

Efforts to Improve the Federal Nutrition Programs in Early Childhood

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Healthy, Hunger-Free Kids Act:
Child & Adult Care Food Program Improvements
Key to Promoting Healthy Eating & Physical
Activity in Child Care



Need for Good Nutrition in Child Care

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- Increasing prevalence of obesity in children two to five
- High rates of food insecurity in families with children under six
- Good nutrition in child care supports good health, a healthy weight, & a lifetime of healthy habits

Child & Adult Care Food Program



- Federal entitlement program
- Federal nutrition standards
- Reimbursement for meals served in child care

Impact of Improvements

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- CACFP served 1.9 billion meals & snacks last year
- CACFP nutrition standards are used for licensing in nearly half of states

Healthy Hunger-Free Kids Act

- Improves CACFP nutrition standards
- Requires nutrition, health & wellness education



Promoting Good Nutrition



Improves CACFP
nutrition standards

Child Care Beverages

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- Allows only low fat (1%) or fat free (skim) milk to be served to children over age two
- Water must be accessible throughout the day



CACFP Meal & Snack Standards

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- USDA must revise CACFP meal pattern to be consistent with U.S. Dietary Guidelines
 - Revisions will be based on IOM report, *CACFP: Aligning Dietary Guidance for All*
- In the interim, USDA must issue CACFP guidance by January 2012 to increase consumption of fruits & vegetables, whole grains, & lean proteins

Nutrition Requirements Estimated Timeline

2011 Implement Beverage Requirements

Allow only fat free (skim) or low fat (1%) milk to be served to children over age two.

Water must be accessible throughout the day.

USDA has issued policy.

2012 Implement Meal Guidance

USDA will issue guidance -- a wellness handbook to state agencies on increasing the consumption of fruits & vegetables, whole grains, & lean proteins by children participating in CACFP.

Guidance must be issued prior to January 2012.

2014 Implement New Meal Regulations

USDA must revise CACFP meal pattern to be consistent with U.S. Dietary Guidelines.

Regulations must be proposed for public comment by June 2012.

Final regulations expected in the fall of 2013.

Institute of Medicine Recommendations

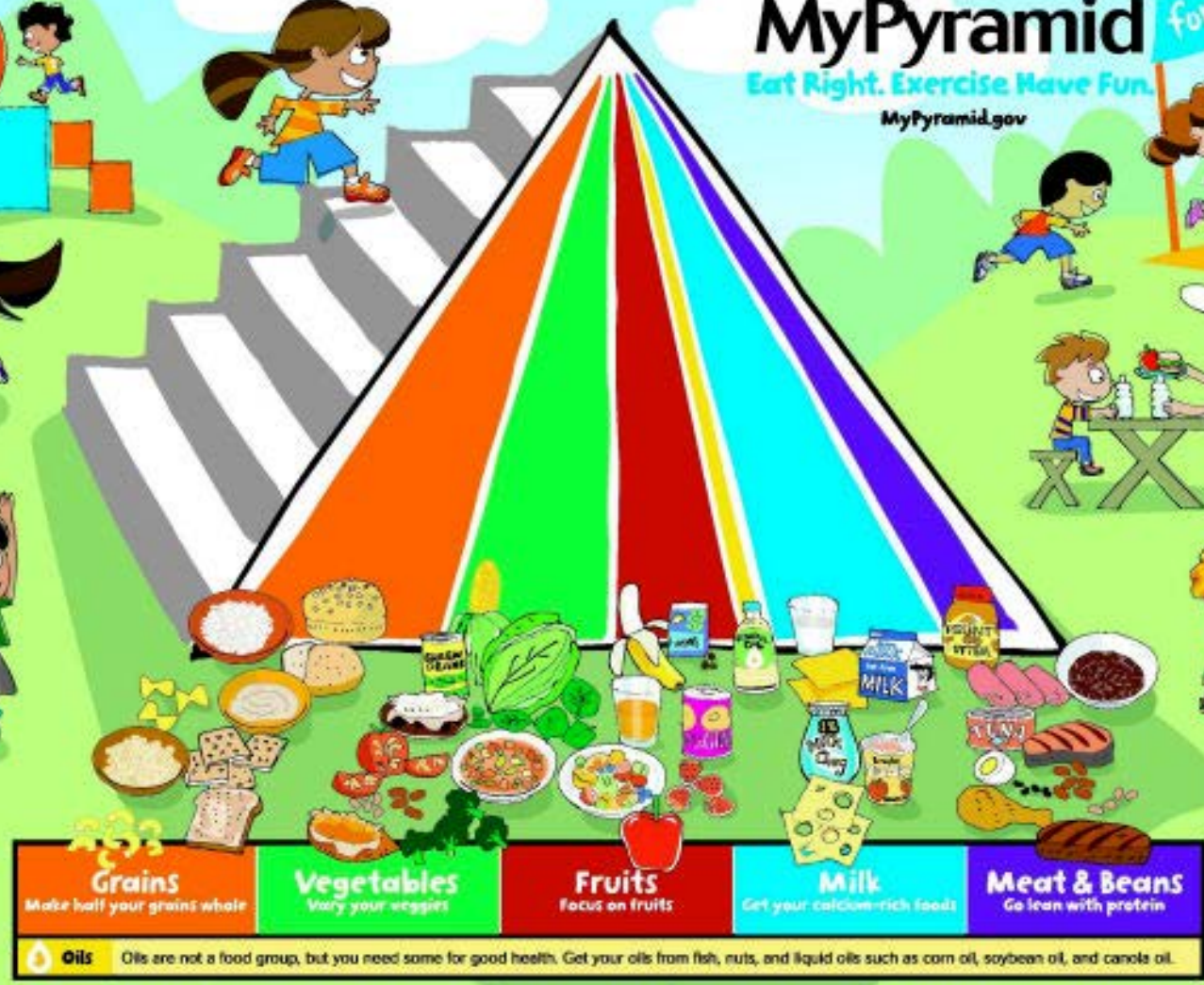


*Child & Adult Care
Food Program: Aligning
Dietary Guidance for All*

MyPyramid for Preschoolers

Eat Right. Exercise Have Fun.

MyPyramid.gov



★ Find your balance between food and fun ★ Fats and sugars — know your limits



CACFP Meal Recommendations are Consistent with My Pyramid for Preschoolers

WHOLE GRAINS

Make half your grains whole

- Requires at least half of grains served be whole grain.
- Whole grains must met the first ingredient rule of the USDA HUSSC criteria or the FDA whole grain health claim standard.

VEGETABLES

Vary your veggies

- Increases the number of servings of vegetables offered.
- Increases the variety of vegetables served.
- Eliminates deep fried vegetables.

FRUITS

Focus on fruits

- Increases the amount of fruit offered.
- No added sugar in fruits.
- Allows only 100% unsweetened fruit juice.
- Limits fruit juice to once a day.

MILK

Get your calcium rich foods

- All milk & yogurt served to children over 2 of age will be low-fat or fat-free.
- Lactose-free milk can be offered.

MEATS & BEANS

Go lean with protein

- Limits or eliminates high fat processed meats & fried foods.
- Allows flexibility to vary the protein routine using non-meat alternates including tofu, seeds & nuts.

- Recommendations for food specifications limit fats, saturated fats, & eliminate *trans* fats.
- Recommendations do not allow sweetened beverages including flavored milk.
- Recommendations eliminate sugary cereals & limit foods high in added sugar.

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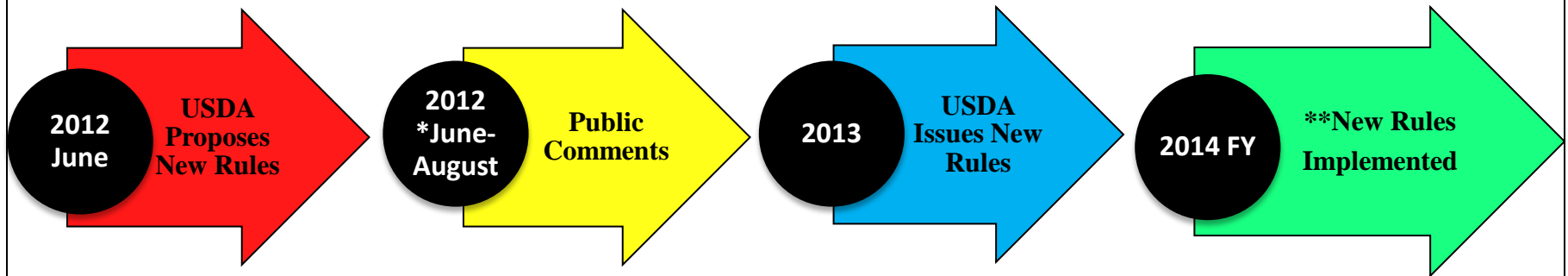
What will happen next?

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USDA will issue
proposed
regulations for
public comment

Child & Adult Care Food Program New Meal Regulations Estimated Timeline



**USDA generally gives a 60-90 day comment period.*

***Implementation timeline could span FY2015.*

CACFP Wellness & Nutrition Education

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CACFP required to promote health & wellness in child care with a focus on offering good nutrition, plenty of physical activity, & limiting screen time



Resources

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- USDA funded to provide nutrition education & wellness resources & training (\$10 million)
- WIC nutrition education resources may be made available at no cost to distribute to child care providers participating in CACFP



Education Materials

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USDA is working with CDC to prepare a required CACFP wellness handbook focused on healthy eating, physical activity, & screen time

Child Care Licensing

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USDA & HHS to encourage state child care licensing agencies to include wellness standards & to require foods served to be consistent with the healthy meal patterns & nutrition standards of CACFP

Strategies for Success

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Strategies for successful implementation of the Healthy Hunger-Free Kids Act

Strategies for Success

- Engage a variety of partners including obesity & nutrition, advocacy, child care, organizations & coalitions, state CACFP, licensing, & subsidy agencies
 - Best Practice: California Department of Education's Strategic Planning Initiative
- Stakeholders can provide valuable input & assistance with educational & marketing materials & strategies, language & literacy needs, & recommendations for overcoming barriers
- Organizations, coalitions, & agencies with successful initiatives can share & mentor
 - Best Practice: Contra Costa County 4 Cs Coco Kids

Strategies for Success

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Share expertise
in physical
activity for young
children

Marketing CACFP Beverage Improvements

New Milk & Water Requirements:

- Collaborate with community stakeholders & the media to build awareness & excitement about these nutritional improvements
- This is a great opportunity to increase awareness of CACFP and encourage more participation among child care providers in your area & state

FRAC Resources



FRAC Child Care Wellness Environmental Scan:

CACFP best practices & policies for promoting health, preventing obesity, & supporting early learning in child care settings.

*Child Care Wellness Tool Kit:
Child & Adult Care Food Program*
http://www.frac.org/html/federal_food_programs/programs/cacfp.html

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