

# Methods for Healthy Cooking

A Training Presentation for  
Child and Adult Care Food  
Program (CACFP) Operators



# USDA's Team Nutrition



• An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.

• Aims to improve children's lifelong eating and physical activity habits.

• Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)




[@TeamNutrition](https://twitter.com/TeamNutrition)



**Let Us Know  
Who You Are!**  
I work for a...


- ☐ Child care center
- ☐ Family care home
- ☐ At-risk afterschool care center
- ☐ Adult day care center
- ☐ Sponsoring organization
- ☐ Emergency shelter
- ☐ School food authority
- ☐ State agency
- ☐ USDA Regional Office
- ☐ Other


# Methods for Healthy Cooking


**USDA**  
United States Department of Agriculture



## Methods for Healthy Cooking

How a food is cooked can make a difference in how healthy it is. Try some of the cooking methods below instead of deep-fat frying. Cooking with oils instead of butter or lard can be better for heart health.

**Roast, Bake, or Broil:**  
Cooking foods, usually at high heat, in the oven.

**Sauté, Pan Fry, and Stir-Fry:**  
Cooking foods with a small amount of hot oil over medium or high heat.


**Grill:** Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.




Oven-Fried Chicken gives the crunch kids love, but in a healthier way.

**As of October 1, 2017,**  
foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the Child and Adult Care Food Program (CACFP).

- Deep-fat frying means cooking by fully covering (submerging) food in hot oil or other fat.
- “Onsite” means at your child care center, family child care home, or your child care center’s central or satellite kitchen.



More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





[fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets](https://fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets)

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## Try It Out!

Foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the CACFP. Which settings are defined as onsite?

- ☐ Child or adult care center
- ☐ Satellite or central kitchen
- ☐ Family child care home
- ☐ All of the above



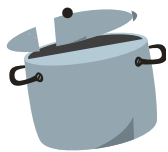


## Answer

Foods that are deep-fat fried onsite cannot count toward a reimbursable meal in the CACFP. Which settings are defined as “onsite”?

- ☐ Child or adult care center
- ☐ Satellite or central kitchen
- ☐ Family child care home
- ☒ **All of the above**





## Which foods may be served as part of a reimbursable meal in the CACFP?



Food	Reimbursable?
Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes).	Yes, if heated onsite by baking, microwaving, or another method that is not deep-fat frying. Compare foods and choose those lower in saturated fats.
Fried food from a restaurant or vendor.	Yes, if reheated onsite by baking, microwaving, or another method that is not deep-fat frying. Try to switch to healthier options.
Pan-fried foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when pan-frying.
Fried foods prepared at a child care center's central kitchen.	No.
Stir-fried or sautéed foods prepared at the child care center or family child care home.	Yes, the food is not covered with oil when stir-frying or sautéing.



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## Try It Out!

Deep-fat fried foods from a vendor or restaurant are reimbursable in the CACFP. How can they be reheated “onsite”?

- ☐ Baking
- ☐ Microwaving
- ☐ Deep-fat frying
- ☐ Both Baking and Microwaving





## Answer

Deep-fat fried foods from a vendor or restaurant are reimbursable in the CACFP. How can they be reheated “onsite”?

- ☐ Baking
- ☐ Microwaving
- ☐ Deep-fat frying
- ☒ **Both Baking and Microwaving**





## Which foods may be served as part of a reimbursable meal in the CACFP?



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## Try It Out!

Pan-fried, sautéed,  
and stir-fried food  
items are reimbursable  
in the CACFP.

- ☐ True
- ☐ False





☒ True

☐ False

## Answer

Pan-fried, sautéed, and stir-fried food items are reimbursable in the CACFP.





## Which foods may be served as part of a reimbursable meal in the CACFP?



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Packaged par-fried or flash-fried foods purchased from a grocery store (such as par-fried frozen potatoes).	Yes, if heated onsite by baking, microwaving, or another method that is not deep-fat frying. Compare foods and choose those lower in saturated fats.
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## Try It Out!

A center's satellite kitchen provides French fries that are deep-fat fried.

Is this meal reimbursable?

☐ Yes

☐ No





☐ Yes

☒ No

## Answer

A center's satellite kitchen provides French fries that are deep-fat fried.

Is this meal reimbursable?



# Try It Out!

Find these yummy recipes at: [fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit](https://fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit). Circle the ones you plan to try.



Try: [Oven-Fried Chicken](#)  
[Italian Garden Salsa with](#)  
[Crunchy Chicken Tenders](#)

Try: [Bean and Rice Burritos](#)  
[15-Minute Enchiladas](#)  
[Turkey Tostadas](#)

Try: [Oven-Fried Fish](#)  
[Roasted Fish Crispy Slaw Wrap](#)

Try: [Baked Tortilla Chips](#)  
[Corn Toasties](#)

Try: [Chicken Fiesta Taco Bake](#)  
[Delicious Tacos](#)  
[Eagle Pizza](#)

Try: [Delicious Oven French Fries](#)  
[Tasty Tots](#)



# Roast, Bake, or Broil

Cooking foods, usually at high heat, in the oven.



## Oven-Fried Chicken



## Roasted Fish Crispy Slaw Wrap



[fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit](https://fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit)



# Roast, Bake, or Broil

Cooking foods, usually at high heat, in the oven.



## Baked Egg Rolls



## Baked Batatas and Apples



[fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit](https://fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit)





# Sauté, Pan Fry, and Stir-Fry

Cooking foods with a small amount of hot oil over medium or high heat.



## Sautéed Tofu and Broccoli



## Collard Greens



[fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit](https://fns.usda.gov/tn/team-nutrition-recipes-and-cookbook-toolkit)



# Grill

Cooking foods by placing them on a pre-heated metal grill, or grill pan, with high heat coming from below the food.





## Try It Out!

All of the following  
are acceptable ways  
to prepare foods  
onsite, except:

- ☐ Grilling
- ☐ Pan-frying
- ☐ Deep-fat frying
- ☐ Baking





## Answer

All of the following are acceptable ways to prepare foods onsite, except:

- ☐ Grilling
- ☐ Pan-frying
- ☒ **Deep-fat frying**
- ☐ Baking



# More Team Nutrition Resources!



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)

# How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://TeamNutrition.usda.gov).

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



[TeamNutrition@usda.gov](mailto:TeamNutrition@usda.gov)



# Thank you!



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