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# Nutrition Nuggets

## Benefits of the CACFP

The USDA Child and Adult Care Food Program (CACFP) provides reimbursement to program operators for serving nutritious meals and snacks nationwide to children in child care centers, family child care homes, Head Start centers, emergency shelters, and afterschool programs as well as adults in day care. The main purpose of the CACFP is to ensure proper development, improve nutrition security, and decrease food insecurity.

- **Receive reimbursement for meals and snacks:**
  - Purchase more nutritious foods for those in your care
  - Receive supplemental help with your food expenses
  - Make child care affordable for the families that you serve
- **Provide healthy, nutritious meals and snacks:**
  - Enhance the quality of meals served
  - Increase nutrition security
  - Combat diet-related diseases
  - Promote lifelong healthy eating habits
- **Access training, guidance and resources:**
  - Receive technical assistance and training on how to successfully implement the CACFP
  - Explore best practices nationally and at the State level
  - Access and get support from a nationwide network of CACFP providers
- **Make your child care more competitive:**
  - Signal to families that the CACFP is a key indicator of quality child care, which is most beneficial to their children
  - Assure parents that their children will receive nutritious meals that support their development while in your care
  - Promote that meals served are based on the Dietary Guidelines for Americans

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**CACFP Check Info:**  
**extension 714**  
**CACFP Call-in Line:**  
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## Peachy Oatmeal Bake

- 3/4 cup rolled oats, dry (not quick)
- 1/2 cup low-fat milk
- 3 1/2 cups peaches separated, canned, light syrup, drained, diced
- 1 tbsp maple syrup
- 1 tsp ground cinnamon



Preheat oven to 400° F. In a small bowl, mix oats, milk, 2 cups of the peaches, maple syrup and cinnamon until combined. At mixture to a greased 8x8" baking dish. Bake for 30 minutes or until bubbling and golden brown. Remove from oven and let sit for 5 minutes. Stir with a spoon to fluff before serving. Serve 1/2 cup with 1/4 cup of remaining peaches.

[www.cacfp.org](http://www.cacfp.org)

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## Food Safety During the Heat

**Plan Ahead :** Have a plan to keep perishable foods cold during hot weather months. You must refrigerate cold foods to 40 °F or less within 2 hours of purchase. That time frame drops to less than 1 hour when the temperature exceeds 90 °F. Know the projected outside temperature for when you plan to shop and transport food. Try to shop during the coolest part of the day, usually early morning. Have a chilled cooler in your car with ice packs. Keep the cooler in a cool location during shopping. If your travel time is more than 1 hour, bring enough coolers for all frozen, refrigerated, and fresh produce items that require refrigeration.

**Shop Smart :** Map out your shopping trip inside the store. Start with the nonperishable and dry goods first. Next, add produce, then refrigerated and frozen items. Always keep raw meats away from ready to eat foods such as fresh produce, cheese, and bread. Use the plastic bags in the meat section to wrap packages to prevent them from dripping on other foods. Unload and return refrigerated and frozen items to the proper storage temperatures first, then store shelf stable and dry goods.

**Be Clean and Careful :** Wash your hands before shopping or use hand sanitizer before entering the store. If your store allows reusable bags, make sure to clean yours frequently. Launder cloth bags in a washing machine and dry them in a dryer or air dry. Scrub plastic lined bags with hot water and soap and air dry. Consider marking each bag for specific items, such as a produce bag, a milk bag, a raw meats bag, etc. It is good practice to use insulated reusable bags for refrigerated and frozen foods. During transport, food or raw meat juices may also spill or drip in the coolers or on the ice packs. Because coolers will hold food during future shopping trips and ice packs will go back into your freezer, clean and sanitize them to avoid any potential cross contamination.

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