Conclusions
CACFP program sponsors and community organizations should focus on:
1) Overcoming, identifying and providing acceptable alternatives for foods that are unhealthy and preferred by:
   - minimizing food waste through education on modeling of healthy eating
   - actively encouraging healthy food consumption
   - allowing choices in foods and portions
   - mixing preferred foods with less acceptable ones
   - communicating with parents about healthy eating at home
2) Developing skills for providers in minimizing costs of healthy foods;
3) Finding ways for providers to celebrate and give rewards that do not rely on sugar-sweetened treats;
4) Identifying time-saving approaches for providers including shopping, food preparation, and accommodating common food restrictions;
5) Emphasizing the health reasons behind program requirements to child care providers

Methods of education should also include:
- social media that encourages peer-to-peer support from other providers
- access to evidence-based reliable resources

References