

# CHILD AND ADULT CARE FOOD PROGRAM (CACFP) NUTRITION GUIDELINES, MENU PLANNING AND FOOD SAFETY

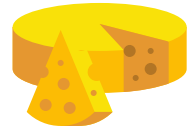


The United States Department of Agriculture (USDA) and the Nevada Department of Agriculture (NDA) have several resources detailing nutrition guidelines available for review on the NDA Child and Adult Care Food Program (CACFP) webpage at [agri.nv.gov/Food/CACFP](http://agri.nv.gov/Food/CACFP). The information presented below provides an overview of general guidelines for meal patterns and nutrition standards for CACFP.

## Meal planning best practices

### Meat and other protein sources

Lean meats, nuts and legumes should be served preferentially, with no more than one serving of processed meat being offered each week. Natural, low-fat or reduced-fat cheese should be served instead of cheese food or spread. Meat and meat alternates may be served in place of the entire grain component at breakfast a maximum of three times per week.



### Milk

Unflavored whole milk must be served to one-year-olds; unflavored low-fat or fat-free milk to two- to five-year-olds; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk may be served to children six years or older and adults. Non-dairy milk substitutes nutritionally equivalent to milk may be served in place of milk to participants with a medical or special dietary consideration.

### Breastmilk

Participating sites should support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk or by offering a quiet, private and sanitary area for mothers to breastfeed their children. Breastmilk and/or formula should be given exclusively to infants zero- to five-months-old. Solid foods should be gradually introduced around six-months-old, with breastmilk or formula being supplemented in the diet through 11-months-old.



### Grains

Whole grains are required in meal patterns. At least one serving of grains each day must be whole grain rich. This is defined as a food where at least 50% of the grain ingredients are whole grains and any remaining grains are enriched. Grain based desserts, such as granola bars, are not allowable. Whole grain requirements do not apply to infant meal patterns.



### Fruit and vegetables

Participants should serve a variety of fruits and vegetables and serve whole fruit rather than juice whenever possible. 100% juice is limited to once per day. It is recommended that at least one of the two required components of a snack be a vegetable or fruit.

### Sugar

Sugar should be limited by:

- Avoiding serving sources of added sugars, such as syrup, honey, fruit drinks or sodas.
- Ensuring cereal does not exceed more than 6 grams of sugar per dry ounce and yogurt does not exceed 23 grams of sugar per 6 ounce serving.
- Not serving grain-based desserts (e.g., cookies, brownies, cakes).



This factsheet is funded by the USDA's Supplemental Nutrition Assistance Program Education (SNAP-Ed). More information is available on the NDA CACFP webpage at [agri.nv.gov/Food/CACFP](http://agri.nv.gov/Food/CACFP). The USDA and NDA are equal opportunity providers.

## Food safety

It is important that CACFP Sponsors and Participating Sites ensure food safety when serving meals and snacks as part of CACFP activities to mitigate risk of food-borne illness and/or allergic reactions. CACFP Sponsors are responsible for ensuring the food offered has been appropriately prepared, stored and served. All CACFP Sponsors and Participating Sites must pass the appropriate health and safety inspections and staff must have appropriate certifications.

The information presented below provides general guidelines for reducing the risks of foodborne illness, but it is ultimately up to each site to ensure that the food being served is safe. More resources and guidance are available on the NDA CACFP webpage at [agri.nv.gov/food/CACFP](http://agri.nv.gov/food/CACFP).

## Food allergies

Food allergies can be extremely dangerous and life-threatening. Be sure to ask all individuals at the facility and/or their parents and caregivers about any potential allergies, the severity of the allergies, common symptoms and potential treatment.



USDA resources summarizing complete meal pattern requirements for infants, children and adults are available in English and Spanish at [agri.nv.gov/Food/CACFP](http://agri.nv.gov/Food/CACFP).

## Maintain a clean environment



### Wash hands with soap and water

Before serving or handling food, be sure to wash your hands with soap and warm, clean running water. Be sure participants also wash their hands or use hand sanitizer before sitting down to eat or drink.

### Discard unsafe food

At least weekly, check for and throw out any food that is no longer safe to eat. Be sure to adhere to all expiration dates and storage instructions for food you purchase yourself and adhere to food safety guidelines at [foodsafety.gov](http://foodsafety.gov).



### Sanitize surfaces regularly

Surfaces where food is placed should be washed regularly with hot, soapy water. Make sure to use only food-safe cleaning supplies in any areas used to store or serve food. Do not forget areas or furniture that participants may touch while eating, such as chairs and countertops.

## Store and prepare food safely

Separate foods when purchasing, storing, washing and serving. Always keep raw meat, seafood, poultry and other microbe-prone food separate from ready-to-eat foods. Always rinse fruits and vegetables before serving or preparing, even if they have a peel or you do not think they have come into contact with any pathogens. Never place cooked food back on a surface that previously held uncooked food unless it has been cleaned and sanitized.

## Maintain appropriate temperatures during storage and cooking

Keep food at safe temperatures including keeping cold foods at 41°F or below and hot foods at 135°F or above. Never leave food out of refrigeration for over two hours. If the temperature is above 90°F, food should not be left out for more than one hour.

### Cook food to safe internal temperatures

Follow preparation instructions for any foods you will cook or reheat in your facility that were provided by another group. Make sure all meat and egg dishes you cook reach a safe internal temperature before serving. Keep a food thermometer on hand, and make sure to wash it between uses, even when repeatedly checking the same item of food. Safe internal temperatures for food types can be found at [foodsafety.gov](http://foodsafety.gov).



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