



# Evergreen Child Care Food Program

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## CACFP MEAL PATTERN CHANGES

Effective as of  
October 1, 2017

# NEW MEAL PATTERN CHANGES BEGIN

## OCTOBER 1, 2017

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**.

**This handout was made to help you understand the upcoming changes and explain how our agency will be working with these changes.**

### Directions

1. Please **PRINT** the new meal patterns, click on the links below, and place in your kitchen (Required as of October 1, 2017).
2. Read this entire handout
3. Contact us if you have any questions. However, please be advised, we will be discussing the new patterns in further detail during our annual training in August.

Link to new child meal pattern:

[https://www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_childmealpattern.pdf](https://www.fns.usda.gov/sites/default/files/cacfp/CACFP_childmealpattern.pdf)

Link to infant meal pattern:

[https://www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_infantmealpattern.pdf](https://www.fns.usda.gov/sites/default/files/cacfp/CACFP_infantmealpattern.pdf)

## What has changed?

- New age group to address the needs for children 13-18 (only applies to special diet/needs children)
- The new meal pattern is on **ounces**. Ounce equivalents are used to determine the amount of creditable grains. Remember: 8 fluid oz = 1 cup and *there is a difference between liquids and dry measuring*
- Changes were made in all the food component categories. Please continue reading for detailed changes.



## Fruits/Vegetables



### Fruit and Vegetable are now in separate categories

- MUST serve a fruit and vegetable OR two vegetables for all major meals, but NOT 2 fruits.
- For snacks: a fruit **and** vegetable can be served as a complete AM or PM snack.

### Juice limit

You can only serve 100% juice **once a day** (per whole day menu). It doesn't matter if different children are being served different meals, it is per daily menu, not per child.



# Whole Grains



- Millet
- Quinoa
- Sorghum
- 100% whole wheat flour

*Please be advised, if you do not serve at least one whole-grain rich product on your menu per day, you will automatically be disallowed a meal for that day.*

## No more grain based desserts

What are grain-based desserts? Grain-based desserts include, but are not limited to:

- Cookies
- Brownies
- Doughnuts
- Pastries
- Granola bars
- Cereal/ breakfast sweet bars
- Sweet rolls
- Pop tarts
- Sweet pie crust
- **ANIMAL CRACKERS**
- **GRAHAM CRAKERS**

*Please be advised, although grain-based desserts are not going to be subject for reimbursement, you may still serve them, but not claim them. However, keep in mind that these changes made by the USDA are for the well-being of the children.*

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

Examples of whole grain-rich products :

- Whole-grain corn
- Whole oats/oatmeal
- Brown rice
- Whole rye
- Whole-grain barley
- Wild rice
- Buckwheat
- Triticale
- Bulgur (cracked wheat)

In order to receive credit, provider's must do the following:

**Providers claiming on scan-**

**nable forms:** Please specify

the 1<sup>st</sup> ingredient of **ALL**

your whole grain products

on your menus. You may

abbreviate your 1<sup>st</sup> ingredi-

ent of your grains as **WG** for Whole Grain and **WGC** for

Whole Grain Corn. Also, If you are using tortilla, please

specify the 1<sup>st</sup> ingredient and the brand name of your tor-

tilla you will be using.

**Recommendation:** When you abbreviate the 1st ingredi-

ent, you can to circle the abbreviation. In addition, we

highly suggest highlighting the 1st ingredient, so that it

stands out.

**Providers claiming online:**

you will be able to choose

the appropriate grain prod-

ucts on KidKare/Webkids. If

you are using tortilla, ensure

to specify the brand name on

the comments section located

under "meals".

## Breakfast cereal sugar limit

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



# Meat/Meat Alternate



Meat/Meat alternates may be served in place of the entire grains component at breakfast for a maximum of three (3) times per week.



## Menu example:

- Egg (Meat/Meat Alt.)
- Mixed berries
- 1 % Milk

Tofu counts as meat alternate.

- Tofu must be easily recognized as a meat substitute.
- Tofu is **not** creditable for infant's ages 0-11 months.
- Tofu must meet protein requirement: at least 5 grams per 2.2 ounces by weight.

Please note: we will show you how to calculate protein for tofu during the workshop.

## Non-creditable Tofu:

- Tofu in smoothies
- Tofu used to add texture or enhance nutrients in foods.
- Tofu noodles (not easily recognized as meat substitute).
- Homemade Tofu (non-commercial, non-standardized tofu and soy products).



Yogurt: must contain no more than 23 grams of sugar per 6 ounces.

Sugars/serving size = threshold

Threshold should be 3.83 or less



# Milk

- **Unflavored whole milk must be served to children under the age of 2**
- **Children ages 2-5yrs old: MUST be served UNFLAVORED 1% or fat-free (non-fat).**
- **Children ages 6 years and above may be served the following:**
  - Unflavored 1% or fat-free (non-fat) milk
  - Flavored fat-free (non-fat) milk
- **Type of milk served must be documented on the menu and must include the % fat content.**

## ADDITIONAL IMPROVEMENTS

**Deep fat-frying is not allowed as a way of preparing foods on-site.**

What is frying?

Frying is the cooking of food submerged in oil or another fat. Foods can be fried in a variety of fats, including lard, vegetable oil, rapeseed oil and olive oil (wikipedia.org).

Providers are welcome to sauté the food in small amount of oil.

# INFANTS

## New Meal Pattern Changes for Infant Nutrition

The changes for 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. Must comply by October 1, 2017.

### What has changed?

- There is a difference within the age groups. Two age groups instead of three: 0-5 months and 6-11 months.
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
- Encourages and supports breastfeeding



Provider can now receive reimbursement for meals when a breastfeeding mother comes to the day care home and directly feeds her infant. Ensure to provide a private area so mothers can breastfeed comfortably.

Note: When parent comes to breastfeed, there is NO need to put the ounces (oz.) served on the infant menu.

Only breast milk and iron fortified infant formula are served to infants 0-5 months old. In the current infant meal pattern only breast milk and iron fortified infant formula can be served to infants 0-7 months old (if they are NOT developmentally ready to eat solids yet.)

### Fruits/Vegetables

- Requires a vegetable or fruit, or both to be served for AM/PM snack (required when child is developmentally ready to eat solids)
- Juice can **no longer** be served to infants.

### Grains

- Ready to eat cereals can be served for AM/PM Snack (Ex. Cheerios)
- Hot ready to eat cereals are NOT creditable (Ex. Farina, cream of wheat, oatmeal, grits). Provider's may serve this on the side, but not claim on the menu.

### Meat/Meat Alternate

- Whole egg is now creditable for infants (previously it was just egg yolk)
- Yogurt is now creditable for infants (previously yogurt was NOT reimbursable). The yogurt must contain no more than 23 grams of sugar per 6 ounces.

Sugars/serving size = threshold  
Threshold should be 3.83 or less

### Non creditable yogurt products:

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt-flavored products
- Soy yogurt



- Tofu is *not* creditable for infants.

### OTHER UPDATES

In order to receive reimbursement for meals/snacks: Parents are only allowed to bring ONE of the required components for infants (0-11 months). Currently, for infants 0-7 months, parents can bring all components and providers may still be reimbursed. However, starting October 1, 2017 this will no longer be subject for reimbursement.



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(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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