

BEST PRACTICES: CACFP Classics

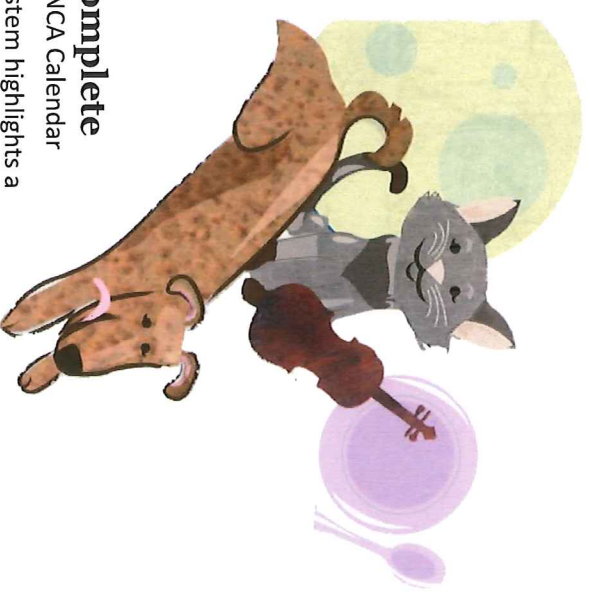
What is a Best Practice?

Best practices are defined as: a procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adoption. *Merriam Webster*

The USDA created a diverse seven member panel with expertise in nutrition education to create the CACFP best practices. These practices serve as a guide for child care providers who choose to take additional steps to offer high-quality and nutritious meals in their program. These strategies are supported by evidence and have been shown to be effective. They were created to promote consistency in programs and increase confidence that education efforts will result in positive nutrition and health-related behavior changes.

The 2017 NCA Nutrition Calendar highlights CACFP Best Practices each month and gives snack suggestions which follow the best practice for that month. This training component focuses on what child care givers can do to adopt best practices so that they are seamlessly incorporated into menu-planning and daily routines.

Sunday	Monday	Tuesday
CACFP BEST PRACTICE Provide at least 1 serving each of dark green vegetables, red/orange vegetables and legumes per week.	SNACK SUGGESTIONS <ul style="list-style-type: none"> • Broccoli florets and low-fat cottage cheese • Black bean dip and whole-grain pita wedges • Green and red pepper strips and low-fat milk • Carrots and hummus • Pinto beans and corn with baked tortilla chips 	



The Story is Complete

Each month, the 2017 NCA Calendar and Record Keeping System highlights a classic nursery rhyme and within that month an entire lesson plan can be built around the chosen story. Start out reading the nursery rhyme and you can then smoothly integrate the CACFP best practice within the unit.

Take a look at January 2017. We start out by introducing the nursery rhyme London Bridges and talk about building bridges with the table activity. Teamwork and building is added as we ask our little helpers to assist with the recipe for the month, Building your own Bruschetta. This recipe incorporates the best practice of providing at least 2 whole-grain rich grains per day by using whole-grain baguettes for the bruschetta base.

Try it!

You certainly do not have to accomplish everything listed for the month in one day or even one week! Look through the calendar and pick a month. How could you incorporate the best practice listed throughout the month into your lesson and menu plans?

Eating Her Curds and Whey

There are times that even when we know what the best practice is, we still have difficulty adding that idea to our meal planning. We also know as child care providers, we have to serve foods in a variety of ways, not just the traditional way. Some of our picky eaters will eat a food one way, but won't in another.

In the calendar, you will find a list of snack suggestions for each CACFP best practice for the month. A variety of options is represented to meet the CACFP best practice. There are more ways than one to serve a fruit and vegetable or to provide a protein source!

In April, the CACFP Best Practice focus is to limit serving processed meats to no more than once per week. Did you know that you can serve low-fat cottage cheese and peaches to count as a protein source? Even better, it's not a processed meat and is nutritious for the kids!

Inquiring Minds

A child's favorite question is "why?". We know as child care providers sometimes giving the why is all a child needs to move forward on trying something new. In the calendar, Nutrition Notes are provided to help you as the child care provider give a little more information to those inquiring minds. Did you know that eggs have 13 essential vitamins and are considered a complete protein? Or that the human body is made of 75% water and must have more for all of the bodily systems to work properly? Check out the rest of the calendar months and find interesting tidbits of information you can share with your most inquisitive customers!

Try it!

It's in a book! Visit your local library and find books about foods you are asking the children in your care to eat. Why are these foods important to little bodies? How can they help keep us healthy and strong?



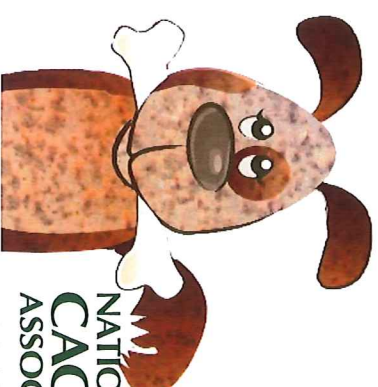
Choosing Favorites

As we all know, children and adults develop their own "favorites". As their child care provider, help the children you care for find their favorites and introduce new ways to consume those foods.

Let's take June for example. Most children do not push a strawberry away. Strawberry S'mores are a fun, new way to eat strawberries and consume an even more nutritious snack with the additional yogurt. This will help you, as the child care provider, meet the best practice of making at least 1 of the 2 required components of every snack a fruit or vegetable. Along with Strawberry S'mores, you could offer sugar snap peas with cheese, asparagus with pretzels, grapes and a hard-boiled egg, or blueberries with whole-grain crackers for the second daily snack.

Try It!

In July, the listed best practice is to serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice. Think about your favorite fruit recipes and snack ideas. Are those ideas on the list, if not add them. Is there anyone in your provider group that has a different favorite recipe? Do a recipe swap and add their favorite to your list. Now you are ready to start menu planning and grocery shopping!



Classics from the Cupboard: 2017 CACFP Calendar Training



Child Care providers that are interested in the voluntary credit will review the information in the calendar and the module provided and complete the quiz. Quiz must be completed and sent to SENDCAA to earn the training credits. This training opportunity is only available to **SENDCAA** providers and is **Growing Futures approved**. At the end of each month, providers that have completed the credit will be sent a completed certificate and their name will be sent to Growing Futures.

Name _____

Growing Futures registry ID number _____

Email _____

Phone number _____

Deadline: December 31st, 2017

Please mail to:
SENDCAA CACFP
3233 S University Drive
Fargo ND, 58104
Or email to sharlao@sendcaa.org

USDA is an equal opportunity provider and employer.



QUIZ

Best Practices:

CACFP Classics



Use the training module and your 2017 Nutrition Calendar to answer these questions.

1. List two snack ideas for serving natural cheese.

2. TRUE OR FALSE?

Chocolate and Strawberry Milk count towards the best practice of serving milk to all participants.

____ TRUE ____ FALSE

3. What are two best practices listed in the 2017 Nutrition Calendar?

4. What are the 5 basic menu planning principles?

5. Which of these should be served less often than the others?

- a. Dried Fruit
- b. Canned Whole Fruit
- c. Fresh Fruit Juice
- d. Frozen Fruit
- e. Dried Fruit

6. Why were the CACFP Best Practices Created?

7. TRUE OR FALSE?

Serving low-fat cottage cheese would count as a best practice offering.

____ TRUE ____ FALSE

8. What are three ideas for snacks to meet the CACFP best practice of providing 2 servings of whole-grain rich foods per day?
