The New CACFP Meal Patterns

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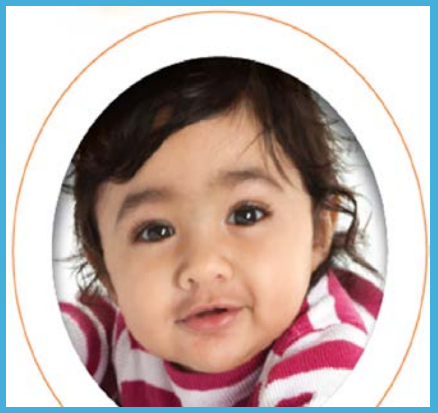
1 in **8** preschool aged children is obese

UPDATED INFANT MEAL PATTERN

INTRODUCTION OF SOLID FOODS

- **0-5** months & **6-11** months
- When the infant is developmentally ready

DEVELOPMENTAL READINESS



- Communication with parent is key

- AAP Guidelines:

○The infant is able to sit in a high chair, feeding seat, or infant seat with good head control;

○ The infant opens his or her mouth when food comes his or her way. He or she may watch others eat, reach for food, and seem eager to be fed;

○ The infant can move food from a spoon into his or her throat; and

○ The infant has doubled his or her weight and weighs about 13 pounds or more.

BREASTFEEDING

- Direct breastfeeding onsite **and** expressed breast milk

INFANT MEALS - VEGETABLES AND FRUITS

- A **vegetable or fruit** must be served at snack for infants that are developmentally ready
- **Prohibits juice for infants**

INFANT MEALS- GRAINS

- **Ready-to-eat cereals** allowed at snack for older infants
- Must meet breakfast cereal **sugar limit**
  - **No more than 6 g per dry ounce**

INFANT MEALS- MEAT AND MEAT ALTERNATES

- Cheese, cottage cheese, **yogurt** are allowed
- **Whole eggs**

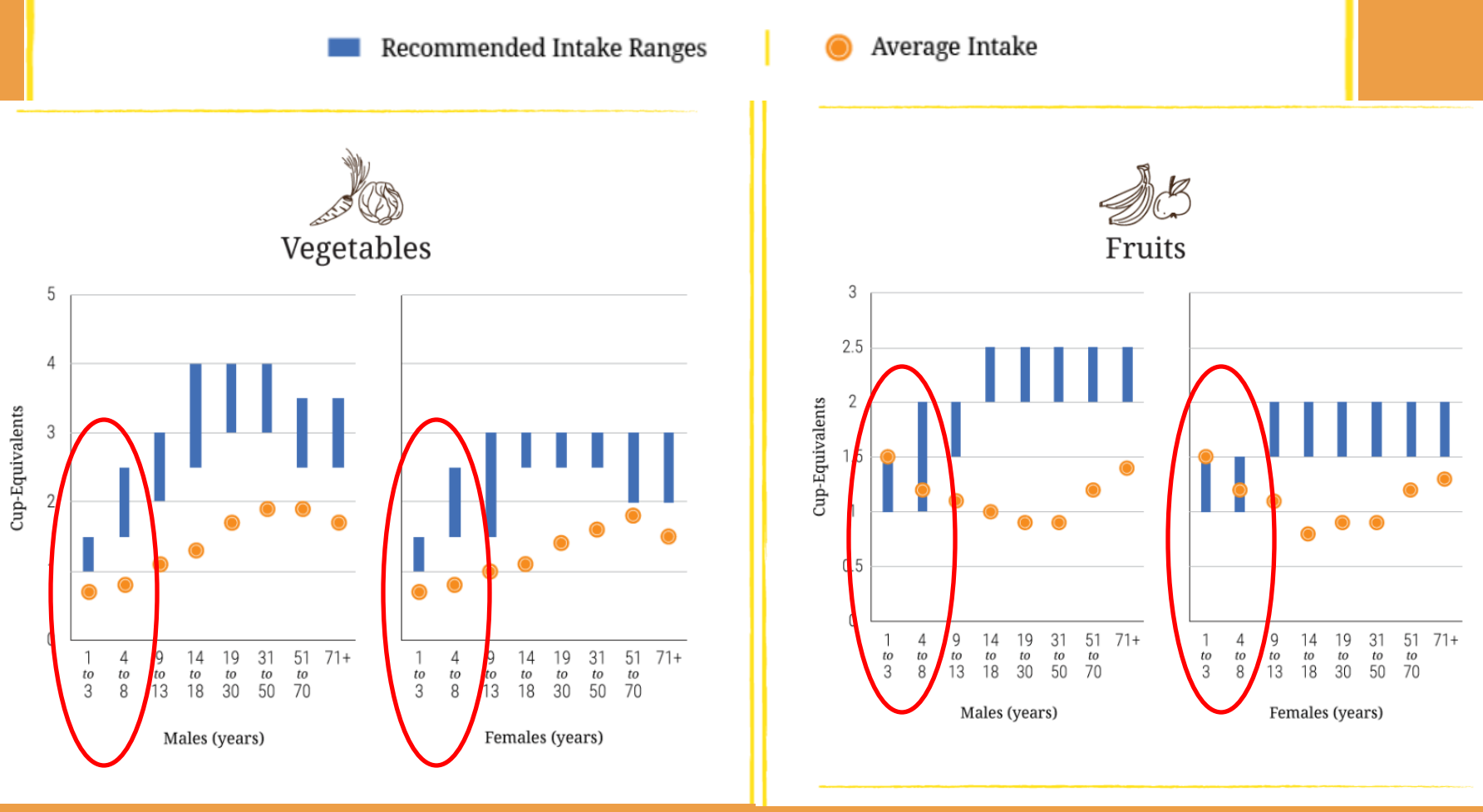
	PREVIOUS			UPDATED	
	0-3 Months	4-7 Months	8-11 MONTHS	0-5 MONTHS	6-11 MONTHS
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal*	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 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 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice 0-½ bread slice or 0-2 crackers*	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*

UPDATED CHILD AND ADULT MEAL PATTERNS

Age Groups

CHILD AND ADULT MEALS- VEGETABLES AND FRUIT

VEGETABLE AND FRUIT CONSUMPTION



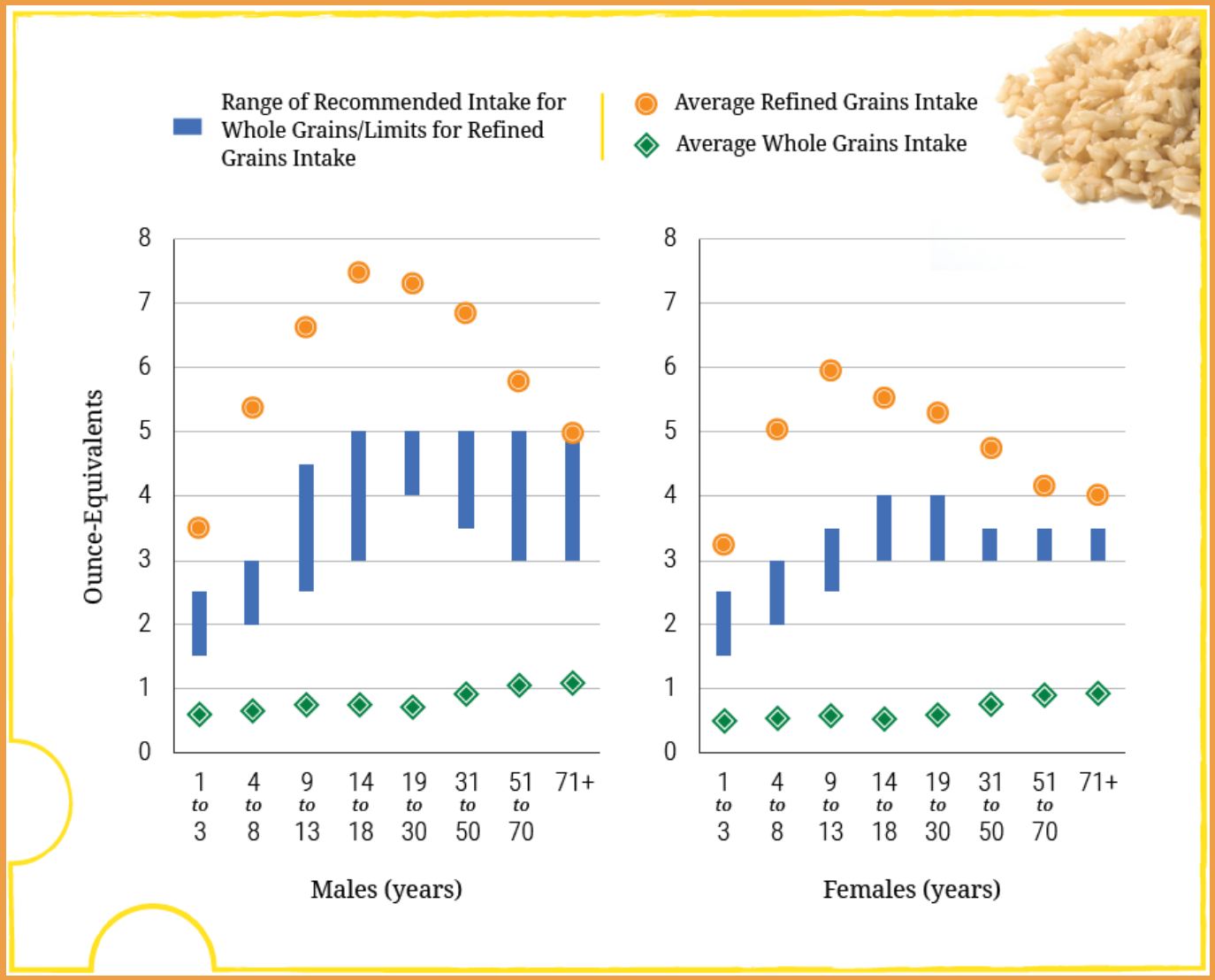
CHILD AND ADULT MEALS- JUICE LIMIT

- Juice may be served only **once per day**

CHILD AND ADULT MEALS- GRAINS

- One grain per day must be **whole grain-rich**

GRAIN CONSUMPTION



WHOLE GRAIN-RICH

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

- Examples of whole grain ingredients include whole wheat, whole corn, whole durum semolina, quinoa, brown rice, wild rice, etc.

CHILD AND ADULT MEALS- GRAINS

- Grain-based desserts are disallowed

GRAIN-BASED DESSERTS

GROUP B	OZ EQ FOR GROUP B
• Bagels • Batter type coating • Biscuits • Breads (sliced whole wheat, French, Italian) • Buns (hamburger and hot dog) • Sweet Crackers[4] (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 E
• Cookies [3] (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies[3], cobbler[3], fruit turnovers[4], and meat/meat alternate pies) • Waffles	1 oz eq = 34 gm 3/4 oz eq = 26 gm 1/2 oz eq = 17 gm 1/4 oz eq = 9 gm

GROUP D	OZ EQ FOR GROUP D
• Doughnuts[4] (cake and yeast raised, unfrosted) • Cereal bars, breakfast bars, granola bars[4] (plain) • Muffins (all, except corn) • Sweet roll[4] (unfrosted) • Toaster pastry[4] (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz

GROUP E	OZ EQ FOR GROUP E
• Cereal bars, breakfast bars, granola bars [4] (with nuts, dried fruit, and/or chocolate pieces) • Cookies[3] (with nuts, raisins, chocolate pieces and/or fruit purees) • Doughnuts[4] (cake and yeast raised, frosted or glazed) • French toast • Sweet rolls[4] (frosted) • Toaster pastry[4] (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz

GROUP F	OZ EQ FOR GROUP F
• Cake[3] (plain, unfrosted) • Coffee cake[4]	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz

GROUP G	OZ EQ FOR GROUP G
• Brownies [3] (plain) • Cake [3] (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz

CHILD AND ADULT MEALS- GRAINS

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

CHILD AND ADULT MEALS- GRAINS

- Ounce equivalents (Starting Oct. 1, 2019)

CHILD AND ADULT MEALS- MEAT AND MEAT ALTERNATES

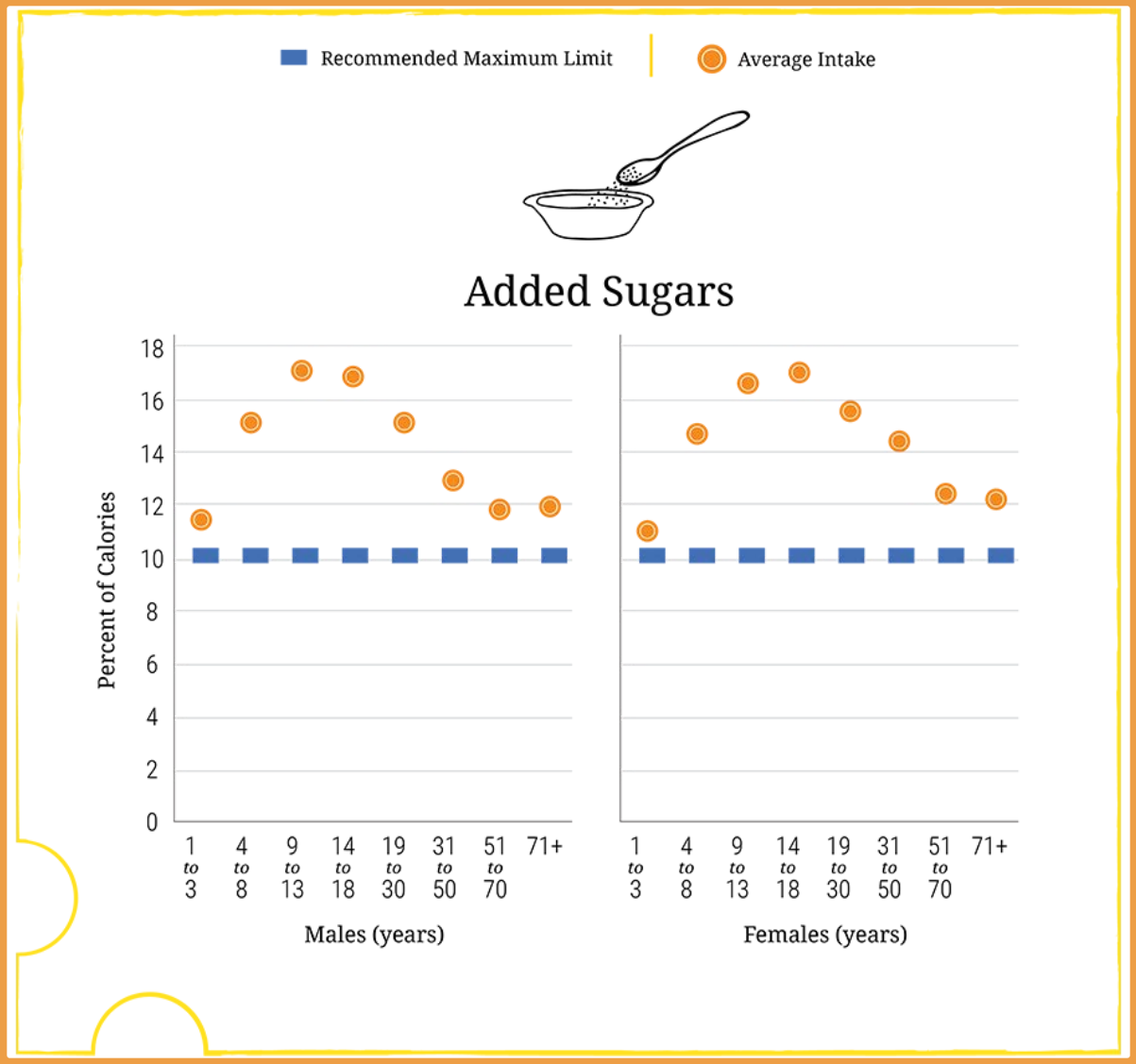
- May substitute **entire** grains at breakfast up to **3x per week**

CHILD AND ADULT MEALS- MEAT AND MEAT ALTERNATES

CHILD AND ADULT MEALS- MEAT AND MEAT ALTERNATES

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

ADDED SUGAR CONSUMPTION



CHILD AND ADULT MEALS- MILK

FLAVORED MILK

Children 1 through 5 years olds

- Flavored milk is prohibited

Children 6 years olds and older and adults

- Sugar limit is an optional best practice

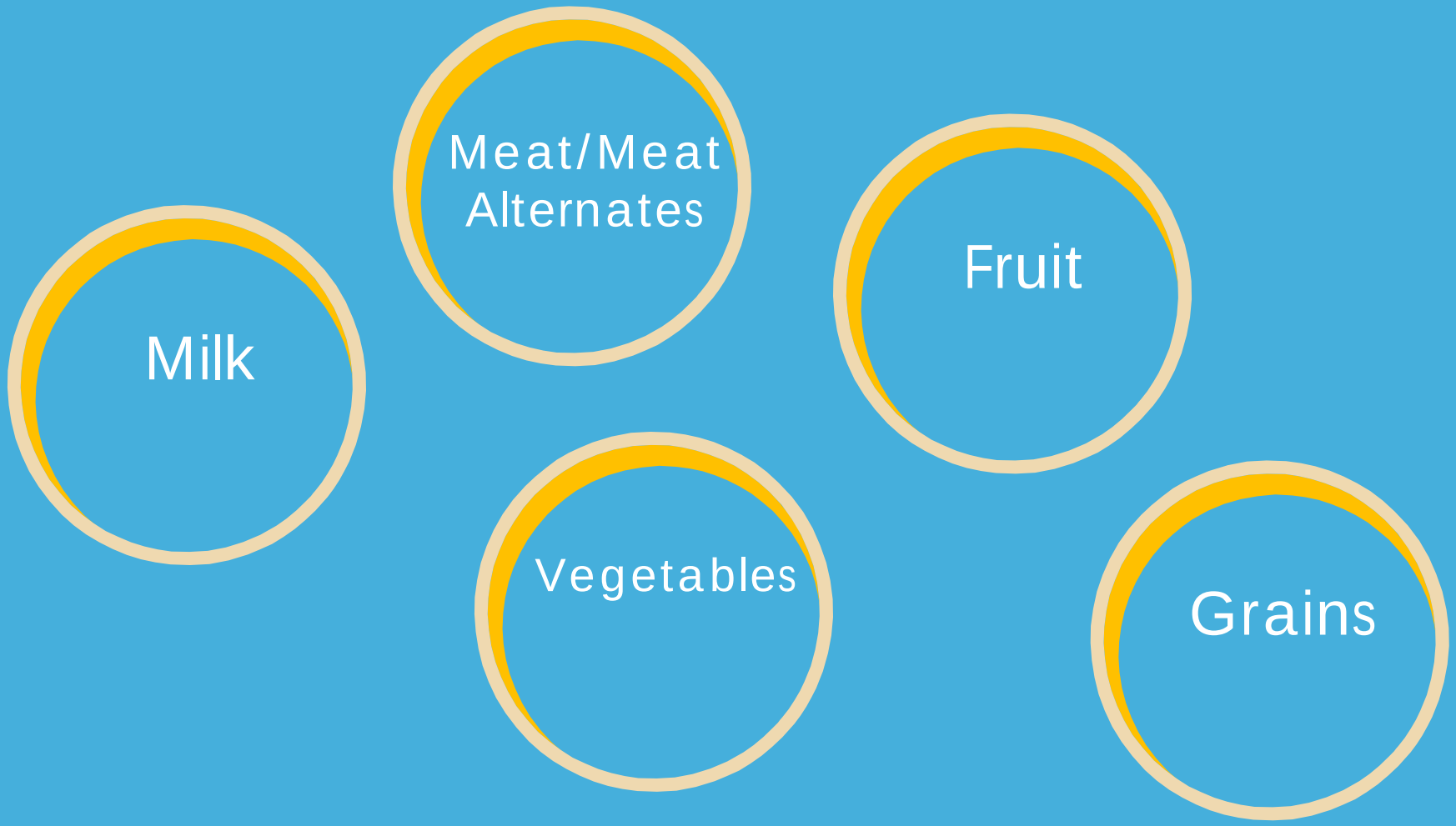
FOOD PREPARATION

- **Deep-fat frying** = cooking by submerging in hot oil or other fat
- Disallows **frying food** on-site

Additional Provisions

- Use of food and beverage for **reward and punishment**
- Offer and make **water** available
- Parent/guardian **provided** components
- **Family style** meals
- Offer **vs.** serve

Aligning Child Nutrition Programs



BEST PRACTICES

IMPLEMENTATION

GETTING FROM HERE TO THERE…

1. FNS trains State Agencies
2. State Agencies train their sponsors and independent centers
3. Sponsors train their centers and day care homes

http://www.fns.usda.gov/cacfp/meals-and-snacks

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)

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

Initiative of the USDA's Food and Nutrition Service to support the Federal Child Nutrition Programs

Provides curricula, posters, parent handouts, and other resources free of charge to schools, child care sites, and summer meal operators.

Aims to improve children's lifelong eating and physical activity habits

http://teamnutrition.usda.gov

@TeamNutrition

What's Cooking? USDA Mixing Bowl

https://www.whatscooking.fns.usda.gov

USDA Standardized Recipes for Child Nutrition Programs

NEW

- 200 standardized recipes for Child Nutrition operators, including CACFP
- 87 recipes now available on What's Cooking? website
- Includes nutrient analysis, crediting information, and picture, servings of 25-50 and 50 to 100
- Will be made available in Spanish

http://www.fns.usda.gov/usda-standardized-recipe

Team Nutrition Graphics Library

http://www.fns.usda.gov/tn/graphics-library

For menus, newsletters, Web site, signs, labels, stickers

Spanish Materials Available from Team Nutrition

NEW

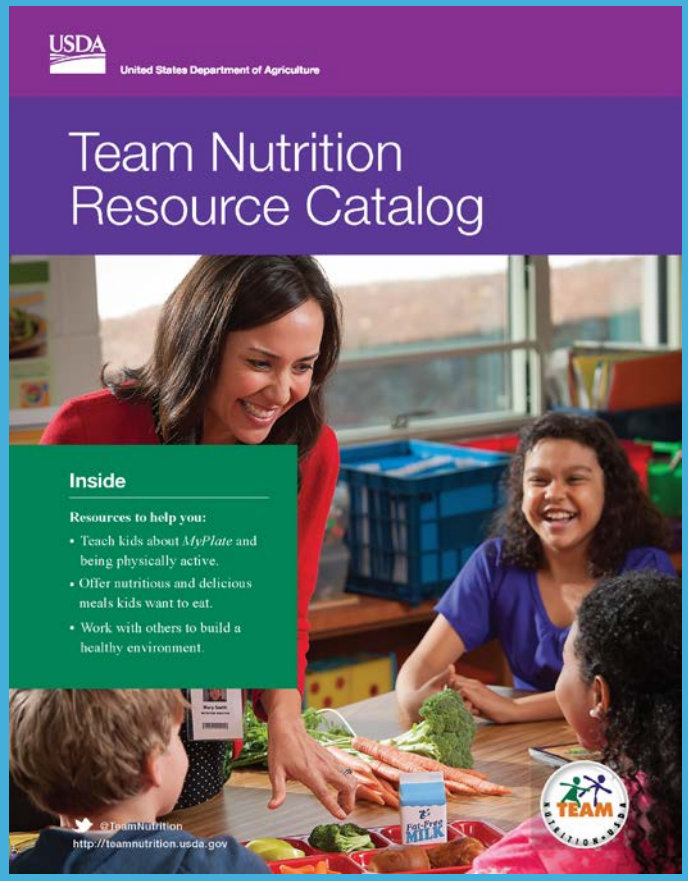
Includes:

- ✓ **A brief description of the Team Nutrition Initiative**
- ✓ **Titles of the publication in English and in Spanish**
- ✓ **Description and URL of the publication**

http://www.fns.usda.gov/tn/spanish-materials-available-team-nutrition

Team Nutrition Resource Catalog

- Descriptions and pictures of all Team Nutrition resources available for schools, child care, and summer food
- Will be updated yearly
- Available in print for State agencies and Sponsors:
  - Send name, phone number, quantity, and mailing information to TeamNutrition@fns.usda.gov



http://www.fns.usda.gov/tn/team-nutrition-resource-catalog

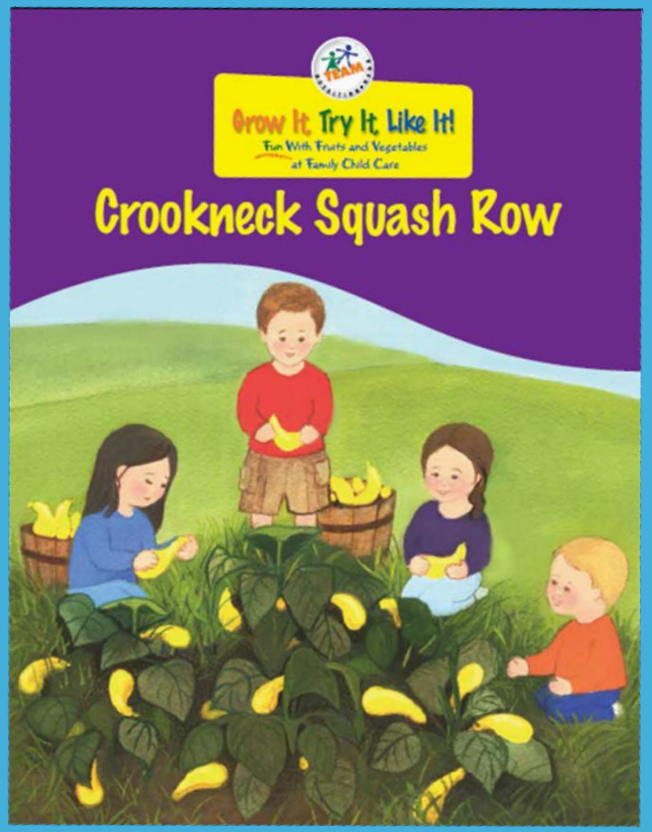
CACFP Meal Pattern Training Tools

- Infographic
- Training worksheets
- Poster Set
- Key Characteristics:
  - Clear and simple
  - Visual
  - In English and Spanish

Team Nutrition Resources in Development

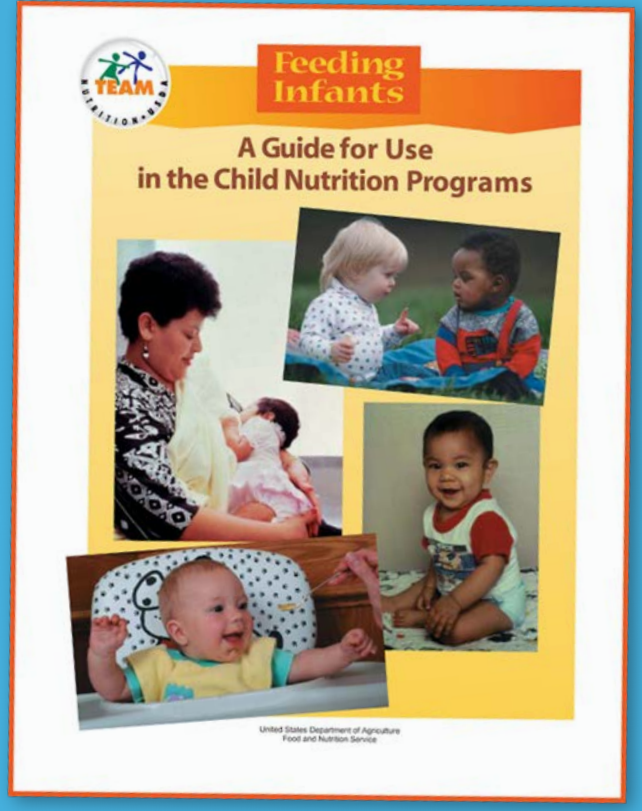
Grow It, Try It, Like It! Fun With Fruits and Vegetables at Family Child Care

- Redesign of tool kit for family child care
- Streamlined, “grab and go”
  - Reduced content of Basics Book
  - Moved items to Fruit and Vegetable books
- Organized activities by day
  - Do as few or as many as desired
  - Everything needed is there!
- Took out more complicated, or expensive, activities



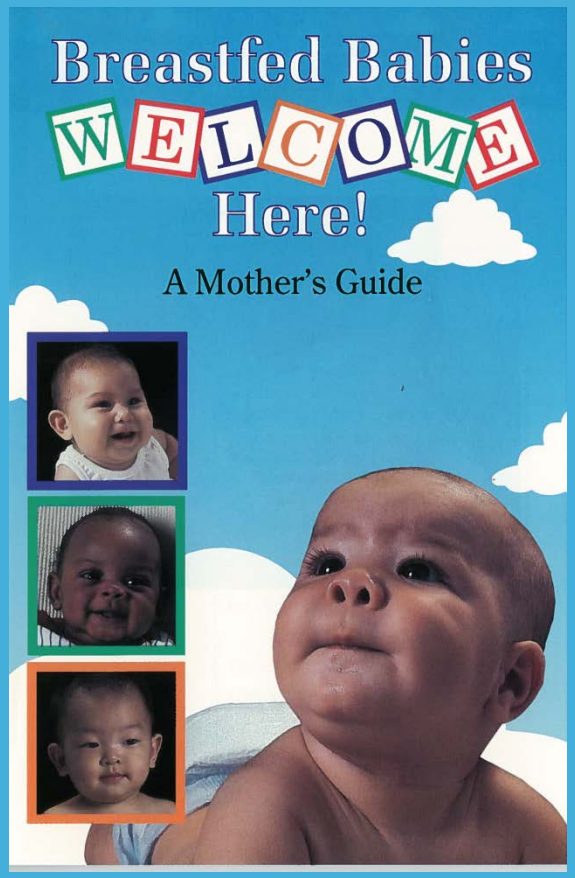
Feeding Infants Guide

- Updating to reflect new meal pattern requirements, policy memos, and nutrition science
- New version will be in English and in Spanish
- Parent engagement



Breastfed Babies Welcome Here!

- A Mother's Guide
- Poster
- Available in English and Spanish



Recipes Reflecting Different Cultures

- Recipes from around the world

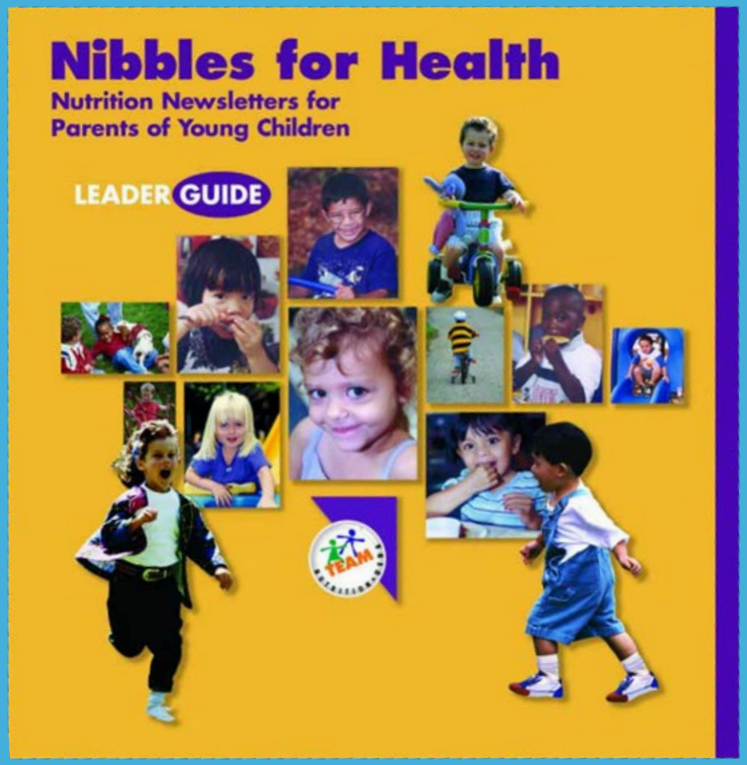
Kid-friendly; easy to prepare

In servings of 6, 25, 50

- Tips for using traditional foods
- Nutrition education lessons
- Parent handouts

Nibbles for Health

- Newsletters for providers to give to parents of children ages 2 to 5
- 30 topics related to nutrition and physical activity
- Developed in English and in Spanish



QUESTIONS?