

OMB# 0584-0524 Exp: 09-30-2019

RETAIN FOR YOUR RECORDS

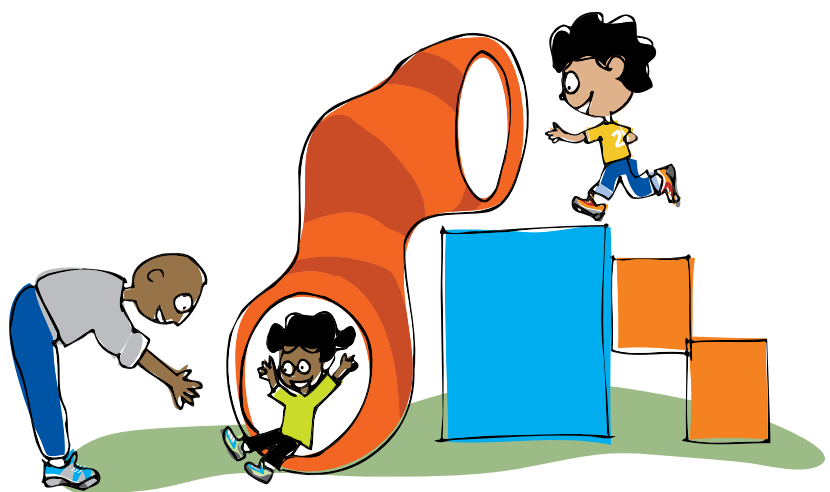
**Attachment T: Stimulus: Sample  
illustrations for use in Nutrition and  
Wellness Tips for Young Children:  
Provider Handbook for the Child and  
Adult Care Food Program (CACFP)**

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# Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program



# Activities

## How can I put this information into practice?

Take a look at your current weekly or cycle menu. Circle the menu items to which you can add more vegetables.

### What other ways will you try to promote vegetables?

Put a check mark next to actions you will try next month. Next month, I will:

- Promote a different “vegetable of the week” every week.

Next month, I will promote:

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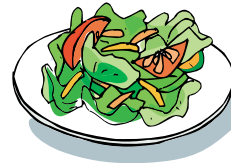


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- Purchase and serve vegetables in season to save money. For example, asparagus in the spring, green peppers in the summer, sweet potatoes and Brussels sprouts in the fall, and cabbage and acorn squash in the winter.

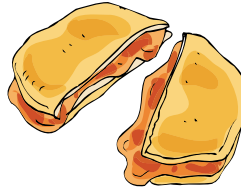
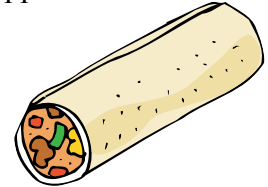
### How will you offer vegetables next month? As part of a:

- Salad



- Sandwich

- Veggie Roll-Up (veggies wrapped in a whole-grain tortilla with ranch dressing)



- Veggie Burrito or Quesadilla

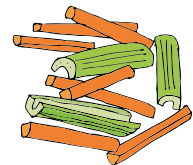
- Stir-Fry

- Pasta Dish or Lasagna Meal

- Pasta Salad

- Snack

- Veggie Sticks With Dip Snack



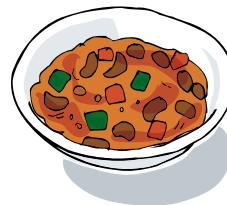
- Veggie Bake (vegetables roasted in the oven)



**For children younger than 4 years, offer cooked or soft vegetables to prevent choking.**



**CACFP Crediting Tip: Two different vegetables can be served in place of a fruit and vegetable at lunch and supper. Prepackaged vegetable mixes, such as succotash or peas and carrots count as one type of vegetable.**



- Soup, Chili, or Stew

- Pizza

- Egg Dish

more 'Activities' on next page ...



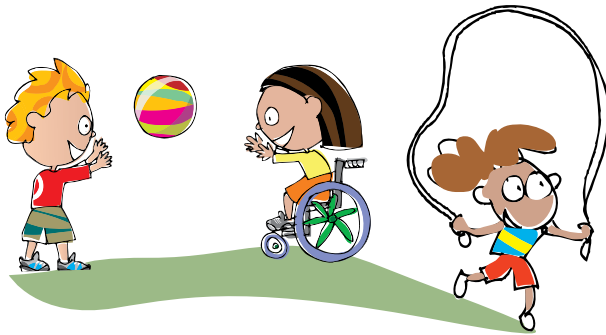
## ----- Activities -----

### What are some specific ways I can encourage active play every day in my child care program?

Use every opportunity to show the children that you believe physical activity is important.

#### Which of these ideas will you try next week? Mark your choices.

- Encourage active play by offering children a variety of options** such as hula hoops, balls, and jump ropes and letting them choose what they want to do.



- Make a chart for tracking physical activity with children’s and child care providers’ names.** Have children place a sticker or a stamp by their name every time they participate in active play. Send ideas home to families so they can continue to encourage active play at home.

- Let families know that physical activity is an important part of the day** when children are in your care. Add physical activity messages to newsletters, posters, and posted schedules. [http://www.teamnutrition.usda.gov/resources/Nibbles/Nibbles\\_Newsletter\\_36.pdf](http://www.teamnutrition.usda.gov/resources/Nibbles/Nibbles_Newsletter_36.pdf)

- Display posters and pictures of children and adults being physically active.** Read books that promote physical activity as part of the story.

- Request that families dress children in clothing, shoes, and outerwear** that allow movement and play outside, or bring clothes to change into for playing outdoors.

- Make activity cards and use them for a game** by having children select a card and then demonstrate the activity. Activity cards are easy to make – use index cards or square sheets of paper. On one side of the card, paste a picture of a physical activity movement. The child who chooses the card will show everyone else how to do the movement.

- See the *Provide Opportunities for Active Play* tip sheet** on page 63 for instructions and other ideas.

**List other ideas to show children that physical activity is fun:**

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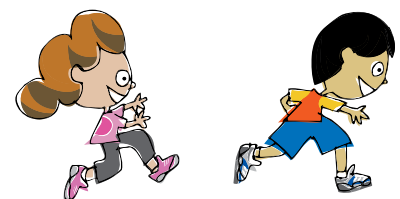
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- Include physical activity in your special events and family events.** Lead children and their families in playing *Octopus Tag* or *Musical Hoops*. Add fun by using pool noodles, beach balls, and hula hoops.

- Be a good role model.** Participate with children in activities and show them through your actions that active play is an important and fun part of the day. Make positive comments about physical activity.



## Why do we need to limit screen time use?

Limiting screen time can help children maintain a healthy weight as they grow. Screen time can take away from activities that help brain development, imagination, and social skills, such as talking, playing, singing, and reading.

### ► It is important to limit TV and DVD time because:

- Having the TV on can disturb children's sleep and play, even if it is on in the background.
- TV and some DVDs include advertisements for unhealthy foods. Young children cannot tell the difference between programs and advertisements.

### ► It is important to limit video game\* playing because:

- The more time children spend playing video games, the more likely they are to have difficulty concentrating in school.
- Many video games contain violence.
- We know from research that, at least for boys, the more time they spend playing video games and watching TV, the less active they are.
- Even video games requiring children to be active while playing the game (called exergames) should be limited. Children might not reach a high level of physical activity when playing these games.

\* Video games include those played using a video game console and a TV, a hand-held device such as a cell phone, or a computer.



### ► It is important to limit recreational computer use, even for educational games, because:

- Many Web sites promote less healthy foods.
- Many Web sites include on-screen computer or video games.
- Computer games can impair children's sleep at night, possibly causing them to spend less time in deep sleep. Sleep is important for children's health and development.

**TIP:** Limit screen time by removing the TV or other equipment from the areas where children spend time, or keep it out of sight by covering it with a cloth. This keeps children from expecting screen time and helps them focus on developing relationships and social skills while they learn.

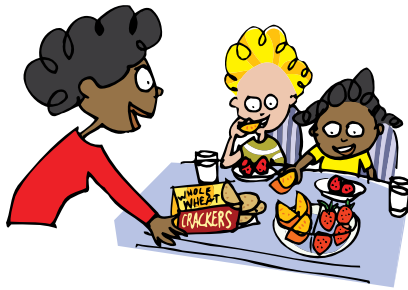
# Build a Healthy Plate With Milk

B-1



## Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Children who consume dairy products such as milk, milk substitutes, yogurt, and cheese get many important nutrients and have healthier diets than those who don't. Offer unflavored fat-free and low-fat milk during the day to:



- Provide children with nutrients such as protein, calcium, vitamin D, and potassium.
- Help build strong bones, teeth, and muscles in growing children.
- Increase the chance that children will drink milk when they are older.

**NOTE:** "Milk" refers to pasteurized fluid types such as unflavored or flavored whole milk, low-fat milk, fat-free (skim) milk, or cultured buttermilk that meet State and local standards for such milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration and must be consistent with State and local standards for such milk. Only unflavored milk is creditable for 0 to 5 year olds in CACFP.



### CACFP Crediting Tips:

- Yogurt and cheese credit as a meat alternate, and not as a part of the fluid milk requirement of the CACFP meal pattern. See the Meat and Meat Alternate tip sheet on page 19 for more information.
- Remember, cream cheese, whipped cream, and butter are not part of the milk component and are not creditable in CACFP. They are high in solid fats and have little or no calcium.



- Fat-Free = Skim Milk
- Low-Fat = 1% Fat Milk
- Reduced-Fat = 2% Fat Milk
- Full-Fat = Whole Milk

### What types of milk should I offer children over 2 years old?

Fat-free and low-fat (1%) milk options have the same amount of calcium and other important nutrients as whole and reduced-fat (2%) milks, but much less fat. Starting at age 2, children should drink only:

- ▶ Fat-free or low-fat (1%) milk, or
- ▶ Fat-free, or low-fat, lactose-free or lactose-reduced milk.

Whole and reduced-fat milks (2%) contain high amounts of saturated fat and *may not*, under USDA's CACFP requirements, be served to children over 2 years of age. While dietary fats are needed for children's growth and development, children 2 years and older generally consume enough fats in their diet without consuming fat from milk.



## How can I serve fat-free and low-fat milk?

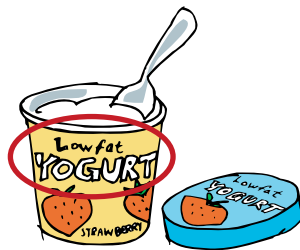
- ▶ **Offer unflavored, fat-free, and low-fat milks.** They have less added sugar and fewer calories than flavored, whole, or reduced-fat milk. (See the Added Sugars tip sheet on page 47 for more information.)
- ▶ **Offer lactose-reduced or lactose-free milk to children who are lactose-intolerant or, upon a parent's written request, a preapproved nondairy milk (for example, soy) to children who can't consume cow's milk.** Handle milk substitutions on a case-by-case basis and contact your State agency or sponsoring organization if additional guidance is needed.



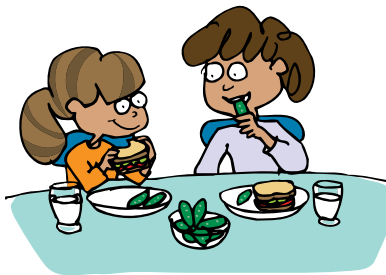
- **Some children in your care may be allergic to milk, soy, nuts, and seeds.**

**Actively supervise children when serving milk and milk substitutes. Handle food allergies on a case-by-case basis, have a medical statement on file, and contact your State agency or sponsoring organization if additional guidance is needed.**

- **See Supplement B on page 81 for more information on food allergies.**



## How can I encourage children to choose fat-free and low-fat milk?



*Enjoy milk often.  
The children in your care are looking at the choices you make.*

*Choose fat-free or low-fat milk as your beverage of choice during meal and snack times. <http://www.choosemyplate.gov/food-groups/dairy-tips.html>*

- ▶ **Make food fun.** Make up a song that is associated with drinking milk, and sing it when milk is being served.
- ▶ **Do a milk taste-test.** Let kids sample low-fat (1%) milk and fat-free milk and pick their favorite. Low-fat milk and fat-free milk have less calories and saturated fat than reduced-fat (2%) milk and whole milk but do not reduce calcium or other important nutrients.
- ▶ **Create your own Milk Mustache Event!** Take pictures of children drinking low-fat milk and post them on a bulletin board. For more fun, include adults and parents.

*more 'encourage choosing fat-free and low-fat milk tips' on next page ...*

... more 'clean' tips

### Keep It Clean

- ▶ **Always start preparing food with clean cutting boards, pots, pans, utensils, and counter tops.**
- ▶ **Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water** after preparing each food item and before you go on to the next. This is especially important before and after preparing raw meat, poultry, seafood, and eggs.
- ▶ **Use clean towels or paper towels to wipe kitchen surfaces, counter tops, sinks, and tables.** Dirty towels and sponges often collect and spread bacteria, instead of removing them. **TIP: To kill germs, put damp sponges in the microwave for 1 minute on full power or through a full wash-dry cycle in the dishwasher. Use new sponges frequently.**
- ▶ **After washing and drying, you may choose to sanitize the food preparation surfaces** with a solution of 1 tablespoon of unscented, liquid chlorine bleach per gallon of water. Spray surfaces or immerse cutting boards and utensils with the bleach solution, and let surfaces air dry.
- ▶ **Do not allow books, backpacks, or other items** to be placed on tables or counters where food will be prepared or served. Keep pets and other animals off of tables and counters too.

### Clean and Prepare

- ▶ **Rinse all fresh fruits and vegetables just before peeling, eating, cutting, or cooking.** Under running water, rub produce briskly with your hands and scrub firm-skinned fruits and vegetables with a clean produce brush to remove dirt and germs. Some vegetables, like lettuce, celery, and broccoli, should be broken apart before rinsing to remove dirt between the different layers.
- ▶ **Before opening cans of food, wash the top of the can under clean running water.** Then, dry the can with a clean cloth or paper towel.
- ▶ **Do not rinse raw fish, seafood, meat, and poultry.** Bacteria in these raw juices can splash and spread to other foods and surfaces. Cooking foods thoroughly will kill harmful bacteria.



## SEPARATE

Separate foods that are ready to eat from those that are raw or that might contain harmful germs. Be sure to separate foods at each step of food handling. Keep fruits and vegetables away from raw meat, poultry, and seafood while buying, storing, or preparing them.

### Purchase and Store

- ▶ **Place raw meat, poultry, and seafood in plastic bags when food shopping** to prevent juices from leaking or dripping. Separate them from other foods in your grocery cart and bags. Throw away these plastic bags; do not reuse them.
- ▶ **Store raw meat, poultry, and seafood on a plate, or in a container or sealed plastic bag** on the bottom shelf of the refrigerator, so juices don't drip onto other foods.

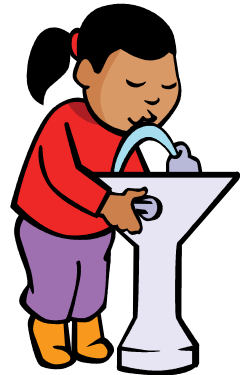
*more 'separate' tips on next page ...*





**How can I keep drinking water safe?**

- ▶ **Keep drinking fountains clean, sanitized, and maintained** to provide adequate drainage. Teach children to drink water from a cup and to drink from a fountain without putting their mouths to the spout.
- ▶ **Provide single-use paper cups by the kitchen sink or a water pitcher** for children to use when they feel thirsty.
- ▶ **Purchasing water for children may be considered a reasonable and allowable cost for CACFP programs only** if safe drinking water is not available in the facility.
- ▶ **Ice cubes pose a choking hazard to children under 4 years old.** (See Supplement A on page 77 for more information.)



**Activities**

**How can I put this information into practice?**

Locate safe water sources inside and outside the child care facility or home. They are located:

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**How will you make water available throughout the day, both indoors and outdoors?**

Make sure that water is freely accessible to children, with clean cups to drink from when appropriate. Put a check mark next to the ideas you will try next month.

- Small pitchers of water**
- Kitchen sink faucet**
- Water fountain**
- Water jugs on the playground**
- Other ideas:**

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... more 'questions'

- Immediately before leaving, use a cooler to pack food right from the refrigerator. Add enough ice or gel packs to keep food cold. Single-serving boxed juice drinks could be partially frozen as a cold source for food, but might not defrost by lunchtime. Food and leftover food are only safe if the cooler still has ice in it. If the ice or cooling source has melted or thawed, discard the food.
- In the summer, eat foods shortly after they are prepared.

**Q: How do I select safe food and keep it safe while traveling from the grocery store to my child care program?**

**A: There are many ways you can choose safe foods and keep them safe until you return to your child care program.**

- In the store, select cold foods last.
- Do not buy foods that are past the “sell by,” “use by,” or any other expiration dates.
- Place meat, poultry, and seafood in plastic bags.
- Separate foods in your shopping cart.



- Keep a cooler in your car to transport perishable foods, and go straight to your child care program to put cold foods in the refrigerator quickly.
- Always refrigerate perishable foods within 2 hours, except if the temperature outside is 90 °F or more, which reduces this time to within 1 hour.



**Q: What should I do if I suspect a child in my care has a foodborne illness?**

**A: Follow your State agency or sponsoring organization’s standard policies and procedures for getting medical care for children who become sick for any reason, and follow any State or local policies on preparing for and reporting a suspected foodborne illness.**

- It is important to preserve up to 3 days of samples of all food served to children, as well as the packaging the food came in. This way, it can be determined if food caused the illness and which food it was. Also be sure to note what the symptoms were and when they began.
- Read more information on common foodborne illnesses, their symptoms, and causes. <http://fightbac.org/about-foodborne-illness/causes-a-symptoms> and <http://www.foodsafety.gov/poisoning/index.html>

**Q: How do I get more information about child care involvement in food safety?**

**A: Go to the Additional Resources section on page 100 to find more information on food safety, and ways you can educate children and involve them in handling food safely.**

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