

Children and Nutrition

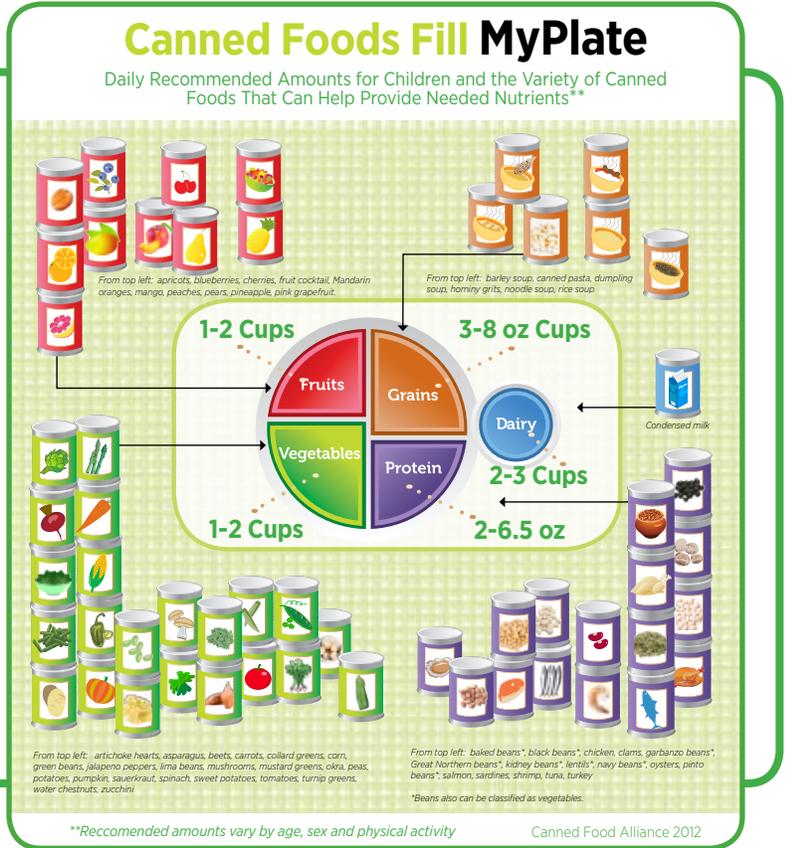
Canned Foods Help Kids Eat



Canned Foods Count for Kids

With 1/3 of U.S. children either overweight or obese,¹ it's clear kids need a healthier diet. The 2010 Dietary Guidelines for Americans recommends "all forms" (canned, fresh, frozen, dried and 100% juice) of fruits, vegetables, beans, meats and seafood to make up a healthy meal.

This modified version of the MyPlate food icon shows the many canned foods available for preparing quick, nutritious, kid-friendly meals, as well as the recommended amounts of each food group for children up to age 18.



Canned Foods Deliver Nutrition on a Budget

Kids today get their food and nutrition not only at home, but often at school and after-care programs. With ever-tightening budgets at home, in schools and in the government, figuring out how to serve kids healthy meals for less money is a priority.

A recent study compared the cost of various forms of popular foods and demonstrated that canned versions often offer similar nutrition for less money per serving.²

Embracing the use of all forms of foods for kids – including nutritious and widely available canned foods – can save money while meeting nutrition goals.



Pinto beans

Canned = 36¢
Dried = 47¢



Peas

Canned = 38¢
Frozen = 85¢
Fresh = \$1.57



Peaches

Canned = 54¢
Frozen = 93¢
Fresh = \$1.64



Tuna

Canned = 26¢
Frozen = 37¢
Fresh = 72¢

1. Ogden CL, Carroll MD, et al. Prevalence of high body mass index in U.S. children and adolescents 2007-2008. J Am Med Assn 2010; 303(3):242-249.
2. Kapica C and Weiss W. Canned fruits, vegetables, beans and fish provide nutrients at a lower cost compared to fresh, frozen or dried. J Nutr Food Sci, 2012.



Canned Foods Maximize Taxpayer Dollars to Feed Children in Need

Affordable, convenient, widely available canned foods help school districts and state and federal governments stretch taxpayer dollars intended to improve the nutrition of kids in need. Since the recession hit in late 2007, an increasing number of children are relying on government-funded programs for sustenance.

- In 2008, 18.2 million children received free or reduced-price lunches as part of the National School Lunch Program (NSLP). In 2011, that number rose to 21 million children.
- Since 2008, there's been an estimated 60%+ increase in the number of children receiving food stamps through the Supplemental Nutrition Assistance Program (SNAP).
- In 2011, more than 6.8 million infants and children received benefits through the Women, Infants and Children program, an increase of more than 300,000 since 2008.

Canned Foods Help Feed Children at School



More than 90% of school districts anticipate an increase in food costs to meet new nutrition standards (including serving more fruits and vegetables) and 67%+ anticipate the federal reimbursement will not cover the cost of these meals.³ To help stretch school foodservice budgets while still meeting nutrition standards, these organizations can incorporate more canned fruits, vegetables, beans, tuna and other canned items into their menus.

For schools, the benefits of relying more on canned foods include:

- Comparable nutrition⁴
- Affordable price
- Reduced waste given canned goods are less perishable and steel cans are the most recycled food package with a recycling rate of 67%
- No need to upgrade facilities with more refrigeration
- Less need for additional staff training on safe food handling and preparation
- Quicker prep time; for example, it takes six minutes to prepare a can of beans while it takes 2 ½ hours (soaking and cooking) for dried beans to be meal-ready²

Canned Foods Help Feed Children at Home

As food prices continue to rise, families are looking to save money at the grocery store. Since 2007, 19 million more households report they have adopted a more economical approach to food buying and value-seeking, according to a Food Marketing Institute survey.⁵

Affordable, nutritious canned foods can help all families make the most of their food dollars. For children receiving nutrition assistance through WIC, canned fruits, vegetables and beans help them stretch their WIC benefits — especially the \$10 or \$12 fruit and vegetable voucher — while still achieving the program's goal of improving nutrition.



Family Fiesta Tacos

Get this and other kid-friendly recipes at www.Mealtime.org.

The Canned Food Alliance, a National Strategic Partner of the U.S. Department of Agriculture's Center for Nutrition Policy and Promotion, is a consortium of steelmakers, can manufacturers, food processors and affiliate members that have joined together to drive increased consumption of canned foods by enhancing the perception of their numerous benefits, including nutrition, convenience, affordability and accessibility. For more information about canned food research, facts, resources, the canning process, family mealtime solutions, recipes that use canned foods and more, visit Mealtime.org.

3. 2012 Back To School Trends Report, School Nutrition Association

4. Rickman, J., Barrett, D. and Bruhn, C. Nutritional comparison of fresh, frozen and canned fruits and vegetables. J Sci Food & Agric, Vol. 87, Issues 6 and 7, April and May 2007

5. U.S. Grocery Shopper Trends 2012, Food Marketing Institute and Booz and Company

