Brand New Results from a California Survey of Childcare Foods and Practices Before the New Standards











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Session Objectives

- 1. Understand results of statewide survey of nutrition in licensed California childcare settings and how this compares to anticipated changes in CACFP meal pattern.
- 2. Describe and discuss the barriers to implementation of the new nutrition standards.
- 3. Understand what tools and resources would help care providers implement the new standards.



We have been taking a bite out of hunger since 1992



We are a statewide policy and advocacy organization dedicated to improving the health and well-being of low-income Californians by increasing their access to nutritious, affordable food.

#Food4All 1992-2017













The State of Child Care Nutrition in California

High Child Poverty

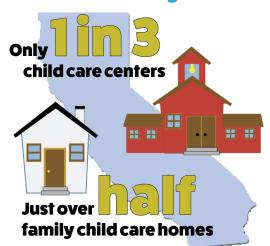


Major Budget Cuts

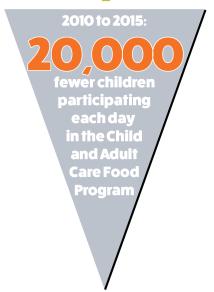


Inadequate Access

Child Care Food Program in 2016:

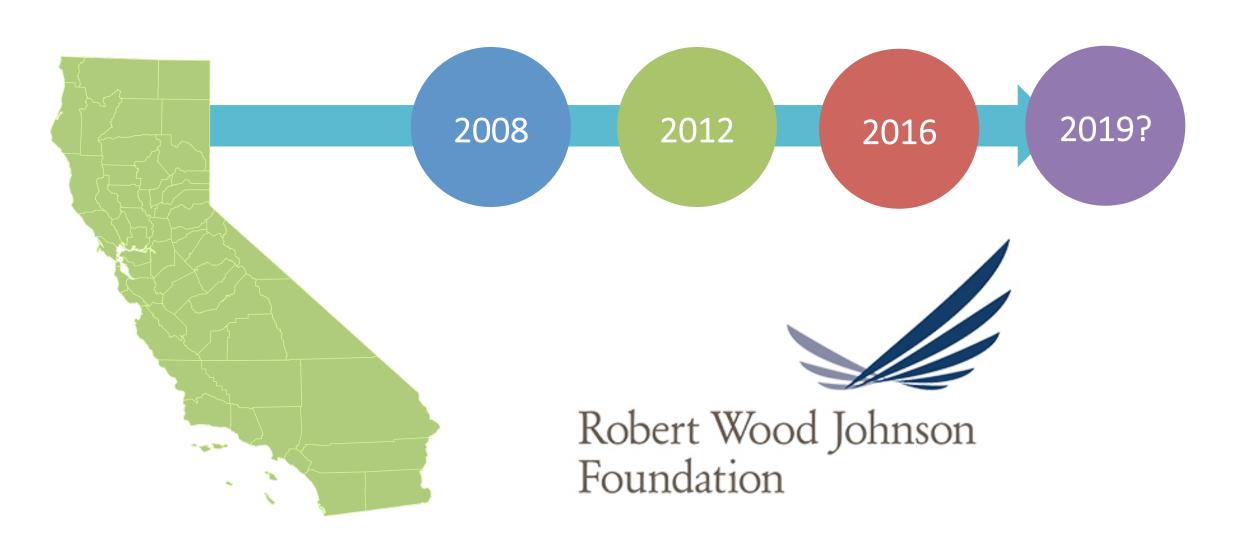


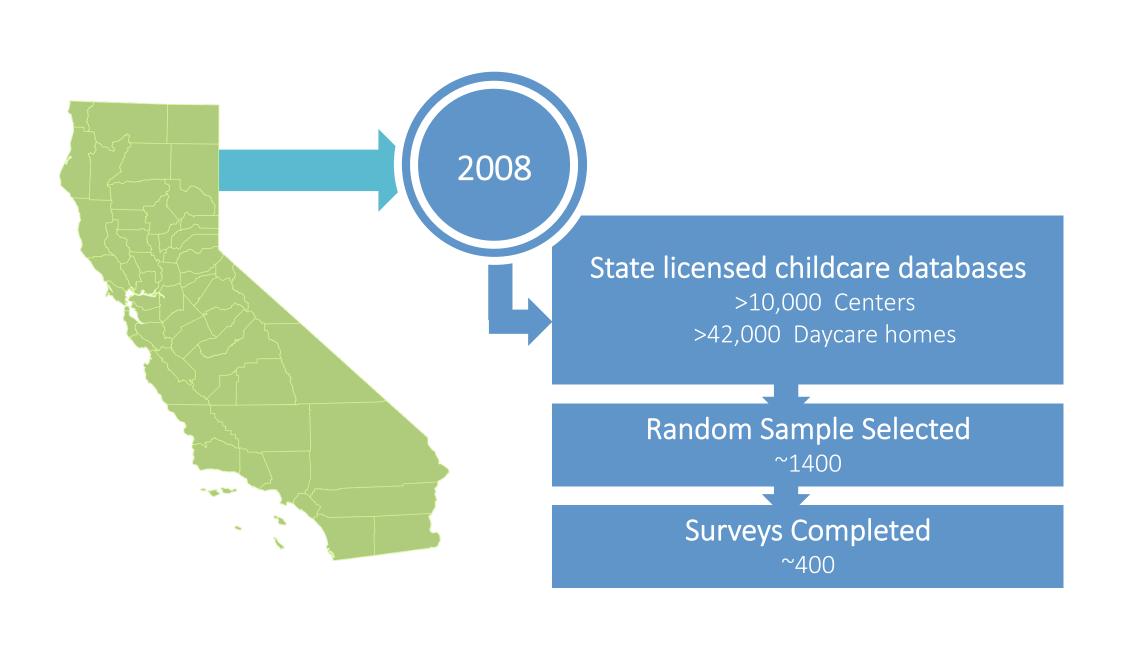
Declining Participation



Take action to support healthy kids in child care

Statewide Survey of Child Care Providers







Findings to Inform Policy



CACFP better than no CACFP:

- More milk
- Less juice
- Less sugary drinks



Room for all to improve:

- 1/5 usually whole milk
- 1/4 without water at table

Source: Ritchie et al. Childhood Obesity 2012



First Outcome: 2010 CA Healthy Beverages in Childcare Act



At all times



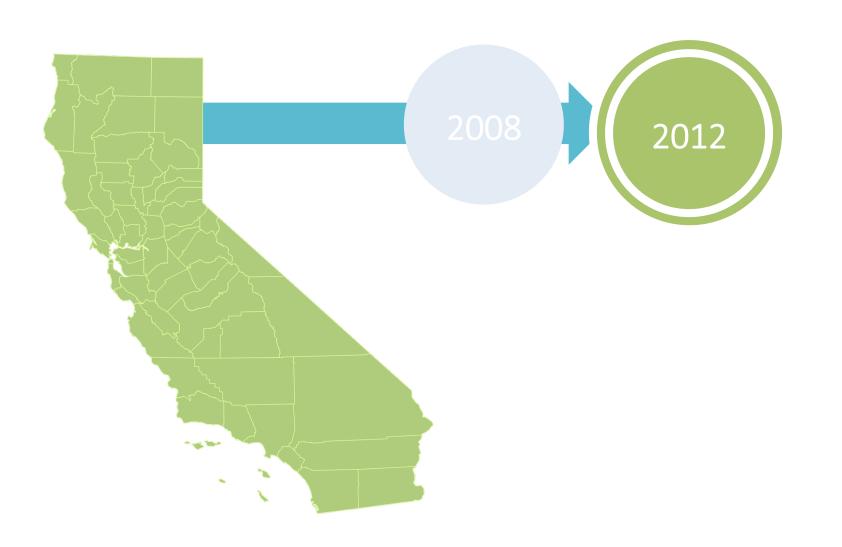
Only low or non-fat



≤ Once daily



None



Knowledge of Law



2012

23%

Compliance



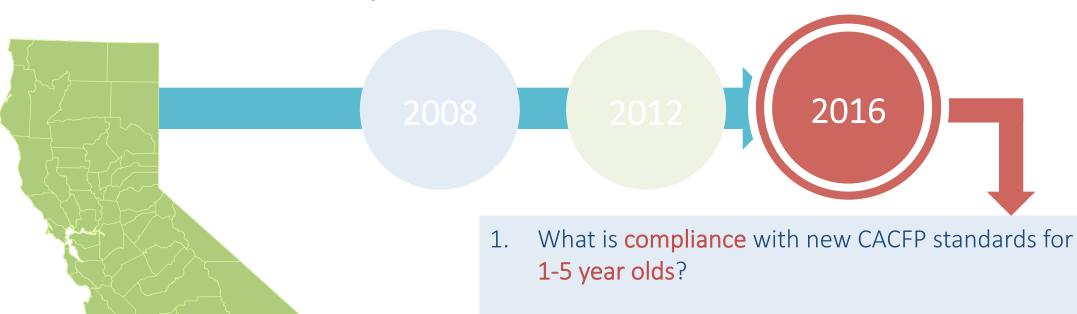
Second Outcome: 2013 Foundations For Healthy Nutrition in Childcare Act



 Previously NO nutrition training required for child care licensure in California

•Increases the required health training for new providers to include 1 hour on child nutrition

2016 Research Questions



- 2. What **barriers and solutions** are there to implementing the new CACFP standards?
- 3. How to sites on and not on CACFP compare?
- 4. How have **beverages changed** since 2012 when AB 2084 first went into effect?

2016 Child Care Sample (n=680)





United States Department of Agriculture

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS



Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum
 of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

A new age group to address the needs of older children 13 through 18 years old.

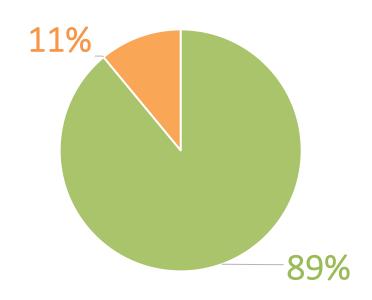


Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



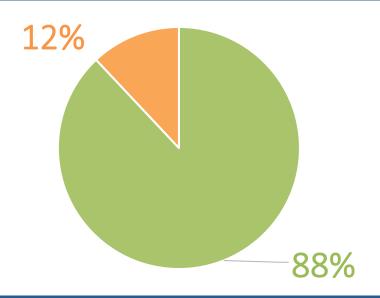
Drinking water offered throughout day





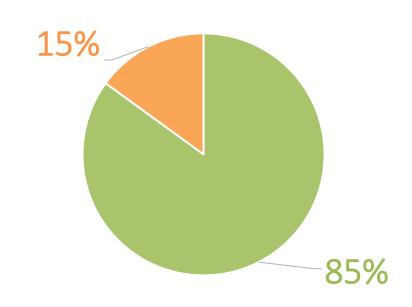
At least one whole grainrich per day

KEY:





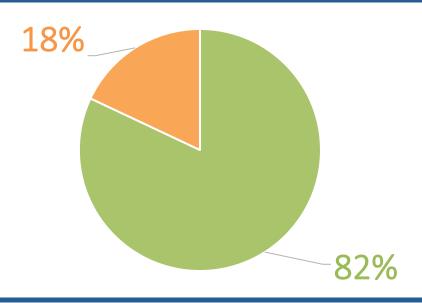
Juice limited to once per day



CACFP STANDARD

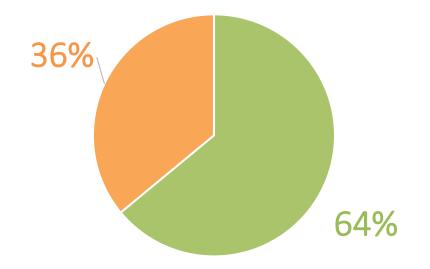


Breakfast cereals low in sugar



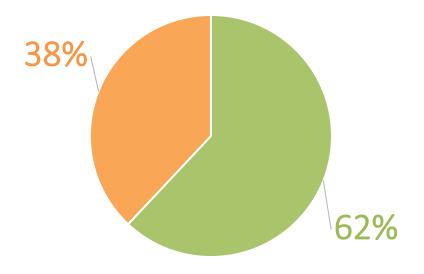


Unflavored low or 1% milk for 2-5 year olds



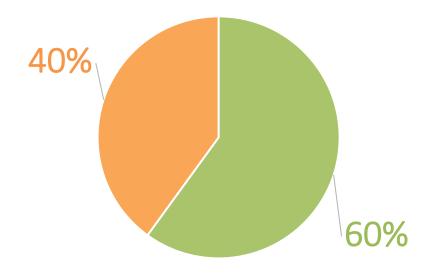


Yogurt low in sugar





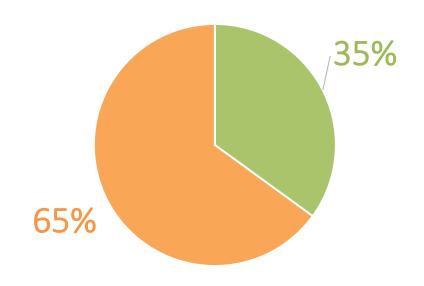
No grain-based deserts (includes graham crackers)



CACFP STANDARD

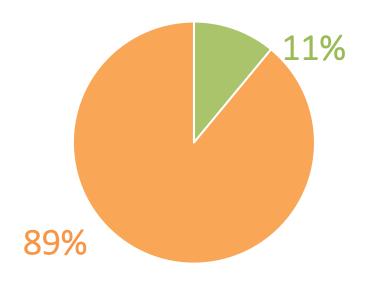


Unflavored whole milk for 1-2 year olds





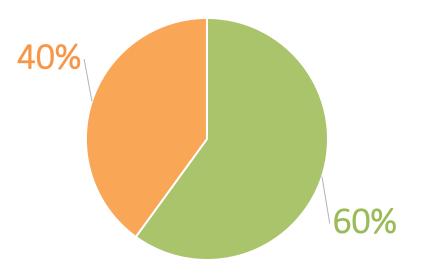
All 8 CACFP Standards



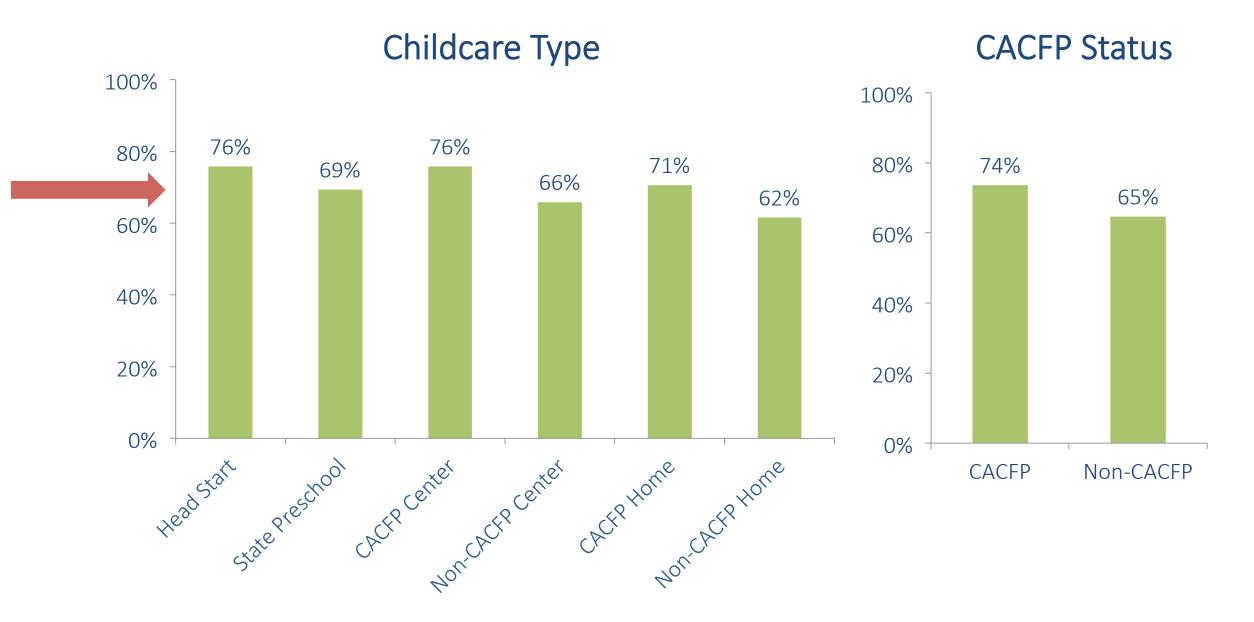
CACFP STANDARD



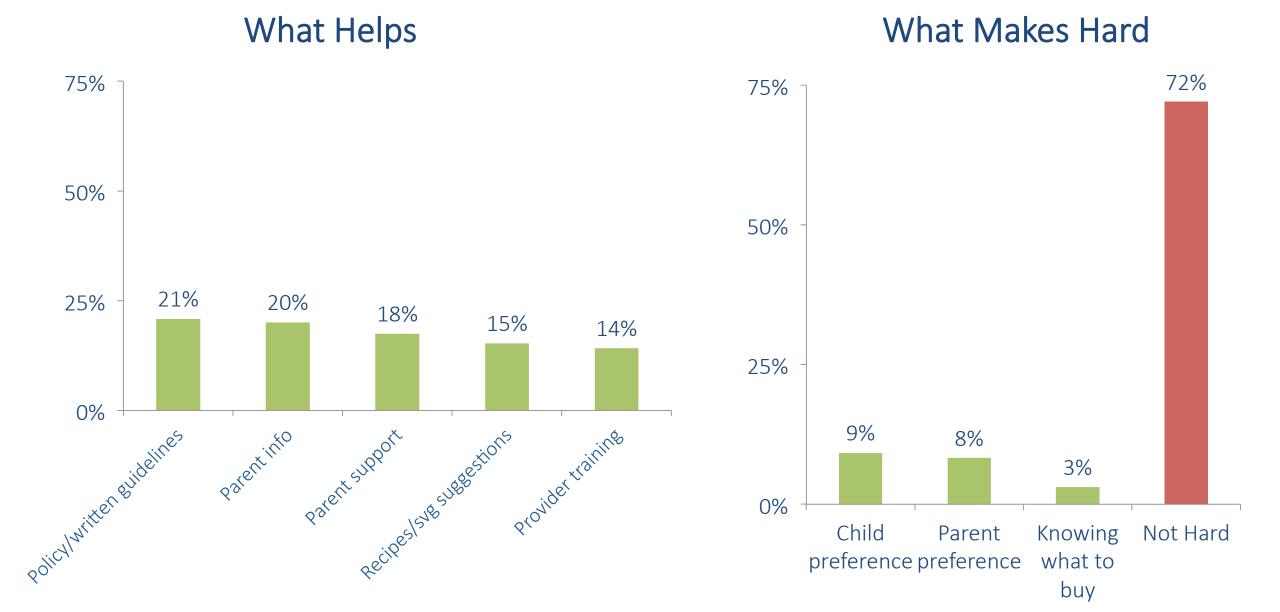
6 of 8 CACFP Standards



Comparing Average Compliance with Standards



Few Challenges Reported





United States Department of Agriculture

CHILD AND ADULT CARE FOOD PROGRAM:

BEST PRACTICES





Infants

 Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.



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 (fresh, canned, dried, or frozen) more often than juice.
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.



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.

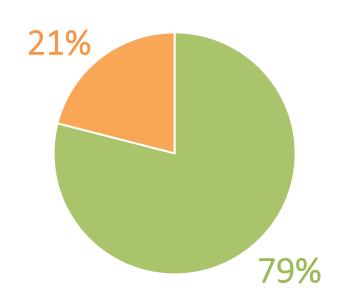


Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.



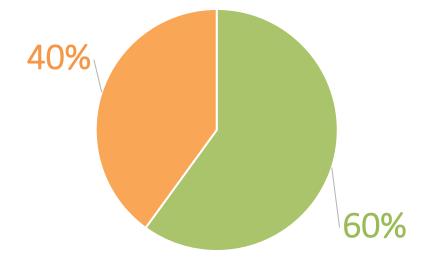
Choose whole fruit over juice



CACFP BEST PRACTICE



Only Natural Cheese

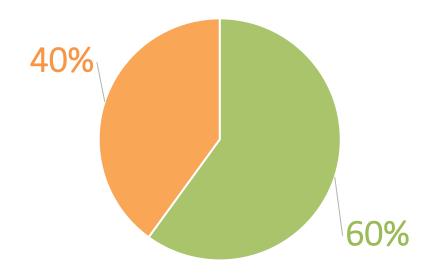


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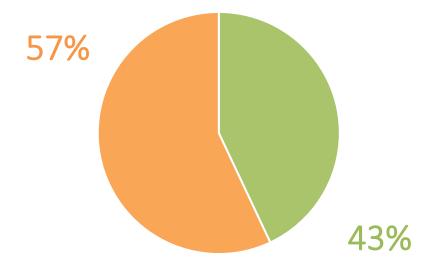
Serve only lean meats, nuts or legumes



CACFP BEST PRACTICE



At least two whole grain-rich per day

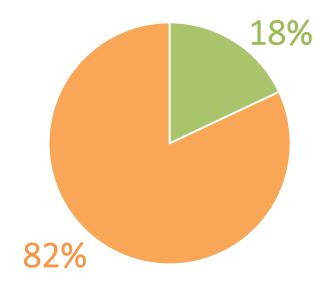


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Fruit or vegetable as snacks



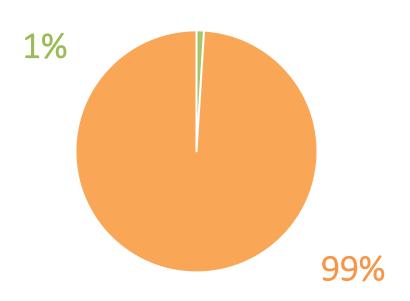
KEY:

MET

CACFP BEST PRACTICE



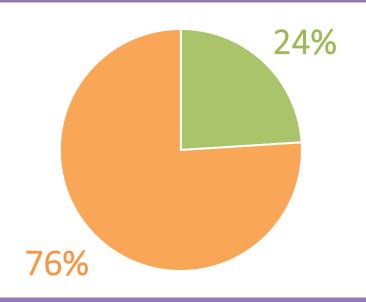
All 5 CACFP Best Practices



CACFP
BEST PRACTICE



4 of 5 CACFP Best Practices



KEY:

MET

CACFP SUMMARY

- Compliance fairly high for most individual standards and best practices
- Compliance with standards higher for sites participating in CACFP than not in CACFP
- Compliance with standards higher than for best practices
- Few challenges reported
- Some standards may require more support than others



Compliance with 2010 CA Healthy Beverages in Childcare Act



At all times



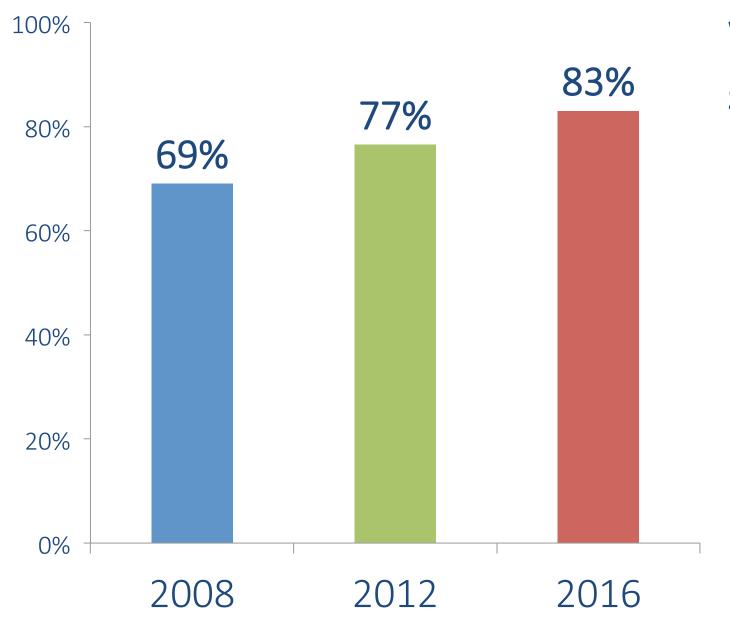
Only low or non-fat



≤ Once daily



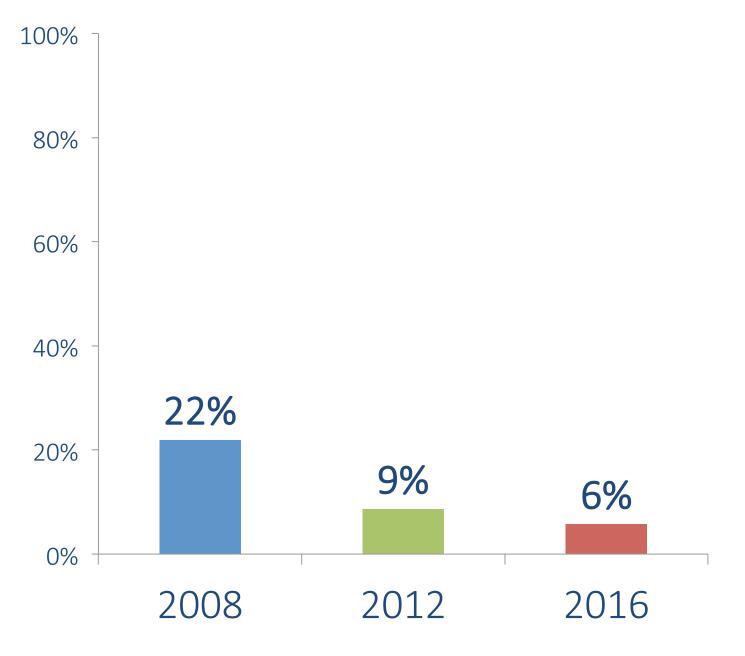
None



Water available for selfserve outdoors

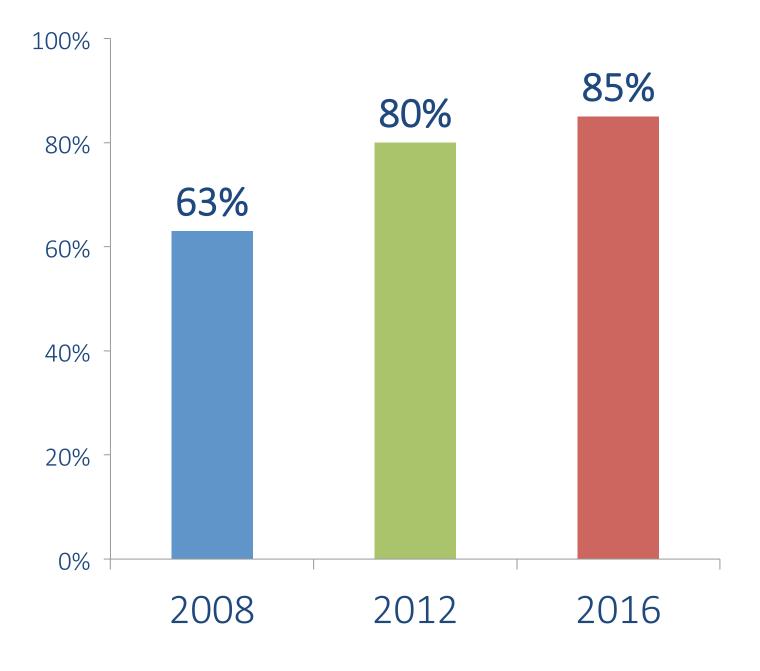


Water always at the table 100% with meals & snacks 80% 60% 47% 37% 40% 28% 20% 0% 2008 2012 2016



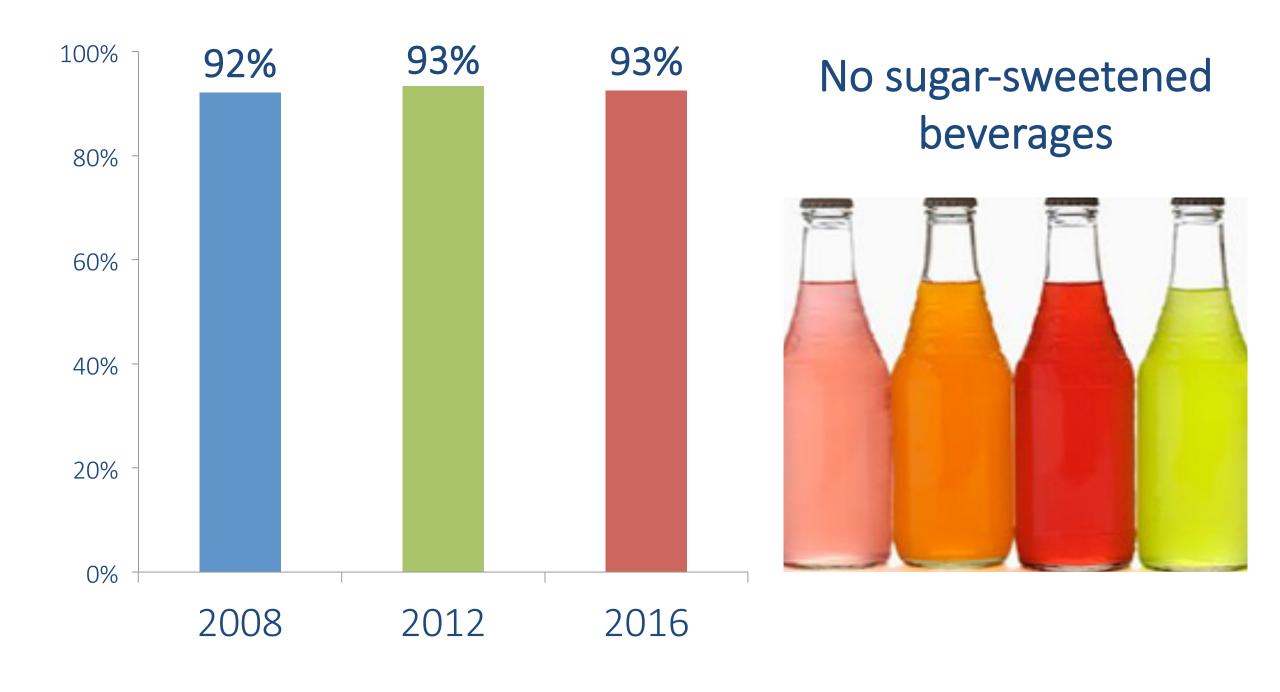
WHOLE milk for 2-5 year olds

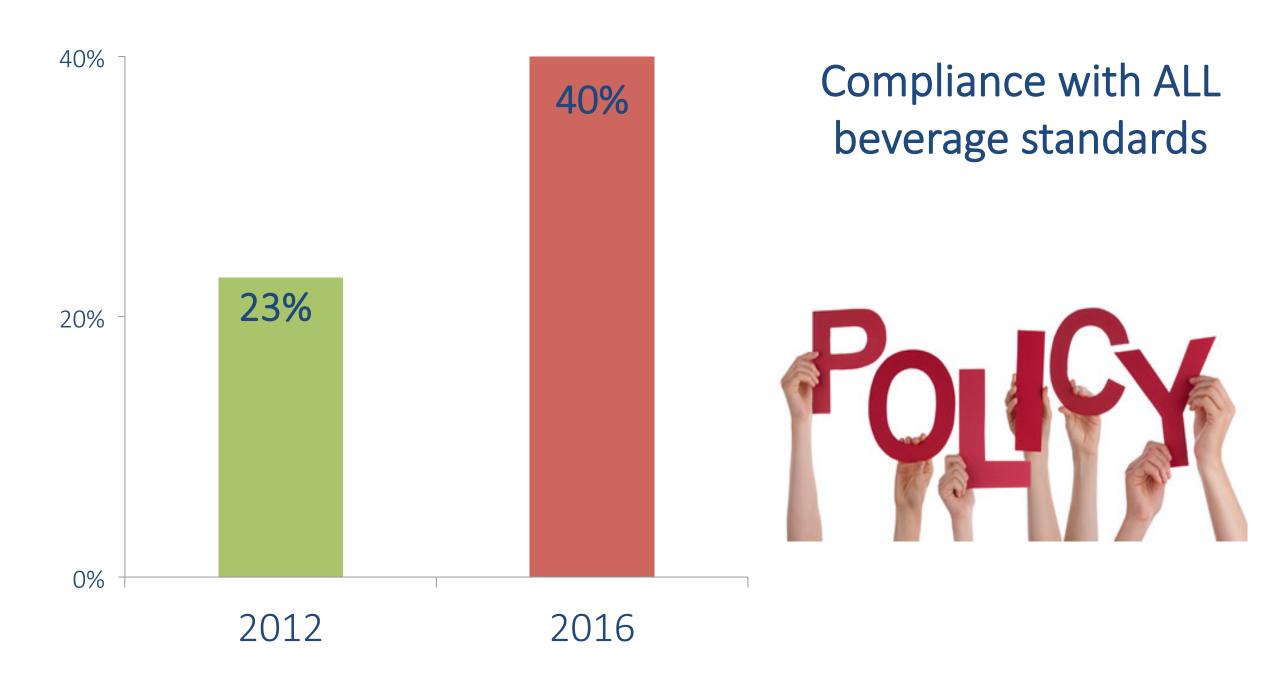




Juice limited to <once per day







HEALTHY BEVERAGES SUMMARY

- Compliance in 2016 relatively high for most beverage standards
- Compliance with all 4 beverage standards has increased slightly since 2012
- Compliance is higher for sites that participate in CACFP

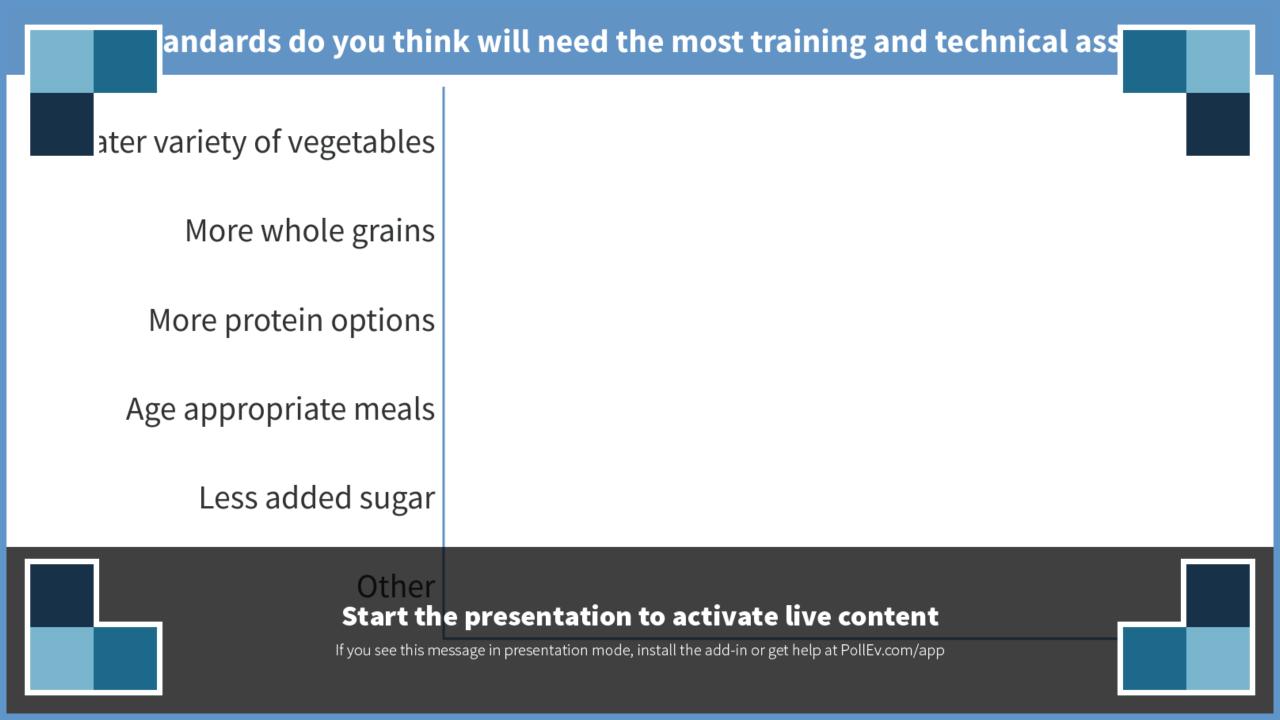


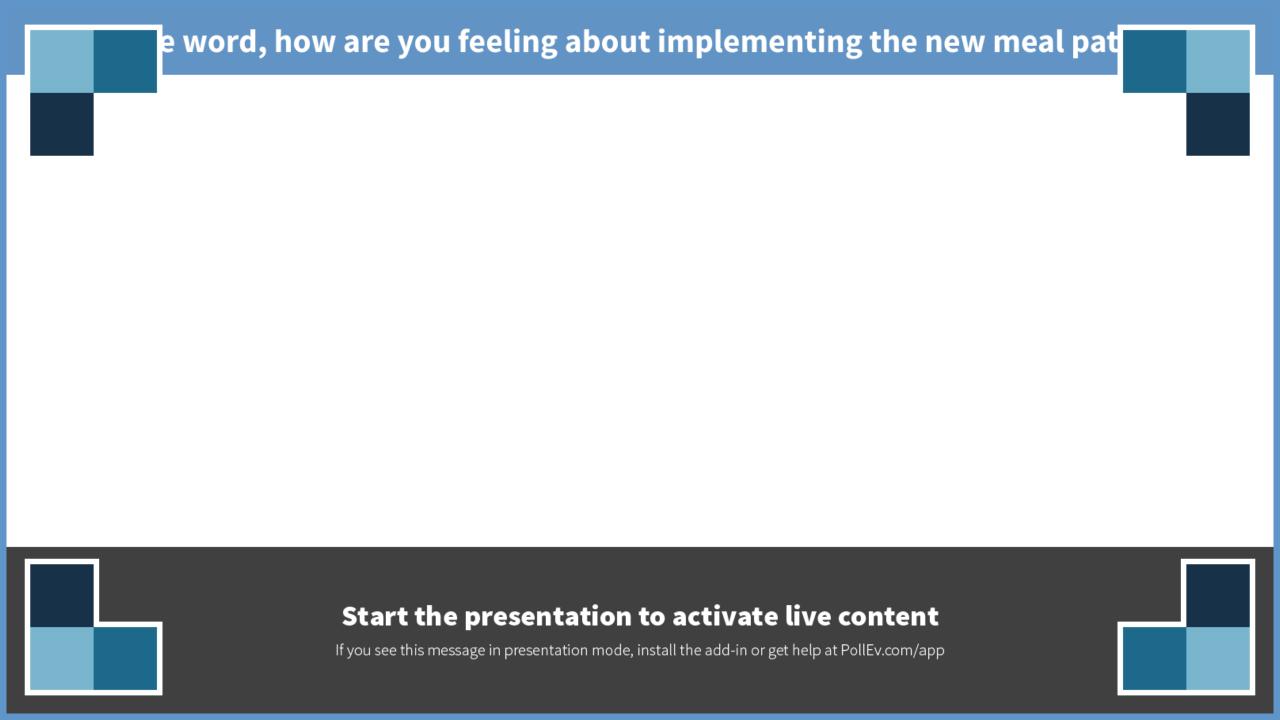


Key Informant Interviews

"It's not white bread, it's whole wheat bread, but what's missing is a bit more on how that can be operationalized, how you can re-plan your

menus, how you can build some enthusiasm for the changes among parents and kids."





Acknowledgements

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