

Child and Adult Care Food Program Early Implementation Option 1

Starting October 1, 2016, all sponsors of the Child and Adult Care Food Program (CACFP) in Minnesota (centers and homes) may adopt all Option 1 meal pattern allowances listed below per [USDA Memo CACFP 14-2016](#). Sponsors are strongly encouraged to implement one, some, or all allowances. All final meal pattern changes must be implemented as of October 1, 2017. Final meal pattern charts can be found on the [USDA website](#).

Option 1 Allowances
1. Reimbursing infant meals when the mother breastfeeds on-site
<ul style="list-style-type: none"> • Meals and snacks can be claimed when the mother directly breastfeeds her child at the child care center or home. • All other required food components must be served in order to claim meals and snacks when the mother breastfeeds on site. • Sponsors are encouraged to support breastfeeding mothers and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or home to breastfeed.
2. Allowing yogurt, whole eggs, and ready-to-eat breakfast cereals for infants
<ul style="list-style-type: none"> • Whole eggs and/or yogurt may be served at lunch and supper in place of or in combination with infant cereal for the 8-11 month age group. <ul style="list-style-type: none"> ○ Yogurt must contain no more than 23 grams of sugar per 6 ounces ($\frac{3}{4}$ cup). ○ Egg yolks alone are no longer creditable. • Ready-to-eat breakfast cereals may be served at snack in place of or in combination with bread and crackers for the 8-11 month age group. <ul style="list-style-type: none"> ○ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sugar per 100 grams of dry cereal). ○ All cold cereals on pages 13-14 of the WIC Shopping Guide meet this criteria.
3. Serving meat and meat alternates in place of grains component at breakfast
<ul style="list-style-type: none"> • Meat and meat alternates may be used to substitute the entire grains component at breakfast a maximum of three times per week for the child and adult meal patterns. • One ounce equivalent meat/meat alternate = One serving grain.
4. Counting tofu and soy yogurts as a meat alternate
<ul style="list-style-type: none"> • Tofu and soy yogurt are creditable as a meat alternate for the child and adult meal patterns, but not for the infant meal pattern. • Tofu and soy yogurt credit as follows: <ul style="list-style-type: none"> ○ Tofu must contain at least 5 grams protein per 2.2 ounces ($\frac{1}{4}$ cup) ○ 2.2 ounces ($\frac{1}{4}$ cup) tofu = 1.0 ounce equivalent meat alternate ○ Soy yogurt must contain no more than 23 grams of sugar per 6 ounces ($\frac{3}{4}$ cup) ○ 4.0 fluid ounces ($\frac{1}{2}$ cup) soy yogurt = 1.0 ounce equivalent meat alternate • Noncommercial tofu and soy products are not creditable (example: homemade tofu and soy yogurt). • Tofu must be recognizable in the dish such as in stir-fries, omelets and miso soup. Tofu is not creditable when blended into drinks and smoothies or other dishes where it is not recognizable. • If tofu is an ingredient in processed tofu products, a Child Nutrition (CN) label or product formulation statement from the manufacturer is necessary to credit the product.

5. Allowing yogurt to be used to fulfill the fluid milk requirement for adults once per day

- Adult care centers only: 6 ounces ($\frac{3}{4}$ cup) of yogurt may be served in place of 8 ounces of fluid milk once per day for adult participants.
- Yogurt cannot be served in place of fluid milk when yogurt is also served as the meat/meat alternate in the same meal.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces ($\frac{3}{4}$ cup).

Meal Pattern Changes that are Currently Allowed

The following items are allowed under the current meal pattern. They will be required as of October 1, 2017. Sponsors are encouraged to implement these items as soon as possible.

- At least one serving of grains per day must be whole grain-rich for children and adults.
 - Whole grain rich = contains at least 50 percent whole grains and the remaining grains are enriched.
 - Guidance on crediting whole grain rich foods can be found in the USDA memo [CACFP 02-2017](#).
- Grain-based desserts do not count towards meeting the grains requirement.
 - Grain-based desserts include cakes, cookies including vanilla wafers, brownies, sweet crackers including graham crackers and animal crackers, doughnuts, toaster pastries, sweet rolls, cereal bars, breakfast bars, granola bars, fruit turnovers, coffee cake, and sweet pie crusts including dessert pies, cobblers and fruit turnovers.
- Juice (full-strength 100 percent) may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day for children and adults.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sugar per 100 grams of dry cereal).
 - A list of cereals that meet this criteria can be found on pages 13-14 of the [WIC Shopping Guide](#).
- Yogurt must contain no more than 23 grams of sugar per 6 ounces (weight) or $\frac{3}{4}$ cup (volume).
- Both a fruit and a vegetable or two different vegetables must be served at lunch and supper meals for the child and adult meal patterns.
- Frying is not allowed as a way of preparing foods on-site.
- Flavored milk is not creditable for children age five and under:
 - Fluid milk for children age one must be unflavored whole milk.
 - Fluid milk for children ages two through five must be unflavored low-fat (one percent) or unflavored fat-free (skim) milk.
 - Fluid milk for children ages six years old and older and adults must be unflavored low-fat (one percent), unflavored fat-free (skim), or flavored fat-free (skim) milk.
- Juice, cheese foods, and cheese spreads are not creditable for infants.
- Solid foods are gradually introduced to infants at 6 months of age, as developmentally appropriate.
- A vegetable or fruit, or both, is required at snack for infants 6 through 11 months old, as developmentally appropriate.