

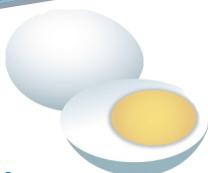
Child and Adult Care Food Program: Using the Updated Meal Patterns To Lower Costs

The updated CACFP meal patterns lay the foundation for children and adults in care to learn healthy habits that can last a lifetime. CACFP centers and day care homes can actually save money while implementing the new, healthier meal patterns. Don't believe it? Check out these examples and tips!

Note: Centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Example 1. Child Breakfast (Age 1-2)

Save 4¢ per meal!



Current	Updated
<ul style="list-style-type: none"> • 1/2 cup whole milk • 1/4 cup banana ⇒ 1/4 cup cereal 	<ul style="list-style-type: none"> • 1/2 cup whole milk • 1/4 cup banana ⇒ 1/2 large egg
Average meal cost: \$0.46	Average meal cost: \$0.42

Meat and meat alternatives can substitute for the grains requirement at breakfast three times per week and save some money.

Tip: Look for lower cost items like eggs.



Example 2. Child Lunch (Age 3-5)

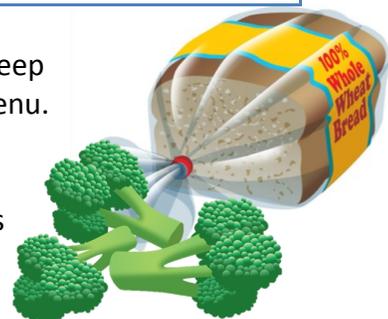
Save 6¢ per meal!



Current	Updated
<ul style="list-style-type: none"> ⇒ 3/4 cup low-fat chocolate milk • 1 1/2 oz. chicken breast ⇒ 1/2 slice white bread ⇒ 1/4 cup strawberries ⇒ 1/4 cup carrots 	<ul style="list-style-type: none"> ⇒ 3/4 cup low-fat plain milk • 1 1/2 oz. chicken breast ⇒ 1/2 slice whole wheat bread ⇒ 1/4 cup orange slices ⇒ 1/4 cup broccoli
Average meal cost: \$1.24	Average meal cost: \$1.18

Even when serving whole grain-rich items, you can keep costs low by making changes in other parts of the menu. There are many affordable vegetables available, like broccoli and carrots.

Tip: Check the frozen foods aisle for low-cost veggies that are just as nutritious.



Example 3. Child Snack (Age 6-12)

Save 25¢ per snack!

Current	Updated
<ul style="list-style-type: none"> • 1/2 cup low-fat milk ⇒ 1 fruit-filled pastry 	<ul style="list-style-type: none"> • 1/2 cup low-fat milk ⇒ 3/4 cup apple slices
Average meal cost: \$0.96	Average meal cost: \$0.71

Many vegetables and fruits are more affordable than grain-based desserts. Trading out a fruit-filled pastry for apple slices can save you money.

Resources To Help Stay in Budget

Find useful tips and strategies to help you save money while serving healthy, nutritious foods:

Eating Healthy on a Budget (<http://www.choosemyplate.gov/budget>)

This USDA site provides tips on how to prepare for shopping trips in advance to save money and suggestions for selecting lower cost, healthy items.

Meeting Your MyPlate Goals on a Budget (<http://www.choosemyplate.gov/sites/default/files/budget/MeetingYourMyPlateGoalsOnABudget.pdf>)

This guide shows tips for meeting the healthy goals of MyPlate while on a budget and includes plenty of healthy, affordable recipes.

Recipes and Tips for Healthy, Thrifty Meals (http://www.cnpp.usda.gov/sites/default/files/usda_food_plans_cost_of_food/FoodPlansRecipeBook.pdf)

Child care providers can use these tips to save money while shopping and get ideas for recipes that use low-cost food items.

Using Cycle Menus to Control Food Costs (<http://www.nfsmi.org/documentlibraryfiles/PDF/20131105115523.pdf>)

This resource from the Institute of Child Nutrition shows how using cycle menus—a series of menus that is repeated over a period of time—can save time and money!

Cost Effective Shopping for Child Care (<http://www.nfsmi.org/documentlibraryfiles/PDF/20111031104334.pdf>)

This “Mealtime Memo” from the Institute of Child Nutrition gives seven basic steps that can help child care providers stretch their food budget.

Notes: The prices reflected in this handout are from the USDA Center for Nutrition Policy and Promotion Food Prices Database. See <http://www.cnpp.usda.gov/USDAFoodPlansCostofFood> for more information. Prices were adjusted for inflation using the Bureau of Labor Statistics Consumer Price Index for Food. See <http://www.bls.gov/cpi/>.