

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



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

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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)



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

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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 *(PedNSS 2011, CDC 2012)*



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.



CACFP Supports Healthy Eating in Child Care

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- 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

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- 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

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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



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:



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



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



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

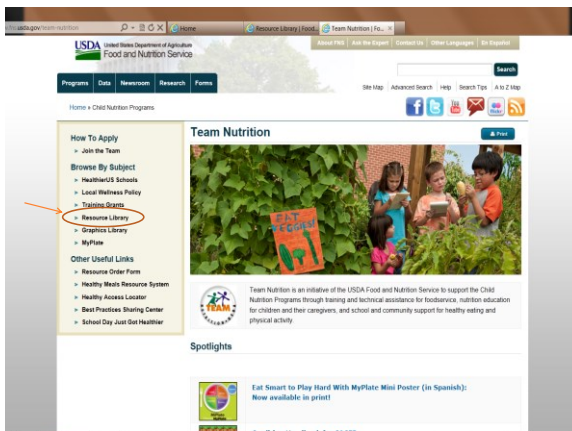


Team Nutrition Goal

- 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*.

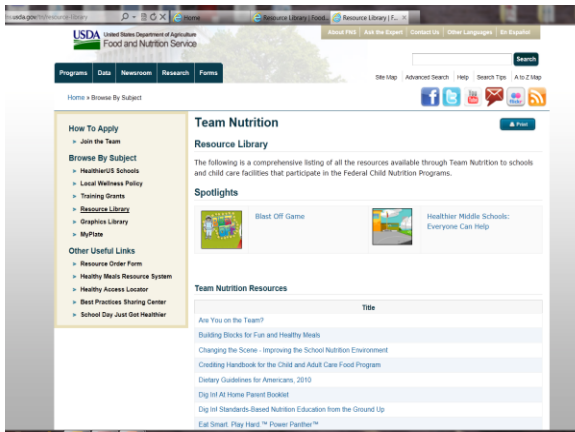


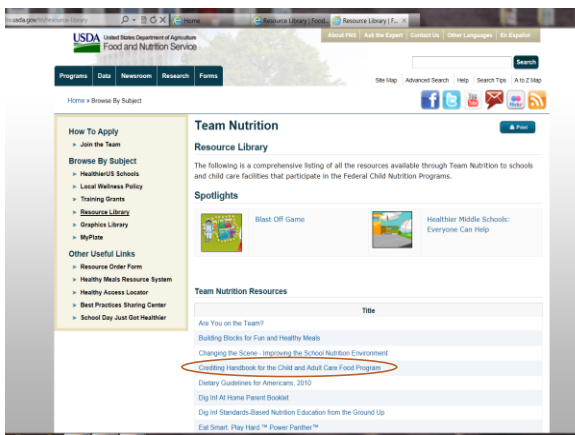
teamnutrition.usda.gov



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

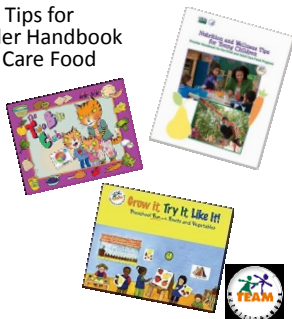
1/24/2013





Team Nutrition Resources

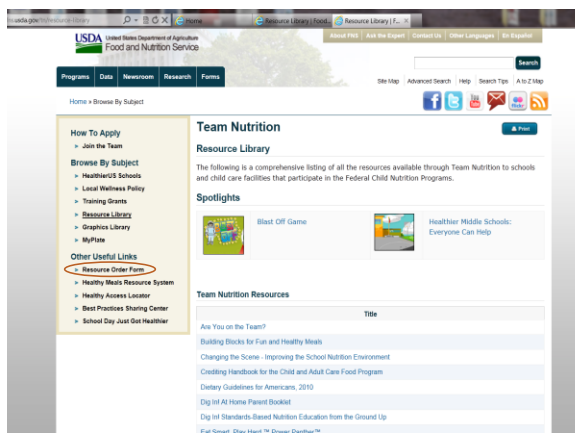
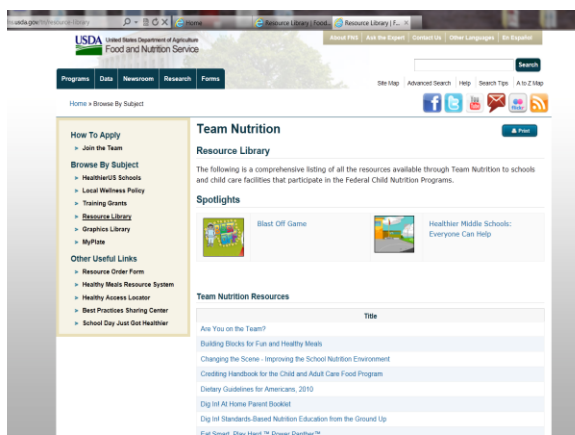
- Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program
- Two-Bite Club
- Grow It! Try It! Like It!



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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

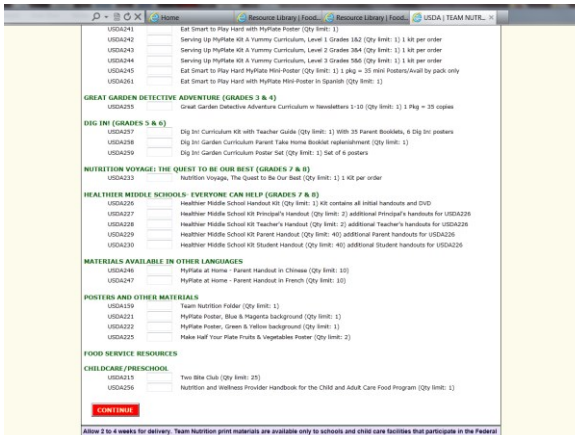
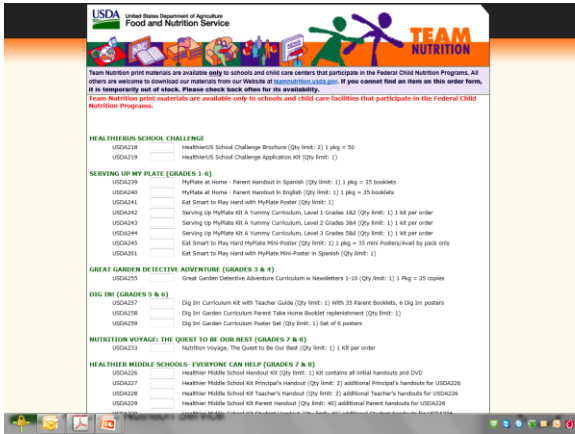


Nutrition and Wellness Tips for Young Children:

Provider Handbook for the

Child and Adult Care Food Program

1/24/2013



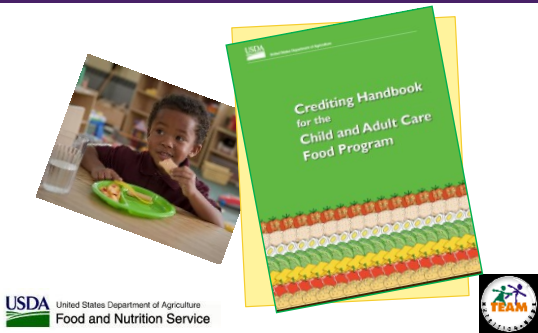
How To Get Resources

- 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



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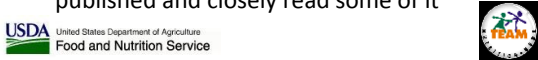
Crediting Handbook for CACFP



POLL

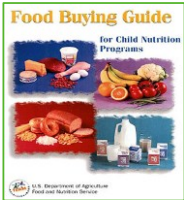
How familiar are you with the new Crediting Guide for CACFP?

- 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)

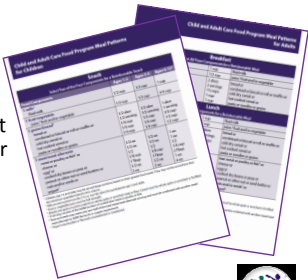


- Updates and expands the crediting tables in previous documents *What's in a Meal?* and *Crediting Foods in the CACFP*
- Based on the current CACFP meal patterns
- Now available online through the Team Nutrition Website at:
www.fns.usda.gov/crediting-handbook-child-and-adult-care-food-program

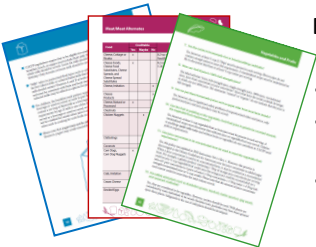


What's inside?

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



What's inside?
(continued)



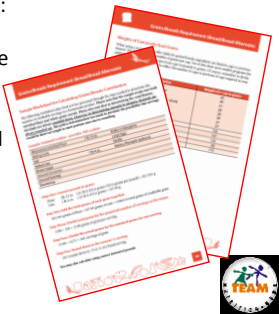
- Each food component section includes:
- general information
 - entries on determining if items meet requirements
 - questions and answers



What’s inside?
(continued)

Grains Section also includes:

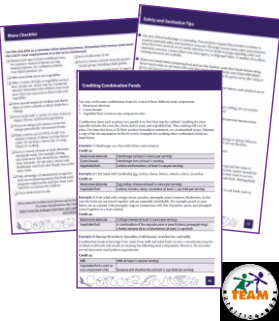
- Sample calculation example for grains recipes
- Weights of commonly used grains



What’s inside?
(continued)

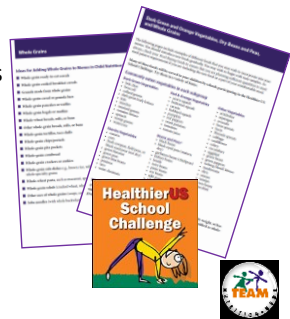
Additional information on topics such as:

- Menu planning
- Food safety
- Crediting combination foods



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



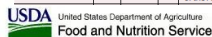
How to use the Crediting Handbook for CACFP

- 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




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.



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	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	Maybe	No	Comments
Crepes	x			For the required serving size, see Group C of Exhibit A - <i>pancakes</i> .
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 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 C of Exhibit A for unfrosted, or see Group E for frosted doughnuts.
Dumplings	x			See Group B of Exhibit A (noodles).
Egg Roll / Asian Taco Wrappers	x			See Group B of Exhibit A.
Emment/Kern (soften)	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 Ch label, or manufacturer's product formulation statement signed by an official company representative.


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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




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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

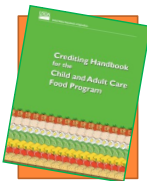
- One cup whole corn flakes weighs 28 g (1 oz)
- ¾ cup is required to equal 1.0 grain/bread serving.



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
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

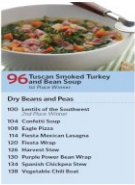
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RECIPES
HEALTHY KIDS

Delicious and Nutritious
30 Kid-Approved Recipes

Table of Contents



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Recipes for Healthy Kids Cookbook for Child Care Centers

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RECIPES
HEALTHY KIDS

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
- 


RECIPES
HEALTHY KIDS



Recipe Development

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


- 


RECIPES
HEALTHY KIDS

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-59a

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 to 8 oz	1 lb
Baby spinach	9 1/4 oz	1 lb 2 1/4 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	9102.68 IU	Sodium	83.34 mg
Total Fat	3.72 g	(455.95.644)	Dietary Fiber	4.94 g	
		Vitamin C	18.79 mg		

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



RECIPES FOR 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

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RECIPES FOR 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, 1/4 cup red/orange vegetable, 1/4 cup other vegetable, and 1/4 oz equivalent grains.

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RECIPES FOR 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
Whole Grains				
Arroz Grain Bake	Fruit-Vegetable-Grains/Bread	Grains/Breads	B-24c	1 cup provides 1/8 cup vegetable, 3/8 cup fruit, and 1 serving grains/bread.
Chor Pene	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-65r	3/4 cup provides 1-1/4 oz meat/meat alternate, 1/4 cup vegetable, and 3/4 serving grains/bread.
Mediterranean Quinoa Salad	Vegetable-Grains/Bread	Grains/Breads	B-25r	3/4 cup provides 1/8 cup vegetable and 1 serving grains/bread.
Orzo of Noodles	Vegetable-Grains/Bread	Grains/Breads	B-25r	1 cup provides 1/4 cup vegetable and 2 servings grains/bread.
Peanut Quinoa	Vegetable-Grains/Bread	Grains/Breads	B-27r	1/2 cup provides 1/8 cup vegetable and 1-1/4 servings grains/bread.

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RECIPES
HEALTHY KIDS

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.



RECIPES
HEALTHY KIDS

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~~



POLL

- The crediting statement located on the Recipes for Healthy Kids recipes follows the CACFP meal pattern requirements:
- Yes
 - No
 - Do not know



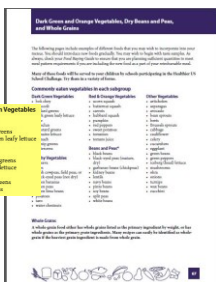
A Fun Way To Try New Foods!



A white ceramic bowl filled with a colorful quinoa salad. The salad includes cooked quinoa, diced red tomatoes, black olives, and fresh green herbs. A silver spoon is tucked into the side of the bowl. A wedge of lemon sits on the surface next to the bowl. The bowl is placed on a white placemat with a black circular pattern, which is on a wooden table.



A Fun Way To Try New Foods!



A Fun Way To Try New Foods!

A close-up photograph of a wooden bowl filled with a rice salad. The salad consists of cooked rice, green peas, and shredded carrots. A silver fork is placed in the bowl, and a green cloth napkin is visible in the background.

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!



Minimum Serving Size for Group H
1 serving = 1/2 cup cooked (or 25 gm dry)

[illegible]

Add Ethnic Flavors

A close-up photograph of a wooden bowl filled with a rice and vegetable stir-fry. The dish includes white rice, shredded carrots, green bell peppers, and pieces of cooked chicken. A single green bell pepper is prominently placed on top of the rice. The bowl is set against a background of a colorful, striped cloth.



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Add Ethnic Flavors

A white bowl filled with a hearty soup, likely chickpea soup, featuring large chickpeas, diced vegetables, and a rich orange-brown broth. A silver spoon rests on a dark surface next to the bowl.

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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.*



**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*



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.




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



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How to Apply
Join the Team

Browse By Subject

Health/Health Science

Local Resource Page

Training Events

Resource Library

Register Library

MyPage

Other Useful Links

Resource Order Form

Order Form

and Resource System

Healthy Assets Locator

Best Practices Sharing Center

School Day Care for teachers

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.

Spottlights



Best Off Game



Healthier Health Schools!
Everyone Can Help

Team Nutrition Resources

Menu Magic for Children

MyPlate for Kids: Make Half Your Plate Fruits and Vegetables Poster

Model 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: MyPlate: The Game To Be Best!

Parents' Nutrition Manual: Room 2000

Recipes for Healthy Kids: Cookbook for Child Care Centers and Schools

Recipes for Healthy Kids: Cookbook for Homes



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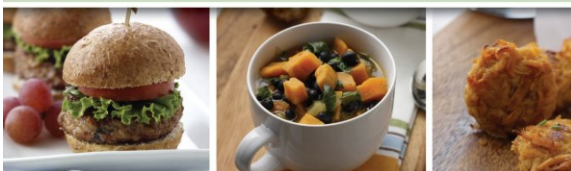
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Food and Nutrition Service





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

CONTACT INFORMATION

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