



Child and Adult Care Food Program Menu Templates for the Minute Menu System

Revised January 2012

- ✓ Preplanned menus are **REQUIRED** to be posted for parents and CACFP Staff to observe



Veer towards healthy choices.

Assortment is the key!



Radishes, raspberries, rice, red beans

Impact eating habits



Enjoy different foods on different days.

Try new foods.

Yummy!

Look for a Variety. Be adventurous. Choose different foods in each food group. For example, don't reach for an apple every time you choose a fruit. Eating a variety of foods each day will help you get all the nutrients you need! Don't have too much or too little of one thing. All foods, if eaten in moderation, can be part of healthy eating. Even sweets can be okay in moderation.

CASY

Supporting Early Education and Quality Child Care



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Nutrition Concepts Following the Dietary Guidelines

What you can do to promote healthier youth:

- ✓ Focus on nutrient-dense foods versus calorie-dense foods
- ✓ Balance calories consumed with calories expended to promote healthy weight
- ✓ Engage children in at least 60 minutes of physical activity daily
- ✓ Provide adequate amounts of fruit (2 cups) and vegetables (2 ½ cups)
- ✓ At least half of the weekly grain intake should be whole grains
- ✓ Monitor fat intake – limit trans fatty acid consumption
- ✓ When preparing meat choices, select lean, or low-fat cuts
- ✓ Fat intake should constitute less than 35% of calories consumed
- ✓ Limit sodium intake to less than 1 teaspoon of salt or the equivalent of 2,300 mg of sodium
- ✓ Utilize available free resources

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Tips for Healthier Food Preparation:

- ✓ Try to choose fresh fruits and vegetables. If using commercially canned items, drain first to remove packing syrups and or sodium
- ✓ When preparing vegetables, use low-fat broth or sauce or herbs to season, instead of butter or salt
- ✓ Choose to bake or broil items, instead of frying; this can greatly reduce the fat content of food items
- ✓ Limit the number of egg yolks used; opt for egg whites to lower fat content
- ✓ Trim all visible fat from meats before cooking; opt for leaner cuts whenever possible
- ✓ Limit the use of salt when possible; omit salt when boiling water for pasta to lower sodium intake
- ✓ Use nonstick sprays to coat pans in place of Crisco, or other solid fats



Want a cost effective way to serve fresh fruits and vegetables? Start your own garden with the children. Teach them how to plant and tend to the garden. It is an excellent way to educate on where our foods come from & you can serve the fruits and veggies they planted, no better way to get them to taste something they may have been hesitant to try! To learn more contact your local Purdue Extension Agency