

CACFP MONTHLY UPDATE



Maine

CACFP

Child and Adult Care Food Program

Healthy habits that last a lifetime!

STATE OF MAINE CACFP STAFF CONTACT INFO

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Mr. Rogers once said, "When I was a boy and I would see scary things in the news, my mother would say to me, "Look for the helpers. You will always find people who are helping."

The CACFP Team would like to thank you all for being the helpers. You are all providing a safe place for families and children during this scary time.

We also wanted to share some resources the Maine DOE put out in response to the horrific tragedy in Lewiston.

Resources for Talking to Children About Gun Violence

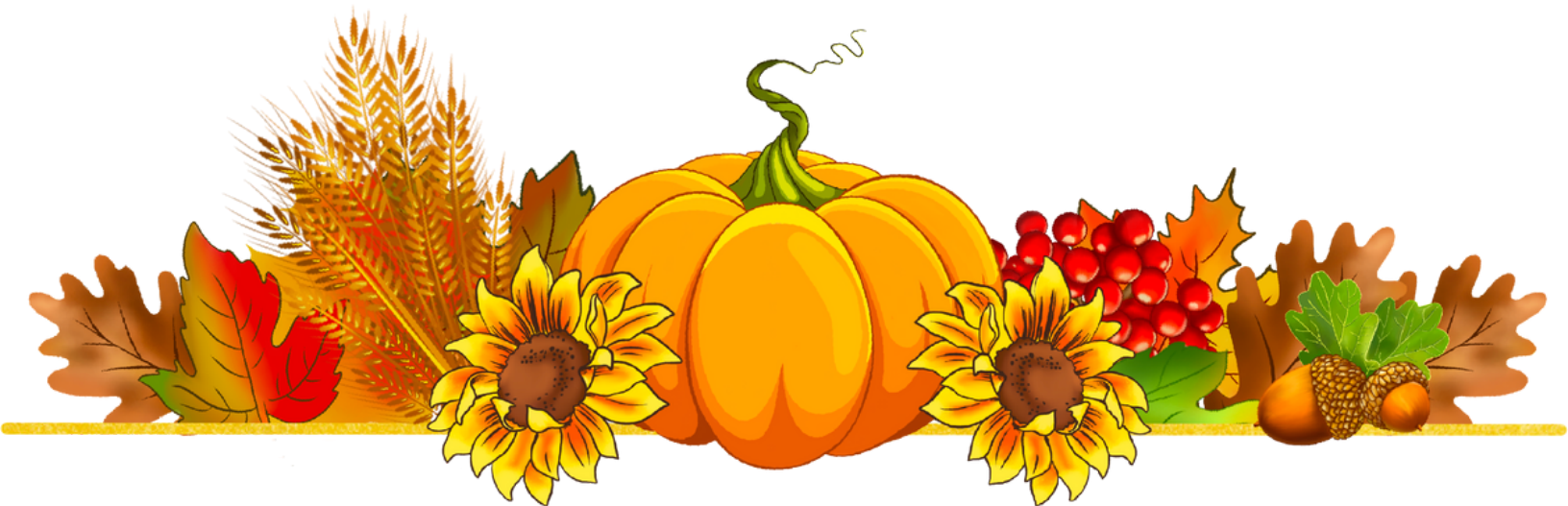
This includes recommendations on how to talk about this incident with children at different grade levels as well as external resources on talking to students about violence and addressing trauma.

<https://mainedoenews.net/2023/10/26/resources-for-talking-to-children-about-gun-violence/>



Child Nutrition Office Note:

We cannot guarantee that sponsors will get notification of missing claims in the future. Sponsors need to keep an eye on the claims due date.



Where do I find...?

Follow this link

<https://www.maine.gov/doe/index.php/schools/nutrition/cacfp/forms>

and click on the 'Reconciliation and Monitoring Forms' tab for current monitoring documents.



The Administrative Review and E-Review Training can be found under the 'Presentations and Helpful Tools' tab on the Resources page. Civil Rights is also on the Resources page!

<https://www.maine.gov/doe/index.php/schools/nutrition/cacfp/resources>

Free Activity Page



Small Hands Crafting

Cut the sides of a paper plates in an inward curve. Paint the pieces out off green. Glue them to the top of the plate, sandwiching your green pieces to make leaves. Then have your kids paint their plates like an apple core. They can each choose how many seeds that they would like to paint. Encourage them to paint different numbers. You can then use the seeds in the apples as a visual to count 1-10 and also compare greater than, less than, and equal.



Happy Autumn!

Did you know that the USDA has strengthened nutrition standards for food and beverages served to young children and others in day care settings?

Young children and adults in child care homes and centers who participate in the Child and Adult Care Food Program (CACFP) will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. The science-based standards introduced in this final rule will elevate the nutritional quality of meals and snacks provided under the CACFP to better align with the Dietary Guidelines for Americans and to be consistent with the meals children receive as part of the National School Lunch Program (NSLP) and School Breakfast Program (SBP).

When your child care provider is a participant of the CACFP, you can be assured that your child is receiving the best nutrition to help them grow.

Apple Relay & Circle Time

Fall is a great time to get outside and apples are the perfect fruit to inspire talks about nutrition while incorporating physical activity. Have an apple relay! Divide the children into teams and establish a finish line. The children will take turns holding an apple and individually running around the finish line and back to their team. The next child in line will be passed the apple and take their turn. Change each round by skipping, hopping, or balancing the apple on a head or hand. Can't get outside? Try this indoor activity. Everyone knows the chant "Who Took the Cookie Jar?" Change it to "Who Took the Apple from the Apple Tree?" As the children sing the chant, they can pass an apple around the circle. If you can take a field trip to the grocery store in the fall, your kids will be excited to see the many varieties of apples! Which one is the sweetest, most tart? Do they all look the same inside? How many seeds do they have and are they the same color? Investigate together to promote curiosity and interest in healthy foods.

Peanut Butter & Apple Wraps

- 1 whole wheat tortilla (8 inch)
- 1/4 cup peanut butter, reduced-fat
- 2 tablespoons granola cereal
- 1/2 apple, sliced (suggest Red Delicious apple, but could use any variety of apple)

Lay tortilla flat and spread peanut butter over 2/3 of the tortilla leaving edges at sides. Sprinkle 2 Tablespoons granola over peanut butter. Cut apple slices into small chunks and place them on top of the granola. Fold over the edges of the tortilla and roll up "burrito style."

Recipe from USDA Mixing Bowl



CACFP is an indicator of quality child care.

www.cacfp.org



Fall Apple Pumpkin Oatmeal

Breakfast Crediting for Ages 3-5



Total Time

15 minutes



Serving Size

2/3 cup oatmeal and
1/2 banana



Servings

7



Components

Grains, Vegetable +
Fruit

Ingredients

- 1 cup quick cooking oats
- 1 1/2 cup water
- 2 cups applesauce
- 1 cup pumpkin puree
- 1 tsp cinnamon
- 1 tsp vanilla extract
- 4 bananas

Directions

1. Add all ingredients to a medium saucepan.
2. Cook on medium-high heat until liquid is almost nearly absorbed by the oats.
3. Serve 2/3 cup of oatmeal with 1/2 a banana, sliced to each participant immediately while still warm.

One serving provides 1/2 oz eq grains and 1/2 cup combined fruit and vegetable.



Menu Reminders!

- **Be sure to serve at least one Whole Grain Rich item per day**
- **Be sure posted menus and portion menus match**
- **If changes are being made to what is served that day, write the change directly on the menu and save for future reviews**
- **Be sure to serve all required meal components at each meal/snack each day**
- **Menus must be dated and include milk types. You should have portion menus, CN labels, and recipes to back-up the menus**



**NATIVE
AMERICAN
HERITAGE MONTH**

National Native American Heritage Month

November is National Native American Heritage Month, which recognizes and celebrates the rich culture, ancestry, and traditions of Native Americans, the first residents of the United States.

We encourage you to spend some time learning more about Native American history, such as exploring some of these resources:

U.S. Department of the Interior: Indian Affairs -

<https://www.bia.gov/NNAHM>

Maine Wabanaki REACH - www.mainewabanakireach.org/

Maine Wabanaki Alliance - www.wabanakialliance.com/who-we-are/

HARVEST OF THE MONTH 2024 RE-PLEDGE!

The Maine Harvest of the Month (HOM) is a campaign that helps to promote the use of seasonally available, local products in schools, institutions, and communities. The program, which highlights a different Maine product each month, aims to provide students with local and healthy produce, while supporting Maine's farmers and producers. Harvest of the Month products must be grown or caught in Maine.



WE ARE ASKING THAT ALL SPONSORS WHO WOULD LIKE TO PARTICIPATE IN THE HARVEST OF THE MONTH PROGRAM TO REPLEDGE THIS YEAR!

THIS IS TO ENSURE WE HAVE UP TO DATE INFORMATION AND MAILING ADDRESSES ON FILE. THOSE THAT DO NOT REPLEDGE WILL NOT RECEIVE THE MONTHLY TOOLKITS FOR THE UPCOMING YEAR.

WE ALSO WELCOME NEW HOM SITES WHO WOULD LIKE TO PARTICIPATE IN THIS GREAT PROGRAM!

To pledge, please visit:
<https://www.maine.gov/doe/harvestofthemonth/cacfp>

We will be mailing out HOM toolkits in the coming weeks, so please complete the pledge ASAP!

Local Harvest Bake

Local Harvest Bake is a hearty vegetable side, full of fresh butternut squash, fresh beets, and fresh sweet potatoes. It is a perfect side dish year round!

CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or 4 oz spoodle) provides ½ cup vegetable (⅔ cup red/orange vegetable, ⅙ cup other vegetable).



Preparation Time: 20 minutes

Cooking Time: 25 minutes

Makes: 6 servings

Ingredients

2 cups or 8 oz Fresh butternut squash, peeled, cubed

2 cups or 8 oz Fresh beets, peeled, cubed

2 cups or 8 oz Fresh sweet potatoes, peeled, cubed

1 Tbsp Olive oil

¼ tsp Kosher salt or Iodized salt

¼ tsp Fresh garlic, minced

½ tsp Dried parsley (optional)

Directions

- 1 Preheat oven:
Conventional oven: 350 °F
Convection oven: 325 °F
- 2 Toss butternut squash, beets, sweet potatoes, olive oil, salt, and garlic in a medium size mixing bowl.
- 3 Line baking pan (9" x 13" x 2") with a layer of parchment paper.
Spray lightly with pan release spray.
Add vegetables to pan and spread evenly.
- 4 Bake:
Conventional oven: 350 °F for 25 minutes.
Convection oven: 325 °F for 20 minutes.
- 5 Critical Control Point:
Cook to 140 °F for at least 15 seconds.
- 6 Remove vegetables from oven. Garnish with parsley.
- 7 Critical Control Point:
Hold at 140 °F until served.
- 8 Serve ½ cup (portion with ½ cup measuring cup or 4 oz spoodle).



Italian Chicken & Veggie Sheet Pan

Lunch/Supper Crediting for Ages 3-5



Total Time

40 minutes



Serving Size

1 drumstick, 1/2 cup vegetables



Servings

8



Components

Meat/Meat Alternate, Vegetable, Second Vegetable

Ingredients

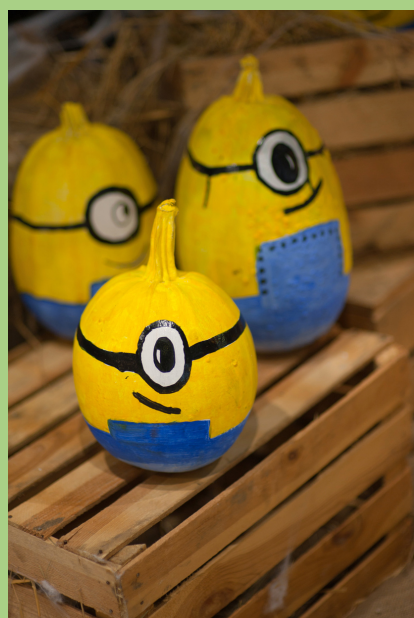
- 4 tbsp vegetable oil, divided
- 1 tbsp Italian seasoning
- 8 chicken drumsticks
- 2 1/2 cups Brussels sprouts, halved
- 2 cups potatoes, cubed
- 3/4 tsp salt, divided

Directions

1. Preheat oven to 450° F.
2. In a large bowl, add 2 tbsp of vegetable oil, Italian seasoning and 1/4 tsp of salt. Mix together.
3. Add chicken to the bowl and toss to full coat each drumstick with the seasoning. Place drumsticks on a baking sheet pan.
4. In a separate bowl, add vegetables, 2 tbsp of oil and 1/2 tsp salt. Mix together so oil coats all the veggies. Place on another sheet pan.
5. Cook both sheet pans in the oven for 30 minutes or until the chicken reaches 165° F and veggies look crisp. Serve 1 drumstick and 1/2 cup of vegetables to each child.

One serving provides 1 1/2 oz meat, 1/4 cup vegetable and 1/4 cup second vegetable.

Happy Halloween from Child Nutrition!





UPCOMING TRAININGS & EVENTS



We received great feedback regarding our summer **CACFP Open Office Hours**, so we plan to continue our **CACFP Open Office Hours** throughout the year!

We're offering optional, virtual open office hours on the third Friday of the month from 9 a.m. - 10 a.m. from September through May. We'll offer more open office hours during the months of June - August, our annual agreement renewal time.

Our virtual **CACFP Open Office Hours** are a great time to "stop in" with any CACFP-related questions you may have. There are no planned discussion topics, it's just a chance for you to ask questions in a more relaxed, informal setting.

Virtual Open Office Hour Dates

~~• November 17th: 9 a.m. - 10 a.m. CANCELLED~~

- December 15th: 9 a.m.- 10 a.m.
- January 19th: 9 a.m.- 10 a.m.
- February 16th: 9 a.m.- 10 a.m.
- March 15th: 9 a.m.- 10 a.m.
- April 19th: 9 a.m.- 10 a.m.
- May 17th: 9 a.m.- 10 a.m.



Go to the following link to join!

[https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F_%23%2F%2Fmeetup-join%2F19%3Ameeting_NjE1OGExYjktOTg5Ny00ZjY4LTgxZjltMzExYTEyMWNjM2Mw%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%2522413fa8ab-207d-4b62-9bcd-
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80cb6bff3a30%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=4a03f0ba-e2a3-48b6-875b-
bcfba787c869&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true](https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F_%23%2F%2Fmeetup-join%2F19%3Ameeting_NjE1OGExYjktOTg5Ny00ZjY4LTgxZjltMzExYTEyMWNjM2Mw%40thread.v2%2F0%3Fcontext%3D%257b%2522Tid%2522%253a%2522413fa8ab-207d-4b62-9bcd-
ea1a8f2f864e%2522%252c%2522Oid%2522%253a%2522a756b840-52ef-4c71-b85f-
80cb6bff3a30%2522%257d%26anon%3Dtrue&type=meetup-join&deeplinkId=4a03f0ba-e2a3-48b6-875b-
bcfba787c869&directDl=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true)

Team Nutrition released two new training modules featuring the Food Buying Guide for Child Nutrition Programs (FBG).

These modules 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.

Topics covered include:

- Module 4: Exhibit A Grains Tool
- Module 5: FBG Calculator



These modules and other trainings such as webinar recordings can be accessed on the Food Buying Guide for Child Nutrition Programs: Training Resources

<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>

Also check out modules 1, 2, and 3 on the Institute of Child Nutrition's iLearn Portal. **<http://elearning.theicn.org/learn>**

How to enroll in the Child and Adult Care Food Program:

DOE works with a variety of programs across the state to make CACFP work. To enroll in CACFP, contact one of the sponsoring agencies in your community listed below.

Androscoggin

Androscoggin Head Start & Child Care
dba Promise Early Education
207-795-4040 ext. 327

Community Concepts, Inc.
207-739-6579

Family Focus
cacfp@familyfocusme.org
207-406-4573 ext. 115

Western Maine Community Action
207-860-4485
****Uvermore and Leeds Only****

Aroostook

Aroostook County Action Program
207-764-3721 ext. 125

Horizons Unlimited, Inc.
207-764-6659

Cumberland

Family Focus
cacfp@familyfocusme.org
207-406-4573 ext. 115

Franklin

Androscoggin Head Start & Child Care
dba Promise Early Education
207-795-4040 ext. 327
****Jay Only****

Community Concepts, Inc.
207-739-6579

Western Maine Community Action
207-860-4485

Hancock

Downeast Community Partners
207-610-5164

Penquis
207-852-7779

Kennebec

Androscoggin Head Start & Child Care
dba Promise Early Education
207-795-4040 ext. 327
****West Gardiner, Uitchfield, Winthrop, and Monmouth Only****

Penquis
207-852-7779

****Uitchfield, Manchester, Monmouth, Oakland, West Gardiner, and Winthrop Only****

So. Kennebec Child Development Corp. (SKDC)
207-582-3110 ext. 117

Knox

Penquis
207-852-7779

Lincoln

Family Focus
cacfp@familyfocusme.org
207-406-4573 ext. 115

Penquis
207-852-7779

Oxford

Community Concepts, Inc.
207-739-6579

Western Maine Community Action
207-860-4485

Penobscot

Downeast Community Partners
207-610-5164

Penquis
207-852-7779

Piscataquis

Penquis
207-852-7779

Sagadahoc

Androscoggin Head Start & Child Care
dba Promise Early Education
207-795-4040 ext. 327
****Topsham, Bowdoin, and Bath Only****

Family Focus
cacfp@familyfocusme.org
207-406-4573 ext. 115

Somerset

Penquis
207-852-7779

Western Maine Community Action
207-860-4485

Waldo

Downeast Community Partners
207-610-5164

Penquis
207-852-7779

Waldo Community Action Partners
207-338-6809

Washington

Downeast Community Partners
207-610-5164

York

Family Focus
cacfp@familyfocusme.org
207-406-4573 ext. 115

Department of Education, Child Nutrition
90 Blossom Lane,
136 State House Station
Augusta, Maine 04333

Phone: 207-624-6842

