

# VISIONARY



**NEW MEXICO**  
**Early Childhood**  
Education & Care Department

**Early Care, Education, and Nutrition Division**

Sharing our **VISION** with both Child and Adult Care Food Program and Summer Food Service Program Sponsoring Organizations in New Mexico



## Table of Contents

News from the Bureau Chief	Page 3	New Nutrition Classes Launched	Page 9
Notes from Finance	Page 4	Mealtime Memos	Page 9
SFSP Expansion and Enhancement Grant	Page 4	Useful Links	Page 9
Child and Adult Care Food Program	Page 5	Healthy Kids Healthy Preschool	Page 10
Welcome New FNB Staff	Page 6	Summer Garden Overload?	Page 11
Nutrition Snack Planner	Page 6	New Posters Coming Soon	Page 12
Nutrition Nibbles	Page 7	Child Care Regulation Updates	Page 12
Nutrition Education Awards	Page 8	Calendar of Events and Trainings	Page 13
Online Materials Library	Page 8	FNB Staff Directory	Page 14



## News from the Bureau Chief

by Loren Miller, Family Nutrition Bureau Chief

Greetings to all our partners who are providing nutritious meals and snacks to the infants, children, teens and adults of New Mexico! For the Family Nutrition Bureau (FNB), this summer has been a time of transition back to the program procedures that were in place prior to the pandemic. But now summer is almost over, and autumn will soon be here. Fall is a time for fairs, fiestas, and Farmer’s Markets. I recently traveled to Taos at the end of July and saw some roadside fruit stands that were already open in the Española valley. Late summer/early fall is a great time to access locally grown, New Mexico produce, and we have a great way for you to be able to add locally grown foods to your menus over the next year through the **New Mexico Grown Grant**. A \$300,000 appropriation has been made by the New Mexico legislature for childcare centers and similar facilities to be able to purchase locally grown foods. The expectations for use of the funding follow the pattern developed in the Farm to School program, which has been available to public schools for several years. This partnership benefits both the children receiving fresh, locally grown foods and the farmers, ranchers, and growers who are producing those foods.

Although much of New Mexico is dry and primarily desert topography, there is a surprisingly large amount of agriculture in the state, thanks to the water that flows through the state in the Rio Grande, Chama, Pecos, San Juan, and Animas rivers. In fact, according to the New Mexico Department of Agriculture website, agriculture is one of the state’s principal industries with cash receipts approaching \$3 billion annually, and it directly supports over 23,000 jobs in the state. Produce grown across the state includes onions, potatoes, pumpkins, chile, watermelons, lettuce, cabbage, peanuts, corn, and beans. Orchards in New Mexico produce apples, peaches, cherries, and pecans, and vineyards produce a wide variety of grapes. **Did you know that New Mexico supplies 85% of the nation’s fresh onions during the month of June?** New Mexico is also the country’s largest producer of our most famous export – chile peppers! Due to New Mexico’s ability to produce a variety of fruits, vegetables, nuts, and grains, the state enjoys the benefit of many local Farmers’ Markets. Forty-seven markets provide a

wide assortment of specialty fruits, vegetables, and herbs, including organically certified products that are all locally grown.

So, for all of the fresh fruit and vegetables that are available right in our own backyard, the New Mexico Grown Grant provides funding to help our sponsors purchase and add these items to the menu. For all of you that have completed a grant application and been notified of the amount you are eligible to spend, CONGRATULATIONS! We applaud you for choosing to purchase fresh, locally grown foods. For all of you that have not yet completed your New Mexico Grown Grant application, please check into this great opportunity to purchase food items grown or raised right here in New Mexico. Fresh is best, when it comes to quality, nutrient content, and taste!

FNB also **has funds available for expansion or enhancement** of the Summer Food Service Program for Children (SFSP) and the At-Risk Afterschool provision of CACFP. A total of \$1.5 million was also appropriated by the state legislature to expand and enhance these programs. Just like the New Mexico Grown program, the application for SFSP and At-Risk programs is available at the Family Nutrition Materials Library located at: [nmeccd.org/family-nutrition-bureau-materials-library](http://nmeccd.org/family-nutrition-bureau-materials-library).

- View [Summer Food and At Risk Expansion and Enhancement Grant Funding](#) flyer
- View [New Mexico Grown Grant](#) flyer

Please consider applying for these funds to improve or increase your operations in either SFSP or At-Risk Afterschool care facilities. A wide variety of options are available to operators that have a vision for enhancing or expanding the scope of their SFSP programs and operations. Talk with us about your ideas and let’s see how we can help make them blossom and develop.

**Please welcome new FNB staff:** Susana Rivera-Rodriguez, Jennifer Chavez, Zarah Rouse, and Franceska Alexander! We are excited to have them joining our bureau “family” and look forward to their contributions towards providing healthy and nutritious meals to the meal program participants here in New Mexico.

# Notes from Finance

by Lupita Perez, Management Analyst Supervisor

## Budgets

Budget applications are due August 15th. If you require assistance or information regarding allowable costs feel free to contact me. A useful resource is the Guidance for Management Plans and Budgets, which can be located on the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) website [fns.usda.gov](https://fns.usda.gov).

## Budget Amendment Request

Sponsoring Organizations are expected to abide by the initial approved budget, or to submit an amendment. An amendment must be submitted to the State Agency before the costs are incurred. If you require assistance or have questions regarding amendments please feel free to contact me.

## Audits **\*\*Please submit the most recent copy with the renewal application\*\***

Sponsoring Organizations participating in the CACFP and/or SFSP require an independent audit annually *if they meet the criteria.*

- Important Criteria: Agencies expending \$750,000 or more in federal awards in a given school or fiscal year (agencies include State, local, or tribal governments, and nonprofit organizations).

Federal awards include all reimbursement funds received by CACFP and SFSP, as they are federally funded programs.

- Audit reports are due within 9 months of the end of the Sponsoring Organization's fiscal year. In addition, all programs are required to submit a complete audit to the Federal Audit Clearinghouse.
- Audit requirements are found in 2 CFR Part 200, 2 CFR Part 3052, 2 CFR Part 400.

## Grant Funding Reimbursements

### NM Grown, At-Risk & Summer Food Expansion/Enhancement Funds

Grant funding reimbursements will be made upon receiving and reviewing invoice/receipt submissions from the awarded participants. Family Nutrition Fiscal staff will process the reimbursements as the invoices/receipts are received, and the payout will take place through the approved CACFP/SFSP Sponsoring Organization's EPICS identification number.

## Fiscal Staff Contact Information:

**Lupita Perez, Management Analyst Supervisor**

505-470-5196 • [Guadalupe.Perez2@state.nm.us](mailto:Guadalupe.Perez2@state.nm.us)

**Jan Trujillo, Business Operations Specialist**

505-795-5436 • [Jeannette.Trujillo3@state.nm.us](mailto:Jeannette.Trujillo3@state.nm.us)

# SFSP Expansion and Enhancement Grant

by Emiliano A. Perea, Program Manager

Greetings, Sponsors and Schools,

I am pleased to announce that ECECD is offering grant opportunities for approved sponsors of the NM Summer Food Service Program for Children (SFSP). The intent of this opportunity is to expand and/or enhance summer food programs.

Earlier this year, new legislation was made that authorized the appropriation of \$1.5 million for the purpose of combating childhood hunger around the state. The SFSP and At-Risk component of the CACFP were chosen as the Child Nutrition Programs (CNPs) that would vehicle the funding, with the general intent of increasing access and reach, and/or enhancing the two CNPs, via a variety of creative and innovate means.

Gallup McKinley County School District and the Santa Fe Public School District have already been awarded significant funding for projects in their respective districts, and more of this funding is still available. In August, ECECD re-released the availability of this opportunity. I highly encourage any eligible service institution (sponsor) to take advantage of this. In all my years with the Program there has not been such an opportunity. It is not known if this funding will recur. That said – please do not miss out on this rare

chance to make your respective SFSP program all it can be, and a bit more perhaps.

For SFSP sponsors that also participate in the At-Risk, this opportunity can be applied to either Program, or to a combination of both. We carefully consider all proposals with an eye for consistency and for the mission of feeding kids, while at the same time remaining careful not to stifle any creative or innovative plan to utilize this funding.

SFSP sponsors can contact me directly at [emiliano.perea@state.nm.us](mailto:emiliano.perea@state.nm.us) with questions regarding proposals to expand or enhance existing Programs. Mr. Jesus Aguilar will be the contact point for any questions regarding application of these funds toward an existing At-Risk Program with CACFP. Jesus can be reached at [jesus.aguilarjr@state.nm.us](mailto:jesus.aguilarjr@state.nm.us).

Lastly, I encourage school districts not currently participating in the SFSP to consider this funding as a unique opportunity to increase the reach of services or improve in any way the level of service to the children you faithfully serve in your area.





# Child and Adult Care Food Program

by Jesus Aguilar Jr., CACFP Program Manager

Greetings sponsors,

I hope everyone is doing well and enjoying the warm weather around your area of the State. I want to thank our facility and home sponsors for their continued service. We all hope that we will be returning to normality soon and be able to start enjoying football season, the State Fair, county fairs, concerts, Balloon Fiesta, and all fiestas in your area. FNB appreciates everyone's efforts in continuing to ensure nutritious meals are prepared and served to New Mexico's children and adults.

I would like to introduce two new Compliance Officers that have joined the CACFP team since our last newsletter. Susana Rivera-Rodriguez returns to FNB after leaving to pursue a career at CYFD. After a year, we were happy to welcome Susana back, and with all of her program knowledge, she has picked up without missing a beat. Susana's priority is to ensure that all of New Mexico's children receive nutritious meals at each of your facilities. Susana has nutrition, childcare, and financial experience and understands the challenges and obstacles faced by our sponsors.

Our newest Compliance Officer, Zarah Mae Rouse, comes to us from out of Georgia. Zarah drove three days from Albany, Georgia to relocate to Santa Fe. Zarah has worked with the Department of Defense, Marine Corps Community Services, and most recently with the Marine Corps Logistics Base in Albany, serving as the Child and Youth Programs (CYP) Assistant Director and as the school-age children's facility site Director. Ms. Rouse brings many years of experience in food service operations and in health and food safety for child care and youth centers. She is also familiar with the required CACFP documentation.

Susana and Zarah's full bio below can be found on page six.

FNB continues to screen and prepare applications to be approved for FY23, and will send out approval letters soon. If any sponsors out there have not submitted their renewal application, we encourage you to please do so as soon as possible so there won't be any interruption in your claiming process. Applications were due July 15, 2022, for single facility sponsors and on August 15, 2022, for multi-facilities sponsors. All of this year's renewal documents can be found on [nmececd.org](http://nmececd.org) in the Nutrition Bureau materials library [nmececd.org/family-nutrition-bureau-materials-library](http://nmececd.org/family-nutrition-bureau-materials-library). Renewal forms are under the "CACFP Center Forms" tab; at the very bottom of the page, you will find the "Renewal Application" folder with all the required forms for this year's renewal packet. If you have decided not to send in a renewal application, please notify us so we won't be calling or emailing with reminders. We can set up a close-out review to ensure you remain in good standing with the CACFP program for future participation.

FNB continues to conduct program reviews (currently, all program reviews are in-person) and monitoring and follow the recommendations from the New Mexico Department of Health and Centers for Disease Control and Prevention (CDC) monthly before Compliance Officers go out to conduct in-person program reviews. All the reviews for the remainder of the fiscal year will be announced, and we will follow each facility's COVID-19 protocols. Please ensure that all your CACFP records are completed correctly and readily available. So far this fiscal year, we have had disturbing amounts of monetary disallowances due to lack of documentation, records not being completed correctly, and not following the meal pattern; this is unacceptable.

Please feel free to contact me or any of our Compliance Officers with any questions or technical assistance you might need – we want to help you succeed. Our general email group is [ECECD-CACFP@state.nm.us](mailto:ECECD-CACFP@state.nm.us).

# Welcome New FNB Staff

## Franceska Alexander

New Food Security Coordinator

Hi everyone, my name is Franceska Alexander. I originally grew up on a farm in Cleveland, New Mexico and have lived in Albuquerque for the past decade. I obtained bachelor's degrees in both biology and psychology from The University of New Mexico in 2016. For the past three years, I was a part of a team within the University of New Mexico's Department of Pediatrics, educating healthcare providers and clinic staff to help increase access to contraception for adolescents.

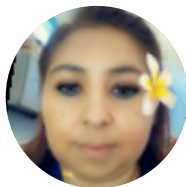
I am excited to start my position at ECECD as the Food Security Coordinator, where I'll be able to get back to my roots, working with farmers and preschool centers across New Mexico. I can be reached by email at [franceska.alexander@state.nm.us](mailto:franceska.alexander@state.nm.us).



## Jennifer Chavez

Nutritionist II

Jennifer Chavez joined FNB Nutrition Education and Training (NET) Section in June. She has worked with the State of New Mexico Department of Health (DOH) for 21 years. Her latest position was Nutrition Supervisor with WIC (Women, Infants, and Children) program, in Albuquerque. Jennifer has already been hard at work on Summer Food Service Program (SFSP) meal site and administrative reviews, and organizing the CACFP annual Outreach Worker's Conferences (OWC) in October, and planning the 2023 Regional Early Childhood Education Conferences (RECECs) for CACFP home providers around the state. She will also be directly involved with the New Mexico Grown and Farm to Preschool grant initiatives. Born and raised in New Mexico, Jennifer has two daughters and loves to travel. She makes trips around the U.S. as often as possible but hopes to someday visit Greece, Italy, and Rome. Jennifer is based in the Albuquerque office and can be reached at [jenniferL.chavez1@state.nm.us](mailto:jenniferL.chavez1@state.nm.us) or 505-699-2656.



## Susana Rivera-Rodriguez

Returning CACFP Compliance Officer

We are happy to announce that Susana Rivera-Rodriguez rejoined FNB as a CACFP Compliance Officer in March, after a position with CYFD. Susana's passion for community service in the State of New Mexico prompted her to return to ECECD and FNB. In this role, Susana ensures that sponsors comply with internal and external regulations and policies, in all participating



facilities. Susana carries herself with an enthusiastic, professional, and respectful demeanor. She has more than five years of experience in ensuring laws, rules, regulations, and procedures are enforced, having served in the court system, law enforcement, and probation and parole. Susana's priority is to ensure that all of New Mexico's children and adult participants receive nutritious meals at each of your facilities. She holds a strength and conditioning certificate through ISSA, as well as an Associate of Arts Degree from Santa Fe Community College.

Born and raised in Española, Susana enjoys spending time with her family, and enjoying the beauty of NM's mountains while snowboarding and fishing. Susana is passionate about cooking delicious meals and hitting the gym. We're happy to have this well-qualified Compliance Officer back on our team. Susana is based in the Santa Fe office and can be reached at [susana.rivera-rodri1@state.nm.us](mailto:susana.rivera-rodri1@state.nm.us) or 505-660-8369.

## Zarah Rouse

New CACFP Compliance Officer

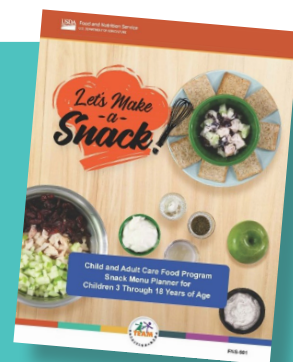
Please welcome our newest staff member to the FNB family. Zarah Mae Rouse joins us from Albany, Georgia. After traveling for three days, Ms. Rouse made it safely to her new home here in Santa Fe. Ms. Rouse comes to us with a great wealth of experience in the fields of administration, human resources, procurement, and operations management. She has worked with the Department of Defense, Marine Corps Community Services, and most recently with the Marine Corps Logistics Base in Albany as the Child and Youth Programs (CYP) Assistant Director. Ms. Rouse also comes with lots of experience in the CYP PreK Programs, and as the school age children's facility site Director. She is excited to have relocated to New Mexico and can't wait to start traveling across our beautiful state. She is based in the Santa Fe office and can be reached at [Zarah.Rouse@state.nm.us](mailto:Zarah.Rouse@state.nm.us).



## USDA Team Nutrition Snack Planner

"Let's Make a Snack!" is an easy-to-use menu planner and recipe booklet designed for Child and Adult Care Food Program operators that provide snacks for children 3–18 years of age. It includes sample menus, checklists, menu planning activities, and 20 USDA standardized snack recipes.

[fns.usda.gov/tn/lets-make-snack](https://fns.usda.gov/tn/lets-make-snack)



## New Mexico Grown Grants Awarded to CACFP Programs

by Pam Mitchell, Nutrition Section Manager

FNB recently awarded 16 CACFP programs state grant funds to purchase foods locally grown in New Mexico. A second release of the grant application occurred on August 16, 2022, in hopes more CACFP programs will apply. This grant is for the following CACFP programs: Child Care Centers, At-Risk Afterschool programs, Emergency Shelters, Head Start and Early Head Start programs, American Indian/Alaska Native Head Start and Migrant/Seasonal Head Start, Licensed Adult Day Care facilities, PreK programs, and Out-of-school time programs.

Early care and education providers were encouraged to request the amount of funds they felt were necessary for a 12-month period to purchase New Mexico Grown products, based on the number of children they serve. Funding was dispersed according to their size of organization.

1. Small organizations (less than 5,000 meals/snacks served per month) were eligible for \$500 to \$2,000.
2. Medium-sized organizations (greater than 5,000 but less than 10,000 meals/snacks served per month) were eligible for up to \$4,000.
3. Larger organizations (more than 10,000 meals/snacks served per month) were eligible for up to \$7,000.

The funding is to be used **only for the purchase of products that are grown, raised, harvested, or produced in New Mexico.** Products that may be purchased with New Mexico Grown funds include vegetables, fruits, herbs, USDA-inspected and certified meat products, honey, grains and/or flour, and traditional foods such as corn meal, blue corn mush, atole, chicos, hominy, red chile (in the form of sauce), beans, tofu, seeds, and nuts.

Grantees are asked to email scanned receipts to FNB for reimbursement after the 15th of each month. ECECD will then process payments through EPICS via direct deposit. Please email questions to [pam.mitchell@state.nm.us](mailto:pam.mitchell@state.nm.us) or [JenniferL.chavez1@state.nm.us](mailto:JenniferL.chavez1@state.nm.us).



## 2022 Outreach Worker's Conference Planning Underway

by Jennifer Chavez, Nutritionist II

FNB is currently in the process of coordinating our next Outreach Worker's Conference (OWC) with our CACFP Home Sponsors. This year's conference is planned for October 26-27. We will have the conference in Albuquerque and have looked at several available venues.

### ***This year's theme is Butterflies: Emerging Stronger 2.0.***

We are excited with the response we are receiving, and how many people are looking forward to having it in person, rather than via Zoom. We have received some information on topics the sponsors would like to have presenters speak on, and they include: Infant Menus, how to read Child Nutrition (CN) Labels, whole grain snack ideas, CPR classes, gardening, and CACFP rules and regulations, just to name a few.

We had our first planning meetings in July and August, which were very productive. We are moving right along, and the Home Sponsors are volunteering for assignments to bring the conference out of its cocoon. Sponsors are also starting to plan 2023 Regional Early Childhood Education Conferences (RECECs) with the knowledge and training topics gained at this year's OWC. I look forward to conducting in-person RECEC workshops around the state for home providers, if possible. Zoom will continue to be a backup as needed.

This is my first OWC conference and I am learning from the Sponsors how valuable this conference is as a training for their monitors. I know this year's conference will be a success. We look forward to seeing many of you there!

## August is National Breastfeeding Month

August is National Breastfeeding Month. This annual observance grew from World Breastfeeding Week August 1-7, to bring awareness to the health benefits of breastfeeding and to the types of support available for those who choose to breastfeed. This year's theme is "Together We Do Great Things." For information and resources, see [usbreastfeeding.org/national-breastfeeding-month.html](https://usbreastfeeding.org/national-breastfeeding-month.html)



# 2021 CACFP Nutrition Education Awards

by Laura Spencer, Nutritionist II

The FNB Nutrition staff is pleased to announce the 2021 CACFP Nutrition Education Award winners! Programs receiving an award for outstanding Nutrition Education activities were announced at this year's CACFP Annual Training series, and certificates have been mailed to award winners.



## Celebrations Award

#0711 - My Kiddos Child Care Center (Roswell)

## Fight Bac! Award

#0322 - San Jose Day Care (Carlsbad)

## Fruits & Vegetables – More Matters Awards

- #0228 - Presby. Medical Services (PMS) Head Starts (Torrance, Sandoval, Santa Fe, San Juan Counties)
- #0386 - Farmington Municipal Schools
- #0497 - Precious Moments Child Care Center (Albuquerque)

## Gardening Award

#0152 - Mid-West NM CAP Head Starts (Valencia, Cibola, San Juan & McKinley Counties)

## Healthier Choices Award

#0255 - Echo Preschool (Aztec)

## Most Creative Award

#0135 - Pueblo of Acoma Haak'u Learning Center

## Snazzy Snacks Awards

- #0341 - Lomas CDC - DBA Kid's Kastle (Albuquerque)
- #0465 - East Gate Kids/Albuquerque FourSquare
- #0625 - Children's Playhouse (Las Cruces)

## Traditional/Multicultural Award

#0762 - Gym Magic DBA Ashley's Garden (Las Cruces)

## Try New Foods Award

#0169 - NMSU - Doña Ana Co. Head Starts

We appreciate the many creative, fun, and informative projects you have designed and implemented for the child or adult participants of your CACFP programs, and look forward to seeing what you've completed in 2022! **Look for a newly revised Nutrition Education Documentation form** (pictured to the right) in the FNB Materials Library at [nmececd.org/family-nutrition-bureau-materials-library](http://nmececd.org/family-nutrition-bureau-materials-library). Remember the following guidelines for Nutrition Education:

- At least one activity per class per month required (optional for infants)
- Must be nutrition-related & age-appropriate
- Must keep documentation on file for review
- OPTIONAL: Submit EXTRAORDINARY activities for award consideration to [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us) or by fax to 505-841-4858
- HAVE FUN!



## Online Materials Library Goes Live

by Laura Spencer, Nutritionist II

FNB is pleased to announce our new online materials library, housed on [nmececd.org](http://nmececd.org). The new materials library can be viewed at [nmececd.org/family-nutrition-bureau-materials-library](http://nmececd.org/family-nutrition-bureau-materials-library). The new library replaces all former locations, and is now the current repository for all CACFP-related forms, documents, manuals, training materials, and more. The FNB staff maintain the library themselves, all of these resources can be updated at a moment's notice, as needed. Sponsors and providers can access the library "24/7," password-free, to access both administrative, center operations, nutrition, and food service-related resources.

We've been busy throughout the summer uploading all-new 2022 revised materials, and the current May 2022 USDA Non-Discrimination Statement, and 2022 Annual Training slides for you to use in your required staff trainings.

Your assigned CACFP Compliance Officer, or any of the Nutrition Education & Training (NET) staff, will be happy to help you find what you need. Don't forget, if you're unsure of your assigned Compliance Officer, you may use the [ECECD-CACFP@state.nm.us](mailto:ECECD-CACFP@state.nm.us) general email group to reach our team with questions. For Summer Food Service Program for Children (SFSP), the existing website, [summerfoodnm.org](http://summerfoodnm.org), continues to be the go-to place for resources, forms, and information for our valued SFSP sponsoring organizations.



# New 22-23 Nutrition Classes Launched

by Laura Spencer, Nutritionist II

One of the primary goals of the Nutrition Education & Training (NET) section is in our name – training. It's also the part of our job that we enjoy most! Working with you over the years, your feedback, as well as our observation of sponsors' needs from CACFP program and menu reviews, have helped us to design a series of all new CACFP Nutrition Classes beginning this fall. To better meet your needs, we now offer two sections of our CACFP Cook's Academy, plus a separate Infant Requirements training:

- **Cook's Academy** - "basic training" on serving Children and Adults in CACFP, for newly hired kitchen staff / food program coordinators
- **Advanced Cook's Academy** - a deeper dive on key concepts with Q&A discussion, for returning / experienced kitchen and food program staff
- **Infant Requirements Training** - covering meals for babies 0-12 months, for infant room teachers and staff

Classes will be available in both English and Spanish. All classes will be via Zoom. Please see the FNB **Calendar of Trainings and Events on page 13** for



dates. To register, email [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us) with your center's name/agreement number, staff's name, class choice, and date preference.

**Note:** CACFP Nutrition Classes do NOT substitute for the required Annual Training. Nutrition Classes are optional unless required by your Compliance Officer.

We look forward to working with your team on Meal Patterns, creditable foods, planning and documenting meal production, and more. Don't miss out on these popular and all-new classes - register today!

## ICN Mealtime Memos



**Family Engagement:** July 2022

[Family Engagement – Institute of Child Nutrition](#)

Family engagement is a major part of quality child care. It offers opportunities for child care professionals to connect with families and share tools and resources to help improve and model healthy behaviors. Learn more in this Mealtime Memo.

**Farm to Early Care and Education:** June 2022

[Farm to Early Care and Education \(ECE\) – Institute of Child Nutrition](#)

Have you ever wanted to plant a garden at your center but didn't know where to start? Or do you have a green thumb but want to engage children in learning more about food, nutrition, and the growing process? This Mealtime Memo provides ideas to get you started.

## Useful Links

- NM ECECD Infant Formula Support Network: [facebook.com/groups/nmformulasupport](https://facebook.com/groups/nmformulasupport)
- NM WIC Infant Formula Shortage site: [nmwic.org/infant-formula-shortage](https://nmwic.org/infant-formula-shortage)
- USDA FNS Infant Formula Shortage resources: [fns.usda.gov/infant-formula](https://fns.usda.gov/infant-formula)
- USDA FNS CACFP public website: [fns.usda.gov/cacfp](https://fns.usda.gov/cacfp)
- CACFP Guidance Manuals: [fns.usda.gov/cacfp/cacfp-handbooks](https://fns.usda.gov/cacfp/cacfp-handbooks)
- CACFP Meal Pattern: [fns.usda.gov/cacfp/meals-and-snacks](https://fns.usda.gov/cacfp/meals-and-snacks)
- CACFP Policy: [fns.usda.gov/cacfp/policy](https://fns.usda.gov/cacfp/policy)





**HEALTHY KIDS Healthy Preschool**  
 BUILDING HEALTHIER TOMORROWS TODAY



## Updates from Healthy Kids Healthy Preschool

by Alberto Zavala, Program Coordinator, Healthy Kids Healthy Preschool / New Mexico Department of Health

Hello, everyone!

This is Alberto Zavala, Program Coordinator for the Healthy Kids Healthy Preschool program! With the support of the New Mexico Department of Health (NMDOH) and the Early Childhood Education and Care Department (ECECD), I work with licensed Early Childhood Educations (ECE) Centers and Head Start programs around the state to establish and implement preschool wellness policies and best practices for wellness and obesity prevention in center environments.

I would like to highlight the great work Farm to Preschool pilot and min- grant awardees are doing across the state. These centers have been working hard implementing Farm to Preschool activities, including buying New Mexico Grown produce for meals and snacks and using it for nutrition education activities, growing and engaging children in edible gardens, and involving families and communities in these efforts.

This summer centers have been very busy working in their gardens. It is thrilling to see teachers and children working in their gardens including watering, weeding, and of course, sampling the fresh produce. Families have also provided support by helping prepare the soil, planting seeds, watering on the weekends, and helping with the harvest. Some

centers have been able to harvest squash, zucchini, radishes, and carrots, and used it for nutrition education activities and even meals and snacks. It is a wonderful learning process for all! There have been challenges, including pests, hot weather, and hungry rabbits eating the carrots before they get picked. Most of all, it has been very satisfying to see how much enjoyment children, teachers, and families get from working together in the garden!

Centers participating in Farm to Preschool activities had the opportunity earlier this summer to apply for a Golden Chile Award. Golden Chile award winners will be recognized and celebrated for their efforts and commitment in increasing access to healthy local foods in preschools at a special virtual ceremony on September 14, 2022, from 1:30 to 3 p.m. Please join us for the Golden Chile Award Ceremony and help celebrate the hard work of New Mexico Grown leaders in preschools, schools, and senior centers across the state. Register to attend the ceremony here: [bit.ly/NMGROWNREG](https://bit.ly/NMGROWNREG).

Thank you for your partnership and everything you do to make brighter and healthier futures for New Mexico's children and families.

Keep up the great work!

Alberto Zavala (Southeast/Southern NM)  
 Healthy Kids Healthy Preschool Program Coordinator  
[albertoz@caasnm.org](mailto:albertoz@caasnm.org)



## Summer Garden Overload? Make Chicken Ratatouille!

by Laura Spencer, Nutritionist II

This is the perfect one-dish dinner when the garden is in full swing, using your overload of zucchini or summer squash, eggplant, onions, tomatoes, and more. Did you know eggplant (a.k.a. aubergine) and tomatoes, although considered and counted in CACFP as vegetables, are both actually fruits? Botanically, they're berries! And besides being a fun children's movie, ratatouille is a traditional French stew, originating in an area that is present day Nice. This delicious dish can be served hot or cold – as our New Mexico fall days grow colder, we recommend hot for a warming and comforting meal. For a vegetarian option, try tofu instead of chicken.

**RECIPE SOURCE:** Team Nutrition CACFP Multicultural Recipe Project: [teamnnutrition.usda.gov](http://teamnnutrition.usda.gov). Accessed on July 27, 2022, at [USDA Standardize Recipes – Institute of Child Nutrition \(theicn.org\)](http://USDA Standardize Recipes – Institute of Child Nutrition (theicn.org))

**TIME:** 30 min. preparation, 35 minutes cook time

**SERVINGS:** 50 (for 25 servings, see website)

**CACFP CREDITING INFORMATION:**  $\frac{3}{8}$  cup (No. 10 scoop) provides  $1\frac{1}{2}$  oz equivalent meat and  $\frac{1}{4}$  cup vegetable.

**DIRECTIONS:** Heat oil on medium heat using 4 extra-large skillet. Add chicken and sauté 10-15 minutes, or until lightly browned. Add zucchini, eggplant, onion, green pepper, mushrooms, and salt. Cook an additional 5 minutes, until onions are tender. Stir often. Add tomatoes, garlic, basil, black pepper, and balsamic vinegar. Bring to a boil. Reduce heat to medium and simmer for 10 minutes, or until chicken is tender and juices from tomatoes and vinegar have reduced. Stir frequently. Remove from heat and stir in lemon juice and parsley. Serve  $\frac{3}{8}$  cup (No. 10 scoop).

**Critical Control Points:** Heat to 165 F or higher for at least 15 seconds. Hold at 140 F or higher.

**NUTRITION FACTS:** for  $\frac{3}{8}$  cup (No. 10 scoop) serving using canned tomatoes: Calories 101 Total Fat 4 g Cholesterol 28 mg Sodium 185 mg. Total carbohydrate 33 g. Dietary Fiber 1 g. Total Sugars 3 g. Added Sugars 0 Protein 13 g. Calcium 22 mg. Iron 1 mg.

### INGREDIENTS:

- 2 Tbsp. Canola oil
- 6 lbs. 8 oz. Chicken breast – boneless, skinless,  $\frac{1}{2}$ " diced
- $1\frac{3}{4}$  cup (8  $\frac{1}{2}$  oz.) Zucchini – fresh, unpeeled,  $\frac{1}{2}$ " diced
- 2 qt. + 1 cup (1 lb.  $\frac{2}{3}$  oz.) Eggplant – fresh, unpeeled,  $\frac{1}{2}$ " diced
- 2 cups (12  $\frac{1}{2}$  oz.) Onions – fresh, peeled,  $\frac{1}{4}$ " diced
- 2 cups (10  $\frac{1}{2}$  oz.) Green bell pepper – fresh,  $\frac{1}{4}$ " diced
- $1\frac{1}{2}$  cup + 1 Tbsp (5  $\frac{1}{2}$  oz.) Mushrooms – fresh, thinly sliced
- 2 tsp. Table salt
- 1 qt. + 2  $\frac{1}{4}$  cups (3 lbs. 4 oz.) Tomatoes – canned, diced, with juice, garlic, oregano and basil (2/3 No. 10 can) – MAY SUBSTITUTE FRESH
- 8 cloves Garlic – fresh, minced
- 1 Tbsp. + 1 tsp. Basil – dried
- 1 tsp. Black Pepper – ground
- 1 Tbsp. + 1 tsp. Balsamic vinegar
- 1 Tbsp. + 1 tsp. Lemon Juice – fresh or bottled
- $\frac{1}{4}$  cup Parsley – fresh, chopped

## New “And Justice for All” Posters Coming Soon

by Pam Mitchell, Nutrition Section Manager



U.S. Department of Agriculture (USDA) notified State agencies in May of a new Non-Discrimination Statement, and revised “And Justice for All” posters are soon to come. Once they are released by USDA, FNB will order and make new posters available this winter, and possibly not until 2023. USDA has stated that sponsors should continue using the same “And Justice for All”

posters (*old poster pictured above*) that you currently have, until new ones are available.

Sponsors should have updated their website with the new Non-Discrimination Statement (see box on right) by August 5th. Other materials that require the new Non-Discrimination Statement can be updated as you are able. It is fine for sponsors to continue using printed material with the old statement until your supply is used up. If sponsors are printing any items where the Non-Discrimination Statement is required, and there is not enough room for the entire statement, the shortened version “USDA is an equal opportunity provider” can still be used instead.

## Child Care Regulation Updates

by Peggy Martin, Compliance Supervisor

The Licensing and Registered Home Units have **new regulations** that went into effect in January 2022. Changes to the 8.17.2 NMAC are in the following areas: applications, caregiver requirements including first aid and CPR, background checks, sponsoring agency visits, registration, incident reports, appeals, health and safety requirements including fire drills and transportation, and more.

For a copy of the new regulations, or if you have questions, please contact your home sponsoring agency or Child Care Licensing Specialist. We also have a new process for providers to review their contracts for child care assistance. It is the Provider Dashboard. Go to [nmeccd.org](http://nmeccd.org) for more details. I can be reached at [peggy.martin@state.nm.us](mailto:peggy.martin@state.nm.us) or (505) 841-4827 with questions.

## May 2022 Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA’s TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant’s name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

### 1. Mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

### 2. Fax:

(833) 256-1665 or (202) 690-7442; or

### 3. Email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)





## FNB 22-23 Calendar of Events and Trainings

### September

- 5:** Labor Day Holiday; State offices closed
- 7:** Sponsors notified of NM Grown awards
- 8:** NM Grown Procurement & Reimbursement Training, 1-2 p.m. via Zoom. Contact Pam Mitchell, [pam.mitchell@state.nm.us](mailto:pam.mitchell@state.nm.us)
- 8:** SFSP & At-Risk Expansion Grant Procurement & Reimbursement Training, 2-3 p.m. via Zoom. Contact Jesus Aguilar, [jesus.aguilarjr@state.nm.us](mailto:jesus.aguilarjr@state.nm.us)
- 9:** Advanced Cook's Academy Training – English, 9-12 p.m. via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)
- 14:** Farm to Preschool Golden Chile Award Ceremony via Zoom. Register at [bit.ly/NMGROWNREG](https://bit.ly/NMGROWNREG)
- 15:** Final CACFP Renewal Application Deadline
- 22:** CACFP New Center Orientation via Zoom. Contact Jesus Aguilar, [jesus.aguilarjr@state.nm.us](mailto:jesus.aguilarjr@state.nm.us)
- 23:** Infant Requirements Training – English, 9-11 a.m. via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)

### October

- 10:** Indigenous Peoples Day Holiday; State offices closed
- 14:** Cook's Academy "Basic" Training – English, 9:00-12:00 via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)
- 26-27:** CACFP Outreach Worker's Conference 2022 in Albuquerque. Contact Jennifer Chavez, [JenniferL.chavez1@state.nm.us](mailto:JenniferL.chavez1@state.nm.us)
- 28:** Infant Requirements Training – Spanish, 9-11 a.m. via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)

### November

- 4:** Advanced Cook's Academy Training – English, 9-12 p.m. via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)
- 11:** Veteran's Day Holiday; State offices closed
- 24 & 25:** Thanksgiving Day & President's Day (Observed) Holidays; State offices closed

### December

- 9:** Cook's Academy "Basic" Training – Spanish, 9-12 p.m. via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)
- 26:** Christmas Day Holiday (Observed); State offices closed

### January

- 2:** New Year's Day Holiday (Observed); State offices closed
- 13:** Advanced Cook's Academy Training – Spanish, 9-12 p.m. via Zoom. Contact Laura Spencer, [laura.spencer2@state.nm.us](mailto:laura.spencer2@state.nm.us)
- 16:** Martin Luther King Jr. Holiday (Observed); State offices closed



ECECD Cabinet Secretary Elizabeth Groginsky, Santa Teresa Superintendent Travis Dempsey, Maria Guerra Student Nutrition Director (left center), and Leon Smith Santa Teresa Elementary School Principal (far right) pose for a group photo with the Summer Food Nutrition team.



## FNB Staff Directory

Loren Miller	FNB Bureau Chief	loren.miller@state.nm.us	505-660-0864
Kelly Coriz	Administrative Asst., Santa Fe	kelly.coriz@state.nm.us	505-469-2290
Matilda Byers	Administrative Asst., Albuquerque	matilda.byers@state.nm.us	505-231-4703
Emiliano Perea	SFSP Program Manager	emiliano.perea@state.nm.us	505-235-0539
Debra Candelaria	Senior Compliance Officer, SFSP	debra.candelaria@state.nm.us	505-699-2596
Christine Juancho	Compliance Officer, SFSP	christine.juancho@state.nm.us	505-699-2627
Jesus Aguilar Jr.	CACFP Program Manager	jesus.aguilarjr@state.nm.us	505-699-2607
Jennifer Nutt	Senior Compliance Officer, CACFP	jennifer.nutt@state.nm.us	505-670-8586
LaNelle Haught	Compliance Officer, CACFP	kari.haught@state.nm.us	505-660-0260
Loretta Gonzales	Compliance Officer, CACFP	loretta.gonzales1@state.nm.us	505-670-5662
Roberto Rascon	Compliance Officer, CACFP	roberto.rascon@state.nm.us	505-469-1496
Melissa Martinez	Compliance Officer, CACFP	melissa.martinez@state.nm.us	505-269-7420
Susana Rivera-Rodriguez	Compliance Officer, CACFP	susana.rivera-rodri1@state.nm.us	505-660-3869
Zarah Rouse	Compliance Officer, CACFP	zarah.rouse@state.nm.us	505-827-9961
Franceska Alexander	Food Security Coordinator	franceska.alexander@state.nm.us	505-841-4856
Pam Mitchell	Nutrition Section Manager	pam.mitchell@state.nm.us	505-699-2632
Jennifer Chavez	Nutritionist II	jenniferL.chavez1@state.nm.us	505-699-2656
Laura Spencer	Nutritionist II	laura.spencer2@state.nm.us	505-946-8558
Lupita Perez	Management Analyst Supervisor	guadalupita.perez2@state.nm.us	505-470-5196
Jeannette Trujillo	Business Operations Specialist	jeannette.trujillo3@state.nm.us	505-795-5436

# VISIONARY

Family Nutrition Bureau September 2022

[nmeccd.org/family-nutrition](https://nmeccd.org/family-nutrition)

PO Drawer 5619 Santa Fe, NM 87502-5619

Toll free: (800) 832-1321



@NewMexicoECECD



NEW MEXICO

**Early Childhood**  
Education & Care Department

---

Early Care, Educations and Nutrition Division