

## CHILD AND ADULT CARE FOOD PROGRAM

### Mealtime Minutes Newsletter for Parents

Winter 2016

#### What is CACFP?

The Child and Adult Care Food Program (CACFP) provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children.

Through CACFP, more than 3.3 million children receive nutritious meals and snacks each day as part of the day care they receive.

To help teach children about healthy eating that will last them a lifetime, CACFP has resources and publications that will help you put together great tasting, nutritious meals and snacks that children will enjoy. Find these resources online at <http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education!>

#### Growing Healthy Website Available for Families

The American Association of Pediatrics (AAP) is the world's largest publisher of pediatric content. HealthyChildren.org is the digital extension of the AAP mission to provide the most trustworthy health content to parents and caregivers at home, on the go, and from anywhere in the world.

Whether you're looking for general information related to child health or for more specific guidance on parenting issues, you'll find information regarding the AAP's many programs and activities, policies and guidelines, publications and other child health resources, as well as much, much more:

- Nearly 4,000 articles on more than 500 children's health topics
- An interactive KidsDoc Symptom Checker
- An "Ask the Pediatrician" tool
- Easy-to-use search by keyword, topic, or age
- Tips, tools, schedules, checklists, and more
- Special offers and a free e-newsletter for registered users

For quick tips, go online at [www.healthychildren.org/growinghealthy](http://www.healthychildren.org/growinghealthy).

#### New 2015 Dietary Guidelines Encourage Healthy Eating Patterns among Americans



The U.S. Department of Health and Human Services and U.S. Department of Agriculture recently released the 2015-2020 Dietary Guidelines for Americans.

These updated nutritional guidelines encourage Americans to adopt a series of science-based recommendations to improve how they eat to reduce obesity and prevent chronic diseases, like Type 2 diabetes and heart disease.

This information is important to Child and Adult Care Food Program participants because as the Dietary Guidelines and science evolve, USDA will continue to provide guidance, as needed, to support CACFP's nutrition and wellness goals.

**Key Recommendations** from the Dietary Guidelines note that a healthy eating pattern includes:

- A variety of vegetables from all of the subgroups—dark green, red and orange, legumes (beans and peas), starchy, and other
- Fruits, especially whole fruits
- Grains, at least half of which are whole grains
- Fat-free or low-fat dairy, including milk, yogurt, cheese, and/or fortified soy beverages
- A variety of protein foods, including seafood, lean meats and poultry, eggs, legumes (beans and peas), and nuts, seeds, and soy products
- Oils
- Limiting saturated fats and trans fats, added sugars, and sodium

The full 2015-2020 Dietary Guidelines for Americans is available at [www.dietaryguidelines.gov](http://www.dietaryguidelines.gov).

Questions or comments? E-mail us at [enr@isbe.net](mailto:enr@isbe.net) or call 1-800-4-4ISBE or 217-783-2491

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