



OPTIONAL BEST PRACTICES

Institute of Child Nutrition

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“Welcome to the Optional Best Practices Training!”





Logistics

- Ground rules
- Restroom location
- Breaks
- “Bike Rack” for questions

Purpose of the Best Practices

- Based on additional recommendations
- Targets all participants



Benefits of the Best Practices

- Further improves the nutritional quality of meals and snacks
- Promotes healthy eating habits and overall wellness
- Lifelong impact



Optional, but Highly Encouraged

- Non-compliance does not cause:
 - Meal disallowance
 - Serious deficiency finding
- Operators are encouraged to implement best practices

Objectives



- Recall a minimum of five CACFP best practices to further improve the nutritional quality of meals
- List three strategies for implementing a minimum of two CACFP best practices



Post-Assessment

Infants

- Support mothers who choose to breastfeed
 - Encourage mothers to supply expressed breastmilk
 - Provide a quiet, private area, that is comfortable, safe, & sanitary





Strategies for Implementation

- Develop a breastfeeding policy
- Discuss your commitment to infants' growth & development
- Share information on community resources

Establishing Breastfeeding Area

- Private area with a door, wall, or curtain
- Appropriate signage
- Comfortable chair and small table
- Access to running water and soap
- Electrical outlets





Activity: Establishing a Breastfeeding Friendly Environment

Vegetables & Fruits

- Serve at least a vegetable or fruit at snack
- Serve a variety of fruits & choose whole fruits (fresh, canned, frozen, or dried) more often than juice
- Provide at least one serving from the vegetable subgroups per week





Discussion: Vegetables & Fruits Best Practices



Grains

Serve at least two servings of whole grain-rich grains per day

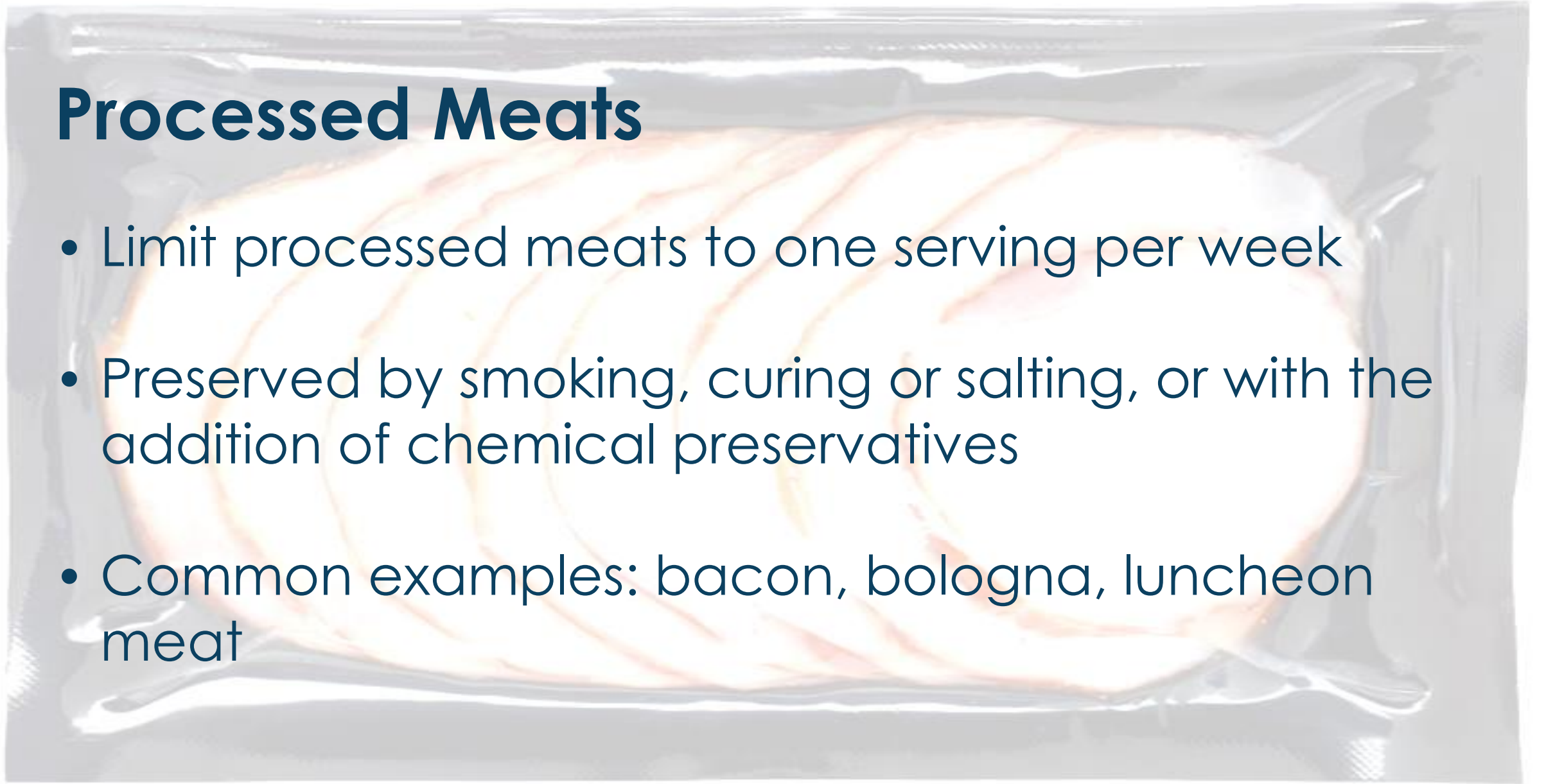
Meat/Meat Alternates

Serve only lean meats, nuts, & legumes



Processed Meats

- Limit processed meats to one serving per week
- Preserved by smoking, curing or salting, or with the addition of chemical preservatives
- Common examples: bacon, bologna, luncheon meat



Cheese

- Serve only natural cheeses & low-fat or reduced-fat cheeses
- Common examples:
 - Low-fat cottage cheese
 - Reduced-fat string cheese
 - Reduced-fat cheddar cheese





Milk

- Vital nutrients for growth & wellness
- Serve only unflavored milk to all age groups

Milk (cont.)

- If serving flavored milk to 6 years & older, or adults
 - No more than 22 grams of sugar per 8 fluid oz
 - Choose the flavored milk with the lowest sugar content

Water

- Serve water to adults, when yogurt is served in place of milk
- Water must be made available to children at all times



Additional Best Practices

- Incorporate seasonal & locally produced foods
- Limit servings of purchased pre-fried foods to no more than one serving per week



Additional Best Practices (cont.)

- Avoid serving non-creditable foods that are sources of added sugars
 - Sweet toppings
 - Sugar-sweetened beverages
- Offer & make water available to adults upon request





Best Practices Action Plan

- Builds on the meal pattern requirements
- Shows your commitment to those in your care
- Establish & implement a plan

ACTION PLAN



Activity: 3-2-1 Action

Training Review

- Optional best practices
- Strategies to further improve meals
- Established an action plan





Activity: Key Points to Remember



Post-Assessment



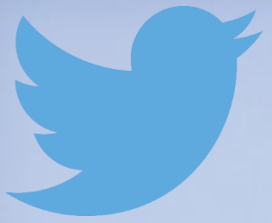
Thank You!

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