

CACFP New Meal Pattern Training



Provided by the WI Department of Public Instruction

CACFP Meal Pattern

- No major meal pattern revisions since 1968
 - Dietary Guidelines for Americans
 - National Academy of Medicine
 - American Academy of Pediatrics

2015-2020 Dietary Guidelines for Americans Overarching Themes

- 1 Follow a healthy eating pattern across the lifespan.**
All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.
- 2 Focus on variety, nutrient density, and amount.**
To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.
- 3 Limit calories from added sugars and saturated fats and reduce sodium intake.**
Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.
- 4 Shift to healthier food and beverage choices.**
Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.
- 5 Support healthy eating patterns for all.**
Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.

Training Overview

- 1 • Child and Adult Meal Pattern
- 2 • Cooking Methods
- 3 • Optional Best Practices
- 4 • Infant Meal Pattern



Child Meal Pattern Requirements *1 -12 Year Olds*



Meal Component Changes

- **Five** components:
 - o Milk
 - o Meat/Meat Alternates
 - o **Vegetables**
 - o **Fruits**
 - o Grains



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

Milk Requirements Summary	
Age	Milk Requirement
1 year	Unflavored whole milk
2-5 years	Unflavored low-fat (1%) Unflavored fat-free (skim)
6 years and older and Adult Participants	Unflavored low-fat (1%) Unflavored fat-free (skim) Flavored fat-free (skim)
Adult Participants (Only)	Yogurt may be served in place of fluid milk once per day. Yogurt cannot be served for both fluid milk and the meat alternate in the same meal.

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 and mixtures of milk



Non-Dairy Beverages

Age Group	Non-Dairy Beverages
	– must be nutritionally equivalent to cow's milk
Infants (under 1 year)	None
1 Year Olds	Unflavored
2-5 Year Olds	Unflavored
6+ Year Olds	Unflavored or Flavored

PARENT/GUARDIAN REQUEST FOR NON-DAIRY MILK SUBSTITUTION

Parents/guardians may request in writing that a non-dairy milk substitution be served to their child(ren).

The non-dairy milk substitution must be nutritionally equivalent to cow's milk, meeting the nutritional standards set by the United States Department of Agriculture (USDA) for Child Nutrition Programs in order for the Agency to claim reimbursement for the meal through the Child and Adult Care Food Program (CACFP).

NON-DAIRY MILK SUBSTITUTES* MEETING USDA APPROVED NUTRIENT STANDARDS PER 8 FLUID OUNCES

Unflavored Non-Dairy Milk Substitutes

8th Continent Original Soymilk	Walmart Great Value Original Soymilk	Pacific All Natural Ultra Soy Original	Sunrich Naturals Original Soymilk	Kirkland Signature Organic Soymilk Plain	Silk Original Soymilk

PARENT/GUARDIAN REQUEST FOR NON-DAIRY MILK SUBSTITUTION
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/req_fluid_milk_substitution.pdf

Water

- **Must be offered** and made available **throughout the day to children**
- Mealtimes:
 - May not be served in place of milk, but can be offered alongside milk at meals
 - May be served at snack with 2 creditable components



Activity:
Milk Component
Requirements

Milk Answers



Requirements for Milk
Instructions: Read the following statements, and then determine if each statement is true or false.

Statement	True or False
1. Syrup (including zero calorie and sugar-free syrups) may be added to fat-free milk for children ages 1 6 years old and older and adults.	False
2. Milk served to 1-year-old children must be unflavored whole milk or unflavored fat-free milk only.	False
3. Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 1 5 years old only.	False
Whole milk must be served to 1 year olds and 1% or skim milk must be served to 2 year olds.	False
5. Flavored milk served to children 6 years old and older and adults must be fat-free.	True

Meat/Meat Alternate at Breakfast

- **M/MA may be served in place of the entire grain component a maximum of 3 times/week**
 - o M/MA cannot meet a portion of the grains component
 - o 1 oz of m/ma credits as 1 serving of grains





Serving Tofu

- Forms: Silken, soft, medium, firm & extra firm
- **Must be commercially prepared**
- Must meet protein requirements:
 - **5 grams of protein per 2.2 ounces (¼ cup) by weight**
 - Soy products (links, sausages) require a CN label or Product Formulation Statement



**Tofu Recipes and
Handout available**

Tofu & Soy Products

- Must be easily recognizable
- Creditable:
 - Tofu
 - Dishes made with tofu (omelet, casseroles)
 - Tofu Sausages, links, soy burgers (CN Label)
- Non-Creditable:
 - Tofu noodles
 - Soft or Silken Tofu incorporated into drinks (smoothies) or other dishes to add texture
 - Tempeh, seitan, soy cheese



Yogurt

Must contain no more than
23 grams of total sugars per 6 oz



USDA's Yogurt Handout

Sugar Limit per
Serving Size Chart →

Record the types of
yogurt you are
purchasing →

Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurt to serve in your program.

Sugar Limits in Yogurt

Serving Size (oz)	Serving Size Grams (g)	Sugars	Serving Size (oz)	Serving Size Grams (g)	Sugars
If the serving size is:			If the serving size is:		
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.5 oz	156 g	21 g
2 oz	57 g	8 g	5.75 oz	163 g	22 g
2.25 oz	64 g	9 g	6 oz	170 g	23 g
2.5 oz	71 g	10 g	6.25 oz	177 g	24 g
2.75 oz	78 g	11 g	6.5 oz	184 g	25 g
3 oz	85 g	12 g	6.75 oz	191 g	26 g
3.25 oz	92 g	13 g	7 oz	198 g	27 g
3.5 oz	99 g	14 g	7.25 oz	206 g	28 g
3.75 oz	106 g	15 g	7.5 oz	213 g	29 g
4 oz	113 g	16 g	7.75 oz	220 g	30 g
4.25 oz	120 g	17 g	8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g)
Yummy Yogurt	Vanilla	6 oz	15

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugar on the Nutrition Facts label to make sure they match what you have written in the list above.
Answer to "Test Yourself" activity on page 1: This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.
FNS-652 April 2017
USDA is an equal opportunity provider, employee, and leader.

Yogurt: Sugar Calculation

Sugars

Serving Size

=

Must be equal to or less than

Thresholds:

- Ounces: 3.83
- Grams: 0.135



Serving Size in Ounces

Step 1: Find the Nutrition Facts Label

Step 2: Find the amount for *Sugars*: **16 g**

Step 3: Identify the *Serving Size*: **4.5 oz**

Nutrition Facts	
Serving Size 4.5 oz (128g)	
Servings Per Container 1	
Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 8g	16%

Example #1: Serving Size in Ounces

Step 4: Calculate the amount of sugar per ounce

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55$$

Threshold: **3.83 or less**

Creditable: 3.55 is less than 3.83

Go-Gurt

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{8}{56} = 0.143$$

Threshold: 0.135 or less

Not creditable

0.143 is more than 0.135



Yoplait
GO-GURT
8g of sugar
LOW FAT YOGURT
VITAMINS A & D
BERRY
FLAVORED WITH OTHER NATURAL FLAVORS
STRAWBERRY
FLAVORED WITH OTHER NATURAL FLAVORS
NO HIGH FRUCTOSE CORN SYRUP
NO COLORS OR FLAVORS FROM ARTIFICIAL SOURCES
GOOD SOURCE OF VITAMIN D AND CALCIUM
50 CALORIES
8 - 2 OZ (56g) SERVINGS /
1 LB (453g)
8 TUBES

Nutrition Facts
Serving Size 1 tube (56g)
Servings Per Carton 8

Amount Per Serving	
Calories	50
Calories from Fat	5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 30mg	1%
Potassium 85mg	2%
Total Carbohydrate 10g	3%
Dietary Fiber 0g	0%
Sugars 8g	
Protein 2g	
Vitamin A 8%	Vitamin C 0%
Calcium 10%	Iron 0%
Vitamin D 10%	Riboflavin 4%
Phosphorus 6%	

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium	Less than	3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Soy Yogurt

- Soy yogurt is a dairy-free option
- 4 oz credits as 1 oz of meat alternate
- Must contain no more than 23 grams of total sugars per 6 oz

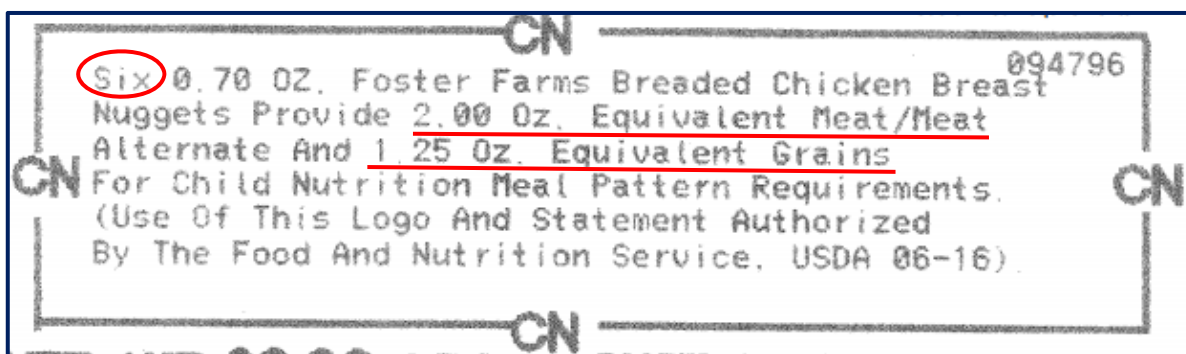


Commercially Prepared Combination Items

- Chicken nuggets, patties, tenders
- Fish sticks, patties, nuggets
- Corn dogs and mini corn dogs
- Pizza
- Ravioli
- Salisbury steak
- Meatballs
- Cheese sauce



Child Nutrition (CN) Label



<https://dpi.wi.gov/community-nutrition/cacfp/training>

Increase Vegetable Consumption

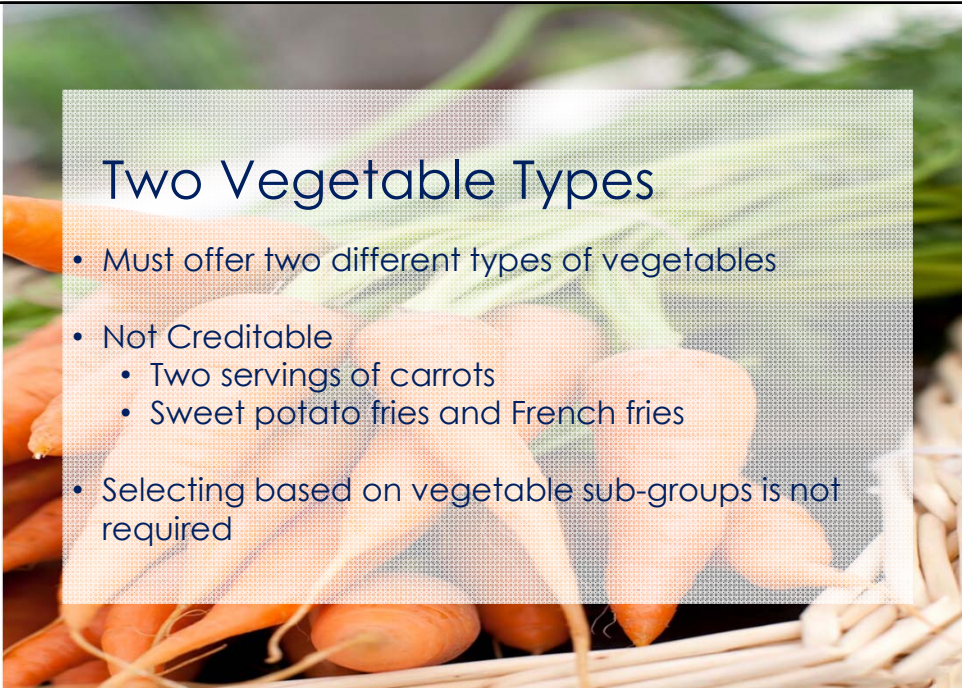
Lunch & Supper:

- **A vegetable must be served**
- **A second vegetable may be served to meet the entire fruit component**
 - Must be at least the same serving size as the fruit component it replaced
- 2 vegetables may be served
- 2 fruits cannot be served



Two Vegetable Types

- Must offer two different types of vegetables
- Not Creditable
 - Two servings of carrots
 - Sweet potato fries and French fries
- Selecting based on vegetable sub-groups is not required



Snack

- **Vegetables and Fruits are 2 separate components**
 - o May serve a fruit and vegetable



Watermelon & Carrots → Creditable

Carrots & Celery → Not Creditable

Apple Slices & Grape Juice → Not Creditable

Serving Size Changes

- Raw Leafy Greens (lettuce, raw spinach)
 - o 1 cup = $\frac{1}{2}$ cup vegetable
 - o Cooked leafy greens credit as volume served ($\frac{1}{2}$ cup = $\frac{1}{2}$ cup)
- Dried or dehydrated fruit (100%)
 - o $\frac{1}{4}$ cup = $\frac{1}{2}$ cup of fruit





Juice

- **Limited to one meal or snack per day**
 - Even if snacks and meals are served to **different** groups of participants
- Blended fruit in a smoothie is considered juice



Grains Component

Breakfast Cereals

- Types: Ready-to-eat, instant & regular hot cereal
- No more than **6 grams** sugar per dry ounce
 - 1 ounce = 28.35 grams
- Cannot mix creditable and non-creditable cereals together



Breakfast Cereals

One of the three options:

- WIC Approved Cereals List
- Use USDA's Breakfast Cereal Sugar Limit Chart
- Complete a sugar calculation



WIC Approved Cereals List

All WIC approved cereals contain no more than 6 grams per dry ounce

Cereals That Meet CACFP Requirements

The cereals below contain no more than 6 grams of sugar per dry ounce, but may not be whole grain-rich. For cereals not pictured below, complete the Sugar Calculation on page 2 to determine if the cereal meets sugar limits.

HOT CEREALS

- Any size, except individual cups
- Only the following:
 - Malt-O-Meal
 - Quaker Oats

Store brands:

- Only the following:
 - Best Choice, Gertrude's, Clear Value, Essential Everyday, Food Club, Great Value, Hy-Vee, IGA, Kroger, Market Pantry, Meijer, Our Family, Round's, Schaeff's, Shurtz, Wal-Mart

USDA's Breakfast Cereals Handout

Sugar Limit per Serving Size Chart →

Record the types of breakfast cereals you are purchasing →

Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands, and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.

Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:	If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams

Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Sugars (g)
Healthy Food Company	Netty Oats	28 grams	5 grams

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugar on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for 30 grams of cereal is 6 grams. 5 is less than 6, so this cereal is creditable.

Breakfast Cereal

Sugar Calculation

Sugars

Serving Size (grams)

=

Always use grams instead of cups

Must be equal to or less than

Threshold: 0.212

Nutrition Facts

Serving Size 1 cup (25g)

Servings Per Container 13

Amount Per Serving

Calories 100

% Daily Value*

Total Fat 0g0 %

Saturated Fat 0g0 %

Trans Fat 0g

Cholesterol 0mg0 %

Sodium 240mg10 %

Total Carbohydrate 22g7 %

Dietary Fiber 0g0 %

Sugars 6g

Protein 2g

New Nutrition Facts Label

- Effective July 2018, the label will include:
 - Total Sugars
 - Added Sugars
- Use the **Total Sugars** amount in the sugar calculation

New Label

Nutrition Facts

8 servings per container

Serving size 2/3 cup (55g)

Amount per serving

Calories 230

% Daily Value*

Total Fat 8g10 %

Saturated Fat 1g5 %

Trans Fat 0g

Cholesterol 0mg0 %

Sodium 160mg7 %

Total Carbohydrate 37g13 %

Dietary Fiber 4g14 %

Total Sugars 12g

Includes 10g Added Sugars20 %

Protein 5g

Grain-Based Desserts

Not creditable towards the grain component

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Croissants
Sweet biscotti and scones made with fruits, icing, etc.	Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake	French toast
Cereal bars, breakfast bars, granola bars	Granola cereal
Cookies, including vanilla wafers	Savory bread pudding made with cheese, herbs, vegetables
Doughnuts	Pancakes
Gingerbread	Crackers (savory & plain)
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Sweet bread pudding & rice pudding	Muffins
Sweet crackers (i.e. animal crackers, graham crackers)	Quick breads (banana, zucchini, and others)
Sweet rolls, (cinnamon rolls)	Teething biscuits and toasts
Toaster pastries	Waffles

Grains Chart

- Updated to not include grain-based desserts

Grains Chart			
Grain items must be whole-grain or enriched or made with whole-grain or enriched meal and/or flour, bran, and/or germ. For meals and snacks served to children and adults, at least one serving of grains per day in the CACFP must be whole grain-rich starting October 1, 2017. This chart is a guide for commonly used food items. If serving an item not listed below, determine the amount of food required (grams or ounces) per age group (1-5 or 6-18 year olds) and refer to Nutrition Facts Label for purchased products or weigh the final product if making from scratch to determine the serving size.			
	1-5 year olds	6-18 year olds	
	Serving Size ¹	Serving Size ¹	
	Minimum weight 10 grams (0.4 oz)	Minimum weight 20 grams (0.7 oz)	
Group A			
Bread Type Coating	10 grams (0.4 ounces)	20 grams (0.7 ounce)	
Bread Sticks (hard - approx. 7 1/2")	2 sticks	3 sticks	
Chow Mein Noodles	1/4 cup	1/2 cup	
Crackers (saltines)	4 squares	8 squares	
Crackers (snack rounds, ovals, squares)	4 crackers	8 crackers	
Crackers (one inch squares)	6 crackers	12 crackers	
Crackers (small fish-shaped, or similar - savory)	~25 crackers	~50 crackers	
CROUTONS	1/4 cup	1/2 cup	
Melba Toast	3 slices	5 slices	
Pita Bread	1 slice	2 slices	
Pretzels (hard-mini pretzel twists)	7 pretzels	14 pretzels	
Pretzel Chips	7 chips	14 chips	
Rice Cakes	1 1/2 cakes	3 cakes	
Bread Shredding (dry)	1/4 cup	1/2 cup	
Waffles (rye)	2 waffles	4 waffles	
Zwieback	2 pieces	3 pieces	
Group B			
	Serving Size ¹	Serving Size ¹	
	Minimum weight 13 grams (0.5oz)	Minimum weight 26 grams (0.9 oz)	
Bagels (approx. 4" diameter)	1/4 bagel	1/2 bagel	
Bagels (approx. 3" diameter)	1/2 bagel	1 bagel	
Batter Type Coating	13 grams (0.5 oz)	26 grams (0.9 oz)	
Biscuits (approx. 2 1/2" diameter)	1/2 biscuit	1 biscuit	
Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, rye, raisin)	1/2 slice	1 slice	
Buns (hamburger, hot dog)	1/2 bun	1 bun	
Crackers (small fish-shaped)	~19 crackers	~37 crackers	
Crackers (small cheese-flavored)	12 crackers	24 crackers	
Egg Roll Shells (approx. 7" square)	1/2 skin	1 skin	
English Muffins	1/2 muffin	1 muffin	
Fry Bread	1/2 piece	1 piece	
Oyster Crackers	1/3 cup (30 crackers)	2/3 cup (60 crackers)	
Pita Bread (white, wheat - 6 1/2 round)	1/4 medium	1/2 medium	
Pizza Crust	Varies based on size***	Varies based on size***	
Pretzels (soft)	1/2 pretzel	1 pretzel	
¹ The number of items per serving are approximate amounts. Additional quantities may be needed to provide the appropriate weight for each group depending on the size of the items used.			



Grain-Based Desserts & Special Occasions

- Holiday parties, birthday celebrations, or other special events
- **May be served as an additional item only**

Whole-grain Rich (WGR) Foods

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

Only required for children and adult participants, not required for infants

Whole Grain-Rich foods

contains 100% whole grains, or at least 50% whole grains, & the remaining grains in the food are enriched



Identifying Whole Grain-Rich

Label says “100%”

- 100% Whole Grain or 100% Whole Wheat



Whole Grain Stamps



Cannot use to determine if WGR

Identifying Whole Grain-Rich

Use the Ingredient List

- Whole grain = first ingredient, or second after water

- Store bought
 - o Bread, bagels, cereal, pasta
 - o Pizza crust, taco shells
 - o Bread mixes (quick bread, muffins)

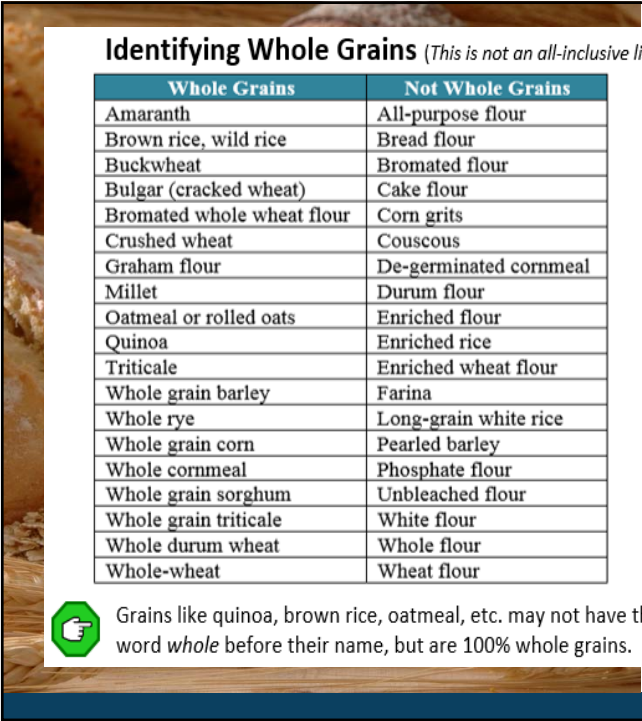
Ingredients: Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten



What is a Whole Grain?

“Whole” or “Whole Grain” before grain ingredient’s name

- whole grain corn
- whole rye
- whole wheat
- whole grain barley



Identifying Whole Grains (This is not an all-inclusive list)

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgar (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour



Grains like quinoa, brown rice, oatmeal, etc. may not have the word *whole* before their name, but are 100% whole grains.

Whole Grains

- Quinoa
- Brown rice, wild rice
- Rolled oats & oatmeal
 - Old-fashioned
 - Quick-cooking
 - Instant
- Berries or groats
 - Wheat berries
 - Oat groats

White Whole-Wheat Breadsticks

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

Read the Ingredient Lists

- Product package says
 - 'Made with whole grain' or 'Made with whole wheat'



Ingredients: Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B₁ [thiamin mononitrate], vitamin B₂ [riboflavin], folic acid), whole wheat flour,

Read the Ingredient Lists

- Product package says
 - Multi-grain, stone-ground, bran, seven-grain, or 100% wheat



INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B₁ [THIAMIN MONONITRATE], VITAMIN B₂ [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS TWO PERCENT OR LESS OF OAT

Homemade Grain Items - Recipes

- Need a recipe to show:
 - Grain Ingredients
 - Amounts
- 50% or more of the grains must be whole grain



Whole Grain-Rich?

Whole Wheat Banana Muffins

Ingredients:

1 egg
3/4 cup brown sugar
1 1/3 cups banana (mashed, about 2 medium bananas)
1/3 cup vegetable oil
1 teaspoon vanilla extract
1 cup whole wheat flour
3/4 cup wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon



Look only at the
grains in the
product

CN Labels for Grain Items

- **“oz eq grains”** on CN Label indicates that the product meets the whole grain-rich criteria
- **“bread”** or **“bread alternate”** on CN Label indicates that the product does not meet whole grain-rich criteria

CN Label - WGR

Whole-Grain Cheese Pizza

CN

XXXXXX*
One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN



CN Label – Not WGR

CN

XXXXXX*
One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat meat alternate, ½ cup vegetable and 1 ½ servings of bread alternate for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN



Deep-Fat Frying

- **May not be used to prepare meals on-site**
 - Includes central and satellite kitchens
- Defined as food submerged in hot oil or other fat



Foods Fried Off-Site

- Store bought foods
 - o Pre-fried
 - o Flash-fried
 - o Par-fried
 - o Deep-fat fried
- **May not deep-fry when reheating**



Infant Meal Pattern Requirements

Feeding Infants

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 Academy 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 PATTERN:

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 5 months old.

Developmentally Appropriate Meals

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

More Nutritious Meals

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

Learn More

For more information on infant development and nutrition, check out the USDA Team Nutrition's Feeding Infants Guide.

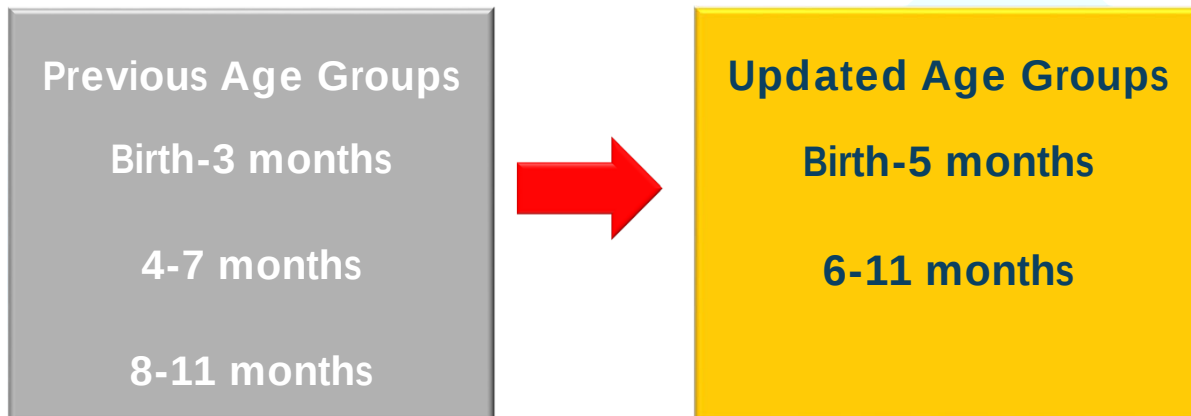
CHILD & ADULT CARE FOOD PATTERNS

Breastmilk & Infants

- Promote breastfeeding by allowing reimbursement when:
 - Infant served expressed milk
 - **Mother breastfeeds her infant on-site**

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Meal Patterns Previous vs. Updated



Infant Meal Pattern

- Birth – 5 months:
 - Breastmilk, IFIF required
- 6-11 months:
 - Breastmilk, IFIF required
 - Introduce foods

6 – 11 Months Meal Pattern Changes

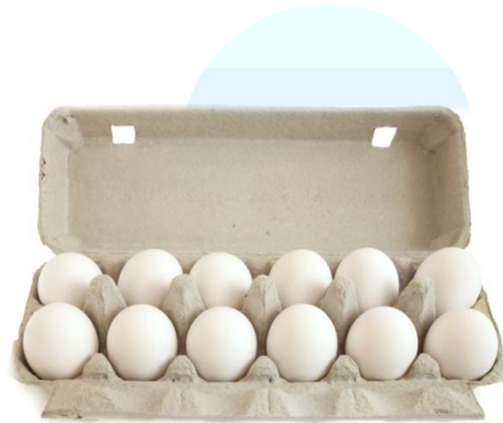
- Breakfast/Lunch/Supper

- o **Now** creditable:

- Whole eggs
 - Yogurt (sugar limits apply)

- o **Not** Creditable:

- Soy yogurt
 - Tofu
 - Cheese food or spread



6 – 11 Months Meal Pattern Changes

- Snack

- o Juice cannot be served
 - o Added: IFIC or ready-to-eat breakfast cereals (sugar limits apply)
 - o Fruit, Vegetable or combination of both



6 – 11 months

Food components beginning with “zero”

- o Recognizes not all infants are ready for solid foods at 6 months

6 through 11 months
2-4 fluid ounces breastmilk or iron fortified infant formula;
AND
0-½ slice bread; OR
0-2 crackers; OR
0-4 tablespoons iron fortified infant cereal; OR
ready-to-eat breakfast cereal;
AND
0-2 tablespoons vegetable or fruit, or a combination of both (<i>Juice cannot be served</i>)

6 – 11 Months

- By 7 or 8 months, infants should be consuming solid foods from all food groups
- If not, engage in conversations with parents & infant teachers



Flexibility

- Consistently inconsistent
- Follow eating habits
 - Infant may not eat a F/V at snack everyday
- Parents decide eating habits



Providing Foods to Infants and Claiming Infant Meals



Infant Formula

- Must offer a minimum one type of iron fortified infant formula
 - Parent/guardian has choice to
 - Accept or
 - Decline and provide their preferred brand or breastmilk



Cannot require parents/guardians to provide formula

Providing Food Components

- **Claiming Meals/Snacks:**
 - Parents/guardians may provide only one creditable food component
 - Breastmilk = 1 component
 - Formula = 1 component
- Programs must provide remaining components
- Maintain integrity



Previously parents/guardians could provide all but 1 component and program could claim meals/snacks

Example 3

11 month old drinking formula and eating table foods

Parent provides baby foods (fruits/vegetables, meats)

Parent is providing more than one component:
CANNOT CLAIM

Program provides formula



USDA and DPI Resources

DPI's New CACFP Meal Pattern Web Page

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

USDA New Meal Pattern Summaries and Charts

USDA CACFP Meal Pattern Training Tools

- Choose Yogurts That Are Lower in Added Sugars
- Choose Breakfast Cereals That Are Lower in Added Sugars

CACFP Approved Cereals

Serving Tofu and Soy Yogurt in CACFP

Tofu Recipes

Yogurt Handout

Milk Component

Meat/Meat Alternate Component

Fruit and Vegetable Components

Feeding Infants

Grains Component

USDA's Training Tools – Pending Release...

- How to identify grains that are whole-grain rich
- How to substitute meat/meat alternates for grains at breakfast
- What are Grain Based Desserts
- Healthy food preparation techniques (alternatives to frying foods)

Crediting Handbook for the Child and Adult Care Food Program

Updated Guide - TBD

Feeding Infants: A Guide for Use in the Child Nutrition Programs

Updated Guide: September 2017

Thank you for attending
New Meal Pattern Training!

DPI's New CACFP Meal Pattern Web Page
<https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern>

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