

CACFP MONTHLY UPDATE

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Welcome



Shawn Perry

Experienced and result-driven food and nutrition services professional with a background in nutrition and dietetics. Shawn has worked in the child nutrition programs arena for several years, spanning food service operation management and serving as a food and nutrition advisor for child nutrition programs.

Kobi spent many years teaching PreK through Second Grade in public schools before moving into the nonprofit world, where she oversaw programs designed to help families not just survive but thrive. She's excited to bring those experiences to this role that marries her two passions – children and nutrition. When not working, Kobi enjoys running, skiing, reading, cooking, and spending time with family and friends. She's looking forward to working alongside all of you.

Kobi Chase





July Claim Submission

September 30th is the last day
to submit your **July** Claim!

New password guidelines for CNPWeb

To align with the State of Maine's (SOM) password policy, a mandatory CNPWeb Password Reset will soon be implemented.

What to Expect: Once the change is deployed, users will be prompted to update their passwords upon their next login to CNPWeb. The system will enforce this update, and users will be required to complete the password change at that time.

Users may not be able to log in until this new password has been set. The new password must meet the criteria below:

Password Guidelines:

The password must have a minimum length of fifteen (15) characters.

Cannot contain any part of the user's account name.

Cannot contain any dictionary word, unless in conjunction with an additional eight (8) characters and meeting all other criteria in this section.

Cannot contain any common or standard phrase.

Cannot contain keyboard patterns or obvious sequences ("qwerty" or "345ertDFG").

Must contain a mixture of at least one (1) uppercase, and at least one (1) lowercase alphabetic character.

Must contain at least one (1) numeric character.

Must contain at least one (1) special character from amongst the following: ({}[],.<>;:'"?/|\`~!@#\$%^&*()_-=).

Filling out the CNPweb User Access Form

Please read ALL directions before completing the form



CNPweb User Request Form



Complete this form to add, modify or delete a user in CNPweb. You must also update the Sponsor Application in CNPweb accordingly. Submit this form as often as changes occur to reflect only those currently approved to enter data and/or approve claims. This form must be signed by the Sponsor's Authorized Representative. This is the person with the legal authority to sign documents on behalf of the sponsor. Email completed form to child.nutrition@maine.gov.

All of these boxes need to be completed. Please do not use your AOS or School Union number. Use the district name as it appears in CNPweb, minus the assigned CNPweb number

Individuals can belong to one User Group, be sure to read the definitions of each before selecting the one you want.

The form must be signed by the Authorized Representative that is listed in CNPweb.

CACFP Sponsor Name <u>as it appears in CNPweb</u> :			
Staff Name:	New User	Modify User	Inactivate User
Title:	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Email:	Phone:		
COMPLETE THIS SECTION TO ADD/MODIFY/INACTIVATE A USER:			
User Group Column	Program Column		
User Group: Select one	CACFP Child & Adult Care Food Program		
Sponsor Admin Annual Application Packet; Monthly Claim for Reimbursement;	<input type="checkbox"/>		
Claim Approver Approves the Monthly Claim for Reimbursement. Cannot enter or edit information.	<input type="checkbox"/>		
View Only Can view information but not edit or delete	<input type="checkbox"/>		
As the Authorized Representative for the above names organization, I am requesting the changes listed on this form.			
Signature of Authorized Representative (Legal Agent):			
Print Name of Authorized Representative (Legal Agent):			
Title:		Date:	

State Use Only:

Date: _____

Change Complete: ☐

Initials: _____

Maine DOE Child Nutrition

6/17/24

Forms that are not completed properly will be returned for corrections.

Please be sure you are using the form pictured above.

Submitting forms directly from your scanner puts them at risk at being deleted as spam.

Crediting Breastmilk and Formula in the CACFP

Iron-fortified infant formula and breastmilk are only creditable when served as a beverage. Any formula or breastmilk that is mixed with cereal does not credit towards the breastmilk/formula meal pattern requirement. (See memo CACFP 02-2018, Attachment 1, section II, response to question 16- available online here- cacfp.org/assets/pdf/CACFP02-2018/ This memo also contains additional helpful questions and answers regarding feeding infants and meal pattern requirements in the CACFP.

FARM TO CACFP WEEK

OCTOBER 12TH – 18TH

Farm to CACFP Week is a national education campaign hosted annually during the third week of October by the National CACFP Association. The campaign aims to raise awareness of the benefits of connecting child and adult care sponsors and operators with local foods. Through local food procurement, gardening activities and agriculture education, Farm to CACFP leverages CACFP funding to help incorporate local foods into the nutritious CACFP meal pattern thus strengthening community food systems and supporting positive health outcomes for those in care.

To access resources from NCA visit:

<https://www.cacfp.org/farmtocacfpweek/>

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

ServSafe Exam

2:00pm

October 20, 2025

Child Nutrition Office

Deering Building

Room 101

Augusta

Arrive early, testing begins promptly at 2:00. Bring photo ID (you will not be able to take the exam if you do not have your ID), pens or pencils, erasers.

Once test has begun no late arrivals will be allowed to take the exam.

**Per Maine DOE policy, payment is due by
credit card at the time of registration.**



Fast Prep with Slow Cooking

TRY THESE
EASY RECIPES!

Slow cookers are a relatively inexpensive investment with high yield, and can be a great way to prep food served as part of the Child and Adult Care Food Program.

Using a slow cooker will:

- ❖ Free up the stove and the oven for other dishes.
- ❖ Tenderize meats, especially cheaper, tougher cuts.
- ❖ Give flavor more time to develop, adding depth to the dish.
- ❖ Require only a few check-ups as it's cooking.

Tips to Get Started

- ❖ Ensure your slow cooker is only halfway to two-thirds full to ensure that foods cook thoroughly.
- ❖ Always defrost meat and poultry before adding them to the slow cooker.
- ❖ Keep perishable foods refrigerated until it is time to add them to the slow cooker.
- ❖ Cut large pieces of meat into smaller pieces before adding it to the slow cooker.

Get the Best Results

- ❖ Sear your meat or poultry before adding it to the slow cooker to add more flavor.
- ❖ Add dried herbs and spices when preparing the slow cooker, but wait until the last hour of cooking if you're using fresh herbs and spices.
- ❖ Wait to add dairy products until the final 30 minutes of cooking or before serving.
- ❖ Grease the slow cooker or use a liner to avoid long cleanup.

Learn to Layer



- ❖ Add dairy and fresh herbs at the end of the cooking process.
- ❖ Delicate ingredients that cook quickly like bell peppers, canned vegetables and onions go on top.
- ❖ Sauces, dried herbs and spices gather flavor in the middle layer.
- ❖ The bottom layer is foods that take the longest to cook, like meat, poultry and root veggies.



cacfp.org
CACFP is an indicator of quality care.
This institution is an equal opportunity provider.

Speedy Salsa Chicken



- 1 lb chicken breast, skinless, boneless
- 8 oz salsa
- Seasoning to taste

Place chicken in slow cooker and cover with salsa. Add taco seasoning or other seasonings to taste. Cook on low for 6 hours, then shred the chicken using two forks. Try serving this in tacos or stuffed peppers, or over sautéed vegetables.

Serving size: 1/4 cup. Makes 7 servings.

Crediting: 1 1/2 oz meat

Overnight Oatmeal



- 2 cups steel cut oats
- 8 cups water
- 8 cups fruit, diced
- Nonstick cooking spray

Coat the inside of a slow cooker with nonstick cooking spray. Combine the oats and water. Cover and cook on low for 8 hours overnight. Serve in the morning.

Serving size: 1/4 cup oatmeal, 1/2 cup fruit. Makes 16 servings.

Crediting: 1/2 oz eq grains
1/2 cup fruit

Mac and Cheese



- 1/2 (16 oz) package whole wheat macaroni, cooked and drained
- 1 (12 oz) can evaporated milk
- 1 1/2 cups milk
- 3 cups shredded sharp cheddar cheese
- 1/2 cup melted butter
- Seasoning to taste

Mix all ingredients together in a large bowl. Pour into a lightly-greased slow cooker. Stir well, cover and cook on low for 3-4 hours, stirring occasionally.

Serving size: 1/2 cup. Makes 11 servings.

Crediting: 1/2 oz eq grains
1 oz meat alternate



Sweet Changes Ahead: Preparing for CACFP's Sugar Rules

Thursday, September 18, 2025 | 2:00 – 2:30 pm Eastern

In just 30 minutes, attendees will learn how to:

- Use the Nutrition Facts Label to identify added sugars in cereals and yogurts.
- Evaluate products to ensure they meet the new limits.
- Plan menus and select products that stay in compliance.

Registration: <https://info.cacfp.org/ap/Events/Register/07FXz5EcxCwCR>

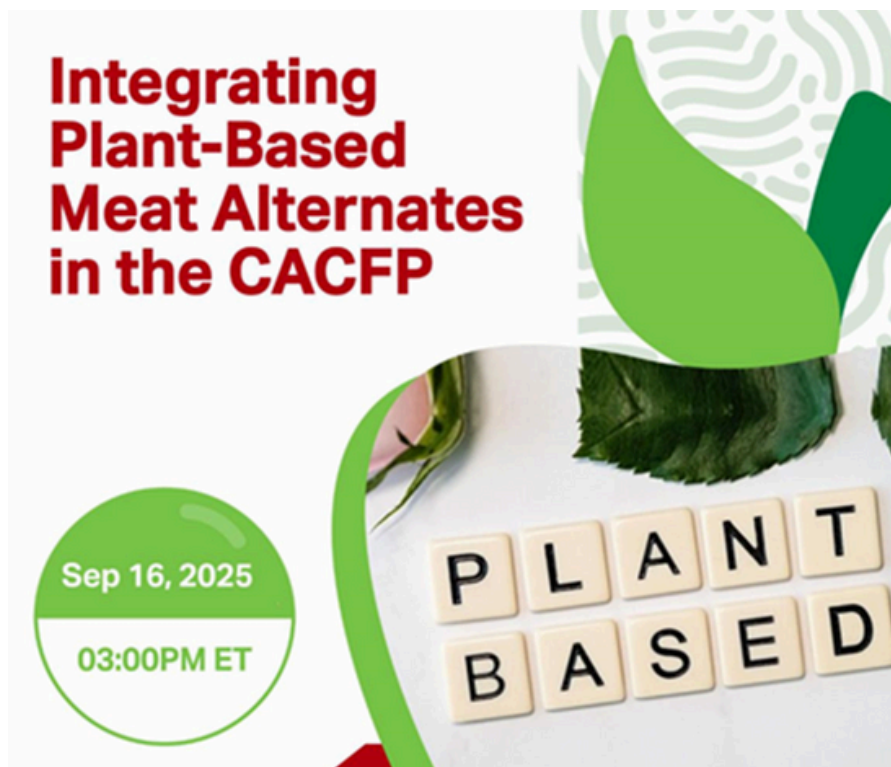
Additional Resources to Share:

- [Is Your Yogurt CACFP Creditable?](#)
- [Identifying Added Sugar Limits in Breakfast Cereals](#)
- [Choose Yogurt That is Lower in Added Sugars \(USDA\)](#)
- [Choose Breakfast Cereals That Are Lower in Added Sugars \(USDA\)](#)
- [Thirty on Thursday Webinar: Choose Yogurts That Are Lower in Added Sugars](#)
- [Thirty on Thursday Webinar: Choose Breakfast Cereals That Are Lower in Added Sugars](#)



Making the shift from less processed foods to scratch and speed-scratch recipes can feel overwhelming, but it doesn't have to be. In this engaging webinar, school nutrition operators will share practical tips for incorporating both scratch and speed-scratch recipes. Participants will gain insights from operators who have successfully streamlined menu planning, including batch-cooking, rotating ingredient bases, as well as implemented scratch and speed-scratch recipes in their school meal programs.

To Register: <https://ilearn.theicn.org/learn/courses/736/cicn-getting-started-with-menu-planning-using-scratch-and-speed-scratch-recipes-september-4th-2025-3p>



Discover how plant-based meat alternates can support healthier eating and a more sustainable environment within the CACFP. This engaging webinar will explore the health and environmental benefits of incorporating plant-based options into child nutrition programs. Participants will also gain practical techniques to introduce, prepare, and serve plant-based meat alternates in ways that are appealing, nutritious, and CACFP-compliant.

Learning Objective(s):

- Explore the health and environmental benefits of incorporating plant-based meat alternates in the CACFP.
- Provide participants with techniques to introduce, prepare, and serve plant-based meat alternates.

Tuesday, September 16, 2025: 3:00–4:00 PM ET (2:00–3:00 PM CT, 1:00–2:00 PM MT, 12:00–1:00 PM PT)

To Register: <https://ilearn.theicn.org/learn/courses/723/cacfp-integrating-plant-based-meat-alternates-in-the-cacfp-september-16th-2025-3pm-est>

Opportunity for Childcare Centers to Participate in “Apple Crunch Day”!



What is Maine Apple Crunch Day?

October 15, 2025, marks Maine's first **Apple Crunch Day**! This fun event promotes fresh, local food in school cafeterias and teaches students where food comes from---and the immense benefits that coincide with sourcing our food locally.

This event is a great way for schools and communities to kick off their fall by celebrating and supporting Maine producers!

How do I participate in the Apple Crunch?

Participating can be as simple or complex as you want to make it! At noon on Wednesday, October 15th, schools and communities across the state will crunch into a local apple at the same time, creating a resounding collective CRUNCH!

Why Apples?

Apples are the top purchased local item by schools in Maine! Our state has a wonderful bounty and variety of apples to purchase.

**Registration and resources coming soon! For any questions
email Katie.Knowles@maine.gov**

Recipe of the Month

Breakfast Muffins - USDA Recipe for Child Care Centers

Age Group: Ages 6-18

Serving Size: 25-50

Ginger up your morning with muffins! These delicious Breakfast Muffins are a hearty mixture of 51% whole-wheat flour and 49% all-purpose flour paired with applesauce, carrots, ginger, and Greek yogurt.

CACFP CREDITING INFORMATION

1 muffin provides 1 oz equivalent grains.

★★★★☆ 3.46 from 11 votes



<https://theicn.org/cnrb/recipes-for-centers-breakfast/breakfast-muffins-usda-recipe-for-cacfp/>