

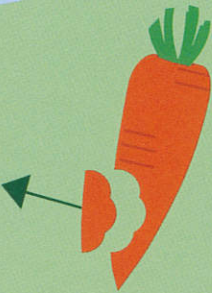
# Growing a Healthier Future With the CACFP

Every day, more than 4 million children get meals and snacks through USDA's Child and Adult Care Food Program (CACFP). Thanks to recent updates to the CACFP meal patterns, you now have even more opportunities to help kids get the nutrition they need to **learn, grow, and play**.



## Fueling Up With Veggies

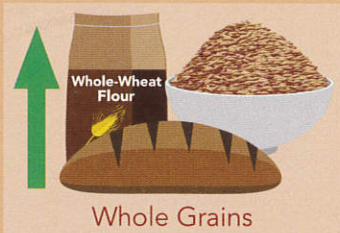
Fewer than 10% of 4- to 8-year-olds eat enough vegetables.



Vegetables and fruits are now two separate components at lunch, supper, and snack. This means you can serve vegetables and fruits more often and help kids develop a taste for healthy foods from the start.

## Starting Kids Early With Whole Grains

Kids ages 1 to 13 years old eat up to **twice the amount** of refined grains that they should, but not enough whole grains.



Whole Grains



Refined Grains

Now kids are more likely to get whole grain-rich\* foods at least **once a day**. Whole grains give kids vitamins, minerals, and fiber to help them be strong and healthy.

## Lowering Added Sugars



On average, kids 9 to 13 years old eat between 17 to 22 teaspoons of added sugars every day.

By limiting sugar in yogurts and cereals, and not counting cookies, cakes and other grain-based desserts toward the grains requirements, meals served in CACFP will give kids the chance to try—and like—new, healthy foods.



## Baby Talk: Updates to the Infant Meal Patterns

The updated infant meal patterns support the health of CACFP's youngest participants by:

- Reimbursing meals when moms breastfeed onsite
- Including a wider variety of foods for babies to try during their first year of life



\*Whole grain-rich foods are foods containing 100% whole grains or that contain at least 50% whole grains and the remaining grains in the food are enriched.

Sources:  
<https://health.gov/dietaryguidelines/2015/>  
[https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table\\_a06.html](https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a06.html)  
[https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table\\_a40.html](https://epi.grants.cancer.gov/diet/usualintakes/pop/2007-10/table_a40.html)

