CACFP New Meal Pattern Requirements Training

Morning Session

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ADAPTED FROM INSTITUTE OF CHILD NUTRITION

New Child & Adult Meal Pattern Requirements

Morning Training Overview

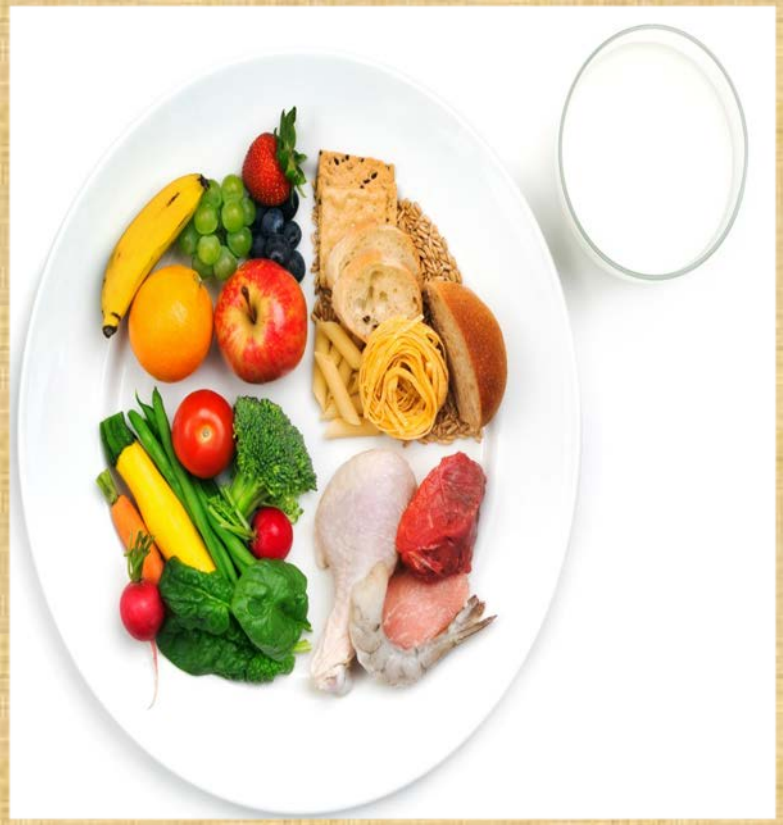
1. • New Child Meal Pattern Requirements
2. • Menu Review Game
3. • “Is This a Creditable Yogurt?”

Child Meal Pattern Requirements Overview

- Wider varieties of protein options
- Greater varieties of vegetables and fruits
- More whole grains
- Less added sugar and saturated fat

"**CACFP Sponsors** must implement updated meal pattern requirements by October 1, 2017

1st Step = Revise Menus



Age Groups

1-2 years

3-5 years

6-12 years

13-18 years

13 through 18 Years

"This age group is designed for At-risk Afterschool programs and Emergency Shelters **only**."

Meals & Food Components

- **Five food components**
- Offer the minimum serving sizes for a reimbursable meal

Breakfast

- Three of the five food components:
  - Milk –
    - 6 fluid ounces or ¾ cup
  - Vegetable, fruit, or both
    - ½ cup
  - Grains
    - ½ serving (3-5 year olds)
    - Whole Grain or Whole Grain-Rich or Enriched

Breakfast

- Meat/Meat Alternate
  - Can serve up to 3 times per week instead of a grain
  - Follow current meal pattern until October 1st
    - After October 1st, serve meat/meat alternate instead of grain
  - Increases variety of menu
    - ½ ounce cheese = ½ grain/bread (3-5 year old)

CACFP Breakfast Meal Pattern-handout

Components *(Select at least 3)*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Milk, fluid *Unflavored Whole milk for children age 1.* *Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5.* *Unflavored Low Fat (1%) or Non-Fat (skim)* ***or*** *Flavored Non-Fat (skim) for children 6 and older.*	½ cup or 4 fluid ounces	¾ cup or 6 fluid ounces	1 cup or 8 fluid ounces	1 cup or 8 fluid ounces
Vegetables and Fruits Vegetable(s) and/or fruit(s) **or** Full strength 100% fruit or vegetable juice *(limit to 1/day)* **or** *An equivalent quantity of any combination of the above*	 ¼ cup ¼ cup	 ½ cup ½ cup	 ½ cup ½ cup	 ½ cup ½ cup
Grains/Breads Whole grain-rich bread, **or** Whole grain-rich bread product *(cornbread, biscuits, rolls, muffins, etc.)*, **or** Whole grain-rich, ready-to-eat breakfast cereal – dry, cold *(no more than 6 grams sugar per dry oz.)* Flakes or rounds Puffed cereal Granola **or** Whole grain-rich cooked cereal, cereal grain, and/or pasta or noodle products **or** *An equivalent quantity of any combination of the above*	**½ oz. equiv. =** ½ slice ½ serving ½ cup ¾ cup ⅛ cup ¼ cup	**½ oz. equiv. =** ½ slice ½ serving ½ cup ¾ cup ⅛ cup ¼ cup	**1 oz. equiv. =** 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup	**1 oz. equiv. =** 1 slice 1 serving 1 cup 1 ¼ cup ¼ cup ½ cup
OPTIONAL: Meat/Meat Alternate *May be used to substitute an entire* ***grain*** *serving 3 times per week maximum*	½ oz.	½ oz.	1 oz.	1 oz.

Juice

- Great source of essential nutrients
- Lacks dietary fiber
- **May be served at one meal or snack per day**
  - Best Practice = Serve fruits or vegetables instead of juice

Approved Breakfast Cereal List (handout)

- Sugar Limit
  - 6 grams/dry ounce
  - Documentation
    - Cereal box if not on list
  - *=Whole Grain Cereal

CACFP Creditable Cereals
(6 grams Sugar or Less)

*Rice Chex
*Corn Chex
*Wheat Chex
Rice Krispies
All-Bran
Special K
*Total
Crispix
*Grape-Nuts

*Grape-Nuts Flakes
*Scooby-Doo
*Cheerios
*Honey Kix
*Kix
*Multi-Grain Cheerios
*Mini-Wheats (Unfrosted)
*Go Diego Do
Honey-Almond Oat Blenders
Honey Bunches of Oats with Almonds
Honey Bunches of Oats with Cinnamon

*Life
Cream of Rice
Cream of Wheat
*Oatmeal
*Malt-O-Meal
Corn Flakes
Crixpix
Blenders
*Dora Explorer

* = Cereal is whole grain

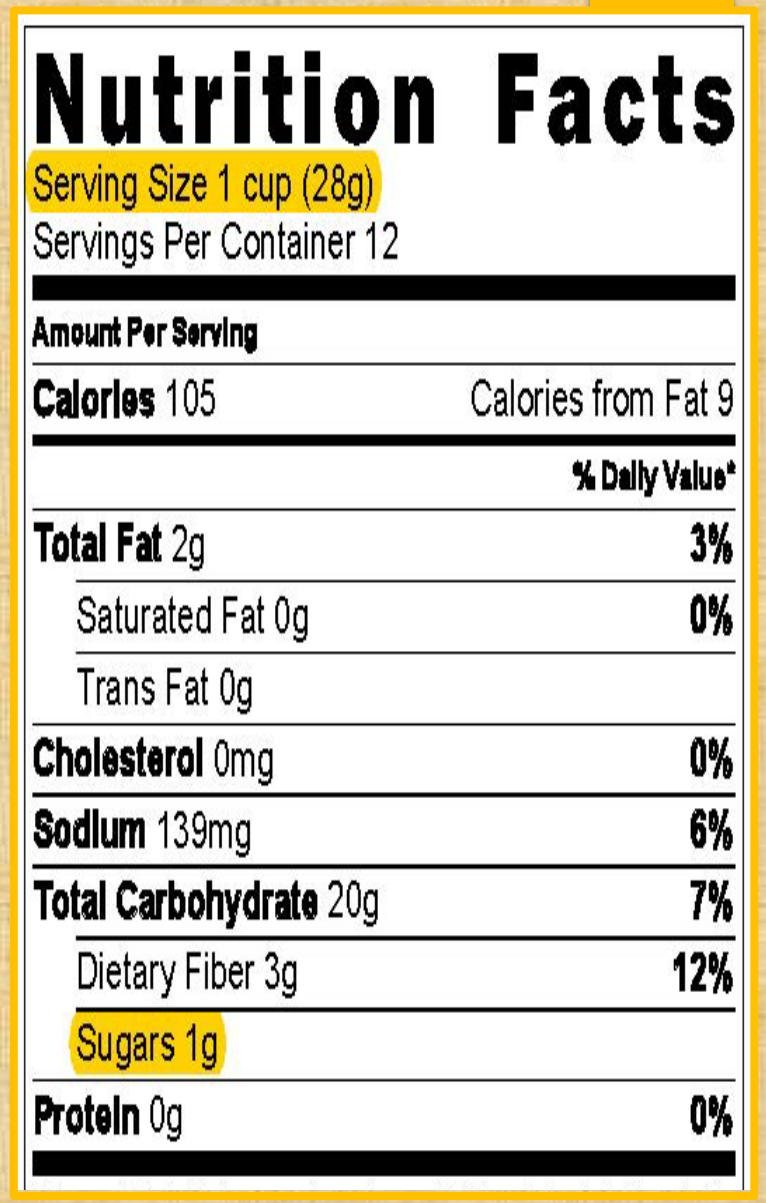
Breakfast Cereals
Serving Size vs. Sugars(handout)

If Serving Size is:	Sugars Cannot Exceed:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

How Do I Know if A Cereal is Creditable if Not on the List?

Complete a Calculation

- Sugar content in cereal must be no more than **6 grams per dry ounce (28 grams)** or 0.212
- Steps
  - Find the Nutrition Facts Label
  - Find the Serving Size: **28 grams**
  - Find the amount for Sugars: **1 gram**
  - Calculate the amount of sugar
    - $\frac{Sugars}{Serving\ Size} = \frac{1}{28}$ = 0.036 (less than 0.212 so cereal is creditable)



Nutrition Facts

Serving Size 1 cup (28g)

Servings Per Container 12

Amount Per Serving

Calories 105 — Calories from Fat 9

% Daily Value*

Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 139mg	**6%**
Total Carbohydrate 20g	**7%**
Dietary Fiber 3g	**12%**
Sugars 1g	
Protein 0g	**0%**

Activity:

Is Your Cereal Creditable?

Lunch or Supper

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

Lunch #1

1. Milk –
   - 6 fluid ounces or ¾ cup
2. Fruit
   - ¼ cup
3. Vegetable
   - ¼ cup
4. Meat/Meat Alternate
   - 1 ½ ounces
5. Grain
   - ½ serving (3-5 year olds)
   - Whole Grain or Whole Grain-Rich or Enriched

Lunch #2

1. Milk –
   - 6 fluid ounces or ¾ cup
2. Vegetable
   - ¼ cup
3. Vegetable
   - ¼ cup
4. Meat/Meat Alternate
   - 1 ½ ounces
5. Grain
   - ½ serving (3-5 year olds)
   - Whole Grain or Whole Grain-Rich or Enriched

Two Vegetable Types

- Must offer two **different** types:

  3-5 year olds -
  ¼ cup carrots + ¼ cup broccoli

  6-12 and 13-18 year olds
  ½ cup vegetable and ¼ cup fruit

  Two servings of carrots (same vegetable) would not credit

CACFP Lunch & Supper Meal Pattern (handout)

Components *(Select all 5)*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Milk, fluid *Unflavored Whole milk for children age 1.* *Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5.* *Unflavored Low Fat (1%) or Non-Fat (skim)* ***or*** *Flavored Non-Fat (skim) for children 6 and older.*	½ cup or 4 fluid ounces	¾ cup or 6 fluid ounces	1 cup or 8 fluid ounces	1 cup or 8 fluid ounces
Vegetables Whole vegetable **or** full strength 100% vegetable juice *(limit to 1/day)*	⅛ cup	¼ cup total	½ cup total	½ cup total
Fruits Whole fruit **or** full strength 100% fruit juice *(limit to 1/day)*	⅛ cup	¼ cup total	¼ cup total	¼ cup total
Grains/Breads Whole-grain rich bread **or** Whole grain rich bread product (cornbread, biscuits, rolls, muffins, etc.,) **or** Whole-grain rich cooked pasta or noodle products **or** Whole-grain rich cooked cereal grains **or** *An equivalent quantity of any combination of the above*	**½ oz. equiv. =** ½ slice ½ serving ¼ cup ¼ cup	**½ oz. equiv. =** ½ slice ½ serving ¼ cup ¼ cup	**1 oz. equiv. =** 1 slice 1 serving ½ cup ½ cup	**1 oz. equiv. =** 1 slice 1 serving ½ cup ½ cup
Meat and Meat Alternates Lean meat, poultry, fish, tofu (firm), cheese **or** Large eggs **or** Cooked dry beans or peas **or** Peanut butter or soy nut butter **or** **Other nut or seed butters** or Peanuts or soy nuts or tree nuts or seeds* **or** Yogurt, plain or flavored *(no more than 23 grams sugar per 6 oz.)* **or** *An equivalent quantity of any combination of the above*	1 oz. 1/2 egg ¼ cup 2 tbsp. ½ oz. = 50% 4 oz.	1 ½ oz. 3/4 egg ⅜ cup 3 tbsp. ½ oz. = 50% 6 oz.	2 oz. 1 egg ½ cup 4 tbsp. 1 oz = 50% 8 oz	2 oz. 1 egg ½ cup 4 tbsp. 1 oz = 50% 8 oz

*** Can only be used to meet half the meat requirement at lunch or supper. Serve with caution to children under five because of the risk of choking.**

Vegetables & Fruits

- **Farmer's Market**
  - Receipt showing name of farmer, item cost, amount, and total cost
- **Center Garden**
  - Use garden produce in CACFP meal
    - Document weight and/or volume on MRB page

Using Tofu

- **Credits as a meat/meat alternate for child meals**
- **Must be commercially prepared tofu**
- Must meet protein requirement:
  - **5 grams of protein per 2.2 ounces (¼ cup) by weight**
- Request a Child Nutrition (CN) Label or Product Formulation Statement

Child Nutrition ("CN") Labels

- Combination foods & commercially prepared food items:
  - ✓ Pizzas, burritos, fish sticks, chicken nuggets, peanut butter pockets, hamburgers, etc.

- Ingredients provide a *portion* of the meal component requirements
- Follow CN Crediting instructions!
  - ✓ Correct portion size for age group

Keep CN labels in your binder

Child Nutrition (CN) Labels

- **Two** 1 oz breaded fish sticks provide 1 oz. meat equivalent plus .50 serving of bread alternate

- **Meat equivalent calculation**:

➢ 1-2 year olds (1 oz.) = 2 fish sticks

➢ 3-5 year olds (1.5 oz.) = 3 fish sticks

➢ 6-12 year olds (2 oz.) = 4 fish sticks

➢ Adults (2 oz.) = 4 fish sticks

Snack

- Select two of the five food components:
  1. Milk
  2. Meat/Meat Alternates
  3. Vegetables
  4. Fruits
  5. Grains
     - Whole grain/whole grain-rich or enriched

  Example:
     - Ants on a log: celery, peanut butter, raisins

CACFP Snack Meal Pattern(handout)

Components *(Select any 2 of the 5)*	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18
Milk, fluid *Unflavored Whole milk for children age 1.* *Unflavored Low Fat (1%) or Non-Fat (skim) for children 2-5.* *Unflavored Low Fat (1%) or Non-Fat (skim)* ***or*** *Flavored Non-Fat (skim) for children 6 and older.*	½ cup or 4 fluid ounces	½ cup or 6 fluid ounces	1 cup or 8 fluid ounces	1 cup or 8 fluid ounces
Vegetables Whole vegetable, **or** Full-strength 100% vegetable juice *(limit to 1/day)*	½ cup	½ cup	¾ cup	¾ cup
Fruits Whole fruit, **or** Full-strength 100% fruit juice *(limit to 1/day)*	½ cup	½ cup	¾ cup	¾ cup
Grains/Breads Whole grain-rich or enriched bread, **or** Whole grain-rich or enriched bread product *(cornbread, biscuits, rolls, muffins, etc.)*, **or** Whole grain-rich enriched or fortified ready-to-eat breakfast cereal *(no more than 6 grams sugar per dry oz.)* Flakes or rounds Puffed cereal Granola Whole grain-rich, enriched fortified cooked cereal, cereal grain, and/or pasta or noodle products **or** *An equivalent quantity of any combination of the above*	**½ oz. equiv. =** ½ slice ½ serving ¼ cup or ⅓ oz. ½ cup ¾ cup ⅛ cup ¼ cup	**½ oz. equiv. =** ½ slice ½ serving ⅓ cup or ½ oz. ½ cup ¾ cup ⅛ cup ¼ cup	**1 oz. equiv. =** 1 slice 1 serving ¾ cup or 1 oz. 1 cup 1 ¼ cup ¼ cup ½ cup	**1 oz. equiv. =** 1 slice 1 serving ¾ cup or 1 oz. 1 cup 1 ¼ cup ¼ cup ½ cup
Meat and Meat Alternates Lean meat, poultry, fish, tofu (firm), cheese **or** Large eggs **or** Cooked dry beans or peas **or** Peanut butter or soy nut butter **or** Other nut or seed butters **or** Peanuts or soy nuts or tree nuts or seeds* **or** Yogurt, plain or flavored *(no more than 23 grams sugar per 6 oz.)* **or** *An equivalent quantity of any combination of the above*	½ oz. ½ egg ⅛ cup 1 tbsp. ½ oz. 2 oz. or ¼ cup	½ oz. ½ egg ⅛ cup 1 tbsp. ½ oz. 2 oz. or ¼ cup	1 oz. 1/2 egg ¼ cup 2 tbsp. 1 oz. 4 oz or ½ cup	1 oz. ½ egg ¼ cup 2 tbsp. 1 oz. 4 oz or ½ cup

* Serve with caution to children under five.

Activity:

Menu Review

Menu					
	Monday	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
Breakfast	1% milk Berry Scones Wheat Biscuit	1% milk Sliced pears Strawberry pastry	1% milk Sliced bananas Cold cereal (frosted flakes)	1% milk Peach halves Oatmeal	1% milk Fruit juice English muffin
Lunch	1% milk Baked potato wedges Seedless grapes Multi-grain hamburger bun Lean beef patty	1% milk Turnip greens Mashed potatoes Mexican Cornbread Homemade fried chicken	1% milk Broccoli Cinnamon apples Seven-grain biscuit Jasmine rice Sliced ham	1% milk Green beans Carrots Multi-grain roll Turkey	1% milk Fresh broccoli Steamed broccoli Whole wheat roll Fish filet
Snack	1% milk Blueberry muffin	Whole milk with chocolate syrup Granola bar	1% milk Cinnamon multi-grain toast	1% milk Graham crackers	Vegetable juice Strawberry yogurt

Fluid Milk Component

One Year Olds

- Most 1 year olds need whole milk
  - Provides higher fat content
  - Promotes healthy growth & development
- **Whole unflavored milk is required at breakfast, lunch, & supper**
  - Optional at snack

Transition Period 24-25 Months

- One-month transition period is allowable
  - Switch from whole milk to low-fat or fat-free milk
  - Record on Menu Record Page
    - Circle1% Milk

Two to Five Year Olds

- Serve unflavored low-fat (1%) milk or fat-free (skim) milk
- Minimum serving sizes
  - 2 years – 4 fl oz or ½ cup
  - 3-5 years – 6 fl oz or ¾ cup
- Flavored milk is **not reimbursable**

6 year olds and older

- Serve unflavored low-fat (1%) or fat-free (skim) milk or **flavored** fat-free (skim) milk
- Minimum serving sizes
  - 8 fluid ounces or 1 cup
- **Best Practice**
  - Serve **only** 1% or Skim unflavored milk

Milk Substitutions

- Allowed for non-disability medical or special dietary need
- Medical statement is not required if nutritionally equivalent to cow's milk
- CACFP Parent/Guardian Request For Fluid Milk Substitution form (handout)

CACFP Creditable Non-Dairy Beverages (handout)

CACFP Approved Non-Dairy Beverages

Great Value Original Soymilk Walmart 	Pacific Ultra Soy Original Vanilla (flavored only 6 yrs or older) 	8th Continent Soymilk Original 	8th Continent Soy Vanilla (flavored only 6 yrs or older) 
Silk Original Soymilk Plain 	*Lucerne Soy Milk Original* 	*Kirkland Organic Soymilk Plain* 	*Kikkoman Pearl Organic Soy Smart Original (8 oz. only)*  *Pearl Organic Soy 8 oz. Smart Vanilla/ Chocolate (flavored only 6 yrs or older)* 

October, 2016

Children with Disabilities

- Centers are required to purchase and supply food substitutions if reasonable when a medical statement is provided
- Parent may provider **1 component**, center must provide the other components (NEW)
- NM CACFP/SFSP Medical Statement to Request Special Meals and/or Accommodations (handout)
  - Signed by recognized medical authority
  - States: disability, how disability restricts diet, foods to be omitted, and foods to be substituted

Water

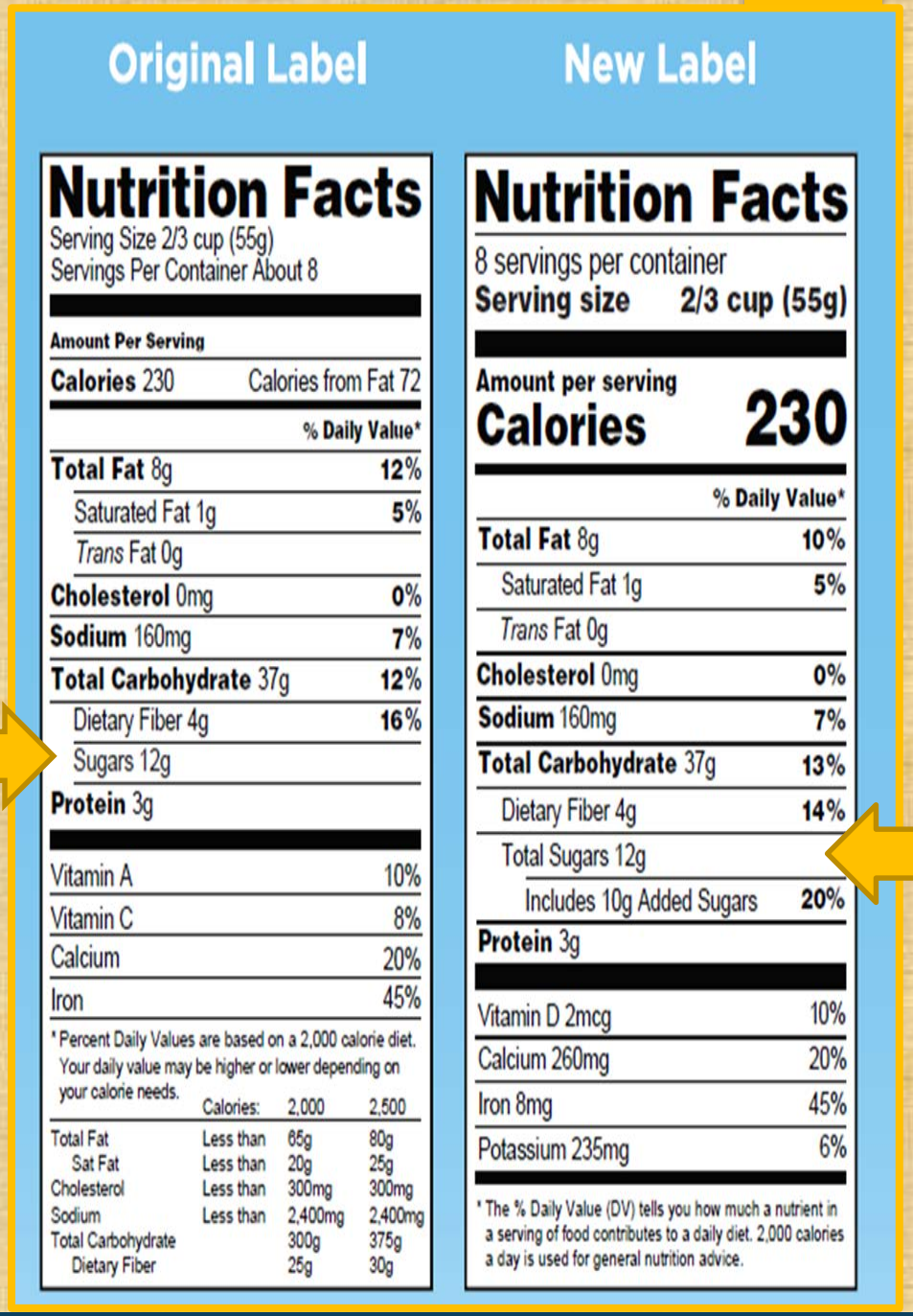
- Drinking plenty of water is important
- **Must be offered** and made available **throughout the day to children**
- Mealtimes: Water is not a part of a reimbursable meal
  - May not be served in place of milk

"**Yogurt** must contain no more than 23 grams of <u>total sugars</u> per 6 oz…"

- Best Practice
  - Non-Flavored yogurt + Fruit
- Use commercial yogurt products only
- 4 ounces credits as 1 ounce of meat alternate

Nutrition Facts Label

- Helpful for identifying nutritious foods
  - Sugars/Fats/Fiber
- Found on packaged foods
- New Label required by July, 2018



Key Terms

- **Serving Size**
  - Number of servings in a package
  - Unit: ounces, cups, per container, etc.
- **Sugars or Total Sugars**
  - Amount per serving
  - Use Total Sugars

Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 1

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 19g	
Protein 14g	**28%**

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Example #1: Serving 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**

Nutrition Facts

Serving Size 6 oz (170g)
Servings Per Container 1

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 19g	
Protein 14g	**28%**

*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Example #1: Serving Size in Ounces

Step 4: Find the Serving Size in the chart

- Serving size: 6 oz
- Total sugars: 19 grams

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

Yes,
it is creditable –
19 grams is
between
0-23 sugar limit!

Yogurt: Method #2 Calculation

- Designed for serving sizes not listed on the chart
- Calculate the total amount of sugar per ounce or gram to determine if the yogurt item is within the sugar limitation (threshold)
  - Serving Size in Ounces Threshold
    - 23 g ÷ 6 oz.= **3.83 sugar/oz.**
  - Serving Size in Grams Threshold
    - 23g ÷ 170 grams (6 oz.) = **0.135 sugar/gram**

Example #1: Serving Size in **Ounces**

Step 1: Find the Nutrition Facts Label

Step 2: Identify the Serving Size

4.5 oz

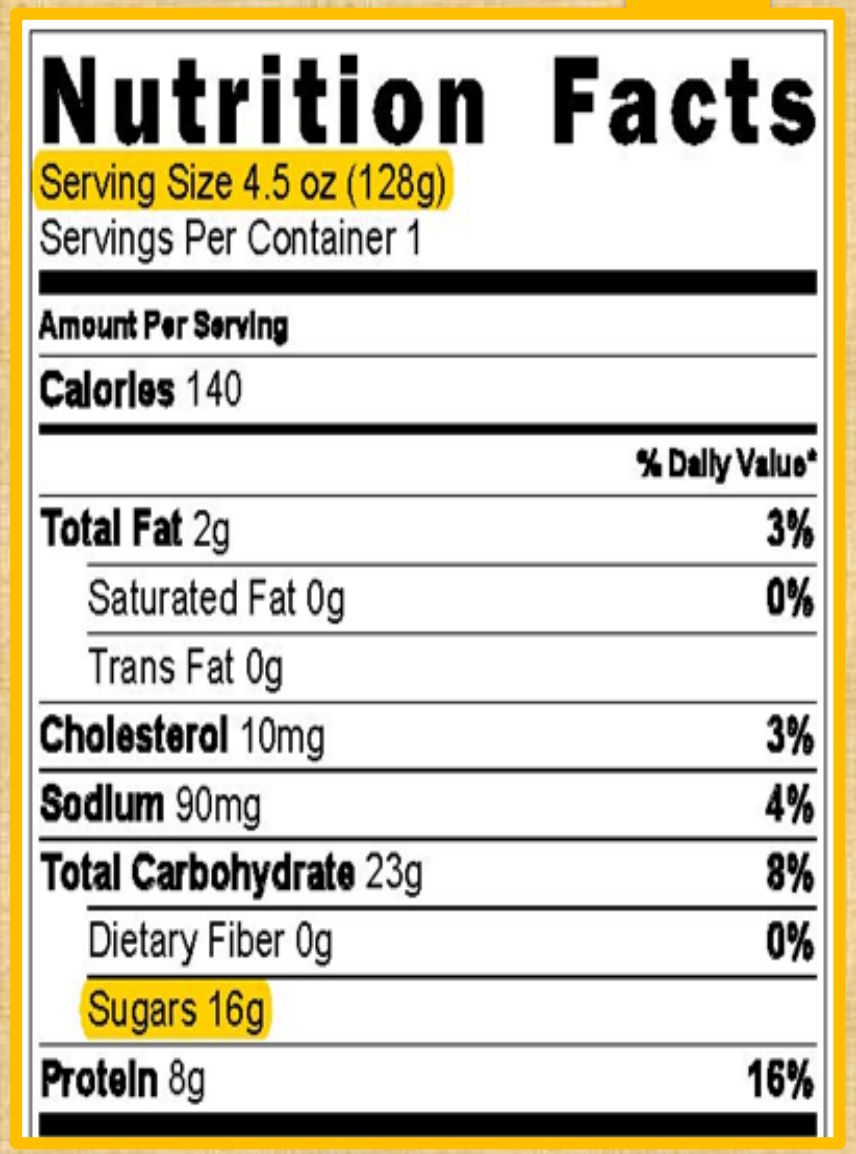
Step 3: Find amount for Sugars

16 g

Step 4: Calculate the amount of sugar per ounce

$$\frac{Sugars}{Serving\ Size} = \frac{16}{4.5} = \mathbf{3.55\ g/oz}.$$

Yogurt is creditable: 3.55 is less than 3.83



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 #2: Serving Size in **Grams**

- Calculate the total amount of sugar per gram

$$\frac{Sugars}{Serving\ Size} = \frac{19}{85} = 0.22 \text{ sugar/g}$$

- Maximum amount of sugar: 0.135 g or less = creditable yogurt
- No, is not creditable because 0.22 is higher than 0.135

Nutrition Facts

Serving Size 1/2 Cup (85g)

Servings Per Container 4

Amount Per Serving	
Calories 100	
	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Potassium 190mg	**5%**
Sodium 65mg	**3%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 0g	**0%**
Sugars 19g	
Protein 6g	**12%**

Best Practice for Compliance of Yogurt

- Unflavored yogurt + fruit
- Documentation: Save container if serving flavored yogurt

Activity:

Is it a Creditable Yogurt?

Nutrition Education Team

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