

Provider Perspectives

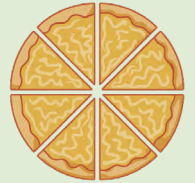


Which whole grain do kids love most in your program and how do you serve it?

Our community of CACFP providers has amazing ideas! In this resource, we're sharing their insights on how they serve whole grain-rich items to inspire and support you in your own programs.

“We make snack time fun with **whole grain tortillas** cut into different shapes, sizes and even characters, then add a little melted cheese. The kids love choosing their favorite shapes and watching the cheese melt. Sometimes we add colorful veggies or fruit on top. It's a fun way to **get them involved, try new foods and enjoy a nutritious snack.**”

“Pizza day is the best day! We make it with **whole grain crust** so kids get the nutrition they need while enjoying a meal they love. They can even **choose their favorite toppings**, which makes lunchtime extra exciting.”



“**Grain bowls** are one of our favorite ways to get kids excited about healthy foods. I offer a variety of toppings such as fruits, vegetables, nuts and seeds so each child can assemble their own bowl. They enjoy **choosing their favorite ingredients** and trying new combinations!”



“We make breakfast exciting with **creative meals the children can build themselves**. Some of our favorites have been bear face pancakes, waffle fruit pizzas and banana sushi rolls. The kids love being **hands-on while trying new foods.**”

“We serve **whole grain crackers with fun toppings** and the kids love them. Some get shredded cheese and diced ham and we melt it in the air fryer. Others enjoy diced fruit or peanut butter with raisins on top. The kids call them their mini pizzas and always **look forward to snack time.**”

“Oatmeal is more than breakfast here. I serve **old-fashioned oatmeal** with cinnamon and leftover fruits like apples, peaches or pears. Even those who think they don't like oatmeal **can't resist a bowl**, and it's a great way to add flavor and nutrition.”

