Great job, this is why we do what we do!

St. Vincent de Paul
NORTH IDAHO

CACFP

Newsletter

New Meal Standards Released

NUTRITION STANDARDS FOR CACFP MEALS AND SNACKS

MAY 2016

Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Through the Healthy, Hunger-Free Kids Act, championed by the First Lady and signed by President Obama, USDA made the first major changes in the CACFP meals and snacks since the Program's inception in 1968, which will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day. The new CACFP nutrition standards will help safeguard the health of children early in their lives and improve the wellness of adults. Under the new CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and with other Child Nutrition Programs.

The new standards for meals and snacks served in the CACFP are based on the Dietary Guidelines for Americans, science-based recommendations made by the National Academy of Medicine, cost and practical considerations, and stakeholder's input. These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.

USDA is providing guidance, resources, best practices, and training for CACFP centers and day care homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.

New Meal Standards

The updated meal standards for the CACFP are available for public inspection and will be published in the Federal Register on Monday, April 25, 2016. CACFP centers and day care homes must comply with the new meal standards by October 1, 2017.

Start with these changes:

LIMIT ADDED SUGARS IN FOODS:

- MILK (UNFLAVORED)
- CEREAL (6 GM)
- YOGURT (23 GM)

SERVE A VEGETABLE AND A FRUIT, OR 2 VEGATABLES AT LUNCH AND DINNER.

SERVE WHOLE GRAIN

REMOVED GRAIN BASED DESSERTS FOM MENU

RESTRICT SERVING JUICE

"This Institution is an equal opportunity provider."