

## SEPTEMBER 2022 NEWSLETTER

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## UPDATED REIMBURSEMENT RATES & KEEP KIDS FED ACT OF 2022

Section 3 of the Keep Kids Fed Act of 2022 (Public Law 117-158) provides temporary additional funding for each meal and supplement served. This additional reimbursement amount will be available beginning July 1, 2022 and ending on June 30, 2023. The law temporarily provides an additional reimbursement in the amount of 10 centers for each meal and supplement served under the program authorized by section 17 of the Richard B. Russell National School Act (42 U.S.C. 1766).

Additionally, the Keep Kids Fed Act of 2022 (Public Law 117-158) authorized a tier II family or group day care home described in subsection (f)(3)(A)(iii) of section 17 of the Richard B. Russell National School Lunch Act (42 U.S.C. 1766) to be considered a tier I family or group day care home for purposes of the program authorized under that section for the same period. This temporary measure will provide tier II homes with tier I reimbursement only for the time period beginning July 1, 2022 and ending on June 30, 2023.

### Meals Served in Child Care Homes Per Meal Payment Rates in Cents

Tier I: Breakfast \$1.66 Lunch \$3.04 Snack \$0.97

### Meals Served in Day Care Centers (Adult or Childcare) Per Meal Payment Rates in Cents

Breakfast: Free \$2.21 Reduced \$1.91 Paid \$0.45

Lunch: Free \$4.33 Reduced \$3.93 Paid \$0.77

Snack: Free \$1.18 Reduced \$0.64 Paid \$0.19

Source: Federal Register/Vol.87, No. 142//Tuesday, July 26, 2022 for reimbursement rates; Vol.87, No. 134/Tuesday, July 14, 2022 for CIL rate







# FY 23 TRAINING SCHEDULE & BI MONTHLY CONFERENCE CALL DATES

All sponsored daycare 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 is listed below. We will do a deep dive into menus, recipes, and cn labels. Mark your calendars for at least one person from your facility to be on the scheduled call. We look forward to hearing from you.

Homes- DC 10/17, NC 10/18, SC 10/19

Centers- DC 10/20, SC 10/21

Conference call number: 302-202-1118 Pin:  
499190



*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.*





## MONITORS OF THE QUARTER

Join us in celebrating our monitors of the quarter. These two ladies have shown their constant dedication and go above and beyond to ensure our sponsored providers and facilities maintain compliance with the Child and Adult Care Food Program requirements.



Linda Brown has been monitoring providers in North Carolina for 18 years.



Maxine Beach has been monitoring providers in South Carolina for 9 years.



Sara Wisenbaker has been monitoring centers in South Carolina and the District of Columbia for 2 years.

The next time you speak to these ladies wish them a CONGRATULATIONS for their hard work and dedication. We appreciate you!



*"They may forget your name, but they will never forget how you made them feel."*

*Maya Angelou*







## ADDITIONAL GUIDES AND RESOURCES

[Non Discrimination Statement](#)

[DC FY 23 Enrollment Forms](#)

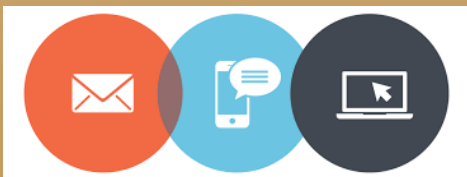
[NC FY 23 Forms](#)

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

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

[SC Menu Planning Guidelines](#)

### *Contact Us:*



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# Child and Adult Care Food Program Milk Requirements



**Newborn through  
11 Months**

Breastmilk or Iron-Fortified  
Infant Formula



**12 Months through  
23 Months**

Unflavored  
Whole Milk



**2 Years through  
5 Years**

Unflavored Fat-Free or  
Low-Fat (1%) Milk



**6 Years  
and Older**

Unflavored or  
Flavored Fat-Free or  
Low-Fat (1%) Milk

**Breastmilk is creditable at any age**

## Transitions



To help program operators gradually introduce different types of milk to children:

- Breastmilk, iron-fortified infant formula, and/or unflavored whole milk may be served to children ages **12 months to 13 months**.
- Breastmilk, unflavored whole, reduced-fat (2%), low-fat (1%), and/or fat-free (skim) milk may be served to children ages **24 months to 25 months**.

Learn more at <https://www.fns.usda.gov/cacfp-training-tools>.

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USDA is an equal opportunity provider, employer, and lender.

Adapted from the Maryland State Department of Education's "CACFP Milk Requirements" resource.





## Dry Beans and Peas

This hearty dish is a perfect blend of spinach, sweet potatoes, red potatoes, northern beans, tomatoes, and chicken. To round out the dish, the flavors of carrots, celery, onions, and garlic take this stew to the next level!





# Harvest Stew

## DAVID D. JONES ELEMENTARY SCHOOL

Greensboro, North Carolina

### Our Story

When the recipe challenge team came together to work on this recipe challenge project, they had no idea what they had gotten themselves into. Their first task was figuring out how to organize a tasting event because their school had over 750 students. The team then began experimenting with different ingredients and recipes and held small taste testing sessions to gather feedback and make improvements. All of their hard work led to the development of Harvest Stew.

This flavorful dish was created to satisfy the palate of students, teachers, and staff while being a filling, nutritious meal to fuel them for the rest of their day. Initially when the Harvest Stew recipe was created, it was prepared with kale. However, spinach was substituted because it was more readily available for the school district.

Over 600 students sampled the recipe during their lunch period. Parents of students were also encouraged to attend the tasting with their children. Parents, students, and teachers were enthusiastic about the new recipe and overwhelmingly enjoyed the dish, with 70 percent of the students approving of the recipe. The school is proud that North Carolina sweet potatoes from their *Farm to School* program were featured in this stew.

### School Team Members

#### SCHOOL NUTRITION PROFESSIONAL

Pam Cecil

#### CHEF

Matthias Hartmann

#### COMMUNITY MEMBERS

Jen Schell (Parent) and Amanda Hester (Nutritionist)

#### STUDENTS

Maria S., Bailey P., Nemiah I., Jalen W., and Ayatollah H.



# Harvest Stew

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable

Soups H-10r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
Vegetable oil		2 ½ Tbsp		¾ cup 1 Tbsp	1. Heat oil: For 25 servings, use a large stockpot. For 50 servings, use a roasting pan/square head pan (20 7/8" x 17 3/8" x 7") on top of stove. Sauté onions, carrots, and celery for 5 minutes until slightly browned.
*Fresh onions, diced	10 oz	1 ½ cups	1 lb 4 oz	3 cups	
*Fresh carrots, diced	6 oz	1 cup	12 oz	2 cups	
*Fresh celery, diced	8 ½ oz	1 ¾ cups	1 lb 1 oz	3 ½ cups	
Enriched all-purpose flour	1 ½ oz	¼ cup ½ Tbsp	3 oz	½ cup 1 Tbsp	2. Sprinkle flour over vegetables and mix well. Add water and base. Mix well. Bring to a boil uncovered.
Water		1 qt 1 cup		2 qt 2 cups	
Low-sodium chicken base		1 ½ tsp		1 Tbsp	
Salt-free seasoning		½ tsp		1 tsp	3. Add seasoning and garlic powder. Cook uncovered over medium heat for 2 minutes.
Garlic powder		1 ½ tsp		1 Tbsp	
Canned low-sodium diced tomatoes	1 lb 10 oz	3 ¾ cups (¼ No. 10 can)	3 lb 4 oz	1 qt 2 ½ cups (½ No. 10 can)	4. Add tomatoes, sweet potatoes, and red potatoes. Simmer uncovered over low heat for 15 minutes or until potatoes are tender.
*Fresh sweet potatoes, peeled, cubed 1"	12 oz	3 ½ cups	1 lb 8 oz	1 qt 3 cups	
*Fresh red potatoes, unpeeled, cubed 1"	12 oz	2 cups	1 lb 8 oz	1 qt	
Frozen, cooked diced chicken, thawed, ½" pieces	13 oz	2 ¾ cups	1 lb 10 oz	1 qt 1 ½ cups	5. Add chicken, beans, and spinach. Simmer uncovered for an additional 10 minutes.  Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	3 lb 8 oz OR 3 lb 8 oz	1 qt 2 ¾ cups (7/8 No. 10 can) OR 1 qt 2 ¾ cups	7 lb OR 7 lb	3 qt 1 ½ cups (1 ¾ No. 10 cans) OR 3 qt 1 ½ cups	



**Dry Beans and Peas**

# Harvest Stew

**Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Additional Vegetable**

**Soups H-10r**

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh baby spinach, chopped	2 ½ oz	1 cup	5 oz	2 cups	
					6. Critical Control Point: Hold for hot service at 135 °F or higher. 7. Portion with 6 fl oz ladle (¾ cup).

## Notes

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

### SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

### COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6 ¾ cups cooked beans.

## Nutrients Per Serving

Calories	123.71	Saturated Fat	0.27 g	Iron	1.88 mg
Protein	7.95 g	Cholesterol	13.14 mg	Calcium	50.22 mg
Carbohydrate	18.19 g	Vitamin A	3426.42 IU	Sodium	57.37 mg
Total Fat	2.24 g	(162.53 RAE)		Dietary Fiber	5.03 g
		Vitamin C	8.83 mg		

## Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	12 oz	1 lb 8 oz
Carrots	7 ¼ oz	15 oz
Celery	10 ¼ oz	1 lb 4 ½ oz
Sweet potatoes	1 lb	2 lb
Red potatoes	12 ½ oz	1 lb 8 ¾ oz
Dry great northern beans	1 lb 4 oz	2 lb 8 oz
Baby spinach	3 oz	6 oz

Serving	Yield	Volume
¾ cup (6 fl oz ladle) provides:	25 Servings: about 9 lb 8 oz.	25 Servings: about 1 gallon 1 quart
<b>Legume as Meat Alternate:</b> 1 ½ oz equivalent meat/meat alternate and ¾ cup vegetable.	50 Servings: about 19 lb	50 Servings: about 2 gallons 2 quarts
OR		
<b>Legume as Vegetable:</b> ½ oz equivalent meat and ¾ cup vegetable.		
<i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i>		