 SERVINGS	
	Weight	Measure	Weight	Measure	Weight	Measure
Whole-wheat flour	5 ½ oz	1 ⅞ cups	11 oz	2 ¼ cups	1 LB 6 oz	1 qt + ½ cup
Enriched all-purpose flour	3 ¼ oz	⅝ cup	6 ½ oz	1 ¼ cups	13 oz	2 ½ cups
Baking powder		½ Tbsp		1 Tbsp		2 Tbsp
Ground cinnamon		½ Tbsp		1 Tbsp		2 Tbsp
Baking soda		¼ Tbsp		½ Tbsp		1 Tbsp
Salt		⅜ tsp		¾ tsp		1 ½ tsp
Eggs	6 ⅞ oz	3 ½ Large	12 ¼ oz	7 Large	1 LB 8 ½ oz	14 Large
Pumpkin purée	10 oz	1 ¼ cups	1 LB 4 oz	2 ½ cups	2 LB 8 oz	½ #10 can (1qt + 1 cup)
Granulated sugar	8 ¾ oz	1 ¼ cups	1 LB 1 ½ oz	2 ½ cups	2 LB 3 oz	1 qt + 1 cup
Vegetable oil	6 ⅞ oz	⅞ cup	12 ¼ oz	1 ¾ cups	1 LB 8 ½ oz	3 ½ cups
Yield:	1/4 sheet pan* 18 Pumpkin Squares		1/2 sheet pan* 36 Pumpkin Squares		Full sheet pan* 75 Pumpkin Squares	

Procedure

1. Preheat convection oven to 350°F or conventional oven to 375°F. Coat pan with cooking spray.
2. Whisk together whole-wheat flour, all-purpose flour, baking powder, cinnamon, baking soda and salt in a large bowl. Whisk together eggs, sugar, oil and pumpkin in another large bowl. Add dry ingredients to the wet ingredients and mix well. (Do not overmix.) Scrape mixture into the prepared sheet pan and spread evenly.
3. Bake until a toothpick inserted in the center comes out clean, about 20 to 25 minutes.

* Note

- Full sheet pan = 18 inches x 26 inches
- Half sheet pan = 13 inches x 18 inches
- Quarter sheet pan = 9 inches x 13 inches

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