



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...

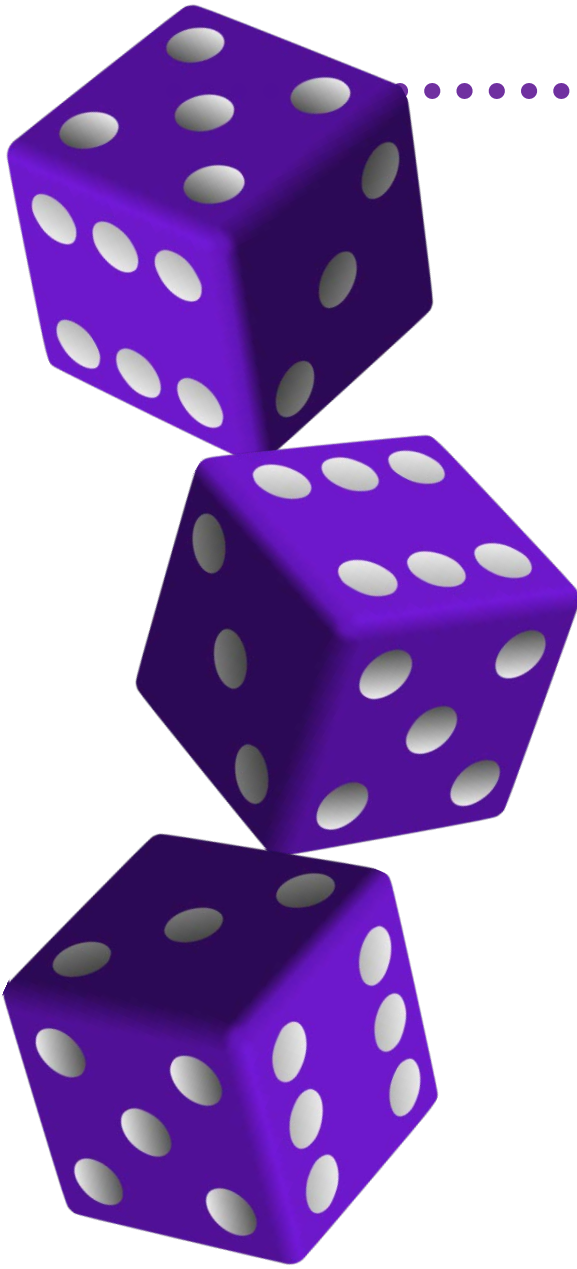
1. Describe at least three changes to the updated meal patterns.
2. Identify creditable meals and foods for meal planning.



..... 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?



..... **Change**



*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

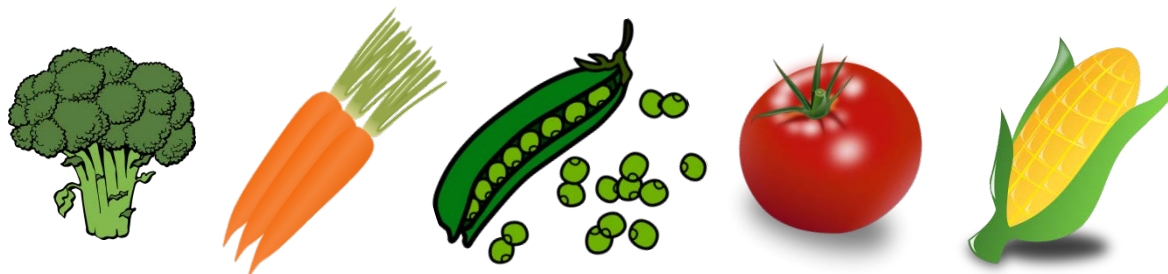


1 year (12-23 months)	Unflavored whole (Vitamin D)
2-5 years	Unflavored skim (fat-free) Unflavored 1% (low-fat)
6-12 years	Unflavored skim (fat-free) Unflavored 1% (low-fat) Flavored skim (fat-free)*

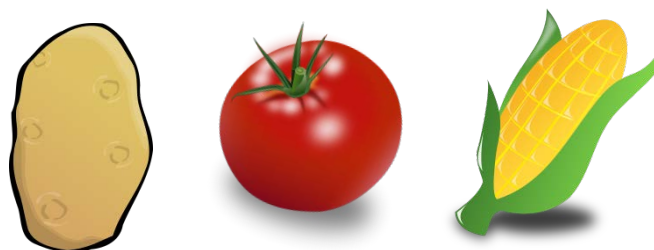
Non-dairy beverages that are ***nutritionally equivalent to cow's milk*** and meet the nutritional standards for fortification of calcium, protein, vitamin A and vitamin D are also allowed (some soy milks).

Vegetables

Recommended vegetable intake=



Average vegetable intake =



Children need =

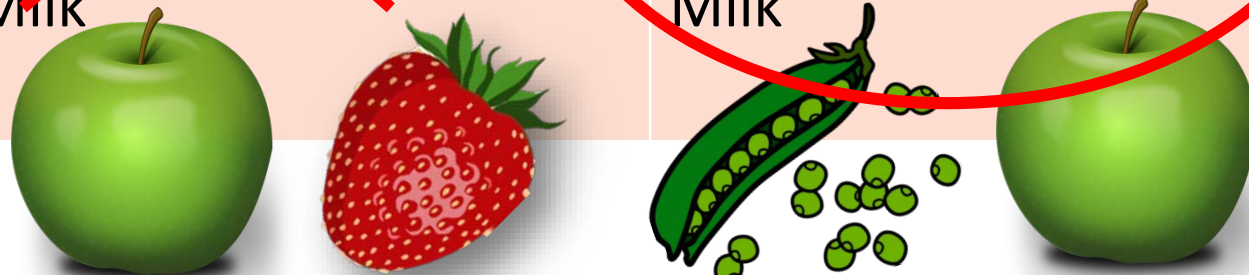
1-3 year olds	1 – 1 ½ cups per day
4-8 year olds	1 ½ - 2 ½ cups per day
9-13 year olds	2 – 3 cups per day

..... 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

3-5 year old lunch

Chicken Rice ¼ cup apples ¼ cup strawberries Milk	Chicken Rice ¼ cup peas ¼ cup apples Milk
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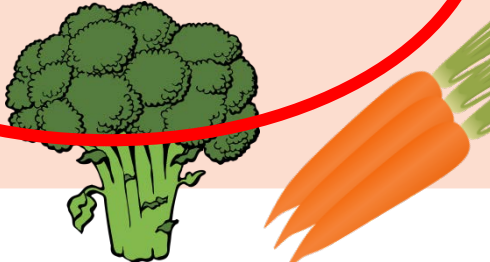


The image illustrates two menu options for a 3-5 year old lunch. The left menu, which is crossed out with a large red 'X', lists: Chicken, Rice, ¼ cup apples, ¼ cup strawberries, and Milk. Below this menu are illustrations of a green apple and a strawberry. The right menu, which is circled in red, lists: Chicken, Rice, ¼ cup peas, ¼ cup apples, and Milk. Below this menu are illustrations of a green pea pod with several peas and a green apple. The red circle highlights that the right menu includes a vegetable (peas) and only one fruit (apple), which complies with the requirements listed above.

..... Vegetables and Fruits

- Option to serve two different vegetables at lunch or supper

3-5 year old lunch

Chicken Rice ½ cup broccoli Milk	Chicken Rice ¼ cup broccoli ¼ cup carrots Milk
	

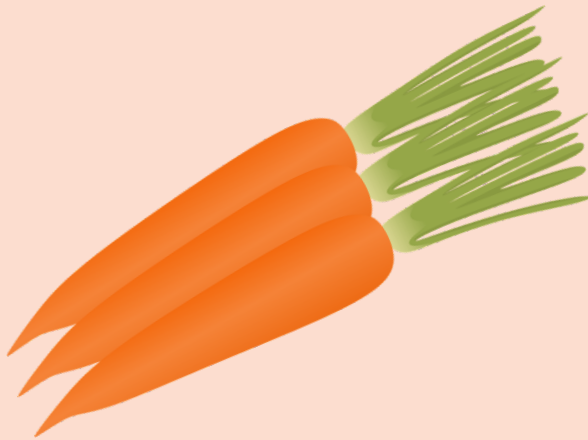
..... Vegetables and Fruits

- A fruit AND vegetable can be served at snack

3-5 year old snack

*****Starting October 1, 2017*****

Carrot Sticks

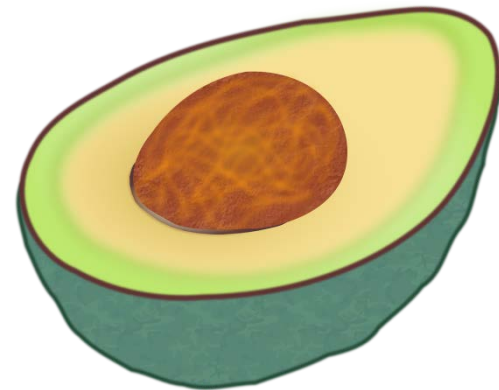


Apples



..... Vegetables and Fruits

What is a vegetable???



visit: choosemyplate.gov

..... Vegetables and Fruits



=



Leafy Greens



1 cup = 1/2 cup

Dried Fruit



1/4 cup = 1/2 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: $\frac{1}{2}$ serving grain swapped for 0.5 oz MMA





..... **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)



Nutrition Facts

Serving Size 1 Container (6oz)
Servings Per Container 1

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Value*

Total Fat 2 g 3%

Saturated Fat 1 g 5%

Trans Fat 0 g

Cholesterol 10 mg 3%

Sodium 95 mg 4%

Potassium 0 mg

Total Carbohydrate 25 g 8%

Dietary Fiber 0 g 0%

Sugars 18 g

Protein 6 g

18 grams of sugar
6 oz serving

YES



..... 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)

Nutrition Facts	
Serving Size 1 tube (64g)	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 5
% Daily Value*	
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 30 mg	1%
Potassium 90 mg	
Total Carbohydrate 12 g	4%
Dietary Fiber 0 g	0%
Sugars 9 g	
Protein 2 g	

9 gm / 2.25 oz
= 4 gm/oz

NO





Identifying Creditable Foods

Activity 1: Yogurt Sugar Limits

..... Yogurt Sugar Limits



6 oz container

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

..... Yogurt Sugar Limits



32 oz container

Nutrition Facts

Serving Size 1 cup (225g)
Servings Per Container 4

Amount Per Serving

Calories 190 Calories from Fat 0

% Daily Value*

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

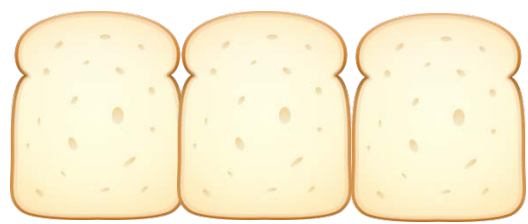
Protein 17 g

YES



..... **Grains**

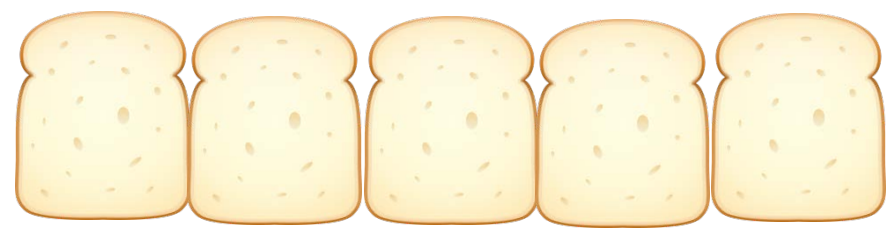
Recommended whole grain intake =



Average whole grain intake =



Average refined grain intake =





..... Grains

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

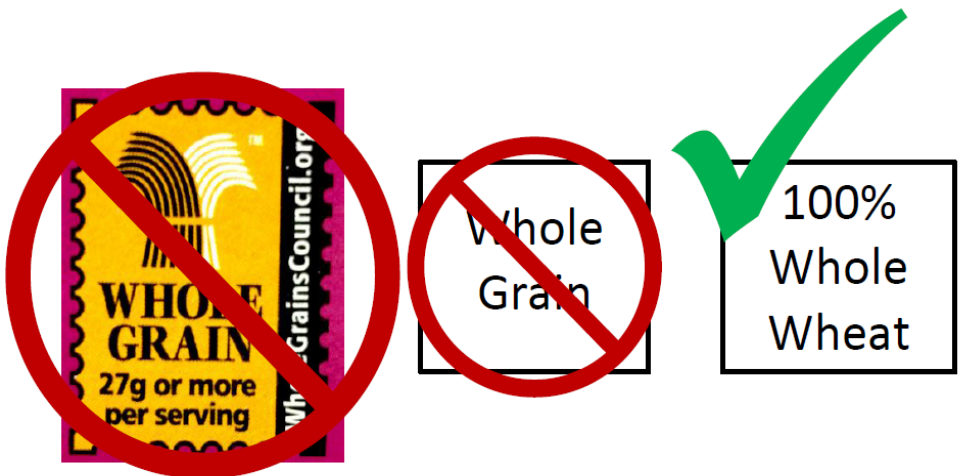
Documentation:

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

..... Determining Whole Grain-Rich

Nutrition Facts

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

Calories 60
 Calories from Fat 5

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat .5g	1%	Total Carbohydrate 14g	5%
Saturated Fat 0g	0%	Dietary Fiber 2g	10%
Trans Fat 0g		Sugars 2g	
Cholesterol 0mg	0%	Protein 3g	
Sodium 150mg	6%		
Vitamin A 0% • Vitamin C 0% • Calcium 4% • Iron 4% Thiamine 10% • Riboflavin 6% • Niacin 4% • Folic Acid 2%			

*Percent Daily Values (DV) are based upon a diet of 2,000 calories. Your Daily Values may be higher or lower depending upon your calorie needs.

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
Dietary Fiber	25g	30g

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, SUGAR, YEAST. CONTAINS 2% OR LESS OF THE FOLLOWING: WHEAT GLUTEN, SOYBEAN OIL, SALT, DOUGH CONDITIONERS (MONOGLYCEROLS, SODIUM STEARATE, MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE), CALCIUM SULFATE, ENZYMES), MONOCALCIUM PHOSPHATE, CALCIUM PROPIONATE (PRESERVATIVE).
 CONTAINS: WHEAT.

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



**MAKING CHANGES
ONE BITE AT A TIME:**



NEW MEAL PATTERNS

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),
Barley), Salt

Leaves
and
Co
Ole
pack
fresh

YES

**** 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), Soy Lecithin, Baking Soda, Salt, High Fructose Corn Syrup, Soy Lecithin.

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,

NO

(rice bran)], high fructose corn syrup, whey, wheat gluten, yeast, cellulose,

..... Is it Whole Grain-Rich?



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 lecithin, calcium hydroxyapatite, potassium sorbate, propyl gallate, monosodium phosphate, enzymes, calcium ascorbate, sodium ascorbate, sodium acid addes as a conditioner, wheat germ, lecithin.

YES





.....



.....

er,
a 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



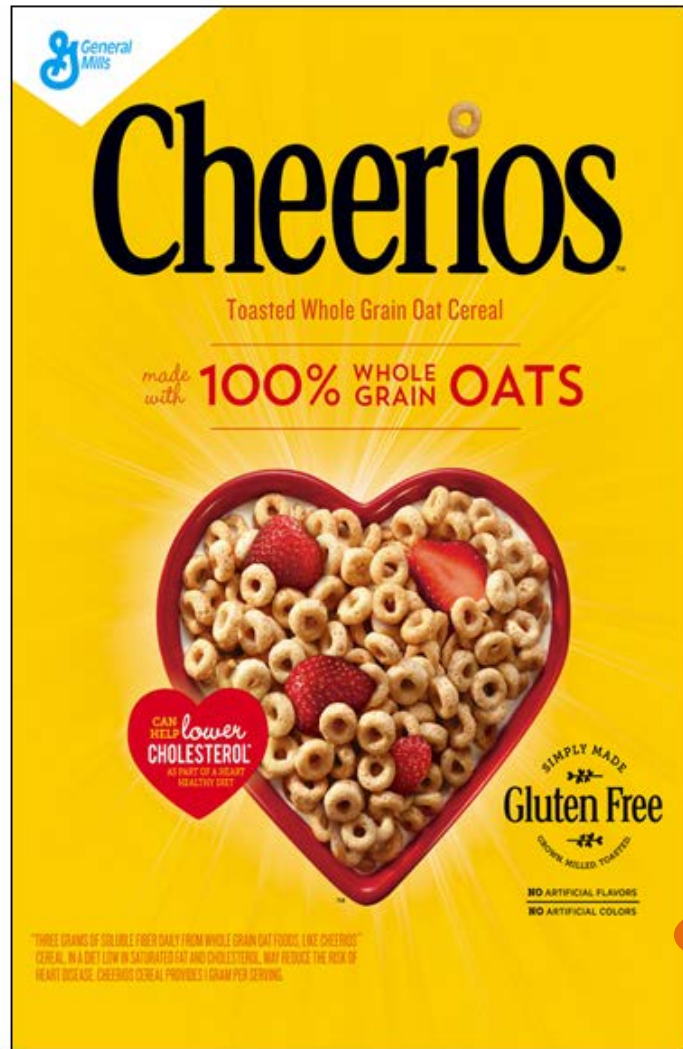
..... Is It Creditable?

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

Calories 100 Calories from Fat 15

% Daily Value*

Total Fat 2 g	3%
Saturated Fat 0.5 g	3%
Trans Fat 0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 0.5 g	
Cholesterol 0 mg	0%
Sodium 140 mg	6%
Potassium 180 mg	
Total Carbohydrate 20 g	7%
Dietary Fiber 3 g	11%
Soluble Fiber 1 g	
Sugars 1 g	
Other Carbohydrate 16 g	
Protein 3 g	

Is it creditable?



$$\frac{1}{28} = 0.035$$

Nutrition Facts

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

Amount Per Serving

Calories 100

Total Fat 2 g

Sodium 6 mg 6%

Total Carbohydrate 20 g 7%

Dietary Fiber 3 g 11%

Soluble Fiber 1 g

Sugars 1 g

Other Carbohydrate 16 g

Protein 3 g

YES

..... Is it creditable?



Nutrition Facts

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

Amount Per Serving

Calories 110 Calories from Fat 15

% Daily Value*

Total Fat 1.5 g 2%

Saturated Fat 0 g 0%

Trans Fat 0 g

Polyunsaturated Fat 0.5 g

Monounsaturated Fat 0.5 g

Cholesterol 0 mg 0%

Sodium 160 mg 7%

Potassium 115 mg

Total Carbohydrate 22 g 7%

Dietary Fiber 2 g 8%

Soluble Fiber 1 g

Sugars 9 g

Other Carbohydrate 11 g

Protein 2 g

..... Is it creditable?



$$9/28 = 0.32$$

Nutrition Facts

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

Amount Per Serving

Calories 110

Calories from Fat 15

Total Fat 1.5 g

NO

7%

Total Carbohydrate 22 g

7%

Dietary Fiber 2 g

8%

Soluble Fiber 1 g

Sugars 9 g

Other Carbohydrate 11 g

Protein 2 g

**MAKING CHANGES
ONE BITE AT A TIME:**



NEW MEAL PATTERNS

Identifying Creditable Foods

Activity 3: Cereal Sugar Limits

..... Cereal Sugar Limits



Nutrition Facts	
Serving Size 1 cups (27g) Servings Per Container 12	
Amount Per Serving	
Calories 100	Calories from Fat 5
<hr/>	
	% Daily Value*
Total Fat 0.5 g	1%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Cholesterol 0 mg	0%
Sodium 220 mg	9%
Potassium 50 mg	
Total Carbohydrate 23 g	8%
Dietary Fiber 1 g	4%
Sugars 2 g	
Other Carbohydrate 0	
Protein 2 g	

YES



Ingredients: Whole Grain Rice, Rice, Sugar, Salt, Molasses. Vitamin E (Mixed Tocopherols) and BHT Added to Preserve Freshness. Vitamins and Minerals...

..... Cereal Sugar Limits



Nutrition Facts	
Serving Size 1 packet (43g)	
Servings Per Container 10	
Amount Per Serving	
Calories 160	Calories from Fat 20
<hr/>	
	% Daily Value*
Total Fat 2 g	3%
Saturated Fat 0 g	0%
Trans Fat 0 g	
Polyunsaturated Fat 0.5 g	
Monounsaturated Fat 1 g	
Cholesterol 0 mg	0%
Sodium 260 mg	11%
Total Carbohydrate 32 g	11%
Dietary Fiber 3 g	11%
Soluble Fiber 1 g	
Sugars 13 g	
Protein 4 g	

NO

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.

..... Cereal Sugar Limits



Nutrition Facts		
Serving Size 1 ¼ cup (33g)		
Servings Per Container about 10		
Amount Per Serving	Berry Berry Kix	with ½ cup skim milk
Calories	120	160
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polyunsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 70mg	2%	8%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 2g	7%	7%
Sugars 7g		
Other Carbohydrate 19g		
Protein 2g		



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



cereals

whole grain cereals • More than 51% whole grain

- 🌾 Cereals with 100% folic acid
- 🌾 Cereals with 5 or more grams of fiber per serving

Cold Cereals • 12 oz or larger

General Mills Cheerios plain gluten free	General Mills Multi-Grain Cheerios plain gluten free	General Mills Kix honey	General Mills Kix plain	General Mills Kix berry berry	General Mills Total whole grain plain

General Mills Wheaties plain	General Mills Wheat Chex plain	Kellogg's Frosted Mini Wheats original	Kellogg's Frosted Mini Wheats honey	Kellogg's Frosted Mini Wheats honey	Kellogg's Rice Krispies gluten free

Multi-Grain Mini-Spooners plain toasted	Multi-Grain Mini-Spooners secondary cereal	Multi-Grain Mini-Spooners blueberry	Post Grape-Nuts plain	Post Honey Bunches of Oats Whole Grain honey crunch	Post Honey Bunches of Oats Whole Grain vanilla bunches

Post Great Grains banana nut crunch	Quaker Life plain	Quaker Oatmeal Squares brown sugar	Quaker Oatmeal Squares cinnamon	Any Size Brand Bran Flakes	Any Size Brand Bran Flakes

other cereals • Less than 51% whole grain

- 🌾 Cereals with 100% folic acid

Cold Cereals • 12 oz or larger

General Mills Corn Chex plain gluten free	General Mills Rice Chex plain gluten free	Kellogg's Corn Flakes plain	Kellogg's Crispix plain	Kellogg's Rice Krispies plain	Kellogg's Special K plain

Post Honey Bunches of Oats with almonds	Post Honey Bunches of Oats cinnamon bunches	Post Honey Bunches of Oats honey	Post Honey Bunches of Oats vanilla

Hot Cereals

COO Wheat 28 oz	Cream of Rice 14 oz gluten free	Cream of Wheat 28 oz or original	Malt-O-Meal 28 oz or 36 oz original	Malt-O-Meal 28 oz or 36 oz chocolate

Quaker Instant Oats 12 oz individual packets, original flavor only	Quaker Instant Oats 11.8 oz individual packets, original flavor only	Any Size Brand Instant Oats 11.8 oz individual packets, regular fl.

WIC ALLOWED STORE BRAND

- Foreway
- Food Club
- Great Value
- Hazzardity
- HyTop
- HyWay
- IGA
- Market Pantry
- Pantry
- Our Family
- Rebbon
- Shurline
- Valu Time

Always Save
Best Choice
Clear Value
Essential
Everyday

Ways to buy up to 36 oz of cereal

You may combine cereals up to a total of 36 ounces per month.*

15 oz	16 oz	13.0 oz	12 oz	12 oz	12 oz	18 oz	18 oz
+ 16 oz	+ 21.7 oz	+ 12.0 oz	+ 12.0 oz	+ 12.0 oz	+ 18.0 oz	+ 18.0 oz	+ 36.0 oz
31 oz	34.7 oz	36 oz	36 oz	36 oz	36 oz	36 oz	36 oz

*No 9 oz cereals allowed.

MINNESOTA WIC PROGRAM SHOPPING GUIDE

FOR CURRENT LIST OF WIC ALLOWED FOODS: www.health.state.mn.us/wic

cereals • Whole Grain Cereals • Other Cereals

14

..... Additional Changes

No deep fat frying food



..... Additional Changes



Water must be available
AND offered to children
throughout the day

..... Additional Changes

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*



CHILD MEAL PLANNING



How Can You Make This Creditable?

- Oatmeal
- Apple Juice
- Skim Milk

- Turkey on Bread
- French Fries/Bananas
- Skim Milk

- Graham Crackers
- Grape Juice

- Oatmeal (WGR)
- **Apples**
- Skim Milk

- Turkey, WW Bread (WGR)
- **Baked** Fries/Bananas
- Skim Milk

- **Wheat Thin** Crackers(WGR)
- Grape Juice

How Can You Make This Creditable?

- Rice Krispies
- Peaches
- Whole Milk

- Pancakes, Sausage
- Oranges/Watermelon
- 1% Milk

- Gogurt
- Strawberries

- Cheerios (WGR)
- Peaches
- 1% Milk

- Pancakes, Sausage
- Oranges/ Hashbrowns
- 1% Milk

- <23 gm sugar / 6 oz Yogurt
- Strawberries

How Can You Make This Creditable?

- Scrambled Eggs w/ Spinach, Peppers & Salsa
- Whole Milk

- Scrambled Eggs w/ Spinach, Peppers & Salsa
- **Skim Milk**

- WW Pasta/Meat Sauce
- Broccoli/Peas
- Chocolate Milk

- WW Pasta/Meat Sauce-WGR
- Broccoli/Peas
- **Skim Milk**

- Apple
- Peanut Butter

- Apple
- Peanut Butter



REQUIRED TRAINING ELEMENTS



..... Scavenger Hunt



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

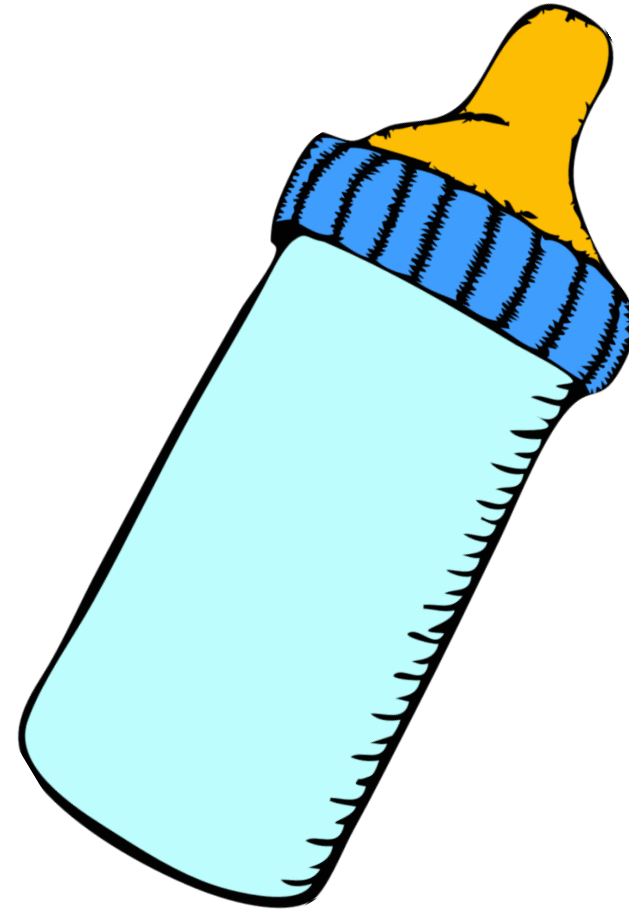


Infant Summary

- *Encourage and support breastfeeding*
- *Developmentally appropriate meals*
- *More nutritious meals*

..... Additional Change

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



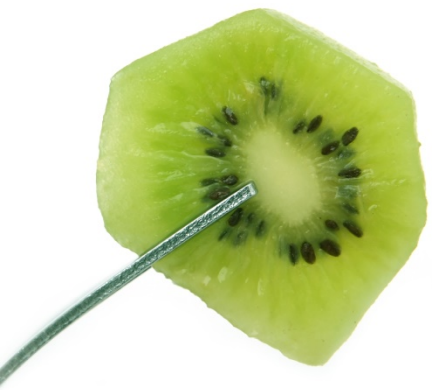
Vegetable
Best Practices
Activity





*How will these changes
benefit the children?*





Questions & Evaluation

