



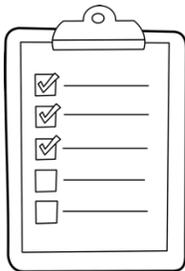
**BEHAVIORAL NUTRITION & PHYSICAL ACTIVITY LABORATORY**  
University of Oklahoma Health Sciences Center

**Family Child Care Home Providers are Meeting These CACFP New Rules and Best Practices**

- Most providers (97%) do not fry foods on-site as a way to prepare foods (rule).
- All providers are serving whole, unflavored milk to 1-2 year olds (rule).
- Approximately 85% of providers are serving a red or orange vegetable at least once per week (best practice).
- Majority of providers (97%) limit juice to once per day (rule).
- All providers caring for infants encourage mothers to bring a supply of breastmilk (best practice).



**Family Child Care Home Providers Need Improvement to Meet These CACFP New Rules and Best Practices**



- Only 20% of providers are limiting pre-fried foods (French fries, chicken nuggets, fish sticks) to once per week (best practice).
- Only 50% of providers serve breakfast cereals that contain no more than 6g of sugar per 1 dry ounce (rule).
- Only 50% of providers are incorporating seasonal and locally produced foods into their meals and snacks (best practice).
- Only 27% of providers serve family-style meal service (best practice).
- Only 4% of providers serve a fruit or vegetable at snack (best practice).

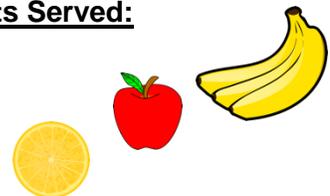
**Most Popular Vegetables Served:**

1. Carrots
2. Corn
3. Green Beans



**Most Popular Fruits Served:**

1. Bananas
2. Apples
3. Oranges



**For more information on the new CACFP rules and best practices, visit**  
<https://www.fns.usda.gov/cacfp/meals-and-snacks>

This report was prepared by Ashley Brice, RDN, MS December 2017 on behalf of the Behavioral Nutrition and Physical Activity Laboratory directed by Dr. Susan B. Sisson, PhD, RDN, CHES. If you have any questions or concerns, please contact us at [nutritionandphysicalactivitylab@ouhsc.edu](mailto:nutritionandphysicalactivitylab@ouhsc.edu) or 405-271-8001 x 41173.