

The Scoop

CACFP Week!



Are you ready for CACFP Week? This year we will celebrate CACFP March 12 - 18, 2023.

The campaign is designed to raise awareness of how CACFP works to combat hunger. We will be sharing great facts about CACFP as well as fun activities and recipes for the children to participate in.



Adding dinner could increase your reimbursement amount drastically! Centers have seen up to a 35% increase in their claim amount!

Ask us how you can increase your reimbursement today!

The Power of Vitamin C



Vitamin C is important for keeping body tissues, such as gums, bones, and blood vessels in good shape. It plays an important role in healing and absorbing iron from food.

Vitamin C may help your body fight off infections. If you have a cold, vitamin C can help shorten the amount of time you are sick.

How to Spot Whole Grain Items:

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2

3

A whole grain rich item must be served at least once a day.

The Rule of Three

The first ingredient (or second after water) is a whole grain and the next two grain ingredients (if any) are creditable grains (whole grains, enriched grains, bran, or germ.)



Why Are Whole Grains Important?

Whole grains are an important source of vitamins and minerals. The nutrients found in whole grains include: vitamin E, vitamin B6, magnesium, manganese, zinc, potassium, copper, and pantothenic acid. Whole grains are also the top source for fiber, which reduces the risk of heart disease and type 2 diabetes.

Fiber helps the digestive system, benefiting those who struggle with constipation or irregular stools; often common in younger children.



Whole Grain Ideas:



Breakfast

Whole grain cereal*:

(Cheerios, Chex, Frosted Mini Wheats)

Oatmeal

Cream of wheat

Lunch/Supper

Whole wheat pasta

Whole wheat bun

Brown rice

Corn tortilla

Snack

Whole Grain pretzel

Whole Grain gold fish

Whole Grain torilla chips

*Cereal must meet CACFP sugar limits

Healthy Plate Solutions is happy to partner with you in 2023!

O...is for ORANGE

