# VISIONARY





**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



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## **News From the Bureu Chief**

by Loren Miller, Family Nutrition Bureau Chief

Greetings to our sponsor partners throughout the state. Summer is pretty much over; school is back in session and fall is right around the corner. At Family Nutrition Bureau, that means Summer Food Service Program sites have all closed for the year and Summer Food staff are conducting close-out reviews. I extend a big thank you to all our Summer Food sponsors who provided meals to children throughout this summer. By our current count, it looks like sponsors may come close to having served a million meals this summer.

Child & Adult Care Food Program (CACFP) staff are reviewing renewal applications and school-based programs are back in session in most areas of the state. Child care centers are continuing to operate year round, and quite a few are adding PreK programs starting this school year. Thank you, CACFP institutions, for your patience while we worked out glitches in the new online renewal application. Overall, this new addition to EPICS will speed up the renewal process. However as with any new process, there have been some unexpected issues. We appreciate your patience as we work to get the program operating as designed. Once CACFP staff finish processing renewal applications, they will be scheduling program reviews for the fiscal year beginning October 1.

Several new compliance officers will join FNB this year as we replace Robert Rascon, Stephanie Martinez, and Elvia Brown, who have recently left left the Bureau. We also have two new members of the Nutrition Education and Training unit. Nutritionists Brianna Castillo and Ronna Faris and will be assisting Laura Spencer with training, resource development and reviews. We are excited to have them as part of our FNB team and look forward to them using their expertise in providing training and technical assistance for all our CACFP and SFSP partner agencies.

New Mexico GROWN





### **Notes from Finance**

by Lupita Perez, Management Analyst Supervisor

#### **Greetings Sponsors!**

We are rapidily heading into a new fiscal year and with a new momentum to serve the children of New Mexico! I stand by all the upcoming changes and those we have endured. Remember change is valuable to us and the experience it provides us with every day is beneficial.

This year we transitioned back to our mother system, SHARE, for processing reimbursements. Leticia and I have tried our best to contact the sponsoring organizations that require updated information. While it may be an inconvience, this ultimately effects your reimbursement. We appreciate your timely attention to this request so we can ensure your reimbursemesnts are unaffected. If you have received a message from Leticia or me, please reach out.

#### **W9 Forms**

Updating W9s is an important process and does affect your monthly reimbursements from ECECD. If you your organization name or financial information, you must submit an updated W9 along with appropriate supporting documentation. Please contact me or Leticia to update this information for FNB.

#### **Audits**

This is a reminder to to Sponsoring Organizations participating in CACFP or SFSP that require an independent audit to submit audits to me or Leticia. 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.

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) must have an audit that conforms to the Single Audit Requirements found in 2CFR.200.100(d). Federal awards include all reimbursement funds received by CACFP and SFSP, as they are federally funded programs.

Audit requirements are found in 2 CFR Part 200, 2 CFR Part 3052, 2 CFR Part 400

#### NM Grown and At-Risk and Summer Food Expansion/ Enhancement

New year, new funds. We are hitting the ground running and hope to get these funds spent. If you were approved to receive one of these grants, please ensure that you are purchasing from approved vendors and products from the allowable meat and/ or produce list. Remember that you must submit valid receipts to FNB at the end of each month.

Audit requirements are found in 2 CFR Part 200, 2 CFR Part 3052, 2 CFR Part 400

#### **Fiscal Staff Contact Information:**

**Lupita Perez, Management Analyst Supervisor** 505-470-5196 • Guadalupita.Perez2@ececd.nm.gov

**Leticia Rodriguez, Business Operations Specialist** 505-309-2792 • Leticia.Rodriguez@ececd.nm.gov

## 2024 CACFP & SFSP Payment Run Calendar

2024

|    | JANUARY |     |     | FEBRUARY |    |    |    |     |     | MARCH |    |    |      |    |    | APRIL |     |    |    |    |    |    |    |     |    |    |   |
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## **Changes to the SFSP**

by Debra Candelaria, Lead SFSP Compliance Officer

Greeting Sponsors,

Labor Day signals that summer is coming to an end. I would like to express my appreciation to all organizations and staff for their hard work to ensure children in New Mexico had access to free, nutritious meals. Our summer started with 24 returning sponsorships and three new sponsorships. Please welcome Dona Ana County, Clayton Municipal Schools and City of Las Cruces to ECECD's Summer Food Service Program.

On January 12, 2024, the final rule provided rural sponsoring organizations the option to allow parent/guardian meal pick-up for eligible children in a non-congregate setting. FNB staff visited sponsors that offered meal pickup to ensure children were present when meals were picked up, as required, to ensure program integrity.

SFSP kick-off events are one way to raise awareness in your community. Kick-off events are public events that promote SFSP and raise interest in the program. I would like to offer my deepest appreciation to Mr. David Briseno and his staff at La Casa Family Health in Portales & Clovis, New Mexico for hosting two kick-off events. FNB's Bureau Chief Loren Miller attended the Clovis kick-off on May 28, 2024, where

Mayor Mike Morris read a proclamation for the kick-off. United Way had a prize wheel that kids could spin to win a prize. Many other toys and prizes were donated by the local Kiwanis Club. A local radio station was broadcasting life from the event at Hillcrest Park, and La Casa Family distributed 185 lunches. SFSP Compliance Officers Frank Quintana and Christine Juancho attended the second kick-off in Portales, New Mexico at City Park on June 6, 2024, serving 128 lunches with much success.



## Child and Adult Care Food Program

by Jesus Aguilar Jr., CACFP Program Manager

Greetings sponsors,

I would like to thank every one of our center sponsors and home sponsors for the continued service that you are providing in your areas of the state. FNB appreciates the efforts everyone has made to ensure nutritious meals are prepared and served to New Mexico's children.

Since the last Visionary newsletter, FNB has excitedly started moving into the electronic age. As everyone is now connected to online services, FNB has started looking at ways to improve and make the program more user friendly. FNB envisioned ways of making this a reality. From February to June, we worked vigorously with the EPICS developers and the Data Unit on developing an online application for new and renewing applications in the CACFP program. After months of strategic planning and hard work, the application went live in July. FNB's Compliance Officers continued to conduct program reviews throughout the state during this time and were successful in completing most of the program reviews for the fiscal year. Please ensure that everyone continues to maintain their CACFP records appropriately-either daily, weekly, or monthly. Please reach out if you need technical assistance.

Our USDA partners visited New Mexico to conduct a Management Evaluation (ME) in the spring. An ME is USDA's ongoing assessment of our agency's administration of the Child and Adult Care Food Program (CACFP) and provides the Food and Nutrition Service (FNS) the opportunity to observe and evaluate ECECD's processes and procedures for complying with FNS regulations and policies. Additionally, the ME is an opportunity for regional staff to provide technical assistance regarding new regulations and policy interpretations. Prior to the actual ME, USDA personnel accompanied FNB staff in conducting program reviews around the Sunland Park area and were very impressed. Kudos to those facilities! At the conclusion of the ME, our agency was commended for not having any observations, findings or repeat findings. I commend the FNB staff for all the hard work to ensure this excellent result.

Late spring and early summer also brought

our annual center trainings. We thank the 427 participants from across the state that attended the trainings in Santa Fe, Roswell, Las Cruces, and Albuquerque. In addition, this year we hosted instructional webinars on how to complete the online application for single and multi-site facilities. This year's trainings and webinars can be found on the ECECD website under the Family Nutrition Bureau Materials Library, Center section. FNB is currently processing renewal applications for FY25, and it has been exciting to launch the online application in the EPICS computer system. It turned out to be a new process that did not come without its glitches and bugs, but they have been corrected so that the application process will run smoothly and efficiently in the future.

Once again, we approach a new fiscal year, and the revolving door has started once again. Currently, we are short-staffed and have started the hiring process to fill the positions vacated by Robert, Stephanie, and Elvia. If you have questions or need any technical assistance and you do not have an assigned Compliance Officer, contact Loretta, Jennifer or me. We will gladly answer your questions.

As the mornings once again start to get little cooler, it reminds us that fall festivities are right around the corner. The State Fair with all its food, rides, and concerts is about to begin, along with Zozobra and Fiestas in Santa Fe. October brings the Ballon Fiesta and the start of the holiday season. The best part of this time of year is the start of a new football season. Good luck to everyone's favorite football team. Thank you, stay safe, and we hope to see everyone soon.

Jesus Aguilar Jr. CACFP Program Manager

### **Welcome New FNB Staff**



**Brianna Castillo**Nutritionist II

Brianna Castillo holds a master's certificate in maternal-child health, a bachelor's degree in

community health education, and is a certified lactation counselor. After having her first child, Brianna was inspired to specialize in maternal-child health and invest in her New Mexican community. Her background includes professional and personal experiences with programs that help families thrive and overcome barriers that affect health outcomes.

She enjoys running long distances, hiking, spending time with her husband and two children, gardening, and making fresh cold-pressed juice.

Brianna is pleased to become part of the ECECD nutrition bureau, and is eager to learn, grow, and make a lasting impact for our young New Mexicans.



Ronna Faris Nutritionist II

Ronna C. Faris is a passionate and dedicated nutritionist specializing in family and childhood nutrition and community health. Throughout

her career, Ronna has made significant contributions to improving the nutritional health of families and children. After graduating with a bachelor's degree in nutrition from Kaplan University, Ronna began her professional journey as a nutrition coach with a National Institutes of Health research study. During this time, she successfully helped participants improve their health markers, such as blood pressure, diabetes and cholesterol levels, through comprehensive health and nutrition education sessions. Ronna's background also includes serving her community as a nutritionist with the Women, Infants, and Children program. She delighted in seeing young families become curious and excited about new foods, recipes, and tips and tricks for incorporating healthy eating into their lives. Additionally, in this role, she led the Breastfeeding Peer Counselor program, where she fostered an environment for women to share, learn, and be empowered to breastfeed.

Ronna is committed to impacting community health by empowering families and children through evidence-based nutrition guidance and community health initiatives. She spearheaded community health initiatives that provided education and resources to families of many different backgrounds, ethnic groups, and cultures, resulting in improved food security in New Mexico.

## **Eileen Shendo**FNB Food Security Coordinator

Eileen Shendo join the Food Nutrition Bureau

as the Food Security Coordinator for the State of New Mexico. Eileen is the mother of three wonderful young men-Weguai, Nuhkon, and Seguan-and her family hail from the pueblos of Cochiti and Jemez. After graduating from the University of Colorado at Boulder, Eileen returned home and spent just over 18 years as an educator working across Tribal, state, and nonprofit sectors. Around 2016, Eileen worked alongside local communities to introduce fresh and organic food into local neighborhoods. Eileen has successfully worked with many New Mexico farmers and organizations that share a common vision. Eileen says, serving our children the best foods we have to offer here at home has been a passion of mine, and I am blessed to now be in a position to tie all these experiences together for the greater good. I come ready to share, learn, and help keep the movement moving forward. It has been a pleasure thus far, and I thank all of you who have made the effort to make my welcoming joyful and exciting. Blessings and positivity!

### FY25 New Mexico Grown Funds Released

by Cassie Martinez, Executive Administrative Assistant

FNB is delighted to announce that the NM Grown Grant is now in its third year. This grant is available to centerbased CACFP participants in good standing, and award letters have been sent out for the initial FY25 funding round. The award letter details the grant allocation and provide guidance on how to navigate the program, enabling recipients to purchase foods grown, raised, and/or harvested locally. This funding is based on reimbursement and grantees are expected to submit receipts and a purchase log for reimbursement. After the initial round of awards, funds will remain for centers interested in applying. Applications will be accepted until all funds are awarded. If interested, please complete the FY25 PDF application <a href="mailto:here">here</a> and email to <a href="mailto:eileen.shendo@ececd.nm.gov">eileen.shendo@ececd.nm.gov</a> for consideration.

The NM Grown initiative is a developing program that supports nutrition and local agriculture. It benefits early childhood education sites, K-12 schools, senior centers, and food banks. This initiative is a significant step towards fostering healthier communities and strengthening our local food economy. We are thrilled to continue our exceptional partnership with the NM Grown Coalition, dedicated farmers, buyers, sponsors, and recipients!

The Family Nutrition Bureau would like to congratulate the following awardees:

- 3D Enterprises- A Gold Star Academy
- Kidzo Children's Christian Development Centers
- Christina Kent Early Childhood Center
- Christine Duncan Heritage Academy Afterschool Program
- · Creative Kids Childcare Center, LLC
- · Cuidando Los Niños
- East Gate Kids
- Farmington Municipal Schools Afterschool Programs
- Five Sandoval Indian Pueblos, Inc.
- · Future Generations LLC
- Growing Up NM- The Early Learning Center at Kaune
- Kids Campus at Santa Fe Community College
- · Kingdom Builders Preschool and Daycare
- La Esperanza Child Development Center, LLC
- · La Vida Felicidad
- · Las Cumbres Community Service

- Mission Achievement and Success Charter School
- My Kiddos Child Care Too, LLC
- Native American Professional Parent Resources Inc. FHS
- Pueblo of Isleta Head Start
- Pueblo of San Felipe Head Start
- Serendipity Day School-Felicidad Foundation
- Southwest Child Care
- Wesley Kids Childcare & Preschool
- Western Heights Learning Center

For a list of allowable NM Grown products, see <u>FY24</u> Allowable Products

To find an approved vendor, click <u>Approved Supplier</u> <u>Program</u>

**Awardees, note**: reimbursement occurs by sending invoices/receipts & purchase logs by the 15th of each month to:

- Food Security Coordinator, Eileen Shendo eileen.shendo@ececd.nm.gov
- Nutrition Program Manager, Laura Spencer laura.spencer2@ececd.nm.gov
- Executive Administrative Assistant, Cassie Martinez
   <u>cassie.martinez@ececd.nm.gov</u>

We ask that you submit all FY25 receipts and purchase logs no later than May 31, 2025.



## Growing Love by way of Food, in the Land of Enchantment

by Eileen Shendo, Food Security Coordinator



September is New Mexico Grown Month- a time for celebrating the Farmers and Ranchers of New Mexico, who have come together to create innovative solutions of access

Desert Verde Farm (Santa Fe, NM), 2024 Golden Chile Awardee | Food Producer, Andrew Neighbour, Ph.D., Owner

and equity, in the food systems that within our state. It is also a time, that honors the buyers of these foods. This could be YOU- if you shop the local farmer markets or buy directly from your neighbor(s) harvesting bountiful varieties of crops this season, you are a change maker! In this article, we are highlighting the recipients of the "Golden Chile Awards" and their efforts that go above and beyond to make a difference in the health of New Mexicans and our local, agricultural economy.

Since FY 2023, three state agencies- the Early Childhood Education and Care Department, Aging and Long-Term Services Department and the Public Education Department have all received funding to support food service programs operating in our daycares, early childhood centers, K-12 schools and senior center facilities. Providing these institutions the financial resources and incentive to directly invest in local growers and ranchers has been part of Governor Michelle Lujan-Grisham's. 'Food, Farm and Hunger Initiative.' It was the largest investment in food and agriculture systems in the state's history.

Making locally produced food a priority, has become a collective effort to understand, revolutionize and promote food security in New Mexico. The centers recognized by the Golden Chile Awards, are facilities who have seasoned their menus with love – through intentional purchasing of fresh NM produce and meats, prepared their meals using scratch-cooking methods rather than reheating frozen and processed foods and have prepared nutritious, healthy and appealing meals that promote the value of local procurement and personal health and wellbeing.

The Early Childhood Education and Care Department and Family Nutrition Bureau would like to congratulate the cohort of 2024 Golden Chile Awards:

#### **Golden Chile Award**

A Gold Star Academy & Child Development Center (Farmington, NM)

Christina Kent Early Child Care Center (Albuquerque, NM) Farmington Municipal Schools- Child Care Sponsorship: (Farmington, NM)

Future Generations, LLC (Clovis, NM)

New Mexico Early Learning Academy (Albuquerque, NM)

#### **Blossom Award**

Cuidando Los Ninos (Albuquerque, NM)
East Gate Kids (Albuquerque, NM)
Isleta Pueblo Head Start and Child Care (Isleta Pueblo, NM)
My Kiddos Too Child Care (Roswell, NM)
Pueblo of Zuni Head Start (Zuni Pueblo, NM)
Serendipity Day School (Albuquerque, NM)
Western Heights Learning Center (Albuquerque, NM)

#### **Sprout Award**

Little Footprints (Hatch, NM) St. Mark's Montessori School (Albuquerque, NM)

#### **Seed Award**

New Mexico Children First (Sunland Park, NM) Serendipity Day School (Albuquerque, NM) 2024 Golden Chili Awardee | Early Care & Education Programs



Serendipity Day School (Albuquerque, NM), 2024 Golden Chili Awardee | Early Care & Education Programs

"Knowing that
we are providing
healthy and
nutritious
food to those
experiencing
food insecurity
and poverty in
our community,"
was Andrew
Neighbor's

response when asked what the highlight of his experience has been in growing food for his fellow New Mexicans. Mr. Neighbour is the owner of Desert Verde Farm in Santa Fe and has been growing produce for the past four years. He joined a network of over 100 farmers and ranchers who are helping to keep fresh, locally grown food on the tables of New Mexico's most precious and yet vulnerable populations. In his own words this is what he does to contribute to the agriculture environment in New Mexico; "Focus on the needs of your customers while keeping an eye on the bottom line. You have to stay in business in order to continue to meet their needs. Don't ignore the little changes, they are signs that things may be going wrong...the health and well-being of your crops can change overnight." Sounds like advice we can all apply to any aspect in life, but especially appropriate coming from a steward of the land as shared wisdom on the experiences of food, nutrition and sustainable economic development.

We encourage anyone to visit the NM Grown website at newmexicogrown.org and view the list of approved suppliers and products that are available. Anyone serving locally grown foods in their nutrition program is encouraged to apply for the Golden Chile Awards this coming year. We invite you to join in and become part of the 'Food, Farm and Hunger Initiative' for your community. To inquire about accessing funding for your center or program, feel free to e-mail, eileen.shendo@ececd.nm.gov or call 505-487-3965 for more information.

## USDA Memo Updates for CACFP

by Laura K. Spencer, Nutrition Program Manager

Spring and summer 2024 were a busy time for USDA Memos! Eight new memos were released since our last Visionary issue; please find a quick overview below. These memos deliver important guidance and clarification on USDA requirements for SFSP and CACFP Child Nutrition Program providers and state agencies. Please reach out to your Compliance Officer or the FNB nutrition staff (<a href="mailto:ECECD-NET@ececd.nm.gov">ECECD-NET@ececd.nm.gov</a>) with any questions—and watch your email for periodic memo updates!

| <ul><li>CACFP 09-2024</li><li>CACFP10-2024</li></ul> | 5/28/2024<br>6/26/2024 | CNP Integrity Final Rule - State Agency Financial Review Requirement  Geographic Preference Option Q&A |
|--|------------------------|--|
| • CACFP 08-2024                                      | 5/22/2024              | Geographic Preference Expansion re: DGA Final Rule   |
| • CACFP 07-2024                                      | 5/14/2024              | CNPs - Meal Patterns Consistent With the 2020-2025 Dietary Guidelines for Americans                    |
| • CACFP 06-2024                                      | 5/14/2024              | Consolidated Appropriates Act, 2024: Effect on CNPs  |
| • CACFP 05-2024                                      | 2/26/2024              | State Agency Review Requirements   |
| • CACFP 04-2024                                      | 2/6/2024               | FY24 Reallocation of SAE Funds in Child Nutrition Programs   |
| <ul> <li>CACFP 03-2024</li> </ul>                    | 1/24/2024              | CNP Final Integrity Rule 88 FR 57792 - SAE Recovery  |

Access recent USDA Memos: www.fns.usda.gov/cacfp/meals-and-snacks



## **New CICN Resources and Trainings**

From USDA Team Nutrition 07/10/2024.

Team Nutrition, in partnership with the Culinary Institute of Child Nutrition (CICN), is excited to present new resources and trainings! The CICN is the division of the Institute of Child Nutrition, and provides school nutrition professionals with in-depth, hands-on culinary training and resources that are foundational for scratch cooking and the creation of culinary-inspired school meals that are healthy, flavorful, and student-approved!



**Culinary Quick Bites:** This short format (15-minute) training series is intended to be facilitated onsite by school nutrition professionals overseeing food production. Each lesson focuses on a specific culinary-related training topic and includes the lesson objective, a facilitator guide, an instructional video demonstrating the skill or task (featuring a CICN chef), and an activity to help staff practice their culinary skills. Featured lessons include knife skills, developing flavor, basic food prep skills, and basic cooking techniques. Check out the <u>Culinary Quick Bites Series</u> on the CICN website.



**Recipe Standardization Guide for the CACFP**: This is a comprehensive guide designed to facilitate recipe standardization within the CACFP. This how-to manual serves as a complete resource, outlining the benefits of standardized recipes and detailing the recipe standardization process, including recipe verification, product evaluation, and quantity adjustment. The <u>Recipe Standardization Guide</u> for the CACFP can be found on the ICN's website.



**CICN Presents Culinary Training Series:** This training series focuses on culinary skills and production methods, illustrating techniques and recipes for implementing scratch cooking in school meals. The target audience includes directors, managers, menu planners, dietitians, cooks, and food service assistants who are thinking about gradually implementing more scratch-based recipes in their program. If you are interested in gradually implementing more scratch cooking in your school meal program, check out the <u>CICN Presents Culinary Training Series</u>.



**Let's Cook! Culinary Training:** The Let's Cook! Online Culinary Training series is designed to provide school nutrition professionals with information and culinary techniques to prepare fresh and flavorful foods for school meal programs. There are seven lessons that make up the entire online culinary training course. The interactive lessons are a combination of step-by-step instructions, images, videos, and an "Apply What You Learned" section allowing operators to practice what they learned in their own school kitchens. The Let's Cook! Culinary Training modules can be found on the iLearn portal on the ICN website.



## CACFP's Meal Patterns: In Alignment with the 2020— 2025 Dietary Guideline for Americans

#### by Laura Spencer, Nutrition Program Manager

The Dietary Guidelines for Americans (DGAs) are published every five years to advise on what to eat and drink to meet nutrient needs, promote health, and prevent disease. The U.S. departments of Health and Human Services (HHS) and Agriculture (USDA) work together to update and release the Dietary Guidelines, reflecting the current body of nutrition science. The DGAs for 2020–2025 resulted in some changes to the current Child Nutrition Program Meal Patterns, bringing them into closer alignment with these important guidelines for the benefit of infants, children, and adults enjoying meals in CACFP. (For updates to SFSP Meal Patterns, contact your Compliance Officer or Nutrition staff).

Below is a summary of these changes, which took effect July 1, 2024. CACFP providers and sponsors have until October 1, 2025, to fully implement changes. FNB will be releasing several updated resources—such as new creditable cereal lists, and more—to help you along the way. Updated materials, as well as all CACFP forms, manuals, etc., can be found in the FNB Materials Library.

This winter, FNB will also update our list of approved non-dairy beverages, to give greater flexibility for children and adults who cannot tolerate, or don't prefer, cow's milk. Look for this update soon! Remember, you can now also serve tofu and soy yogurt in your CACFP and SFSP meals to all ages—including infants! Reach out to your Nutrition Staff at <a href="mailto:ECECD-NET@ececd.nm.gov">ECECD-NET@ececd.nm.gov</a> for more information.

#### CACFP Updates - Meal Patterns Consistent with the 2020-2024 Dietary Guidelines for Americans

Effective July 1, 2024 - Implementation Deadline October 1, 2025

- RDs/RDNs may now sign doctor's notes for special meal accommodations or disabilities
- Sugars: ADDED sugars, not total sugars, will be used for CACFP sugar limits
  - •Cereal: 6 grams added sugars per 1 dry oz.
  - Yogurt: 12 grams added sugars per 6 oz. portion (i.e., 2 grams added sugar per oz.).
  - •Flavored Milk (ages 6+ only): 10 grams added sugars per 8 fluid oz. (1 cup) serving
- Tribal communities:
  - Programs serving primarily Native Americans may substitute a creditable vegetable for the grain component
- Geographic preference expansion:
  - "Locally grown," "locally raised," and "locally caught" permitted as procurement specifications by vendors for unprocessed and minimally processed foods.
  - •CNP Operators and state agencies can determine definition of "local" as no federal definition exists
- Nuts and seeds: May now credit as 100% of Meat/Meat Alternate component at all meals & snacks (previously50%)
- Terminology changes:
  - "Beans, peas and lentils" replaces "legumes (beans and peas)" and "beans and peas" as Meat/Meat Alternate items
  - "Whole-grain rich" will be new catch-all term for both WG and WGR (50/50) grains
  - "Food Components" term changed to "Meal Components."

NOTE: For SFSP, only the Tribal Communities vegetable flexibility, Geographic Preference Expansion, Nuts & Seeds 100% contribution, and terminology changes apply. Contact your Compliance Officer & nutrition staff for guidance.



#### by Brianna Castillo, Nutritionist II

Happy Fall,

We are excited to announce fall 2024 CACFP Cook's Academy and Infant Requirements trainings. Each training covers the CACFP requirements to ensure our participants are getting adequate nutrition to help them thrive. Find information below on fall training sessions.

We recommend new staff or anyone who hasn't taken the training begin with New Cook's Academy, and those who have taken the introductory training are encouraged to take Advanced Cook's Academy. Trainings cover CACFP Meal Pattern requirements, creditable foods, food production, menu record book documentation, the USDA Food Buying Guide Calculator, food safety, Family Style Dining, and more. These optional trainings are held monthly in person at 4801 Indian School Road NE, Building 2 in Albuquerque. Virtual sessions will be available in January and dates will be announced when they become available. To register, please email <a href="mailto:ECECD-NET@ececd.nm.gov">ECECD-NET@ececd.nm.gov</a> and include your 1) desired training session and date, 2) name and job title of attendees, 3) center name, and 4) center's CACFP agreement number (if available).

We look forward to working with you and supporting you in CACFP!

#### Fall 2024 training sessions:

- New Cook's Academy—"Basic training" on serving Children & Adults in CACFP, for new kitchen staff and food program coordinators.
  - October 11, 2024 English
  - · December 6, 2024 Spanish
- Advanced Cook's Academy—A deeper dive on key concepts with Q&A discussion, for returning and experienced kitchen & food program staff
  - September 13, 2024 English
  - November 8, 2024 English
- Infant Requirements Training—Covering meals for babies 0-12 months, for infant room teachers & staff
  - · September 27, 2024 Spanish
  - November 15, 2024 English
  - · December 13, 2024 Spanish



#### by Ronna Faris, Nutritionist II

As summer comes to an end and we gear up for autumn, it's a great time to take advantage of the plentiful harvest in your own garden or local farmers' markets. This transition period offers an abundance of fresh, locally grown produce that can enhance your diet and boost your health.

Eating locally grown food often proves to be healthier than store-bought alternatives. This is primarily because local produce is picked at the peak of ripeness, ensuring it has had ample time to fully develop its nutrient profile. When fruits and vegetables are allowed to ripen naturally, they not only retain more vitamins and minerals but also offer superior taste and texture. The freshness of locally sourced produce can transform your meals, making them more enjoyable and nutritious.

In addition to consuming foods rich in high-quality nutrients, it's crucial to include a variety of colors in your diet—commonly referred to as "eating the rainbow." Each color group in fruits and vegetables represents different vitamins, minerals, and antioxidants that are vital for maintaining health and supporting a robust immune system.

By incorporating a diverse range of colorful produce into your meals, you can ensure that you receive a wide spectrum of essential nutrients, promoting overall health and well-being.

As the weather gets colder, the risk of flu and colds increases. Consuming a variety of fruits and vegetables can help bolster your immune system, providing a natural defense against seasonal illnesses. Vitamins, minerals, and antioxidants—all found in nutrient-dense produce—play a key role in maintaining a strong

immune response.

Here are two great recipes for you to try that are loaded with veggies: Farmers' Market Gazpacho and wholegrain rich Zucchini Bread. Since these are USDA and MyPlate recipes, they would be perfect for serving at your child care sites. Remember, if using them for Lunch or Supper, for a complete meal you'll need to add Fluid Milk and a Meat/Meat Alternate, such as a grilled shrimp or cheese. Better yet, they could be served together as a complete Snack. Enoy!

### **Farmers Market Gazpacho**



Makes: About 4 cups

Garlic, cumin, and lemon juice give a zesty flavor to this cold, blended vegetable soup. Cilantro added at the end leaves a refreshing pop of flavor.

#### Ingredients:

## **Summer Garden Bounty Meal Cont'd**

- 2 cucumbers (diced into 1/4 inch pieces)
- 3 red bell peppers (seeded and diced into 1/4 inch pieces)
- 3 green peppers (seeded and diced into 1/4 inch pieces)
- 4 celery stalks (diced into 1/4 inch pieces)
- 2 tomatoes (diced into 1/4 inch pieces)
- 1 onion (medium, diced into 1/4 inch pieces)
- 2 lemons
- 2 cups tomato juice, low-sodium
- 3 garlic cloves (fresh minced)
- 1 tablespoon cumin (ground)
- 1 cup cilantro (fresh chopped)
- salt and pepper (to taste, optional)

#### **Directions:**

- 1. Wash hands with soap and water.
- Combine all ingredients except salt, pepper, and lemons in a bowl.
- 3. Remove 2 cups of the mixture and reserve.
- Using a blender or food processor, puree the remaining mixture in the bowl.
- 5.Add 2 cups of reserved mixture to the pureed mixture.
- 6. Season with salt, pepper (optional) and the juice from the lemons.
- 7. Cover mixture and refrigerate for at least 2 hours before serving.
- 8. Serve cold, garnished with chopped cilantro.

#### **CACFP Contribution**

Makes: 16 servings, 1 cup serving

Vegetables - 3/4 cup

#### **Source**

Veggin' Out Recipe Book, Johnson and Wales University and Rhode Island Department of Health WIC Program. Recipe Accessed 08/09/2024 at <u>Farmers Market Gazpacho</u>

#### **Zucchini Bread**

Makes: 16 servings

This tasty zucchini bread can be eaten warm or cooled.

#### **Ingredients:**

- 3 eggs
- 1 cup sugar

- 1/4 cup vegetable oil
- 2 cups zucchini (grated)
- 1/2 teaspoon vanilla
- 11/2 cups flour (all purpose)
- 11/2 cups whole wheat flour
- 1 teaspoon salt
- 2 teaspoons baking soda
- · 2 teaspoons cinnamon
- 1/2 teaspoon baking powder
- 1/2 cup raisins

#### **Directions:**

- 1. Wash hands with soap and water.
- 2.Preheat oven to 325 degrees and lightly grease and flour a 9 x 5 loaf pan.
- 3.In a large mixing bowl, beat eggs lightly. Add sugar, oil, zucchini, and vanilla and beat.
- 4.In a separate bowl, measure dry ingredients and stir to combine. Add raisins.
- 5.Add dry ingredients to the egg mixture. Stir just until all ingredients are moistened.
- 6. Spoon into loaf pan.
- 7. Bake at 325 degrees for 50 minutes. Test for doneness by inserting a toothpick in the center. It should come out dry.
- 8.Allow loaf to cool 5 to 10 minutes before turning out onto a cooling rack.
- 9. Serve warm or allow to cool before slicing.

#### **CACFP Contribution**

1.5 Oz. Eq. Grains per serving (1/16 of loaf) – Whole Grain Rich

#### Source

Washington State University Extension, Favorite Recipes for Family Meals. Recipe accessed 08/09/2024 at https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/zucchini-bread

**Looking for more recipe inspiration?** Find more CACFP snack recipes in the Institute of Child Nutrition's <u>Child Nutrition Recipe Box</u>. For additional cooking videos, visit Team Nutrition's website.

## 2023 CACFP Nutrition Education Awardees Announced

by Laura K. Spencer, Nutrition Program Manager

FNB is pleased to announce our 2023 Nutrition Education Award recipients! Exceptional CACFP classroom activities, known as food projects, designed to educate child and adult participants on heathy eating, food, and nutrients, or other projects around nutrition, were recognized with a certificate during this summer's CACFP nnual trainings. Activities are required for CACFP Child and Adult Care Centers at least once per month in at least one classroom—but why limit the fun to just one room? Minor modifications to Nutrition Education activities can allow even the littlest learners to join in and gain understanding of the importance of healthy foods for a healthy life. At-Risk Afterschool programs and Emergency Shelters are not required, but are welcome, to participate. For ideas, see the Nutrition Merry-Go-Round manual located under "CACFP Nutrition Section" in FNB's Materials Library. To receive an award for YOUR center's 2024 activities, please send a completed Nutrition Education Documentation Form to the FNB Nutritionists at ECECD-NET@ececd.nm.gov.

#### **Nutrition Education Award recipients:**

#### **Art, Literature & Music**

#0228 - Daily Child Development Center - PMS (Farmington)

#0322 - San Jose Day Care (Carlsbad)

#### **Celebrations**

#0145 - Clovis Head Start - Eastern Plains CAA

#### Fruits & Vegetables - More Matters!

#0770 - Noah's Ark Children's Academy - CAASNM (Albuquerque)

#### **Great Grains**

#0771 - Kidzo Christian Child Development Center (Roswell)

#### **Healthy Cooking**

#0294 - SFCC Kids Campus (Santa Fe)

#0489 - Aladdin's Castle (Carlsbad)

#### **Most Creative**

#0465 - East Gate Kids / ABQ Foursquare (Albuquerque)

#### **MyPlate**

#0812 - Positive Outcomes Inc. / Alberta Academy (Socorro)

#### **Science & Nature**

#0322 - San Jose Child Care (Carlsbad)

#### **Snazzy Snacks**

#0711 - My Kiddos Child Care Center (Roswell)

#### Traditional/Multicultural Foods

#0255 - ECHO Aztec Preschool (Aztec)

### **CACFP RESOURCE CORNER**

## **Congratulation to the following 2023 CACFP**Save the Date! Fall Outreach Worker's

#### Conference

by Laura K. Spencer, Nutrition Program Manager

This year's 2024 Outreach Workers' Conference (OWC) will be held October 24-25, 2024 in beautiful Ruidoso, NM! This conference will provide on-going professional education and important program updates for monitoring staff and directors of CACFP home child care Sponsoring Organizations. ECECD staff are excited to join you this fall for two days of learning, networking and fun, with dynamic guest speakers and opportunities to enhance your profession. Our theme will be "It's a Small World," focusing on respecting and embracing cultural diversity in child care and the world. Home monitors have described the OWC as an invigorating shot in the arm, reenergizing them for their important work overseeing, training, and supporting home providers throughout the state. See your home Sponsoring Agency to register - and don't miss out!

### Useful Links

Family Nutrition Bureau Materials Library

NM Grown website

National CACFP Week website

The Institute of Child Nutrition Mealtime Memos

National CACFP Sponsors Association Meal Pattern Minutes

USDA FNS CACFP public website

**CACFP Guidance Manuals** 

**CACFP Meal Pattern resources** 

**CACFP Policy** 

The Institute for Child Nutrition (ICN) Recipe Box

<u>USDA Team Nutrition Recipes for Healthy Kids: Cookbook for Child Care Centers</u>









## **HEALTHY KIDS Healthy Preschool**

#### **BUILDING HEALTHIER TOMORROWS TODAY**



Greetings!

Healthy Kids Healthy Preschool

It was wonderful seeing you in person at the CACFP annual trainings across New Mexico. It's always a special time presenting our program and celebrating your hard work and success!

Please welcome Michelle Chavez, our new Healthy Kids Healthy Preschool (HKHP) Coordinator for northern New Mexico. We're so happy and excited to have her on our team! Michelle grew up in Albuquerque and is responsible for all HKHP efforts in the northern part of the state. Michelle has more than 18 years of experience in early childhood education (ECE) providing a safe and nurturing environment for young children. Michelle has great ideas for supporting HKHP in ECE programs and is skilled in planning activities, improving motor skills with physical activity, and preparing healthy fun meals.

This summer, 49 ECE programs were awarded certificates during annual trainings for completing October's HKHP Challenge! The four-week challenge focused on increasing children's physical activity to 120 minutes per day and limiting screen time to 30 minutes or less per week. Forty-five programs received the Gold Award and four programs received the Silver Award. ECE programs interested in taking part in the challenge have the chance to participate in this year's HKHP Challenge in October. We'll keep you posted on how to sign up.

The Family 5-2-1-0 Challenge was launched across the state in March. Parents and children worked together to practice healthy habits at home for four weeks. The 17 EC educators who participated in the challenge made it possible to reach over 300 families!

The programs that participated in the are New Mexico Children First, Bumble Bee Learning Center, Kids Kountry Campus, Noah's Ark Learning Center, Help NM, Sunshine Kids, Kids Korner Preschool, Pueblo of Isleta Head Start, Downtown Childcare Center, YDI Head Start (South Valley, Job Corps, Mary Ann Bassford, and Embudo), UHS Grads CCC, My Kiddos Too, and Chicanos Por la Causa (Clovis).

Stay tuned for an update about the findings of the healthy habits practiced by families during the Family 5-2-1-0 Challenge. Our Epidemiologist/Evaluator Alexana Hickmott is analyzing the data collected and we'll share what we learned with all of you.

We want to take this opportunity to also share a success story about the Socorro Head Start:



Eliseo Gandara's mom, Samantha Lopez, said she appreciates how the Farm to Preschool program is teaching both her sons to grow their own food and not rely solely on a grocery store.

#### Socorro Head Start teaches gardening, nutrition education

Eliseo Gandara studied the small, green balls sprouting on his school's tomato plant. The 4-year-old boy had helped plant the tiny seeds next to a window

in his Head Start classroom, later transferring a seedling to the outdoor planter and watering it when needed. Now there was an actual tomato ripening under the Socorro sun. That moment of curiosity and marvel has become common at the Mid-West NMCAP Early Head Start and Head Start program in Socorro, which is in its fourth year of the Farm to Preschool pilot project funded by the New Mexico Department of Health. The department's Healthy Kids Healthy Communities program supports eight pilot sites in diverse areas of the state. "I think we're creating memorable moments and healthy habits as they grow and develop," said Sebastian Camacho, Jr., director of the site, which serves ages six months through five years. "I think this program is teaching kids how plants grow and the responsibility of caretaking, teaching them to spend time

outdoors and that some things take time."



Clara Blomquist-Klarkowski, 4, helped plant fruit trees at her school. She likes helping her family garden at home

As a Farm to Preschool pilot site, Socorro's Head Start is implementing a comprehensive, culturally relevant program rooted in four core strategies: buying New Mexico grown produce for meals and snacks, growing edible gardens, offering nutrition education, and encouraging family and community engagement. Additional centers received mini grants to implement one of the four strategies.

HKHC helps connect each pilot site to local and state resources. Volunteers and families are essential partners, too, helping plant vegetables and fruit in 12 metal garden beds on the property.

"I think having the plants at school helps Clara be more interested at home to grow things, and she's been more willing to try the other things that have been growing, both at school and at home," said, Julie-Anna Blomquist, parent to 4-year-old Clara.

The garden is the Head Start's primary classroom. They also teach nutrition lessons and do activities from an educational book series for preschoolers developed by the Department of Health. Students taste test fresh fruit and vegetables from local growers and meat from a Los Lunas supplier.

Camacho and staff plan to expand the garden by planting crops in a new greenhouse, decorating planters with student handprints, and installing a drip irrigation system. "The funding and support of the community has really helped us move forward with the program," Camacho said. "We're doing what we envisioned."

The entire HKHP team want to thank all ECE programs throughout New Mexico for their dedication and hard work to impart healthy habits in young children and their families.





Alberto Zavala | Southern NM Healthy Kids Healthy Preschool albertoz@caasnm.org (575) 527-8799 ext 165 Michelle Chavez | Northern NM Healthy Kids Healthy Preschool chavezm@caasnm.org (505) 413-2883



## **Child Care Regulatory Unit Updates**

by Jessica Bates and Mary Arrey, Regional Operations Managers

The Regulatory Team is always available to provide guidance on the steps to becoming a home provider. For licensing information, please visit the Regulatory Oversight Unit page under Professional Resources section on our website, www.nmececd.org. To stay up to date on announcements from the department, subscribe to the ECECD Early Childhood Community newsletter and join ECECD's monthly Community Call with Cabinet Secretary Elizabeth Groginsky.

Child Care Business Toolkit – ECECD's Child Care Business Toolkit is designed to save child care providers money and streamline their business practices to put valuable hours back in your day. The toolkit contains practical and customizable resources, including sample policies, procedures, employee and parent handbooks, job descriptions, interview guides and much more. This resource is free for licensed and registered child care facilities. Learn more <a href="here">here</a>. Questions about the Child Care Business Toolkit? Call 505-814-8841 or email: <a href="mailto:TheTeam@ECECDBizToolkit.org">TheTeam@ECECDBizToolkit.org</a>

<u>Child Care Finder</u> – ECECD has launched the New Mexico Child Care Finder which is a search tool to assist in meeting family's needs allowing parents and caregivers to search for over 1000+ child care programs statewide.

<u>ECECD Weekly Newsletter</u> – Subscribe to ECECD's Weekly Child Care Newsletter for updates and links to the upcoming Monthly Meetings with Secretary Groginsky.

Quorum Training – Quorum is a free online training program available to early childhood professionals throughout New Mexico including 200+ hours of engaging online professional development in both English and Spanish at no cost.

<u>Provider Dashboard</u> – Owners, directors, and administrators of licensed and registered child care programs are encouraged to utilize the EPICS Provider Dashboard to improve communications with ECECD.

Elevate New Mexico - Offers management tools that are available to child care businesses in New Mexico at no cost and includes access to business coaching, child care management software, and community coaching. Elevate New Mexico is also available in Spanish! Visit Elevate New Mexico Child Care, or text "ELEVATE" to 505-391-3176 to learn more!

<u>Background Check Process</u> - All child care providers in licensed child care centers and out of school times, licensed child care homes and registered child care homes must have a background check completed every five years. Below is the Background Check process for all child care providers and staff of child care centers.

- •**Step 1**: Register for fingerprinting at: <u>nm.state.</u> <u>identogo.com</u>
- •Step 2: Select Schedule a New Appointment
- •Step 3: ECECD's Originating Agency Identifier (ORI)#: NM931220Z
- Step 4: Select a Fingerprint Reason:
  5-year background check renewal, select:
  NMSA 9-29-8-1 ECECD EMPL-facilities, home



## **Child Care Regulatory Unit Updates cont'd**

programs, depart-cont prov

- •Volunteer, select: NMSA 9-29-8-1 ECECD VOLSfacilities, home programs, depart-cont prov
- •New Applicant, select: NMSA 9-29-8-1 ECECD applicant facility/home program
- •Step 5: Schedule location along with date and time to be fingerprinted.
- •Step 6: Choose Payment Method
  - •Select Billing Account
  - •Enter Billing Account Number: ZNM0F0059
  - •(Note: Please ensure all your information has been entered correctly prior to submitting)
- •**Step 7**: Submit the ECECD Licensed-Registered Centers Packet Updated 07.27.23.pdf along with your fingerprint registration receipt immediately to: ececd.bcu@ececd.nm.gov.
  - •The form may also be mailed to: ECECD Background Check Unit PO Drawer 5619, Santa Fe, New Mexico 87502

Guides steps can be found here.

If you have any questions, please reach out to your regional point of contact **below**.

#### **Central Region**

• Regulatory Oversight Manager, Jessica Bates:

#### <u>Jessica.bates@ececd.nm.gov</u>

• Supervisor, Brenda Granger:

#### brenda.granger@ececd.nm.gov

• Central Lead. Amber Brionez:

amberm.brionez@ececd.nm.gov

#### **Northern Region**

· Supervisor, Diana Martinez:

#### Diana.martinez2@ececd.nm.gov

• Lead Specialist, Rafael Garcia-Castaneda:

Rafael.garciacastan@ececd.nm.gov

#### **Southern Region**

• SW Supervisor, Mary Arrey:

#### Mary.arrey@ececd.nm.gov

• SE Supervisor, Tracey Koenigsdorf:

#### <u>Tracey.Koenigsdorf@ececd.nm.gov</u>

• SW Supervisor, Denise Miller:

#### denise.miller@ececd.nm.gov

• Southern Lead, Jessica Pineda:

jessica.pineda2@ececd.nm.gov



## September

2—Labor Day; ECECD offices closed for state holiday

13—CACFP Advanced Cook's Academy Training – English, 9 a.m.–12 p.m. (in person)—Contact FNB Nutritionists, <u>ECECD-NET@</u> <u>ececd.nm.gov</u>

21—Los Lunas Home Provider RECEC—Contact sponsor or Ronna Faris, ronna.faris@ececd. nm.gov

27—CACFP Infant Requirements
Training – Spanish, 9–11 a.m.
(in person)—Contact FNB
Nutritionists, <u>ECECD-NET@ececd.nm.gov</u>

28—Silver City Home Provider RECEC—Contact sponsor or Ronna Faris, ronna.faris@ececd.nm.gov

## **October**

3—CACFP New Center Orientation (Albuquerque) 8 a.m.–4 p.m.—Contact Jennifer Nutt, jennifer.nutt@ececd.nm.gov

11—CACFP Basic Cook's Academy Training – English, 9 a.m.–12 p.m. (in person)—Contact FNB Nutritionists, <u>ECECD-NET@ececd.nm.gov</u> **14—Indigenous Peoples' Day;** ECECD offices closed for state holiday

19—Clovis Home Provider
RECEC—Contact sponsor or
Ronna Faris, ronna.faris@ececd.
nm.gov

## **November**

**8—CACFP Advanced Cook's Academy Training –** English 9
a.m.–12 p.m. (in person)—Contact
FNB Nutritionists, <u>ECECD-NET@</u>
<u>ececd.nm.gov</u>

**11—Veterans' Day;** ECECD offices closed for state holiday

15—CACFP Infant Requirements
Training – English, 9–11 a.m.
(in person)—Contact FNB
Nutritionists, ECECD-NET@ececd.
nm.gov

**16—**Gallup Home Provider RECEC—Contact sponsor or Ronna Faris, <u>ronna.faris@ececd.</u> nm.gov

28-29—Thanksgiving & Presidents' Day (observed); ECECD offices closed for state holiday

## **December**

**6—CACFP Basic Cook's Academy Training –** Spanish, 9 a.m.–12
p.m. (in person)—Contact FNB
Nutritionists, <u>ECECD-NET@ececd.nm.gov</u>

13—CACFP Infant Requirements
Training – Spanish, 9–11 a.m.
(in person)—Contact FNB
Nutritionists, ECECD-NET@ececd.
nm.gov

**25—Christmas Day;** ECECD offices closed for state holiday

## **January**

**1—New Year's Day;** ECECD offices closed for state holiday



**Santa Fe:** (505) 827-9961 **Albuquerque:** (505) 841-4856

Loren Miller
Cassie Martinez
Debra Candelaria
Christine Juancho
Frank Quintana
Jesus Aguilar Jr.
Jennifer Nutt
Laura Spencer
Brianna Castillo
Ronna Faris
Eileen Shendo
Lupita Perez
Leticia Rodriguez

FNB Bureau Chief
Executive Administrative Assistant
SFSP Program Manager
Compliance Officer, SFSP
Compliance Officer, SFSP/CACFP
CACFP Program Manager
Senior Compliance Officer, CACFP
Nutrition Program Manager
Nutritionist II (Centers)
Nutritionist II (Homes)
Food Security Coordinator
Management Analyst Supervisor
Business Operations Specialist

loren.miller@ececd.nm.gov
cassie.martinez@ececd.nm.gov
debra.candelaria@ececd.nm.gov
christine.juancho@ececd.nm.gov
frank.quintana@ececd.nm.gov
jesus.aguilarjr@ececd.nm.gov
jennifer.nutt@ececd.nm.gov
laura.spencer2@ececd.nm.gov
brianna.castillo@ececd.nm.gov
ronna.faris@ececd.nm.gov
eileen.shendo@ececd.nm.gov
guadalupita.perez2@ececd.nm.gov
leticia.rodriguez@ececd.nm.gov

505-660-0864 505-231-4703 505-699-2596 505-699-2627 505-350-5879 505-699-2607 505-670-8586 505-946-8558 505-699-0277 505-699-6362 505-487-3965 505-470-5196 505-827-9961

## VISIONARY

Family Nutrition Bureau September 2024

## nmececd.org/family-nutrition

PO Drawer 5619 Santa Fe, NM 87502-5619 Toll free: (800) 832-1321











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