



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 2024
Volume 5, Issue 6



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

The holiday season is right around the corner! As we spend time with friends and family during this special time of year, I want to extend a big thank you for all your hard work in our program. We know that our CACFP family in the Western part of our state continues to push through difficult circumstances to overcome challenging obstacles. We are grateful for our CACFP providers across North Carolina, as your dedication to providing healthy meals for our children and adults makes a difference and is truly inspiring.

The past few years have been trying, but we've made our program stronger and more efficient with the new management information system, NC CACFP CONNECTS. I appreciate your perseverance, commitment to the program, and patience during this time.

Please remember, your assigned specialists are here to help with any questions you may have. If you have questions about record renewal, reach out to your "Renewal App" specialist. For questions related to your general CACFP operations, please contact your "Field Service" specialist. You can find their information under "Assigned Specialist" in NC CACFP CONNECTS.

As we prepare to welcome 2025, we look forward to new possibilities for our program. Stay tuned for updates on training opportunities and guidelines that will empower you to excel in your work and continue to make a meaningful impact on those you serve.

Wishing you all a happy holiday season and a wonderful new year!

In appreciation,

Cassandra Ward
CACFP Manager

Inside this issue

- [Announcements2](#)
- [Resources3](#)
- [Resources \(cont.\) and For Our Health.....4](#)
- [Meet the State Agency5](#)
- [GO NAPSACC6](#)
- [CACFP Standardized Recipe7](#)

Reminders

- **Friday, December 6 and January 3, from 1 to 2 PM** - next two State agency monthly calls with CACFP Institutions (click [here](#) to join)
- **Friday, November 29 and Monday, December 30, 2024** - last days to submit September and October 2024 claims
- Standardized Recipe - **Sweet Potato and Black Bean Stew** (on [page 7](#)). Enjoy the savory and sweet dish with the addition of flavorful fresh Swiss chard.



Announcements

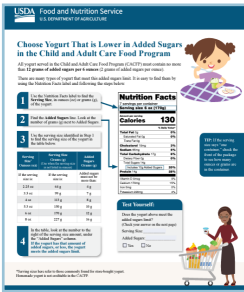
Policy Memo

- ⇒ **[CACFP 01-2025](#): Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers** - This memorandum updates and clarifies current guidance for fluid milk requirements in CACFP and includes a series of frequently asked questions and answers. This memorandum supersedes CACFP 17-2016, *Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program, Questions and Answers*, July 14, 2016. This memorandum also supersedes information previously included in the Food and Consumer Service Instruction Number 783-7 REV. 1, *Milk Requirement – Child Nutrition Programs*, released January 24, 1995, as this Instruction has since been rescinded.
- ⇒ **[CACFP 02-2025](#): Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program** - This memorandum provides updated guidance on the use of Offer Versus Serve (OVS) in the adult day care and at-risk afterschool settings, as well as the use of family style meals in the CACFP. This memorandum contains two attachments that highlight frequently asked questions and answers and OVS examples for breakfast, lunch, and supper meal service. This memorandum supersedes CACFP 05-2017, *Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program*.
- ⇒ **[CACFP 03-2025](#): Substituting Vegetables for Grains in American Samoa, Guam, Hawaii, Puerto Rico, the U.S. Virgin Islands, and Tribal Communities** - This memorandum clarifies longstanding Program regulations and provides updated guidance on the use of vegetables as a substitution for grains, including whole grain-rich products, in eligible areas. This guidance also provides updates on the expansion of this flexibility to eligible areas following the [Final Rule: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans](#).
- ⇒ **[CACFP 04-2025](#): Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements** - *This memorandum provides updated guidance for accepting processed product documentation and clarifies the difference between the date of authorization found on the CN label and the “Valid Until” date on the CN Label Verification Report. This memorandum supersedes: CACFP10-2015v2: CN Labels Copied with a Watermark Acceptable Documentation, issued March 11, 2015; CACFP 09-2015: Administrative Review Process Regarding CN Label, Watermarked CN Label and Manufacturer’s Product Formulation Statement, issued March 11, 2015.*

Grant Opportunities

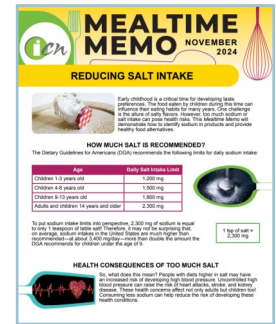
- ⇒ The **Youth Garden Grant** (Deadline: Dec 13, 2024) has been supporting school and youth garden projects since 1982. Any organization in the U.S. or US Territories that is planning a new garden program or improving an existing one, and serves at least 15 youth aged 0-18, is eligible to apply. Learn more [here](#).
- ⇒ Walmart U.S. stores, Sam’s Clubs, and Distribution Centers invite applications for **Spark Good Local Grants** (Deadline: Dec 31, 2024) of up to \$5000. These grants are designed to the specific needs of the communities where they operate. Learn more [here](#).
- ⇒ **The FY 2025 Patrick Leahy Farm to School Grant Program** (Deadline: Jan 10, 2025) aims to enhance local food availability in schools and connect students to the source of their food. Applications are now open in three separate solicitations. Learn more [here](#).
- ⇒ The National Head Start Association will award **GroMoreGood Garden Grants** (Deadline: Jan 10, 2025) to support existing garden projects, initiate new ones, or enhance outdoor green spaces where children and the community can learn and play. Learn more [here](#).

Resources

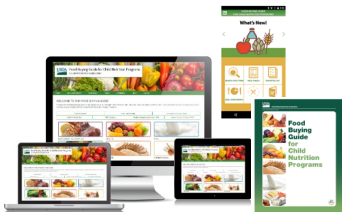


Choose Yogurt That is Lower in Added Sugars in the CACFP: Updated to reflect the Final Rule, Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans.” These resources equip CACFP providers and operators with the tools they need to meet CACFP meal pattern requirements. By Oct. 1, 2025, yogurt must contain no more than 12 grams of added sugars per 6 ounces (2 grams of added sugars per ounce).

Institute of Child Nutrition’s **Mealttime Memo November 2024** issue is now available! While there are no specific salt intake limits in CACFP, it’s important to be mindful of sodium levels, especially during early childhood when food preferences are developing. [The Dietary Guidelines for Americans, 2020-2025](#) recommend limiting sodium intake to reduce the risk of heart disease and high blood pressure. This Mealttime Memo will help you identify sources of sodium in foods and provide tips for healthier alternatives. See all past issues [here](#).



Disaster Relief Menus: The recent impact of Hurricane Helene has presented challenges for CACFP operators in Western NC. As a reminder, the NC CACFP has Disaster Relief Menus available to assist with meal planning and food service in emergency situations. These menus offer creative solutions for preparing nutritious meals while adhering to meal pattern requirements, using limited food service operations. Find sample menus and recipe ideas tailored to [infant](#), [child](#), and [adult](#) needs on our website’s [Meal Patterns and Nutrition Resources](#) page under Menu Planning Tools. Let’s work together to ensure the well-being of our communities, even in the face of adversity.



The [Food Buying Guide for Child Nutrition Programs](#) (FBG) has been updated to align with the [Final Rule: Child Nutrition Programs: Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans](#). USDA has expanded the FBG to include 30 new foods, including 17 traditional Indigenous foods. The FBG is available as a Web Tool, Mobile App, and downloadable PDF. The revised FBG is available to view and download [here](#) on the Team Nutrition website.

Training Opportunities

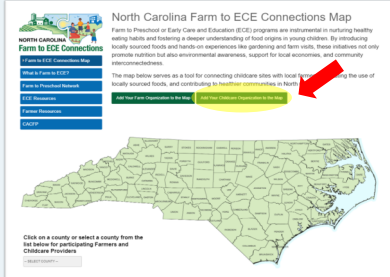
5 Resolutions for Food Program Success in 2025

- ◆ December 17, 2024 2:00 PM - 2:30 PM (EST)
- ◆ “Ring in the New Year with five game-changing resolutions designed to supercharge your program and boost your personal well-being! Discover practical tips to elevate your menus, stay more organized, and build stronger community connections. Plus, get some bonus self-care and stress management techniques to keep you thriving all 2025. Get ready to make this your best year yet!” Register [here](#).
- ◆ Earn 0.5 Continuing Education Unit for attending this Zoom webinar hosted by the National CACFP Sponsors Association.



Resources (cont.)

NC Farm to ECE Connections Map: Discover local food sources for your childcare program! This online tool connects childcare providers with local food producers, making it easier to incorporate healthy, fresh, local foods into your meals and snacks.



Explore the map [here](#). Click on your county to find farmers near you and see what foods and services they have available. If your facility is not yet listed, add your childcare program to the map today (be sure to click on your county)! There is a button on the webpage to “Add Your Childcare Organization to the Map.”

The Harvest of the Month newsletters are distributed monthly to those registered on the map. Each newsletter will connect you to local farmers offering the featured produce and provide recipes, educational activities, and more! Check out the November Harvest of the Month newsletter [here](#).



For Our Health

Hello, everyone! In the July/August issue of our newsletter, I shared that I read the book *The Blue Zones: Secrets for Living Longer from the Healthiest Places on Earth* by Dan Buettner. My plan is to continue sharing about the Blue Zones lifestyle and what Buettner calls the “Power 9 Principles” throughout the next year or so. That last principle I wrote about was **purpose**. The next principle is **downshift**.

Everyone has stress in their life, no matter their age, whether we see it or not. It is common knowledge that stress can increase inflammation in our bodies, which increases our risk for disease such as diabetes, heart disease, and cancer. People in the Blue Zones live longer lives, disease-free because they have daily routines that include time to **downshift**.

Downshift means taking time every day to slow down, decrease the typical sensory overload we usually expose ourselves to (electronics, noise pollution, interactions with others, etc.), get quiet, and take some time to destress. [Okinawans](#) have some quiet time every day reserved for remembering their ancestors. [Ikarians](#) take a daily nap. Adventists in [Loma Linda](#) take time for daily prayer.

Do you take daily time to **downshift**? I would like to challenge you from now through the end of the year to make time in your day to **downshift**. Try taking a quiet walk with no phone or music; take time to play fetch with a dog; play a musical instrument; weather permitting, work in the garden or sit in the grass, look up at the sky, and just be. **Downshifting** can be different for everyone. See what works for you.

(Karen Lainez Rubi, Supervisor - Nutrition, Training, and Policy Team)

Meet Your State Agency Staff LaSonya DeBose and Nathan Sudduth

Name: LaSonya DeBose

Title/Role: Finance and Business Compliance Analyst I

- **Region:** Raleigh
- **My favorite food is...**Seafood Gumbo.
- **My favorite place and/or activity/event in North Carolina is...**traveling this beautiful state in the Fall.
- **My favorite part of my job is...**working with great staff.
- **The best tip I have for success in the CACFP is...**know that your many efforts ensures that children are provided nutritious meals every day across this beautiful state.



Name: Nathan Sudduth

Title/Role: Administrative Officer I

- **Region:** All of NC (Located in Raleigh)
- **My favorite food is...**Thai-style food, as hot as it can get.
- **My favorite place and/or activity/event in North Carolina is...**enjoying the amazing nature in this beautiful state, from the mountains to the forests to the beaches!
- **My favorite part of my job is...** presenting training material to institutions.
- **The best tip I have for success in the CACFP is...**use the resources provided by the State Agency to guide you through the application/renewal process. If you ever have any questions, there is always someone you can reach out to for help!



GO NAPSACC

Making connections with families is key to improving the health, well-being, and education of young children. Building relationships takes time and effort and is typically a bi-directional process. Here are a few tips from Go NAPSACC about organizing healthy family engagement gatherings:



1. Schedule gatherings regularly throughout the year (engage family members in the planning of these gatherings)
2. Incorporate celebrations around various cultures, races, and ethnicities (encourage families to bring in their favorite meals or snacks)
3. Include a variety of healthy food options that match the backgrounds of your families
4. Include some physical activity to help adults and children bond
5. Use these opportunities to improve the settings such as constructing gardens or building outdoor play and learning areas

When using [Go NAPSACC](#), educators can access tons of tips and materials around family engagement in a variety of topic areas including child nutrition, infant & child physical activity, breastfeeding & infant feeding, farm to ECE, oral health, outdoor play, and screen time. Registered programs can also receive monthly educator newsletters that include a section dedicated to family engagement to help you get families involved in your program's child health initiatives.



Dark Green and Orange Vegetables

This hearty main dish combines the sweetness of orange sweet potatoes and robustness of black beans, with the surprise addition of Swiss chard and a light touch of cumin. Serve over brown rice or whole-wheat couscous for a warm delight!





Dark Green and Orange Vegetables

Sweet Potato and Black Bean Stew

SKYLINE HIGH SCHOOL

Oakland, California

Our Story

What can happen when you put sweet potatoes and black beans together? Well, if you are part of the recipe challenge team at Skyline High School, you get Sweet Potato and Black Bean Stew. Skyline High School is located on a beautiful 45-acre campus at the crest of the Oakland Hills in California. Its recipe challenge team grew out of an existing afterschool cooking academy that teaches cooking skills and nutrition. The team started out with several recipes that led to a recipe cook-off, which eventually resulted in the development and submission of two recipes. Both recipes received overwhelmingly positive responses from the Skyline High School student body. The team is excited to have both recipes, Sweet Potato and Black Bean Stew and Spanish Chickpea Stew, represented in this cookbook.

The wonderful combination in the Sweet Potato and Black Bean Stew recipe is as savory as it is sweet. This stew is brought to a healthy and earthy conclusion by the addition of flavorful Swiss chard, a delicately mild-flavored, dark-green leafy vegetable. Served over brown rice or whole-wheat couscous, this stew will warm the soul and feed the mind.

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Donnie Barclift

CHEF

Jenny Huston

COMMUNITY MEMBERS

Rusty Hopewell (Health Center Nutritionist)
and Sage Moore

STUDENTS

Karen M., Quailyn S., and Rudy R.

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

Soups H-08r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Dried New Mexican chili peppers, whole		3		6	1. Sauté chili peppers and onions in oil for 2-3 minutes. For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove.
*Fresh onions, diced	1 lb 9 oz	1 qt 1 1/2 cups	3 lb 2 oz	2 qt 3 cups	
Vegetable oil		1/2 cup		1 cup	2. Add cumin and sauté for 2 minutes.
Ground cumin		1 1/2 Tbsp		3 Tbsp	
*Fresh sweet potatoes, peeled, cubed 1/2"	3 lb	2 qt 2 1/4 cups	6 lb	1 gal 1 qt	3. Add sweet potatoes, black beans, orange juice, and stock. Bring to a boil.
Canned low-sodium black beans, drained, rinsed OR *Dry black beans, cooked (See Notes Section)	12 lb 2 oz OR 12 lb 2 oz	1 gal 1 1/3 qt (3 No. 10 cans) OR 1 gal 1 1/3 qt	24 lb 4 oz OR 24 lb 4 oz	2 gal 2 2/3 qt (6 No. 10 cans) OR 2 gal 2 2/3 qt	4. Cover and reduce heat to low. Simmer for 20 minutes or until potatoes are tender.
Orange juice		3 cups		1 qt 2 cups	
Low-sodium chicken stock		1 qt		2 qt	5. Remove chilies and discard. Add vinegar, salt, pepper, and Swiss chard. Cover. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
Red wine vinegar		1/4 cup		1/2 cup	
Salt		1 tsp		2 tsp	6. Critical Control Point: Hold for hot service at 135 °F or higher.
Ground black pepper		1 tsp		2 tsp	
*Fresh Swiss chard, no stems, chopped 1/2" OR Frozen Swiss chard, chopped	1 lb OR 12 oz	1 qt 1 cup OR 2 1/4 cups	2 lb OR 1 lb 8 oz	2 qt 2 cups OR 1 qt 1/2 cup	7. Portion with 8 fl oz ladle (1 cup).



Dark Green and Orange Vegetables

Sweet Potato and Black Bean Stew

Meal Components: Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

Soups H-08r

Notes
*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available
Special tip for preparing dry beans:
SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.
COOKING BEANS
Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.
Use hot beans immediately.
Critical Control Point: Hold for hot service at 135 °F or higher.
OR
Chill for later use.
Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.
1 lb dry black beans = about 2 ¼ cups dry or 4 ½ cups cooked beans.
In place of the New Mexican Chilies use California, Anaheim, or Ancho chilies. If using powdered chili use Ancho Chili Powder and use 1 Tbsp per chili.

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	1 lb 13 oz	3 lb 10 oz
Sweet potatoes	3 lb 12 oz	7 lb 8 oz
Dry black beans	4 lb 11 oz	9 lb 6 oz
Swiss chard	1 lb 1 oz	2 lb 2 oz

Nutrients Per Serving					
Calories	222.48	Saturated Fat	0.34 g	Iron	3.95 mg
Protein	10.35 g	Cholesterol	0 mg	Calcium	103.07 mg
Carbohydrate	43.48 g	Vitamin A	8847.71 IU	Sodium	578.59 mg
Total Fat	4.43 g		(442.39 RAE)	Dietary Fiber	12.25 g
		Vitamin C	25.75 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides:	25 Servings: about 16 lb 8 oz	25 Servings: about 2 gallons
Legume as Meat Alternate: 3 oz equivalent meat alternate and ½ cup vegetable.	50 Servings: about 32 lb	50 Servings: about 4 gallons
OR		
Legume as Vegetable: 1 ¼ cup vegetable.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		