CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The CACFP meal patterns lay the foundation for healthy meals for children. USDA developed *optional* best practices that build on the meal patterns and identify additional steps to *further improve* the nutritional quality of meals. Check the best practices implemented in your child care program and identify areas for improvement.

Infants	I am doing this!
Support mothers who choose to breastfeed by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary.	
Vegetables and Fruit	
Make at least 1 of the 2 required components of a snack a vegetable or a fruit.	
Serve a variety of fruits and choose whole fruits more often than juice.	
Provide at least one serving of the following once per week:	
• Dark green vegetables (e.g. broccoli, romaine lettuce, spinach)	
• Red and orange vegetables (e.g. carrots, red peppers, tomatoes, sweet potatoes)	
• Beans and peas (e.g. black beans, garbanzo beans/chickpeas, chili beans)	
• Starchy vegetables (e.g. corn, green beans, jicama, potatoes)	
• Other vegetables (e.g. cauliflower, celery, cucumbers, green beans)	
Grains	
Provide at least two servings of whole grain-rich grains per day.	
Meat and Meat Alternates	
Serve only lean meats, nuts, and legumes.	
Limit serving processed meats to no more than one serving per week.	
Serve only natural cheeses and choose low-fat or reduced fat-cheeses.	
Milk	
Serve only unflavored milk.	
If flavored milk is served to children 6 years old and older serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces or with the lowest amount of sugar available.	
Additional Areas	
Incorporate seasonal and locally produced foods into meals.	
Limit serving purchased pre-fried foods to no more than one serving per week.	
Avoid serving non-creditable foods that are sources of added sugars (e.g., honey, jam, syrup), ingredients with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages.	

Action Plan

Choose one or more best practice (not checked) to implement:

Identify potential challenges:

List strategies to overcome challenges: