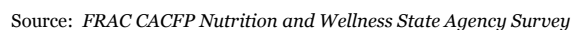
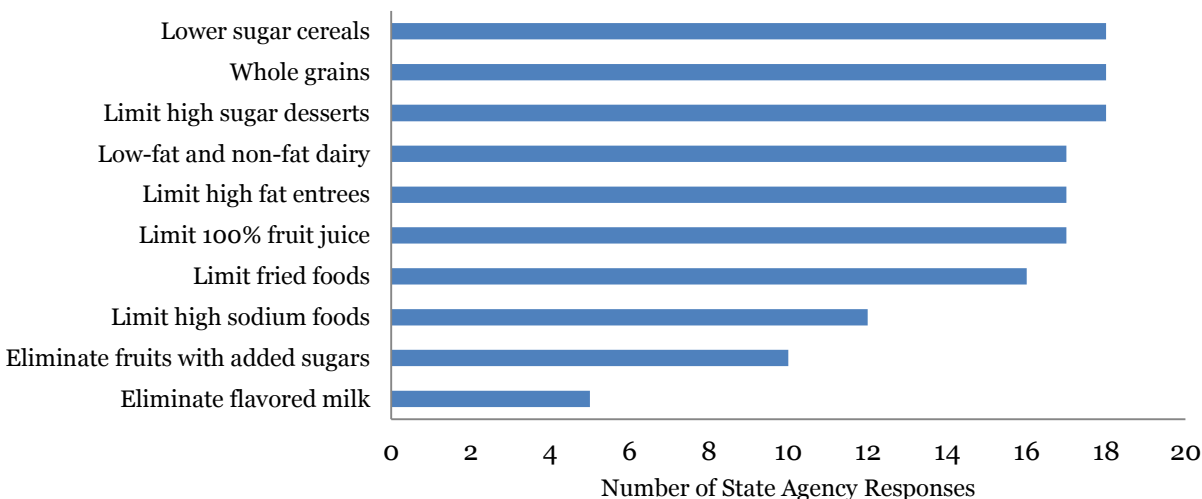


**Figure1. Child and Adult Care Food Program:  
States Implementing Enhanced Nutrition Standards<sup>2</sup>**



Of states that implemented enhanced nutrition standards, the most common standards were: serving low-sugar cereals (83 percent) and whole grains (83 percent); limiting high-sugar desserts (78 percent) and juice to no more than one serving per day (78 percent); serving only low-fat or non-fat dairy foods (74 percent); and limiting high-fat entrees and fried foods (74 percent) as well as high-sodium foods (52 percent). Less common standards were eliminating fruits with added sugars (44 percent) and eliminating flavored milk (26 percent).

**Figure 2. Child and Adult Care Food Program:  
State Agency Enhanced Nutrition Standards Policy**



Source: FRAC CACFP Nutrition and Wellness State Agency Survey

### Implementation: Barriers and Factors Facilitating Success

State agencies identified the key factors facilitating the success of enhanced nutrition standards: strong state agency training and technical assistance, committed leadership and motivated staff, clear policy and educational materials, practical models such as food specifications for catering, adequate time for implementation, and additional funding often in the form of Team Nutrition grants.

State agencies also identified perceived barriers to full implementation of the enhanced standards for CACFP child care providers. Commonly perceived barriers include budget limitations (73 percent), lack of support from staff/teachers (73 percent), child preferences (64 percent), time constraints (59 percent), and a lack of practical skills in healthy cooking and menu planning (55 percent). Other barriers identified include limited opportunities to purchase healthy foods (50 percent), parental concern (23 percent), state or local child care or health department regulations (13 percent) and inadequate kitchen facilities and storage (5 percent).

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<sup>1</sup>This map covers all states. Phone interviews were conducted with the three states that did not respond to the CACFP Nutrition and Wellness State Agency Survey, and these states indicated that they did not have enhanced nutrition standards.

<sup>2</sup>This map covers all states: phone interviews conducted with the three non-responding states indicated that they did not have enhanced nutrition standards.