



North Carolina Division of Public Health  
Nutrition Services Branch  
Special Nutrition Programs Unit  
[www.nutritionnc.com](http://www.nutritionnc.com)

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# The North Carolina CACFP Messenger

## From the Special Nutrition Programs Manager

Dear CACFP Operators,

It's hard to believe it's already July – this year, for better or worse, is really flying. And while the uncertainty and difficulty wrought by COVID-19 remains, I'd like to take this opportunity to highlight a few positives.

You all are the definition of resilient. You have been innovative problem solvers and advocates over these last few months. You impress me every day with your passion and fortitude. And, it's summer! That means more sunshine and longer days, a bounty of fresh local foods, and an excuse for ice cream! Be sure to check out the section on Farm to CACFP for adults on page 7 for great ideas on how to incorporate local foods into your programs.

I'm also excited about the positive changes the State agency has made to the 2021 Application Update process. We hope our efforts to streamline the update will reduce the administrative burden to you, our customers, and result in all applications being approved no later than November 1. You are instrumental to those goals - be sure to follow the Application Update Guide applicable to your institution, review the pre-recorded webinars available on our website, and reach out to your assigned consultant with questions.

Let us know how you're doing! Send success stories and **PICTURES** from your facilities to [Courtney.Jones@dhhs.nc.gov](mailto:Courtney.Jones@dhhs.nc.gov). Please stay safe and keep doing the critical work you do: making nutritious meals and snacks available to North Carolina's children and adults.

In partnership,  
Courtney Jones, MPA  
Special Nutrition Programs Manager



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### Reminders

- July 30, 2020—last day to submit claims for May 2020
- August 29, 2020—last day to submit claims for June 2020
- Check out a wonderful CACFP Standardized Recipe for Summer on pages 8-10: Zucchini Sticks with Red Sauce.





## For Sponsoring Organizations of Affiliated Centers

### How to Add A Sponsored Facility

The NC CACFP has a new tip sheet on the process of adding an Affiliated Sponsored Facility.

“[Adding an Affiliated Facility](#)” gives step-by-step instructions on adding a new facility in NC CARES.

Find it by clicking the link above or by visiting the [Forms](#) section of our website and clicking “CACFP General Forms” and then clicking “Sponsoring Organization Documents.”

## Application Update for Fiscal Year 2020-2021

The annual CACFP Application Update has begun. This year’s Application Update process has changed from previous years. Learn more below:

- **Application Update Training Webinars**

- \* If you missed the live training webinars or need a refresher on what is required this year, we highly recommend you watch the webinar on the process for your type of Institution
- \* [Click for Training for Independent Centers](#)
- \* [Click for Training for Sponsoring Organizations](#)

- **Important Dates**

- \* **Program Year 20-21 is now open** in NC CARES
- \* **September 30, 2020:** All Application Updates are due to the State agency
- \* **October 1, 2020:** Fiscal Year 20-21 begins
- \* **November 1, 2020:** Applications that have not been approved may be referred to the Serious Deficiency Committee



- **Guides, Budgets, and Forms**

- \* Find the guides, budgets, and forms you need for a successful 2021 Update at <https://www.nutritionnc.com/snp/forms.htm>
- \* Click “CACFP Forms Fiscal Year 2021” and then click “Application Update” and/or “Budgets for 2021”

- **Fiscal Year 20-21 Budget Training**

- \* Find out what’s new this year in the CACFP budgets—we think you will like the streamlined approach with the new Navigation Page, which identifies required worksheets and allows you to select just the worksheets you wish to use
- \* Go to <https://www.nutritionnc.com/snp/training.htm>
- \* Click “Budgets 2021 Prerecorded Training” and choose the training for your type of Institution

- **Food Service Contract Training**

- \* NC CACFP Food Service Contracts have been updated for the 2021 Application Update. Find out if your Institution can utilize the simple 4-page Food Service Contract Renewal and learn best practices for obtaining quotes from food service management companies in this pre-recorded webinar coming soon.

## Upcoming NC CACFP Trainings

We hope you will be able to join us for the following **virtual** training opportunities.  
[Please see our website to register.](#)

- **Duties and Documents**

- \* Participants will review the daily, monthly, and yearly duties and identify helpful forms, documents, and resources to operate the CACFP successfully

- \* **For Independent Centers:** Sept. 24, 2020

- \* **For Sponsoring Organizations:** Sept. 24, 2020

- \* Registration link coming soon on the Training page of [nutritionnc.com](http://nutritionnc.com)



- **The USDA’s Team Nutrition’s webinars** are available in both English and Spanish and cover a variety of topics, including whole grains, infant feeding, Offer versus Serve, meal planning, healthy cooking methods, sugar limits on cereals and yogurts, and supporting breastfeeding. Check them out at <https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>.



## Virtual Learning Resource to the Rescue

⇒ **HealthyCACFP.org** – Have you had a chance to set up an account with [HealthyCACFP.org](http://HealthyCACFP.org)? It’s a fun, interactive way to learn about the CACFP Meal patterns. If not, no worries, check out [this video](#) and learn how easy it is to use HealthyCACFP.org. [Start learning now!](#)



### HealthyCACFP.org Featured Lesson: Go for Whole Grains!

Are you confused about the difference between whole grains and enriched grains? Looking for some tasty whole grain foods to include on your menu? Check out the “Go for Whole Grains” lesson on [HealthyCACFP.org](http://HealthyCACFP.org)

In this 30-minute online module you will learn how to become a pro at identifying whole grains and find great recipes and menu ideas for using whole grains at your facility.

## Meet Your State Agency

### Moneka Midgette and Janet Phelps

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#### **Moneka Midgette**

**Title/Role:** Program Supervisor I/ Compliance

**Region:** North Carolina statewide

- **My favorite food is...**local fish, including Spots and Croaker, shrimp, and crab cakes. I grew up eating fresh, I do mean fresh, sea-food.
- **My favorite place in North Carolina is...**I've enjoyed a number of places and events throughout NC but my favorite place now is home,

Pamlico and Craven County. As a child I loved being at my great aunt's house on the dock in Vandemere (Pamlico County). Today I enjoy spending time with my family, visiting my church twice a month in Vandemere. I enjoy Union Point Park in New Bern, feeding the ducks, and a scenic walk through downtown.

- **My favorite part of my job is...**working to ensure that the children and adults of NC are served healthy meals, and working with dedicated, professional, and friendly staff who make the job enjoyable.
  - **The best tip I have for success in the CACFP is...**utilize all program resources such as trainings and the program website – utilize your regional consultants to receive technical assistance when needed.
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#### **Janet Phelps**

**Title/Role:** Special Nutrition Program Consultant

**Region:** Southeast North Carolina

- **My favorite food is...**homemade pizza, fresh strawberries, and blueberries.
- **My favorite places in North Carolina are...**so many and mostly have to do with water: Queens Creek in Onslow County; Transylvania County with hundreds of waterfalls; all the beaches; and, the Blue Ridge Parkway with beautiful views.
- **My favorite part of my job is...**getting to know the CACFP staff at the Institutions, and providing technical assistance to help them be successful.
- **The best tip I have for success in the CACFP is...**know the regulations; take advantage of the training; and, ask questions of your consultant when needed—they are there to help you be successful.

## Tips from the Professionals (You)

Thank you to our Institutions who responded to the question in our May newsletter:

### How do you make your CACFP staff training informative and engaging?

Here are a few of the great responses we received:

#### From P. Crystal Nix, Nutrition Supervisor, Macon Program for Progress (Swain Co.)

I like to provide hands on materials and interactive activities when training front-line staff. Some examples include:

- Showing actual foods that represent amounts to be served to infants, 1-2 years, and 3-5 years
- Using spoons and cups to demonstrate the serving size to put on plates and amounts of milk to be served
- Holding a question and answer session for new staff orientation; we also discuss “My Plate” and the important of fruits and vegetables, in addition to the CACFP Meal Patterns
- For new recipes, the cooks and I will prepare a small portion to serve to the children and staff to see how they accept it—for example, put spinach in bran muffin mix. Looks beautiful, and the children love it.

#### From Sue Merchant, CACFP Supervisor, Child Care Resources, Inc. (Mecklenburg Co.)

As a large sponsor with more than 100 day care homes and centers, we provide most of our CACFP training virtually.

- Each facility receives a link via YouTube to pre-recorded training presentations. Each training has about 50 to 60 PowerPoint slides. I narrate the slides and add cartoons to reinforce information on record-keeping.
- I often give practical examples. For example, I might explain how to read ingredients on a package while showing the real thing on the slide.
- Each provider receives a Question Sheet in advance and is asked to listen carefully during the slide presentation so that they can answer the questions. I turn the slides into an MP4 video and upload it to YouTube because many providers do not have the Microsoft Office suite installed. This can take some time because it’s a huge file! The most important tip is to find all the typos before the upload.

## Next Tips from the Professionals

You know that an annual Application Update is a requirement for all Institutions taking part in the CACFP. So, we want to know your best answers to the following question...

**Question for September: What are your tips for completing the annual CACFP Application Update?**

Email your pro tips to [CACFPtraining@dhhs.nc.gov](mailto:CACFPtraining@dhhs.nc.gov) by **Friday, August 14, 2020.**

## Did You Know? A Helpful Hint about Foods with CN Labels

Products with CN (Child Nutrition) labels containing grains must be **either** whole grain-rich or enriched to qualify for the CN label.

If the label says, “x.xx oz. equivalent grains,” the food is **whole grain-rich (WGR)**.

If the label says, “x.xx oz. equivalent grains (enriched),” then it is **enriched, but not WGR**.

## Encouraging Eligible Families to Reach Out to WIC

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) Program is a wonderful resource for families with young children. WIC provides eligible participants access to healthy foods with an eWIC card (similar to an FNS/EBT card) to purchase healthy foods such as milk, eggs, cheese, yogurt, beans, cereal, whole grains, vegetables, and fruits for pregnant, postpartum, and breastfeeding mothers, as well as food packages for infants and children up to age 5.

WIC nutritionists provide nutrition counseling and education and can be an excellent source of information and support for pregnant and breastfeeding moms and parents of young children. There are also special staff at WIC agencies to help new moms with breastfeeding support and education.

Families can apply for the program by contacting their local agency or by visiting the following website for more information: [My WIC](#). The North Carolina WIC Program has programs across the state, which are usually located at the county health department.



All CACFP facilities serving infants and children are required to provide WIC information to their families. You can promote WIC services by posting a flyer on a parent bulletin board, including WIC information with your program’s enrollment packet, or through your handbook or website. If you haven’t updated your WIC Program information lately, you may want to replace any outdated materials with a newer flyer, such as “WIC Makes A Healthy Difference” or “What is WIC?,” which have been updated in the past year. These resources can be downloaded from the Nutrition Services Branch website, under Local Agency Outreach and Community Engagement Resources <https://www.nutritionnc.com/wic/outreach-resources.htm>

## Summertime Spotlight: Farm to Adult Day Care

Summer is the season of abundance with the garden full of colorful produce: red tomatoes, orange peaches, yellow squash, green okra, and purple eggplant, to name a few. Staying connected with locally grown produce is one of the ways to experience the bounty of the season while supporting local farmers and eating fresh, nutrient-rich foods. (Check out [what's in season](#) and [where you can find the freshest locally grown produce](#) across our state.) Did you know that adult day care facilities can help connect adult CACFP participants to the bounty of summer through Farm to CACFP?

### What is Farm to CACFP, and why is it important?

Adult day care centers that participate in Farm to CACFP act as a bridge between their participants and local foods. By incorporating locally grown foods, agriculture, and nutrition education into programs, these programs help connect participants to fresh, local food, while also connecting farmers to a reliable market for their produce. This is a win for your participants and your local economy.



### How can adult day care programs start Farm to Adult Day Care?

Just as many child care centers across our state are embracing “Farm to Child Care,” adult day care programs can also join the movement. Here are some tips:

- **Start an onsite garden**, such as wheelchair accessible raised beds or a culinary herb garden. [NC State Extension](#) offers helpful gardening information.
- **Offer cooking classes and demos**, including kitchen skills and planning seasonal menus. The [Cooking Local Foods](#) website shows various ways to cook.
- **Put local produce on your menus!** Check out [CACFP 11-2015: Local Foods in the Child and Adult Care Food Program](#) for more information on using local foods in the CACFP.
- **Educate adults on nutrition and food systems**, including the five food groups, portion sizes, food safety, what's grown locally, and how to access local foods that are affordable.
- **Involve participants in nutrition-related activities**, such as taste tests of local foods, games, or having a “Back to the Farm Week.”
- **Host a storytelling event** by local farmers or participants who owned farms in the past.
  - **Take field trips to farmers markets, farm stands, or pick-your-own farms.**
  - **Host a “pop up” onsite farmers market at your center.**



Do you have success stories on how your adult day care program practices **Farm to Adult Day Care**? If so, please email us at [CACFPtraining@dhhs.nc.gov](mailto:CACFPtraining@dhhs.nc.gov). We would love to share your stories and pro tips with Institutions in our state.



# Zucchini Sticks With Red Sauce

## USDA Recipe for CACFP

Sliced zucchini is coated with a bread-crumb mixture, baked, and served with a tomato-based dipping sauce.

### CACFP CREDITING INFORMATION

$\frac{3}{8}$  cup zucchini sticks (a rounded 3 fl oz spoonful/about 2–3 zucchini sticks) and 2 Tbsp tomato sauce provides  $\frac{1}{2}$  cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Zucchini, fresh	4 lb 6 oz	3 qt $\frac{1}{2}$ cup	8 lb 12 oz	1 gal 2 qt 1 cup	<b>1</b> Cut zucchini into $\frac{1}{2}$ " x 3" sticks. Recommend to cook in batches of 25.
Egg whites	1 lb 4 oz	2 $\frac{1}{2}$ cups	2 lb 8 oz	1 qt 1 cup	
Panko bread crumbs	15 oz	3 $\frac{3}{4}$ cups	1 lb 14 oz	1 qt 3 $\frac{1}{2}$ cups	<b>3</b> Combine bread crumbs and parmesan cheese in a large bowl. Stir well. Set aside for step 4.
Parmesan cheese, grated	8 oz	2 $\frac{3}{4}$ cups 1 Tbsp 1 tsp	1 lb	1 qt 1 $\frac{1}{2}$ cups 2 Tbsp 2 tsp	
					<b>4</b> Coat zucchini sticks with bread crumb and parmesan mixture. <b>5</b> Place 1 qt 2 $\frac{1}{4}$ cups (about 2 lb 6 oz) zucchini sticks on each sheet pan (18" x 26" x 1") lightly coated with pan-release spray and lined with parchment paper. For 25 servings, use 2 pans. For 50 servings, use 4 pans.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<b>6</b> Bake: Conventional oven: 400 °F for 35 minutes. Convection oven: 375 °F for 35 minutes.
					<b>7</b> Critical Control Point: Heat to 160 °F or higher for at least 15 seconds
					<b>8</b> Remove from oven. Set aside for step 14.
Canola oil		1½ tsp		1 Tbsp	<b>9</b> Heat oil in a large stock pot.
*Onions, fresh, diced	2 oz	⅓ cup 2¾ tsp	4 oz	⅔ cup 1 Tbsp 2½ tsp	<b>10</b> Add onions, tomato paste, diced tomatoes, water, spices, vegetable base, and salt. Simmer uncovered over medium heat for 5 minutes. Set aside for step 12.
Tomato paste, canned, low-sodium	5 oz	½ cup 2 tsp	10 oz	1 cup 1 Tbsp 1 tsp	
Tomatoes, diced, canned, low-sodium, undrained	13 oz	1½ cups 1 Tbsp (⅛ No. 10 can)	1 lb 10 oz	3 cups 2 Tbsp (approx. ¼ No. 10 can)	<b>11</b> Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
Water		¼ cup		½ cup	
Black pepper, ground		⅛ tsp		¼ tsp	
Parsely, dried		1 Tbsp		2 Tbsp	
Garlic powder		1½ tsp		1 Tbsp	
Basil, dried		⅛ tsp		¼ tsp	
Oregano, dried		⅛ tsp		¼ tsp	
Thyme, dried		⅙ tsp		⅛ tsp	
Vegetable base		1 tsp		2 tsp	
Salt		½ tsp		1 tsp	
					<b>12</b> Using a 1 fl oz ladle, portion 2 Tbsp tomato sauce into each soufflé cup.
					<b>13</b> Critical Control Point: Hold for hot service at 155 °F or higher.
					<b>14</b> Portion ⅔ cup zucchini sticks (a rounded 3 fl oz spoodle or about 2–3 zucchini sticks) and 1 soufflé cup.



**NUTRITION INFORMATION**

For 2–3 zucchini sticks and 2 Tbsp tomato sauce.

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>127</b>
<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	1 g
Cholesterol	8 mg
<b>Sodium</b>	<b>284 mg</b>
<b>Total Carbohydrate</b>	<b>19 g</b>
Dietary Fiber	2 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>7 g</b>
Vitamin D	1 IU
Calcium	121 mg
Iron	1 mg
Potassium	314 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onions	3 oz	6 oz
Zucchini	4 lb 10 oz	9 lb 4 oz

**NOTES**

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

Cooking Process #2: Same-Day Service.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 4 lb 8½ oz	About 9 lb 1 oz
About 2 qt 1⅞ cups/2 sheet pans (18" x 26" x 1")	About 1 gal 2⅞ cups/4 sheet pans (18" x 26" x 1")