



# Family Child Care FUNdamentals

Institute of Child Nutrition  
The University of Mississippi

[www.theicn.org](http://www.theicn.org)

800-321-3054



## NEW Federal Rule (CACFP)

# Child Nutrition Programs: Meal Patterns Consistent with the 2020–2025 Dietary Guidelines for Americans

- **Implementation Date: July 1, 2024**
    - **Dietary Accommodations:** Institutions and facilities are *encouraged* to accommodate non-disability dietary *preferences* in CACFP meal planning and preparation.
  - **Implementation Date: October 1, 2025**
    - **Added Sugars Limits:** Changes sugar limits for breakfast cereals and yogurt, shifting from total sugars to *added* sugars.
    - **Medical Statements:** State licensed healthcare professionals *and registered dietitians* can write medical statements.
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## NEW Federal Rule (CACFP)

# Child Nutrition Programs: Meal Patterns Consistent with the 2020–2025 Dietary Guidelines for Americans (cont.)

- **CACFP & SFSP Standards:**
  - [www.bit.ly/49PeLMZ](http://www.bit.ly/49PeLMZ)
- **Available Support: The ICN's Help Desk:**
  - Email: [helpdesk@theicn.org](mailto:helpdesk@theicn.org)
  - Phone: 1-800-321-3054






## Lesson 3:

# Cost-Effective Shopping

# Planning Meals

- Consider the budget
- Create a menu
- Review ads and coupons
- Make a list



## **Advantages of Using Cycle Menus**

- Save time
- Make food shopping easier
- Are adaptable

# Make a List

- Look over recipes
- Check food that is on hand
- Organize according to store layout
- Develop a template
- Post an ongoing list



# Ads and Coupons: Will They Save You Money?

- Do you usually use them?
- Compare prices with other brands.

# Cost-Effective Shopping

- Consider where you shop
- Compare pros and cons of convenience items
- Consider quality and nutrition



# Unit Prices

- Tell the cost of one unit
- Located on shelf edge
- Compare different brands
- Compare different sizes
- Compare different forms (e.g., fresh vs. canned)

A photograph of an open refrigerator with several shelves filled with a large quantity of apples. The apples are in various colors, including red, yellow, and green. The refrigerator's interior is white, and the control panel with a dial and buttons is visible at the top right.

## Buying in Bulk

- Will I use it?
- Is it the best buy?
- Do I have a place to store it?

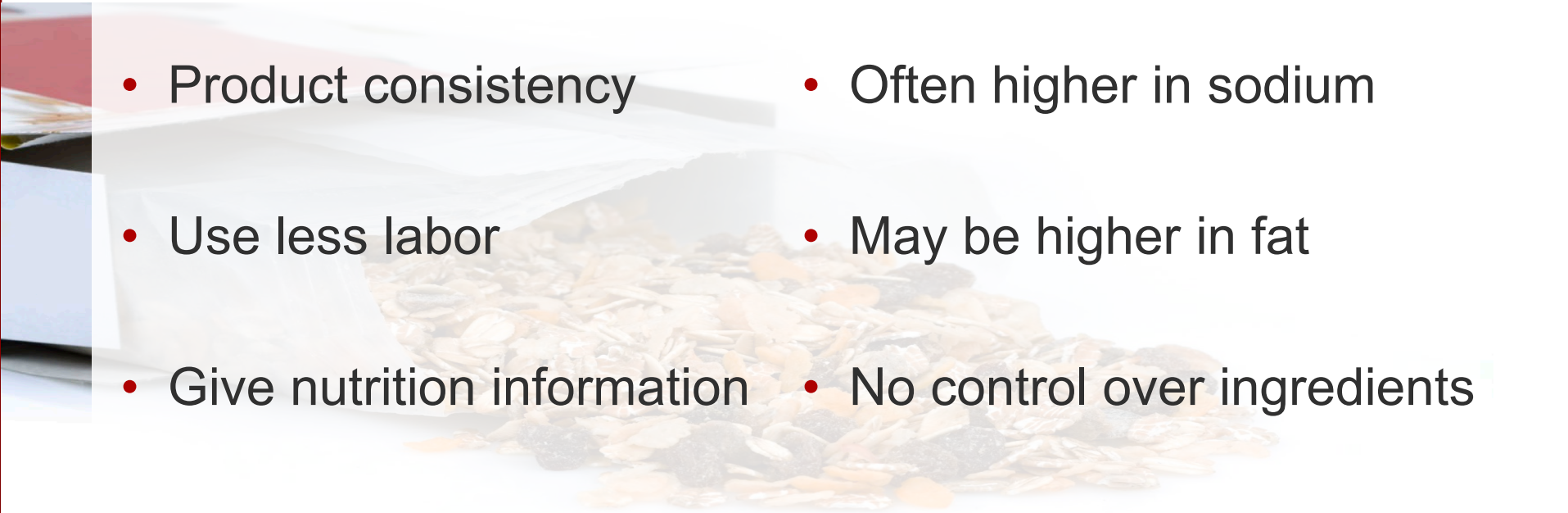
# Convenience Foods

## Advantages

- Save time
- Product consistency
- Use less labor
- Give nutrition information

## Disadvantages

- Can cost more
- Often higher in sodium
- May be higher in fat
- No control over ingredients



A woman with curly blonde hair, wearing a white jacket, is standing in a grocery store aisle. She is holding a can of food in her right hand and looking down at it. The background shows shelves stocked with various products, including bags of chips and boxes of cereal. The scene is brightly lit, and the overall atmosphere is that of a typical grocery store.

## **Consider Quality and Nutrition**

- Visual inspection
- Packaging dates
- Nutrition Facts labels



# Packaging Dates

Sell-by

Best if used by (or before)

Use-by

Questions?





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