



Adding Goodness to Every Meal

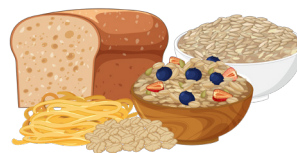
The Child and Adult Care Food Program stirs up goodness every day by providing healthy, nutritious meals and snacks to over 4.5 million children and adults. Here are six different ways that you can stir goodness into your own menus.

Add a Burst of Color on the Plate



Adding more color helps provide a balance of vitamins and minerals.

- » Rotate produce by season for variety and cost savings.
- » Aim to have at least two different colors on each plate.
- » Serve each color at least once per week.



Choose More Whole Grains

Simple swaps for whole grains boost fiber and provide long-lasting energy.

- » Serve two whole grain-rich grains per day for more fiber.
- » Opt for whole grain-rich bread instead of white bread.
- » Pair favorite fruits with oatmeal in the morning.

Power Up with Protein Variety



Protein supports growth and helps keep bellies fuller for longer.

- » Offer lean meats and limit processed options.
- » Add yogurt and cheese for calcium-rich meat alternates.
- » Try out some plant-based options like tofu or lentils.

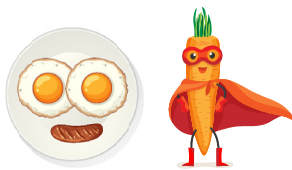


Keep Flavor Simple and Healthy

Limiting sugar and sodium does not have to mean that you are limiting flavor.

- » Use herbs and spices like cinnamon, garlic or basil.
- » Try citrus juice or vinegar to brighten flavors.
- » Roast or bake foods for different textures and taste.

Make Mealtime Fun & Inviting



Presentation matters, especially for young eaters trying out new foods.

- » Practice family style dining if you're able.
- » Use fun names like "Super Spinach" or "Mighty Milk."
- » Let kids create patterns on plates, like faces or animals.



Involve Kids in the Process

Kids are more likely to try a new food if they've helped choose or prepare it.

- » Let kids help pour and mix ingredients.
- » Encourage feedback when introducing a new food.
- » Have children set the table before mealtimes.