

# NEW CACFP MEAL PATTERNS



# New Meal Pattern

## Infant Meals

## Child & Adult Meals

## Best Practices

USDA United States Department of Agriculture

### UPDATED 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 Academies of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

#### UPDATED 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, and
- Only breastmilk and infant formula are served to infants 0 through 8 month olds.

**Developmentally Appropriate Meals**

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

**Reduce Added Sugars**

- Requires a vegetable or fruit, or both, to be served as 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 at lunch.

**Learn More**

For an introduction to meal development and updates, check out the [USDA CACFP Training and Webinars](#).

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### PREVIOUS AND UPDATED INFANT MEAL PATTERNS: LETS COMPARE

	PREVIOUS	UPDATED
<b>Breakfast</b>	0-5 months: 4-6 oz milk 6-11 months: 4-6 oz milk or formula 2-4 oz infant cereal or formula 1-4 tbsp vegetables, fruit or both	0-5 oz breastmilk or formula 6-8 oz breastmilk or formula 2-4 oz infant cereal, meat, fish, poultry, egg, cheese, or 2-4 oz formula or 2-4 oz cereal 1-4 tbsp vegetables, fruit or both
<b>Lunch or Supper</b>	0-5 months: 4-6 oz milk or formula 6-11 months: 4-6 oz milk or formula 1-4 tbsp vegetables, fruit or both	0-6 oz breastmilk or formula 6-8 oz breastmilk or formula 2-4 oz infant cereal, meat, fish, poultry, egg, cheese, or 2-4 oz formula or 2-4 oz cereal 1-4 tbsp vegetables, fruit or both
<b>Snack</b>	0-5 months: 4-6 oz milk or formula 6-11 months: 4-6 oz milk or formula 1-4 tbsp vegetables, fruit or both	0-6 oz breastmilk or formula 6-8 oz breastmilk or formula 1-1/2 oz breast milk or 2 oz formula or 1-4 oz infant cereal or 2-4 oz cereal 1-4 tbsp vegetables, fruit or both

\*Revised when infant is developmentally ready. Reimbursement for infant formula and breastmilk is not included in the meal pattern.

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### UPDATED 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 updated 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 updated meal patterns by October 1, 2017.

#### Updated 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
- Allow to be 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 and
- Source equivalents for oil are used to determine the amount of vegetable grains (starting October 1, 2018).

**More Protein Options**

- Meat and meat alternatives 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 alternative.

**Oil Application Note**

- 0-2 tsp oil per serving to address the needs of older children 13 through 18 years old.

**Limit Added Sugar**

- Input must contain no more than 22 grams of sugar per 8 ounces, and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

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### Mixing Every Tip Count

- Unflavored whole milk must be served in 1 year olds, and flavored low-fat or fat-free milk must be served to children 2 through 5 years old and enhanced low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk in children or adults with medical or special dietary needs, and
- Input may be served in place of milk once per day for adults only.

**Additional Requirements**

- Exclude after-noon serve to at-risk after-school programs, and
- Try not to allow oil as a way of preparing foods on-site.

#### Breakfast Meal Patterns

	Age 1-2	Age 3-5	Age 6-12 & 13	Adult
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup
<b>Vegetables, Fruit, or both</b>	1/2 cup	1/2 cup	1/2 cup	1/2 cup
<b>Cereals</b>	1/2 serving	1/2 serving	1/2 serving	2 servings

Meat and meat alternatives may be used to substitute the entire grains component a maximum of three times per week. Oil may be used to address the needs of older children 13 through 18 years old.

#### Lunch and Supper Meal Patterns

	Age 1-2	Age 3-5	Age 6-12 & 13	Adult
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup
<b>Meat and meat alternatives</b>	1/4 cup	1/4 cup	1/4 cup	1/4 cup
<b>Vegetables</b>	1/2 cup	1/2 cup	1/2 cup	1/2 cup
<b>Fruits</b>	1/2 cup	1/2 cup	1/2 cup	1/2 cup
<b>Cereals</b>	1/2 serving	1/2 serving	1/2 serving	2 servings

Meat and meat alternatives may be used to substitute the entire grains component a maximum of three times per week. Oil may be used to address the needs of older children 13 through 18 years old.

#### Snack Meal Patterns

	Age 1-2	Age 3-5	Age 6-12 & 13	Adult
<b>Milk</b>	1 cup	1 cup	1 cup	1 cup
<b>Meat and meat alternatives</b>	1/4 cup	1/4 cup	1/4 cup	1/4 cup
<b>Vegetables</b>	1/2 cup	1/2 cup	1/2 cup	1/2 cup
<b>Fruits</b>	1/2 cup	1/2 cup	1/2 cup	1/2 cup
<b>Cereals</b>	1/2 serving	1/2 serving	1/2 serving	2 servings

Meat and meat alternatives may be used to substitute the entire grains component a maximum of three times per week. Oil may be used to address the needs of older children 13 through 18 years old.

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### CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices include recommendations from the Dietary Guidelines for Americans and the National Academies of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.

**CACFP Best Practices**

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:

- Breastfeed**
  - Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a space, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.
- Vegetables and Fruit**
  - Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
  - Serve a variety of fully and drained whole fruits, fresh, canned, dried or frozen (more than 10oz).
  - Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas. (Prepared, identify vegetables and other ingredients once per week).
- Cereals**
  - Provide at least two servings of whole grain-rich grains per day.
- Meat and Meat Alternatives**
  - Serve only lean meats, nuts, and legumes.
  - Limit serving processed meats to no more than one serving per week.
  - Serve only natural cheeses and cheeses low in or without fat or sodium.
- Milk**
  - Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the fat-free milk to make milk and serve to children with the greatest need (no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk with the next lowest amount of sugar).
  - Serve water as a beverage after serving input in place of milk for adults.

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Required Oct. 1, 2017

On April 25, 2016, USDA released the new Child and Adult Care Food Program (CACFP) meal pattern requirements. All CACFP programs must comply with the updated meal pattern requirements no later than **October 1, 2017**; however, there are many meal pattern changes that you may start implementing now.

The updated meal patterns strengthen the nutritional quality of meals served and address dietary needs of CACFP participants. DPI and USDA strongly support implementing the allowed portions of the updated meal patterns as soon as possible because it will greatly benefit CACFP participants and will help to phase-in the new requirements.

### Programs may start implementing the following changes now

#### Child and Adult Meal Pattern

At least one serving of grains per day are whole grain or whole grain-rich

The following grain-based desserts are not served at any meal or snack: cookies, cake, sweet pie crusts, fruit turnovers, doughnuts, cereal bars, breakfast bars, granola bars, toaster pastries, sweet rolls, sweet crackers (e.g. graham and animal crackers), and brownies

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

At least one vegetable is served at lunch and supper

May serve two vegetables at lunch and supper

Limit 100% juice to once a day

Serve whole, unflavored milk to 1 year old children

Meat/meat alternates may substitute the entire grain component at breakfast a maximum of three times per week. M/MA minimum serving size at breakfast:

1-5 year olds = ½ oz      6-12 year olds = 1 oz

Count tofu and soy yogurt as a meat alternate. Tofu must be commercially prepared, and only firm or extra firm varieties are creditable.

Tofu: 2.2 oz (1/4 cup) with at least 5 g protein = 1 oz ma (*must be commercially prepared*)

Soy yogurt: 4 fl oz (1/2 cup) = 1 oz ma (*same as regular yogurt*)

#### Infant Meal Pattern

Claim infant meals when mother breastfeeds on-site

Juice is not allowed at meals or snacks

Serve yogurt and whole eggs at lunch/supper, and ready-to-eat cereals at snack

Do not serve cheese food and cheese spread

Parents may only provide one component of the infant meal

#### Adult Day Care Meal Pattern

Substitute yogurt for fluid milk once per day

- When yogurt is not served as a meat alternate in the same meal
- 6 ounces (weight) or ¾ cup (volume) of yogurt = 8 ounces of fluid milk

# New Meal Pattern

## Whole-grain Rich Foods

- At least one serving of grains per day must be whole grain-rich



Only required under the CACFP children and adult meal patterns

# Whole Grain-Rich

- ❖ Foods that contain **at least 50% whole grains** (and the rest are enriched)
- ❖ Foods that contain **100% whole grains**



# Look for Whole Grain

INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES.

**INGREDIENTS:**

WHOLE GRAIN WHEAT FLOUR, WATER, SUGAR, WHEAT GLUTEN, SOYBEAN OIL, NATURAL FLAVOR, SEA SALT, YEAST, CULTURED WHEAT FLOUR, MOLASSES, SOY LECITHIN, RAISIN JUICE, VINEGAR, ASCORBIC ACID; TOPPED WITH WHEAT BRAN.

## Other Common Whole Grains served in CACFP

- Oatmeal or rolled oats
- Quinoa
- Brown rice
- Wild Rice

# Serving Whole-Grains

If claiming **breakfast**, lunch and PM snack

If claiming all meals (breakfast, AM snack, **Lunch**, PM snack, supper and additional snack)

Only one grain must be whole grain-rich

When agency claims only 1 meal or 1 snack each day

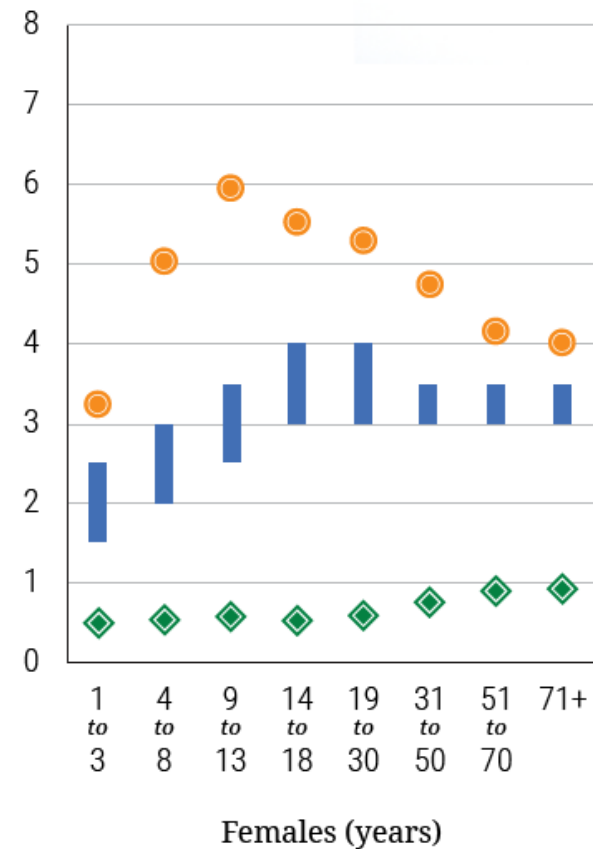
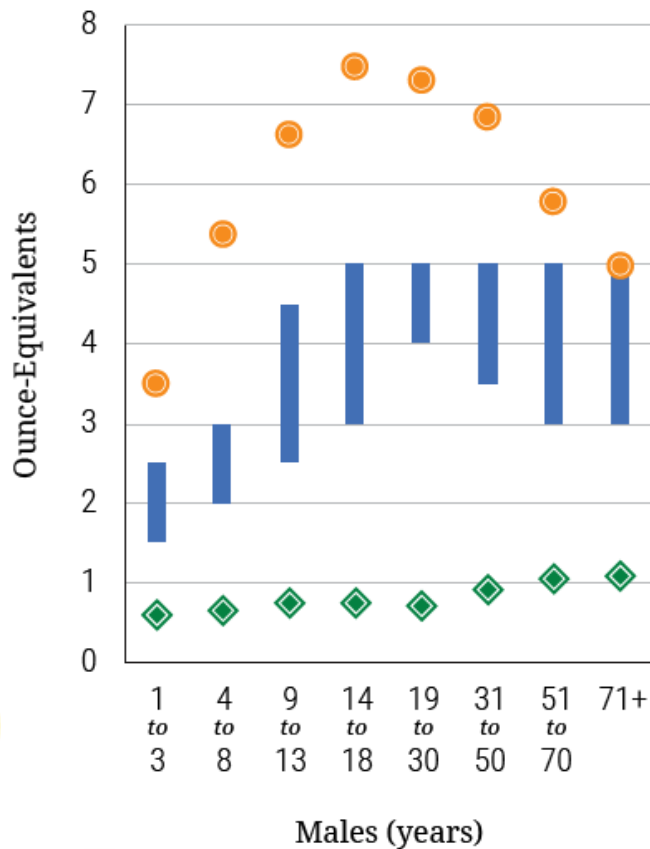
- Grain item must be whole grain-rich

# Grain Consumption



Range of Recommended Intake for Whole Grains/Limits for Refined Grains Intake

Average Refined Grains Intake  
Average Whole Grains Intake





# New Meal Pattern Grain-Based Desserts

- Disallows Grain-Based Desserts
  - Cookies, cakes, brownies, doughnuts, granola bars, grain fruit bars, toaster pastries, sweet rolls, sweet crackers (animal, graham)



# New Meal Pattern Breakfast Cereals

- Must contain no more than 6 grams of sugar per dry ounce

### Cereals That Meet CACFP Requirements

 Plain	 Plain	 Plain	 GF	 GF	 Almonds	 Cinnamon	 Honey Roasted Not "Just Bunches"	 Vanilla	 Bite size plain frosting only any store brand
 Plain	 Plain	 Plain	 Plain	 Plain	 Plain	 Brown Sugar	 Cinnamon	 Plain any store brand	 Bite size plain frosting only any store brand
 Plain	 Plain	 Plain	 Big-Bite	 Little-Bites	<b>HOT CEREALS</b>				
 Original	 Raspberry	 Plain	 GF	 Plain	 Plain	 Plain	 Plain	 GF	 Plain
 Banana Nut	 Plain	 Plain	 Plain	 Plain any store brand	 Plain	 Plain	 Plain	 Plain in packets only	 Plain in packets only
					 Original and all flavors in packets only	 Plain in packets only	 Plain in packets only	 Any Store Brand	

# New Meal Pattern Fruit/Vegetable Component

- Separates 'fruit/vegetable' component
  - Vegetable component
  - Fruit component
- **Must** serve one vegetable at lunch/supper
- May serve two vegetables at lunch/supper



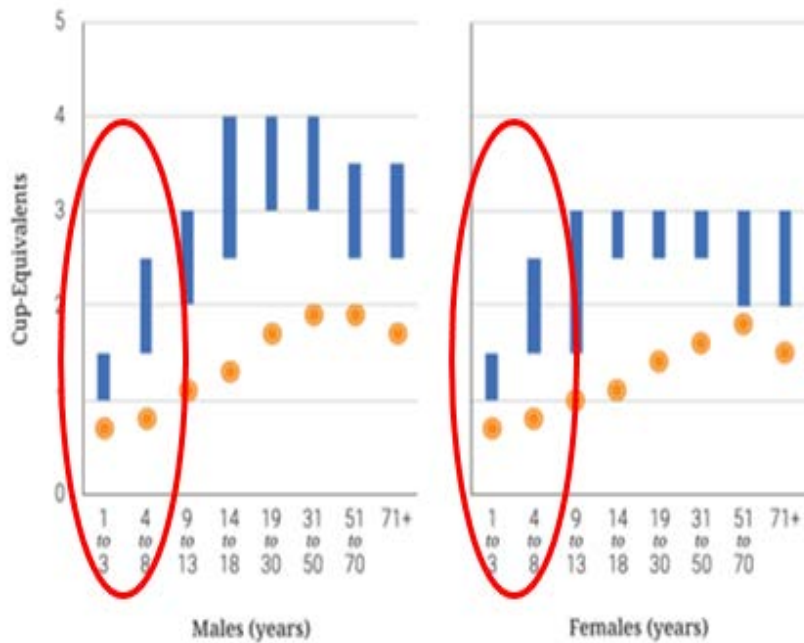
# Vegetable and Fruit Consumption

■ Recommended Intake Ranges

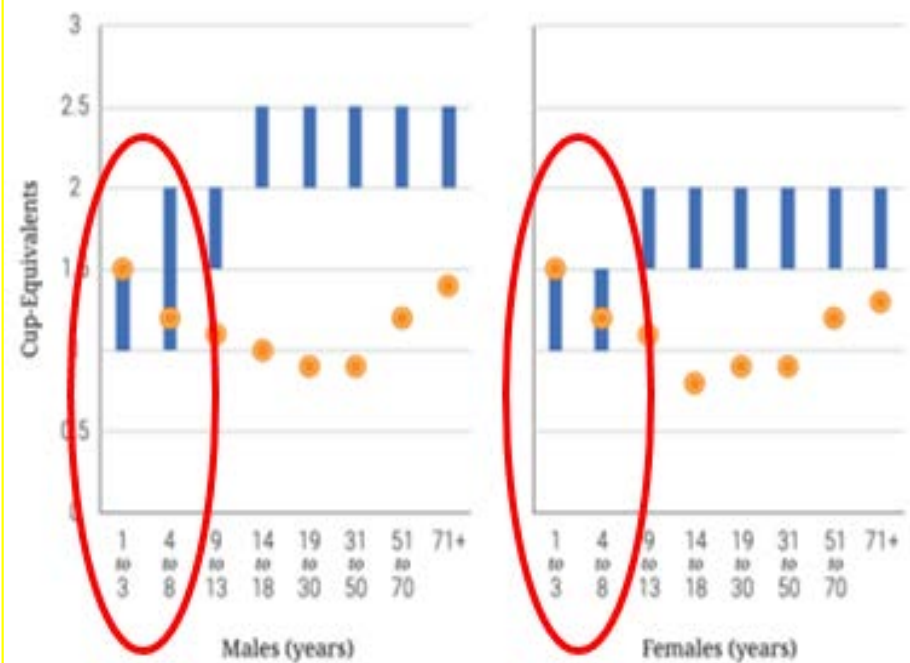
● Average Intake



Vegetables



Fruits



# New Meal Pattern

## Tofu & Soy Yogurt as Meat Alternates

- **Tofu**
  - Must be commercially prepared
- **Soy yogurt**
  - Same as crediting regular yogurt



Only allowed for children ages 1 and older

# Tofu and Soy Yogurt Handouts

## Serving Tofu and Soy Yogurt as a Meat Alternate in the CACFP

### Tofu

- **Must be commercially prepared**

*Noncommercial tofu and soy products are not creditable*

- **Crediting Information:**

2.2 oz (1/4 cup) of tofu, containing at least 5 grams of protein = 1.0 oz. meat alternate

- **Creditable and not creditable tofu:**

- **CREDITABLE:**

- Firm or extra firm tofu
- Tofu products such as links and sausages can only credit when the product has a Child Nutrition (CN) label or Product Formulation Statement (PFS) from manufacturer to document how the product meets CACFP requirements

- **NOT CREDITABLE:** Soft or silken tofu incorporated into drinks, such as smoothies, or other dishes to add texture, such as in baked desserts

### Soy Yogurt

- **Crediting Information:**

4.0 fluid oz. (1/2 cup) of soy yogurt= 1.0 oz. meat alternate

- **Creditable yogurt:**

- Plain or flavored, unsweetened or sweetened
- Commercially prepared fruit and nonfruit yogurt receive the full crediting toward the meat alternate requirement



### CACFP Tofu Recipe Guide



# New Meal Pattern Meat and Meat Alternates

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



## M/MA Serving Size

1-5 year olds = ½ oz  
6-12 year olds = 1 oz

# Updated Breakfast Production Records

BREAKFAST/SNACK PRODUCTION RECORDS					
Projected Meal Counts		Breakfast Component	Foods to be Served	Amounts Required	Amounts Prepared
MONDAY					
1 & 2		M/MA			
3 to 5		F/V			
6 to 12		GR/B			
Adult		Whole / 2% Milk <sup>1</sup>			
		1% / Skim Milk <sup>2</sup>			
TUESDAY					
1 & 2		M/MA			
3 to 5		F/V			
6 to 12		GR/B			
Adult		Whole / 2% Milk <sup>1</sup>			
		1% / Skim Milk <sup>2</sup>			

Wisconsin Department of Public Instruction Child and Adult Care Food Program						
Breakfast Production Records		Week of:	Preparer:			
<b>Monday</b>						
Projected Participants	Component	Foods to be served	Amounts Required	Amounts To Be Prepared	Comments <sup>3</sup>	
1&2	M/MA				<input type="checkbox"/> CN Label	
3 to 5	F/V					
6 to 12	GR/B					
Adult	Whole <sup>1</sup>	# of 1-year-olds:				
	1%/Skim <sup>2</sup>					
<b>Tuesday</b>						
Projected Participants	Component	Foods to be served	Amounts Required	Amounts To Be Prepared	Comments <sup>3</sup>	
1&2	M/MA				<input type="checkbox"/> CN Label	
3 to 5	F/V					
6 to 12	GR/B					
Adult	Whole <sup>1</sup>	# of 1-year-olds:				
	1%/Skim <sup>2</sup>					
<b>Wednesday</b>						
Projected Participants	Component	Foods to be served	Amounts Required	Amounts To Be Prepared	Comments <sup>3</sup>	
1&2	M/MA				<input type="checkbox"/> CN Label	
3 to 5	F/V					
6 to 12	GR/B					
Adult	Whole <sup>1</sup>	# of 1-year-olds:				
	1%/Skim <sup>2</sup>					
<b>Thursday</b>						
Projected Participants	Component	Foods to be served	Amounts Required	Amounts To Be Prepared	Comments <sup>3</sup>	
1&2	M/MA				<input type="checkbox"/> CN Label	
3 to 5	F/V					

Available on Guidance Memorandum website, GM 12



# Meat/Meat Alternates at Breakfast



Beans

Eggs



Ham /  
Canadian  
Bacon



Do a  
combination  
of items

Tofu



Cheese



Yogurt and Soy Yogurt



Nut Butters



# Meat/Meat Alternates at Breakfast

## PROCESSED MEATS

Need CN label if product is not 100% meat

This is  
creditable

INGREDIENTS: PORK, WATER,  
CONTAINS 2% OR LESS OF THE  
FOLLOWING: CORN SYRUP, SALT,  
SPICES, SUGAR, MONOSODIUM  
GLUTAMATE, FLAVORINGS.

Bacon:

- Regular bacon is not creditable
- Turkey bacon – only with a CN label

# New Meal Pattern

## Whole Milk for 1 year olds

- Whole, unflavored milk for 1 year old children
- Transition period from 24-25 months old



# New Meal Pattern Infants

- Reimbursing infant meals when mother **breastfeeds on-site**

## Breastfeeding Friendly



# New Meal Pattern Infants

## Lunch/supper

- Allows **yogurt** and **whole eggs**
- Prohibits cheese food and cheese spread

## Snack

- Allows **ready-to-eat cereals**
- Prohibits juice



# Updated Infant Meal Records

## Lunch/Supper

1. IFIF or Breast Milk 6-8 oz; or Mom Fed Onsite
2. Fruit and/or Vegetable (F/V) 1-4 Tbsp
3. Iron Fortified Infant Cereal (IFIC) 2-4 Tbsp; or Meat, fish, poultry, egg, or cooked dry beans/peas 1-4 T; or Cheese ½ -2 oz; or Cottage cheese 1-4 oz (volume) or Yogurt 1-8 oz (1/8 cup – 1 cup)

## Snack

1. IFIF or Breast Milk or full strength fruit juice 2-4 oz
2. Bread 0-1/2 sl or crackers 0-2 or ready-to eat cereals 0-4 Tbsp (when developmentally ready)

_____ oz IFIF / <del>Breast Milk/</del> Mom Fed Onsite		_____ Tbsp F/V _____	and/or	_____ Tbsp IFIC	_____ T Meat/Alt _____	_____ oz IFIF / Breast Milk/ Mom Fed Onsite	_____ Bread/ Cracker/ <u>Cereal</u>
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## Guidance Memorandum 12

# New Meal Pattern Infants

- Effective Oct. 1, 2017: Parents may only provide **one** component of infant meal



# New Meal Pattern Adult Day Care

- Allows **yogurt to substitute for fluid milk**
  - once per day
  - when yogurt is not served as a meat alternate in the same meal
- 6 ounces (weight) or  $\frac{3}{4}$  cup (volume) of yogurt = 8 ounces of fluid milk





# Meal Pattern Updates

## New CACFP Meal Pattern website

### Child and Adult Care Food Program New Meal Pattern

#### NEW CACFP Meal Pattern

Implementation Date: October 1, 2017

***No changes can be implemented until further guidance is provided by the DPI***

[USDA Nutrition Standards for CACFP Meals and Snacks](#)

USDA released the final rule on the CACFP Meal Pattern on April 25, 2016, that will go into effect on October 1, 2017.

**Community Nutrition Team**

Welcome to the Wisconsin Department of Public Instruction Community Nutrition Team. Our members provide nutrition information and program guidance to schools, local food programs, Summer Food Service Program, Non-School Special Milk Program, Early Care and Education. The Team is also responsible for a variety of activities that involve collaboration with other state agencies, UW-Extension, and advocacy groups.

The Community Nutrition Team provides free print materials to its members.

**Child and Adult Care Food Program**

- Adult Care Component
- At-Risk Afterschool Program Component
- Child Care Component
- Emergency Shelter Component
- Family Day Care Home Component
- Farm to Early Care and Education
- Wellness in Early Care and Education

**Non-School Special Milk Program**

<http://dpi.wi.gov/community-nutrition/new-cacfp-meal-pattern>

# Best Practices



United States Department of Agriculture



## CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.

### CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:



#### 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.



#### Vegetables and Fruit

- Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.



#### Grains

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



#### Meat and 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-cheeses.



#### Milk

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.

Thank you!

