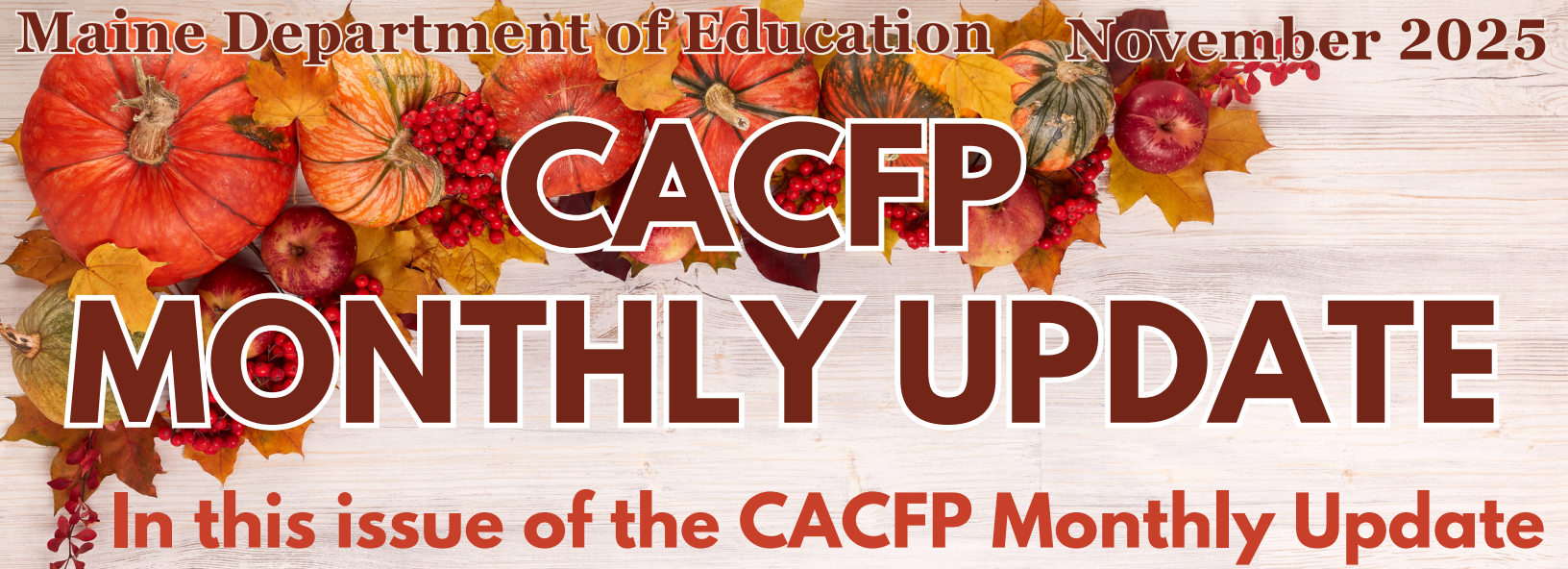




CACFP MONTHLY UPDATE

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CACFP Training

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September Claim Submission

December 1, 2025 is the last day to
submit your **September 2025** claim

CACFP Open Office Hours

Need Help with CACFP? We're Here for You!

Join our CACFP Office Hours on Microsoft Teams! Whether you need help with your budget, sponsor agreements, site/provider sheets, or other CACFP requirements, our team is available to answer your questions and provide one-on-one support. Drop in anytime during open office hours, between 2:00pm-3:00pm, no appointment needed!

December 9, 2025

January 12, 2026

February 9, 2026

March 9, 2026

April 13, 2026

May 11, 2026

June 8, 2026

[Use this link to join the CACFP Open Office Hours](#)

Determining Tier I Eligibility for FDCH Providers Using Census Maybes

Family Daycare Home Providers can qualify for Tier I (higher) rate of reimbursement by using: school data, census data, or the Provider's household income. When determining Tier I eligibility using census data, a Provider qualifies for the Tier I rate of reimbursement if they live in a census block group in which 50% or more of the children residing in the block group are part of households that are below a specified income level. The online tool used to determine Tier I eligibility using census data is the FNS mapper which is available here- <https://www.fns.usda.gov/area-eligibility> (see CACFP Family Childcare Sponsor Handbook pages 9-12 for details on how to use the FNS mapper).

If the Provider's census block is less than 50% free and reduced price meal eligibility, FDCH Sponsoring Organizations (SO) should look at the percentage of children (0-18 years of age) eligible for F/RP meals and the percentage of children (0-12 years of age) eligible for F/RP meals. If either of the percentages are 40 or higher, the SO should contact the State Agency (SA) via email and ask that they calculate a weighted average to determine if the Provider qualifies as Tier I by census. The email needs to indicate that the Provider's block group could potentially qualify as Tier I by census; this is called a "census maybe". The email needs to list the Provider's name, street address, town, state, and zip code. The SA will calculate the weighted average and will notify the SO via email regarding the eligibility of the Provider as Tier I by census.

Did you forget your CNPWeb password?

Or, did you get a new laptop and your password is no longer automatic?

Or, did you lose the paper it was saved on?

Passwords are case sensitive and have to be at least fifteen characters long so clicking the eyeball so that you can see what you are typing is helpful.

Enter Password:



That didn't do the trick? You need to reset your password.

Click **“Forgot Password”**

Forgot User ID?

Contact Maine DOE at (207)624-6842

 [Forgot Password?](#)

When you click “Forgot Password” you will be asked for your User ID and then sent a temporary password to use.

In the field of **“Old Password”**, type the one you just received not your old password or what you think your old password is.

Standardized Recipes

Where can I find resources to help standardize a recipe?

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

Our webpage is full of wonderful resources to help with standardizing recipes. If you look under the Meal Pattern Section, there is a section titled “Standardizing Recipe Tools”. In that section, you will find:

Step-by-Step Recipe Standardization Guide for the CACFP

<https://theicn.org/icn-resources-a-z/step-by-step-recipe-standardization-guide-for-the-child-and-adult-care-food-program/>

Crediting Recipes in the CACFP

Food Buying Guide- Recipe Analysis Workbook (RAW)-

<https://foodbuyingguide.fns.usda.gov/Home/Home>

Log in to the Food Buying Guide, and you will see a link for the “RAW” in the bottom right-hand corner.

Sometimes, this can be more difficult for small centers because the “purchase unit” does not align with what a provider could purchase from a local grocery store. There are also training modules on how to use the different parts of the Food Buying Guide, including “RAW”:

<https://www.fns.usda.gov/tn/fbg/training>



Maine Apple Crunch Day



Alfond Youth Center



Wiscasset Recreation

Westbrook Public Schools

Selective Eater Resources

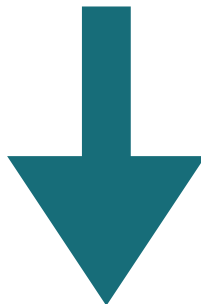
Sesame Street Video for families:

<https://sesameworkshop.org/resources/to-like-or-not-to-like/>

And a recipe to try a new food – cranberries – mixed in a food
most like – applesauce!

<https://www.cacfp.org/2022/11/16/cranberry-applesauce/>

Please check out the resources on the following pages.



Encouraging Excellent Eating Early

Interested in giving your young child a taste for healthy eating right from the start? Kids can react strongly to the foods they are offered – healthy or not! They may push them away, refuse to open their mouth, shake their head, or more. What is a parent or caregiver to do?

With a few child-feeding tips and advice on how to set a positive tone for balanced, healthy eating, anyone can be a child-feeding pro!



MYPLATE CAN HELP!

Make every bite count with MyPlate by offering a variety of nutritious options from each food group – fruits, vegetables, grains, dairy, and protein foods – including those that provide unsaturated fats and are low in added sugar and sodium. From apples to avocados, corn tortillas to queso fresco, and pork to parsley, you can offer your child a variety of colors, textures, and flavors.

Once you know what to feed, it's time to master how to do it. Read on for our best tips to help young kids build healthy plates.

SETTING THE TABLE FOR SUCCESS

Mealtime is family time. Even ten minutes of eating together can increase children's fruit and vegetable intake. Start this habit with your baby or toddler by bringing them to the table with you!

Your child may only be eating baby food but include them at meals to increase their exposure to table food by seeing the foods you eat.[^]

It can take up to 15 exposures before a food is "trusted" and tasted. Use the exposure time to describe the food.*

Tasting is just the first step – it can take 10 to 15 more exposures before they like the food. This means it could take 30 exposures in total before your child enjoys the food.*



If your child eats the same foods as you, ensure their food has no added sugar or sodium. If adding these to your food, set aside their portion first.[^]

Each exposure can look different. Meats can be ground or shredded while vegetables can be cubed, cut into strips, or mashed.

MEALTIME IN ACTION

This pork looks juicy, feels soft, and is warm!



The tortilla is soft, what colors do you see on it?

This avocado is green, sounds squishy, and feels smooth.

The vegetables are different colors, which ones do you see?

GOING BEYOND 'YUCK' and 'YUM'

What does it look like?

Colorful	Goosey
Dry	Bumpy
Juicy	Shiny
Runny	

What does it feel like?

Chewy	Wet
Creamy	Mushy
Crunchy	Smooth
Dry	Sticky

What does it taste like?

Spicy	Sweet
Sour	Tart

What does it smell like?

Strong	Smokey
Fresh	Fruity
Minty	

What temperature is it?

Cool	Hot
Cold	Warm
Freezing	

What does it sound like?

Crunchy	Sizzling
Crispy	Squishy

POWERFUL WORDS TO USE DURING MEALTIME

"Good job trying a new food!"

"Wow! Did you notice everybody likes different foods on their plate?"

"What vegetable would you like to eat tomorrow?"

REFUSING FOOD? TRY THESE NEUTRAL PHRASES

"We can try this fruit together again another time."

"Next time, would you like to try your potatoes soft and smooth like mashed potatoes instead of roasted in pieces?"

"When you are ready, you can give it a try."

TIPS TO REMEMBER WHILE YOU PRACTICE YOUR NEW POWER LANGUAGE

- As a parent or caregiver, you decide what, when, and where the child eats; the child decides if and how much they will eat.
- Introduce new foods with current favorites – this may help acceptance.
- Young children don't eat a lot of food at a time, so they do not need to eat a certain amount at each sitting.
- Add 1-2 tablespoons of each food at the table on your child's plate. Follow their lead, if your child eats a food, offer more- one tablespoon at a time.
- Because they eat small amounts at a time, make every bite count with healthy choices.

Visit https://wicworks.fns.usda.gov/sites/default/files/media/document/English_ReducingRiskofChokinginYoungChildren.pdf for information about choking hazards in children.

Created by Hass Avocado Board, National CACFP Sponsors Association, and National Pork Board, members of the MyPlate National Strategic Partnership Program. This resource was reviewed by USDA CNPP for alignment with MyPlate. It is the policy of USDA not to endorse any commercial enterprise, product, or publication.



Provider Perspectives



How do you introduce children to foods from around the world?

Our community of CACFP providers has amazing ideas! In this resource, we're sharing their insights on how they introduce children to foods from around the world to inspire and support you in your own programs.

“We host **'Weeks from Around the World,'** where children explore foods from different cultures and dress in traditional costumes. They taste international dishes for lunch, enjoy cultural art activities with parents on Fridays, and take the theme outdoors with music, puppet shows and games that make learning about cultures fun!”

“The children get to pick which country's foods we'll explore. I've gathered **snack boxes** from those countries to make the experience even more fun, and we include coloring worksheets to tie it all together.”



“We choose a week where we teach children about different cultures. On Friday, we have a small **'Around the World' potluck** for lunch. That evening, we hold a family gathering where each family brings a favorite dish to share.”



“We introduce children to new and unfamiliar foods through **taste testing and graphing**. Everyone tries a small bite of each food, then we create a graph to show whether they liked it or not. If we're trying multiple foods, they get to choose their favorite. I also tie each food to an age-appropriate storybook whenever possible.”

“We have students share stories about their families and the foods they like to cook together. We try to find a book that connects to the culture and type of food. That week, we include the food on the menu and set up a 'Taste Tester' photo station. When children try a bite, they get to take an 'I'm a Taste Tester' photo and add it to their **Food Passport.**”

“I love introducing foods from around the world by first reading a book about their origins and then letting my students **explore them with all five senses!**”



CACFP Food Safety Toolkit



Looking for resources to strengthen food safety in the workplace?
Check out the Institute for Child Nutrition link below.

[CACFP Food Safety Toolkit – Institute of Child Nutrition](#)

Celebrate November with Fun & Healthy Food Holidays!

November is full of opportunities to celebrate nutritious foods and encourage children to explore new tastes. These national food holidays are a great way to spark mealtime discussions, plan taste-testing activities, or highlight CACFP meal components in creative ways.

- **November 3 – National Sandwich Day:** Build balanced sandwiches using whole-grain bread, lean proteins, and colorful veggies.
- **November 12 – Pizza with Everything (Except Anchovies) Day:** Feature whole-grain crusts, low-fat cheese, and colorful veggie toppings.
- **November 14 – Pickle Day:** Learn how cucumbers become pickles and discuss the importance of moderation with salty foods.
- **November 15 – Clean Out Your Refrigerator Day:** Review expiration dates, organize ingredients, and talk with children about reducing food waste.
- **November 17 – Homemade Bread Day:** Try baking whole-grain rolls or muffins together — a hands-on way to talk about grains.
- **November 21 – National Stuffing Day:** Put a healthy spin on this classic by using whole-grain bread and adding diced vegetables.
- **November 23 – Eat a Cranberry Day:** Taste-test fresh or dried cranberries and discuss fruits that grow in different seasons.
- **All Month – Sweet Potato Awareness Month:** Try roasted sweet potatoes or mashed versions as a nutrient-rich vegetable side.
- **All Month – Pepper Month:** Encourage children to try red, yellow, and green bell peppers and describe how they taste.
- **All Month – Good Nutrition Month:** Reinforce healthy eating habits and the importance of balanced CACFP meals.

These fun observances can make mealtime engaging while reinforcing nutrition education. Small celebrations like these help children connect food, learning, and healthy habits that last a lifetime.

Recipe of the Month

Harvest Delight - USDA Recipe for Child Care Centers

Age Group: Ages 3-5, Ages 6-18

Serving Size: 25-50

Inspired by autumn vegetables found at farmers markets, Harvest Delight is an irresistible, brilliantly colored roasted vegetable and fruit medley side dish.

CACFP CREDITING INFORMATION

½ cup (4 fl oz spoodle or No. 8 scoop) provides ¾ cup red/orange vegetable, ¼ cup other vegetable, and ¼ cup fruit.



<https://theicn.org/cnrb/recipes-for-centers-vegetables/harvest-delight-usda-recipe-for-cacfp/>



Harvest of the Month



<https://www.maine.gov/doe/schools/nutrition/programs/harvestofthemoth/resources>



MAINE
DEPARTMENT
OF EDUCATION **FARM & SEA
TO SCHOOL**

Local Foods Training

The Good Crust

November 13, 2025

10:00am-12:00pm

Child Nutrition Culinary Classroom

90 Blossom Lane

Augusta

Join Katie, our Farm & Sea to School Coordinator for a local foods training with The Good Crust! This training will highlight some of The Good Crust's BRAND-NEW products, including a new handheld breakfast item, Sicilian style pizza crust, and more! During this training, we will demonstrate different ways to prepare and utilize these new products.

Please reach out to Katie with any questions at katie.knowles@maine.gov



Local Foods Training

Maine Sea to School Culinary Training

December 16, 2025

10:00am-1:00pm

Child Nutrition Culinary Classroom

90 Blossom Lane

Augusta

Join Maine DOE Child Nutrition, Maine Coast Fishermen's Association, and Gulf of Maine Research Institute for a hands-on culinary training! This training will highlight Maine caught fish; expect to learn different ways to prepare fish, safe handling, as well as methods to engage students with local seafood.

CACFP Training



<https://info.cacfp.org/ap/Events/Register/4lFqeB6cRCMCx>

<https://info.cacfp.org/ap/Events/Register/G9F5W9yHNCxCK>



Free Webinar

Medical Statements: Updates & Guidance

Thursday, December 18
2:00 pm - 2:30 pm Eastern



<https://info.cacfp.org/ap/Events/Register/nvFD8b9iECNCZ>

**SHARE YOUR
EXPERTISE
AS A
CACFP 101 WEBINAR
PANELIST!**



<https://app.smartsheet.com/b/form/a4f45d41e1eb481ba993cc72251fd39c>