

What makes fruits and veggies kid-friendly?

- Fun and creative
- Variety of colors
- Engaging
- Nutritious and safe

What are the benefits of fruits and vegetables?

Supports growth and development. Fruits and vegetables are packed with nutrients that help aid kids to build strong bones, have better digestion, and create a strong immune system.

Encourages a diverse palate! This is especially beneficial for kids who seem like picky eaters. The more they have exposure to fruits and vegetables, the more they will be willing to try them!

Offers natural energy and another opportunity for hydration. The high water content in fruit and veggies helps keep kids hydrated throughout the day.



Safety Tips to Consider when serving fruits and vegetables:

1. Ensure proper texture and size
2. Supervise mealtimes
3. Introduce new foods gradually when possible

Standardized recipes with CACFP credits per serving:

Banana Bobs (photo above) (½ cup Fruits)

Apples and Almond Butter (¾ cup Fruits)

Berry Blast Off (½ cup Fruits)

Baked Apples and Squash (¼ cup Vegetables, ¼ cup Fruits)

Carrot Ginger Salad (½ cup Vegetables)

Purple Power Bean Wrap (5/8 cup Vegetables)

Roasted Green Beans (1/2 cup Vegetables)

Review of Guidelines for CACFP Fruits and Vegetables

All servings need to be served in the appropriate portion size for age group

- **Breakfast:** A serving of a fruit or vegetable, or both
- **Lunch and Supper:** A serving each of a fruit and a vegetable, but a second serving of a vegetable can be served in place of the fruit component. 2 different vegetables must be served when providing 2 servings of vegetables
- **Snack:** 2 of the 5 food components needs to be served (The 5 components include Fluid Milk, Meat or Meat alternative, Vegetables, Fruits, and Grains)

Visit the [CACFP Child Meal Pattern Chart](#) for additional information on portion sizes for age group for ages 1 -18.

Best Fruit and Vegetable Practices for CNP

- Encourage variety
- Preference of whole and minimally processed fruits and vegetables
- Local and seasonal produce when possible

What can CNP staff do?

- **Encourage** kids to try without adding pressure
- **Use positive language**
- **Provide engaging meal presentations**
- **Incorporating fun activities and dialogue with eating, such as...**
 - “What colors do you see?”
 - “Do you want to try dipping it into this sauce?”
 - “What does it taste like?”
 - “Does this fruit or vegetable remind you of anything?”

Additional Resource Links:

[CACFP Meal Pattern and Menu Planning Page](#)

[Crediting Handbook for the Child and Adult Care Food Program](#)

[USDA Food Buying Guide](#)

[ICN Recipes](#)

[Food Hero Recipes – Cooking for a Crowd](#)

[Oregon Farm to CNP Main Page](#)

[Team Nutrition Handouts](#)

At the end of the day, you are helping kids explore and enjoy healthy foods, encourage healthy habits, and help kids feel confident and balanced about eating!