

New Child and Adult Care Food Program Meal Patterns



Agenda

- Infant meal pattern
- Child and adult meal pattern
- Other Child Nutrition Programs
- Best practices
- Implementation plan





NEW INFANT MEAL PATTERN



Infant Age Groups and Solid Foods

- Two age groups: 0-5 months and 6-11 months
- This was done to encourage exclusive breastfeeding for the first six months of life.
- This new meal pattern matches the Infant age group for WIC.



Infant Age Groups and Solid Foods

- Solid foods are allowed when developmentally appropriate for the infant
- This new rule is flexible and will require communication between the child care center and the parent/guardian



Gradual Introduction of Solid Foods

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
Breakfast Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*

Breastfeeding and Infant Snack

- Meals may be reimbursed when a mother breastfeeds on-site
- A vegetable or fruit must be served at snack for older infants; prohibits juice
- Ready-to-eat cereals are allowed at snack for older infants



Meat and Meat Alternates

- Allows cheese, cottage cheese, and yogurt
- The current meal patterns allow cheese food and cheese spread. Those are not allowed under the new infant meal pattern due to their high sodium content.



Meat and Meat Alternates

- Whole eggs
- Previously, only egg yolks were allowed due to concerns with developing food allergies when infants are exposed to the protein in the egg white.



Questions?



NEW CHILD AND ADULT MEAL PATTERNS



New Age Groups

- The new meal patterns includes a new age group for children: 13 through 18 year olds.
- The meal pattern requirements are the same as the 6 through 12 year olds.



Vegetables and Fruit

- Creates a separate vegetable component and a separate fruit component



Vegetables and Fruit

- Allows two vegetables at lunch and supper
- Allows centers and day care homes to serve a vegetable and fruit snack for a snack



Vegetables and Fruit

- Limits juice to once per day



Grains

- Requires at least one grain per day be **whole grain-rich**



Whole Grain-Rich

- Whole grain-rich = foods that contain **at least 50% whole grains** and the rest are enriched, or contain **100% whole grains**



Grains

EXHIBIT A: SCHOOL LUNCH AND BREAKFAST
WHOLE GRAIN-RICH OUNCE EQUIVALENCY (OZ EQ) REQUIREMENTS FOR
SCHOOL MEAL PROGRAMS^{1,2}

- Disallows grain-based desserts

GROUP A	OZ EQ FOR GROUP A
<ul style="list-style-type: none"> Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing. 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
GROUP B	OZ EQ FOR GROUP B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads (sliced whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers⁴ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (whole wheat or whole grain-rich) Pizza crust Pretzels (soft) Rolls (whole wheat or whole grain-rich) Tortillas (whole wheat or whole corn) Tortilla chips (whole wheat or whole corn) Taco shells (whole wheat or whole corn) 	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz
GROUP C	OZ EQ FOR GROUP C
<ul style="list-style-type: none"> Cookies³ (plain - includes vanilla wafers) Combread Corn muffins Croissants Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz

Grains

- Breakfast cereals must contain **no more than 6 grams of sugar** per dry ounce



Meat and Meat Alternates



- May substitute the **ENTIRE** grains component at breakfast a **maximum of three times per week**
- Allows tofu



Meat and Meat Alternates

- Yogurt must contain **no more than 23 grams of sugar** per 6 ounces



Fluid Milk

- **1 year old children:** whole, unflavored milk
- **2 year olds and older and adults:** low-fat or fat-free milk
- **Adults:** yogurt in place of milk once per day
- Non-dairy beverages



Flavored Milk



Flavored Milk

Children 0 through 5 years old

- Prohibits flavored milk

Children 6 years old and older and adults

- Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces



Additional Provisions



- Use of food and beverage for reward or punishment
- Offer and make water available
- Family style meals
- Offer vs. Serve

Additional Provisions



- Parent/guardian provided components
- Child Care Centers Food From Home Policy

Questions?



BEST PRACTICES



Best Practice: Infants

- **Support mothers who choose to breastfeed** their infants by encouraging mothers to supply breastmilk for their infants while in day care and **offer a quiet, private area that is comfortable and sanitary** for mothers who come to the center or day care home to breastfeed (Modified)



Best Practices: Vegetables and Fruit

- Make at least one of the two components of snack a vegetable or a fruit
- **Serve a variety** of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice (New)
- Provide at least one serving of each vegetable subgroup per week (Modified)



Best Practices: Grains

- Provide at least **two servings** of whole grain-rich grains per day



Best Practices: Meat/Meat Alternates



- Serve only lean meats, nuts, and legumes
- Limit serving processed meats to no more than one serving per week
- Serve only natural cheeses and **choose low-fat or reduced-fat** cheese
(Modified)

Best Practices: Milk

- **Serve only unflavored milk.** If flavored milk is served to children 6 years old and older, or adults, select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces (Modified)
- **Serve water** as a beverage when serving yogurt in place of milk for adults (New)





Additional Best Practices

- Incorporate **seasonal and locally** produced foods
- Limit **purchased pre-fried** foods
- Avoid non-creditable foods that **sources of added sugars**

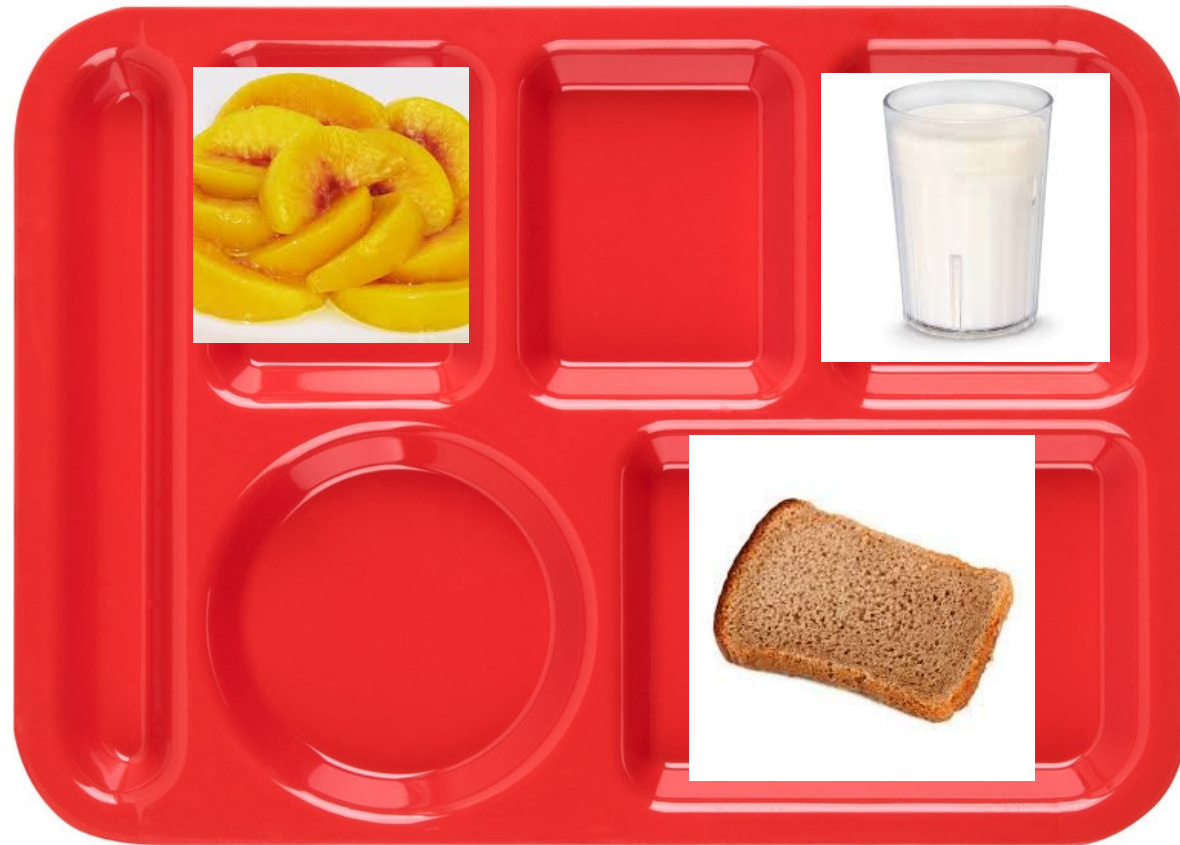


Test Your Knowledge Time

Is This A Reimbursable Breakfast?

3 – 5 Year Olds

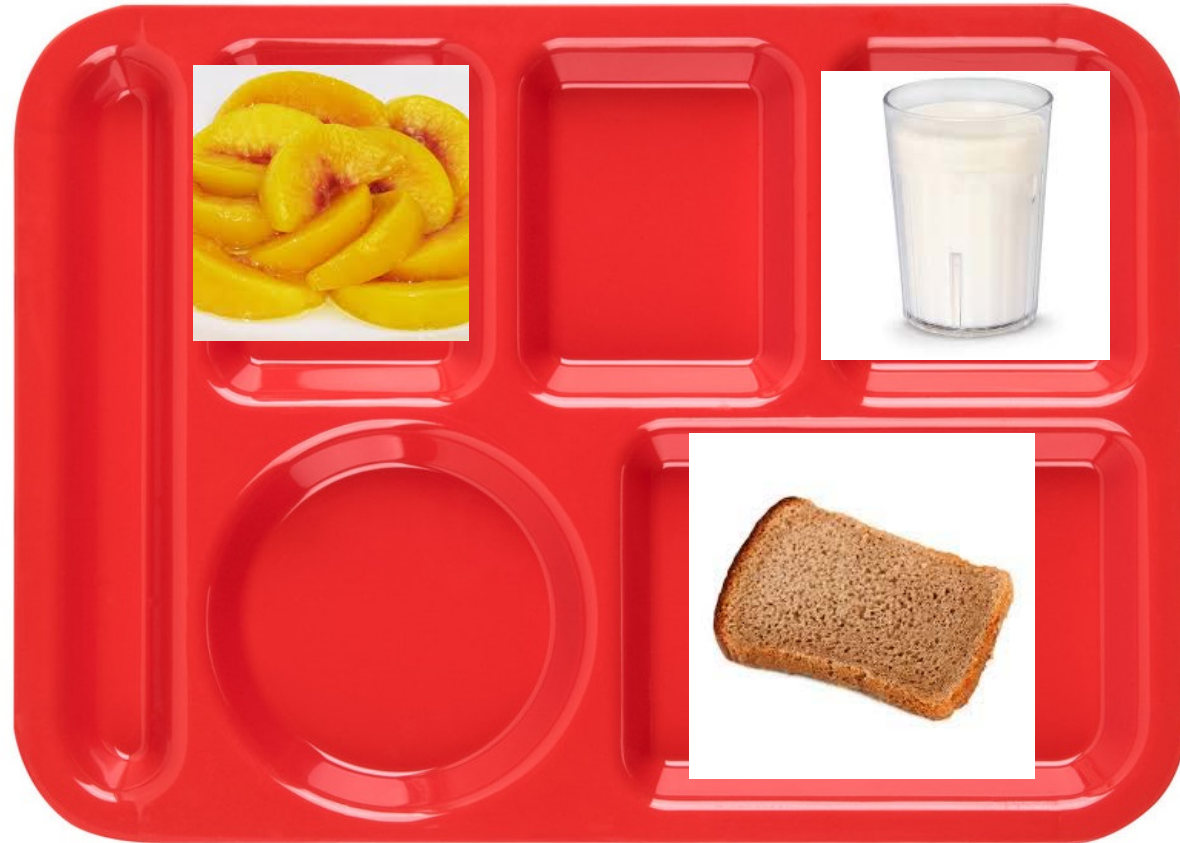
- ½ Slice WW Toast
- 1 % Unflavored Milk
- ½ cup Peaches



YES!!!

3 – 5 Year Olds

- ½ Slice WW Toast
- 1 % Unflavored Milk
- ½ cup Peaches



Is This A Reimbursable Breakfast?

3 – 5 Year Olds

- Single Toaster Pastry
- 1 % Unflavored Milk
- ½ cup Peaches



NO!!!

3 – 5 Year Olds

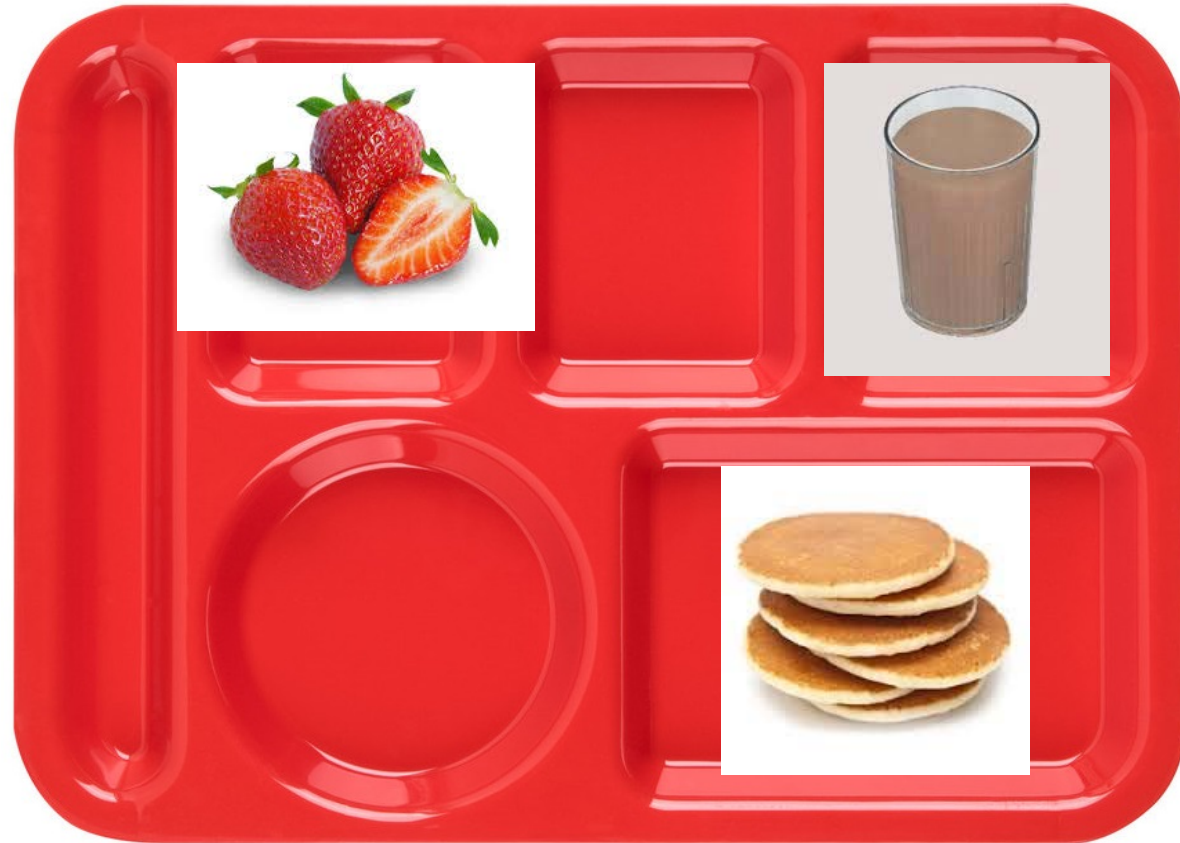
- Single Toaster Pastry
- 1 % Unflavored Milk
- ½ cup Peaches



Is This A Reimbursable Breakfast?

3 – 5 Year Olds

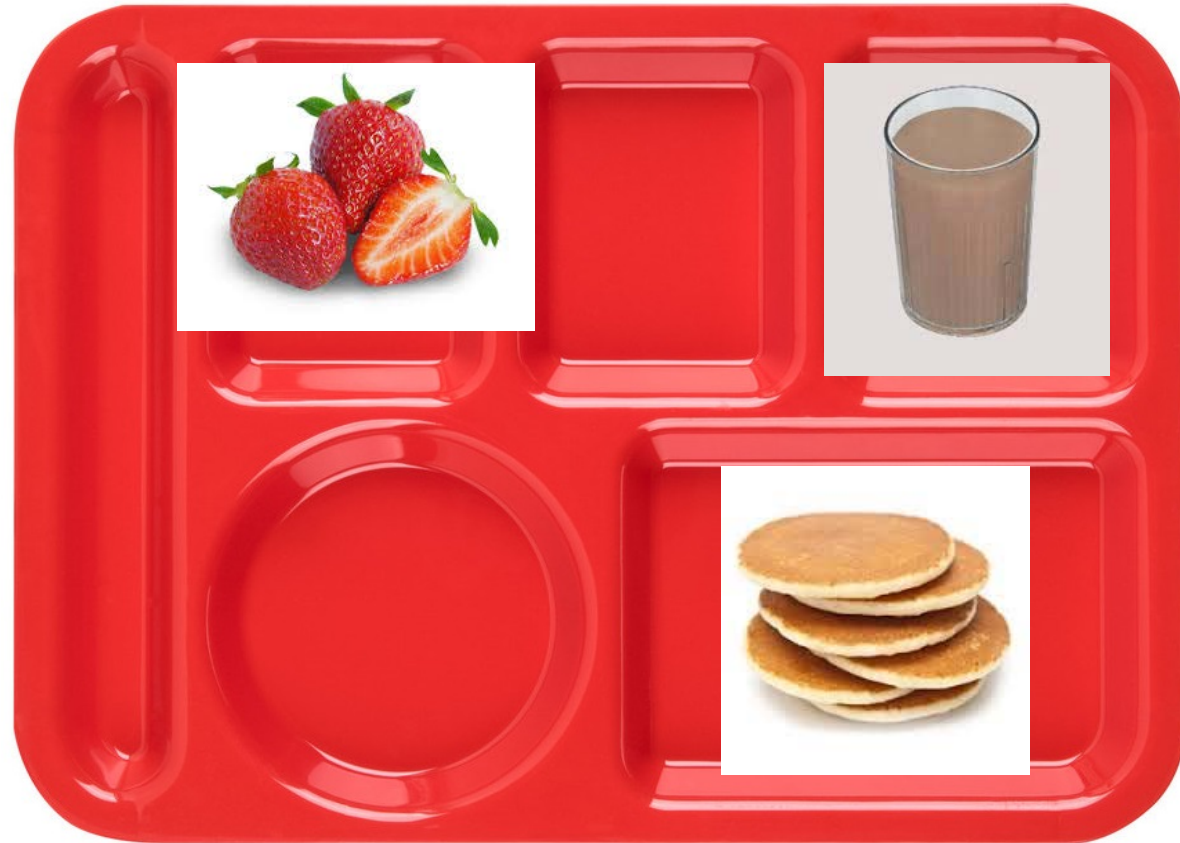
- Pancakes
- 1 % Chocolate Milk
- ½ cup Strawberries



NO!!!

3 – 5 Year Olds

- Pancakes
- 1 % Chocolate Milk
- ½ cup Strawberries



Is This A Reimbursable Breakfast?

3 – 5 Year Olds

- Yogurt
- 1 % Unflavored Milk
- ½ cup Strawberries



Possibly!!!

3 – 5 Year Olds

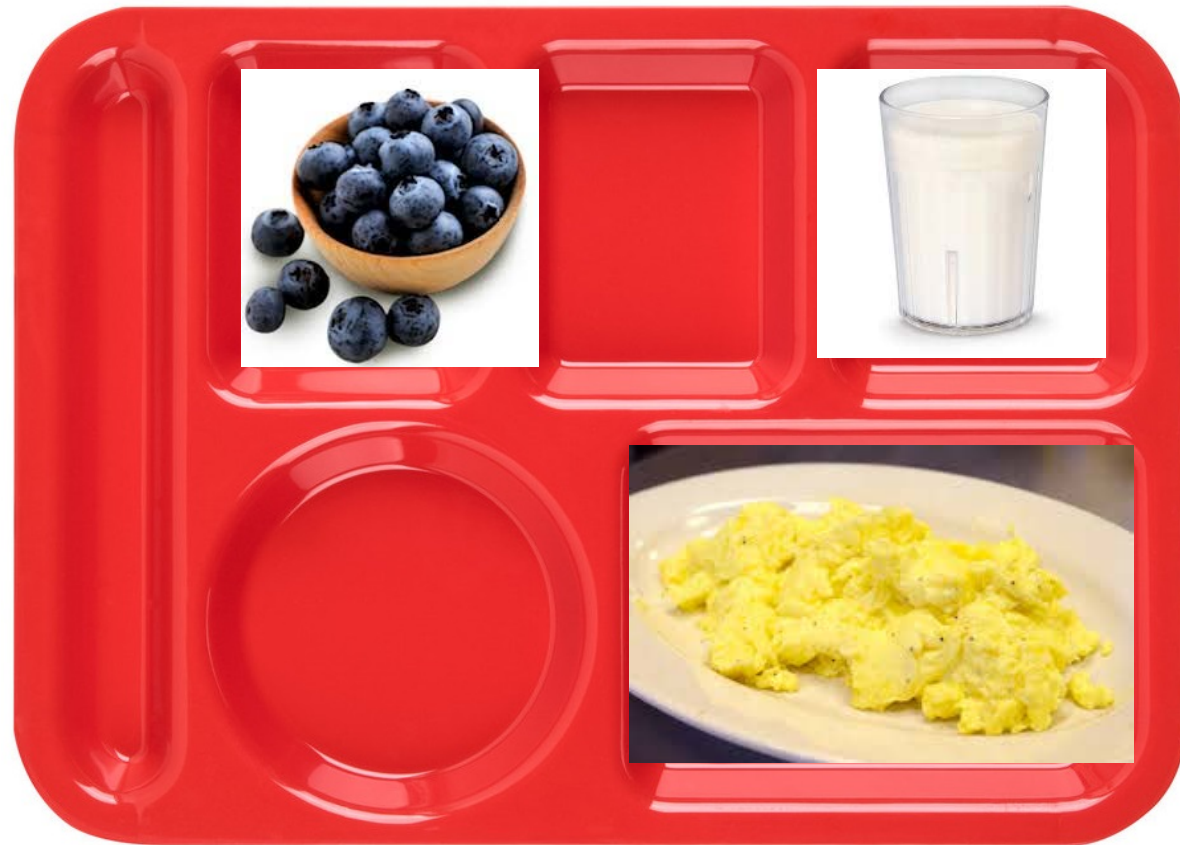
- Yogurt
- 1 % Unflavored Milk
- ½ cup Strawberries



Is This A Reimbursable Breakfast?

3 – 5 Year Olds

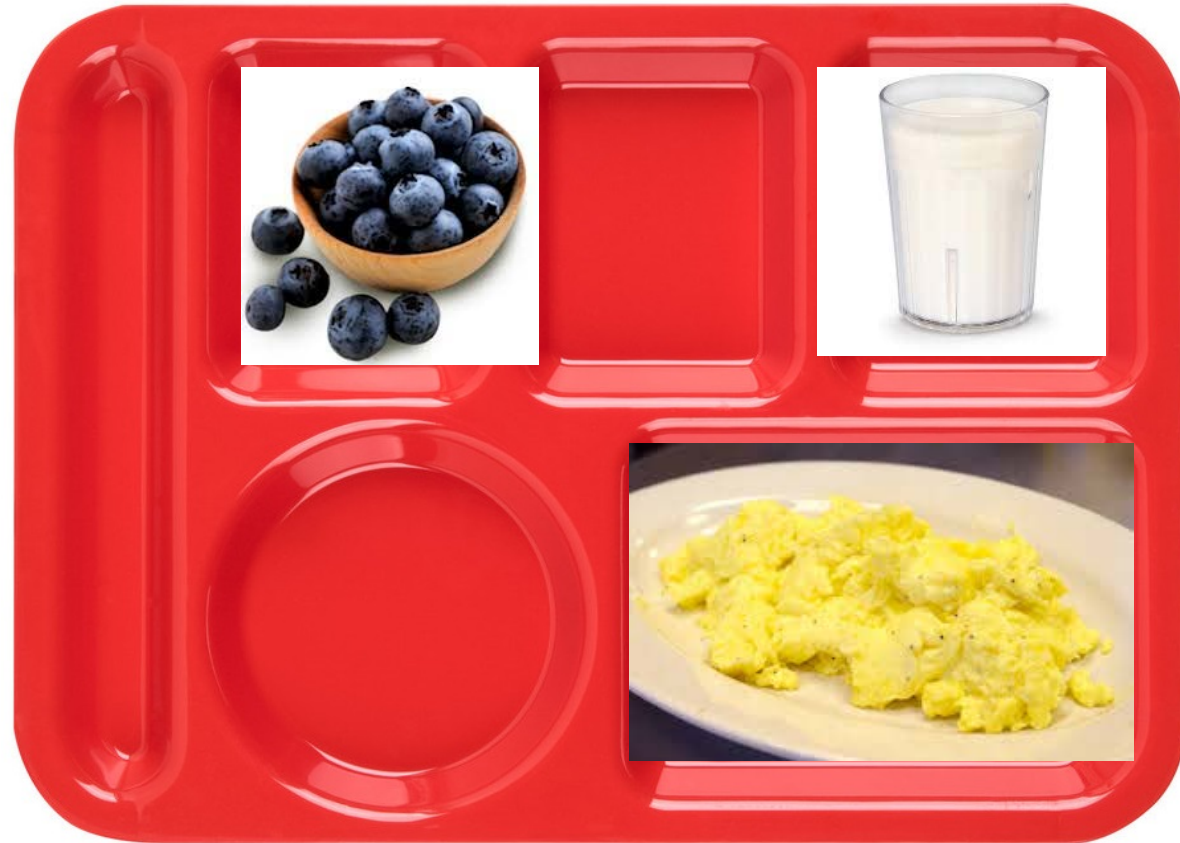
- One Scrambled Egg
- 1 % Unflavored Milk
- ½ cup Blueberries



YES!!!

3 – 5 Year Olds

- One Scrambled Egg
- 1 % Unflavored Milk
- ½ cup Blueberries



Is This A Reimbursable Lunch?

3 – 5 Year Olds

- Grilled Chicken
- 1 % Unflavored Milk
- 1/4 cup Oranges
- 1/4 cup Broccoli
- Bread Stick



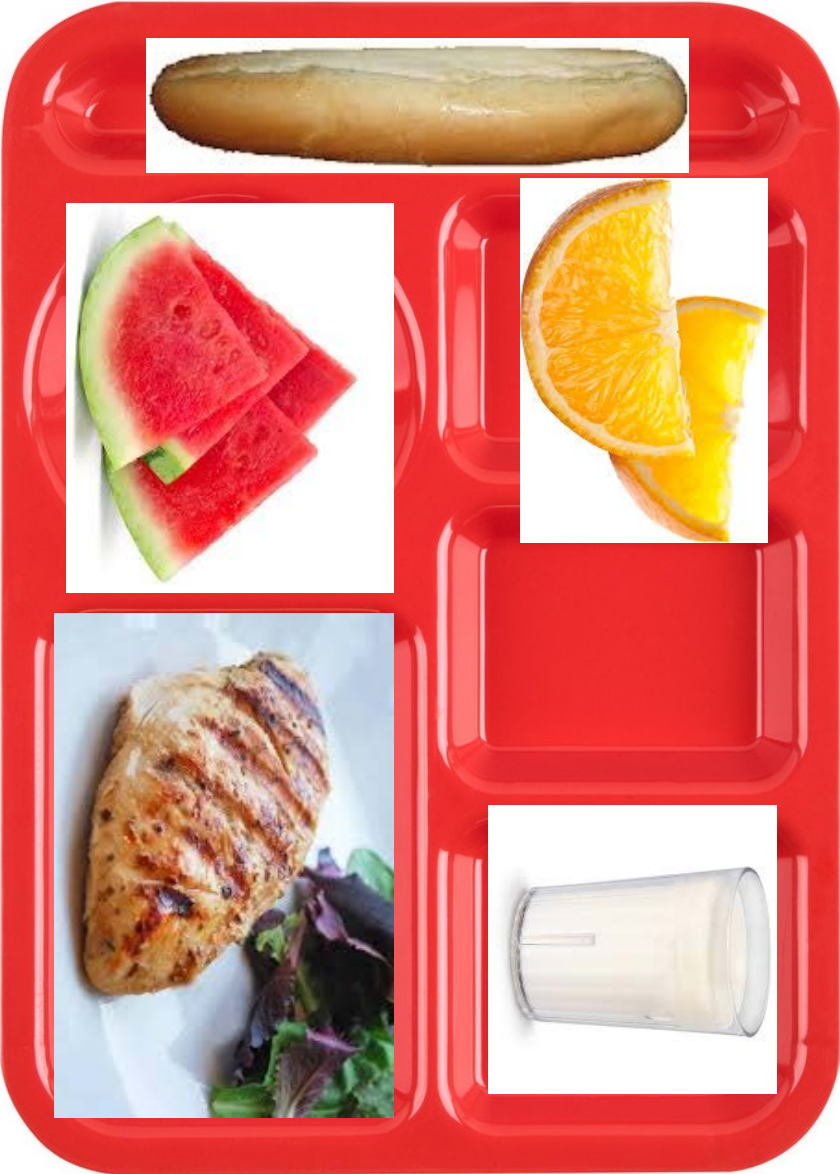
YES!!!

3 – 5 Year Olds

- Grilled Chicken
- 1 % Unflavored Milk
- 1/4 cup Oranges
- 1/4 cup Broccoli
- Bread Stick



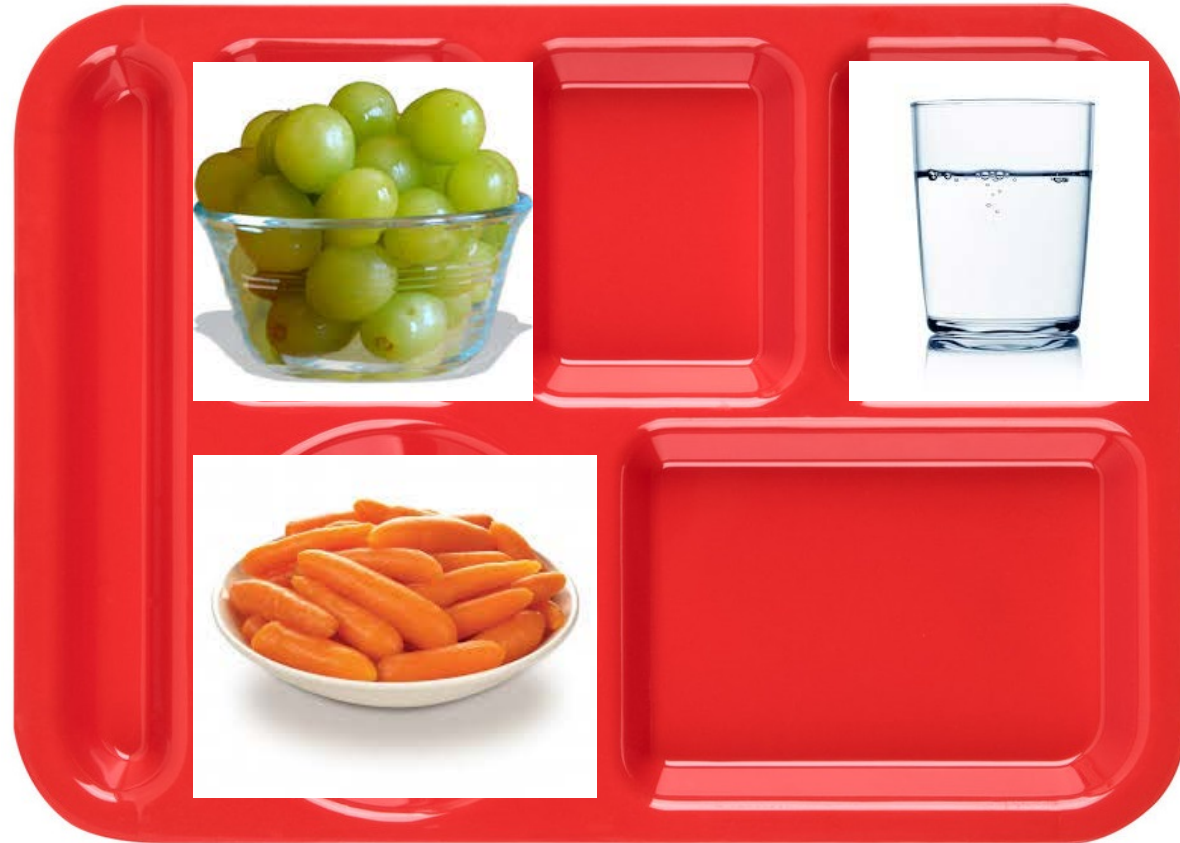
A Which is Reimbursable and Why? B



Is This A Reimbursable Snack?

3 – 5 Year Olds

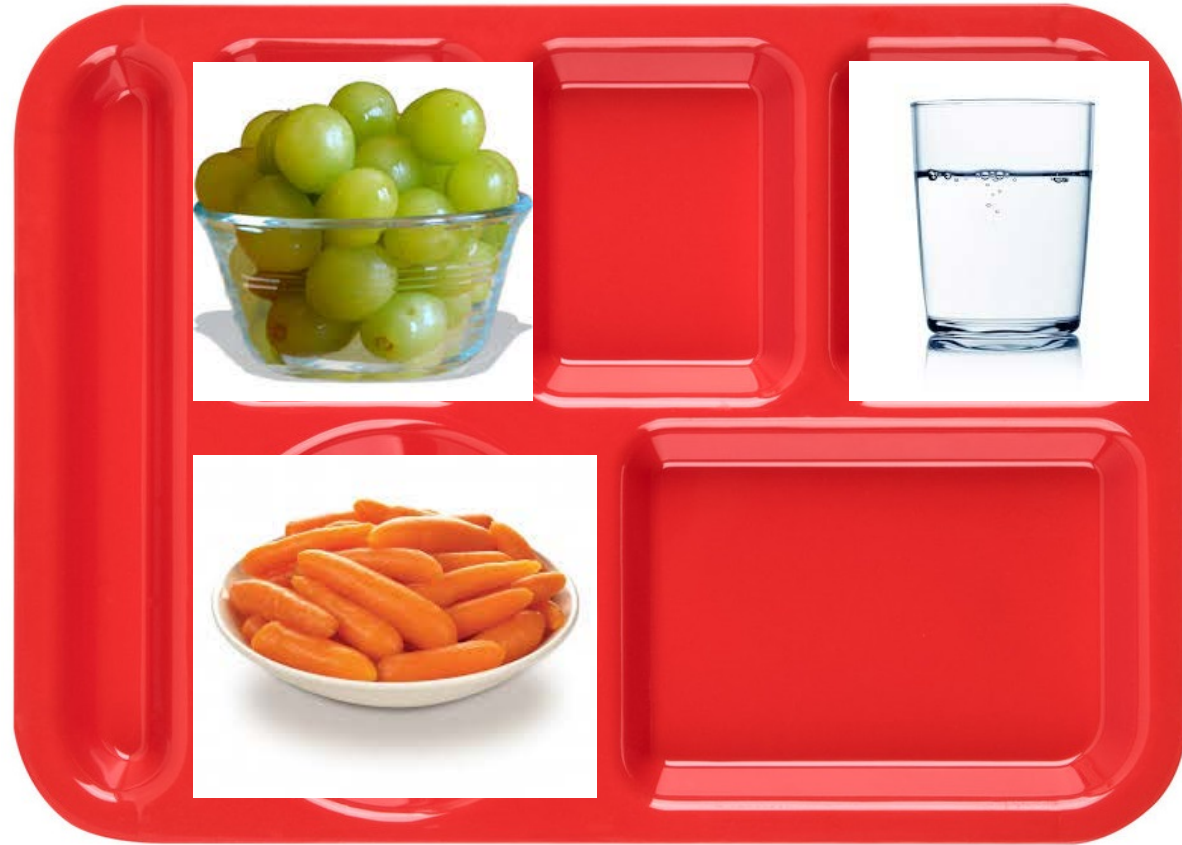
- Grapes
- Carrots
- Water



YES!!!

3 – 5 Year Olds

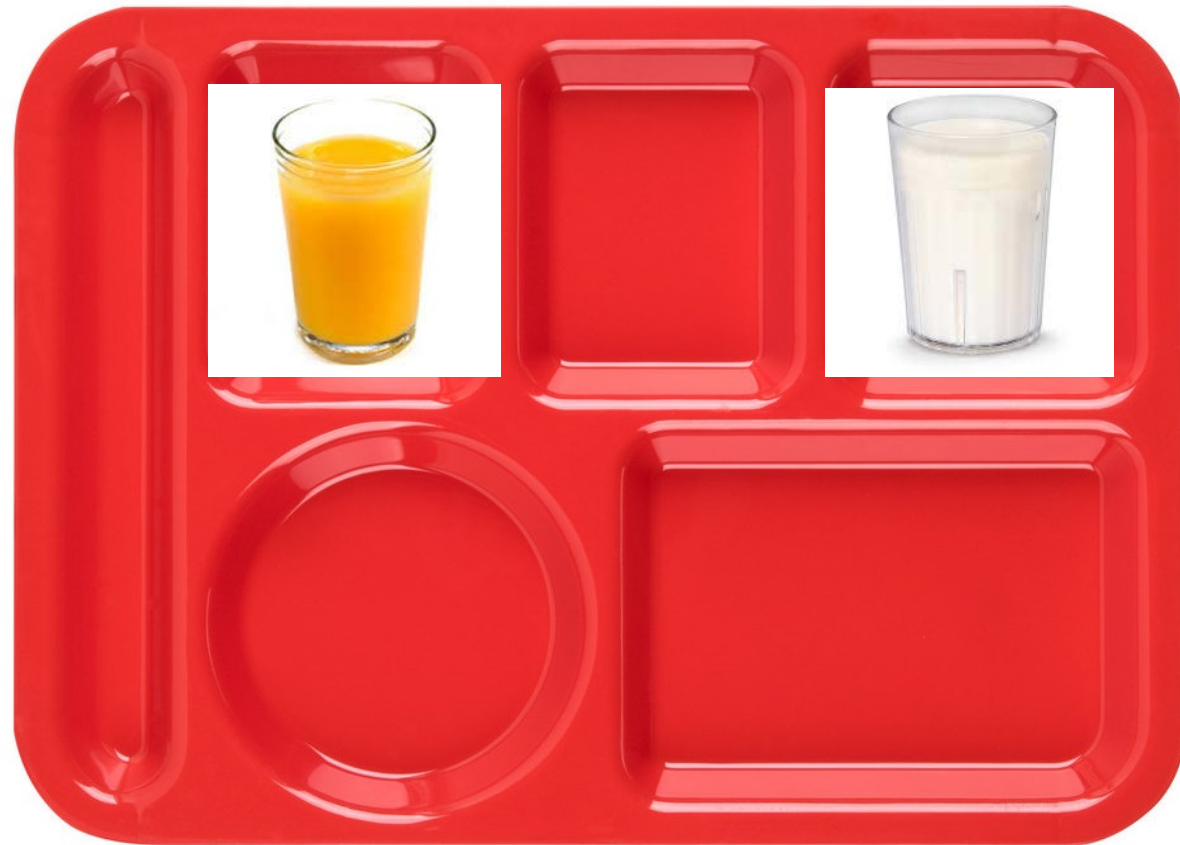
- Grapes
- Carrots
- Water



Is This A Reimbursable Snack?

3 – 5 Year Olds

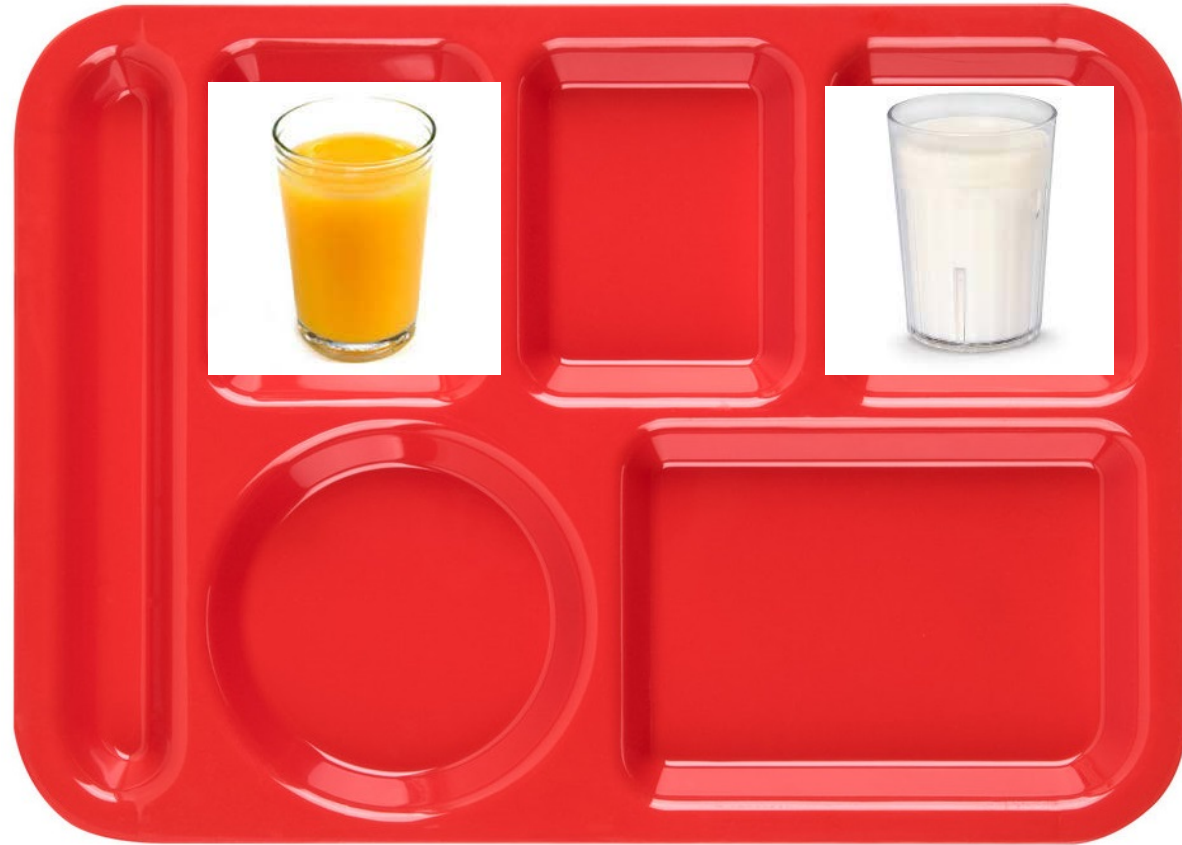
- Orange Juice
- 1% Unflavored Milk



NO!!!

3 – 5 Year Olds

- Orange Juice
- 1% Unflavored Milk



OTHER RESOURCES



Getting From Here to There ...

- CACFP Meal Standards Webpage
- Policy Guidance
- Team Nutrition Resources
- Training for State Agencies > Sponsors




Webpage resources

❖ CACFP Meal Standards webpage:
<http://www.fns.usda.gov/cacfp/meals-and-snacks>

NEW Child and Adult Care Food Program Meal Patterns

Infant Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2019.



New Infant Meal Pattern

Encourage and support breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 months old.

Developmentally appropriate meals:


- Two age groups, instead of three: 0 through 5 months olds and 6 through 11 months olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

More nutritious meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals.

See a side-by-side comparison of the old and new infant meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>

For more information on infant development and nutrition, check out Team Nutrition's Feeding Infants Guide: <http://www.fns.usda.gov/feeding-infants-guide-use-child-nutrition-programs>




Old and New Infant Meal Patterns: Let's Compare

	Old		New	
	0-5 months	6-11 months	0-5 months	6-11 months
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula
	0-3 tbsp infant cereal	2-4 tbsp infant cereal	0-3 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (softened) cottage cheese; or 0-8 oz yogurt; or a combination*	0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (softened) cottage cheese; or 0-8 oz yogurt; or a combination*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula
	0-3 tbsp infant cereal	2-4 tbsp infant cereal	0-3 tbsp vegetable, fruit or both	0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (softened) cottage cheese; or 0-8 oz yogurt; or a combination*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula
	0-1/2 bread slice or 0-2 crackers	0-1/2 bread slice or 0-2 crackers	0-1/2 bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal*	0-3 tbsp vegetable, fruit or both**

All serving sizes are minimum quantities of the food components that are required to be served. Centers and day care homes may choose to serve a larger quantity if nutritionally appropriate.

*Required when infant is developmentally ready.



NEW Child and Adult Care Food Program Meal Patterns

Child and Adult Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2019.



New Child and Adult Meal Patterns

Greater variety of vegetables and fruits:

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.

More whole grains:

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grains component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).

More protein options:

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.


Age appropriate meals:

- A new age group to address the needs of older children 13 through 18 years old.

See a side-by-side comparison of the old and new child and adult meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>



Old and New Child and Adult Meal Patterns: Let's Compare



Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup
Grains	1/2 serving	3/4 oz eq*	1/2 serving	3/4 oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week. Oz eq = ounce equivalents.

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
Vegetables	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1 cup	1 1/2 cup
Fruit	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup
Grains	1/2 serving	3/4 oz eq	1/2 serving	3/4 oz eq	1 serving	1 oz eq	2 servings	2 oz eq


*A serving of milk is not required at supper meals for adults. Oz eq = ounce equivalents.

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	1/2 oz	3/4 oz	1/2 oz	3/4 oz	1 oz	1 oz	1 oz	1 oz
Vegetables	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup
Fruit	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup	1/2 cup	3/4 cup
Grains	1/2 serving	3/4 oz eq	1/2 serving	3/4 oz eq	1 serving	1 oz eq	1 serving	1 oz eq

Select 2 of the 5 components for snack. Oz eq = ounce equivalents.

Note: All serving sizes are minimum quantities of the food components that are required to be served.





How To Apply

- > [Contact State Agency](#)
- > [Income Eligibility](#)
- > [Reimbursement Rates](#)

Browse by Subject

- > [Federal Register Documents](#)
- > [Legislation](#)
- > [Policy](#)
- > [Paperwork Reduction](#)
- > [Press Releases](#)
- > [Regulations](#)
- > [Guidance and Resources](#)
- > [CN Labeling](#)
- > [Food Safety](#)
- > [Research & Reports](#)
- > [Disaster Assistance](#)

Other Resources

- > [Capacity Builder Map](#)
- > [CACFP Handbooks](#)
- > [CACFP Meal Patterns](#)
- > [School Meals](#)
- > [Summer Meals](#)
- > [Team Nutrition](#)
- > [Meal Benefit Forms](#)



Child and Adult Care Food Program (CACFP)



CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.

Through CACFP, more than 3.3 million children and 120,000 adults receive nutritious meals and snacks each day as part of the day care they receive.

See how CACFP can make a difference in the quality of your program! Whether you are a provider in your home, at a day care center, in an afterschool care program, or in an emergency shelter, you will find many useful resources for serving nutritious meals and snacks.

- **Tell me about CACFP**
Here's an overview of how CACFP fits into the FNS safety net to improve access to food and a healthful diet.
 - [At-risk Afterschool Care Centers](#)
 - [Adult Day Care Centers](#)
 - [Child Care Centers](#)
 - [Day Care Homes](#)
 - [Emergency Shelters](#)
- **Contact your State agency**
CACFP is a federally-funded program administered by States. Contact your State agency to apply, find a day care home sponsor, or locate a facility that participates.
- **How to manage CACFP**
Find all of the basic information you need for participating in CACFP, including legislation, regulations, policy, meal requirements, and reimbursement rates.





How To Apply

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- > [Income Eligibility](#)
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Child and Adult Care Food Program (CACFP) [Print](#)

Nutrition Standards for CACFP Meals and Snacks



Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Through the [Healthy, Hunger-Free Kids Act](#), championed by the First Lady and signed by President Obama, USDA made the first major changes in the CACFP meals and snacks since the Program's inception in 1968, which will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day. The new CACFP nutrition standards will help safeguard the health of children early in their lives and improve the wellness of adults.

Under the new CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) and with other [Child Nutrition Programs](#).

The new standards for meals and snacks served in the CACFP are based on the [Dietary Guidelines for Americans](#), science-based recommendations made by the National Academy of Medicine, cost and practical considerations, and stakeholder's input. These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.

USDA is providing guidance, resources, best practices, and training for CACFP centers and day care homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.

Nutrition Standards

New Meal Standards

The updated meal standards for the CACFP are available for public inspection and will be published in the Federal Register on Monday, April 25, 2016. CACFP centers and day care homes must comply with the new meal standards by October 1, 2017.



Nutrition Standards

New Meal Standards

The updated meal standards for the CACFP are available for public inspection and will be published in the Federal Register on Monday, April 25, 2016. CACFP centers and day care homes must comply with the new meal standards by October 1, 2017.

Regulations

- [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, Final Rule](#)
-- Press Release

One-Page Summaries of the New Meal Standards

- [Infants](#)
- [Children and Adults](#)
- [Best Practices](#)

New Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adults](#)

Previous Meal Standards

CACFP centers and day care homes may continue to comply with the earlier meal standards as they transition to the new meal standards. However, all aspects of meals served through the CACFP must meet the new standards no later than October 1, 2017. Information on the previous meal standards can be found at the links below.

Previous Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adult](#)

[Previous Regulations](#)

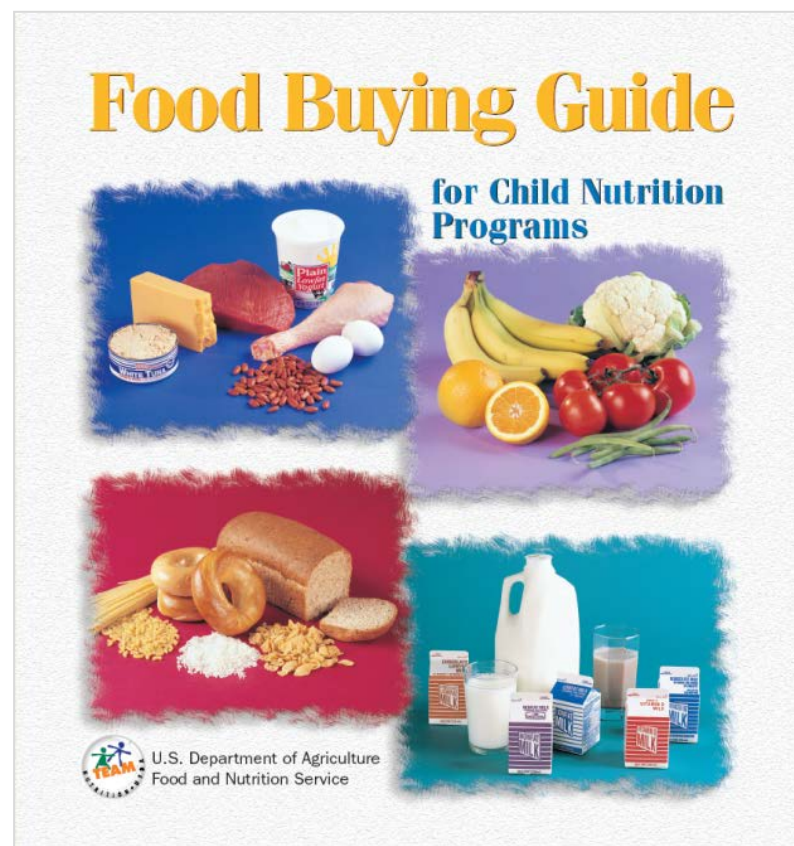
Guidance and Technical Assistance

- [Nutrition and Wellness Tips for Young Children](#)
- [Feeding Infants: A Guide for Use in the Child Nutrition Programs](#) (currently being revised to reflect new infant meal standard requirements)
- [Local Foods and Related Activities in the Child and Adult Care Food Program](#)
- [Team Nutrition Resource Library](#)
- [Healthy Meals Resource System](#)
- [MyPlate](#)

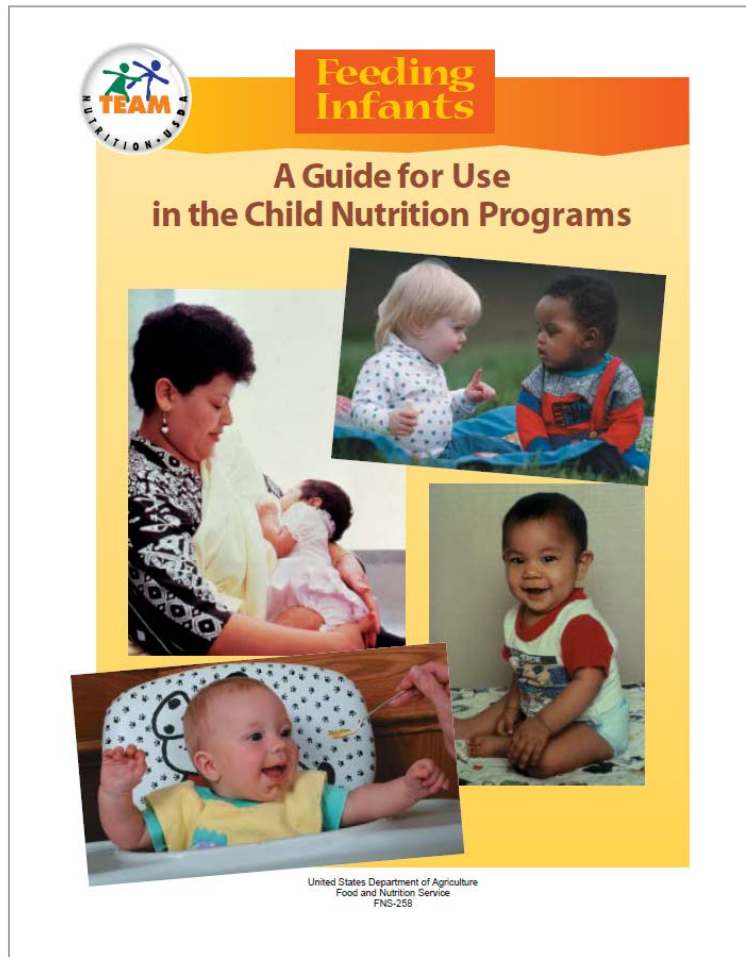


Technical Assistance Resources

- ❖ Food Buying Guide
- ❖ Resources in **English and Spanish**
- ❖ Multi-cultural recipes



Team Nutrition



- New nutrition education resources
- Feeding Infants Guide
- Team Nutrition Training Grants

Partnerships



- Institute of Child Nutrition (ICN)
- CACFP Advocacy Groups

Questions?



WV CHILD CARE NUTRITION STANDARDS



Questions?

Contact

Tracy Sayre

trcsayre@k12.wv.us

or

Travis Legg

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(304) 558-3396

