



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

January/February 2021
Volume 2, Issue 1



The North Carolina CACFP Messenger

From the NC CACFP Leadership Team

Hello CACFP Family,

2020 was like no other! We learned so much! We learned we could change and adapt to an environment we had never seen before. We learned that we could continue to do business in different ways. We learned new ways to meet meal pattern requirements and innovative ways to obtain resources. Most importantly, we learned we work well together as a team. Whether you are staff of an Independent institution, Sponsoring organization, State agency, or the Regional office, we are TEAM Nutrition.

I am so proud of the team we are today. I am honored to serve as the Acting CACFP Program Manager until a permanent person fills the position. Courtney Jones did an amazing job in changing the atmosphere of the Special Nutrition Programs Unit as well as our relationships with our Institutions. We have learned from her leadership that it truly takes a TEAM, one person cannot do it all. The Special Nutrition Programs Unit is staffed with a wealth of talent and knowledge and together we are an awesome team. The team and I plan to continue what Courtney started, to continue to be transparent and work towards collaboration in our efforts to end food insecurity.

I look forward to working with each of you.

With appreciation,

Cassandra Williams
Acting CACFP Program Manager

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Reminders

- Friday, January 29—last day to submit November 2020 claims
- Monday, March 1—last day to submit December 2020 claims
- Friday, February 5, and Friday, March 5, from 1:00 to 2:00 pm—dates of the next two [State agency calls with CACFP Institutions](#)
- National CACFP Week is March 14-20, 2021!
- Check out our seasonal standardized recipe for [Quick Quesadillas](#) on pg. 8



Upcoming CACFP Virtual Trainings

- ⇒ **Compliance Review - Are You Ready?**—Designed for program managers operating the CACFP, this live webinar will provide information, resources, and best practices for being prepared for a compliance review from the State agency.
 - * **Next week! Wednesday, January 13, from 9:00 – 11:00 AM**
 - * Registration: [Adobe Connect Registration Link](#)
- ⇒ **Duties and Documents for Independent Centers**—This training provides guidance and information on the daily, weekly, and monthly recordkeeping requirements for the CACFP. We recommend that the person responsible for recordkeeping and CACFP training for the Independent Center attend.
 - * Wednesday, March 3, from 9:00 AM – 12:30 PM | [Registration link coming soon!](#)
- ⇒ **Duties and Documents for Sponsoring Organizations**—This training provides guidance and information on the daily, weekly, and monthly recordkeeping requirements for the CACFP. We recommend that the person responsible for recordkeeping and CACFP training for the Sponsoring Organization attend.
 - * Thursday, March 4, from 9:00 AM – 12:30 PM | [Registration link coming soon!](#)
- ⇒ **Build A Better Menu**—Join us for this live 3-hour webinar and learn how to plan nutritious and delicious menus that meet the CACFP Meal Patterns. In this training, participants will review the meal patterns, analyze their current menus, learn where to find new recipes, and be guided through a menu makeover.
 - * Thursday, March 18 | [Registration link coming soon!](#)

Spread
the word!

- ⇒ **Get Started for New Independent Centers**—This live webinar covers the process and requirements for centers submitting a **new** application to participate in the NC CACFP.
 - * **Next week! Tuesday, January 12, from 9:00 AM – 12:00 PM**
 - * Registration: [Adobe Connect Registration](#)
- ⇒ **Get Started for New Sponsoring Organizations**—This live webinar covers the process and requirements for sponsoring organizations submitting a **new** application to participate.
 - * **Next week! Thursday, January 14, from 9:00 AM – 12:00 PM**
 - * Registration: [Adobe Connect Registration](#)

And, from USDA's Team Nutrition...

- ⇒ **Using the Nutrition Facts Label in the CACFP** — Learn about the new version of the Nutrition Facts Label and how to use it in the CACFP.
 - * Thurs., January 21, from 2:00 – 2:30 PM (English)/3:00 – 3:30 PM (Spanish)
 - * [Click to Register](#) | Team Nutrition Worksheet on the Nutrition Facts Label: [English/Spanish](#)
- ⇒ **Crediting Store-Bought Combination Baby Foods in the CACFP**—Learn the ins-and-outs of crediting store-bought combination baby foods in the Infant Meal Pattern.
 - * Thursday, March 18, from 2:00 – 2:30 PM (English)/3:00 – 3:30 PM (Spanish)
 - * [Click to Register](#) | Team Nutrition Worksheet on Combination Baby Foods: [English/Spanish](#)



Resources to the Rescue



New! Multicultural Child Care Recipes from USDA's Team Nutrition
<https://www.fns.usda.gov/tn/recipes-cacfp>

Are you looking for some new recipes to meet the diverse palates of your participants? Team Nutrition has put together 40 recipes (in English and Spanish) from different cultures and regions. Find *arroz con pollo* and *baked batatas & apples* from Central America, *Southern black-eyed peas* from North America, *chickpeas & tomatoes* from Africa, and *pineapple chicken* from Asia, to name just a few of the delicious recipes.

(P.S. Check out the recipe for *Quick Quesadillas* on page 8. With whole grain tortillas, beans and spinach, these tasty quesadillas may become a favorite lunch item for kids and adults.)

Snacks Without Crackers—This new resource from the Wisconsin CACFP will get program operators thinking outside the cracker box! You will find 240 creative snacks to inspire you and transform your snack menus! Recipes are included in a companion resource.

- [Click here for cracker-free snack MENUS](#)
- [Click here for cracker-free snack RECIPES](#)

SNACKS WITHOUT CRACKERS MENU

- 240 snacks that do not include crackers
- Ideas for each component combination, not including the milk component
- For all food items and recipes served, use the [CACFP Meal Pattern](#) to determine serving sizes
- Includes recipes from [Snacks without Crackers Recipes](#) booklet

Click on a link below to go to the specific page:

[Meat/Meat Alternate and Grain Snacks](#)

[Vegetable and Grains Snacks](#)

[Fruit and Grain Snacks](#)

[Vegetable and Meat/Meat Alternate Snacks](#)

[Fruit and Meat/Meat Alternate Snacks](#)

[Fruit and Vegetable Snacks](#)

Quick Tip: Don't forget to read and print out the recently revised, at-a-glance [Acceptable Documentation of Combination Foods](#). This one-page handout shows the 3 options for documenting combination foods such as chicken nuggets, fish sticks, soups, casseroles, and pizza.



Announcement:

Please note that HealthyCACFP.org is temporarily unavailable. We will let you know when the website is again accessible for learning. Thank you for your understanding. We will feature another HealthyCACFP.org lesson next time.



We'd like to give a special shout-out to [24 Early Care and Education \(ECE\) Programs in NC](#) recently recognized as leaders in promoting children's health through a pilot program called **REACH – Recognizing ECEs Advancing Children's Healthy Habits**. Among the 24 awardees (most of them are CACFP Institutions), nine child care centers and homes demonstrated that they are meeting **best practices in Child Nutrition**. And, 15 achieved the recognition for meeting **best practices in Farm to ECE**. These child health champions met best practices of the nationally-recognized [Go NAP-SACC standards](#). Kudos to all of them and click [here](#) to learn more!

New Farm-to-ECE Grant Opportunity



\$500 FIG Mini Grants Now Available!

The North Carolina Farm to Preschool Network (NCF2PN) has been awarded funding from the Association of State Public Health Nutritionists (ASPHN). With this funding, the Network is able to award 40 **Farm to ECE Implementation Grants (FIG)** to North Carolina childcare centers and family childcare homes who are interested in starting or enhancing their daily routines with Farm to Preschool programming.

The deadline to complete this application and the NC Farm to Preschool Survey 2021 is **January 31, 2021.**

Benefits of receiving a FIG:

- \$500 Grant
- An ASAP Growing Minds Farm to Preschool Toolkit
- A Food Literacy Box with Farm to Preschool books to increase food literacy and share more racially and ethnically inclusive stories around food
- Matching with a Mentor to help coach you in Farm to ECE
- Meeting (virtually or in person) with assigned mentor as needed
- Attending virtual training sessions on Farm to ECE
- Attending a virtual training session on Racial Equity
- Receiving a Monthly Newsletter
- Recognition of your Farm to ECE success across NC!



APPLY TODAY!

Child Care Centers/Homes: Apply to receive the FIG [HERE](#)



Not qualified to apply for a child care mini grant? You could be a FIG Mentor!

Mentors can be from traditional technical assistance (TA) organizations like Smart Start, CCHC's, etc. and can also include childcare centers and homes that have been implementing Farm to Preschool programming and are ready to serve in a mentor role for others. Each mentor will receive \$250 for each center/home they are able to mentor.

The deadline to complete and return the mentor application is **January 31, 2021. See the Mentor Application [HERE](#).**

Questions? Please contact Debbi Timson at dtimson@asapconnections.org.

Meet Your State Agency Staff

Joyce Bonner and Chika Mita



Joyce Bonner

Title/Role: Special Nutrition Program Consultant

Region: Central Region (Covering Lee, Chatham, Orange, Alamance, and Guilford counties)

- **My favorite foods are...**fried chicken/Southern foods.
- **My favorite place in North Carolina is...**my hometown, Edenton, NC. It's a very historic town. I also enjoy attending the State Fair in October - lots to see, do, and most importantly, to eat.
- **My favorite part of my job is...**interacting with the different institutions and their staff.
- **The best tip I have for success in the CACFP is...**know the regulations. Yes, it is always quick and easy to pick up the phone to ask your consultants, but it is always best to know where to find the answers in the regulations. Also, always be organized. It helps us all out in the long run.



Satoka Chika Mita (Chika)

Title/Role: Nutrition Program Assistant

Region: North Carolina statewide

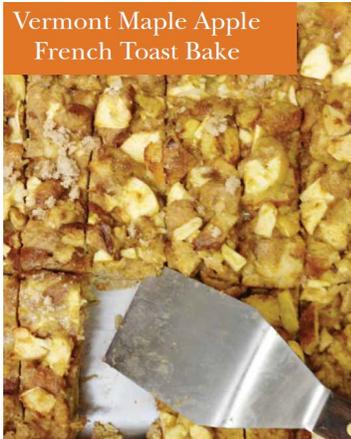
- **My favorite foods are...**sushi, authentic ramen noodles, and seasonal and locally produced fruits and vegetables.
- **My favorite places in North Carolina are...**the beautiful beaches and mountains. I recently went camping with kids at Jordan Lake and had a blast! Camping is now one of my favorite activities in NC.
- **My favorite part of my job is...**working for North Carolina using all the knowledge and experiences I have gained in NC, other states in the US, and my home country, Japan.
- **The best tip I have for success in the CACFP is...**use the resources available on our website as much as possible. Take advantage of the training and ask for assistance when you need it.

Tips from the Professionals (You)

Thank you to the pros who submitted a **favorite standardized recipe to share** with other CACFP operators – we love seeing programs using seasonal foods like apples and beets in their menus!

⇒ **From Kathy Dikeman, CEO of Cape Fear Tutoring, Inc. (Statewide Sponsoring Organization)**

Recipe and link: [Vermont Maple Apple French Toast Bake from *The New School Cuisine Cookbook*](#)

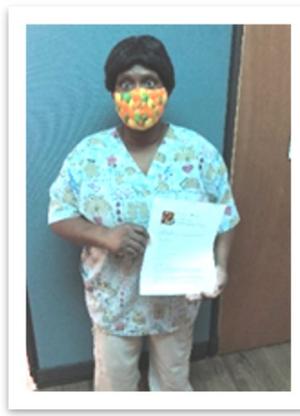
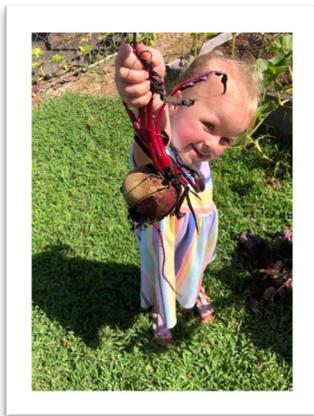


“I use sliced or chopped apples, fresh or canned. I also use liquid eggs and half the sugar. And I save whole grain breads, rolls, ends, etc. until I have enough [for the recipe], or I just buy enough. Assemble [the dish] the day before and refrigerate. Bake off in the morning. Serve with a sugar shaker with powdered sugar, and let the kids top the serving themselves (teacher directed), or pour the syrup on top and not include it in the recipe. This cuts nicely into squares. Recipe can be cut in half easily. We did this at a tasting workshop and the [center] directors and cooks have reported back on what a center favorite it has become.”

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

Original recipe link: [Roasted Beets \(Adapted from *A Family Feast*\)](#) (Standardized recipe: page 11)

“Our cook Angela Williams enjoys fixing Roasted Beets, and our children really enjoy eating them.”



Next “Tips from the Professionals” Question:

Did you attend one of the [Compliance Review – Are you Ready?](#) webinars the State agency offered last November? We’d like to hear what tip(s) you found most helpful – and how you are using that information to prepare for your next CACFP compliance review. Email your pro tips to CACFPtraining@dhhs.nc.gov by Friday, January 29, 2021.

CACFP Champions!



The SPOT Afterschool Program Wilson, NC

The State agency wants to recognize a program that has made outstanding efforts to provide meals and snacks to school age children during COVID-19. **The SPOT** (*To Share Possible Outcomes Together*) is an afterschool, summer camp, health and fitness program in Wilson, NC. The SPOT participates in the CACFP as an at-risk afterschool program and is sponsored by Cape Fear Tutoring, Inc.

Stepping Up To The Plate During COVID-19

When staff at The SPOT received two days' notice that the Wilson County Schools would be closing on March 16, 2020, due to the virus pandemic, they sprang into action. Their mission? To ensure that every student in their after-school program still have supper and snack through the CACFP and to fill in the gaps and provide breakfast and lunch to hungry kids. A SPOT impact team made a plan for outdoor meal service, social distancing, and transportation for children from their homes to The SPOT. As the weeks turned into months, The SPOT staff teamed up with the Summer Food Service Program to provide breakfast and self-prepared lunches as well as CACFP-funded suppers and snacks.

It Takes a Community

An outpouring of support from community organizations, churches, and restaurants, enabled The SPOT to extend their reach and serve family meals for supper, and in some cases, lunches. The SPOT ended the community meal program in mid-August, with 224,522 total meals served!

An Ongoing Commitment

Currently, The SPOT serves student meals at 12 schools and provides transportation services. Their remote learning center is open during the school day for two charter schools and middle school students who have not returned to the classroom full time. The program has adopted Strong School/CDC guidelines and provides two sessions to accommodate social distancing and keep staff and students safe.

Lessons Learned

The SPOT staff have shared the keys to their successful meals program:

- ◆ Menu planning
- ◆ Resources such as CACFP and Summer Food Service Program for kids
- ◆ Community donations to enable entire families to eat
- ◆ Drive-thru services (no contact) and implementation of CDC guidelines
- ◆ Hard-working and dedicated SPOT staff
- ◆ Kitchen equipment availability
- ◆ Space to pack and store large amounts of supplies
- ◆ Access to quality food vendors, farm to table vendors, local stores, and restaurants



For more information on The SPOT: <http://thewilsonspot.org/>



Quick Quesadilla

Quesadillas, a popular menu item in Mexico, are made by folding a corn or flour tortilla in half and filling it with a variety of ingredients such as vegetables, cheese, beans, and meat. This recipe puts a twist on the traditional favorite by baking the quesadillas, instead of toasting them on a griddle or in a pan. This allows you to cook several at one time. Try topping these quesadillas with avocado, cilantro, or salsa.

CACFP CREDITING INFORMATION

2 wedges or 1/3 quesadilla provides
 Legume as Meat Alternate: 1 1/2 oz equivalent meat alternate, 1/4 vegetable, and 1 oz equivalent grains OR Legume as Vegetable: 1 oz equivalent meat alternate, 3/8 cup vegetable, 1 oz equivalent grains.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Spinach, frozen, chopped	4 lb 9 oz	2 qt 2 1/2 cup	9 lb 2 oz	5 qt 1 cup	1 Thaw, drain, and squeeze excess liquid from spinach. For 25 servings, yields: 1 qt 2 1/4 cups (1 lb 15 1/4 oz). For 50 servings, yields: 3 qt 1/2 cups (3 lb 14 1/2 oz).
Dark-red kidney beans, canned, no-salt-added, drained and rinsed or kidney beans, dry, cooked	1 lb 9 oz	1 qt (3/8 No. 10 can)	3 lb 2 oz	2 qt (3/4 No. 10 can)	2 Preheat oven to 350 °F. 3 Place kidney beans in a large microwavable bowl.
Garlic powder		1 Tbsp 1 tsp		2 Tbsp 2 tsp	4 Add garlic powder, onion powder, and chili powder.
Onion powder		2 tsp		1 Tbsp 1 tsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili powder		1 tsp		2 tsp	<p>5 Lightly mash beans by squeezing using gloved hands (at least 50% of the beans should appear whole). Be careful not to overmash beans.</p> <p>For 25 servings, mash to yield about 3¹/₈ cups. For 50 servings, mash to yield about 1 qt 2¹/₄ cups.</p>
Whole-grain tortillas, 8" (at least 51 gm each)		17 each		34 each	<p>6 Heat in microwave for 3 minutes. Stir with a spoon.</p>
Mozzarella cheese, low-fat, shredded	1 lb 9 oz		3 lb 2 oz		<p>7 Prepare quesadillas: Place half of the tortillas on a sheet pan (18" x 26" x 1"). Spread ³/₄ cup (6 oz ladle) of spinach on each tortilla. Top each with ³/₈ cup (No. 10 scoop) of bean mixture and ³/₄ cup of cheese.</p>
					<p>8 Place remaining tortillas on top.</p>
Nonstick cooking spray		2 sprays		4 sprays	<p>9 Spray filled quesadillas with nonstick cooking spray. Bake for 15 minutes.</p> <p>Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
					<p>10 Remove from the oven. Cut each quesadilla into 6 wedges.</p>
					<p>11 Serve 2 wedges or ¹/₃ quesadilla. Optional: Serve with sliced or mashed avocado, cilantro or salsa.</p> <p>Critical Control Point: Hold at 140° F or higher.</p>



NUTRITION INFORMATION

For 2 wedges or 1/3 quesadilla.

NUTRIENTS	AMOUNT
Calories	203
<hr/>	
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	10 mg
Sodium	442 mg
Total Carbohydrate	26 g
Dietary Fiber	6 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	14 g
<hr/>	
Vitamin D	N/A
Calcium	157 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Kidney beans, dry	11 oz	1 lb 5 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation in ingredients is available.

Tips for Soaking Dry Beans

1 lb dry kidney beans = about 2½ cups dry or 6¼ cups cooked beans.

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ 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.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

YIELD/VOLUME

25 Servings	50 Servings
6 lb 12 oz 50 wedges	13 lb 8 oz 100 wedges





Recipe Name: **Roasted Beets**

Recipe Category (Check one): Beverages Main Dishes
Breads and Grains Salads Soups Vegetables

CACFP Meal Pattern Contributions: ½ cup vegetable

Serving Size: ½ cup

Ingredients	12 SERVINGS		25 SERVINGS		50 SERVINGS	
	Weight	Measure	Weight	Measure	Weight	Measure
Beets, fresh, peeled, cubed ½"	1½ lb	1 qt 1⅝ cups	3 lb	2 qt ¾ cups	6 lb	5 qt 2½ cup
Golden beets, fresh, peeled, cubed ½"	1½ lb	1 qt 1⅝ cups	3 lb	2 qt ¾ cups	6 lb	5 qt 2½ cup
Olive Oil		2½ Tbsp		⅓ cup		⅓ cup
Salt		½ tsp		1 tsp		2 tsp
Ground black pepper		¼ tsp		½ tsp		1 tsp
Garlic powder		⅛ tsp		¼ tsp		½ tsp
Butter, melted		1 Tbsp		2 Tbsp		4 Tbsp
Yield:	12 servings (6 cups)		25 servings (12½ cups)		50 servings (25 cups)	

Procedure

1. Preheat oven to 450 °F.
2. Start with the golden beets. Place the cut golden beets in a medium sauce pan. Cover with water, salt the water, then bring to a boil. Boil until barely fork tender, about 10 minutes.
3. Put on plastic or latex gloves and repeat the same steps for the red beets placing them into a separate sauce pan with salted water. Boil until barely fork tender, about 10 minutes.
4. Drain the beets separate from each other and pour out onto each half of a sheet pan* not touching in the center.
5. Drizzle the oil over all of the beets and sprinkle on the salt, pepper and garlic and roast for approximately 15 minutes or until tender and just starting to brown.
6. Remove the red beets to a serving bowl and drizzle on half the butter. Repeat for the golden beets pouring them over the red beets in the bowl and drizzle on the rest of the butter.
7. Serve immediately.

Tips: You may want to consider wearing food-safe gloves when handling red beets to avoid staining your fingers. Throughout the entire cooking process, keep the golden beets separate from the red beets.

*For 25 servings, use 1 full sheet pan (18" x 26"). For 50 servings, use 2 full sheet pans.