



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: <http://npi.ucanr.edu/files/263112.pdf>

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

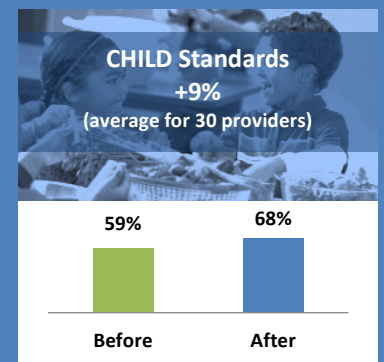
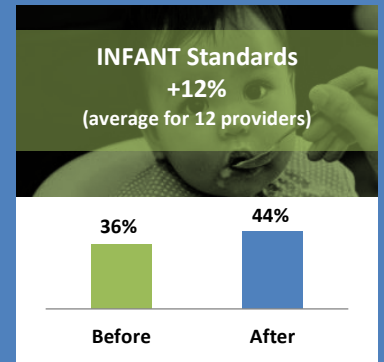
30 family child care home providers in three counties – San Joaquin, Santa Clara, and San Diego – were recruited to participate in a 2-hour in-person nutrition training. Providers were given self-paced learning materials and feedback on their baseline compliance with the standards. Providers were asked 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.



About the Providers

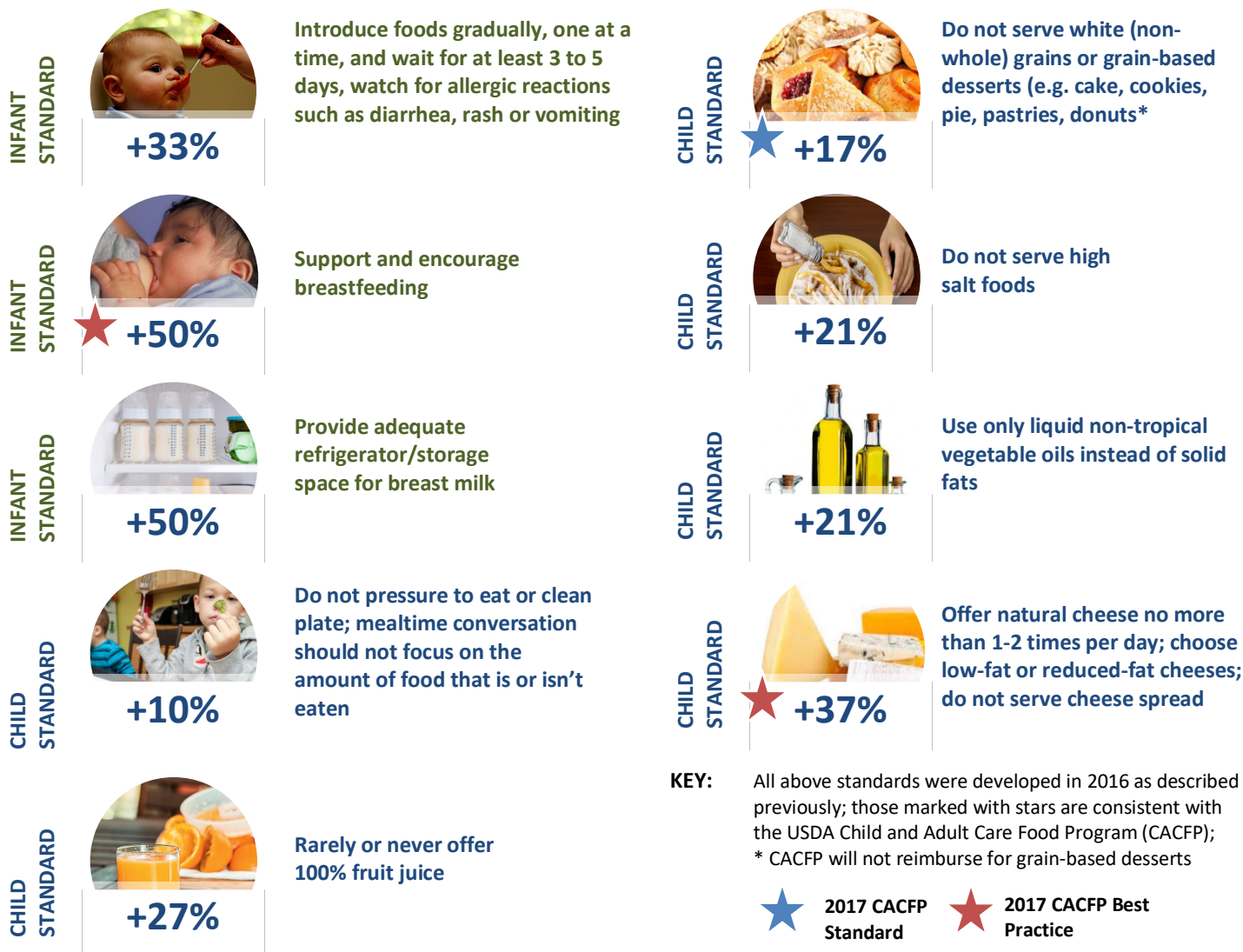
Average Age (years)	48
Participate in CACFP	25%
Average # of Children Qualifying for Subsidies	3
Average # of Children in Care	
0-11 Months	1
1-5 years	2
6+ years	3
Total	10
Race/Ethnicity	
Hispanic/Latino	63%
White	27%
Black/African American	7%
Asian/Pacific Islander	3%
Language Preference	
Spanish	57%
English	33%
Other	10%
Education	
Less than High School	10%
High School Graduate	20%
Some/College Grad +	69%

Average Provider Compliance with Nutrition Standards Before and After Training



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.



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); * CACFP will not reimburse for grain-based desserts

 2017 CACFP Standard  2017 CACFP Best Practice

Perception of Cost and Time

Providers were interviewed to assess their perception of how implementing new standards impacted the cost of their operations, and amount of time.

- 50% reported no change in cost of food and beverages
- 67% reported no change in cost of 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

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.

