



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

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The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

Can you believe it's already October? As we start our new fiscal year, FY 2025, I want to say thank you for all the great things we've done together. Your dedication and hard work have been instrumental to our success.

Let's continue to make a positive impact in the lives of children and adults in our communities. Together, we can achieve great things in FY 2025.

Fall in North Carolina is a season of abundance, overflowing with fresh produce like apples, beets, cabbage, and kale. To celebrate local flavors, we've included recipe ideas: cultural CACFP vegetable and fruit snack menus created by the Association of State Public Health Nutritionists, along with a step-by-step recipe standardization guide.

To further embrace the season, let's celebrate National Farm to School and Early Care and Education Month by eating a local veggie or fruit! NC Crunch is a great way to support North Carolina farmers and the people who feed our communities. For more information on NC Crunch, please refer to [page 7](#).

To stay up-to-date on CACFP news, NC CACFP CONNECTS, and more, please join our monthly calls and watch your email for important messages.

Happy Fall everyone!

In appreciation,

Cassandra Ward
CACFP Manager

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Reminders

- **Friday, October 4 and November 1, from 1 to 2 PM**
- next two State agency monthly calls with CACFP Institutions (click [here](#) to join)
- **Wednesday, October 30 and Friday, November 29, 2024**
- last days to submit August and September 2024 claims
- **Standardized Recipe - Apples and Almond Butter** (on [page 8](#)). Enjoy the comforting flavors of autumn with our apple and almond recipe.



Announcements

NC Child Care Providers: Our pre-recorded training covers everything you need to know about the CACFP and fulfills Division of Child Development and Early Education (DCDEE) Contact Hour Credits (CHCs). With on-demand access, you can learn anytime, anywhere. Check out the chart below for training topics and CHCs. Ready to get started? Visit our [Training page](#) to sign up for and complete these valuable trainings!

Training Title	DCDEE Contact Hour Credits (CHCs)
CACFP Meal Pattern Success: Serving Ounce Equivalents for Grains	1.0 CHC
Child Nutrition Label Training	0.5 CHC
Day Care Home Monitoring Tool Training for Sponsoring Organizations	1.5 CHCs
Facility Monitoring Tool Training for Sponsoring Organizations	1.5 CHCs
Food Service Contracts	0.5 CHC
FY2025 Record Renewal Training for Independent Centers	1.5 CHCs
FY2025 Record Renewal Training for Sponsoring Organizations of Affiliated Centers	1.5 CHCs
FY2025 Record Renewal Training for Sponsoring Organizations of Day Care Homes	1.5 CHCs
FY2025 Record Renewal Training for Sponsoring Organizations of Unaffiliated Centers	1.5 CHCs
Infant and Child Enrollment Form	0.5 CHC
Infant and Child Income Eligibility Application Training	0.5 CHC
Meal Count Training	0.5 CHC
Meal Pattern Training: Children	0.5 CHC
Meal Pattern Training: Infants	0.5 CHC
Medical Statement for Meal Modifications	0.5 CHC
NC CACFP Civil Rights	0.5 CHC
NC CACFP CONNECTS Orientation Training	1.0 CHC



Meal Pattern Training: Adults has been updated! This on-demand training is geared to staff who work in adult daycare centers.

Updated Meal Patterns: In April 2024, the USDA released a Final Rule to better align meal patterns in the CACFP, SFSP, and School Meals with the Dietary Guidelines for Americans. To reflect these changes, the USDA has updated Meal Patterns, which are now available on [our website](#).



Meal Patterns and Nutrition Resources

CACFP Meal Patterns, meal service tools and calculators, nutrition guidance and more.

CACFP Meal Patterns

- [Infographic: Growing a Healthier Future with the CACFP*](#)
- [Infants \(all meals and snacks\)](#)
- Children and Adults
 - [Breakfast](#)
 - [Lunch and Supper](#)
 - [Snack](#)

Announcements (cont.)

Policy Memo: In August 2024, the USDA released memorandum [CACFP 12-2024](#), Questions and Answers Related to [CACFP 11-2021](#), Collection of Race and Ethnicity Data by Visual Observation and Identification in the Child and Adult Care Food Program - Policy Rescission - Set 2. This memorandum offers guidance to help State agencies and Program operators comply with the Federal requirement to collect race and ethnicity data from Program participants.



New food items have been added to the [Food Buying Guide for Child Nutrition Programs](#) (FBG) Interactive Web-based Tool and Mobile App. New yield data is available for the following: huckleberries, bison, canned steelhead trout, halibut, walleye, white perch, and whitefish.



If you were planning to attend the **2024 NC Farm to ECE InSTITUTE** on October 5th in Asheville, NC, this event has been postponed due to the impact of hurricane Helene. Stay tuned for further updates. Please contact Shironda Brown (Email: sewilli3@ncsu.edu) with any questions.



For Our Health

In our last newsletter, I mentioned a book I was reading by Dan Buettner, founder of the concept of Blue Zones[®]. Throughout the next year or so, I am going to share more detailed information about the Blue Zones lifestyle and what Buettner calls the Power 9 Principles.

One principle is having a **sense of purpose**. In Okinawa it is called *ikigai*, in Nicoya it is called *plan de vida*.

Studies show that people with a clear sense of purpose live longer and healthier lives. One study found that people who could clearly articulate their purpose had a 15% lower risk of dying, and another found that those who had a sense of purpose lived up to seven years longer.

The [Blue Zones website](#) offers the following on how to find a **sense of purpose**:

1. Think about what you like to do and what your skills and talents are.
2. Put these to action.
3. Create a place where you see your “passions, accomplishments, and the things that make you proud” every day.
4. Share your purpose and plan of action with someone who is supportive of you.







A sense of purpose can help reduce stress and anxiety. It can help reduce inflammation and the risk of Alzheimer’s disease, arthritis, and stroke. A strong sense of purpose can boost a community and enrich a person’s own life.

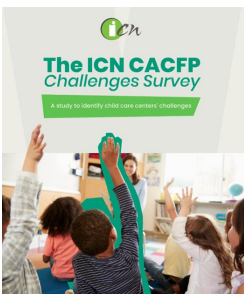
If you do not have a sense of purpose, I encourage you to develop one. Use the steps above and figure out what makes you get up in the morning, what makes you show up, and ultimately what makes you feel good.

A strong **sense of purpose** is good for your health! - Karen Lainez Rubi, Supervisor - Nutrition, Training, and Policy Team

Resources

Discover Cultural Snack Recipes. Craving a nutritious and flavorful snack? The Association of State Public Health Nutritionists' (ASPHN's) new [CACFP Vegetable and Fruit Snack Menu](#) offers delicious recipes. The ASPHN's National Fruit & Vegetable Nutrition Council's CACFP Work Group created this resource to assist CACFP providers and parents in planning, preparing, and serving vegetable and fruit-filled snacks. Explore a variety of ethnic foods, from Hispanic and Afro-Caribbean to Middle Eastern and Polynesian, while enjoying easy-to-follow recipes and tips for incorporating cultural diversity, these snacks are sure to be a hit. If you are looking for cultural meal recipes and resources, visit the USDA Food and Nutrition Service to find more on "[Culturally and Religiously Inclusive Foods Offered in FNS Programs.](#)"

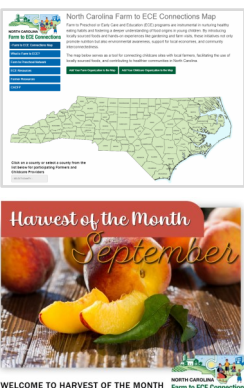
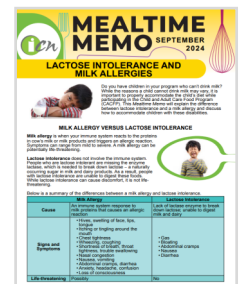
<p>Preparation Time: 10 minutes Cook Time: 20 minutes</p>  <p>Recipe Name: Mediterranean Style Cucumber Salad</p> <p>CACFP Meal Pattern Contributions: 1/2 cup vegetable (e.g., 1.0 oz equivalent grain, 1/4 cup vegetable, 0.5 oz equivalent WGRF gram)</p> <p>Serving Size: 2/3 Cup</p> <p>Notes: This is a Mediterranean inspired recipe.</p>	<p>Preparation Time: 30 minutes Cook Time: 10 minutes</p>  <p>Recipe Name: Polynesian Pizza</p> <p>CACFP Meal Pattern Contributions: 1/2 cup vegetable, 1/4 cup fruit, 1/4 cup vegetable, 0.5 oz equivalent WGRF gram</p> <p>Serving Size: 1 piece (about 3"x3 1/4")</p> <p>Notes: This is a Polynesian inspired recipe.</p>	<p>Preparation Time: 15 minutes Cook Time: 15 minutes</p>  <p>Recipe Name: Corn Grits Cakes & Blueberry Groundcherry Sauce</p> <p>CACFP Meal Pattern Contributions: 3/4 cup fruit (e.g., 1.0 oz equivalent grain, 1/4 cup vegetable, 0.5 oz equivalent WGRF gram)</p> <p>Serving Size: 1 cup</p> <p>Notes: This is a Tribal inspired recipe.</p>	<p>Preparation Time: 10 minutes Cook Time: 10 minutes</p>  <p>Recipe Name: Sesame Roasted Green Beans</p> <p>CACFP Meal Pattern Contributions: 1 1/2 cup other vbg (e.g., 1.0 equivalent grain, 1/4 cup vegetable, 0.5 oz equivalent WGRF gram)</p> <p>Serving Size: 1/2 CUP</p> <p>Notes: This is an Asian inspired recipe.</p>
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The ICN CACFP Challenges Survey: The Institute of Child Nutrition Applied Research Division (ICN ARD) is conducting a research study to identify child care centers' challenges in participating in the CACFP and invites you to complete an [online survey](#). For your participation:

- ⇒ The survey will take approximately 7-10 minutes to complete.
- ⇒ Participation in this study is voluntary, and there are no risks for completing this survey.
- ⇒ Your feedback may help tailor CACFP trainings, resources, and technical assistance.
- ⇒ Your information is confidential and WILL NOT be shared in the study's results.

Mealtime Memo (MTM) by Institute of Child Nutrition: A resource designed for child care professionals participating in the CACFP. It focuses on nutrition and wellness, providing research-based best practices for planning, preparing, and serving nutritious, safe, and child-friendly meals in CACFP child care settings. It's published monthly, and the last three issues were [Lactose Intolerance and Milk Allergies](#) (PDF, September), [Preventing Illness with Handwashing and Glove Use](#) (PDF, August), and [Gardening with Children](#) (PDF, July). Previous issues can be accessible from [here](#).



North Carolina Farm to ECE Connections Map: Explore this interactive tool designed to build connections between childcare programs and local farms. Learn how you can integrate local farm-fresh foods and agricultural education into your curriculum, promoting healthy eating habits, supporting local farmers, and enhancing children's understanding of food origins. This tool was developed in collaboration with the NC Division of Public Health, the Child and Adult Care Food Program (CACFP), and the NC Farm to Preschool Network. Discover what is available at a farm near you! If you are not on the map yet, click [here](#) to register. Once registered, you'll receive the [Harvest of the Month newsletter](#) with classroom resources, recipes, and a list of farmers statewide who grow the featured produce.

GO NAPSACC

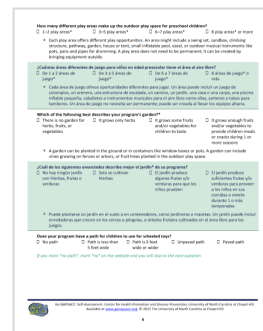
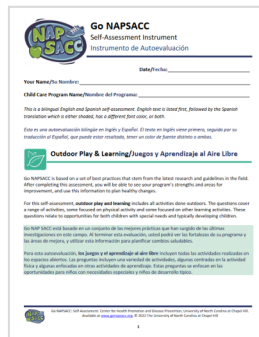
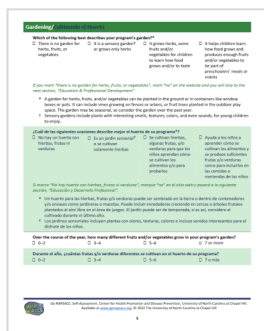
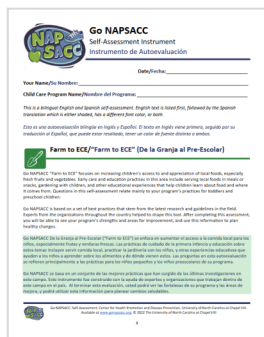
The Fall is a great time to be outside and get your hands dirty in the garden. Across the state, farmers and families are growing delicious, flavorful fruits and vegetables. This is a great time to try kale, lettuce, pears, snow peas, spinach, mushrooms, mustard greens, beets, bok choy, pumpkins, apples and more. Talk with your local Cooperative Extension agent or download a garden planting calendar [here](#) to get started. Here are a few other ways to stay active and enjoy some of these Fall fruits and vegetables:



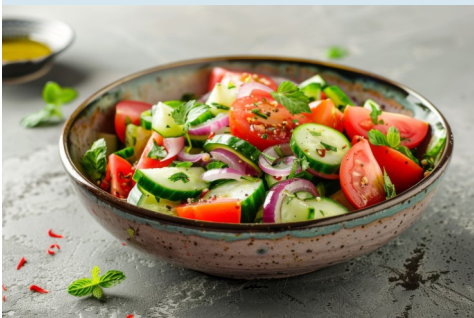
1. Take a walk around a local farmers market.
2. Visit a farm and pick your own pumpkins or other seasonal produce.
3. Cook together at home using in-season fruits and vegetables.
4. Find ways to use seasonal food in your celebrations such as the NC Crunch, Halloween activities, and Thanksgiving gatherings.
5. Share your love for fresh, local food with others – write a letter to a farmer or bring some food from your garden to someone in need in your community.

As you assess your practices at your child care program or Pre-K classroom, think about taking a Go NAPSACC self-assessment in Farm to ECE, Child Nutrition, or Outdoor Play and Learning. These self-assessments can provide helpful information and reflection about how your program is addressing and meeting evidence-based practices around fruits and vegetables. Also, browse the Tips & Materials library for great resources to support your education, teaching, and communication with children and families.

Use the QR code or [link](#) to learn more about Go NAPSACC.



Do you offer homemade meals and snacks? If so, standardized recipes are required for any menu items with multiple ingredients. A standardized recipe, as defined by the U.S. Department of Agriculture (USDA), is one that *“has been tried, adapted, and retried at least three times and produces the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.”*



In the CACFP, standardized recipes ensure menu items meet the meal pattern requirements. Need help creating them? The Institute of Child Nutrition’s [Step-by-Step Recipe Standardization Guide for the CACFP](#) provides a complete toolkit for creating standardized recipes. It covers the entire process, from recipe development to implementation, and emphasizes the benefits of consistency and efficiency. Share this guide with your team to ensure consistent, high-quality meals and snacks.



- ⇒ **What:** Celebrate Farm to School Month with a local produce crunch heard ‘round the state! Taste and learn about North Carolina-grown fruits and veggies, and thank all those involved in feeding our communities.
- ⇒ **Who:** Kids and adults can crunch with their schools, early care and education sites, organizations, families, and communities.
- ⇒ **When:** Crunch Wednesday, October 23, 2024 at noon, or any time during the month of October.
- ⇒ **How:** Sign up to participate at www.growing-minds.org/north-carolina-crunch to receive a free guide with tips and resources.
- ⇒ Share about your #NCCrunch on social media. Tag @F2SCoalitionNC and @NCFarmtoPreschool.
- ⇒ **Help us reach all 100 counties and 500,000 kids and adults with the NC Crunch!**

We would love to hear how you celebrate and include those stories in this NC CACFP Messenger. You’re welcome to send us pictures and a short description of your event to CACFPTraining@dhhs.nc.gov by **Monday, October 23**. *Be sure to have current photo release forms on file at your institution for any children included in pictures.*





Apples and Almond Butter

Pair crisp apple slices with creamy almond butter for a naturally sweet snack.

AGES: 3–5 years
PREP TIME: 45 minutes
COOK TIME: 0 minutes

CACFP CREDITING INFORMATION

½ cup fruit
 ½ oz eq meat alternate

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.
Apples, fresh, unpeeled, cored, thinly sliced* (gently wash apples under running water before cutting)	3 lb 7 oz	3 qt + ½ cup	6 lb 14 oz	1 gal + 2 qt + 1 cup	<ol style="list-style-type: none"> 2 Serve ½ cup apple slices (about 5–7) and 1 Tbsp of almond butter (see notes). Serve immediately, or keep cold at 40 °F or lower.
Almond butter, smooth	14 oz	1 ½ cups + 1 Tbsp	1 lb 12 oz	3 cups + 2 Tbsp	

*See Marketing Guide

NUTRITION INFORMATION

½ cup apple slices and 1 Tbsp almond butter

NUTRIENTS	AMOUNT
Calories	130
Total Fat	9 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	2 mg
Total Carbohydrate	12 g
Dietary Fiber	3 g
Total Sugars	7 g
Includes Added Sugars	N/A
Protein	3 g
Vitamin D	N/A
Calcium	59 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

***MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Apples, fresh	3 lb 13 oz	7 lb 9 oz

NOTES

- **Contains tree nuts (almonds).** Sunflower seed butter or soy nut butter may be used in place of almond butter. Some sunflower seed butters and soy nut butters are processed on equipment shared with tree nuts, and in some cases, peanuts.
- **Choking Prevention:** Nut butters can be a choking risk for children under the age of 4. To reduce the risk of choking, spread the almond butter in a thin layer on the apple slices.
- To keep fresh cut fruit from turning brown, coat them with an acidic juice, such as lemon or orange, or use a commercial anti-darkening agent.

WEIGHT/YIELDS

25 Servings	50 Servings
3 lb 7 oz apples, 14 oz almond butter 3 qt ½ cup apples, 1 ½ cups 1 Tbsp almond butter	6 lb 14 oz apples, 1 lb 12 oz almond butter 1 gal 2 qt 1 cup apples, 3 cups 2 Tbsp almond butter