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Nutrition Nuggets

Adding Whole Grains to Your Child and Adult Care Food Program Menu

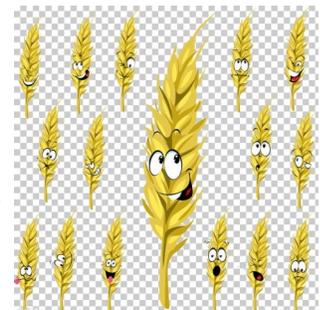
Whole grain rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy. How often do I have to serve whole grains in the CACFP? Each day, at least one of the grain components of a meal or snack must be “whole grain rich.” Whole grain rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain rich requirement for infants.

- If you serve meals and snacks to the same group of children or adults during the day: Serve whole grain rich items for the grain component at one of the meals or snack each day.
- If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions): Serve whole grain rich items for the grain component to one of the groups of children or adults each day.
- If you serve only snacks: You do not have to serve a grain component at snack. But if you do, it must be whole grain rich.
- If your at risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve: All grain items offered at the meal you wish to count towards the whole grain rich requirement must be whole grain rich.
- If you serve only breakfast and want to serve a meat or meat alternate: You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain rich items for the grain component. If you decide to serve a grain as an “extra” food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain rich.

Important Reminder

Providers are required to serve at least one whole grain to at least one child per day during one of their claimable meals or snacks. Kidkare does not automatically select every grain as a whole grain. It is up to you to specify that the grain you are serving is, in fact, a whole grain by selecting the tab underneath the item you listed as the bread/alternative served. If that tab is not selected for at least one of the meals or snacks you claim daily, it will pop up on your error report as not having met the requirements for our program and the lowest paying meal or snack will be disallowed.

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Pizza Kebab

4 oz. Turkey Pepperoni
2 100% Whole Wheat Pita Bread
8 Dull Kebab Sticks
16 Fresh Basil leaves (optional)

8 (1 oz.) Mozzarella String Cheese Sticks
24 Cherry Tomatoes, Halved
1 Cup Marinara Tomato Sauce

Cut string cheese into 4 pieces each. Cut pita breads in half and then cut each half into 8 triangles. On the kebab stick, alternate sliding on pepperoni, cheese piece, pita bread and half a cherry tomato. Repeat until kebab has 1/2 ounce equivalent of turkey pepperoni, 4 pieces of cheese, 3 cherry tomatoes, and 4 pita triangles. Add two basil leaves to each kebab if desired. Continue this pattern for the other 7 kebabs. Serve 1 kebab with a 1/8 cup of marinara tomato sauce for dipping!

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One kebab provides 1/2 oz equivalent grains, 1 1/2 oz meat/meat alternate and 1/4 cup vegetable.



Understanding Food Labels

- **Look:** When reading nutrition labels, keep in mind that the Nutrition Facts are based on serving size. If you are choosing to eat more than the one serving size, you will need to multiply the numbers by how many servings you plan to eat.
- **Count:** The number of calories your body needs on a daily basis depends on your age, gender, and level of physical activity.
- **Heart Talk:** Choose foods that are lower in saturated and trans fats, along with cholesterol and sodium. These can increase your risk of heart disease, high blood pressure, obesity and some cancers.
- **Limit:** Sugar isn't all bad for you. Some sugar is good and needed for energy but some sugar is bad. Limit your Added Sugars to less than 10% of your daily calories.
- **Get More:** These nutrients help improve your health. Most people don't get the proper daily amount of vitamins and minerals that the body needs. Look for foods with 10% or higher of these nutrients in the Daily Value Column.

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