

- 1**

STANDARD

Family style meal service is an optional meal service that allows children to serve themselves with the assistance of adults.

TIP

Throughout the day, incorporate a variety of activities for young children to build skills for eating meals family style. Some examples may include using cups to pour sand, serving crayons on a platter, or scooping dried beans from a bowl.
- 2**

STANDARD

At lunch, it is optional to serve a vegetable in place of the fruit component as long as there are two different types of vegetables (e.g., sweet potatoes and zucchini or sliced cucumbers and tomatoes).

TIP

Create a list of fruits and vegetables and arrange them by color and season. Use this list as a guide to add splashes of color and variety when selecting fruits and vegetables for the lunch menu.
- 3**

STANDARD

Serve juice no more than once per day.

TIP

Serve whole fruits and vegetables in place of juice, and offer water when juice is typically served.
- 4**

STANDARD

Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

TIP

Refer to any state's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) food list for creditable breakfast cereals.
- 5**

STANDARD

When preparing tofu, it must be easily identified as a meat substitute.

TIP

Use firm or extra firm tofu in the place of meat. Some examples for serving tofu include in salads, stir fries, and soups.

6

STANDARD

Breastmilk is reimbursable if mothers breastfeed at the child care site or provide pumped breastmilk for their infant.

TIP

Establish a breastfeeding-friendly environment by having a separate private area, not in the restroom, for mothers to breastfeed in the child care facility.

7

STANDARD

Deep-fat fried foods (prepared by submerging in hot oil) is not an allowable method for preparing foods in the child care setting.

TIP

Grill, broil, roast, bake, or use other methods to prepare foods that would normally be deep-fat fried.

8

STANDARD

Never use food as a reward or punishment for children.

TIP

Offer new foods regularly as part of a normal mealtime routine. Some children need to see foods 10–15 times before they try or like it.

9

STANDARD

It is optional to serve meats and meat alternates in place of the grains component at breakfast a maximum of three times a week.

TIP

Serve lean protein such as skinless chicken, pork tenderloin, or lean ground beef (90% lean with 10% fat) at breakfast. Another option is to serve meatless breakfasts with beans, eggs, or tofu.

10

STANDARD

Grain-based desserts are not creditable grains.

TIP

Ask two questions to help determine if an item is a grain-based dessert: Is it a cookie or a bar? Does it appear to be a dessert? If you can answer yes to these questions, it is likely a grain-based dessert. Refer to the Food Buying Guide's "Exhibit A" for additional grain-based desserts.

11

STANDARD

Make water available and offer it throughout the day.

TIP

Create a child-friendly space that features drinking water, cups, and napkins for easy access—model how to use the area for children.

12

STANDARD

Store freshly pumped breastmilk in a refrigerator kept at 40 °F (4.4 °C) or below for up to 4 days.

TIP

Use a digital or dial refrigerator thermometer and document the temperatures each day.

13

STANDARD

Limit serving purchased pre-fried foods to no more than one serving per week.

TIP

When planning and reviewing menus, identify alternatives to pre-fried foods such as those that are pre-grilled, pre-baked, or pre-steamed.

14

STANDARD

Make at least one of the two required components at snack a vegetable or fruit.

TIP

Create a list of local, seasonal fruits and vegetables. When planning snacks, use it as a guide for selecting at least one seasonal fruit or vegetable.

15

STANDARD

Solid foods are gradually introduced to infants around six months, as developmentally appropriate.

TIP

Know the American Academy of Pediatrics's signs of developmental readiness for solid foods: sit with little or no support, good head control, and open mouth and lean forward when food is offered. Also, work with parents and guardians to determine the best time and which solid foods to serve infants.

16

STANDARD

Cheese foods or cheese spreads are not creditable, for infants only.

TIP

Serve natural low-fat or reduced-fat cheese in age-appropriate sizes. Some examples include cheddar, mozzarella, and swiss.

17

STANDARD

Serve the right types of milk to meet the meal pattern requirements for all age groups.

TIP

When planning menus, use the meal pattern charts to identify the creditable milk type and serving size for each age group.

18

STANDARD

Each day, at least one serving of grains must be whole grain-rich.

TIP

When planning menus, begin by selecting the whole grain-rich item for each day. An alternative is to highlight the whole grain-rich item for each day when reviewing menus.

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:
<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or text-books and may not be sold.

Suggested Reference Citation:
Institute of Child Nutrition. (2020). *CACFP tip sheet*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.