

# OSSE Nutrition Standards for CACFP

Do you have a vendor or caterer?

**Talk to your vendor about the new CACFP standards.**

- Don't assume your vendor knows the District CACFP nutrition standards.
- Make it clear that healthy food is important to you.
- Discuss how to include healthier options without raising prices.

## Healthy Cooking



### How can I prepare healthy foods?

#### Start with healthy ingredients.

Buy uncooked—fresh or frozen—meats, vegetables and fruit.

- Look out for pre-fried items and products with sauces. Select canned goods carefully.
- Buy fruit canned in juice or lite syrup.
- Buy canned vegetables with no added salt.

#### Cook in ways that don't use as much fat as frying.

- Bake ▪ Braise ▪ Broil ▪ Poach ▪ Roast ▪ Sauté ▪ Steam ▪ Stew ▪

#### Make your own nuggets, tenders and fries.

- Bread or batter raw chicken or fish, then bake instead of fry.
- Cut potatoes, toss lightly in oil, then bake until crisp.

#### Select healthy fats for cooking.

For cooking and flavoring, try olive, canola or vegetable oils .

#### Skip the cooking for vegetables.

Raw veggies make great finger food for older children.

- Cut them up and serve with a dip like hummus or salsa.



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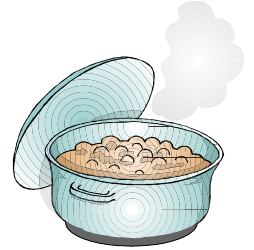
I Am Healthy, I Am Happy

# Cook the CACFP Way

Try these healthy cooking methods:

## Braising and Stewing

- Braising means partially covering the food with liquid and simmering for a long time.
- Stewing is similar, but the food is cut into smaller pieces before cooking.
- Start by browning the food in a little oil, then add liquid (usually water or broth). Simmer on the stovetop or in the oven until the proper temperature is reached.
- Braising and stewing work best for:
  - Tough cuts of beef (top blade, center cut, bottom chuck, or eye roast; brisket).
  - Whole chicken or bone-in pieces.
  - Hardy vegetables like butternut squash, cabbage, carrots, or greens.
- Braised and stewed foods can be made in a slow cooker or crock pot, or made ahead of time, cooled and then reheated for the meal.



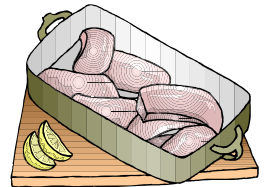
## Poaching

- Poaching means cooking by simmering gently in liquid.
- Start by bringing water or broth to a simmer, then add the food, return to a low simmer and cook until the proper temperature is reached.
- Poaching works best for:
  - Chicken (whole, bone-in pieces or boneless chicken).
  - Fish fillets.
  - Lean cuts of beef.
- Poached chicken can be shredded or diced for use in tacos, soups and casseroles.



## Roasting

- Roasting is the same as baking—cooking uncovered in dry heat.
- Roasting works best for:
  - Large, tender cuts of beef or pork (sirloin, top or bottom round, tenderloin).
  - Chicken (whole, bone-in pieces or boneless chicken).
  - Fish.
  - Hardy vegetables (see braising), plus asparagus, Brussels sprouts, cauliflower, peppers, and summer squashes.



## Steaming

- Holding food over boiling water, surrounded in steam, cooks it gently and quickly.
- Use a steamer pot or basket to keep the food from touching the boiling water.
- Cook until just tender to preserve the greatest amount of nutrients.
- Steaming works well for all types of vegetables as well as fish.



## How can I make healthy food taste good?

- Serve with sauces and condiments like salsa, mustard, BBQ sauce, or vinaigrettes.
  - Go easy on cheese or cream sauces, sour cream, mayo and creamy dressings.
- Experiment with herbs, spices, garlic powder and onion powder.
  - Look for salt-free items instead of spice blends with salt or garlic salt.
- Use low-sodium broth in place of water for extra flavor.
- Add a little fruit juice (like lemon juice), citrus zest, or vinegar.

