MAKING CHANGES
ONE BITE AT A TIME:
NEW MEAL PATTERNS
2017 FOOD PROGRAM TRAINING
Agenda

• Child Meal Pattern
• Required Training Elements
• Infant Meal Pattern
• Best Practices
Objectives

After completing this training participants will accurately...

1. Describe at least three changes to the updated meal patterns.
2. Identify creditable meals and foods for meal planning.
Training Guidelines

- Turn your mind on and your phone to silent or off
- Everyone participates
- Be respectful
- Share ideas
- Confidential
- Ask for clarification if you do not understand
Roll the Dice!

1. What kind of whole grain foods do you serve?
2. What kind of milk do you serve to a 12 to 23 month old child?
3. Do you serve juice? How often?
4. At what age do your infants start solid foods?
5. The most unusual vegetable your kids like
6. In what ways do you introduce new foods?
Progress is a nice word. But change is its motivator. And change has its enemies.

- Robert Kennedy
Overview

- First major change since 1968
- **Changes**: greater variety of fruits/vegetables, more whole grains, less added sugar
- Effective Date: *October 1, 2017*
Why the Change?

Shift in habits:

- Diets high in added sugar, saturated fats and sodium
- 75% of Americans diets are low in vegetables, fruit and dairy
- 1 in 3 children are overweight or obese

Purpose to help children develop healthy eating habits
CHILD MEAL PATTERN
### Fluid Milk

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Recommended Types</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 year (12-23 months)</td>
<td><strong>Unflavored whole</strong> <em>(Vitamin D)</em></td>
</tr>
<tr>
<td>2-5 years</td>
<td><strong>Unflavored</strong> skim (fat-free) <strong>Unflavored 1%</strong> (low-fat)</td>
</tr>
<tr>
<td>6-12 years</td>
<td>Unflavored skim (fat-free) <strong>Unflavored 1%</strong> (low-fat) *<em>Flavored skim (fat-free)</em></td>
</tr>
</tbody>
</table>

*Non-dairy beverages* that are *nutritionally equivalent to cow’s milk* and meet the nutritional standards for fortification of calcium, protein, vitamin A and vitamin D are also allowed (some soy milks).
Vegetables

Recommended vegetable intake =

Average vegetable intake =

Children need =

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Vegetable Intake</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 year olds</td>
<td>1 – 1 ½ cups per day</td>
</tr>
<tr>
<td>4-8 year olds</td>
<td>1 ½ - 2 ½ cups per day</td>
</tr>
<tr>
<td>9-13 year olds</td>
<td>2 – 3 cups per day</td>
</tr>
</tbody>
</table>
Vegetables and Fruits

- Separate vegetable and fruit components
- At least one vegetable is required at lunch/dinner
- Two fruits at lunch/dinner no longer creditable

<table>
<thead>
<tr>
<th>3-5 year old lunch</th>
<th>3-5 year old lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Chicken</td>
</tr>
<tr>
<td>Rice</td>
<td>Rice</td>
</tr>
<tr>
<td>¼ cup apples</td>
<td>¼ cup peas</td>
</tr>
<tr>
<td>¼ cup strawberries</td>
<td>¼ cup apples</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>
Vegetables and Fruits

- Option to serve two different vegetables at lunch or supper

<table>
<thead>
<tr>
<th>3-5 year old lunch</th>
<th>3-5 year old lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken</td>
<td>Chicken</td>
</tr>
<tr>
<td>Rice</td>
<td>Rice</td>
</tr>
<tr>
<td>½ cup broccoli</td>
<td>¼ cup broccoli</td>
</tr>
<tr>
<td>Milk</td>
<td>¼ cup carrots</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
</tr>
</tbody>
</table>
Vegetables and Fruits

• A fruit AND vegetable can be served at snack

3-5 year old snack

***Starting October 1, 2017***

Carrot Sticks  Apples
Vegetables and Fruits

What is a vegetable???

visit: choosemyplate.gov
........... Vegetables and Fruits ...........

Leafy Greens

1 cup = ½ cup

Dried Fruit

¼ cup = ½ cup
Vegetables and Fruits

Fruit or vegetable juice is limited to 1x per day

Juice must be:

• 100% fruit or vegetable juice
• Full strength (not diluted)
Meat/Meat Alternate

May serve *meat/meat alternate* in place of grain at *breakfast a maximum of 3 times per week*

Example:

3-5 years: ½ serving grain swapped for 0.5 oz MMA

¼ cup
Meat/Meat Alternate

- Tofu and soy yogurt are now creditable meat/meat alternates

Identifiable Firm Tofu
Soy Yogurt
Meat/Meat Alternate

- Yogurt must contain **no more than 23 grams of sugar per 6 ounces**

Peach Yogurt (6 oz)

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong>: 1 Container (6 oz)</td>
</tr>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td><strong>Calories</strong>: 150</td>
</tr>
<tr>
<td><strong>Calories from Fat</strong>: 15</td>
</tr>
<tr>
<td><strong>% Daily Value</strong></td>
</tr>
<tr>
<td><strong>Total Fat</strong>: 2 g</td>
</tr>
<tr>
<td><strong>Saturated Fat</strong>: 1 g</td>
</tr>
<tr>
<td><strong>Trans Fat</strong>: 0 g</td>
</tr>
<tr>
<td><strong>Cholesterol</strong>: 10 mg</td>
</tr>
<tr>
<td><strong>Sodium</strong>: 95 mg</td>
</tr>
<tr>
<td><strong>Potassium</strong>: 0 mg</td>
</tr>
<tr>
<td><strong>Total Carbohydrate</strong>: 25 g</td>
</tr>
<tr>
<td><strong>Dietary Fiber</strong>: 0 g</td>
</tr>
<tr>
<td><strong>Sugars</strong>: 18 g</td>
</tr>
</tbody>
</table>

18 grams of sugar 6 oz serving
Meat/Meat

Alternate

• Yogurt must contain *no more than 23 grams of sugar per 6 ounces* *(Or less than 3.83 gm sugar/oz)*

---

Strawberry Go-gurt (2.25 oz)

9 gm / 2.25 oz = 4 gm/oz

**NO**
Making Changes One Bite At A Time: New Meal Patterns

Identifying Creditable Foods

Activity 1: Yogurt Sugar Limits
Yogurt Sugar Limits

Nutrition Facts

Serving Size 1 container (170g)
Servings Per Container 1

Amount Per Serving
Calories 150
Calories from Fat 15

% Daily Value*

Total Fat 1.5 g 2%
Saturated Fat 1 g 5%
Trans Fat 0 g

Cholesterol 5 mg 2%
Sodium 90 mg 4%
Potassium 280 mg

Total Carbohydrate 29 g 10%
Dietary Fiber 0 g 0%
Sugars 24 g
Protein 6 g

NO

6 oz container
**Yogurt Sugar Limits**

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>Calories</th>
<th>Calories from Fat</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 cup (225g)</td>
<td></td>
<td>190</td>
<td>0%</td>
</tr>
</tbody>
</table>

- Total Fat: 0 g (0%)
- Saturated Fat: 0 g (0%)
- Trans Fat: 0 g
- Cholesterol: 10 mg (3%)
- Sodium: 70 mg (3%)
- Potassium: 200 mg
- Total Carbohydrate: 29 g (10%)
- Dietary Fiber: 0 g (0%)
- Sugars: 27 g
- Protein: 17 g

**32 oz container**
Grains

Recommended whole grain intake =

Average whole grain intake =

Average refined grain intake =
At least one grain per day must be whole grain-rich.
**Whole Grain-Rich**

**Definition:** at least 50% whole grains and the remaining grains are enriched

*Applies Only to the Child Meal Pattern*

**Documentation:**
Menus must list whole grain-rich items (*whole wheat* bread, *brown* rice)
Whole Grain-Rich

- Whole-wheat flour
- Oatmeal
- Brown Rice
- Quinoa
- Wild Rice

- Whole-wheat bread
- Whole-grain cereal
- Whole-wheat pasta
- Whole-grain crackers
Whole Grain-Rich

Whole grain is the first ingredient listed (or second after water)

OR

The product includes a FDA approved health claim
**Determining Whole Grain-Rich Tips:**

- Enriched grains must include the word “enriched”
  - Ex: Enriched wheat flour
- Ignore wheat gluten
- Ignore bran and germ
  - Unless one of these is the first ingredient, in which case the product is not creditable as a grain
- Ignore everything listed as less than 2% of the product
## Nutrition Facts

**Serving Size:** 1 Slice (28g)
**Servings Per Container:** 16

<table>
<thead>
<tr>
<th></th>
<th>Amount/serving</th>
<th>%DV*</th>
<th>Amount/serving</th>
<th>%DV*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Total Fat</strong></td>
<td>.5g</td>
<td>1%</td>
<td><strong>Total Carbohydrate</strong></td>
<td>14g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
<td>Dietary Fiber</td>
<td>2g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td></td>
<td>Sugars</td>
<td>2g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
<td><strong>Protein</strong></td>
<td>3g</td>
</tr>
<tr>
<td>Sodium</td>
<td>150mg</td>
<td>6%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Calories:** 60  
**Calories from Fat:** 5

**Nutrients:**
- Calories: 2,000 - 2,500
- Total Fat: Less than 65g - 80g
- Saturated Fat: Less than 20g - 25g
- Cholesterol: Less than 300mg - 300mg
- Sodium: Less than 2,400mg - 2,400mg
- Total Carbohydrate: 300g - 375g

**INGREDIENTS:**
- Whole Wheat Flour, Water, Sugar, Yeast
- Contains 2% or less of the following: Wheat Gluten, Soybean Oil, Salt, Dough Conditioner, Monoglycerides, Sorbitol, Enzymes, Ascorbic Acid, Calcium Sulfate, Enzymes, Monocalcium Phosphate, Calcium Propionate (Preservative)

**PAN-O-GOLD “VILLAGE HEARTH” BAKERS, ST. CLOUD, MN 56302 • FARGO, ND 58108 • MINNEAPOLIS, MN 55447 • SUN PRAIRIE, WI 53590 www.panogold.com VH 100% WW**
Reviewing Labels
Identifying Creditable Foods

Activity 2: Whole Grain-Rich
Is it Whole Grain-Rich?

Ingredients:
Whole Grain Wheat Flour, Soybean Oil, Sugar, Cornstarch, Malt Syrup (from Corn and Barley), Salt, Leavening (Calcium Phosphate and/or Baking Soda), Vegetable Color (Annatto Extract, Turmeric Oleoresin). BHT added to packaging material to preserve freshness.

***Contains: Wheat.***
Is it Whole Grain-Rich?

**Ingredients:** Unbleached Enriched Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate [Vitamin B1], Riboflavin [Vitamin B2], Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda), Salt, High Fructose Corn Syrup, Soy Lecithin.

**Answer:** No.
Is it Whole Grain-Rich?

Ingredients: Durum Whole Wheat Flour (100%).
***Warning: Contains: wheat.***
Is it Whole Grain-Rich?

Ingredients: enriched bleached flour [wheat flour, malted barley flour, niacin, iron, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole grains [whole wheat flour, brown rice flour (rice flour, rice bran)], high fructose corn syrup, whey, wheat gluten, yeast, cellulose,
Ingredients: Fine whole wheat flour, water, brown sugar, wheat gluten, yeast, whole wheat flour, wheat bran, contains less than 2% of each of the following: soybean oil, salt, sodium stearoyl lactylate, calcium propionate (preservative), monoglycerides, monocalcium phosphate, calcium sulfate, enzymes, azodicarbonamide, ascorbic acid added as a dough conditioner, wheat germ, lecithin.

Is it Whole Grain-Rich? YES
Is it Whole Grain-Rich?

Ingredients:
Water, Oat Fiber, Whole Wheat Flour, Soy Flour, Vital Wheat Gluten, Expeller Pressed Canola Oil
Grains

What is a grain-based dessert?
- Cakes/ Cookies/ Sweet Pies/
  Fruit Turnovers/ Brownies
- Doughnuts/ Sweet Rolls
- Toaster Pastries/ Granola Bars/ Cereal Bars
- Graham Crackers/ Animal Crackers
Grains

- *Grain-based desserts* are no longer creditable for any meal or snack

- Can they still be served? Yes (Extra Only)
Grains

• Breakfast cereal nutrient requirement
  – *No more than 6 grams of sugar per dry ounce*
  – Includes: ready-to-eat, instant and regular hot cereals
Is It Creditable?

1. Find serving size in grams and the grams of sugars.
2. Divide sugars by serving size (in grams).
3. If the answer is:
   - Equal to or less than 0.21 – Creditable
   - Greater than 0.21 – Not Creditable
Is it creditable?

Nutrition Facts

Serving Size 1 cup (28g)
Servings Per Container 18

Amount Per Serving

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>100</td>
<td>Calories from Fat 15</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>2 g</td>
<td>3%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5 g</td>
<td>3%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0 g</td>
<td></td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>0.5 g</td>
<td></td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>0.5 g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>140 mg</td>
<td>6%</td>
</tr>
<tr>
<td>Potassium</td>
<td>180 mg</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20 g</td>
<td>7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3 g</td>
<td></td>
</tr>
<tr>
<td>Soluble Fiber</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Sugars</td>
<td>1 g</td>
<td></td>
</tr>
<tr>
<td>Other Carbohydrate</td>
<td>16 g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>3 g</td>
<td></td>
</tr>
</tbody>
</table>
Is it creditable?

1/28 = 0.035

Nutrition Facts

- Serving Size: 1 cup (28g)
- Servings Per Container: 18

- Calories: 100
- Total Fat: 5 g (6%)
- Saturated Fat: 2 g
- Cholesterol: 0 mg
- Sodium: 60 mg
- Total Carbohydrate: 20 g
- Dietary Fiber: 3 g
- Sugars: 1 g
- Protein: 3 g

Other Carbohydrate: 10 g
Is it creditable?

<table>
<thead>
<tr>
<th>Nutrition Facts</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Amount Per Serving</strong></td>
</tr>
<tr>
<td>Calories</td>
</tr>
<tr>
<td>% Daily Value*</td>
</tr>
<tr>
<td>Total Fat</td>
</tr>
<tr>
<td>Saturated Fat</td>
</tr>
<tr>
<td>Trans Fat</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
</tr>
<tr>
<td>Cholesterol</td>
</tr>
<tr>
<td>Sodium</td>
</tr>
<tr>
<td>Potassium</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
</tr>
<tr>
<td>Dietary Fiber</td>
</tr>
<tr>
<td>Sugar*</td>
</tr>
<tr>
<td>Other Carbohydrate</td>
</tr>
<tr>
<td>Protein</td>
</tr>
</tbody>
</table>
Is it creditable?

9/28 = 0.32

Serving Size 0.75 cup (28g)
Servings Per Container 22

Nutrition Facts

Amount Per Serving
Calories 110

Total Fat 1.5 g
Sodium 110 mg
Total Carbohydrate 22 g
Dietary Fiber 2 g
Sugars 9 g
Other Carbohydrate 11 g
Protein 2 g

Calories from Fat 15
Making Changes
One Bite At A Time:
New Meal Patterns

Identifying Creditable Foods

Activity 3: Cereal Sugar Limits
Ingredients: Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (Mixed Tocopherols) and BHT Added to Preserve Freshness. Vitamins and Minerals...
Ingredients: Whole Grain Rolled Oats (With Oat Bran), Sugar, Salt, Brown Sugar Flavor Blend (Natural Flavors, Non-Fat Milk, Carob Powder, Salt), Calcium Carbonate (A Source Of Calcium), Natural Flavors, Guar Gum, Caramel Color, Niacinamide*, Vitamin A Palmitate, Reduced Iron, Pyridoxine Hydrochloride*, Riboflavin*, Thiamin Mononitrate*, Folic Acid*.  
*One Of The B Vitamins. Contains Milk Ingredients.
Ingredients: Whole Grain Corn, Corn Meal, Sugar, Canola Oil, Salt, Brown Sugar Syrup, Tricalcium Phosphate, Vegetable and Fruit Juice Color, Trisodium Phosphate, Citric Acid, Natural Flavor. Vitamin E Added to Preserve Freshness.
Grains

WIC Shopping Guide
Cereal List
Additional Changes

No deep fat frying food
Additional Changes

Water must be available **AND** offered to children throughout the day
Food cannot be used as a reward or punishment.
Child Summary

- Make every sip count
- More protein options
- Greater variety of vegetables and fruits
- More whole grains
- Less added sugars
- No deep fat frying
### How Can You Make This Creditable?

<table>
<thead>
<tr>
<th>Left Column Menu</th>
<th>Right Column Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td>Oatmeal</td>
<td>Oatmeal (WGR)</td>
</tr>
<tr>
<td>Apple Juice</td>
<td>Apples</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>Skim Milk</td>
</tr>
<tr>
<td>Turkey on Bread</td>
<td>Turkey, WW Bread (WGR)</td>
</tr>
<tr>
<td>French Fries/Bananas</td>
<td>Baked Fries/Bananas</td>
</tr>
<tr>
<td>Skim Milk</td>
<td>Skim Milk</td>
</tr>
<tr>
<td>Graham Crackers</td>
<td>Wheat Thin Crackers(WGR)</td>
</tr>
<tr>
<td>Grape Juice</td>
<td>Grape Juice</td>
</tr>
<tr>
<td>How Can You Make This Creditable?</td>
<td></td>
</tr>
<tr>
<td>----------------------------------</td>
<td>--</td>
</tr>
<tr>
<td>• Rice Krispies</td>
<td>• Cheerios (WGR)</td>
</tr>
<tr>
<td>• Peaches</td>
<td>• Peaches</td>
</tr>
<tr>
<td>• Whole Milk</td>
<td>• 1% Milk</td>
</tr>
<tr>
<td>• Pancakes, Sausage</td>
<td>• Pancakes, Sausage</td>
</tr>
<tr>
<td>• Oranges/Watermelon</td>
<td>• Oranges/Hashbrowns</td>
</tr>
<tr>
<td>• 1% Milk</td>
<td>• 1% Milk</td>
</tr>
<tr>
<td>• Gogurt</td>
<td>• &lt;23 gm sugar / 6 oz Yogurt</td>
</tr>
<tr>
<td>• Strawberries</td>
<td>• Strawberries</td>
</tr>
<tr>
<td>Left Column</td>
<td>Right Column</td>
</tr>
<tr>
<td>-------------</td>
<td>--------------</td>
</tr>
<tr>
<td>Scrambled Eggs w/ Spinach, Peppers &amp; Salsa</td>
<td>Scrambled Eggs w/ Spinach, Peppers &amp; Salsa</td>
</tr>
<tr>
<td>Whole Milk</td>
<td>Skim Milk</td>
</tr>
<tr>
<td>WW Pasta/Meat Sauce</td>
<td>WW Pasta/Meat Sauce-WGR</td>
</tr>
<tr>
<td>Broccoli/Peas</td>
<td>Broccoli/Peas</td>
</tr>
<tr>
<td>Chocolate Milk</td>
<td>Skim Milk</td>
</tr>
<tr>
<td>Apple</td>
<td>Apple</td>
</tr>
<tr>
<td>Peanut Butter</td>
<td>Peanut Butter</td>
</tr>
</tbody>
</table>
REQUIRED TRAINING ELEMENTS
Match the questions in your packet on page 5 to the answers posted around the room. Record the letter and answer next to the question that it belongs to.
NEW INFANT MEAL PATTERN
Breastfeeding

✓ Breastfeeding is reimbursable on site
✓ Expressed breastmilk is an acceptable fluid milk substitute for any age
Two Age Groups

Current Meal Pattern
- 0-3 months
- 4-7 months
- 8-11 months

*New* Meal Pattern
- 0-5 months
- 6-11 months

*Solid foods when developmentally ready
............. Developmentally ............ Ready

- Sit in a high chair with good head control
- Opens his/her mouth for food
- Can move food from a spoon into throat
- Doubled birth weight and weighs about 13 pounds or more
Discussion

How do you communicate and implement new foods with parents of an infant that is developmentally ready to start solids?
Infant Fruits, Vegetables & Grains

- Vegetable or fruit required at snack
- No Juice
- Ready-to-eat cereals* at snack
Infant Meat/Meat Alternate

Allows:

• Cheese
• Cottage cheese
• Yogurt*
• Whole eggs

Not allowed: Cheese food or cheese spreads
Infant Meals and Snacks

**Meals**
- BM/IFIF
- IFIC and/or MMA
- Vegetable and/or fruit

**Snacks**
- BM/IFIF
- Vegetable and/or fruit
- Grains
Infant Summary

- Encourage and support breastfeeding
- Developmentally appropriate meals
- More nutritious meals
A parent may now only provide ONE component of the meal pattern.
BEST PRACTICES
Best Practices

- **Infants:**
  - *Support breastfeeding*

- **Vegetables/Fruit:**
  - Serve a *vegetable or fruit for snack daily*
  - Serve a *variety of fruits* and choose whole fruits
  - Provide at least *one serving per week* of
    - Dark green vegetables
    - Red/orange vegetables
    - Beans and peas (legumes)
    - Starchy vegetables
    - Other vegetables
Best Practices

• Grains:
  – Serve *whole grain-rich twice per day*

• Meat/ Meat Alternate:
  – Serve only *lean meats, nuts, legumes*
  – *Limit processed meats* to once/week
  – Serve only *natural, low-fat/ reduced fat cheeses*
Best Practices

• **Limit pre-fried food** to once/week

• **Seasonal and local** produce

• **Avoid non-creditable foods** that are sources of added sugars
Vegetable
Best Practices
Activity
How will these changes benefit the children?