

# CACFP MONTHLY UPDATE

**In this issue of the CACFP Monthly Update**

You can scroll through or click on a title below and you will be taken to that page.

**UEI Numbers**

**Community Eligibility Provision (CEP)**

**Family Style Meal Service**

**Eating Healthy with Soft Foods**

**Harvest of the Month**

**Adopt a Cow**

**Trainings**

**CACFP Contacts**

Alissa Mank; [alissa.m.mank@maine.gov](mailto:alissa.m.mank@maine.gov), 624-6879

April Taylor; [april.taylor@maine.gov](mailto:april.taylor@maine.gov), 215-9034

Troy Fullmer; [troy.fullmer@maine.gov](mailto:troy.fullmer@maine.gov), 816-2312

# UEI Numbers

## Is your registration still active?

The UEI Number, which replaced the DUNS number, is a unique identifier used by the federal government to track and identify entities that receive federal awards, like CACFP reimbursement money. Having an active, registered UEI number is now a requirement to receive CACFP reimbursement payments. Remember: Organizations must renew their UEI number registration annually!

How do I know when my UEI Number registration expires?

To check your UEI registration expiration date, you can either log into your SAM.gov account or use the Check SAM & UEI Status tool. The expiration date is part of your entity's registration record within SAM.gov. The Entity Administrator will also receive email reminders from SAM.gov 60, 30, and 15 days before the expiration date.

### Here's a more detailed breakdown:

1. Log into SAM.gov:
  - If you're already registered, you should have a SAM.gov account.
  - Log in using your designated email and password.
  - Navigate to your entity's registration record within your SAM.gov workspace.
  - The expiration date will be displayed within this record.
2. Use the Check SAM & UEI Status tool:
  - You can access this tool on [unitedstatesbusinessregistration.us](https://www.unitedstatesbusinessregistration.us).
  - Enter your company's legal business name, CAGE code, or UEI.
  - Click "Check SAM Status NOW".
  - The tool will generate a summary of your SAM registration, including the expiration date.
3. Important Considerations:
  - The UEI itself does not expire, but your SAM.gov registration (which includes the UEI) must be renewed annually.
  - Renewing your registration at least 30 days before the expiration date is recommended to avoid any potential delays or issues.
  - If your SAM.gov registration expires, your UEI becomes inactive, and you will not be able to receive federal reimbursement money.

# Community Eligibility Provision (CEP) Reminder

The Community Eligibility Provision (CEP) is a non-pricing meal service option for schools and school districts in low-income areas. CEP allows the nation's highest poverty schools and districts to serve breakfast and lunch at no cost to all enrolled students without collecting household applications. Instead, schools that adopt CEP are reimbursed using a formula based on the percentage of students categorically eligible for free meals based on their participation in other specific means-tested programs, such as the Supplemental Nutrition Assistance Program (SNAP) and Temporary Assistance for Needy Families (TANF).

This year, Maine has seen an increase in schools qualifying for CEP. This follows last year's addition of students who qualified for MaineCare (up to 185% of the federal poverty level) to the Direct Certification List. Additionally, Congress has lowered the eligibility threshold for CEP from 40% to 25%.

It is important to note that a CEP school does not qualify for Tier 1 reimbursement (for daycare home providers) or CACFP At-Risk Afterschool Programs. Programs must still use the 534 Report to determine eligibility. To be eligible for Tier 1 or At-Risk using school data, the school must have at least 50% of its students eligible for free or reduced-price meals.

RSU 24	Cave Hill School	44.26%	CEP
RSU 24	Ella Levee School	44.16%	CEP
RSU 24	Mountain School	44.37%	CEP
RSU 24	Peninsula School	43.94%	CEP
RSU 24	Sumner Memorial High School	44.55%	CEP
RSU 24	Sumner Middle School	44.67%	CEP
RSU 29/MSAD 29	Houlton Elementary School	70.21%	CEP
RSU 29/MSAD 29	Houlton High School	70.19%	CEP
RSU 29/MSAD 29	Houlton Junior High School	70.17%	CEP
RSU 29/MSAD 29	Houlton Southside School	70.05%	CEP

Above, you can see two districts that both qualify for CEP. One can be used to qualify CACFP providers/sites, while the other cannot.

The 534 Report is updated annually with the most current school data and is released in January. To view the 534 Report, go to:

<https://www.maine.gov/doe/schools/nutrition/CNDataareports>

# Family Style Meal Service



The CACFP has long been recognized for its nutritional goals of providing nutritious meals to children and helping them establish good eating habits at a young age. Family style meal service (FSMS) provides an opportunity to enhance these goals by encouraging a pleasant eating environment that supports and promotes mealtime as a learning experience.

FSMS allows children to serve themselves from common platters/bowls of food with assistance from supervising adults.

Unlike unitized meals and pre-set service, the FSMS affords some latitude in the size of initial servings because replenishment is immediately available at each table. Even when a complete FSMS is not possible or practical, it may be useful to offer a component or components in a FSMS particularly when smaller children are being served or when a new food item is being introduced. This latitude must be exercised in compliance with the following practices, at a minimum:

1. A sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the meal components for all children at the table.
2. The FSMS allows children to make choices in selecting foods and the size of the initial servings. Children should initially be offered the full required portion of each meal component.
3. During the meal, it is the responsibility of supervising adults to encourage each child to accept service of the full required portion for each meal component of the meal pattern. For example, if a child initially refuses a meal component, or initially does not accept the full required portion of a meal component, the supervising adult should offer the food component to the child again.
4. Institutions which use FSMS may not claim second meals for reimbursement.

The Family Style Meal Service With Children in the CACFP publication is a great resource to help prepare and support children, train personnel, and meet CACFP meal pattern requirements, and is available on the internet here- [Family Style Meal Service With Children in the Child and Adult Care Food Program](#)



# Eating Healthy with Soft Foods

## A GUIDE FOR SWALLOWING AND CHEWING ISSUES

*Note: This guide is for people with swallowing or chewing issues and who need softer foods, often referred to by your healthcare professional as soft and bite-sized, minced and moist, and mechanical soft, texture modification. It will help you have a balanced diet using MyPlate.*



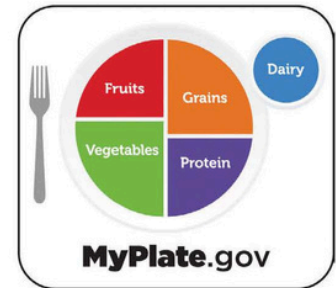
### Understanding Mechanical Soft/Mechanically Altered Foods

Mechanical soft foods are made to be easy to eat without the need to chew down into little pieces that are safe to swallow. These foods help people who may have missing teeth or who can't chew hard foods or those who are recovering from surgery or stroke. The mechanical soft diet includes soft foods and helps you safely swallow and move foods in your mouth.

### Balancing Your Plate: MyPlate for Mechanical Soft Diets

Like everyone else, it's important to eat different foods from all five food groups. MyPlate recommends making half your plate fruits and vegetables. Try a variety and include fresh, frozen, canned, and dried that are prepared safely. Choose a variety of grains, protein foods, and low-fat or fat-free dairy, including lactose-free options and fortified soy milk or yogurt.

Enjoy each food group with no changes, specific changes, or caution.



### FRUITS

- ✓ Enjoy soft fruits like ripe bananas, applesauce, canned peaches, or pears without added sugar, or 100% fruit juice.
- ↻ Remove skin and seeds from fresh whole melons, apples, pears, and peaches. Chop them into small pea-size pieces and eat raw or cooked.
- ! Berries with large seeds (e.g., blackberries, raspberries) and dried fruits can be difficult to chew.

#### Bonus Tips

Make sure to eat **dark green**, **red** and **orange** vegetables regularly.

Keep soft vegetable skin for nutritious fiber! Only peel thick skin for items such as sweet potatoes.

### VEGETABLES

- ✓ Enjoy soups, sauces, and purees, without meat, most canned vegetables, and 100% vegetable juices.
- ↻ Chop or dice fresh vegetables into small pieces and cook until tender. Cut up or mash avocado.
- ! Raw vegetables, corn on the cob, and corn kernels may be too difficult to chew.

*No need to cook avocado!*





Aim for  $\frac{1}{2}$  your grains to be whole grains, like brown rice, whole-wheat pasta, buckwheat, and quinoa.

## GRAINS

- ✓ Enjoy soft bread and cooked cereals.  
Cook grains until soft.
- ↻ Warm tortillas and wraps until soft.  
Soak cold cereals in water or low-fat or fat-free dairy, including lactose-free options and fortified soy milk or yogurt.
- ! Popcorn, whole rye bread, wild rice, whole wheat crackers, and grains mixed with seeds, dried fruits, or nuts can be difficult to chew and swallow.



## PROTEIN FOODS

- ✓ Enjoy soft scrambled eggs.  
Cut up and remove bones and skin from meats, poultry, and seafood. Shellfish should be shell-free.  
Meats can be cut-up, minced, or ground. Cook beans, peas, and lentils until soft and mashable.
- ↻ Mince or grind deli or luncheon meats, soy-based products, and finely chop firm tofu and hard-boiled eggs for easy consumption.  
Choose creamy nut butter and alternatives. However, be cautious while eating nut butters since they can ball up in the mouth before swallowing.
- ! Nuts, seeds, and fried eggs can be hard to chew and may become a choking hazard.

## DAIRY

- ✓ Enjoy low-fat or fat-free dairy milk or yogurt or lactose-free or fortified soy versions, and soft/processed cheeses. Blended smoothies with milk or yogurt and fruits provide several food groups and are easy to eat!
- ↻ Melt hard natural cheeses to make them easier to eat.



Explore cultural cuisine to fit your eating style. Enjoy foods from all the food groups that are easy to eat and are tasty. **Make every bite count!**



### Recipe Fun: Chicken Fajita Pasta

⌚ Ready in 25 minutes

🍴 Makes 4 servings

**Per serving**  
680 calories  
4 g total sugar  
18 g dietary fiber

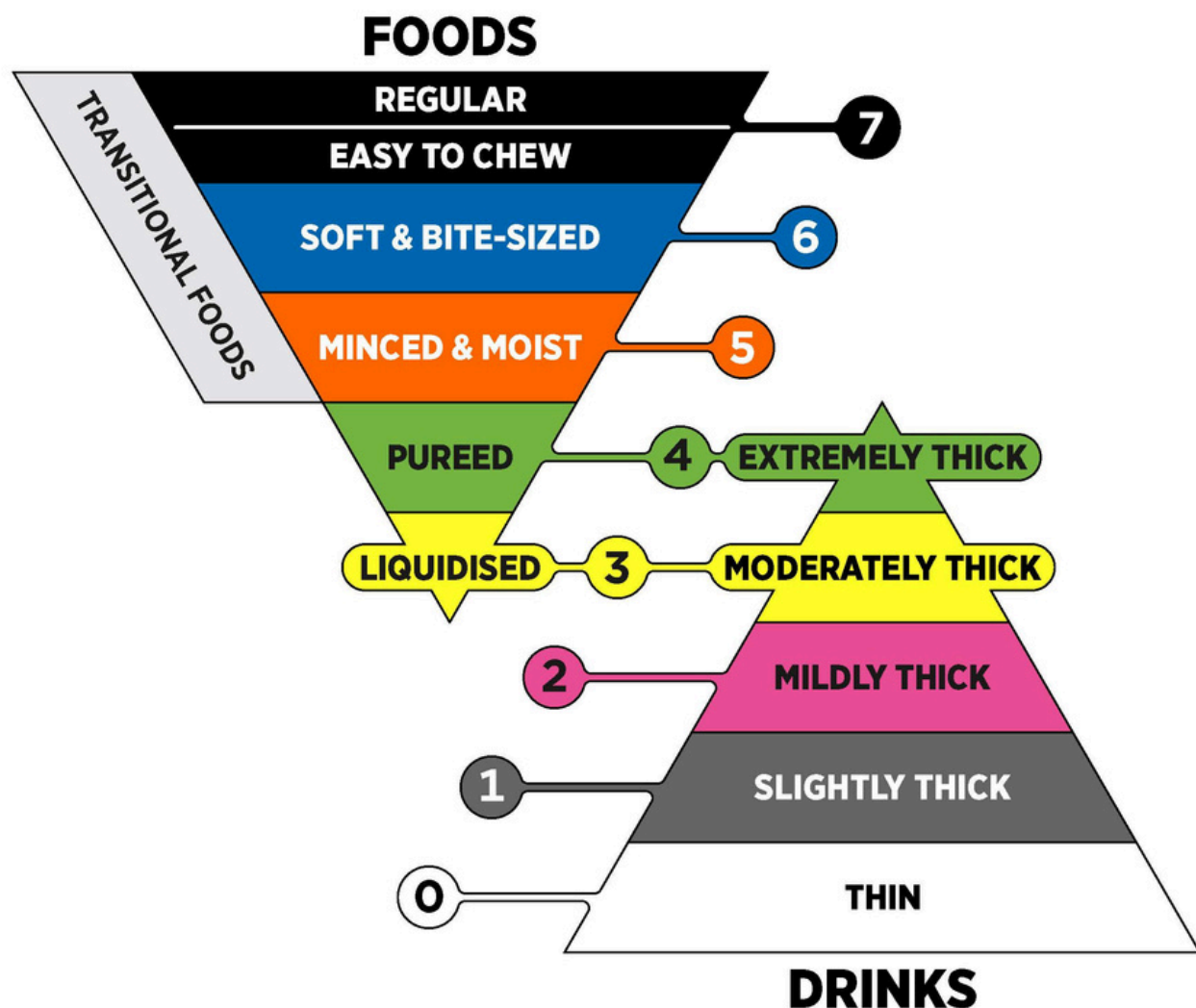
- Boil a large pot of water, add 16 oz package of whole wheat fettuccini. Cook as directed on package. Drain and cover to keep warm.  
*Don't cook it too hard. Make it soft but not sticky!*
- Heat 2 tsp canola oil on medium heat. Add 1 tsp ground cumin and  $\frac{1}{4}$  tsp cayenne pepper. Add 18 oz cut up, boneless, skinless chicken breasts. Cook until it's soft and reaches 165 degrees – about 5 minutes. Remove chicken from pan and cut into tiny pea-sized pieces. *Cook it until it's soft but not brown!*
- Add 2 tsp canola oil and 1 tsp ground cumin in the same pan. Add 1 finely chopped yellow onion and cook until it's soft, about 4 minutes. Add 3 thinly sliced bell peppers and 2 minced garlic cloves. Cook 4 more minutes or until vegetables are very soft. *You don't need to peel peppers! Use the whole veggie for extra fiber.*
- Add cooked chicken back in the pan with the onion-pepper mixture. Add juice from two limes, 1 Tbsp dried oregano, and  $\frac{1}{3}$  cup finely chopped cilantro. Mix everything together.
- Add salt and pepper to taste. Take off the peel and pit from one avocado, mash it and gently stir it into the mix. Serve & enjoy!

For food safety information scan here:



# The IDDSI Framework

Providing a common terminology for describing food textures and drink thicknesses to improve safety for individuals with swallowing difficulties.



# Harvest of the Month

It's time to pledge for Harvest of the Month for Summer & next School Year!

- Pledge for this Summer! (July & August 2025)
  - o Receive an additional mailing for Maine Cucumbers & Summer Squash!
- Pledge for next school year (September 2025-June 2026)
  - o Expedited re-pledge option for those who have pledged before

Link to pledge: <https://forms.office.com/g/HEVs6RiT9y>

## Harvest of the Month for June!!





# FIDDLEHEADS

## SCIENTIFIC NAME:

*MATTEUCCIA STRUTHIOPTERIS*

## NUTRITIONAL CONTENT:

*FIBER, VITAMIN C, VITAMIN A, AND  
OMEGA-3 FATTY ACIDS*

## SEASON & AVAILABILITY:

Fiddleheads are a seasonal food for Maine's Indigenous population and also a cash crop in early spring. Therefore, they are an important part of Wabanaki foodways and history. Many Wabanaki enjoy fiddleheads as the main component of their diet during the brief harvest season, approximately April 20th to May 30th.

During fiddlehead season, one can usually find them for sale across the state at local grocery stores, farmers markets, or directly sold from the back of a truck on the side of the road near river communities. They are more commonly-found in Aroostook County being sold by Wabanaki harvesters.

***"The Wabanaki words for fiddleheads are Mahsusiyl (Maliseet) or ma'sus (Mi'lmaq). They serve as a strong cultural symbol and remind us of the bounty of Mother Earth and the seasonal cycles of life." - Mihku, Wabanaki Food Expert***

## HABITAT:

Fiddleheads are the immature, tightly furled croziers of the Ostrich fern; a wild fern that grows in low-lying wet areas throughout Maine, in particular on river islands. They emerge early in the season after the ice has thawed, and once the high water run off drops and exposes the crowns to sunlight.

This wild food has been gathered and consumed by Wabanaki people for centuries and still continues today. They have also become increasingly popular in restaurants and home kitchens, and are one of the first fresh green items to enjoy late-spring.

## HARVESTING:

Fiddleheads must be harvested before the tight croziers on the crown unfurl and lengthen.

If you want to harvest fiddleheads yourself, always be sure you have the correct type of fern. Use a visual reference or harvest with a knowledgeable person until you are familiar. Other types can make you ill. Look for the largest croziers (single fiddleheads) and slice them off one at a time. Take no more than 1/3 -1/2 of the crown. Each one should be good sized: 1-2 inches wide and firm, not frilly, with deep green color. Don't take any if the crown is still small and very tight. Keep them cool and moist at all times. Clean, process and consume them promptly.



# TRADITIONAL FIDDLEHEAD SIDE DISH

---

**SERVING SIZE:**

8 1/2 CUP SERVINGS

**MEAL PATTERN****CONTRIBUTION:**

1/2 CUP VEGETABLE

**INGREDIENTS:**

- 4 cups fiddleheads, blanched
- 6 cups water
- 2 Tbsp salt
- 4 oz bacon, chopped into small pieces
- Salt and pepper to taste

**DIRECTIONS:**

1. Clean and blanch the fiddleheads.
2. Drain fiddleheads.
3. Bring a fresh pot of water to a boil and add 2 Tbsp salt.
4. Add the fiddleheads and reduce heat to low and simmer until the fiddleheads are completely tender (12-20 minutes).

a. NOTE: do not overcook the fiddleheads! They will start to fall apart, lose flavor, and become mushy.

5. While the fiddleheads are cooking, in a small frying pan, sautee the bacon until crispy.
6. Drain the cooked fiddleheads and toss with the bacon.
7. Season with salt and pepper and serve immediately.

**"Wabanaki people often used salt pork in small amounts in their dishes for added flavor. It keeps well, can be used on the trail and is inexpensive. Many in my generation (I'm 62) grew up eating fiddleheads this way. Another way to serve them is to scoop them with a slotted spoon into a bowl, add a bit of butter, salt & pepper, and cider vinegar." -Mihku**

---



# From the Maine Dairy & Nutrition Council!!



Looking for creative ways to build excitement in your childcare food program? Sign up for the FREE Adopt a Cow program for the 2025-26 school year! Adopt a cow for your childcare classroom, make farm-to-table connections, and learn all about dairy nutrition.

The Discover Dairy “Adopt a Cow” program is an exciting, year-long experience for your childcare classroom. Throughout the program, you’ll get an inside look at dairy farming and be paired with a calf from a working Maine dairy farm. You’ll find out what her name is, when her birthday is, where she lives, and how the farmer takes care of her. You’ll also receive progress updates, photos of the cow, live chats from the farm, activity sheets for your students, and even opportunities to write letters to your calf! All updates are easily accessible via an online portal and app for Apple and Android.

You have until September 15 to enroll in the free program!

Learn more: [discoverdairy.com/adopt](https://discoverdairy.com/adopt)



# Upcoming Trainings!



[Click Here to Register!](#)

---

## New CORE Online Trainings!

USDA FNS would like to announce the launch of two new CORE online courses for CACFP sponsoring organizations. CACFP Operational Resources and Education, or CORE, is a USDA-funded training initiative developed in collaboration with MH Miles Company to provide practical CACFP sponsor-focused trainings and resources for State agencies.

The two new courses are Corrective Action and Trainer Success. The CORE CACFP Corrective Action course explains the purpose of corrective action and provides sponsoring organizations with practical tools to assist in determining the root cause of noncompliance, developing an effective corrective action plan, and evaluating corrective action plans submitted by their facilities. The CORE CACFP Trainer Success course is an effective resource for sponsoring organizations to learn the trainer competencies necessary for delivering effective CACFP training to key staff within their organizations and to facility key staff.

Organizations can learn more about CORE and available resources by visiting:

<https://www.core-cacfp.com/>