

Alphabet Picnic

Nibble on Nutrients



The key to maintaining a well
balanced diet is eating the 
food groups

The Child and Adult Care Food Program

The Child and Adult Care Food Program (CACFP) requires participating providers to offer snacks and meals that consist of meats, grains, vegetables, fruits, and milk. Here's a list of different foods from each category, and some ideas on what they will pair well with to complete a snack or meal, according to our regulations

Apple



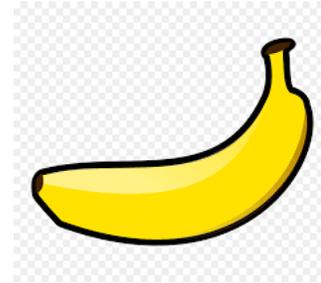
❖ Nutritional values

- fiber
- vitamin c
- polyphenols

❖ Food Pairings

- Apples are a good snack, especially paired with peanut butter

Banana



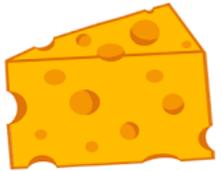
❖ Nutritional value

- potassium

❖ Food Pairings

- Bananas make a great fruit component topping to a breakfast of whole grain pancakes

Cheese



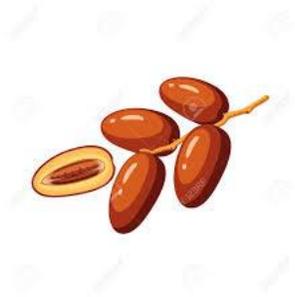
❖ Nutritional values

- calcium
- fat
- protein

❖ Food pairings

- Cheese and crackers make a good snack

Dates



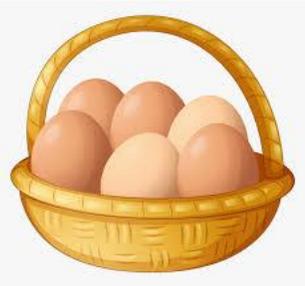
❖ Nutritional value

- fiber

❖ Food pairings

- Dates can be added into rice dishes which make a great base for a dinner

Eggs



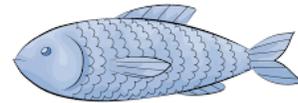
❖ Nutritional values

- vitamin B12
- biotin
- iodine
- protein

❖ Food pairings

- Eggs can be eaten in many forms. Scrambled eggs with fruit and toast make a healthy breakfast

Fish



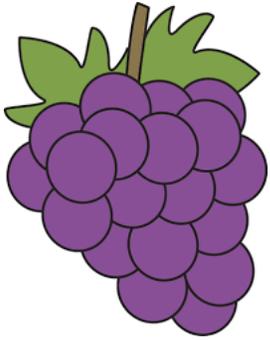
❖ Nutritional value

- Omega-3 fatty acids

❖ Food pairings

- Fish, vegetables, and a grain make a great lunch

Grapes



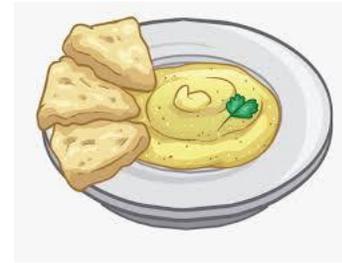
❖ Nutritional value

-antioxidants

❖ Food pairings

- Grapes make a good fruit component to a chicken salad, which makes a delicious lunch

Hummus



❖ Nutritional values

-potassium

-protein

❖ Food pairings

Hummus and crackers are a healthy snack

Inca berries



❖ Nutritional values

- dietary fiber
- cell-protecting antioxidants

❖ Food pairings

- Inca berries go great in salad.
- If chicken is added, it makes a great lunch

Jicama



❖ Nutritional values

- water
- vitamins
- minerals

❖ Food pairings

- Jicama and cheese are a great snack

Kale



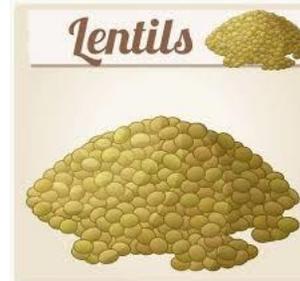
❖ Nutritional values

- vitamins
- magnesium
- potassium

❖ Food pairings

- Kale salad is a great side to fish and would make a well-balanced dinner

Lentils



❖ Nutritional values

- iron
- protein

❖ Food pairings

- Lentils can be the main component in a soup which is a great base to a dinner

Milk



❖ Nutritional values

- calcium
- vitamin b12
- protein
- potassium

❖ Food pairings

-The food program considers milk to be its own category. Milk should be consumed with breakfast, lunch, and dinner. It can also be one of the two required components for a snack

Nectarine



❖ Nutritional values

- potassium
- vitamin c

❖ Food pairings

- Nectarines and string cheese make a delicious snack

Oats



❖ Nutritional values

- protein
- fiber

❖ Food Pairings

- Oatmeal can be the base of a nutritious breakfast and goes great with fruit toppings

Plums



❖ Nutritional values

- vitamin k
- vitamin c

❖ Food Pairings

- Plums are sweet and juicy and make a good side to a sandwich for lunch

Quinoa



❖ Nutritional values

- protein
- amino acids.

❖ Food Pairings

- Quinoa is a great grain. It can be paired with chicken or fish and vegetables to make a healthy dinner

Raddishes



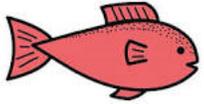
❖ Nutritional value

- potassium

❖ Food Pairings

- Radishes can be a great addition to tacos or risotto and are a great vegetable component to a lunch or dinner

Salmon



❖ Nutritional values

- omega-3 fatty acids
- selenium

❖ Food pairings

- Salmon is the star of a meal and goes great with rice and asparagus. Add a few more food groups and you have a delicious dinner

Tomato



❖ Nutritional value

- water
- vitamin k1

❖ Food pairings

- A handful of cherry tomatoes along with some chunks of cheddar cheese are a tasty snack

Ube



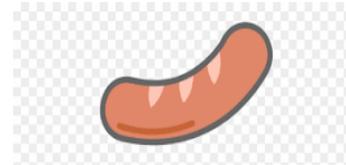
❖ Nutritional values

- potassium
- iron
- vitamin c

❖ Food pairings

- Ube is great when it's made into jam. The correct serving size spread on a piece of whole wheat toast and a glass of milk make a good breakfast

Vienna sausage



❖ Nutritional values

- antioxidants
- calcium
- fiber

❖ Food Pairings

- Vienna sausage is a good addition to noodles, which combined with other components could be eaten for lunch or dinner

Watermelon



❖ Nutritional values

- vitamin c
- water

❖ Food pairings

- Watermelon is a great and refreshing snack alongside whole grain crackers

Ximenia



❖ Nutritional values

- vitamin c
- protein
- 65% oil in seed

❖ Food Pairings

- Ximenia which taste like plums and have an aroma of almonds, make a good snack paired with string cheese

Yogurt



❖ Nutritional values

- calcium
- potassium
- magnesium

❖ Food pairings

- Yogurt can be paired with oats or fruit, which combined, counts as a snack

Zucchini



❖ Nutritional Values

- antioxidants
- vitamin c

❖ Food pairings

- Zucchini makes a great side vegetable to fish and chicken. This would help complete a lunch or dinner

Incorporating these food groups into your child care's everyday snacks and meals should keep your children healthy and energized. Not only are they nutritious but with such a large variety of foods, you can get creative and come up with delicious combinations to everyone's liking.