

Strategies for Success Webinar Series

1



New USDA Recipes for Healthy Kids & CACFP Crediting
Guide: Supporting Healthy Eating in Child Care
January 14, 2014

Need for Healthy Eating in Child Care

2

- High rates of food insecurity in families with children under six
- High prevalence of overweight & obesity in young children
- Good nutrition & wellness in child care can support good health, a healthy weight, & a lifetime of healthy habits

Need for Healthy Eating in Child Care

3

- High rates of food insecurity in families with young children:
 - 21.5 percent of households with children under six

(Food Security Data, 2012, USDA 2013)

Negative Consequences of Food Insecurity

4

- Poor early child development outcomes
- Poor education outcomes
- Poor child health outcomes
- Higher risk of obesity

Need for Healthy Eating in Child Care

5

- 26.7 percent of children aged 2-5 years are overweight or obese (*NHANES 2009-2010, JAMA 2012*)
- 30.4 percent of low-income children aged 2-4 years are overweight or obese (*PedNSS 2011, CDC 2012*)

Overweight & Obesity: Consequences

6

Children who are overweight or obese are more likely to have:

- social & emotional problems,
- poorer academic performance, &
- health problems including asthma, sleep apnea, type 2 diabetes, & risk factors for cardiovascular disease.

CACFP Supports Healthy Eating in Child Care

7

- The Child & Adult Care Food Program (CACFP) plays a key role in reducing both hunger & obesity
- The Healthy, Hunger-Free Kids Act strengthens that role



CACFP Supports Healthy Eating in Child Care

8



- CACFP served 1.9 billion meals & snacks in child care last year
- CACFP served 3.5 million children each day

Healthy, Hunger-Free Kids Act

9

CACFP Improvements:

- Provides resources & support for improving CACFP promotion of good nutrition & wellness in child care
- Directs USDA to provide nutrition education materials & training (\$10 million)



New USDA Recipes for Healthy Kids & CACFP Crediting Guide: Supporting Healthy Eating in Child Care

10

Speakers:

- Andrea Farmer, Child Nutrition Division, USDA
- Sonya Barnes, Child Nutrition Division, USDA
- Ann Hall, Child Nutrition Division, USDA

Supporting Healthy Eating in Child Care:

NEW

Crediting Handbook for the Child and Adult Care Food Program and USDA Recipes for Healthy Kids

Andrea Farmer, MS, RD, LD

Sonya Barnes, MS, RD, CHC

Ann Hall, MRE, RD, LDN

Nutritionists

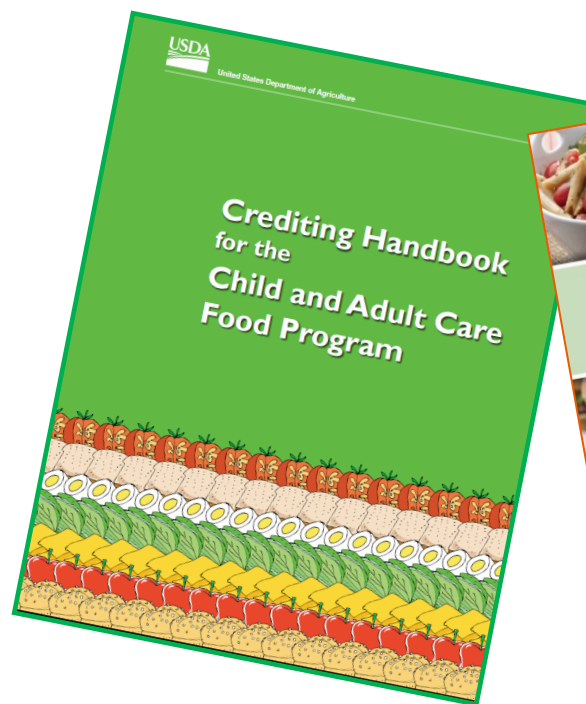
Child Nutrition Programs

USDA Food and Nutrition Service

FRAC Webinar 1/14/2013



United States Department of Agriculture
Food and Nutrition Service



What We'll Be Covering

- Team Nutrition
- CACFP Crediting Handbook
 - Purpose
 - What's inside
 - How to use it
- Recipes for Healthy Kids for Homes and Child Care Centers Cookbooks
 - Overview and background
 - Crediting using the CACFP Meal Pattern
 - Menus using recipes

POLL

Tell Us About You!

I work for a:

- a. Child Care Center
- b. Family Child Care Home
- c. CACFP Sponsoring Organization
- d. State Agency
- e. Federal Government
- f. Community Organization
- g. Other



United States Department of Agriculture
Food and Nutrition Service



POLL

Do you use Team Nutrition materials?

- a. Never
- b. Occasionally
- c. Often

Team Nutrition

- Supports USDA's Child Nutrition Programs through:
 - Training and technical assistance for food preparers
 - Nutrition education for children and their caregivers
 - Involvement of school and community partners to promote healthier eating and physical activity

teamnutrition.usda.gov

Team Nutrition Goal

- To improve children's lifelong eating and physical activity habits through nutrition education based on the principles of the Dietary Guidelines for Americans and *MyPlate*.



teamnutrition.usda.gov



How To Apply

- [Join the Team](#)

Browse By Subject

- [HealthierUS Schools](#)
- [Local Wellness Policy](#)
- [Training Grants](#)
- [Resource Library](#)
- [Graphics Library](#)
- [MyPlate](#)

Other Useful Links

- [Resource Order Form](#)
- [Healthy Meals Resource System](#)
- [Healthy Access Locator](#)
- [Best Practices Sharing Center](#)
- [School Day Just Got Healthier](#)

Team Nutrition

[Print](#)

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

Spotlights



Eat Smart to Play Hard With MyPlate Mini Poster (in Spanish):
Now available in print!



Crediting Handbook for CACFP



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Team Nutrition



Resource Library

The following is a comprehensive listing of all the resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs.

Spotlights

[Blast Off Game](#)[Healthier Middle Schools:
Everyone Can Help](#)

Team Nutrition Resources

Title
Are You on the Team?
Building Blocks for Fun and Healthy Meals
Changing the Scene - Improving the School Nutrition Environment
Crediting Handbook for the Child and Adult Care Food Program
Dietary Guidelines for Americans, 2010
Dig In! At Home Parent Booklet
Dig In! Standards-Based Nutrition Education from the Ground Up
Eat Smart. Play Hard.™ Power Panther™



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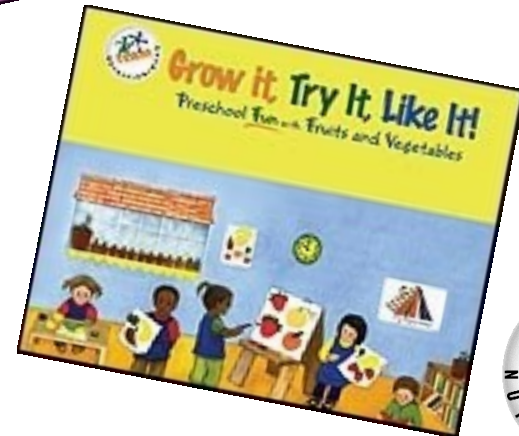
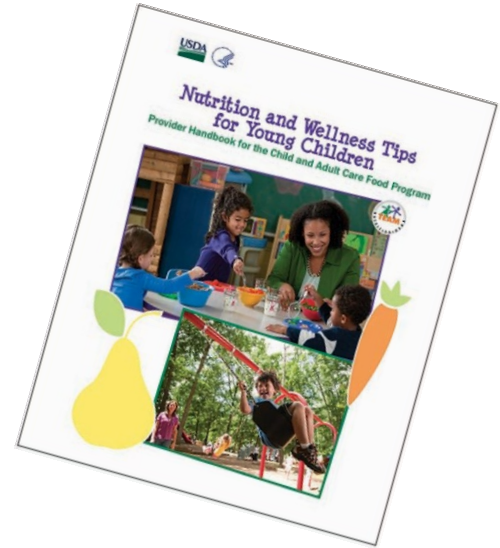
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Team Nutrition Resources

- Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program
- Two-Bite Club
- Grow It! Try It! Like It!



How To Get Resources

- Download from the Resource Library at teamnutrition.usda.gov
- Print copies can be ordered online at <http://tn.ntis.gov/>
 - **FREE** for those participating in a child nutrition program
 - Includes child care centers and family child care providers





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Team Nutrition print materials are available **only** to schools and child care centers that participate in the Federal Child Nutrition Programs. All others are welcome to download our materials from our Website at teamnutrition.usda.gov. If you cannot find an item on this order form, it is temporarily out of stock. Please check back often for its availability.

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HEALTHIERUS SCHOOL CHALLENGE

- | | | |
|---------|----------------------|---|
| USDA218 | <input type="text"/> | HealthierUS School Challenge Brochure (Qty limit: 2) 1 pkg = 50 |
| USDA219 | <input type="text"/> | HealthierUS School Challenge Application Kit (Qty limit: 1) |

SERVING UP MY PLATE (GRADES 1-6)

- | | | |
|---------|----------------------|--|
| USDA239 | <input type="text"/> | MyPlate at Home - Parent Handout in Spanish (Qty limit: 1) 1 pkg = 35 booklets |
| USDA240 | <input type="text"/> | MyPlate at Home - Parent Handout in English (Qty limit: 1) 1 pkg = 35 booklets |
| USDA241 | <input type="text"/> | Eat Smart to Play Hard with MyPlate Poster (Qty limit: 1) |
| USDA242 | <input type="text"/> | Serving Up MyPlate Kit A Yummy Curriculum, Level 1 Grades 1&2 (Qty limit: 1) 1 kit per order |
| USDA243 | <input type="text"/> | Serving Up MyPlate Kit A Yummy Curriculum, Level 2 Grades 3&4 (Qty limit: 1) 1 kit per order |
| USDA244 | <input type="text"/> | Serving Up MyPlate Kit A Yummy Curriculum, Level 3 Grades 5&6 (Qty limit: 1) 1 kit per order |
| USDA245 | <input type="text"/> | Eat Smart to Play Hard MyPlate Mini-Poster (Qty limit: 1) 1 pkg = 35 mini Posters/Avail by pack only |
| USDA261 | <input type="text"/> | Eat Smart to Play Hard with MyPlate Mini-Poster in Spanish (Qty limit: 1) |

GREAT GARDEN DETECTIVE ADVENTURE (GRADES 3 & 4)

- | | | |
|---------|----------------------|---|
| USDA255 | <input type="text"/> | Great Garden Detective Adventure Curriculum w Newsletters 1-10 (Qty limit: 1) 1 Pkg = 35 copies |
|---------|----------------------|---|

DIG IN! (GRADES 5 & 6)

- | | | |
|---------|----------------------|---|
| USDA257 | <input type="text"/> | Dig In! Curriculum Kit with Teacher Guide (Qty limit: 1) With 35 Parent Booklets, 6 Dig In! posters |
| USDA258 | <input type="text"/> | Dig In! Garden Curriculum Parent Take Home Booklet replenishment (Qty limit: 1) |
| USDA259 | <input type="text"/> | Dig In! Garden Curriculum Poster Set (Qty limit: 1) Set of 6 posters |

NUTRITION VOYAGE: THE QUEST TO BE OUR BEST (GRADES 7 & 8)

- | | | |
|---------|----------------------|---|
| USDA233 | <input type="text"/> | Nutrition Voyage, The Quest to Be Our Best (Qty limit: 1) 1 Kit per order |
|---------|----------------------|---|

HEALTHIER MIDDLE SCHOOLS- EVERYONE CAN HELP (GRADES 7 & 8)

- | | | |
|---------|----------------------|--|
| USDA226 | <input type="text"/> | Healthier Middle School Handout Kit (Qty limit: 1) Kit contains all initial handouts and DVD |
| USDA227 | <input type="text"/> | Healthier Middle School Kit Principal's Handout (Qty limit: 2) additional Principal's handouts for USDA226 |
| USDA228 | <input type="text"/> | Healthier Middle School Kit Teacher's Handout (Qty limit: 2) additional Teacher's handouts for USDA226 |
| USDA229 | <input type="text"/> | Healthier Middle School Kit Parent Handout (Qty limit: 40) additional Parent handouts for USDA226 |
| USDA230 | <input type="text"/> | Healthier Middle School Kit Student Handout (Qty limit: 40) additional Student handouts for USDA226 |



USDA241	<input type="text"/>	Eat Smart to Play Hard with MyPlate Poster (Qty limit: 1)
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USDA243	<input type="text"/>	Serving Up MyPlate Kit A Yummy Curriculum, Level 2 Grades 3&4 (Qty limit: 1) 1 kit per order
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USDA230	<input type="text"/>	Healthier Middle School Kit Student Handout (Qty limit: 40) additional Student handouts for USDA226

MATERIALS AVAILABLE IN OTHER LANGUAGES

USDA246	<input type="text"/>	MyPlate at Home - Parent Handout in Chinese (Qty limit: 10)
USDA247	<input type="text"/>	MyPlate at Home - Parent Handout in French (Qty limit: 10)

POSTERS AND OTHER MATERIALS

USDA159	<input type="text"/>	Team Nutrition Folder (Qty limit: 1)
USDA221	<input type="text"/>	MyPlate Poster, Blue & Magenta background (Qty limit: 1)
USDA222	<input type="text"/>	MyPlate Poster, Green & Yellow background (Qty limit: 1)
USDA225	<input type="text"/>	Make Half Your Plate Fruits & Vegetables Poster (Qty limit: 2)

FOOD SERVICE RESOURCES

CHILDCARE/PRESCHOOL

USDA215	<input type="text"/>	Two Bite Club (Qty limit: 25)
USDA256	<input type="text"/>	Nutrition and Wellness Provider Handbook for the Child and Adult Care Food Program (Qty limit: 1)

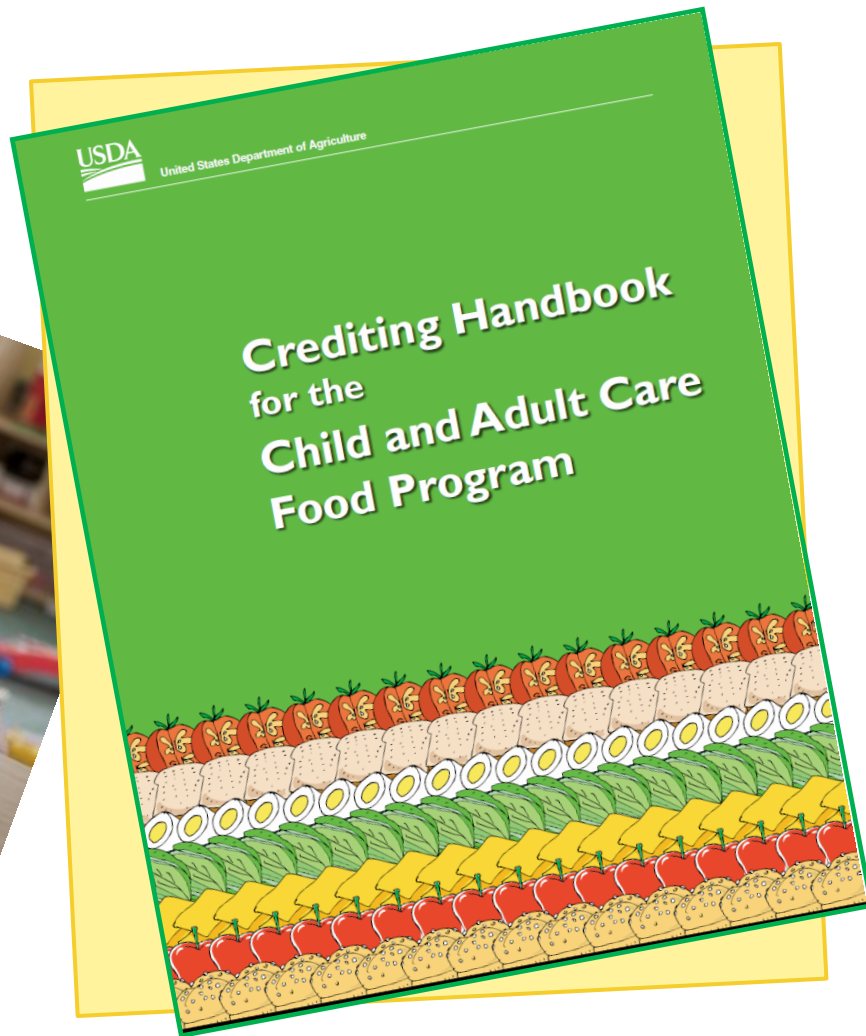
CONTINUE

How To Get Resources

- State agencies and sponsors can order in bulk
 - Send email to teamnutrition@fns.usda.gov
 - Organization name
 - Contact name and phone number
 - Shipping address (no P.O. boxes)
 - Product name, USDA Product #, and quantity
 - Brief justification for quantity ordered (what it will be used for)
 - Must have adequate receiving facilities



Crediting Handbook for CACFP



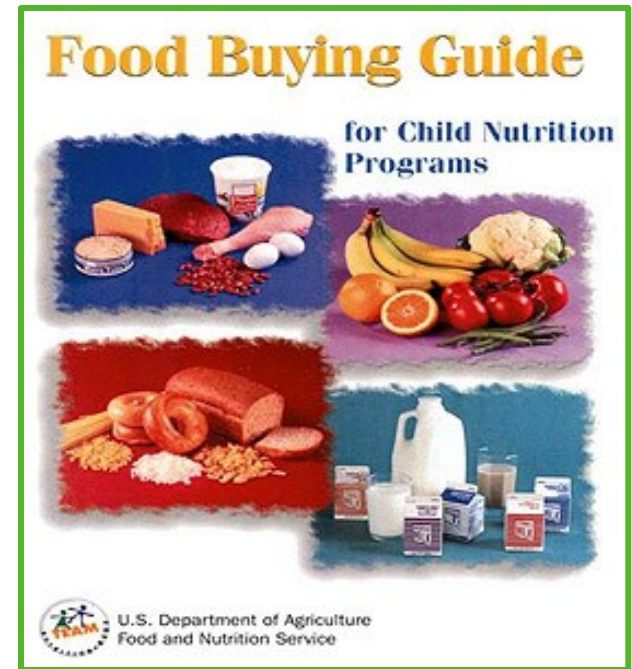
POLL

How familiar are you with the new Crediting Guide for CACFP?

- a. This is the first time I'm hearing about it
- b. I've heard about it, but haven't seen it yet
- c. I downloaded it, but have not looked at it yet
- d. I downloaded it, and read parts of it
- e. I've been waiting eagerly for it to be published and closely read some of it

Crediting Handbook for CACFP- Purpose

- Companion to the *Food Buying Guide for Child Nutrition Programs*
- Provides information on determining what food items are creditable in CACFP



Crediting Handbook for CACFP- Purpose (continued)



- Updates and expands the crediting tables in previous documents *What's in a Meal?* and *Crediting Foods in the CACFP*
- Based on the current CACFP meal patterns
- Now available online through the Team Nutrition Website at:
www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program

What's inside?

- Targeted toward child (ages 1-12) and adult participants of CACFP
- Provides in-depth information foods that meet requirements for each meal pattern component

Food Components	Snack		
	Ages 1-2	Ages 3-5	Ages 6-12 ¹
1 milk ²	1/2 cup	1/2 cup	1 cup
1 fruit/vegetable juice, ³ fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
1 grains/bread ⁴	1/2 slice	1/2 slice	1 slice
bread or combread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/4 cup	1/3 cup	1/2 cup
1 meat/meat alternate ⁵	1/4 cup	1/4 cup	1/2 cup
meat or poultry or fish ⁶ or egg ⁷ or cheese or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt ⁸	1/2 oz.	1/2 oz.	1 oz.
	1/2 oz.	1/2 oz.	1/2 oz.
	1/2	1/2	1/4 cup
	1/8 cup	1/8 cup	2 Tbsp.
	1 Tbsp.	1 Tbsp.	1 oz.
	1/2 oz.	1/2 oz.	4 oz.
	2 oz.	2 oz.	

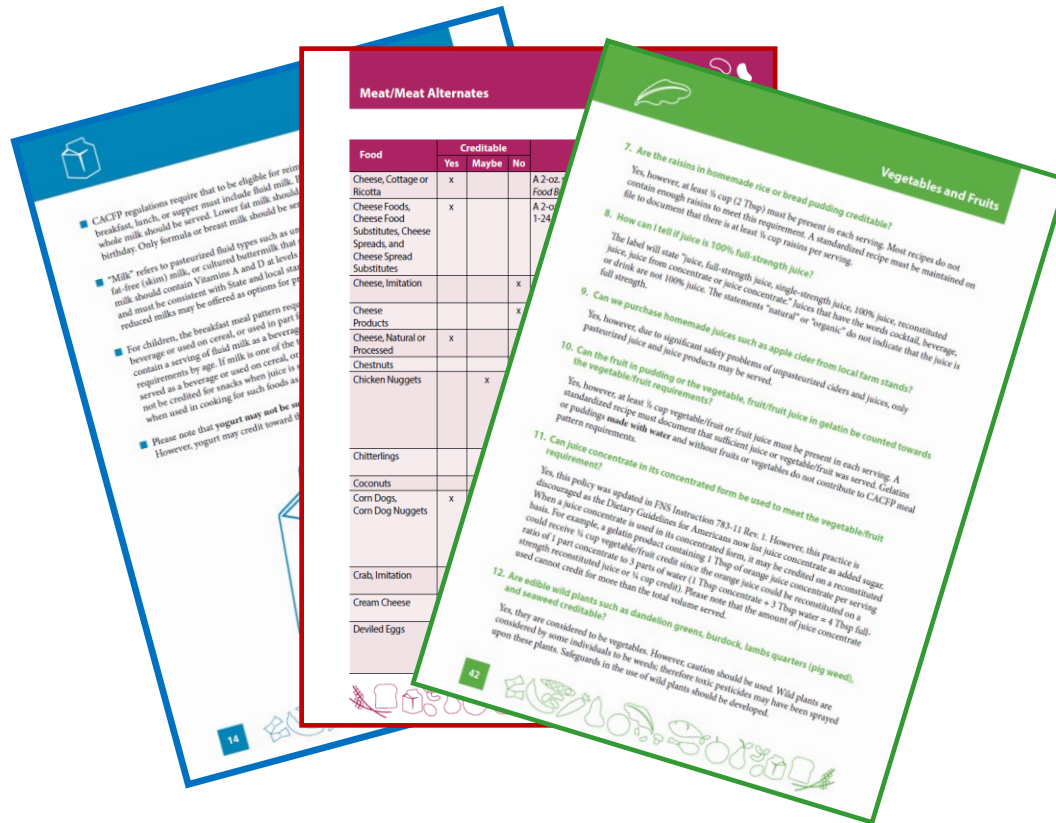
Breakfast	
1 cup	fluid milk
1/2 cup	juice, ³ fruit and/or vegetable
2 slices	bread or combread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
2 servings	
1 1/2 cups	
1 cup	
1 cup	

Lunch	
1 cup	fluid milk
1 cup	juice, ³ fruit and/or vegetable
2 slices	bread or combread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains
2 servings	
1 1/2 cups	
1 cup	
1 cup	

What's inside? (continued)

Each food component section includes:

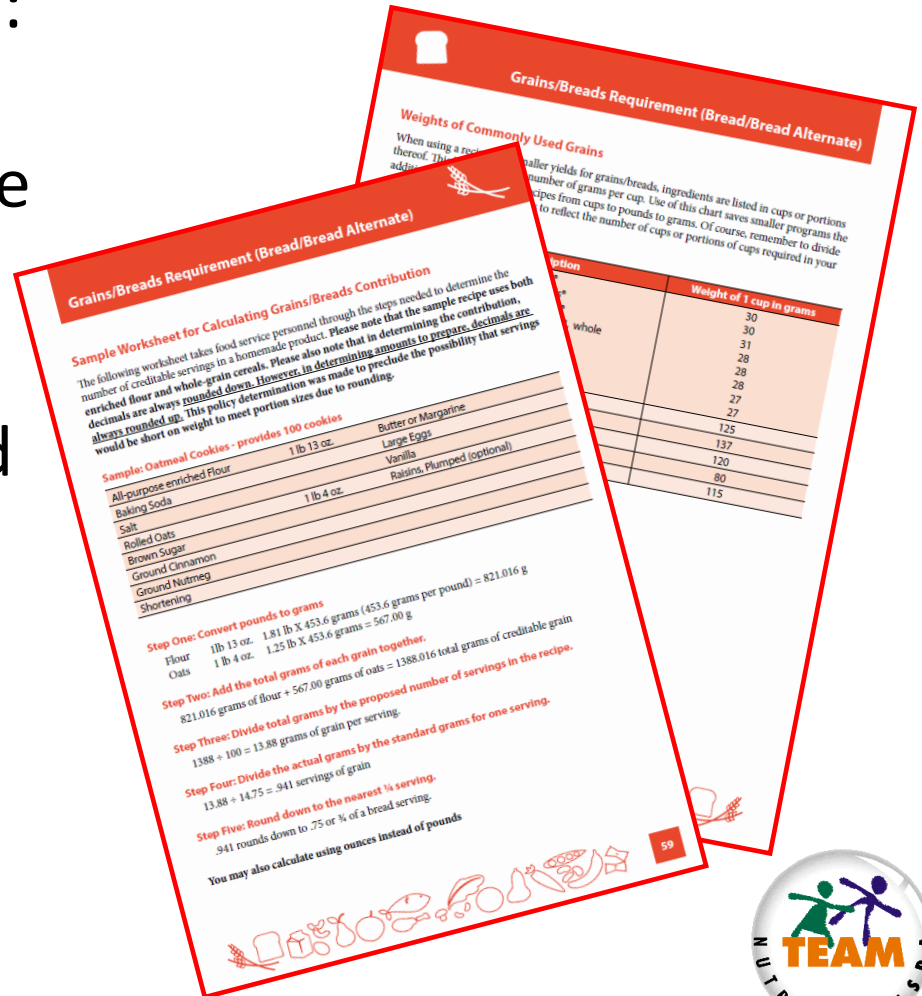
- general information
- entries on determining if items meet requirements
- questions and answers



What's inside? (continued)

Grains Section also includes:

- Sample calculation example for grains recipes
- Weights of commonly used grains



What's inside? (continued)

Additional information

on topics such as:

- Menu planning
- Food safety
- Crediting combination foods

Menu Checklist

Use this checklist as a reminder when planning menus. Remember that menus must meet the CACFP meal requirements in order to be reimbursed.

- ☐ Prepare each type of food in different ways. For instance, instead of always serving mashed potatoes, try scalloped potatoes, oven baked potatoes, etc.
- ☐ Offer more fresh fruits and vegetables.
- ☐ Offer a variety of fruits or vegetables such as kiwi, jicama, etc. which may be considered unusual. Remember that children may need more than one exposure to these fruits and vegetables.
- ☐ Serve special menus for holiday and theme days, or serve cultural or ethnic foods for a change.
- ☐ Serve foods with a variety of colors, textures, shapes, flavors, and food temperatures.
- ☐ If you are using cycle menus, review for change periodically. Use seasonal foods.
- ☐ Make creative use of USDA Foods. For instance, instead of always serving cheese cubes, try serving a cheese dip, or using cheese in cooking.
- ☐ Serve a variety of meat or meat alternates during the week. For example, during one week serve fish, dried beans, chicken, beef, and pork. Do not plan a menu with hamburger, meat loaf, and Sloppy Joes in the same week.
- ☐ Take advantage of standardized recipes for your use in planning menus that both meet program requirements and have been taste tested for acceptance by children.
- ☐ Serve foods lower in salt.

More ideas for healthy food choices can be found in the USDA Food and Nutrition Service Provider Handbook for the Child Care and Adult Day Care settings at <http://www.fns.usda.gov/nutrition-and-well-being>

Crediting Combination Foods

You may credit some combination foods for a total of three different meal components:

1. Meat/meat alternate
2. Grains/breads
3. Vegetable/fruit (count as one component only)

Combination items such as pizzas vary greatly as to how they may be credited. Crediting for pizza typically includes the crust, the cheese and/or meat, and vegetable/fruit. This crediting will vary by pizza. Use items that have a CN label, product formulation statement, or a standardized recipe. Maintain a copy of the documentation on file for review. Examples for crediting other combination foods are listed below.

Example 1: Hamburger on a bun with lettuce and tomatoes.

Credit as:

Meat/meat alternate	Hamburger (at least ½ ounce per serving)
Grains/breads	Hamburger bun (at least ½ serving)
Vegetable/fruit	Lettuce and tomatoes (at least ½ cup per serving)

Example 2: Chef Salad with hardboiled egg, turkey, cheese, lettuce, tomato, celery, cucumber.

Credit as:

Meat/meat alternate	Egg, turkey, cheese (at least ½ ounce per serving)
Vegetable/fruit	Lettuce, tomato, celery, cucumber (at least ½ cup total per serving)

Example 3: Fruit salad with cottage cheese, peaches, pineapple, pears, bananas, blueberries. In this case the fruits are not mixed together and are separately identifiable. For example, peach or pear halves set on a platter with pineapple rings in comparison with bits of peaches, pears, and pineapple mixed together in a fruit cocktail.

Credit as:

Meat/meat alternate	Cottage cheese (at least ½ ounce per serving)
Vegetable/fruit	A combination of the separate pear or peach halves, pineapple rings/chunks, banana slices, or blueberries (at least ½ cup total)

Example 4: Banana/Strawberry Smoothie (with banana, strawberries, and milk).

Combination foods in beverage form made from milk and solid fruits (or juice concentrates) may be credited at all meals and snacks as meeting the following meal components. However, the amounts served must meet meal pattern requirements.

Credit as:

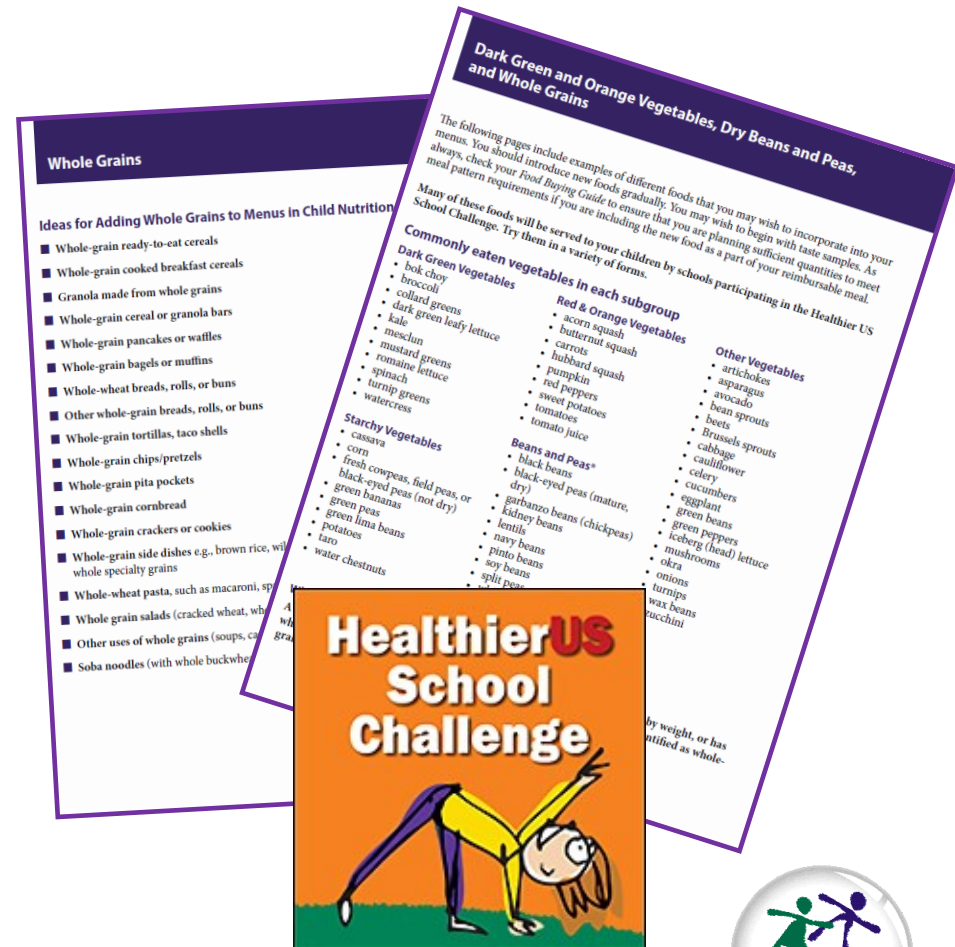
Milk	Milk (at least ½ cup per serving)
Vegetable/fruit (count as one component only)	Bananas and strawberries (at least ½ cup total per serving)

Safety and Sanitation Tips

- The area of food technology is expanding. New products require that providers continue to examine potential safety and sanitation concerns. This page stresses some safety and sanitation sanitation concerns, contact either your State agency or Regional Office. A number of excellent training resources are available.
- Wash your hands before preparing food and see that children wash their hands before eating. Never touch ready-to-eat foods with your bare hands. Wear disposable plastic gloves and do not touch ready-to-eat foods with your bare hands.
- If you are cutting, do not rewash the knife. This prevents bacteria from the knife from getting on the food.
- When slicing, or dicing, when in doubt, do not use the item.
- Soap and hot water to wash hands, and/or utensils for use with ready-to-eat foods, such as blenders, mixers, etc.

What's inside? (continued)

- Suggestions on incorporating foods and other components of the HealthierUS School Challenge criteria



POLL

The Crediting Handbook for CACFP provides information for what age group of participants?

- a) Infants
- b) Children
- c) Adults
- d) Choice b and c

How to use the Crediting Handbook for CACFP

- To determine if an item is creditable, go to the table in the appropriate meal component section
- Items are arranged alphabetically
- A result of yes, no, or maybe is provided

Milk			
Food	Creditable		
	Yes	Maybe	No
Eggnog, Homemade		x	Only alter the eggnog that is a risk of beverage.
Evaporated Milk			
Frozen Yogurt			x Does not meet the definition of yogurt.
Half and Half		x	Frozen yogurt.
Ice Cream		x	Half and half.
Ice Milk		x	Ice cream does not meet the definition of milk.
Imitation Milk		x	Ice milk does not meet the definition of milk.
Milkshakes	x		May be used to make and snacks if they are per serving for the shake. powders added acceptable. Only the FNS instruction 783-7, this publication.
Pudding		x	Pudding does not meet the definition of milk.
Pudding pops		x	Pudding pops do not meet the definition of milk.
Reconstituted Dry Milk		x	Creditable under certain conditions. See Sections 226 and 227 for regulations concerning the use of dry milk.
Rice Milk		x	See info for soy or soybean milk requirements.
Sherbet/Sorbet		x	These products do not meet the definition of milk.
Sweetened Condensed Milk		x	Sweetened condensed milk does not meet the definition of milk.
Sour Cream		x	Sour cream does not meet the definition of milk.
Yogurt		x	Yogurt does not meet the definition of yogurt under the meal component section.

Grains/Breads Requirement (Bread/Bread Alternate)			
Food	Creditable		
	Yes	Maybe	No
Crepes	x		
Croissants	x		
Croutons	x		
Cupcakes	x		
Danish Pastries	x		
Doughnuts	x		
Dumplings	x		
Egg Roll / Won Ton Wrappers	x		
Emmer/Farro (wheat)	x		
English Muffins	x		
Fig Bars	x		
French Bread			x
French Toast	x		
Fried Bread	x		
Gingerbread	x		

How to use the Crediting Handbook for CACFP (continued)

Food	Creditable			Comments
	Yes	Maybe	No	
Acorns			x	Acorns have a low protein content.
Bacon and Imitation Bacon Products			x	These products are considered fats with little protein. They are not creditable toward meal pattern requirements.
Bacon Rinds			x	These products do not qualify for the meat/meat alternate requirement.
Bacon, Turkey		x		Turkey bacon is creditable only if it (1) is CN-labeled or (2) has a Product Formulation Statement signed by an official of the manufacturer (not a sales person).
Beans, Dry or Canned	x			See pages 1-5 through 1-12 of the <i>Food Buying Guide</i> . ¼ cup cooked beans credits as 1 oz. equivalent meat alternate.
Beans, Refried	x			See page 1-12 of the <i>Food Buying Guide</i> .
Beef Jerky			x	Beef jerky does not qualify for the meat/meat alternate requirement. This product has a high sodium content and is difficult to chew.
Bologna		x		Creditable when free of byproducts, cereals, or extenders, and/or when the product is CN-labeled. Examples of binders/extendors are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. See page 1-36 of the <i>Food Buying Guide</i> .



How to use the Crediting Handbook for CACFP (continued)

Food	Creditable			Comments
	Yes	Maybe	No	
Juice Bars	x			See Frozen fruit/fruit juice bars (commercial or homemade) as appropriate.
Juice Blends - All Fruit		x		Only fruit juice blends that are combinations of full-strength fruit juices may be credited.
Ketchup (catsup)			x	Condiments are not creditable toward meal pattern requirements.
Kiwi Fruit	x			See page 2-45 of the <i>Food Buying Guide</i> .
Lemonade			x	For lemonade to be palatable, the lemon juice must be diluted to the point that there is insufficient full-strength juice per serving.
Lemon Pie Filling			x	Lemon pie filling contains an insufficient amount of fruit per serving.



United States Department of Agriculture
Food and Nutrition Service



How to use the Crediting Handbook for CACFP (continued)

Food	Creditable			Comments
	Yes	Maybe	No	
Crepes	x			For the required serving size, see Group C of Exhibit A - pancakes.
Croissants	x			Croissants are high in fat. See group C of Exhibit A.
Croutons	x			See Group A of Exhibit A.
Cupcakes	x			Sweet snack foods should not be served more than twice a week. For unfrosted cupcakes, see Group F; for frosted, see Group G, Exhibit A.
Danish Pastries	x			Creditable for breakfast and snack only. Sweet snack foods should not be served more than twice per week. See Group E of Exhibit A.
Doughnuts	x			May be credited for breakfast and snack only. Sweet snack foods should not be served more than twice a week. See Group D of Exhibit A for unfrosted, or see Group E for frosted doughnuts.
Dumplings	x			See Group B of Exhibit A (biscuits).
Egg Roll /Won Ton Wrappers	x			See Group B of Exhibit A.
Emmer/Farro (wheat)	x			Crediting based on finished food item. See Groups A-I of Exhibit A.
English Muffins	x			See Group B of Exhibit A.
Fig Bars	x			This item is credited the same as cookies with fruit, snack only. Sweet snack foods should not be served more than twice per week. See Group E of Exhibit A.
French Bread		x		Please note some French breads may not be made with enriched or whole-grain flour; document compliance and maintain on file. See Group B of Exhibit A.
French Toast	x			See Group E of Exhibit A, the product CN label, or manufacturer's product formulation statement signed by an official company representative.

Comments Column:

- Provides information on a product and why it is/is not creditable
- Explains how to determine credit or provides location in Food Buying guide
- Provides any additional information needed to ensure items meal pattern compliance.



POLL

What is the weight of one cup of whole Corn Flakes[®] (Use the chart located on page 60)?

- a) 20 grams
- b) 15 grams
- c) 28 grams



Weights of Commonly Used Grains

Food Item	Description	Weight of 1 cup in grams
Cereals	All Bran®	30
	Bran Buds®	30
	Corn Chex®	31
	Cheerios®	28
	Rice Krispies®	28
	Rice Chex®	27
	Wheaties®	27
Flour, All- Purpose	Unsifted, spooned	125
Bread Flour	Unsifted, spooned	137
Whole-Wheat Flour	Unsifted, spooned	120
Oats	Uncooked	80
Wheat Germ	Spooned	115

Source: USDA National Nutrient Data Base for Standard Reference

Crediting Ready-to-Eat Cereal

Use Exhibit A
(starting on page 40 of crediting Handbook)

Group I	Minimum Serving Size for Group I
• Ready-to-eat breakfast cereal (cold dry) ^{5,6}	1 serving = 3/4 cup or 1 oz., whichever is less

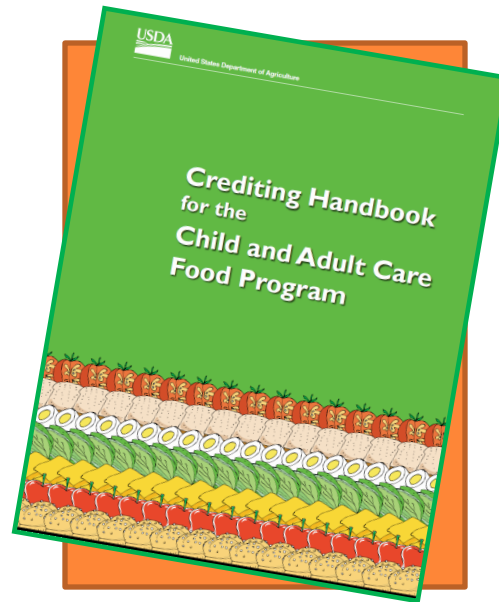
- One cup whole corn flakes weighs 28 g (1 oz)
- $\frac{3}{4}$ cup is required to equal 1.0 grain/bread serving.



Crediting Handbook for CACFP

*Available for download on the Team
Nutrition Website at:*

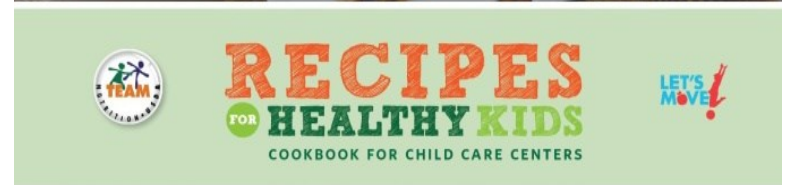
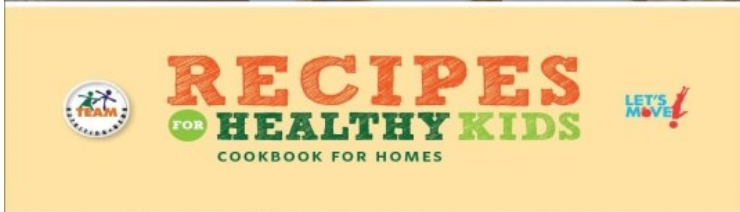
www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program.





Recipes for Healthy Kids

Recipes for Healthy Kids (R4HK) Cookbooks for Homes



POLL

How familiar are you with the Recipes for Healthy Kids Cookbooks?

- a. This is the first time I'm hearing about them
- b. I've heard about them, but haven't seen them yet
- c. I downloaded one (or more), but have not looked at it yet
- d. I downloaded one (or more), and read parts of it
- e. I've been waiting eagerly for them to be published and closely looked at one or more



United States Department of Agriculture
Food and Nutrition Service



Delicious and Nutritious 30 Kid-Approved Recipes

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How It All Began

- *Recipes for Healthy Kids Competition*
 - USDA launched in September 2010
 - In support of First Lady Michelle Obama's *Let's Move!* Initiative
- Teams of students, school nutrition professionals, chefs, parents, and community members submitted over 340 recipes
- Panels of judges chose winning recipes and top 3 competed at a National Cook-Off

Recipe Development

- Teams challenged to create tasty, healthy, kid-tested and approved recipes featuring:



Recipe Development

- Low in total fat, saturated fat, sugar, and sodium
- Top 30 winning recipes are standardized for cookbooks for:
 - Home - 6 servings
 - Child care centers - 25 and 50 servings
 - Schools - 50 and 100 servings

Recipe Development

These kid-tested, kid-approved recipes are sure to please children and be an instant hit in your child care program!

Meal Pattern Crediting

- R4HK recipes include crediting information that meets the National School Lunch and School Breakfast Program meal patterns



School Meal Pattern Crediting example

Squish Squash Lasagna

Meal Components: Meat Alternate-Red/Orange Vegetable-Other Vegetable-Grains

Main Dishes D-59r

Notes

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

Serving

1 piece provides ½ oz equivalent meat alternate, ⅝ cup red/orange vegetable, ⅛ cup other vegetable, and ¾ oz equivalent grains.

Yield


25 Servings:
about 10 lb

50 Servings:
about 19 lb 8 oz

Volume

25 Servings:
1 steam table pan

50 Servings:
2 steam table pans

 The grain ingredients used in this recipe must meet the Food and Nutrition Service whole grain-rich criteria.

Marketing Guide

Food as Purchased for	25 servings	50 servings
Mature onions	14 oz	1 lb 12 oz
Butternut squash	5 lb 8 oz	11 lb
Baby spinach	9 ¼ oz	1 lb 2 ½ oz

Nutrients Per Serving

Calories	175.41	Saturated Fat	1.58 g	Iron	1.15 mg
Protein	7.59 g	Cholesterol	7.65 mg	Calcium	149.17 mg
Carbohydrate	29.05 g	Vitamin A	9102.60 IU (455.95 RAE)	Sodium	83.24 mg
Total Fat	3.72 g	Vitamin C	18.19 mg	Dietary Fiber	4.94 g

What Are the Differences?

School Meal Pattern	Child Care Meal Pattern Food Components
Fruits	Fruits
Vegetable subgroups: Dark Green, Red/Orange, Beans/Peas (Legumes), Starchy, Other, Additional	Vegetables
Grains (oz equivalents)	Grains/bread
Meats/Meat Alternates (oz equivalents)	Meat/Meat Alternate

CACFP Meal Pattern Crediting for R4HK Recipes

We did the work for you!

CACFP:

<i>Squish Squash Lasagna</i>	Meat/Meat Alternate- Vegetable-Grains/Bread	Main Dishes	D-59r	1 piece provides 1/2 meat/meat alternate, 3/4 cup vegetable, and 3/4 serving grains/bread.
------------------------------	--	-------------	-------	--

Schools:

Serving

1 piece provides 1/2 oz equivalent meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, and 3/4 oz equivalent grains.

R4HK CACFP Crediting Chart

Recipes For Healthy Kids with USDA Recipe information and CACFP crediting (Aug 2013)

The recipes in the *Recipes for Healthy Kids* cookbooks include crediting information that meets the National School Lunch and Breakfast Program meal patterns. When using the recipes for the Child and Adult Care Food Program, refer to the following guide for the proper crediting information.

Recipe Name	Recipe Component	Recipe Category	USDA Recipe Number	CACFP Crediting
Whole Grains				
<i>Aztec Grain Salad</i>	Fruit-Vegetable-Grains/Bread	Grains/Breads	B-24r	1 cup provides 1/8 cup vegetable, 3/8 cup fruit, and 1 serving grains/bread.
<i>Chic' Penne</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-53r	1-1/2 cups provides 1 oz meat/meat alternate, 1/8 cup vegetable, and 1-3/4 servings grains/bread.
<i>Chicken Alfredo with a Twist</i>	Meat/Meat Alternate-Grains/Bread	Main Dishes	D-54r	1 cup provides 2-1/4 oz meat/meat alternate and 1-1/4 servings grains/bread.
<i>Chicken Curry Casserole</i>	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-55r	3/4 cup provides 1-1/4 oz meat/meat alternate, 1/4 cup vegetable, and 3/4 serving grains/bread.
<i>Mediterranean Quinoa Salad</i>	Vegetable-Grains/Bread	Grains/Breads	B-25r	3/4 cup provides 1/8 cup vegetable and 1 serving grains/bread.
<i>Oodles of Noodles</i>	Vegetable-Grains/Bread	Grains/Breads	B-26r	1 cup provides 1/4 cup vegetable and 2 servings grains/bread.
<i>Peppy Quinoa</i>	Vegetable-Grains/Bread	Grains/Breads	B-27r	1/2 cup provides 1/8 cup vegetable and 1-1/4 servings grains/bread.

Conversion Process

- For example, based on the School meal patterns, 1 piece of Squish Squash Lasagna provides:

 $\frac{1}{2}$ oz equivalent meat alternate, $\frac{5}{8}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{3}{4}$ oz equivalent grains.



Converting to CACFP Crediting

$\frac{1}{2}$ meat/meat alternate ~~oz equivalent~~
~~meat alternate,~~

$\frac{5}{8}$ cup + $\frac{1}{8}$ cup vegetable = $\frac{6}{8}$ = $\frac{3}{4}$ cup
vegetable ~~red/orange vegetable~~ and
~~other vegetable~~

$\frac{3}{4}$ serving grains/breads ~~oz equivalent~~
~~grains~~

POLL

The crediting statement located on the Recipes for Healthy Kids recipes follows the CACFP meal pattern requirements:

- a) Yes
- b) No
- c) Do not know

A Fun Way To Try New Foods!

Quinoa

Peppy Quinoa



Mediterranean Quinoa



Aztec Grain Salad



A Fun Way To Try New Foods!

Bok choy



Dark Green Vegetables

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

Dark Green and Orange Vegetables, Dry Beans and Peas, and Whole Grains

The following pages include examples of different foods that you may wish to incorporate into your menus. You should introduce new foods gradually. You may wish to begin with taste samples. As always, check your *Food Buying Guide* to ensure that you are planning sufficient quantities to meet meal pattern requirements if you are including the new food as a part of your reimbursable meal.

Many of these foods will be served to your children by schools participating in the Healthier US School Challenge. Try them in a variety of forms.

Commonly eaten vegetables in each subgroup

Dark Green Vegetables

- bok choy
- broccoli
- collard greens
- dark green leafy lettuce
- kale
- mesclun
- mustard greens
- romaine lettuce
- spinach
- turnip greens
- watercress

Red & Orange Vegetables

- acorn squash
- butternut squash
- carrots
- Hubbard squash
- pumpkin
- red peppers
- sweet potatoes
- tomatoes
- tomato juice

Other Vegetables

- artichokes
- asparagus
- avocado
- bean sprouts
- beets
- Brussels sprouts
- cabbage
- cauliflower
- celery
- cucumbers
- eggplant
- green beans
- green peppers
- iceberg (head) lettuce
- mushrooms
- okra
- onions
- turnips
- wax beans
- zucchini

Beans and Peas*

- black beans
- black-eyed peas (mature, dry)
- garbanzo beans (chickpeas)
- kidney beans
- lentils
- navy beans
- pinto beans
- soy beans
- split peas
- white beans

Whole Grains

A whole-grain food either has whole grains listed as the primary ingredient by weight, or has whole grains as the primary *grain* ingredients. Many recipes can easily be identified as whole-grain if the heaviest grain ingredient is made from whole grain.



67

A Fun Way To Try New Foods!

Pepitas/pumpkin seeds

Crediting Guide page 10

⁶ Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement



A Fun Way To Try New Foods!

Bulgur wheat

Grains/Breads Requirement (Bread/Bread Alternate)

Exhibit A — Grains/Breads for the Food-Based Menu Planning Alternatives in the Child Nutrition Programs^{1,2}

Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Crackers (saltines and snack crackers) CROUTONS Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing 	<ul style="list-style-type: none"> 1 serving = 20 gm or 0.7 oz. 3/4 serving = 15 gm or 0.5 oz. 1/2 serving = 10 gm or 0.4 oz. 1/4 serving = 5 gm or 0.2 oz.
Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (white, wheat, whole-wheat, French, Italian) Buns (hamburger and hot dog) Crackers (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, wheat, whole-wheat) Pizza crust Pretzels (soft) Rolls (white, wheat, whole-wheat, potato) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells 	<ul style="list-style-type: none"> 1 serving = 25 gm or 0.9 oz. 3/4 serving = 19 gm or 0.7 oz. 1/2 serving = 13 gm or 0.5 oz. 1/4 serving = 6 gm or 0.2 oz.
Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> Cookies³ (plain) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies, ⁴ fruit turnovers, ⁴ and meat/meat alternate pies) Waffles 	<ul style="list-style-type: none"> 1 serving = 31 gm or 1.1 oz. 3/4 serving = 23 gm or 0.8 oz. 1/2 serving = 16 gm or 0.6 oz. 1/4 serving = 8 gm or 0.3 oz.

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and some of the following foods or their accompaniments may contain more sugar, salt, and/or fat than others. This should be considered when deciding how often to serve them.

² Allowed only for desserts and snacks served under the Child and Adult Care Food Program (CACFP).

³ Allowed for desserts, breakfasts, and snacks served under CACFP.



Group H	Minimum Serving Size for Group H
<ul style="list-style-type: none"> Barley Breakfast cereals (cooked)^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown) 	<ul style="list-style-type: none"> 1 serving = 1/2 cup cooked (or 25 gm dry)



Add Ethnic Flavors

Chicken Curry Casserole



Stir-fry Fajita Chicken, Squash, and Corn

Add Ethnic Flavors



Lentils of the Southwest



Spanish Chick Pea Stew

CACFP Crediting Handbook

**Serving R4HK recipes helps you meet
nutrition recommendations in handbook**

Menu Checklist on page 65

*Take advantage of standardized recipes for your
use in planning menus that both meet
program requirements and have been taste
tested for acceptance by children.*

Suggestions for Preparing Preschool Children (Over Age 2) for meals served in HealthierUS Challenge Schools page 65

*Offer different entrees or meat/meat alternates
throughout each week*



POLL

All of the following are ways the R4HK Recipes can meet the healthy meal goals on The Menu Checklist on pg 65 of the CACFP Crediting Handbook EXCEPT:

- a. Standardized Recipes
- b. Lower in salt
- c. Lower in fat
- d. Contain a variety of whole grains
- e. For breakfast, try foods lower in sugars.

R4HK Menu

for 3-5 yr olds_(sample 1)

Menu Item	Meal Pattern Food Components
¾ cup fat-free or low-fat milk	1 milk
1 piece Squish Squash Lasagna	½ oz meat/meat alternate, 1 fruits/vegetables, and 1 grains/bread
Fruit and Yogurt Parfait (½ cup yogurt and ¼ cup blueberries)	1 oz meat/meat alternate and 1 fruits/vegetables

R4HK Menu

for 3-5 yr olds_(sample 2)

Menu Item	Meal Pattern Food Components
¾ cup fat-free or low-fat milk	1 milk
1 cup Tuscan Smoked Turkey and Bean Soup	1 ½ oz meat/meat alternate and 1 fruits/vegetables
Whole Grain crackers (0.4 oz or 11 gm)	1 grains/bread
¼ cup canned peaches	1 fruits/vegetables



The cookbooks are available to order
in print after January 21, 2014 from
the Team Nutrition Web site:

teamnutrition.usda.gov



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[Order Form](#)

[eals Resource System](#)

[Healthy Access Locator](#)

[Best Practices Sharing Center](#)

[School Day Just Got Healthier](#)

Team Nutrition

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Resource Library

The following is a comprehensive listing of all the resources available through Team Nutrition to schools and child care facilities that participate in the Federal Child Nutrition Programs.

Spotlights



[Blast Off Game](#)



[Healthier Middle Schools:
Everyone Can Help](#)

Team Nutrition Resources

Team Nutrition Resources

[Menu Magic for Children](#)

[MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster](#)

[Nibbles for Health: Nutrition Newsletters for Parents of Young Children](#)

[Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs](#)

[Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program](#)

[Nutrition Voyage: The Quest To Be Our Best](#)

[Popular Team Nutrition Events Book](#)

[Recipes for Healthy Kids: Cookbook for Child Care Centers and Schools](#)

[Recipes for Healthy Kids: Cookbook for Homes](#)



United States Department of Agriculture
Food and Nutrition Service



POLL

The Recipes for Healthy Kids Cookbook for Child Care Centers is available (check all that are applicable):

- a) On the Team Nutrition web site
- b) At the USDA Recipes for Child Care web site
- c) In print
- d) Not yet available



RECIPES

FOR HEALTHY KIDS

COOKBOOK FOR CHILD CARE CENTERS

LET'S
MOVE!



Thank you!

To contact us:

Send email to: **TeamNutrition@fns.usda.gov**



New USDA Recipes for Healthy Kids & CACFP Crediting Guide: Supporting Healthy Eating in Child Care



New USDA Recipes for Healthy Kids & CACFP Crediting Guide: Supporting Healthy Eating in Child Care



- Wrap up
- Certificate of Attendance



CACFP Leadership Conference Track

National Anti-Hunger Policy Conference

March 2-4, 2014 Washington, DC www.FRAC.org

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