



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 2023
Volume 4, Issue 6



The North Carolina CACFP Messenger

From the Child and Adult Care Food Program Manager

Hello CACFP Family,

The Holiday season is upon us! I hope you all will be enjoying time with friends, loved ones, and indulging in delicious holiday treats! This time of year reminds me of the importance of gratitude and giving back. I am so grateful for our CACFP family and for the hard work you continue to put in at your institutions and facilities. Your dedication does not go unnoticed, especially with this year’s Record Renewal!

I know that this Record Renewal has been a bit more detailed than in years past, but I hope this process has allowed you to become more comfortable working in NC CACFP CONNECTS. Please remember, your assigned state specialists are here to help you with any questions you may have, so you can get your Record submitted and approved before February 29th, 2024. Additionally, pre-recorded trainings can be found on the training page of our website if you would like a refresher.

There are many exciting events and announcements happening in these next few months and I hope you enjoy reading about them all in this issue of the NC CACFP Messenger. I would like to wish all of our CACFP family a happy holiday and I am excited to continue working with you all in the new year!

In appreciation,
Cassandra Williams
CACFP Manager

Inside this issue

- [Announcements 2](#)
- [Resources 3](#)
- [Resources \(cont.\) 4](#)
- [Meet your State Agency Staff 5](#)
- [What’s Happening in Nov/Dec..... 6](#)
- [NC Crunch 7](#)
- [NC Crunch \(cont.\) 8](#)
- [CACFP Standardized Recipe 9](#)

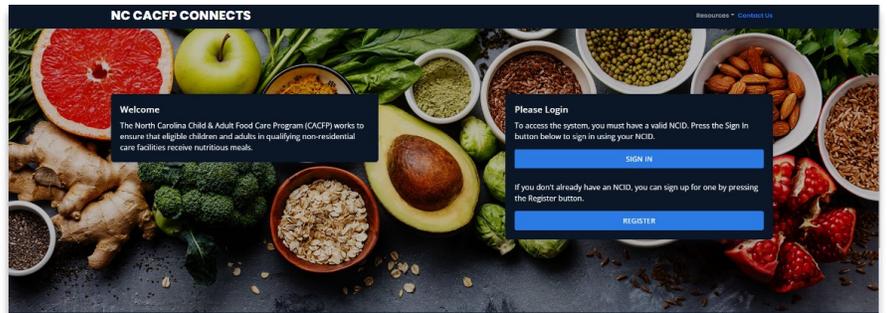
Reminders

- **Friday, November 3, and Friday, December 1, from 1 to 2 PM**—next two State agency calls with CACFP Institutions (click [here](#) to join)
- **Wednesday, November 29, 2023**—last day to submit September 2023 claims
- **Tuesday, January 2, 2024**—last day to submit October 2023 claims
- Check out our seasonal recipe for very berry parfaits on [page 9](#)



Announcements

NC CACFP CONNECTS is Now Live! If you have completed the NC CACFP CONNECTS Orientation Training and User Request Access Process, you can now log into [NC CACFP CONNECTS](#) using your NCID and password. Please be sure to begin working on your FY2024 Record Renewal if you have not done so already.



On-Demand FY 2024 Record Renewal Training: The FY 2024 Record Renewal Training is a required training for all participating CACFP institutions. This on-demand course must be completed by institutions who were unable to attend the live FY 2024 Record Renewal Trainings held this past September and October. Once an institution has completed this training in full and has submitted an evaluation survey, they will receive a certificate of attendance. Be sure to upload the certificate into NC CACFP CONNECTS with your record renewal. If you attended a live training and would like a refresher on the FY 2024 Record Renewal process, you are welcome to take this on-demand course. Visit the [Training page](#) of the NC CACFP website to view the prerecorded training for your institution type.



Infant Feeding Bootcamp: Does your institution provide care to infants and would you like to learn more about feeding infants in the CACFP? If so, the National CACFP Sponsors Association Infant Feeding Bootcamp training may be just what you are looking for! Click [here](#) to learn more. Please note, this training includes a registration fee.

Click the links below to learn more about **free webinars** offered through the National CACFP Sponsors Association:

Policy Basics: Understanding Laws, Regulations and Rulemaking (November 9): Understanding the complexities of policy can be difficult, but it's important to know the different mechanisms that create and affect the CACFP. Register [here](#) to learn about how policies that shape the CACFP are formed.

Advancing Indigenous Health Equity and Food Security (On-demand): Policy is a major determinant of health among American Indians and Alaska Natives. Register [here](#) to learn more about factors contributing to health equity and food security among Indigenous Peoples in the United States.

Grant Opportunities

FY2024 Farm to School Grants: The fiscal year (FY) 2024 Farm to School Grant is designed to increase the availability of local foods in schools and help connect students to the sources of their food through education, taste tests, school gardens, field trips, and local food sourcing. The grant will award projects of 24 months in length for funding up to \$500,000 to eligible entities. Click [here](#) to learn more about the grant and how to apply.



NC DHHS Division of Public Health Grant: The North Carolina Department of Health and Human Services, Division of Public Health, Community and Clinical Connections for Prevention and Health Branch will provide funds to **four to eight** North Carolina-based private, public, or non-profit organizations; or local governmental agencies. The selected organizations shall implement Farm to ECE and breastfeeding interventions at ECE sites. **Applications due by 12/01/2023.** For more information and to apply click [here](#).



Resources

'Tis the season for healthy bodies and healthy minds. Fall and winter are great times of the year to focus our attention on nutrition and physical activity. Consider focusing on a few Go NAPSACC evidence-based practices:



Continue to **strive for 120 minutes of physical activity for preschoolers and 90 minutes for toddlers on a daily basis**. Outdoor time in the cooler weather allows for large muscles movement and more vigorous physical activity. Be sure to plan for appropriate clothing. Use a few fun activities to keep us outside, active, and away from our screens such as [35 Activities to Fall in Love with Leaves](#) and [40 Winter Activities to Warm Up our Bodies](#).

Changing your menu cycle every 3 weeks or so can allow for changes with the season. Consider adding new healthy meal and snack items related to your community's holidays and celebrations and incorporating tasting for these new items. Try seasoned pumpkin seeds or pumpkin muffins if you are carving pumpkins. For more ideas check out these [CACFP Seasonal Menus](#).



While you are outside and thinking about your program's food choices, freshen up that garden and consider **growing a few varieties of herbs, fruits, and/or vegetables to reflect the diverse food traditions of enrolled children, spark children's interest in the garden, and help them learn about how and when plants grow**. Plant and grow some garlic to stimulate the children's sense of smell and taste. Fall and winter are good times to plant and grow a few dark green and leafy vegetables such as kale and collards. For more ideas check out [Snacking and Cooking with Cool-Season Produce from Childcare Production Gardens](#).



Food Buying Guide Update: New yields are now available in the Food Buying Guide for Child Nutrition Programs Interactive Web-based (FBG) Tool and FBG Mobile App! New yield data is available for: individually quick-frozen (IQF) black beans, IQF pinto beans, roasted soybeans, roasted chickpeas, fresh oranges, grape tomatoes, and ready-to-use diced and sliced onions. Stay tuned for additional yield data releases coming soon. Explore the [Food Buying Guide for Child Nutrition Programs](#) today!



IQF Black Beans



IQF Pinto Beans



Roasted Soybeans



Roasted Chickpeas



Fresh Oranges



Grape Tomatoes



Diced/Sliced Onions

Food Buying Guide for Child Nutrition Programs: Training Resources

Team Nutrition released [two new training modules](#) featuring the Food Buying Guide for Child Nutrition Programs (FBG). These modules ([4](#) & [5](#)) provide a step-by-step tour through the Exhibit A Grains Tool and FBG Calculator available on the FBG Interactive Web-Based Tool and Mobile App. Each module provides an in-depth look at each tool and interactive knowledge checks to assist the learner.

Resources (cont.)

New Nibbles for Health Parent Newsletters: USDA's Team Nutrition initiative is proud to announce the release of three new *Nibbles for Health: Nutrition Newsletters for Parents of Young Children*.

- **Developing Healthy Habits With Less Sugar**
- **Developing a Taste for Less Sodium**
- **Serving Meals "Family Style"**

These colorful and engaging newsletters for parents of young children (3 to 5-year-olds) can be shared by Child and Adult Care Food Program providers to communicate information about popular nutrition topics. Check out these newsletters and more at www.fns.usda.gov/tn/nibbles. [View in English and Spanish](#). Questions about this announcement may be sent to TeamNutrition@USDA.gov.

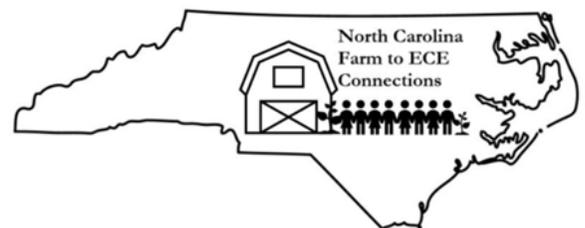
Resources Now Available in Spanish: The Spanish versions of the Offer versus Serve (OVS) materials for school nutrition programs are now available online. The OVS materials include five posters and two tip sheets. These tools help students more quickly select reimbursable meals in the breakfast and lunch lines and provide guidance for school nutrition professionals for breakfast and lunch meal service.

Access the Spanish-translated OVS materials here <https://www.fns.usda.gov/es/tn/offer-versus-serve-national-school-lunch-program-posters>.



Policy Memo Updates: It is a Program operator's responsibility to stay up to date with the regulations and policies that govern the CACFP. Be sure to visit [Policy Memos page](#) of our website to review policy memos and ensure your institution is following the most current guidance. Recent USDA policy memos include: [CACFP 10-2023](#): Initial Implementation Memorandum: Child Nutrition Program Integrity Final Rule and [CACFP 11-2023](#): Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers (Revised Sept 2023).

NC Farm to ECE Mapping System: Farm to Early Care and Education (ECE) programs have been proven to boost children's vegetable and fruit intake. The North Carolina Division of Public Health in partnership with the Division of Child and Family Well-Being, Child and Adult Care Food Program (CACFP), and NC Farm to Preschool Network are looking into the possibility of a Farm to ECE interactive statewide mapping system to connect childcare providers and farmers for easier purchasing or selling of local foods. We would love to hear from our CACFP institutions that provide early care and education. Click [here](#) for more information on the mapping system and to complete a short survey.



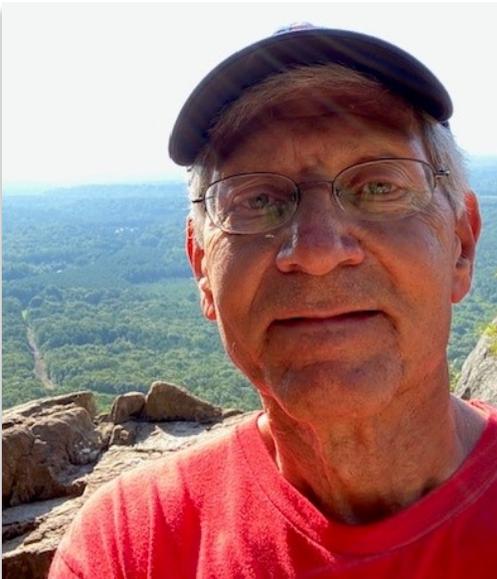
Meet Your State Agency Staff

Joyce Bonner, Paul Gerba, and Brad Wilson

Joyce Bonner: Nutrition Program Assistant

Region: Central (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. Use the resources available on our website and take advantage of the training.



Paul Gerba: Nutrition Program Assistant

Region: Mecklenburg, Gaston, Lincoln, Cleveland, and Rutherford

- **My favorite food is...**Skippy peanut butter. I have been eating it since I was in elementary school since it contains some good protein. Now, when it comes to cooking, I enjoy making lasagna.
- **My favorite activity in North Carolina is...**hiking in the mountains and watching our grands play soccer as they travel to different areas in the state on the weekends.
- **My favorite part of my job is...**I enjoy providing technical assistance and training. The result will be that institutions have a good knowledge of the program requirements.
- **The best tip I have for success in the CACFP is...**be organized. Keep good records of documents required daily, weekly, monthly, and yearly. In addition, train staff effectively so they perform their required functions without additional prompting. Lastly, attend as many trainings for CACFP as possible to keep up with changes and best practices.

Brad Wilson: User Support Analyst

Region: Raleigh Office

- **My favorite food is...**Shrimp Scampi.
- **My favorite activity in North Carolina is...**taking my kids to the beach and exploring the outdoors with them.
- **My favorite part of my job is...**helping to ensure hungry kids get the food they need.
- **The best tip I have for success in the CACFP is...**to submit claims on time and login regularly!



What's Happening in November & December

Sweet Potato Awareness Month: November is Sweet Potato Awareness Month. Sweet potatoes are especially important to North Carolinians because they are our official state vegetable! Did you know that the sweet potato variety, "Covington", makes up 90% of the sweet potatoes sold in NC and was developed by researchers at NC State University? Or how about the fact that there are 5,000 jobs in this state just because of this one vegetable? The sweet potato is also full of antioxidants and is a complex carbohydrate that allows our body to digest this food slowly, leaving us feeling full longer and keeping our blood sugar levels stable. The list goes on with the many benefits this vegetable brings to our state and overall health. Visit the NC State Extension website to read ["A Sweet \(Potato\) Success Story for North Carolina"](#) to learn more about these amazing spuds and celebrate Sweet Potato Awareness Month!



American Diabetes Month: Diabetes is an epidemic that affects millions of Americans every day. It is a disease that impacts our ability to regulate blood sugar levels. If our blood sugar is consistently too high, heart disease, kidney failure, and many other serious health issues can occur over time. To bring awareness of this chronic health condition, November is American Diabetes Month. This month focuses on increasing education and providing support to those around us who are at-risk or diagnosed with diabetes. Diet plays a critical role in preventing and managing this disease. Foods that can be absorbed and digested slowly are key to managing blood sugar levels. Serving more vegetables, beans/legumes, whole grains, and sweet potatoes at your facilities are great options and ways to promote American Diabetes Month! The *Meal Patterns and Nutrition Resources* page on our website includes many resources on the CACFP Food Components, Standardized Recipes, and Seasonal Menus that can help you with serving more healthy options at your institutions. Additionally, [The American Diabetes Association](#) and the [CDC](#) are excellent resources that provide tools, information, as well as ways to take action against this national epidemic.

The Holiday Season is Here!

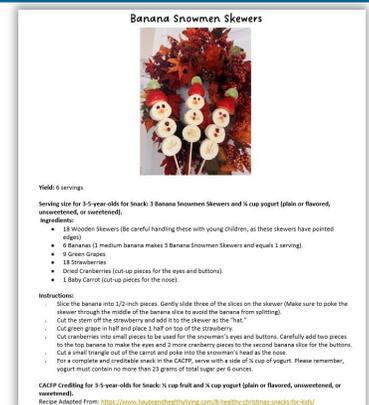
Happy Holidays! Try these creative, healthy, and delicious recipes ([Banana Snowmen Skewers](#) and [Fall Apple Pumpkin Oatmeal](#)) at home or in your facilities to get participants in the holiday spirit! The picture to the right is a creditable CACFP recipe for the Banana Snowmen Skewers, so be sure to save the image for future use! The original recipe is linked [here](#) as well, and is meant to be enjoyed at home as a sweet treat.

The Snowmen Skewers recipe yields 6 servings, and the serving size for 3-5-year-olds for a snack is: 3 Banana Snowmen Skewers and ¼ cup yogurt (plain or flavored, unsweetened or sweetened). The Fall Apple Pumpkin Oatmeal recipe yields 7 servings, and the serving size for 3-5-year-olds for Breakfast is: 2/3 cup oatmeal and 1/2 banana.



Fall Apple Pumpkin Oatmeal

Food Drives and Pantries in NC: In the midst of the holiday hustle and bustle, it is important to think of others in our communities who may be struggling and facing food insecurity this year. Local Food Banks and Pantries are excellent resources that provide meals to millions of families and individuals. Donations and volunteering at these events have an enormous impact and contribute toward fighting hunger across the state. [The Food Bank of Central and Eastern North Carolina](#) as well as [Feeding the Carolinas](#) are wonderful organizations that work to combat hunger in our communities. Visit their websites and/or search for food banks and pantries near you to find upcoming events and ways to get involved.



Banana Snowmen Skewers

NCDHHS Celebrates the NC Crunch with the CACFP



Did you know that [farm to early care and education](#) has been proven to increase children's intake of vegetables and fruits by one serving each day? **National Farm to School and Early Care and Education Month** is recognized each October, and North Carolinians are invited to celebrate our local agriculture and healthy eating by participating in the annual [NC Crunch](#). This year, the North Carolina Department of Health and Human Services (NCDHHS) teamed up with A Safe Place Child Enrichment Center, a Sponsoring Organization in Raleigh, NC, (Wake County) to create a crunch heard across the state!

Leaders from NCDHHS, including Susan Osborne, Deputy Secretary of Opportunity and Well-Being, and Dr. Kimberly McDonald, Chronic Disease and Injury Section Chief for the Division of Public Health, gathered with Kim Shaw, owner of A Safe Place Child Enrichment Center, the center staff, families, and children, and the local farmers who play an important role in feeding the children at the center. While this live event was held in the beautiful gardens of the center, State employees from the Division of Child and Family Well-Being and the Division of Public Health, as well as families from A Safe Place Child Enrichment Center were able to join virtually and be a part of the Crunch. Kim shared the value of including local foods in meals served at A Safe Place Child Enrichment Center, as well as highlights from the NC Crunch event:



"Every year, events like NC Crunch offer a unique opportunity for schools and organizations to come together and celebrate the importance of fresh fruits and vegetables in our daily lives. This year, the children and staff at 'A Safe Place' eagerly embraced the preparation for NC Crunch, and the result was a heartwarming display of enthusiasm, unity, and fun.



"At 'A Safe Place', the commitment to providing fresh and healthy food options for children has always been a top priority. The NC Crunch event, which took place on October 18, 2023, provided the perfect occasion to highlight this dedication. In the weeks leading up to the event, both the children and staff engaged in various activities to prepare for the big day. One of the highlights of the preparations was the children's practice of a special song dedicated to fresh fruits and vegetables. Under the guidance of their enthusiastic teachers, they rehearsed the song diligently. Their faces lit up with excitement as they sang verses celebrating the vibrancy

and goodness of fruits and vegetables. It was a joyful way for the children to express their appreciation for these essential food groups.

"But that wasn't the only form of celebration. The children also indulged in a playful activity that brought smiles to everyone's faces - making the "crunch" sound. This activity not only added an element of fun to the preparations but also underscored the importance of healthy eating. As they munched on apples, carrots, and celery, the crunching sounds echoed through the school, symbolizing the collective enthusiasm for fresh and wholesome foods (NC Crunch recap continues on the next page).



NC Crunch Continued



“The lead-up to NC Crunch allowed both the children and staff at ‘A Safe Place’ to further embrace the daily practice of making fresh fruits and vegetables available in their menu planning. It’s a commitment rooted in the understanding that good nutrition is crucial for growing bodies and developing minds. By making these foods a part of their daily routine, the children are learning not only about healthy eating but also forming habits that will serve them well in the future.

“NC Crunch, beyond being a fun event, serves as a reminder that investing in children’s health and well-being is an investment in our collective future. It is an opportunity to celebrate the delicious and nutritious foods that fuel growth and provide the energy needed for a day of learning and play.



“The event itself was a resounding success, with the children and staff coming together to simultaneously take a bite from their chosen fruits and vegetables. The sound of collective crunching filled the air, symbolizing the unity and shared commitment to promoting healthy eating habits.



“The fun and camaraderie that the children and staff experienced in preparation for NC Crunch have left a lasting impression. It reinforced the importance of making fresh fruits and vegetables a part of their daily lives and instilled a sense of excitement and appreciation for these wholesome foods.

“As ‘A Safe Place’ continues its mission to provide a safe and nurturing environment for children, the spirit of NC Crunch serves as a reminder of the power of fun and enthusiasm in fostering a love for healthy choices. It’s a lesson that will continue to benefit these children in their journey toward a bright and healthy future.

“So, here’s to the joyous preparations and the resounding crunch that echoed through the halls of ‘A Safe Place.’ May it be a reminder that healthy eating can be a fun and delicious adventure for all of us, young and old alike.” – **Kim Shaw**

Read more about this event here: [NCDHHS](#), [The Daily Tar Heel](#), [NC Health News](#)





Very Berry Parfaits

Layered in goodness! The kids will enjoy helping to assemble these treats.

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	
Berry medley, frozen, unsweetened, thawed, drained (strawberries, blackberries, raspberries, and blueberries)	6 lb 2 oz	1 gal + 2 qt	12 lb 4 oz	3 gal	<ol style="list-style-type: none"> 1 Wash hands with soap and water for at least 20 seconds. 2 In clear 10 fl oz plastic cups, layer parfait ingredients in the following order: ½ cup fruit, ¼ cup yogurt, and 2 Tbsp granola (optional). 3 Serve 1 parfait. Serve immediately, or keep cold at 40 °F or lower.
Vanilla yogurt, low-fat	3 lb 2 oz	1 qt + 2¼ cups	6 lb 4 oz	3 qt + ½ cup	
Granola (optional)	12½ oz	3 cups + 2 Tbsp	1 lb 9 oz	1 qt + 2¼ cups	

NUTRITION INFORMATION

1 Very Berry Parfait (without granola)

NUTRIENTS	AMOUNT
Calories	102
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	3 mg
Sodium	37 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	16 g
Includes Added Sugars	N/A
Protein	4 g
Vitamin D	N/A
Calcium	97 mg
Iron	1 mg
Potassium	N/A

N/A = Data not available

NOTES

- **Contains milk (yogurt) and wheat (granola [optional]).**
- **Choking Prevention:** Granola can be a choking risk for children under the age of 4.
- Use of granola provides ½ oz eq grains. Creditable grains contribution calculated using the Recipe Analysis Workbook, Method A.
- Yogurt must not contain more than 23 grams of total sugars per 6 ounces.
- Cereal must not contain more than 6 grams of total sugars per dry ounce.
- The use of optional ingredients will change the nutrition information.

WEIGHT/YIELDS

25 Servings	50 Servings
9 lb 4½ oz	18 lb 9 oz
25 Very Berry Parfaits	50 Very Berry Parfaits