



Date: April 29, 2016

To: Authorized & Secondary Representatives of the Child and Adult Care Food Program (CACFP) – CCI, AR, ES, ADC, OSH, FDCH

From: Community Nutrition Team

Subject: New Nutrition Standards for CACFP Meals and Snacks



United States Department of Agriculture

April 28th, 2016

THE TEAM NUTRITION *E-newsletter*



April is National Gardening Month. [Grow It, Try It, Like It! Nutrition Education Kit Featuring MyPlate](#) is a garden-themed nutrition education kit for child care staff that introduces children to: three fruits - peaches, strawberries, and cantaloupe, and three vegetables - spinach, sweet potatoes, and crookneck squash.

The kit includes seven booklets featuring fruits and vegetables with fun activities through the imaginary garden at Tasty Acres Farm! It also has a CD-ROM with Supplemental Information and a DVD with Cool Puppy Pup's Picnic and Lunch Parties.



Each set of lessons contains: hands-on activities, planting activities, and nutrition education activities that introduce MyPlate. Use the kit to promote learning at home with fun parent/child activities and family-sized recipes that give tips for cooking with children.

New Team Nutrition Materials for CACFP



Now available in English and Spanish: [Nutrition and Wellness Tips for Young Children](#), Provider Handbook for the Child and Adult Care Food Program

Tip sheets and other resources for child care providers on:

- Building a healthy plate with fruits, vegetables, whole grains, and beans
- Encouraging physical activity and active play
- Limiting screen time
- Food safety and more!

[New and improved USDA Standardized Recipes are now on What's Cooking? USDA Mixing Bowl.](#)

These recipes provide Child Nutrition Program operators with exciting, new, nourishing, and wholesome dishes. These custom-made recipes have been standardized to provide updated crediting information. Recipes are in quantities of 25, 50 and 100.



CACFP Favorites from Team Nutrition



[Discover MyPlate: Parent Handouts](#)

Use these colorful [Discover MyPlate](#) handouts that include nutrition and physical activity for parents as well as interactive activities parents can complete with their children. Available in English and Spanish.

Discover MyPlate: Look and Cook Recipes

Get kids preparing healthy meals using these pictorial recipes that offer a simple and visual way to prepare healthy snacks. Each color recipe is printed in English on one side and Spanish on the reverse.



In the News



USDA Announces Effort to Strengthen Nutrition among Young Children, Create Healthy Habits Early

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.

One-Page Summaries of the New Meal Standards

- [Infants](#)
- [Children and Adults](#)
- [Best Practices](#)

Meal Standards Charts

- [Infants](#)
- [Children](#)



[FY 2016 Team Nutrition Training Grants Request for Applications Released!](#)

[Fun New eBooks Help Kids Discover MyPlate .](#)

[Variety is Key When Serving Grains](#)

[Raising Awareness of CACFP Across the Nation](#)

[What's Cooking? USDA Mixing Bowl: A Collection of Recipes for Schools and Child Care Centers](#)

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