



SECTION 6

Resources

Child and Adult Care Food Program Resources

CACFP Meal Pattern

CACFP Meal Pattern

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_MealBP.pdf

Serve Healthy and Tasty Food with the Child and Adult Care Food Program Ages 1-2

<https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children-ages-1-2>

Serve Healthy and Tasty Food with the Child and Adult Care Food Program Ages 3-5

<https://www.fns.usda.gov/tn/serve-tasty-and-healthy-foods-cacfp-sample-meals-children-ages-3-5>

Serve Healthy and Tasty Food with the Child and Adult Care Food Program Ages 6-8 & 13-18

https://www.cacfp.org/files/3715/0248/3755/USDA_Poster_Age6-18_081017_508.pdf

Growing a Healthier Future with CACFP

<https://fns-prod.azureedge.net/sites/default/files/media/image/cacfp-infographic.png>

Feeding Infants in the CACFP Training Guide

https://fns-prod.azureedge.net/sites/default/files/resource-files/FI_FullGuide-a.pdf

Infant Meal Pattern

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_infantmealpattern.pdf

Child Meal Pattern

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_childmealpattern.pdf

Meal Planning

Methods for Healthy Cooking

<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPWorksheetMethodsHealthyCooking.pdf>

Offer vs. Serve in CACFP

<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPWorksheetOVS.pdf>

Serving Snacks in CACFP

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPWorksheetServing_Snacks.pdf

Using the nutrition Fact Label in CACFP

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPWorksheet_Using_the_NFL.pdf

Serving Meats and Meat Alternate at Breakfast

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Meats_Meat_Alternates_Breakfast.pdf

Serving Milk in CACFP

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Serving_Milk.pdf

Serving Vegetables in CACFP

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPWorksheetServing_Vegetables.pdf

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

<https://fns-prod.azureedge.net/sites/default/files/media/image/CACFPworksheetAddingWholeGrains-1.png>

Grain Based Desserts in CACFP

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grain Ounce Equivalents

<https://www.fns.usda.gov/tn/using-ounce-equivalents-grains-cacfp>

How to Spot Rich-Whole Grain for the CACFP Program

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

Identifying Rich-Whole Grains for the CACFP Program

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Sugar Limits

Choose Breakfast Cereals that are Lower in Sugar

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Choose_Breakfast_Cereals_Lower_Sugar.pdf

Choose Yogurts that are Lower in Sugar

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Choose_Yogurt_Lower_Sugar.pdf

Calculating Sugar Limits for Breakfast Cereal in CACFP

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Calculating_Sugar_Limits_Cereal.pdf

Calculating Sugar Limits for Yogurt in CACFP

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Calculating_Sugar-Limits_Yogurt.pdf

Farm to Early Care and Education

Fact Sheets, Webinars, Resources, Toolkits

- National Farm to School Network
 - <http://www.farmentoschool.org/our-work/early-care-and-education>
- Farm to Preschool
 - <http://www.farmpreschool.org>
- USDA Office of Community Food Systems
 - <https://fns-prod.azureedge.net/cfs/farm-preschool>
- Harvest Calendar
 - <https://guide.farmfreshri.org/learn/harvestcalendar.php>
- Harvest of the Month
 - www.farmfreshri.org/programs/nutrition-education/harvest-of-the-month
- CACFP Farm to Preschool Guidance
 - Did you know that CACFP encourages local foods in center meals??
 - See *CACFP 11-2015: Local Foods in the CACFP with Questions and Answers* for more information on regulations for procuring local foods for your center!



Farm to Early Care and Education

What is Farm to ECE, and why should I do it in my preschool?

- Farm to ECE brings locally produced foods into cafeterias along with hands-on learning and the integration of food education
 - Purchasing for meals
 - Agriculture education
 - Taste tests
 - School gardens
 - Field trips to farms
- Meets the needs of physical, cognitive and social emotional learning
- Meets goals of the ECE community including parent engagement
- Gives children food literacy skills that will last a lifetime!
- Sourcing locally can be good for your budget as local foods are seasonal and foods in season are generally cheaper
- Its FUN!

How does Farm to ECE fit into CACFP?

- CACFP procurement guidelines allow local purchasing from a variety of sources:
- Direct from farmers and/or farmers markets
 - Smaller quantities work well for some farmers, and some have great discounts for schools!
- Grocery stores
- On-site gardens



How do I get started?

- Identify some common local foods that are on your menus already, or use the *Grow it, Try it, Like it* produce ideas to highlight.
 - Can you source some of these locally?
 - Can you grow these yourself?
 - Ask your distributor or caterer if they have these available locally
- Contact Farm Fresh RI's Farm to School Program for guidance and assistance farmtoschool@farmfreshri.org