Starting October 1, 2017, on-site deep frying will no longer be allowed as a method for preparing claimed foods. Fortunately, there are many other healthy cooking methods that child care homes and centers can use.

**HOW IS DEEP FRYING DEFINED?**
Deep frying is defined as cooking foods by submerging them in hot oil. Deep frying significantly increases the amount of fat absorbed by foods and the calories in the foods.

**WHAT ABOUT OTHER TYPES OF FRYING?**
Pan-frying, stir-frying, and sautéing foods in small amounts of oil are still allowed. Foods may be pre-fried, flash-fried, or par-fried by the manufacturer and then heated on-site by another cooking method such as baking. Meals prepared in a central or satellite kitchen are still considered on-site.

**WHY CAN FRYING BE DONE OFFSITE?**
The U.S. Department of Agriculture was concerned that no longer allowing pre-fried foods would significantly increase costs. Examples of foods in this category include frozen chicken nuggets, fish sticks, French fries, and tater tots. It is recommended but not required that pre-fried foods be served no more than once a week. Many healthier cooking methods are available.

**ALTERNATIVES TO DEEP FRYING**

<table>
<thead>
<tr>
<th>Instead of this...</th>
<th>Try this!</th>
</tr>
</thead>
<tbody>
<tr>
<td>Deep fried chicken or fish</td>
<td>Grilled, baked, pan-fried, or stir-fried chicken or fish</td>
</tr>
<tr>
<td>Deep fried potatoes, onions, or other vegetables</td>
<td>Grilled, baked, pan-fried, or stir-fried potatoes, onions, or other vegetables</td>
</tr>
<tr>
<td>Deep fried mixed dishes such as savory hand pies, tacos, or egg rolls</td>
<td>Baked or pan-fried</td>
</tr>
</tbody>
</table>

The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at [www.acdkids.org](http://www.acdkids.org) or like us on Facebook!
Dry Heat Methods

BAKING/ROASTING
Baking and roasting are dry heat cooking methods that result in browning in the oven.
- Baking usually involves covering foods and is most associated with baked goods like breads.
- Roasting is similar to baking except foods are coated in a small amount of oil and uncovered.
- Oven-frying or air frying are basically high heat versions of roasting. Air-frying appliances circulate hot air to promote browning.

SAUTÉING/STIR-FRYING
Stir-frying and sautéing uses little oil. The quick cooking time ensures that meats and vegetables are not overcooked which maintains nutrients.
- To sauté, heat a small amount of oil in the pan over medium-high heat. Once the oil is hot, add meat and/or vegetables, stirring often to evenly heat and cook the food.
- To stir-fry, foods are cut into small, even pieces and cooked at a higher temperature than sautéing. Foods are stirred constantly to prevent burning, and cook very quickly.

GRILLING/BROILING
Broiling and grilling have short cooking times and allow extra fat to drip off meats and fish.
- To grill, place food on a hot grill rack. For smaller items, use foil or a grill basket.
- To broil, put food on a baking sheet on the broiler rack below the heat element. Watch the food carefully to avoid browning.

Moist Heat Methods

STEWING/BRAISING
Stewing and braising both involve cooking foods low and slow in liquid. Slow cookers and pressure cookers often use these methods.
- To stew, foods are browned, submerged in cooking liquid, and simmered on the stove or in the oven.
- To braise, methods are similar to stewing except foods are only partially covered in liquid. This method is good for tough cuts of meat.
- When using a slow cooker, ingredients can usually be added all at once, but recipes may be more flavorful if foods are browned first. Use slow cooker recipes or the slow cooker manual to determine timing.
- When using a pressure cooker, timing is important because it is easy to overcook vegetables. Refer to recipes or the pressure cooker manual for time and liquid information.

STEAMING
Steaming uses little water and allows nutrients to stay in the food. Steamed foods can also be cooked without added oil.
- Layer vegetables in a perforated pan or steam basket over boiling water. Cook until tender. Steam will cook vegetables while maintaining flavor, nutrients, color, and texture.
- To steam vegetables in a microwave, use a microwave safe dish. Add a small amount of water to fresh vegetables. Frozen vegetables may not need extra water. Cover and cook on high until tender. Stir halfway through.

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