

National ECELC Newsletter

The National ECELC

Welcome to the National Early Care and Education Collaboratives Project (ECELC) Newsletter! We hope this newsletter is helpful as we offer supplemental information to help you prepare for the Learning Sessions and provide technical assistance to early care and education (ECE) providers. Topics within each newsletter will emphasize areas outlined in the *Lets Move!* Child Care goals including healthy eating, physical activity, screen time, and breastfeeding support. We hope you enjoy it!

-The National ECELC Team



June is the Month of Eating Vegetables!

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CACFP Revised Infant Meal Patterns

The U.S. Department of Agriculture recently reviewed and updated the CACFP meal patterns to ensure children and adults have access to healthy meals throughout the day. The new infant meal patterns support breastfeeding and enhance the nutritional quality of CACFP meals for infants. Centers and day care homes must comply with the updated meal standards by October 1, 2017. Below is a summary of the revised CACFP infant meal patterns:

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.
- Only breast milk and infant formula are served exclusively to infants 0 through 5 month olds.



Developmentally Appropriate Meals

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds
- 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.
- Allows ready-to-eat cereals at snack.



Resources for Providers



State CACFP Page

Providers can visit the healthykidshealthyfuture.org to see the resources each state has uploaded pertaining to the new resources. Providers can also take the [New CACFP Meal Pattern Self-Assessment](#) and see how their program is measuring up to the new standards.

June Food Calendar

[Egg Day](#) (June 3)

[Cheese Day](#) (June 4)

[Herbs & Spices Day](#) (June 10)

[Eat Your Vegetables Day](#) (June 17)

[International Picnic Day](#) (June 18)

Questions?

Please contact your State/Local Project Coordinator or ECELC at Nemours
ecelc@nemours.org



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CACFP Revised Child and Adult Meal Patterns

July is the month we celebrate “Eat Your Vegetables Day”. Under the 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. Below is summary of the revised CACFP child 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
- 100% 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 grain component.
- 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.
- 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.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Resources:

[USDA Child and Adult Care Food Program](#)

[University of Nebraska Lincoln Food Calendar](#)

