NEW CACFP MEAL PATTERNS
New Meal Pattern

Infant Meals

Child & Adult Meals

Best Practices

Required Oct. 1, 2017
New CACFP Meal Pattern
Changes You May Implement Now

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

<table>
<thead>
<tr>
<th>Child and Adult Meal Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>At least one serving of grains per day are whole grain or whole grain-rich</td>
</tr>
<tr>
<td>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</td>
</tr>
<tr>
<td>Breakfast cereals contain no more than 6 grams of sugar per dry ounce</td>
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<tr>
<td>At least one vegetable is served at lunch and supper</td>
</tr>
<tr>
<td>May serve two vegetables at lunch and supper</td>
</tr>
<tr>
<td>Limit 100% juice to once a day</td>
</tr>
<tr>
<td>Serve whole, unflavored milk to 1 year old children</td>
</tr>
<tr>
<td>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:</td>
</tr>
<tr>
<td>1-5 year olds = ½ oz</td>
</tr>
<tr>
<td>6-12 year olds = 1 oz</td>
</tr>
<tr>
<td>Count tofu and soy yogurt as a meat alternate. Tofu must be commercially prepared, and only firm or extra firm varieties are creditable.</td>
</tr>
<tr>
<td>Tofu: 2.2 oz (1/4 cup) with at least 5 g protein = 1 oz ma (must be commercially prepared)</td>
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<tr>
<td>Soy yogurt: 4 fl oz (1/2 cup) = 1 oz ma (same as regular yogurt)</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Infant Meal Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Claim infant meals when mother breastfeeds on-site</td>
</tr>
<tr>
<td>Juice is not allowed at meals or snacks</td>
</tr>
<tr>
<td>Serve yogurt and whole eggs at lunch/supper, and ready-to-eat cereals at snack</td>
</tr>
<tr>
<td>Do not serve cheese food and cheese spread</td>
</tr>
<tr>
<td>Parents may only provide one component of the infant meal</td>
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</tbody>
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<table>
<thead>
<tr>
<th>Adult Day Care Meal Pattern</th>
</tr>
</thead>
<tbody>
<tr>
<td>Substitute yogurt for fluid milk once per day</td>
</tr>
<tr>
<td>• When yogurt is not served as a meat alternate in the same meal</td>
</tr>
<tr>
<td>• 6 ounces (weight) or ¼ cup (volume) of yogurt = 8 ounces of fluid milk</td>
</tr>
</tbody>
</table>

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

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

Ounce-Equivalents

Males (years)

Females (years)
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

<table>
<thead>
<tr>
<th>Cereals That Meet CACFP Requirements</th>
</tr>
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<tbody>
<tr>
<td><img src="image1" alt="Cereal Images" />.jpg</td>
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<tr>
<td><img src="image2" alt="Cereal Images" />.jpg</td>
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<tr>
<td><img src="image3" alt="Cereal Images" />.jpg</td>
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<td><img src="image4" alt="Cereal Images" />.jpg</td>
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<td><img src="image5" alt="Cereal Images" />.jpg</td>
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<td><img src="image7" alt="Cereal Images" />.jpg</td>
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<td><img src="image8" alt="Cereal Images" />.jpg</td>
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<td><img src="image9" alt="Cereal Images" />.jpg</td>
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<tr>
<td><img src="image10" alt="Cereal Images" />.jpg</td>
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</tbody>
</table>

**HOT CEREALS**

- ![Cereal Images](image11).jpg
- ![Cereal Images](image12).jpg
- ![Cereal Images](image13).jpg
- ![Cereal Images](image14).jpg

*Note: Images and labels are placeholders for actual cereals.*
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

Graphs showing recommended intake ranges and average intake for vegetables and fruits across different age groups for males and females.
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
  - Non-commercial 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 nonfruited 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

<table>
<thead>
<tr>
<th>Breakfast/Snack Production Records</th>
<th>MONDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Projected Meal Counts</strong></td>
<td>MMA</td>
</tr>
<tr>
<td>1 &amp; 2</td>
<td>F/V</td>
</tr>
<tr>
<td>3 to 5</td>
<td>OR/B</td>
</tr>
<tr>
<td>6 to 12</td>
<td>Whole /2% Milk</td>
</tr>
<tr>
<td>Adult</td>
<td>1% / Skim Milk</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>TUESDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Projected Meal Counts</strong></td>
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<td>1 &amp; 2</td>
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<td>Adult</td>
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Available on Guidance Memorandum website, GM 12
Meat/Meat Alternates at Breakfast

- Beef
- Eggs
- Cheese
- Beans
- Ham / Canadian Bacon
- Tofu
- Yogurt and Soy Yogurt
- Nut Butters

Do a combination of items
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

## Guidance Memorandum 12

### 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)

<table>
<thead>
<tr>
<th>Lunch/Supper</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>[ ] oz IFIF / Breast Milk / Mom Fed Onsite</td>
<td>[ ] oz IFIF / Bread/Cracker/Cereal</td>
</tr>
<tr>
<td>[ ] Tbsp F/V</td>
<td>[ ] Tbsp</td>
</tr>
<tr>
<td>[ ] Tbsp IFIC</td>
<td>[ ] Tbsp</td>
</tr>
<tr>
<td>[ ] T Meat/Alt</td>
<td>[ ] T Meat/Alt</td>
</tr>
</tbody>
</table>

**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.

http://dpi.wi.gov/community-nutrition/new-cacfp-meal-pattern
Best Practices

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!