New Child and Adult Care Food Program Meal Patterns

October, 2016

Agenda

• Background and summary of new meal pattern changes
• Additional provisions
• Implementation plan
• Resources
• Questions and answers

Background

• First major revision since 1968
• Healthy, Hunger-Free Kids Act of 2010
• Designed to:
  – Ensure CACFP participants have healthy, balanced meals.
  – Increase consumption of whole grains, a variety of fruits and vegetables, and less added sugars and fats.
  – Support breastfeeding mothers.
Timeline

- Proposed rule published January 15, 2015
- Comment period and development of final rule
- Final rule published April 25, 2016
- Implementation October 1, 2017

New Infant Meal Patterns

- Two age groups: 0-5 months and 6-11 months.
- Allows an infant to start solid foods when they are developmentally ready.
Infant Meal Patterns

Breakfast
- 0-6 months: breastmilk or formula
- 6-11 months: breastmilk or formula

Lunch or Supper
- 0-6 months: breastmilk or formula
- 6-11 months: breastmilk or formula

Snack
- 0-5 months: breastmilk or formula
- 6-11 months: breastmilk or formula

- Cheese, cottage cheese and yogurt are permitted.
- Cheese foods and cheese spreads are not permitted.
- Whole eggs (egg whites and yolks) are permitted.
- Fruit juice is no longer allowed.
- Parents/guardians have the option to supply one component of the reimbursable meal.

Infant Meal Patterns: Snack

- Ready-to-eat cereal is now an additional grain option at snack for older infants.
- A vegetable or fruit must be served at snack for older infants.
- Fruit juice is no longer allowed.
Infant Meal Patterns: Breastfeeding

- Mothers breastfeeding on-site can now be counted as a reimbursable meal.

New Child and Adult Meal Patterns

Age Groups

- Establishes an age group for 13-18 year olds, which applies only to the at-risk afterschool program and emergency shelters.
- Meal pattern for the 13-18 age group is the same as the 6-12 age group.
• The currently combined fruit and vegetable component is a separate vegetable component and a separate fruit component for lunch, supper, and snack under the new meal pattern.

• Lunch and Supper

<table>
<thead>
<tr>
<th>Age 12</th>
<th>Ages 13-18</th>
<th>Ages 19 &amp; Older</th>
<th>All Ages</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Fruit</td>
<td>3 cups</td>
<td>3 cups</td>
<td>3 cups</td>
</tr>
<tr>
<td></td>
<td>1 spoon</td>
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• Snack

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• Two vegetables may be offered at lunch and supper instead of a fruit and a vegetable.

• If two vegetables are served, they must be two different kinds.

Example:

• A serving of both broccoli and carrots at lunch – allowable.

• Two servings of carrots at lunch – not allowable.
Fruits and Vegetables: Juice

- Juice may be served one time per day.
- Example: If apple juice is served with breakfast, juice cannot be served for snack, lunch, or supper.

Grains

- At least one grain per day must be whole grain-rich.
- Whole grain-rich = foods that contain at least 50 percent whole grains and the rest are enriched, or foods that contain 100 percent whole grains.
Determining Whether a Product is Whole Grain-Rich

- Yes:
  - Whole grain is listed as the first ingredient; and
  - All other grain ingredients are enriched.

- No:
  - There are unenriched grain ingredients in the ingredient list.
  - A whole grain is not listed as the first ingredient.

Grain-Based Desserts

- Grain-based desserts are no longer reimbursable in CACFP.
- Examples include: cookies, cakes, sweet pie crusts, fruit turnovers, doughnuts, granola bars, toaster pastries, sweet rolls and brownies.

Grain-Based Desserts

  http://www.fns.usda.gov/sites/default/files/FBG_Section_3-GrainsBreads_1.pdf

- A list of grain-based desserts is available on PEARS, Download Forms.
Grains

- Ounce equivalents will be used to determine serving sizes for grains.
- This change is consistent with MyPlate, the Dietary Guidelines for Americans, and the School Nutrition Programs.
- Implementation of ounce equivalents begins October 1, 2019.

Breakfast Cereal

- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- The new sugar limit aligns with the sugar limit for approved breakfast cereals in the Supplemental Nutrition Program for Women, Infants, and Children (WIC).

Breakfast Cereal Sugar Calculation Steps

1. Look at the Nutrition Facts label on the cereal box.
2. Divide the grams of sugar per serving by the serving size in grams*.
3. If the result is 0.212 or lower, the cereal is within the sugar limit and may credit in CACFP.

*Serving size is normally provided in cups and in grams, which is usually shown in parentheses.
Breakfast Cereal Sugar Calculation Example

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Nutritional Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>1/4 cup (46g)</td>
<td></td>
</tr>
</tbody>
</table>

- Calories: 120
- Total Fat: 5g
- Saturated Fat: 2g
- Trans Fat: 0g
- Cholesterol: 180mg
- Sodium: 350mg
- Total Carbohydrate: 33g
- Dietary Fiber: 8g
- Sugars: 6g
- Protein: 2g

Divide the grams of sugars by the grams in one serving of cereal:

\[
\frac{7 \text{ grams}}{33 \text{ grams}} = 0.212
\]

Because the result is 0.212, this cereal contains no more than 6 grams of sugar per dry ounce, which meets the new sugar limit.

Cereals that Meet the New Sugar Limit

Look for WIC-approved labels to identify allowable cereals:

WIC APPROVED

Examples that Meet the New Sugar Limit

www.pawic.com
Meat and Meat Alternates

- A meat or meat alternate may substitute for the entire grains component at breakfast a maximum of three times per week.
- Tofu and soy yogurt may credit as a meat alternate.
- Yogurt must contain no more than 23 grams of sugar per 6 ounces.

Maximum Total Sugars in Yogurt Chart

<table>
<thead>
<tr>
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<tr>
<td>2.25 ounces (64 g)</td>
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<td>3.5 ounces (100 g)</td>
<td>13 grams</td>
</tr>
<tr>
<td>4 ounces (113 g)</td>
<td>15 grams</td>
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Yogurt Example: Compliant

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### Fluid Milk

- **1 year old children**: Unflavored whole milk.
- **2 – 5 year old children**: Unflavored low-fat (1%) or unflavored fat-free milk.
- **Children 6 years old and older, and adults**:
  - Unflavored low-fat (1%); and
  - Flavored or unflavored fat-free milk.

### Other Milk Provisions

- **Adults only**: Yogurt may be served in place of milk once per day.
- **Nutritionally equivalent non-dairy beverages** are already permitted for children and adults with special dietary needs, but this allowance is now part of federal regulations.
1. **Food Preparation**

- Deep-fat frying on-site is now prohibited.
- Deep-fat frying is defined as cooking by submerging food in hot oil or other fat.
- Centers and homes have flexibility to continue to sauté, pan-fry and stir-fry foods.
- Providers may continue to purchase pre-fried foods.

2. **Additional Provisions**

- Prohibits the use of foods and beverages as a reward or punishment.
- Sponsors are required to make potable water available and offer it to children throughout the day.
- Allows parents/guardians to provide one meal component for participants with non-disabling special dietary needs.

3. **Additional Provisions, cont.**

- Practices already in place for centers and day care homes when serving family style meals are included in the regulations.
- Extends offer versus serve to at-risk afterschool programs.
Implementation Plan and Technical Assistance

Implementation Plan

• Implementation date of the new meal patterns is October 1, 2017.

• Prior to October 1, 2017, implementation of new meal pattern practices that conflict with current meal patterns is not permitted.

• Sponsors are encouraged to adopt practices under the new meal patterns that do not conflict with the current meal patterns to ease the transition.

• View the list of these allowances in Early Implementation of the New CACFP Meal Patterns, available on PEARS, Download Forms, CACFP 08-2016.

Examples of Early Implementation Allowances

• Eliminating juice from the infant meal pattern.

• Limiting sugar in breakfast cereals to no more than six grams of sugar per dry ounce.

• Making at least one serving of grains per day whole grain-rich for children and adults.

• No longer counting grain-based desserts toward the grains component.

• Offering only unflavored milk to children ages one through five.
Training on the New Meal Patterns

- During the Spring of 2017, PDE will conduct mandatory in-person trainings throughout the state.
- Trainings will include in-depth presentation of the new regulations and other program requirements.
- Sponsors should continue watching for emails and announcements from PDE for updates.

Memos on PEARS, Download Forms

- Early Implementation of the New CACFP Meal Patterns, CACFP 08-2016
- Water Availability in the Child and Adult Care Food Program, CACFP 20-2016
- Resources for Making Potable Water Available in Schools and Child Care Facilities, CACFP 18-2016
- Nutrition Requirements for Fluid Milk and Fluid Milk Substitutes in CACFP, CACFP 17-2016

Memos on PEARS, Download Forms

- Vegetables and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers, CACFP 25-2016
- Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers, CACFP 23-2016
- Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program, CACFP 21-2016

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Jenny Edmondson: jeeedmondso@pa.gov
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(1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;

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

(3) email: program.intake@usda.gov.

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For more information on the CACFP, please visit PDE’s website at www.education.pa.gov/dfn.

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