










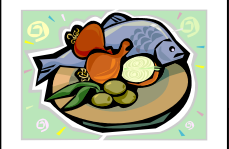


IMPROVING CACFP Meals/Snacks in Indiana

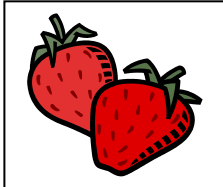



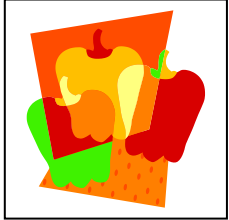
Numbers in parentheses are the recipe number from the USDA Recipes for Child Care

| CACFP Meal Component | USDA Regulatory Requirement | Indiana Recommendations | Suggestions |
|---|--|--|---|
| Fruits/Juice/ Vegetables  | Permits 100% juice to be served every day at every meal | Limit juice to no more than one serving per day or not at all . Juice should not be served as an additional beverage at breakfast, lunch, or supper. | Apple wedges or baked apples instead of apple juice. Orange wedges or mandarin oranges instead of orange juice. Cut up mixed fresh fruit instead of fruit punch. |
| Fruits/Vegetables | Fruit/Juice/Vegetables required for breakfast | Whole fruits (fresh, frozen, canned) and/or vegetables (fresh, frozen, canned) served at least twice per week at breakfast . | ½ banana Fresh berries Pineapple chunks Melon balls  |
| Fruits/ Vegetables  | Part of snack component, but not required. | Whole fruits (fresh, frozen, canned) and/or vegetables (fresh, frozen, canned) served at least twice per week at snack time . Dips should be low-fat or fat free and served no more than twice a week. | Cut up veggies and lowfat dip Cup up fruit and lowfat dip Sweet potatoes fries (baked) Yogurt/fruit parfait |
| Fruits/ Vegetables  | Regulations do not address vitamin or mineral content of foods | Serve one good source of Vitamin C daily and it must come from fruits, vegetables, or fruit juice. Serve a good source of Vitamin A at least twice a week and must come from fruits and vegetables. | Broccoli, red pepper strips, citrus fruit salad, orange wedges, kiwi fruit slices, strawberries, tomatoes Dark, leafy green veggies, sweet potatoes, fruit mango, Carrots, pumpkin, |
| Grains/Breads  | Permits sweet grain/bread items (such as pastries, donuts, cookies) every day at breakfast and snack | Sweet grain/bread items served once per week or not at all for breakfast and/or snack  | Whole wheat tortilla spread with peanut butter and chopped fruit Banana bread or muffin squares (A-11) Mini pumpkin muffins English muffin, mini bagel Cooked pasta shapes for a snack Baked 3-grain pancakes (A-06) |
| Grains/Breads  | Permits a large variety of grain/bread items, but does not specify whole grain | Serve one whole grain item daily to meet the grain/bread requirement.  | Whole wheat pasta Whole wheat bread or pita bread Brown rice, cornbread, Whole grain tortilla or English muffin |
| Grains/Breads | Allows all ready-to-eat cereals | Serve ready-to-eat breakfast cereals containing no more than 10 grams of sugar . (Per serving as stated on the Nutrition Facts Label) | Be sure to include hot cereals, such as oatmeal or grits. Oat cereal, corn cereal, crisp rice cereal, crunchy oatmeal cereal |
| Milk  | Specifies low-fat or fat free fluid milk, only for ages 2+ | Serve low-fat or fat-free milk for children over 2 years of age. (This is now a requirement) | Comment—children get most of their milk while in daycare. White milk is preferred. |
| Dairy Products | Allowed as meat/meat alternates | Strongly encourage low fat dairy products such as cheese and yogurt | Use lower fat cheese in cooking and in casseroles, such as cheddar, mozzarella, string cheese Low fat plain yogurt with fruit |
| Meat/Meat Alternate  | Does not address fat content | Limit high fat or fried meats to one time per week or totally eliminate from the menu.  | No deep fried foods Replace regular ground beef with lean ground beef, turkey, or chicken. May use frozen crumbles to replace all or part of ground beef. Oven baked parmesan chicken (D-05). Pizza Burgers (F-06) |
| Meat/Meat Alternate  | Does not address use of processed meats or limits on sodium | Processed meats & lunch meats include hot dogs, bologna, lunch meat, chicken nuggets, fish sticks, etc. They contain large amounts of binders/extenders which do not count as meat/meat alternate. Most are high in sodium. Limit processed meats to once a week. | Sliced turkey from the deli is preferred over packaged lunch meat. Oven baked chicken (D-29) instead of chicken nuggets. Replace fish sticks with tuna patty (D-10) or fish nuggets (D-09A). Pizza in a pocket (F-04). Replace hot dogs with sloppy Joe or BBQ chicken |
| Meat/Meat Alternate | Required for Lunch and Supper | Dried beans will be served as a meat/meat alternate twice a month . | Bean burrito, vegetable chili (D-26), hummus with veggies or whole wheat pita wedges, ham & beans, split pea soup (H-02), minestrone soup (H-12) |

Recipe and Menu Planning Resources:

RECIPE for Growing Healthy Children--Section C-recipes begin on page 15: <http://www.doe.in.gov/food/recipe/>
 USDA Recipes for Child Care: http://teammnutrition.usda.gov/Resources/childcare_recipes.html
 National Food Service Management Institute (NFSMI): <http://www.nfsmi.org/>
 What's In A Meal?—Healthy Hoosier Edition: <http://www.doe.in.gov/food/childadults/in-a-meal/in-a-meal.html>
 Building Blocks for Fun and Healthy Meals—A Menu Planner for the Child and Adult Care Food Program: <http://teammnutrition.usda.gov/Resources/buildingblocks.html>
 Food Buying Guide for Child Nutrition Programs: <http://teammnutrition.usda.gov/Resources/foodbuyingguide.html>
 Nibbles for Health: Nutrition Newsletters for the Parents of Young Children: <http://teammnutrition.usda.gov/Resources/nibbles.html>



| Fresh Fruits and Vegetables Guide | | | | |
|--|---|---|---|--|
| Spring | Summer | Fall | Winter | Year-Round |
| Apricots Artichokes Asparagus Broccoli Collard Greens Corn English Peas Green Beans Honeydew Mango Oranges Limes Pea Pods Pineapple Rhubarb Snow Peas Spinach Spring Baby Lettuce Strawberries Sugar Snap Peas Vidalia Onions  | Apricots Beets Bell Peppers Blackberries Blueberries Cantaloupe Cherries Corn Cucumbers Eggplant Grapefruit Grapes Green Beans Honeydew Melons Lima Beans Limes Nectarines Okra Peaches Peas Plums Radishes Raspberries Strawberries Summer Squash Tomatoes Watermelon Zucchini  | Acorn Squash Broccoli Brussels Sprouts Butternut Squash Cauliflower Cranberries Grapes Kohlrabi Kumquats Pear Persimmons Pineapple Pomegranate Pumpkin Sweet Potatoes Swiss Chard Turnips Winter Squash  | Brussels Sprouts Chestnuts Collard Greens Dates Grapefruit Kale Kiwifruit Leeks Oranges Passion Fruit Pear Persimmons Sweet Potatoes Tangerines Turnips Winter Squash  | Apples Avocados Bananas Bell Peppers Bok Choy Broccolini Cabbage Carrots Celery Coconut Leek Lemons Lettuce Onions Papayas Parsnips Pearl Onions Potatoes Rutabagas  |

Source: www.fruitsandveggiesmorematters.org

- “Proper nutrition is the foundation for providing our youth with equal opportunities in education and giving them the boost they need to lead healthy lives.” ~**U.S. Senator for Indiana Richard Lugar**
- “Every day, with the food you serve, you're teaching them [children] these critical lessons about nutrition and healthy eating. You're shaping their habits and their preferences, and you're affecting the choices that they're going to make for the rest of their lives.” ~**First Lady Michelle Obama**
- “The health of our nation – of our economy, our national security, and our communities – depends on the health of our children.” ~**Agriculture Secretary Tom Vilsack**

Remember: CLEAN WITH WARM, SOAPY WATER AND THEN SANITIZE SURFACES BEFORE EACH MEAL SERVICE.

“The USDA and the State of Indiana are equal opportunity providers and employers.”