The CACFP meal patterns lay the foundation for healthy meals for children. USDA developed *optional* best practices that build on the meal patterns and identify additional steps to *further improve* the nutritional quality of meals. Check the best practices implemented in your child care program and identify areas for improvement.

### Infants

| Support mothers who choose to breastfeed by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary. |

### Vegetables and Fruit

- Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits more often than juice.
- Provide at least one serving of the following once per week:
  - Dark green vegetables (e.g. broccoli, romaine lettuce, spinach)
  - Red and orange vegetables (e.g. carrots, red peppers, tomatoes, sweet potatoes)
  - Beans and peas (e.g. black beans, garbanzo beans/chickpeas, chili beans)
  - Starchy vegetables (e.g. corn, green beans, jicama, potatoes)
  - Other vegetables (e.g. cauliflower, celery, cucumbers, green beans)

### Grains

- Provide at least two servings of whole grain-rich grains per day.

### Meat and Meat Alternates

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses.

### Milk

- Serve only unflavored milk.
- If flavored milk is served to children 6 years old and older serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces or with the lowest amount of sugar available.

### Additional Areas

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars (e.g., honey, jam, syrup), ingredients with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages.

### Action Plan

Choose one or more best practice (not checked) to implement:

Identify potential challenges:

List strategies to overcome challenges: