

Our mission is to seek licensed child care homes and centers to offer them USDA Funds to serve nutritious meals to children ages 0-12 to stamp out obesity and food insecurity.

November 2022 Newsletter

Monitoring Reviews

Let's start the new fiscal year off right! We want to make sure we always remain organized and ready for a compliance reviews. One of the things we would like you to do is, go through your daycare and ensure you have the documents posted below.

- License
- DOH Food Handler License (DC)
- Daily Dated Menus (Child and Infant)
- WIC Flyer
- Building for the Future Flyer
- Non-Discrimination Statement (updated 5/2022)
- And Justice for All Poster (Centers)

Remember to document your attendance daily. Meal count should be documented by the end of the day for homes and at the point of service for centers.

We are required to review each daycare three (3) times per year. Two (2) of the reviews are unannounced and one (1) review will be announced. One (1) of the unannounced reviews will include a meal observation. You may receive more than three (3) reviews if your monitor needs to conduct a follow up visit.

Your paperwork should be always on hand and up to date. Your paperwork for the current fiscal year should be available in your home and the previous three (3) years should be reachable within an hour.

Organize your food program binder with the following dividers:

- Permanent File (Application & Agreement)
- Monitoring Reviews
- Monthly Reports
- Enrollment Forms
- Training Certificates
- Recipes/CN Labels

If you are missing any of the required information, contact your assigned office staff person for assistance.

FY 23 Training Schedule and Bi Monthly Conference Call Dates

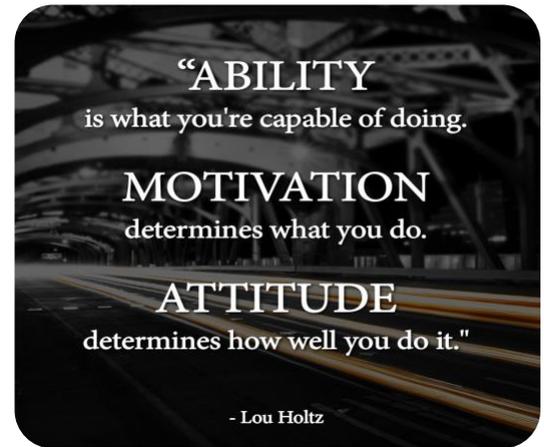
All sponsored daycare home providers and centers are required to attend annual training; this includes Center staff that perform food program duties. T & T Tutor World, Inc. has provided three virtual webinars to fulfill the annual mandatory requirement.

Meal Pattern Training- 1/19/2023 @ 1pm

Recordkeeping Training- 2/16/2023 @ 1pm

Civil Right/ Serious Deficiency Training- 3/16/2023 @ 1pm

The schedule for our next conference call/ connection meeting, is listed below. We will do a deep dive into monitoring reviews and recordkeeping documents. The last round of Connection meetings that we had in October, was well attended, and the participation was great.



You do not want to miss out on the next Connection call in December. Mark your calendar for at least one person from your facility to be on the scheduled call. We look forward to hearing from you.

Homes- DC 12/12, NC 12/13, SC 12/14

Centers- DC 12/15, SC 12/16

Conference call number: 302-202-1118 Pin: 499190 Time: 1pm

Sponsor Provided Cycle Menus

We have updated our cycle menus and emailed them to all sponsored homes and centers. We have also emailed the recipes that go along with the menus. The cycle menus have been updated to include specific types of food items. Therefore, when grocery shopping for the food items to be served according to the cycle menus, pay attention to the types of beans, hot dogs, fish sticks, etc.

We welcome suggestions for new and different food items to be added to the list of food items in Kid Kare. In making your recommendations, make sure the items are ones that would be approved according to the crediting guide.

If you have not received the cycle menus or recipes, contact your assigned office staff person for assistance.



Welcome Our New Homes and Centers

Join us in welcoming our new facilities to T & T Tutor World, Inc. Sponsorship and USDA's Child and Adult Care Food Program!!!

DC

Emergent Prep Academy I, III, IV and V (4 locations)
Bellas Artes Child Creativity Center

NC

Johnna Carver
Rachel Harris

SC

Mercy Baptist Church Child Development Center
Little Steps Columbia
Poplar Christian Learning Academy
Charlene Gethers
Shaunada Brown
Annette Sloan
Lakeidra White

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Additional Guides and Resources:

[Non Discrimination Statement](#)

[DC FY 23 Enrollment Forms](#)

[NC FY 23 Forms](#)

[Crediting Handbook for the Child and Adult Care Food Program](#)

[Feeding Infants in the Child and Adult Care Food Program](#)

[SC Menu Planning Guidelines](#)

[USDA Authorized Labels and Manufacturers](#)

[Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool](#)

Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.



Roast, Bake, or Broil:

Cooking foods, usually at high heat, in the oven.



Sauté, Pan Fry, and Stir-Fry:

Cooking foods with a small amount of hot oil over medium or high heat.



Grill: Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.



Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

As of October 1, 2017, foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- “Onsite” means at your child care center, family child care home, or your child care center’s central or satellite kitchen.





Which foods may be served as part of a reimbursable meal in the CACFP?



Food	Reimbursable?
Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes).	Yes, if heated onsite by baking, microwaving, or another method that is not deep-fat frying. Compare foods and choose those lower in saturated fats.
Fried food from a restaurant or vendor.	Yes, if reheated onsite by baking, microwaving, or another method that is not deep-fat frying. Try to switch to healthier options.
Pan-fried foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when pan-frying.
Fried foods prepared at a child care center's central kitchen.	No.
Stir-fried or sautéed foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when stir-frying or sautéing.

Try It Out!

Find these yummy recipes at:

<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>.

Circle the ones you plan to try.



Try: Oven-Fried Chicken

Italian Garden Salsa with Crunchy
Chicken Tenders

Try: Bean and Rice Burritos

15-Minute Enchiladas

Turkey Tostadas



Try: Oven-Fried Fish

Roasted Fish Crispy Slaw Wrap



Try: Baked Tortilla Chips

Corn Toasties

Try: Chicken Fiesta Taco Bake

Delicious Tacos

Eagle Pizza

Try: Delicious Oven French Fries

Tasty Tots





Salmon Patties

USDA Recipe for CACFP

Salmon Patties are canned salmon infused with coriander, fennel, and seafood seasoning.

CACFP CREDITING INFORMATION

One patty provides 1.75 oz equivalent meat/meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salmon, canned, drained	3 lb	1 qt 2½ cups (3¼ 14¾-oz cans)	6 lb	3 qt 1 cup (6½ 14¾-oz cans)	1 Combine salmon, salmon seasoning, coriander seeds, lemon juice, egg whites, bread crumbs, cilantro, bell peppers, seafood seasoning, and mayonnaise in a large bowl. Stir well.
Salmon seasoning (see Notes)		1 Tbsp		2 Tbsp	
Coriander seeds, whole		2 tsp		1 Tbsp 1 tsp	
Lemon juice	4 oz	½ cup	8 oz	1 cup	
Egg whites	4 oz	½ cup	8 oz	1 cup	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Panko bread crumbs	6 oz	1½ cup	12 oz	3 cup	
Cilantro, fresh		2 tsp		1 Tbsp 1 tsp	
*Red bell peppers, fresh, diced	4 oz	¾ cup	8 oz	1½ cup	
Seafood seasoning		1 tsp		2 tsp	
Mayonnaise, low-fat	5⅓ oz	½ cup	10⅔ oz	1 cup	<p>2 Using a No. 8 scoop, portion ½ cup (about 2¾ oz) onto a sheet pan (18" x 26" x 1") lined with parchment paper and lightly coated with pan release spray. Flatten 25 meat patties into an oval shape in each pan.</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>3 Bake: Conventional oven: 400 °F for 10 minutes. Convection oven: 375 °F for 8 minutes.</p>
					<p>4 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.</p>
					<p>5 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>6 Serve 1 patty.</p>



NUTRITION INFORMATION

For 1 patty.

NUTRIENTS	AMOUNT
Calories	128
Total Fat	4 g
Saturated Fat	1 g
Cholesterol	37mg
Sodium	293 mg
Total Carbohydrate	7 g
Dietary Fiber	0 g
Total Sugars	1 g
Added Sugars included	N/A
Protein	16 g
Vitamin D	468 IU
Calcium	25 mg
Iron	0 mg
Potassium	189 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Red bell peppers	5 oz	10 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.

If Salmon Seasoning is unavailable, please use the following ingredients to create spice blend:

Combine 2 tsp sugar, 1½ tsp salt, 1 tsp ground coriander, 1 tsp granulated onion, 1 tsp garlic powder, ½ tsp ground mustard, ½ tsp paprika, and ½ tsp white pepper.

YIELD/VOLUME

25 Servings	50 Servings
About 4 lb	About 8 lb
About 2 qt/1 sheet pan (18" x 26" x 1")	About 1 gal/2 sheet pans (18" x 26" x 1")

