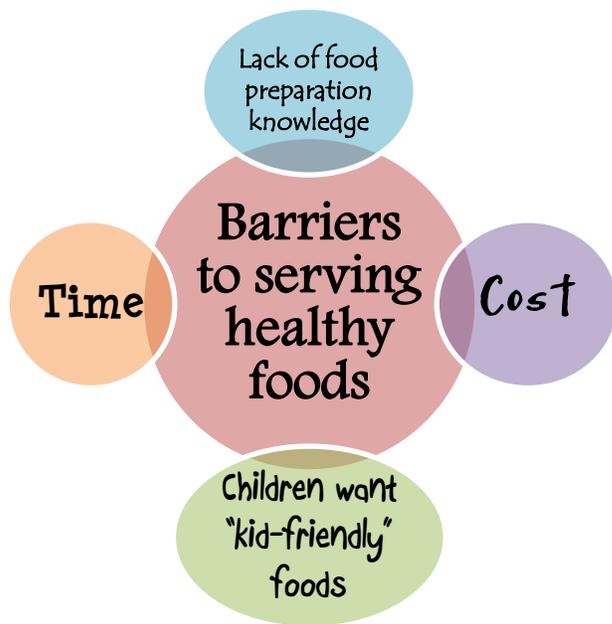


Nutrition Recommendations

	Recommendation	Benefits	Examples
Whole Grains	Make ½ your grains whole grains and serve fewer processed, or refined, grains. Whole grains keep you feeling fuller longer.	Provide B-vitamins for energy to support activity & growth. Source of fiber, folic acid and iron.	Whole wheat, brown rice, wild rice, barley, oatmeal, whole corn meal, whole wheat pasta, millet, brown rice, quinoa
Veggies	Serve a variety of fruits and veggies each day (different colors). Variety increases the mix of vitamins and minerals. Fill ½ your plate with fruits and vegetables.	Provide vits A & C and fiber to protect eyesight, help immune system, and digestion. Great source of potassium and folic acid.	Carrots, cauliflower, peppers, tomatoes, zucchini, broccoli, peas, beans, romaine lettuce, spinach, kale, sweet potatoes, squash, legumes
Fruits	Naturally low in fat, calories and sodium. May lower risk of heart disease, stroke, diabetes, and certain cancers.	Provide vit C and fiber to help the immune system, heal wounds and for good digestion. Source of potassium and folic acid.	Apricots, oranges, peaches, cherries, grapes, pears, bananas, plums, kiwi, apples, melons, pineapples, berries
Lean Meat	Serve a variety of lean protein foods. Decrease the amounts of highly-processed convenience foods which are higher in fat, trans fat, calories and sodium.	Provide protein, iron and zinc for developing muscles, healthy blood and growth needs.	Lean meat (at least 90% lean), chicken, turkey, eggs, seafood, beans, nuts, and seeds
Beverages	<p>Healthy drinks include water, milk and 100% juice</p> <p>Children 2 yrs and older: 1% or skim milk</p> <p>Children ages 1-2 yrs: whole milk</p> <p>Limit 100% juice to 4-6 oz/day (at child care and at home). Juice has more sugar and less fiber than whole fruit.</p>	<p>Milk provides calcium, potassium and vit D for strong teeth and bones. Good source of protein, magnesium and vit A.</p> <p>Water helps maintain balance of body fluids and energizes muscles.</p>	Avoid sugar-sweetened beverages (fruit-based drinks that contain less than 100% juice, flavored drinks, cocktail drinks, punch, soft drinks, sports or other energy drinks). Excess = tooth decay, gain weight and greater risk of diabetes.



What is the purpose of the CACFP?

The CACFP is a voluntary program that helps pay for the cost of serving healthy meals and snacks. *What kind of meals would you serve without the CACFP?*

Taking a few minutes to prepare quick and healthy meals gives you more control over what you are serving. Seeking out a variety of healthy recipes and preparing nutritious meals can provide a greater variety of flavors, textures, aromas, and sights. It can also be a wonderful way to teach healthy behaviors.

Time

Many things do not take a lot of preparation time, they just need longer to cook. Using a timer allows you to prepare food in a short period of time and then do other things as they cook. For example, it does not take long to wash veggies and put them in the oven, or measure, rinse, and throw rice into a pot to cook. See the next page for more time-saving tips.

Children want "kid-friendly" foods

Children will eat what you prepare for them. It might take a few trials, but if they are not presented with anything else to eat, they will eat what is offered. If you are trying a new recipe and the children don't like it, you may need to tweak it to make it more tasty, but don't get discouraged if children do not like a new recipe the first time it is prepared.

Breaking the Barriers

Cost

Some convenience foods actually cost more than the homemade version. You are paying for the packaging and someone to do the work. However, some convenience foods will be cheaper than what make from scratch. But, just because it is cheaper, does not mean it is better. These convenience items may save you a little money up front, but at the cost of compromising taste, quality and nutrition.

Lack of food prep knowledge

Knowledge comes from practice. Cooking the same recipes often helps you memorize and develop short cuts to save you time for future meals. Many websites have information and "how-to" videos to help you gain the food prep skills needed to prepare healthy foods. Type the food in question into a search engine on your computer to find a wealth of information on how to store, prepare and cook foods.

Some think fruits and veggies are costly snacks, however, they are actually less costly than many other less-healthy snacks on a per-serving basis. According to USDA, the average cost of a serving of fruit or vegetable (all types—fresh, frozen, and canned) is **25 cents**/serving. This is a good deal compared with the **47-cent** single-serve bag of snack crackers or a **66-cent** single-serve bag of cookies. Try lots of different fruits and veggies and prepare them in various ways to find out what your kids like best.

Cost of Convenience vs. Homemade Foods

A lot of homemade foods actually cost less than their processed counterparts. Making foods from scratch may take a little more preparation time, but with the decreased food costs, you can use your extra CACFP reimbursement to pay for the added time needed for food service staff.

Gorton's Fish Sticks		Homemade Fish Sticks	
2 oz serving =	9 sticks	2 oz serving =	5 sticks
Calories	375	Calories	280
Total Fat	21 g	Total Fat	7.5 g
Cholesterol	30 mg	Cholesterol	100 mg
Sodium	570 mg	Sodium	485 mg
Protein	16.5 g	Protein	27.5 g
Prep time:	2 min	Prep time:	15 min
Bake time:	11 min	Bake time:	10 min
Cost to serve 4		Cost to serve 4	
\$13.00		\$6.68	

Homemade Fish Sticks Recipe	
Oil in spray bottle	¼ tsp. garlic powder
½ c. plain bread crumbs	½ cup all-purpose flour
½ c. wheat germ	1 egg, beaten
½ tsp. salt	½ tsp. paprika
1 lb thick whitefish fillet (cod, halibut), cut into ¾ x 2 inch pieces	
<ol style="list-style-type: none"> Heat oven to 450°F. Line 2 baking sheets with foil then spray with cooking oil. In a bowl combine bread crumbs, wheat germ, salt, paprika, and garlic powder. Put flour in a second bowl and egg in third bowl. Dip each piece of fish in flour, egg, then crumb mix. Gently press crumbs onto fish and arrange on baking sheet. Lightly spray fish with oil and bake for 5 minutes. Turnover, bake 5 minutes more, or until cooked through. Carefully remove and let cool on wire rack. Pieces get firm as they cool. 	

What is the most economical source of protein?

Protein Source	Price/Serving
Eggs	\$.13 an egg
Ground beef	\$.25 an ounce
Chicken breast	\$.12 an ounce
Dried beans	\$.04 for ¼ cup
Canned beans	\$.12 for ¼ cup
Peanut butter	\$.07 per Tablespoon

What is the most nutritious, yet economical way to prepare chicken?

Protein Source	Price/Ounce	Calories	Calories From Fat
Chicken nuggets	\$.38	280	180
Pre-cooked chicken breast	\$.42	142	27
Boneless, skinless chicken	\$.12	142	27

Choose either dried or canned beans

- Both canned and dried beans make good meat substitutes and provide the same amount of fiber, protein, and other nutrients.
- Dried beans are less expensive but take more planning to use.
- Canned beans have more sodium (800 mg per cup compared to 5 mg per cup for dried). If you are concerned about sodium but like the convenience of using canned beans, you can drain and rinse the beans to remove about 40% of the sodium.
- Make meatless meals—making beans your “meat” entrée can save lots of money.

Time-saving tips for cooking quick, healthy meals

- Prepare food ahead of time. Chop veggies and store them in containers in the fridge. If you have an easy meal planned each week, use your downtime to prepare foods ahead of time.
- Cook more than you need for one meal. It is great to have leftovers that can freeze and use for future meals. Also, when making things like whole grains, ground beef/turkey or cooked chicken, cook at least double the amount you need and store it in the fridge/freezer to use for future meals.
- Invest in kitchen tools. Use some of your CACFP reimbursement to spruce up your kitchen. There are many tools that make cooking easier and save time, such as a rice cooker, crock-pot (slow cooker), immersion blender, and food processor. Some of these devices save you time by cooking while you do other things (rice cooker and crock-pot).

Healthy Snack Ideas

1	Cucumber coins Whole grain crackers	2	Fruit parfait (yogurt & mixed fruit)	3	Bran muffin Milk
4	Mini sandwiches (cut into quarters) and Milk	5	Bread sticks Pizza sauce	6	Tuna salad on Whole grain bagel
7	Chex mix Yogurt	8	Pita Bread Hummus	9	Cottage cheese Blueberries
10	Whole grain tortilla topped with egg salad	11	Bran cereal Sliced strawberries	12	Carrot sticks Whole grain crackers
13	Mini pizzas (English muffin topped with tomato sauce, shredded cheese & any veggies)	14	Trail mix (mini pretzels, raisins, granola) Milk	15	Tortilla pinwheels (Spread on tortilla: cream cheese, shredded lettuce, grated carrots & diced red peppers)
16	Applesauce Whole wheat toast	17	Banana bread Cantaloupe	18	Tomato wedges Cheese slices
19	Melon balls Rice cakes	20	Hardboiled egg English muffin	21	Cheese quesadilla Salsa
22	Egg salad Pita bread	23	Tomato soup Crackers	24	Baked tortilla chips Guacamole/salsa
25	Snap peas, Baby carrots Hummus	26	Broccoli florets Whole grain crackers	27	Green/red peppers Whole wheat roll
28	String cheese Mandarin oranges	29	Raspberries Oatmeal	30	Yogurt Granola
31	Baked sweet potatoes or Apples (top with brown sugar, ground cinnamon & nutmeg, butter, & water – bake until soft) Milk	32	Scrambled egg roll-up (roll scrambled egg, shredded cheddar cheese and salsa into a tortilla)	33	Whole grain crackers Mixed berry salad (raspberries, strawberries, blueberries, and/or blackberries) tossed with orange juice
34	Nachos (baked tortilla chips with melted cheese) Salsa	35	Strawberry shortcake (1/2 buttermilk biscuit topped with strawberries and vanilla yogurt)	36	Fruit & cheese plate (cut up fresh fruit and cheese cubes or string cheese)
37	Bean salad (mix beans, salsa, and Greek yogurt) Pita bread	38	Kabobs (thread low-fat meat, cheese, pineapple and cherry tomatoes onto a stick) Milk	39	Edamame Turkey Roll-Ups (turkey slices rolled up and dipped in honey mustard - optional)
40	Mini bagels Homemade Popsicles (puree watermelon, mango strawberries, banana, etc. and freeze in popsicle molds)	41	Graham crackers Sweet Potato Fries (sweet potatoes sliced, tossed with olive oil, and baked at 400° for 10 minutes)	42	Cottage cheese Fresh fruit salad (mango, berries, pineapple, grapes, mandarin oranges)
43	Cauliflower spears Bread sticks	44	Cinnamon toast Grapes	45	Cheese cubes Cherry tomatoes
46	Blueberry muffins Clementines (Cuties)	47	Raw veggies (cucumbers, peppers, jicama, carrots) Hummus	48	Red pepper cut into quarters and topped with Chicken salad
49	Apples Cubed Cheese	50	Yogurt Peaches	51	Egg salad Whole grain crackers