

# **Nutrition Standards for Family Child Care Homes**

Evaluation Results from a 2017 Pilot Study of Nutrition Standards Training of 30 Family Child Care Home Providers in Three California Counties



Available at: <a href="http://npi.ucanr.edu/files/263112.pdf">http://npi.ucanr.edu/files/263112.pdf</a>

# Overview of Nutrition Standards for Family Child Care Providers

- Evidence-based guidelines developed in 2016 by a group of nutrition scientists, family child care home providers, and those that work closely with providers
- Incorporates previous and new USDA Child and Adult Care Food Program (CACFP) standards, and more comprehensive
- Standards were informed by **authoritative sources** including the USDA, Institute of Medicine, and the American Academy of Pediatrics
- Standards include both WHAT to serve and HOW to serve
- Standards for two age groups, including one for **infants 0-11 months** and one for **children 1-5 years**
- Two tiers of standards, based on HIGH IMPACT and EASE of implementation

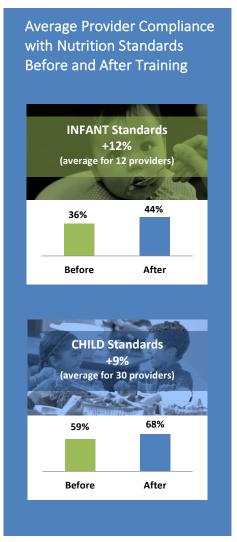
#### Pilot Study & Timeline

30 family child care home providers in three counties – San Joaquin, Santa Clara, and San Diego – were recruited to participate in a 2-hour in-person nutrition training. Providers were given self-paced learning materials and feedback on their baseline compliance with the standards. Providers were asked to pick 3 to 5 nutrition standards to improve on after the training. Compliance with nutrition standards was assessed via provider survey and researcher observation prior to and two months after the nutrition training.



#### 48 Average Age (years) **Participate in CACFP** 25% Average # of Children **Qualifying for Subsidies** 3 Average # of Children in Care 0-11 Months 1-5 years 6+ years Total 10 Race/Ethnicity Hispanic/Latino White 27% Black/African American 7% Asian/Pacific Islander 3% **Language Preference** 57% Spanish English Other 10% **Education** Less than High School 10% High School Graduate 20% 69% Some/College Grad +

About the Providers



#### Average Change in Compliance for Individual Family Child Care Home Nutrition Standards

Results below are for standards with statistically significant increases in average compliance, comparing before and after providers participated in the training. Twelve providers were included for infant standards and 30 providers were included for child standards.

Introduce foods gradually, one at a Do not serve white (nontime, and wait for at least 3 to 5 whole) grains or grain-based STANDARD STANDARD days, watch for allergic reactions desserts (e.g. cake, cookies, INFANT CHILD such as diarrhea, rash or vomiting pie, pastries, donuts\* +33% STANDARD STANDARD Do not serve high Support and encourage salt foods breastfeeding CHILD +50% +21% Use only liquid non-tropical Provide adequate STANDARD STANDARD vegetable oils instead of solid refrigerator/storage INFANT fats space for breast milk CHILD +50% +21% Do not pressure to eat or clean Offer natural cheese no more plate; mealtime conversation STANDARD than 1-2 times per day; choose STANDARD should not focus on the low-fat or reduced-fat cheeses; amount of food that is or isn't do not serve cheese spread +37% +10% eaten KEY: All above standards were developed in 2016 as described previously; those marked with stars are consistent with the USDA Child and Adult Care Food Program (CACFP); STANDARD

+27%

Perception of Cost and Time

Providers were interviewed to assess

new standards impacted the cost of

their operations, and amount of time.

• 50% reported no change in cost of

• 67% reported no change in cost of

food and beverages

their perception of how implementing

Rarely or never offer 100% fruit juice

## **Provider Report of Difficulty Implementing Standards**

Providers were asked if standards were difficult or easy to implement, if they were already doing them or if they didn't implement them. Below are results of provider reported difficulty implementing Tier 1 (high impact) standards.

**2017 CACFP** 

Standard

### **INFANT STANDARDS** (12 PROVIDERS) Didn't Do 2% **Already Doing** 57% Hard 39% Easy...



2017 CACFP Best

Practice

\* CACFP will not reimburse for grain-based desserts

food preparation supplies • **53%** reported increase time for shopping and preparing food – half of which reported this time returned to normal after they became used to the change; the amount of time was not assessed









