



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

November/December 2022
Volume 3, Issue 6



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

CACFP Family,

What are you feeling grateful for this year? Take a moment to reflect. What is going well for you? What is going well for your Institution? Here at the State agency, we are thankful for many things. First and foremost, though, we are grateful for your dedication to serving nutritious meals and snacks to so many of North Carolina’s infants, children, young adults, adults with disabilities, and older adults. Did you know that CACFP operators across the State provide 68 million meals and snacks each year through the CACFP? What an impact you make—we are thankful for YOU!

We are also grateful for a successful Application Update. Program Year 2022-2023 is underway and going well so far!

This will be a year of big changes in the CACFP. We already have a new website: www.ncdhhs.gov/nccacfp. Hopefully you have had the chance to explore it. Let us know what you think! Further, as we have announced, we will have a new management information system – NC CACFP Connects – which will replace NC CARES. The development process is complex, so the switch will likely happen in early 2023, instead of this month, as we had originally predicted. The State agency will continue to send communications regarding the new system and training throughout the next few months.

We wish you a happy and healthy holiday season!

With Appreciation,

Cassandra Williams
Child and Adult Care Food Program Manager

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Reminders

- **Friday, November 4, and Friday, December 2, from 1 to 2 PM**—next two State agency calls with CACFP Institutions
- **Tuesday, November 29, 2022**—last day to submit September 2022 claims
- **Friday, December 30, 2022**—last day to submit October 2022 claims
- Check out our seasonal standardized recipe for a Beet and Carrot Latkes on [page 8](#)



Announcements

New Policy Memo — Published October 13, 2022

CACFP 01-2023: Creditability of Infant Formulas Imported Through the Food and Drug Administration’s 2022 Infant Enforcement Discretion Policy in the Child and Adult Care Food Program

This policy memo provides guidance on using and crediting the infant formula imported to reduce the nationwide formula shortage. The key points in the memo include:

- The infant formulas imported as a result of the 2022 FDA Infant Formula Enforcement Discretion Policy may be served in the CACFP as part of a reimbursable infant meal or snack.
- These formulas will remain creditable as long as they are available for sale in the US retail market and they are used before their expiration dates.
- CACFP operators should note that the mixing instructions on formulas imported from abroad may use the metric system, and they should ensure formulas are appropriately and safely mixed.

As a reminder, all CACFP operators are responsible for knowing and understanding all CACFP policy memos. Please contact the Nutrition, Training, and Policy Team with any questions at CACFPtraining@dhhs.nc.gov.

IMPORTANT

On September 6, 2022, the FDA issued a [public health alert](#) advising parents and caregivers not to buy or give [Mothers Touch Formula](#) to infants under their care. The product does not meet infant formula nutrient requirements for seven nutrients. More information including the FDA action and recommendations for consumers can be accessed [here](#).

*Our next monthly Institution calls will be **Friday, November 4**, and **Friday, December 2**, from 1-2 PM. We hope you can join us on Adobe Connect via [this link](#).*

Upcoming Trainings

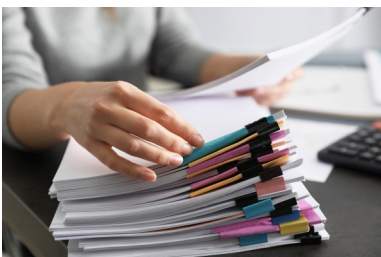


Duties and Documents for Independent Centers—This training will provide guidance and information on the daily, weekly, and monthly record-keeping requirements for the Child and Adult Care Food Program. It is recommended that the attendee from the institution be the person(s) who is responsible for record keeping and CACFP training for the Independent Center.

- ◆ **Date:** Tuesday, November 8, 2022
- ◆ **Time:** 9:00 AM - 12:00 PM
- ◆ **Registration Link:** [Adobe Connect Registration](#)

Duties and Documents for Sponsoring Organizations—This training will provide guidance and information on the daily, weekly, and monthly record-keeping requirements for the Child and Adult Care Food Program. It is recommended that the attendee from the institution be the person(s) who is responsible for record-keeping and CACFP training for the Sponsoring Organization.

- ◆ **Date:** Wednesday, November 9, 2022
- ◆ **Time:** 1:00 PM - 4:00 PM
- ◆ **Registration Link:** [Adobe Connect Registration](#)



Resources

⇒ Milk in the CACFP Web Quiz in Spanish

The Milk in the CACFP web quiz is now available in Spanish and can be found at <https://www.fns.usda.gov/es/tn/quizzes/milk-in-the-cacfp>. This quiz focuses on the meal pattern requirements related to milk in the CACFP. It is the latest addition to the collection of Team Nutrition web quizzes that cover a variety of nutrition topics, including:

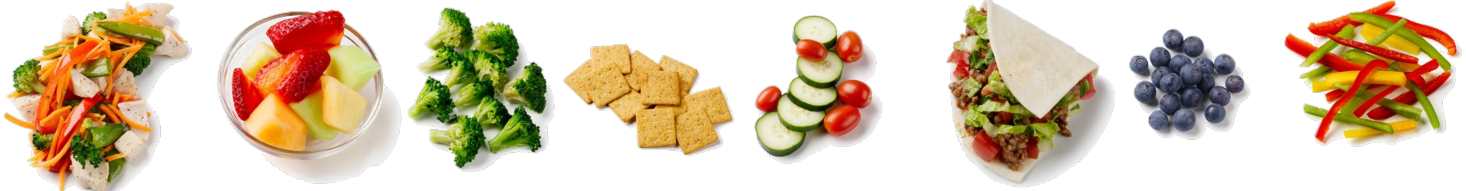
- School Breakfast
- School Lunch
- Infant Nutrition (English and Spanish)
- Toddler Nutrition (English and Spanish)
- Older Adult Nutrition
- Meal Components



The complete quiz collection is available at <https://www.fns.usda.gov/tn/quizzes>.

⇒ Team Nutrition Photo Collection

[Team Nutrition's photo collection](#) now includes 350 original photographs that can be used in nutrition education and training materials for CACFP operators. For questions or more information please contact TeamNutrition@USDA.gov. Sponsoring organizations can order materials in bulk by emailing TeamNutrition@USDA.gov. A few examples are below.



Updated Seasonal Menus!

[CACFP Seasonal Menus](#)—Fall, Winter, Spring, and Summer menus—are designed to:

- Inspire programs to use seasonal, locally grown foods when possible, provide variety with 4-week cycle menus with a breakfast, lunch/supper, and snack;
- Link to standardized recipes;
- Meet the CACFP Meal Pattern;
- Provide healthy meal options; and,
- Promote NC agriculture.

What's in Season in North Carolina?

- Apples
- Beans
- Blackberries
- Bok choy
- Cabbage
- Cucumbers
- Egg
- Green Onions
- Greens
- Peanuts
- Peas
- Peppers
- Persimmons
- Pumpkins
- Radishes
- Raspberries
- Roma
- Snap Beans
- Snow Peas

Standardized Recipes

- Baked Beans
- Baked Cod File
- Baked French Toast
- BBQ Chicken
- Bean Tostitos
- Black Bean Hummus
- Grapes
- Grapes and Beans Soup
- Grilled Cheese and Tomato Soup
- Fruit on Waffle Buns
- Herb Fish in a Pita Flat
- Mac 'n' Cheese
- Pancakes
- Pumpkin Pie Smoothie
- Roasted Chickpeas
- Spinach Egg Bake
- Sweet 'n' Sour Chicken
- Taco Pie with Lentils
- Turkey Burger with Veggies
- Vietnamese Meatloaf

What's in Season in North Carolina?

- Apples
- Beets
- Bok choy
- Cabbage
- Carrots
- Collards
- Kale
- Lettuce
- Peanuts
- Pecans
- Spinach
- Sweet Potatoes

Standardized Recipes

- Baked Cinnamon Oatmeal
- Barbecued Beef Steaks
- Meatballs and Marinara
- Grilled Turkey Wings
- Mini Salmon Loaves
- Brown Rice Pudding
- Baked Carrot Fries with Yogurt
- Baked Tostitos
- Chicken Alfredo w/ a Twist
- Ripped Tostitos
- Winter Greens
- Beans & Cheese Quesadilla
- Grilled Herb, Cheese and Tomato Sandwich
- Salad D
- Herb B
- Honey
- Spring
- Green
- Green
- Rice w
- Chicken
- Beef
- Chicken
- Chick
- Barbe
- Local
- Baked

Standardized Recipes

- Creamy Coliflower
- Cuban Black Beans and Rice
- Kale Chip
- Pancakes
- Pizza Crust
- Saffron Soup
- Scrambled Eggs
- Tropical Bean Salad
- Vietnamese Meatloaf

What's in Season in North Carolina?

- Asparagus
- Blackberries
- Bok Choy
- Broccoli
- Green Cabbage
- Collards
- Green Peas
- Napa
- Peas
- Radishes
- Raspberries
- Snow Peas
- Snow Pea Tips
- Spinach

Standardized Recipes

- Maple Lime Orange Berry Bread
- Bean Burrito Bowl
- Parmesan Chicken Tenders
- Chicken Curry Casserole
- Chicken Alfredo with a Twist
- Melon Mint Salad
- Raspberry Fries Salad
- Spinach
- Grilled Cheese, Herb, Tomato Sandwich
- Grapes
- Grapes
- Beef
- Beef
- Baked Cod File
- Parsnip Soups
- BBQ Chicken Salad
- Pile of Green Beans
- Potatoes
- Mediterranean Quinoa Salad
- Chicken Curry Casserole
- Chicken Alfredo with a Twist
- Quinoa Pomegranate Cobb
- Six Ways Green Rice, Eggs, Nuts
- Spinach
- Mini Meatloaf Party
- Carrot Raisin Salad
- Calfon
- Green Beans with Potatoes and Grilled Turkey
- Herb
- Sweet Corn
- Honeydew Melon
- Kale
- Malabar Gingers
- Mushrooms
- Mustard Greens
- Napa
- Raspberries
- Onions
- Peaches
- Peas
- Peppers
- Plums
- Potatoes
- Radishes
- Raspberries
- Snow Beans
- Snow Pea
- Spinach
- Spinach/Pearl
- Strawberries
- Sweet Corn
- Sweet Potatoes
- Tomatoes
- Tomatoes/Tomatillos
- Turnips
- Watermelon
- Zucchini

Meet Your State Agency Staff La'Shina Flythe and Nathan Sudduth

La'Shina Flythe

Title/Role: Administrative Specialist II

Region: Raleigh Office

- **My favorite food is...**lemon pepper wings.
- **My favorite place or activity/event in North Carolina is...** Pisgah National Forest.
- **My favorite part of my job is...**my co-workers
- **The best tip I have for success in the CACFP is...**keep an open mind.



Nathan Sudduth

Title/Role: Nutrition Program Assistant

Region: Raleigh office/Statewide

- **My favorite food is...**Thai food, the spicier the better!
- **My favorite place and/or activity/event in North Carolina...**depends on the time of year. If it's basketball season, then watching the Hornets play in Charlotte is my favorite activity. If it's the offseason, then it's hiking in the mountains!
- **My favorite part of my job is...**designing trainings and presentations, such as the monthly institution call.
- **The best tip I have for success in the CACFP is...**use the application guide as a working checklist for all the items you need to submit. There are a ton of different things this program requires to be approved, so the guide is your best bet for making sure nothing is missing when it's time to submit your application for review!



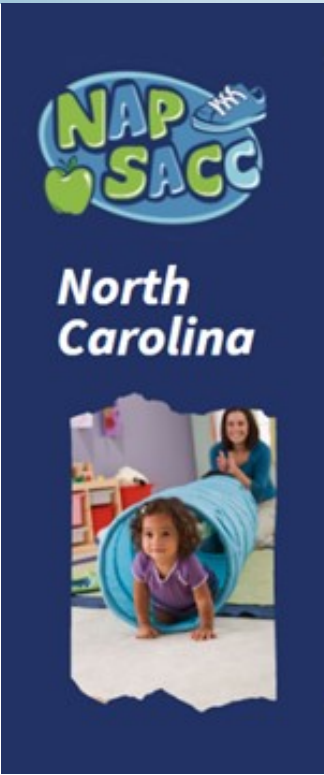


The North Carolina Crunch!

October was National Farm to School and Early Care and Education (ECE) Month, a time to acknowledge all people working to make a difference with farm to school, farm to early care and education, and other local foods initiatives. North Carolina celebrates this time with the annual NC Crunch, which was held on October 19th. Our CACFP institutions were encouraged to join in and crunch into locally grown apples.

The NC Crunch is a delicious, nutritious, and fun way to connect local food and agriculture to all kinds of classroom learning. Ready or Not, Here I Grow, Inc., a child care and CACFP independent center in Fuquay Varina (Wake County) celebrated NC Crunch by including apple themes into art, fine motor, math, and sensory lessons. They enjoyed farm fresh apples for snack, too! Check out these photos from their Crunch!





Go NAPSACC: Free Resource for Improving Healthy Practices at Child Care Programs

[Go NAPSACC](#) is a user-friendly, free online platform developed at the University of North Carolina – Chapel Hill to help child care programs expand their impact on children’s health today and their healthy habits for the future. [Go NAPSACC](#) puts child nutrition resources and free DCDEE-approved trainings at the fingertips of child care programs. (NAPSACC stands for Nutrition and Physical Activity Self-Assessment for Child Care.)

With seven modules (see topics on the left) for enhancing healthy child care, child care program operators can explore any module in Go NAPSACC’s 5-step Improvement Process to prioritize, plan, and take action to make healthy changes. Its flexibility allows providers to focus on any of seven modules at the speed that works for them.

-  Child Nutrition
-  Breastfeeding & Infant Feeding
-  Farm to ECE
-  Oral Health
-  Infant & Child Physical Activity
-  Outdoor Play & Learning
-  Screen Time

Go NAPSACC’s 5-Step Improvement Process

- 1. Assess** current practices in one of the following areas:
 - **Child Nutrition**
 - **Breastfeeding & Infant Feeding**
 - **Farm to ECE**
 - **Oral Health**
 - **Infant & Child Physical Activity**
 - **Outdoor Play & Learning**
 - **Screen Time**
- 2. Plan** how to improve
- 3. Take action** with the help of our tips & materials library
- 4. Learn more** with our online trainings library
- 5. Keep it up!**

All child care programs in North Carolina can register for a Go NAPSACC account for free! Are you a CACFP sponsor interested in learning how to connect your programs to Go NAPSACC? Ready to join [NAPSACC Nation](#)?

Email Aviva Starr at aviva.starr@unc.edu to determine the next steps. Write “NC CACFP” in the subject line.



North Carolina Department of Health and Human Services
 Division of Child and Family Well-Being, Community Nutrition Services Section
 Child and Adult Care Food Program
 Institution Reimbursement Calculation

Purpose: To explain how our current system (NC CARES) calculates reimbursements and how our new system (NC CACFP CONNECTS) will calculate reimbursements.

NC CARES				NC CACFP CONNECTS																																																									
CLAIMING PERCENTAGE RATE METHOD				BLENDED PER MEAL RATE METHOD																																																									
<p>NC CARES calculates reimbursement based on a claiming percentage rate method. The sample claim data below is for one month:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Enrollment</th> <th style="text-align: center;">Percentage of Enrollment (decimal)</th> <th style="text-align: center;">Percentage of Enrollment</th> </tr> </thead> <tbody> <tr> <td>Free</td> <td style="text-align: center;">67</td> <td style="text-align: center;">0.7976</td> <td style="text-align: center;">79.76%</td> </tr> <tr> <td>Reduced</td> <td style="text-align: center;">8</td> <td style="text-align: center;">0.0952</td> <td style="text-align: center;">9.52%</td> </tr> <tr> <td>Denied</td> <td style="text-align: center;">9</td> <td style="text-align: center;">0.1071</td> <td style="text-align: center;">10.71%</td> </tr> <tr> <td>Total:</td> <td style="text-align: center;">84</td> <td></td> <td style="text-align: center;">100%</td> </tr> </tbody> </table> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Meal Counts</th> </tr> </thead> <tbody> <tr> <td>Breakfast</td> <td style="text-align: center;">1017</td> </tr> <tr> <td>Lunch</td> <td style="text-align: center;">1026</td> </tr> <tr> <td>PM Snack</td> <td style="text-align: center;">1018</td> </tr> </tbody> </table> <p>NC CARES does a few calculations to determine the reimbursement for each meal type. First, it determines the number of meals to be reimbursed at each enrollment classification rate:</p> <ol style="list-style-type: none"> $1017 \times 0.7976 = 811$ Breakfast Count x Free Enrollment % = Number of meals paid at Free Rate. $1017 \times 0.0952 = 97$ Breakfast Count x Reduced Enrollment % = Number of meals paid at Reduced Rate. $1017 \times 0.1071 = 109$ Breakfast Count x Denied Enrollment % = Number of meals paid at Denied Rate. <p>Next, NC CARES multiplies the number of breakfasts in each enrollment classification by the applicable reimbursement rate for that classification, resulting in the total earned for that meal type.</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">Number of Breakfasts</th> <th style="text-align: center;">2022-2023 Breakfast Reimbursement Rates</th> <th style="text-align: center;">Total Breakfast Reimbursement</th> </tr> </thead> <tbody> <tr> <td>Free</td> <td style="text-align: center;">811</td> <td style="text-align: center;">\$2.21</td> <td style="text-align: center;">\$1,792.31</td> </tr> <tr> <td>Reduced</td> <td style="text-align: center;">97</td> <td style="text-align: center;">\$1.91</td> <td style="text-align: center;">\$185.27</td> </tr> <tr> <td>Denied</td> <td style="text-align: center;">109</td> <td style="text-align: center;">\$0.45</td> <td style="text-align: center;">\$49.05</td> </tr> <tr> <td>Total Earned</td> <td></td> <td></td> <td style="text-align: center;">\$2,026.63</td> </tr> </tbody> </table> <p>The same calculations are performed for each meal type claimed. Cash in Lieu is added to all Lunches/Suppers to calculate the total reimbursement for the month.</p>					Enrollment	Percentage of Enrollment (decimal)	Percentage of Enrollment	Free	67	0.7976	79.76%	Reduced	8	0.0952	9.52%	Denied	9	0.1071	10.71%	Total:	84		100%		Meal Counts	Breakfast	1017	Lunch	1026	PM Snack	1018		Number of Breakfasts	2022-2023 Breakfast Reimbursement Rates	Total Breakfast Reimbursement	Free	811	\$2.21	\$1,792.31	Reduced	97	\$1.91	\$185.27	Denied	109	\$0.45	\$49.05	Total Earned			\$2,026.63	<p>NC CACFP CONNECTS will calculate reimbursement using blended per meal rates. To illustrate, we will use the same claim data, from our previous example to the left, along with the following reimbursement rates:</p> <table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th></th> <th style="text-align: center;">2022-2023 Breakfast Reimbursement</th> </tr> </thead> <tbody> <tr> <td>Free</td> <td style="text-align: center;">\$2.21</td> </tr> <tr> <td>Reduced</td> <td style="text-align: center;">\$1.91</td> </tr> <tr> <td>Denied</td> <td style="text-align: center;">\$0.45</td> </tr> </tbody> </table> <p>The blended per meal rate method calculates a rate for each meal type based on the above reimbursement rates and the Institution's enrollment classification percentages. For example, to calculate the blended rate for breakfast, three calculations must be performed.</p> <ol style="list-style-type: none"> $\\$2.21 \times 0.7976 = \mathbf{\\$1.7626}$ Free Reimbursement Rate x Free Enrollment % = Free Breakfast Rate. $\\$1.91 \times 0.0952 = \mathbf{\\$0.1818}$ Reduced Reimbursement Rate x Reduced Enrollment % = Reduced Breakfast Rate. $\\$0.45 \times 0.1071 = \mathbf{\\$0.0481}$ Denied Reimbursement Rate x Denied Enrollment % = Denied Breakfast Rate. <p style="text-align: center;">\$1.9925 - The total of all three rates is the blended rate for breakfast.</p> <p>The blended per meal rate will then be applied to the reported meal counts. For example, to calculate the breakfast reimbursement, NC CACFP CONNECTS will multiply the blended rate for breakfast by the reported number of breakfasts served:</p> <p>Blended Rate of \$1.9925 x 1017 Breakfasts = \$2,026.37 Total Breakfast Reimbursement Earned.</p> <p>The same calculations will be performed for each meal type claimed. Cash in Lieu will be added to all Lunches/Suppers to calculate the total reimbursement for the month. The calculation for Cash in Lieu will not change when we use blended per meal rates.</p>			2022-2023 Breakfast Reimbursement	Free	\$2.21	Reduced	\$1.91	Denied	\$0.45
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Recipe Name: **Beet and Carrot Latkes**

CACFP Meal Pattern Contributions: ½ cup vegetable
(e.g., 1.0 oz equivalent grain, ¼ cup vegetable, 0.5 oz equivalent WGR grain)

Serving Size: 2 latkes

Notes: Recipe Adapted from [Illinois Harvest of the Month](#)

Ingredients	8 SERVINGS		16 SERVINGS		24 SERVINGS	
	Weight	Measure	Weight	Measure	Weight	Measure
Onion, unpeeled		1 small onion		2 small onions		3 small onions
Large Egg		2 eggs		4 eggs		6 eggs
All-Purpose Flour		¼ cup + 2 T		¾ cup		1 ⅞ cup
Salt		½ tsp		1 tsp		1 ½ tsp
Black Pepper		¼ tsp		½ tsp		¾ tsp
Beets	¾ lb.		1 ½ lbs.		2 ¼ lbs.	
Carrots	¾ lb.		1 ½ lbs.		2 ¼ lbs.	
Canola Oil		⅓ cup		⅔ cup		1 cup
Yield:		16 latkes		32 latkes		48 latkes

Procedure

1. Use a grater to grate onion into a bowl. Transfer to a clean kitchen towel, squeeze out any liquid, then transfer onion back to bowl.
2. Combine eggs, flour, salt, and pepper, add onion and mix until ingredients are well combined.
3. Peel and coarsely grate beets and carrots.
4. Add grated beet and carrot to the bowl, and toss until just combined.
5. Heat 2 tbsp of canola oil in a large frying pan on medium. Drop about ¼ cup mixture into pan for each latke, and use the back of a spatula to compress it slightly. Fry for 2 to 3 min per side or until latkes are browned and cooked through. Place on a paper towel-lined baking sheet. Repeat until all latkes are cooked, adding remaining 2 tbsp oil to pan as needed.

To be a creditable snack in the CACFP, serve with plain Greek yogurt for dipping. Refer to the [CACFP Meal Patterns](#) for the required minimum serving sizes for age group(s) served.