

Implementing the New Child and Adult Care Food Program (CACFP) Meal Patterns Webinar Discussion Guide



This handout provides tips and strategies for developing an approach to achieve full implementation of the updated Child and Adult Care Food Program (CACFP) meal patterns. Below are discussion questions to assist you in the development of ideas that support full implementation.

Teamwork and Collaboration- Who are the Stakeholders?

- 1) Think about who plays a role in your CACFP implementation currently, and make lists of internal and external individuals/organizations.
- 2) Consider if there are any additional stakeholders that will play a role in helping you to achieve your implementation goals for the new meal patterns and add them to your lists.
- 3) Brainstorm the information you will need to share with stakeholders or questions they may have.

Increasing Whole Grains

- 1) Brainstorm how your program can increase whole grains.
 - a. What are easy/small changes you can make?
 - b. What changes will take more effort?
- 2) Think about the adjustments you can start making now to prepare children, staff and families.
 - a. What will be the biggest hurdles?
 - b. Transition gradually? Identifying recipes?

Serving Juice in Your Program

- 1) Consider the expectations of children, families and staff related to juice.
 - a. How can you ease the transition to less juice being served?
- 2) Making water available and offered to children throughout the day is part of the updated CACFP meal patterns.
 - a. What supplies will you need?
 - b. How can you prepare children, families and staff?
- 3) Brainstorm and make a plan!

Minimizing Waste with the Updated Meal Patterns

- 1) Introducing new food items can be challenging! Many programs have introduced new foods as part of the current meal patterns.
 - a. What strategies have proved most useful for introducing new foods?
 - b. Are there resources that have been particularly helpful?
 - c. How have you adopted your menus over time to include new food items?

Promoting Breastfeeding

- 1) Think about how your program currently promotes breastfeeding.
 - a. Do you share information with parents and families?
 - b. Do you have a private space for breastfeeding?
- 2) Brainstorm ways to communicate with parents about providing breastmilk and breastfeeding onsite.
 - a. What information will mothers need and when?