WELCOME
Important Reminders...

**Infant menus:**
Please be specific.

**What KIND of cereal, meat, fruit or vegetable are you serving?**

**Use F or Formula and BM for Breast Milk.**

**Don’t forget to include dates and date of birth on menus.**

**Receipts:**
Dates and totals must be visible on receipts.

**Food and food related items only.** (no gas, craft supplies, personal items, toys)

**Make sure copies are clear and easy to read.**

**PLEASE DON’T FORGET TO SEND IN MIDMONTH PAPERWORK!**

**ALL children should be signed in and out daily with ACTUAL times in care. If the parents forget, please do it for them.**
USDA CACFP Meal Pattern Requirements

Adventuretime Academy - Omaha
The new CACFP meal patterns increase the consumption of vegetables, fruits and whole grains, allow for more nutritious substitutions, and reduce the consumption of added sugars and saturated fats.

The updated standards also take cost and practicality into consideration. These improvements are expected to enhance the quality of meals served to young children.
Milk Component Overview

• Types of milk
  o Whole
  o Unflavored
  o Flavored
One Year Olds

• Most 1 year olds need whole milk
  o Higher fat content
  o Promotes healthy growth & development

• NEW! Whole unflavored milk is required at breakfast, lunch, & supper
  o Optional at snack

• Serve 4 fl oz (½ cup) of unflavored whole milk
Breastmilk Past Age One

- **May be served as a fluid milk to children of any age**

- **Reimbursable:**
  - If a parent/guardian provides expressed breastmilk
  - A mother breastfeeds her child on-site

- **May be served in combination with other milk types for a reimbursable meal**
  - i.e., mother brings ¼ cup for 1 year old, provider would supply ¼ cup whole unflavored milk for a total of ½ cup serving
Transition Period

• One-month transition period is allowable
  o Switch from whole milk to low-fat or fat-free milk

• Children 24 months to 25 months may be served
  o Whole milk or reduced-fat milk
Two to Five Year Olds

- Unflavored low-fat (1%) or fat-free (skim) cow’s milk

- Minimum serving sizes
  - 2 years – 4 fl oz or ½ cup
  - 3-5 years – 6 fl oz or ¾ cup

- **NEW!** Flavored milk is not reimbursable (includes non-dairy substitutes)
6 year olds +

- Unflavored low-fat (1%) or skim milk
- **Flavored** fat-free (skim) milk
- Minimum serving sizes
  - 8 fl oz or 1 cup
- **Flavored Milk**
  - Serve *only* fat-free flavored milk
  - Add syrup or flavored milk powder to fat-free plain milk *only*
Milk Substitutions

“Medical statement required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow’s milk…”

Handout – Milk Substitutions
Medical Statements

• Parent cannot request non-creditable milk substitute
  o e.g. Silk vanilla soy milk, coconut milk, almond milk

• MD, DO, APRN, PA specify what must be omitted and what should be substituted

• Missing medical statement may result in deductions
Meat/Meat Alternates (M/MA) Overview

- **NEW!** M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week
- **NEW!** Tofu credits as a meat alternate
- Yogurt, including soy yogurt, credits as a meat alternate
M/MA Meal Requirements

• Breakfast: May be served in place of the grains component a maximum of 3 times per week

• Increases variety on the menu

• Allows more flexibility when planning menus
Other M/MA

- Nuts & seeds
- Dry beans and peas
- Eggs
- Cheese
Tofu

• Made of soybeans
• Great source of protein and iron
• Forms: Silken, soft, medium firm, firm, & extra firm
• Available in a variety of meat substitutes
Using Tofu (cont.)

- Must meet protein requirement:
  - 5 grams of protein per 2.2 ounces (¼ cup) by weight

- Request a Child Nutrition Label or Product Formulation Statement

- Additional information coming soon!

- CACFP Memo 21-2016
Yogurt

• Great source of protein, but watch the sugar

• Must contain no more than 23 grams of total sugars per 6 oz
  o Applies to all age groups

• NEW! Yogurt & milk is a creditable snack
Key Terms

• Serving Size
  o Number of servings in a package
  o Unit: ounces, cups, per container, etc.

• Sugars
  o Amount per serving
Example #1: Serving Size in Ounces

• Step 1: Find the Nutrition Facts Label on the package

• Step 2: Identify the serving size: 6 oz

• Step 3: Find the amount for Sugars: 19 grams
Example #1: Serving Size in Ounces (cont.)

**Step 4:** Find the Serving Size in the chart
- Serving size: 6 oz
- Total sugars: 19 grams

<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
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<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-31 grams</td>
</tr>
</tbody>
</table>
11g sugar ÷ 225 g = 0.0489
Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies
Questions:
Meat/Meat Alternates
Summary
Separation of Vegetables & Fruits

• Breakfast: 1 food component

• Lunch & Supper: 2 food components

• Snack: Optional
  • 2 food components
Increase Vegetable Consumption

• Lunch & Supper: A vegetable may be used to meet the entire fruit component

• Must be at least the same serving size as the fruit component it replaced
Two Vegetable Types

• Must offer two different types of vegetables i.e., two servings of carrots would not credit; tator-tots & mashed potatoes; French fries & sweet potatoes

• Vegetable sub-groups not required, but best practice (e.g. greens, oranges, reds, purples)
Juice

- High sugar content
- Lacks dietary fiber
- May be on menu once daily
  - If served for AM, cannot serve at PM
- Fruits pureed for smoothie count as juice
Crediting Fruits & Vegetables
• Must be recognizable

• Cannot hide zucchini in a quick bread to count as a vegetable
Grains Overview

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz.
- Grain-based desserts no longer credit towards the grain component
“Whole Grain-Rich foods contains 100% whole grains, or at least 50% whole grains, & the remaining grains in the food are enriched...”
Meals & Whole Grain-Rich Foods

• **NEW!** At least one meal or snack must include a whole grain-rich food

• If a child care center only serves breakfast, the grain must be whole grain-rich

• If they serve breakfast, lunch, & snack, choose which meal to serve the whole grain-rich food
Primary Ingredients by Weight

- Read the list of ingredients
  - Cracked wheat or crushed wheat
  - Whole-wheat flour
  - Graham flour
  - Bromated whole-wheat flour
  - Whole durum wheat flour
Whole Grains Common & Usual Names

- “Whole” listed before grain
- Rolled oats & oatmeal
Non-Mixed Grain Foods

• Common examples: breads & cereals
• First ingredient is a whole grain
• First ingredient is water & the second ingredient is a whole grain
Is it Whole Grain-Rich?

White Whole-Wheat Breadsticks

Ingredients: **WHOLE-WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.
Mixed Dishes

• Examples: pizza, breakfast burrito

• Must read ingredient list to identify WGR (WG is primary ingredient by weight)

• CN Label, Product Formulation Statement or standardized recipe required to credit whole grain, M/MA
Whole Grain Stamps

Basic stamp
Does not meet whole grain-rich criteria

100% Stamp
MAY MEET THE WHOLE GRAIN-RICH CRITERIA, BUT NEEDS ADDITIONAL DOCUMENTATION
Menus & Whole Grain-Rich Foods

- Document whole grain-rich foods on menu & production records

- WG tortilla
- Bread WG
- Spaghetti noodles WG
- WG English muffins

Keep your product labels & ingredient lists!
Reviews & Whole Grain-Rich Foods

• Midwest will review menus, labels, & product information

• When a whole grain-rich food is not served:
  o The meal or snack containing a grain with the lowest reimbursement will be disallowed
  o E.g., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed
Breakfast Cereals

• Source of added sugar

• Types: Ready-to-eat, granola, instant, & regular hot cereal

• NEW! Must contain no more than 6 grams of total sugar per dry oz
Approved Breakfast Cereal

- Use WIC Approved Breakfast Cereals List 
  Handout

Or

- Complete a Calculation
Complete a Calculation

- Breakfast cereal must be within the threshold of 0.212 or less
  - Threshold formula: $21.2 \div 100g = 0.212g$

- Steps
  - Find the Nutrition Facts Label
  - Find the Serving Size: **28 grams**
  - Find the amount for Sugars: **1 gram**
Complete a Calculation (cont.)

• Calculate the amount of sugar per oz

\[
\frac{Sugars}{Serving\ Size} = \frac{1}{28} = 0.036
\]

• Threshold: 0.212 or less, the cereal is creditable

• Creditable: 0.036 is less than 0.212
Cereals

Sugar limits listed by serving sizes

Write down selected options

### Sugar Limits in Cereal

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>0-14 grams</td>
<td>2 grams</td>
</tr>
<tr>
<td>15-18 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>19-21 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>22-24 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td>25-27 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>28-30 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>31-33 grams</td>
<td>8 grams</td>
</tr>
<tr>
<td>34-36 grams</td>
<td>9 grams</td>
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<tr>
<td>37-39 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>40-42 grams</td>
<td>11 grams</td>
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<tr>
<td>43-45 grams</td>
<td>12 grams</td>
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<tr>
<td>46-48 grams</td>
<td>13 grams</td>
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<tr>
<td>49-51 grams</td>
<td>14 grams</td>
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<tr>
<td>52-54 grams</td>
<td>15 grams</td>
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<tr>
<td>55-57 grams</td>
<td>16 grams</td>
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<tr>
<td>58-60 grams</td>
<td>17 grams</td>
</tr>
<tr>
<td>61-63 grams</td>
<td>18 grams</td>
</tr>
<tr>
<td>64-66 grams</td>
<td>19 grams</td>
</tr>
<tr>
<td>67-69 grams</td>
<td>20 grams</td>
</tr>
<tr>
<td>70-72 grams</td>
<td>21 grams</td>
</tr>
</tbody>
</table>

### Cereals To Serve in the CACFP

<table>
<thead>
<tr>
<th>Cereal Brand</th>
<th>Cereal Name</th>
<th>Serving Size</th>
<th>Sugar (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Food Company</td>
<td><em>Nuts &amp; Oats</em></td>
<td>20 grams</td>
<td>5 grams</td>
</tr>
</tbody>
</table>

*Answer to "Test Yourself" activity on page 1: The cereal has 5 grams of sugar per 10 grams. The maximum amount of sugar allowed for 50 grams of cereal is 9 grams. 5 is less than 9, so this cereal is acceptable.*

FNS-534 April 2017

USDA is an equal opportunity provider, employer, and lender.
Grain-Based Desserts

- Source of added sugars & saturated fats
  - Increases risk of chronic illnesses

- Not creditable towards the grain component
Grain-Based Desserts (cont.)

• Some foods are not easily identified as grain-based dessert
  o i.e., a cookie is labeled “breakfast round”
  o Does it look like a cookie, smell like a cookie, taste like a cookie?

• Ask the question:
  o Is this food thought of as a dessert?
Grain-Based Desserts - *No Longer Creditable*

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Sweet crackers (graham & animal crackers)
- Doughnuts
- Granola bars
- Sweet piecrusts
- Sweet rolls
- Toaster pastries

Annual Training 2017
# CACFP – Grain Chart

<table>
<thead>
<tr>
<th>Group A</th>
<th>CACFP Grain Serving Sizes*†</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Ounce Equivalents – Group B</td>
</tr>
<tr>
<td>Brats</td>
<td>1 oz eq = 22 grams or 6.6 oz</td>
</tr>
<tr>
<td>Rice</td>
<td>1/4 oz eq = 13 grams or 0.6 oz</td>
</tr>
<tr>
<td>Pasta</td>
<td>1/4 oz eq = 6 grams or 0.2 oz</td>
</tr>
<tr>
<td>Corn</td>
<td>1/4 oz eq = 22 grams or 6.6 oz</td>
</tr>
<tr>
<td>Stuffing (dry)</td>
<td>None weight applies to bread stuffing</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group B</th>
<th>Ounce Equivalents – Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels</td>
<td>1 oz eq = 26 grams or 0.9 oz</td>
</tr>
<tr>
<td>Hostess-type</td>
<td>1 oz eq = 28 grams or 0.9 oz</td>
</tr>
<tr>
<td>Biscuits</td>
<td>2 oz eq = 56 grams or 2.0 oz</td>
</tr>
<tr>
<td>Roses</td>
<td>1 oz eq = 34 grams or 0.8 oz</td>
</tr>
<tr>
<td>Eggnog</td>
<td>1/2 oz eq = 8 grams or 0.3 oz</td>
</tr>
<tr>
<td>English muffins</td>
<td>1 oz eq = 17 grams or 0.6 oz</td>
</tr>
<tr>
<td>Flaxseed bread</td>
<td>1 oz eq = 17 grams or 0.6 oz</td>
</tr>
<tr>
<td>Focaccia (dark or crusty)</td>
<td>1 oz eq = 17 grams or 0.6 oz</td>
</tr>
<tr>
<td>Pretzels (soft)</td>
<td>1 oz eq = 34 grams or 1.2 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group C</th>
<th>Ounce Equivalents – Group C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereals</td>
<td>1 oz eq = 14 grams or 0.5 oz</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>1/2 oz eq = 7 grams or 0.3 oz</td>
</tr>
<tr>
<td>Granola</td>
<td>1/2 oz eq = 7 grams or 0.3 oz</td>
</tr>
<tr>
<td>Pancakes</td>
<td>1 oz eq = 9 grams or 0.3 oz</td>
</tr>
<tr>
<td>Puff pastries (Muffins or Muffin pan voter)</td>
<td>1 oz eq = 9 grams or 0.3 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group D</th>
<th>Ounce Equivalents – Group D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Waffles</td>
<td>1 oz eq = 56 grams or 2.0 oz</td>
</tr>
<tr>
<td>Waffles (all except corn)</td>
<td>1 oz eq = 56 grams or 2.0 oz</td>
</tr>
<tr>
<td>Quick bread (cara, macaroni, pumpkin, etc.)</td>
<td>1 oz eq = 42 grams or 1.5 oz</td>
</tr>
<tr>
<td>Quinoa</td>
<td>1 oz eq = 11 grams or 0.4 oz</td>
</tr>
<tr>
<td>Rice</td>
<td>1 oz eq = 26 grams or 0.9 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group E</th>
<th>Ounce Equivalents – Group E</th>
</tr>
</thead>
<tbody>
<tr>
<td>French toast</td>
<td>1 oz eq = 40 grams or 1.4 oz</td>
</tr>
<tr>
<td>Pancakes</td>
<td>1 oz eq = 40 grams or 1.4 oz</td>
</tr>
<tr>
<td>Bagels</td>
<td>1 oz eq = 35 grams or 1.2 oz</td>
</tr>
<tr>
<td>Pretzels</td>
<td>1 oz eq = 35 grams or 1.2 oz</td>
</tr>
<tr>
<td>Puff pastries (Muffins or Muffin pan voter)</td>
<td>1 oz eq = 35 grams or 1.2 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group F</th>
<th>Ounce Equivalents – Group F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal, bran</td>
<td>1 oz eq = 1 cup or 1 ounce for flakes &amp; rounds</td>
</tr>
<tr>
<td>Cereal, bran</td>
<td>1 oz eq = 1/4 cup or 1 ounce for flax &amp; round</td>
</tr>
<tr>
<td>Cereal, bran</td>
<td>1 oz eq = 1/4 cup or 1 ounce for flakes &amp; rounds</td>
</tr>
<tr>
<td>Cereal, bran</td>
<td>1 oz eq = 1/4 cup or 1 ounce for flax &amp; round</td>
</tr>
</tbody>
</table>

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* Under the CACFP, foods are whole grain or enriched or enriched with enriched with whole grain and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day must be whole-grain rich starting October 1, 2017.

† Serve the following foods, or the accompanying grains, many contain more sugar, salt and/or fat than others. This should be considered when deciding how often to serve them.

‡ Considered a grain-based dessert and cannot count towards the grain component in any meal served under the CACFP Effective October 1, 2017, as specified in §220.209(a)(4).

§ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item that may be served as meals other than breakfast.

‖ Under the CACFP, cereal must be whole grain, enriched, or fortified and must contain no more than 6 grams of sugar per dry ounce. Under the NSLP and SBP, cereals must be whole grain, whole grain enriched, or fortified.
Grain-Based Desserts & Special Occasions

- Annual festival, birthday celebrations, end-of-year bash, or other special events
- May be served as an additional item only
- Not allowable expense
Production Records Requirements

Document the following specifics:
• Brand names for yogurt & cereals
• Fat content for milk (all milk has Vitamin D)
• Sugar content per serving size for yogurt & cereals
• Whole Grain = WG
• Number of meals planned for each age group
<table>
<thead>
<tr>
<th>Component</th>
<th>Food Served/Planned</th>
<th>1-2</th>
<th>3-5</th>
<th>6-12</th>
<th>Adults</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 oz</td>
<td>1/2 oz</td>
<td>1 oz</td>
<td>2 oz</td>
<td>4 oz</td>
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<tr>
<td></td>
<td></td>
<td>1/4 c</td>
<td>1/4 c</td>
<td>1/2 c</td>
<td>1/2 c</td>
<td>1.5 oz</td>
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<tr>
<td></td>
<td></td>
<td>1/2 c</td>
<td>3/4 c</td>
<td>1 c</td>
<td>1 c</td>
<td>2.5 gal</td>
</tr>
<tr>
<td>Lunch</td>
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<tr>
<td></td>
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<td>3/4 oz</td>
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<td></td>
<td></td>
<td>1/8 c</td>
<td>1/4 c</td>
<td>3/4 c</td>
<td>1/2 c</td>
<td>1 oz</td>
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<td></td>
<td></td>
<td>1/8 c</td>
<td>1/4 c</td>
<td>3/4 c</td>
<td>1/2 c</td>
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<td></td>
<td></td>
<td>1 oz</td>
<td>1/2 oz</td>
<td>2 oz</td>
<td>2 oz</td>
<td>4 oz</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/2 c</td>
<td>3/4 c</td>
<td>1 c</td>
<td>1 c</td>
<td>2.5 gal</td>
</tr>
<tr>
<td>P.M. Snack</td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
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<td>1/2 oz</td>
<td>1/2 oz</td>
<td>3/4 oz</td>
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<td>1 oz</td>
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<tr>
<td></td>
<td></td>
<td>2 oz</td>
<td>2 oz</td>
<td>4 oz</td>
<td>4 oz</td>
<td>8 oz</td>
</tr>
</tbody>
</table>
Helpful Tips

• Plan your menus in advance (WG, juice)

• Once you find brands which meet the requirements stick with it!
  o Yogurt
  o Cereals
  o Whole Grain
  o Child Nutrition (CN) labeled products*

• Use the WIC cereal list
QUESTIONS & ANSWERS
DOOR PRIZE TIME
How Much Do You Remember?
What are the 2 items that must be visible on a receipt before it can be approved as a CACFP expense?

_________ and ______________.
DATE and TOTAL cost of CACFP purchase
On an infant menu, what are the abbreviations for formula and breast milk? ____  ____
F

Formula

BM

Breastmilk
What kind of milk is required for a 1 year old at Breakfast, Lunch and Supper?
For a 2 – 5 year old, serving flavored milk is reimbursable?

True______   False _____
FALSE
How many times in a week can you serve a meat component or meal alternative in place of a grain at Breakfast? ______ a week.
3 Times
Check any component that qualifies as a Meat or Meat Alternative.

- Nuts & Seeds ____
- Eggs ____
- Dry Beans and peas ____
- Cheese ____
Nuts & Seeds  
Eggs        
Dry Beans and peas  
Cheese  
Yogurt & milk is a creditable snack?

True______  False ____
At least one meal or snack a day must include a whole grain-rich food?

True______    False _____
Annual Training 2017
Name two creditable vegetables you can serve at lunch.

______________  &  ______________.

Annual Training 2017
Breakfast cereals must contain no more than 6 grams of total sugar per dry oz.?  

True_______  False ____
QUESTIONS?
Midwest wishes to thank USDA, FNS, and the Nebraska Department of Education for their contributions to our training presentation.