



Guilford Child Development  
1200 Arlington Street  
Greensboro, NC 27406

# News and View

Monthly Newsletter for Family Childcare Providers



## CACFP

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\*\*\*\*\*Everyone who plans to still be in operation come October 1, 2021 should be well into the process of switching to a new Sponsor. If you haven't begun the process yet, PLEASE do so now, so that you can begin with them on October 1. If you delay signing up, there is a good possibility you will experience a gap in reimbursement\*\*\*\*\*

*Also keep in mind that you will need to keep all Guilford Child Development CACFP documents for 3 yrs, plus the current year. If need be, the forms and notebook can be stored off site, but in a safe and convenient location. On October 1 of 2025, you can dispose of everything related to Guilford Child Development. If you have any questions, please contact us.*

As we are finishing out our year, please note that you will be contacted for your monitoring review. This will more than likely involve a meal 'observation'. You will be contacted for instructions of how this meal 'observation' will happen. Please, check emails and voicemail messages. It is imperative that you follow instructions and meet time/date deadlines for these reviews.



Please know we understand the frustration, uneasiness, sadness, uncertainty, fear, and concern some of you may be feeling about the transition to a new Sponsor. We will do all we can to help you through the next couple of months. In the meantime, we are all going to continue business as usual, so please let us know if there is anything we can do to help you. And we appreciate you working with us as we prepare to finish out our time together.

Remember to continue making menu comments or writing a list with the brand name of pre-packaged, pre-cooked food items on your menus. For example, Tyson chicken nuggets. Tyson chicken strips. Hillshire Farms smoked turkey. Hillshire Farms honey ham. Banquet Salisbury Steak. State Fair Corn Dogs. Chef Boyardee Pizza Maker crust. Dannon blueberry yogurt.

Recipes are required for all homemade foods, such as spaghetti, mac & cheese, meatloaf, etc... Cheese products, such as pimento cheese must be made from real cheese. If the cheese package says 'cheese food' or 'cheese spread' it is not real cheese and not allowed. Vienna sausages and Spam are no longer allowed. Flavored instant oatmeal must be reduced sugar variety, or not allowed. Instant Grits are not allowed, (grits must be made with whole corn, whole corn meal or corn masa as the first ingredient).

[https://theicn.org/cnrb/recipes-cacfp-homes/?page\\_id=119354](https://theicn.org/cnrb/recipes-cacfp-homes/?page_id=119354)

For more recipe ideas and to [order a free recipe book](#) go here:

<https://www.fns.usda.gov/tn/team-nutrition-recipes>

# THREE BEAN SALAD



## INGREDIENTS

2 tablespoons Olive Oil  
 2 tablespoons Red Wine Vinegar  
 1 tablespoon Sugar  
 1/4 teaspoons Salt  
 1/4 teaspoon Pepper, ground, black or white  
 1/4 teaspoon Garlic powder  
 16 ounces Kidney beans, canned, low-sodium chilled, drained  
 16 ounces Wax beans, low-sodium, canned chilled, drained  
 16 ounces Green beans, canned, low-sodium cut, chilled, drained  
 1 pound \*Tomatoes, fresh, chopped  
 1/4 cup \*Onions, red, fresh, chopped  
 1/8 cup Cilantro, fresh, chopped

1. **Dressing:** Combine olive oil, vinegar, sugar, salt, pepper, and garlic powder in a small bowl. Stir well. Set aside for step 4.
  2. Rinse kidney beans in cold water. Drain well.
  3. Combine kidney beans, wax beans, green beans, tomatoes, and onions, in a large bowl. Toss lightly. Set aside for step 4.
  4. Pour dressing over vegetable mixture. Stir well.
  5. Sprinkle cilantro over each pan.
- Portion with No. 8 scoop (1/2 cup)

**Crediting:** 1/2 cup (No. 8 scoop) provides 1/8 cup red/orange vegetable, 1/8 cup other vegetable, and 1/8 cup additional vegetable.

## Contact information

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| 1. mail: U.S. Department of Agriculture<br>Office of the Assistant Secretary for Civil Rights<br>1400 Independence Avenue, SW<br>Washington, D.C. 20250-9410; | 2. fax: (202) 690-7442; | or | 3. email: <a href="mailto:program.intake@usda.gov">program.intake@usda.gov</a> . |
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