

ADAPTING TRADITIONAL FOODS FOR EARLY CARE & EDUCATION ENVIRONMENTS

Oklahoma Spotlight



1 in 3 preschoolers did not eat a daily fruit



1 in 2 preschoolers did not eat a daily veggie



Ranks 40th nationally in fruit consumption



Ranks 49th nationally in veggie consumption



Ranks 49th nationally in soda consumption

The Context

- The USDA's Child and Adult Care Food Program (CACFP) reimburses Early Care and Education Programs serving children in low-income homes for qualifying meals.
- Programs participating in the CACFP have healthier food and meal practices.
- Few recipes are available for traditional Indigenous meals that meet CACFP requirements.

The Solution

Develop and adapt traditional recipes to comply with CACFP meal patterns for breakfast, lunch, and snack.

The Process

1. Develop Community Advisory Board ★

The Community Advisory Board's role is to guide and inform the adaptation and development of traditional recipes for early care and education.

Who can be on the board?

Early care and education program directors and administrators, cooks, community members with interest in children's nutrition.

2. Create Recipes

2. Test Recipes

3. Share

★ Current Step

Critical Considerations



Economically Sourced



Accessible for Kids



Easily Sourced



Scalable