

### Strategies for Success Webinar Series

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



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### Need for Healthy Eating in Child Care

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- 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



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### Need for Healthy Eating in Child Care

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- 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)*



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#### Negative Consequences of Food Insecurity

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



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#### Need for Healthy Eating in Child Care

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- 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 *(PedNNS 2011, CDC 2012)*



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#### Overweight & Obesity: Consequences

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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.



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

## CACFP Supports Healthy Eating in Child Care



- 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




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## CACFP Supports Healthy Eating in Child Care



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




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## Healthy, Hunger-Free Kids Act



### 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)




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

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Speakers:

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




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Supporting Healthy Eating in Child Care:



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




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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




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## 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



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## POLL

### Do you use Team Nutrition materials?

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



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## 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](http://teamnutrition.usda.gov)



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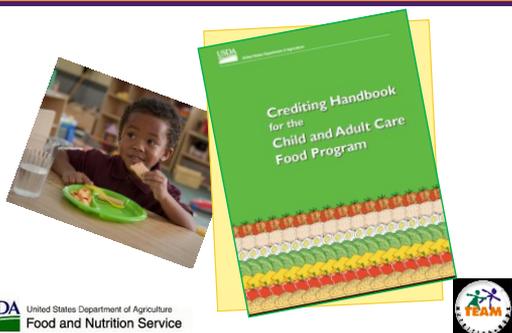








## Crediting Handbook for CACFP



USDA United States Department of Agriculture  
Food and Nutrition Service



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## 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

USDA United States Department of Agriculture  
Food and Nutrition Service



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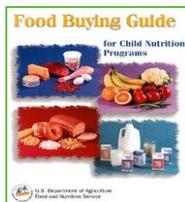
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## Crediting Handbook for CACFP- Purpose

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



USDA United States Department of Agriculture  
Food and Nutrition Service



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### 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](http://www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program)



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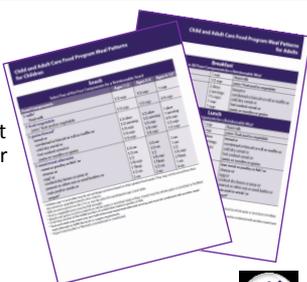
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### What's inside?

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



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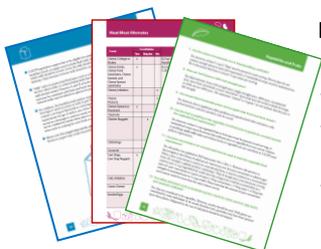
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### What's inside? (continued)



- Each food component section includes:
- general information
  - entries on determining if items meet requirements
  - questions and answers



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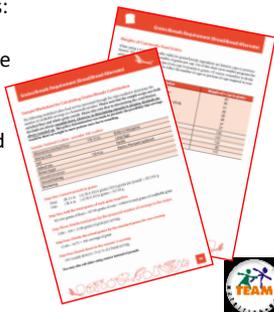
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### What's inside? (continued)

Grains Section also includes:

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



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### What's inside? (continued)

Additional information on topics such as:

- Menu planning
- Food safety
- Crediting combination foods



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### What's inside? (continued)

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



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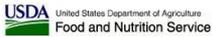
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# Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

## 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




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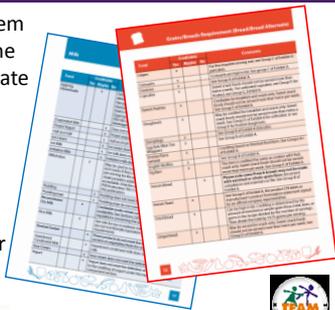
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## How to use the Crediting Handbook for CACFP

- 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




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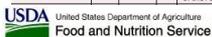
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## How to use the Crediting Handbook for CACFP (continued)

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 Food Buying Guide. 1/4 cup cooked beans credits as 1 oz. equivalent meat alternate.
Beans, Refried	x			See page 1-12 of the Food Buying Guide.
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 Food Buying Guide.




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### 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 - <b>All Fruit</b>		x		Only fruit juice blends that are combinations of full-strength fruit juices may be credited.
Ketchup (catsup)			x	Scondiments 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.




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### 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 - pastiches.
Croissants	x			Croissants are high in fat. See group C of Exhibit A.
Croissants	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 frosting, 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 B 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 C of Exhibit A for unfrosted, or see Group E for frosted doughnuts.
Dumplings	x			See Group B of Exhibit A (Dumplings).
Egg Roll / Won Ton Wrappers	x			See Group B of Exhibit A.
Emment Fern (bunnet)	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			<b>Please note some French breads may not be made with enriched or whole-grain flours; document compliance and maintain on file. See Group B of Exhibit A.</b>
French Toast	x			See Group E of Exhibit A, the product Ch 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.




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### 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




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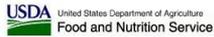
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Nutrition and Wellness Tips for Young Children:  
 Provider Handbook for the  
 Child and Adult Care Food Program

**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




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**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) <sup>5,6</sup>	1 serving = 3/4 cup or 1 oz, whichever is less

- One cup whole corn flakes weighs 28 g (1 oz)
- ¾ cup is required to equal 1.0 grain/bread serving.




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**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](http://www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program).




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

## RECIPES HEALTHY KIDS Recipes for Healthy Kids

Recipes for Healthy Kids (R4HK) Cookbooks for  
Homes Child Care Centers



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## 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



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## RECIPES HEALTHY KIDS Delicious and Nutritious 30 Kid-Approved Recipes

### Table of Contents

<p><b>8</b> Porcupine Sliders <i>(Serves 10)</i></p> <p><b>12</b> Clay Pot <i>(Serves 4)</i></p> <p><b>14</b> Mediterranean Quinoa Salad <i>(Serves 10)</i></p> <p><b>16</b> Asian Green Salad</p> <p><b>18</b> Chicken Alfredo with a Twist</p> <p><b>20</b> Chicken Curry Casserole</p> <p><b>22</b> Chicken &amp; Rice</p> <p><b>24</b> Potato Casserole</p> <p><b>26</b> Baked Fish</p> <p><b>28</b> Stir-Fried Green Beans, Eggs, and Ham</p>	<p><b>50</b> Tasty Tots <i>(Serves 10)</i></p> <p><b>54</b> Dark Green and Orange Vegetables <i>(Serves 10)</i></p> <p><b>58</b> Cornish Yellow Marinated Bake</p> <p><b>60</b> Hot Spinach, Spinach, and Corn</p> <p><b>62</b> Hot Spinach</p> <p><b>64</b> Hot Chew Wagoners</p> <p><b>66</b> Crumbly Mexican Chicken Wrap</p> <p><b>70</b> Harvest Delight</p> <p><b>72</b> Harvest Dish-Chipotle Snow Wrap</p> <p><b>74</b> Roasted Potatoes</p> <p><b>76</b> Roasted Potatoes</p> <p><b>78</b> Spinach Squash Lasagna</p> <p><b>80</b> Sweet Potatoes and Black Bean Snow</p>	<p><b>96</b> Turkey Squeaked Turkey <i>(Serves 10)</i></p> <p><b>100</b> Lentils of the Southwest</p> <p><b>104</b> Chicken Soup</p> <p><b>108</b> Kugel Pie</p> <p><b>112</b> French-American Linguine</p> <p><b>116</b> Fried Rice</p> <p><b>120</b> Harvest Snow</p> <p><b>124</b> Purple Power Bean Wrap</p> <p><b>128</b> Spaghetti Chicken Sauce</p> <p><b>132</b> Vegetable Chili Bowl</p>
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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



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## Recipe Development

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



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## 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



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## Recipe Development

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




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## Meal Pattern Crediting

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




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## School Meal Pattern Crediting example

### Squish Squash Lasagna

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

Main Dishes D-59\*

#### Notes

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

#### 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
Bibb spinach	9 1/4 oz	1 lb 2 1/4 oz

#### Nutrients Per Serving

Calories	175.61	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	9102.08 IU	Sodium	83.34 mg
Total Fat	37.2 g	Vitamin C	455.95 mg	Dietary Fiber	4.54 g
			18.79 mg		

Serving	Yield	Volume
1 piece provides 1/2 oz equivalent meat alternate, 1/2 cup red/orange vegetable, 1/4 cup other vegetable, and 1/4 oz equivalent grains.	25 Servings about 10 lb	25 Servings 1 steam table pan
	50 Servings about 19 lb 8 oz	50 Servings 2 steam table pans

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




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

## RECIPES HEALTHY KIDS 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

USDA United States Department of Agriculture Food and Nutrition Service




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## RECIPES HEALTHY KIDS CACFP Meal Pattern Crediting for R4HK Recipes

We did the work for you!

CACFP:

Squish Squash Lasagna	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.
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Schools:

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

USDA United States Department of Agriculture Food and Nutrition Service




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## RECIPES HEALTHY KIDS R4HK CACFP Crediting Chart

**Recipes For Healthy Kids with USDA Recipe Information and CACFP crediting**

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
<b>Whole Grains</b>				
Adze Grain Sakef	Fruit-Vegetable-Grains/Bread	Grains/Breads	B-24c	1 cup provides 1/8 cup vegetable, 3/8 cup fruit, and 1 serving grains/bread.
Chir'Penne	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-63r	1-1/2 cups provides 1 oz meat/meat alternate, 1/8 cup vegetable, and 1-3/4 servings grains/bread.
Chicken Alfredo with a Twist	Meat/Meat Alternate-Grains/Bread	Main Dishes	D-54c	1 cup provides 2-1/4 oz meat/meat alternate and 1-1/4 serving grains/bread.
Chicken Curry Casserole	Meat/Meat Alternate-Vegetable-Grains/Bread	Main Dishes	D-55c	3/4 cup provides 1-1/4 oz meat/meat alternate, 1/4 cup vegetable, and 3/4 serving grains/bread.
Mediterranean Quinoa Sakef	Vegetable-Grains/Bread	Grains/Breads	B-23r	3/4 cup provides 1/8 cup vegetable and 1 serving grains/bread.
Dishes of Nicoise	Vegetable-Grains/Bread	Grains/Breads	B-25c	1 cup provides 1/4 cup vegetable and 2 serving grains/bread.
Pepiy Quinoa	Vegetable-Grains/Bread	Grains/Breads	B-27c	1/2 cup provides 1/8 cup vegetable and 1-1/4 serving grains/bread.

USDA United States Department of Agriculture Food and Nutrition Service




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### Conversion Process

- For example, based on the School meal patterns, 1 piece of Squish Squash Lasagna provides:
- ½ oz equivalent meat alternate, 5/8 cup red/orange vegetable, 1/8 cup other vegetable, and ¾ oz equivalent grains.




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### Converting to CACFP Crediting

½ meat/meat alternate oz equivalent  
meat alternate,  
5/8 cup + 1/8 cup vegetable = 6/8 = ¾ cup  
vegetable red/orange vegetable and  
other vegetable  
¾ serving grains/breads oz equivalent  
grains




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### 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




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### 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.*



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### CACFP Crediting Handbook

**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*



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## 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.



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**RECIPES**  
 HEALTHY KIDS

**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




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**RECIPES**  
 HEALTHY KIDS

**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




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

[teamnutrition.usda.gov](http://teamnutrition.usda.gov)




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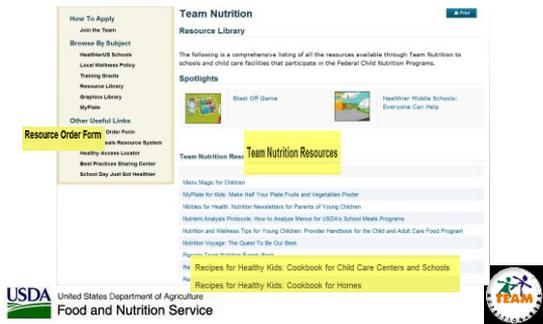
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# Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

## RECIPES FOR HEALTHY KIDS Ordering and Downloading



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## 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



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

**Thank you!**

**To contact us:**

Send email to: [TeamNutrition@fns.usda.gov](mailto:TeamNutrition@fns.usda.gov)



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



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



- Wrap up
- Certificate of Attendance



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CACFP Leadership Conference Track

National Anti-Hunger Policy Conference  
March 2-4, 2014 Washington, DC [www.FRAC.org](http://www.FRAC.org)

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**CONTACT INFORMATION**

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