



CACFP New Meal Pattern Requirements Training Afternoon Session

Family Nutrition Bureau

Telephone: (505) 841-4856/ (505) 827-9961

Website: newmexicokids.org



Adapted from Institute of Child Nutrition



Afternoon Training Overview

1

- **New** Whole Grain/Whole Grain-Rich Requirement

2

- **Activity:** “I Spy A Whole Grain or Whole Grain-Rich Product”

3

- **Activity:** “How Do I Complete the MRB”?

Grains Component



Whole Grains

- Provide nutrients children need to stay healthy
 - low in fat
 - no cholesterol
 - high in fiber, vitamins, minerals, and antioxidants



Meals & Whole Grain-Rich Foods

- Each day, **at least one meal or snack** must include a whole grain or whole grain-rich food
- If a child care center only serves breakfast, the grain must be whole grain or whole grain-rich
- If breakfast, lunch, & snack is served, choose which meal to serve the whole grain or whole grain-rich food

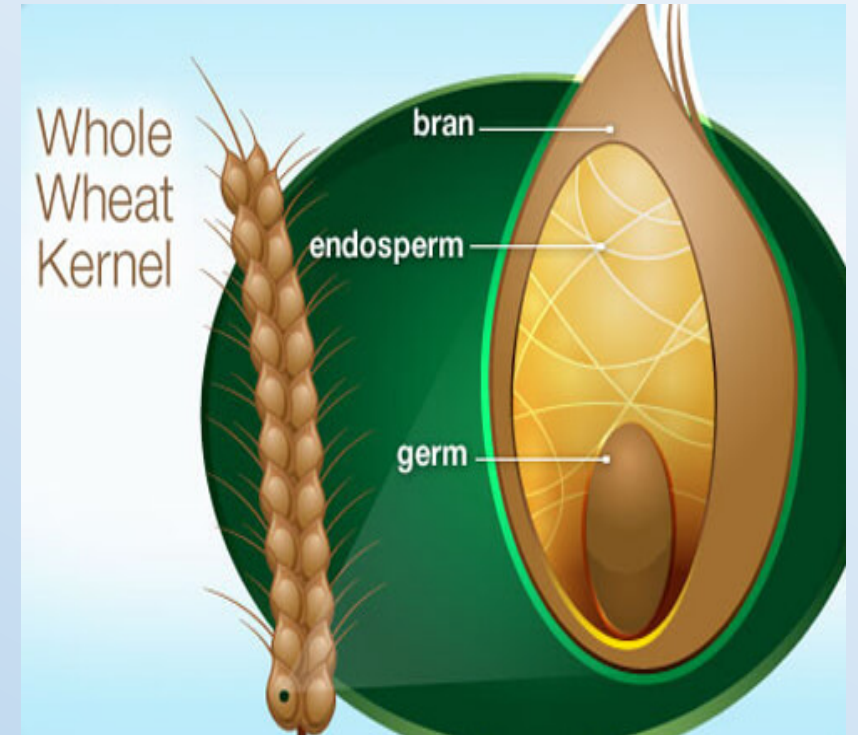




Nutrients in 100 g flour (~ 1 cup)	Whole Wheat Flour (100%)	Enriched White Flour (Wheat)
Calories	339.0	364.0
Fiber, g	12.2	2.7
Calcium, mg	34.0	15.0
Magnesium, mg	138.0	22.0
Potassium, mg	405.0	107.0
Folate, mcg	44.0	291.0
Thiamin, Riboflavin, Niacin (mg)	0.5, 0.2 6.4	0.8, 0.5 5.9
Iron, mg	3.9	4.6

Key Terms

- **Whole grain**
 - Bran – fiber + protein
 - Germ – starchy inner core
 - Endosperm – vitamins, fats
- **Refined grain** = milled
 - removal of bran and germ
- **Enriched grain**
 - nutrients added
 - fortification process



Whole Grains = Best Choice

- Whole Oats (quick, instant)
- 100% Whole Wheat
- Whole Wheat
- Whole Rye
- Whole Grain/Whole Cornmeal
- Whole Grain Barley
- Quinoa
- Brown Rice





Grain Products (Ingredients) that are Not Whole Grain

-Enriched flour

-Wheat flour

-All-purpose flour

-Rice flour

-Corn grits

-Farina

White flour

Unbleached flour

Self-rising flour

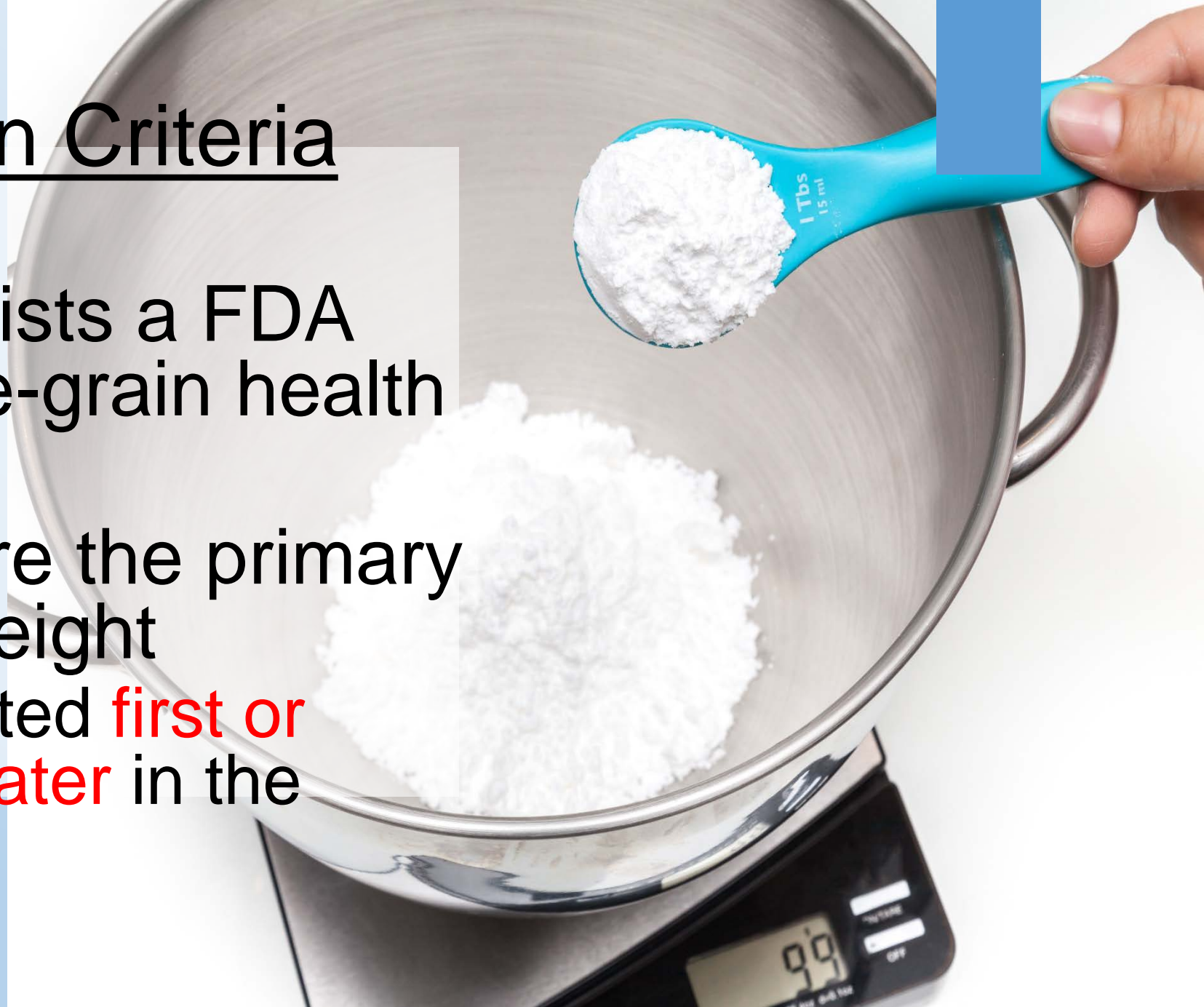
Enriched rice

Cornmeal

Couscous

Whole Grain Criteria

- Food package lists a FDA approved whole-grain health claim
- Whole grains are the primary ingredient by weight
 - Whole grain listed **first or second after water** in the ingredient list



Whole Grain –FDA Health Claim

- “Diets rich in whole grain foods and low in saturated fat and cholesterol may help reduce the risk of heart disease.”



Primary Ingredients by Weight

- Read the ingredient list
 - The words “whole” or “whole grain” will appear before the grain ingredient’s name
 - Whole grain should be the first ingredient listed



Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES.

Is this a whole-grain waffle?



Check
ingredient
list...

Whole wheat
is the 3rd
Ingredient; this
is not a whole
grain waffle.

Ingredients: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B₁], riboflavin [vitamin B₂], folic acid), whey, whole wheat flour, egg whites, partially hydrogenated soybean oil, water, wheat bran, sugar, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, calcium carbonate, soy lecithin, niacinamide, reduced iron, vitamin A palmitate, thiamin hydrochloride (vitamin B₁), riboflavin (vitamin B₂), pyridoxine hydrochloride (vitamin B₆), folic acid and vitamin B₁₂.



BAKED
WHOLE GRAIN
WHEAT CRACKERS

Triscuit®

Reduced Fat

Made with 100%
Whole Grain
✓ 0g Trans Fat

May Help Reduce the
Risk of heart disease

33% LESS FAT
THAN TRISCUIT
ORIGINAL

ENLARGED TO
SHOW DETAIL
SERVING
SUGGESTION

DIETS RICH IN WHOLE GRAIN
FOODS AND LOW IN SATURATED
FAT & CHOLESTEROL MAY HELP
REDUCE THE RISK OF HEART DISEASE.

® NET WT 8.5 OZ (240g)



INGREDIENTS: WHOLE WHEAT, SOYBEAN OIL, SALT, MONOGLYCERIDES.

BHT IS ADDED TO THE PACKAGING MATERIAL TO HELP PRESERVE PRODUCT FRESHNESS.

**33% LESS
REDUCED**

Nutrition Facts

**CRISCUIT
AL**

Serving Size 7 Crackers (29g)
Servings Per Container About 8

Amount Per Serving

Calories 120 **Calories from Fat** 25

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0g **0%**

Trans Fat 0g

Polyunsaturated Fat 1.5g

Monounsaturated Fat 0.5g

Cholesterol 0mg **0%**

Sodium 160mg **6%**

Total Carbohydrate 21g **7%**

Dietary Fiber 3g **13%**

Sugars 0g

Protein 3g



Kellogg's®
Eggo®
waffles®

Homestyle

Minis

10 sets of 4 Waffles



Nutrition Facts

Serving Size 3 (Sets of 4) Waffles (93g)
Servings Per Container About 3

Amount Per Serving	Per Serving	Per Set of 4
Calories	250	80
Calories from Fat	70	25
% Daily Value*		
Total Fat 8g	12%	4%
Saturated Fat 2g	10%	3%
Trans Fat 2.5g		
Cholesterol 30mg	10%	3%
Sodium 600mg	25%	8%
Potassium 130mg	4%	1%
Total Carbohydrate 38g	13%	4%
Dietary Fiber 1g	5%	2%
Sugars 3g		
Other Carbohydrate 34g		
Protein 7g		

* 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		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4

Ingredients: Enriched wheat flour (wheat flour, niacin, reduced iron, thiamin mononitrate [vitamin B₁], riboflavin [vitamin B₂], folic acid), water, vegetable oil (partially hydrogenated soybean oil, soybean oil, palm oil, and/or palm kernel oil, TBHQ and citric acid for freshness), eggs, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), whey, sugar, salt, calcium carbonate, soy lecithin, niacinamide, reduced iron, yellow #5, vitamin A palmitate, pyridox-

Mixed Dishes



- Examples: pizza, breakfast burrito
- Whole grains primary grain ingredient by weight
- Proper **documentation** or standardized **recipe** is required if the first ingredient is not a whole grain

Whole Grain-Rich Foods

When grain name, such as wheat, rice, or rye flour is listed in the ingredient statement but has no descriptor such as “whole-grain” or “whole wheat” or “brown” rice, we need **Child Nutrition (CN)** or **Product Formulation Statement (PFS)** documentation (keep in binder).

Whole Grain-Rich Pizza Crust Recipe (Serves 16)

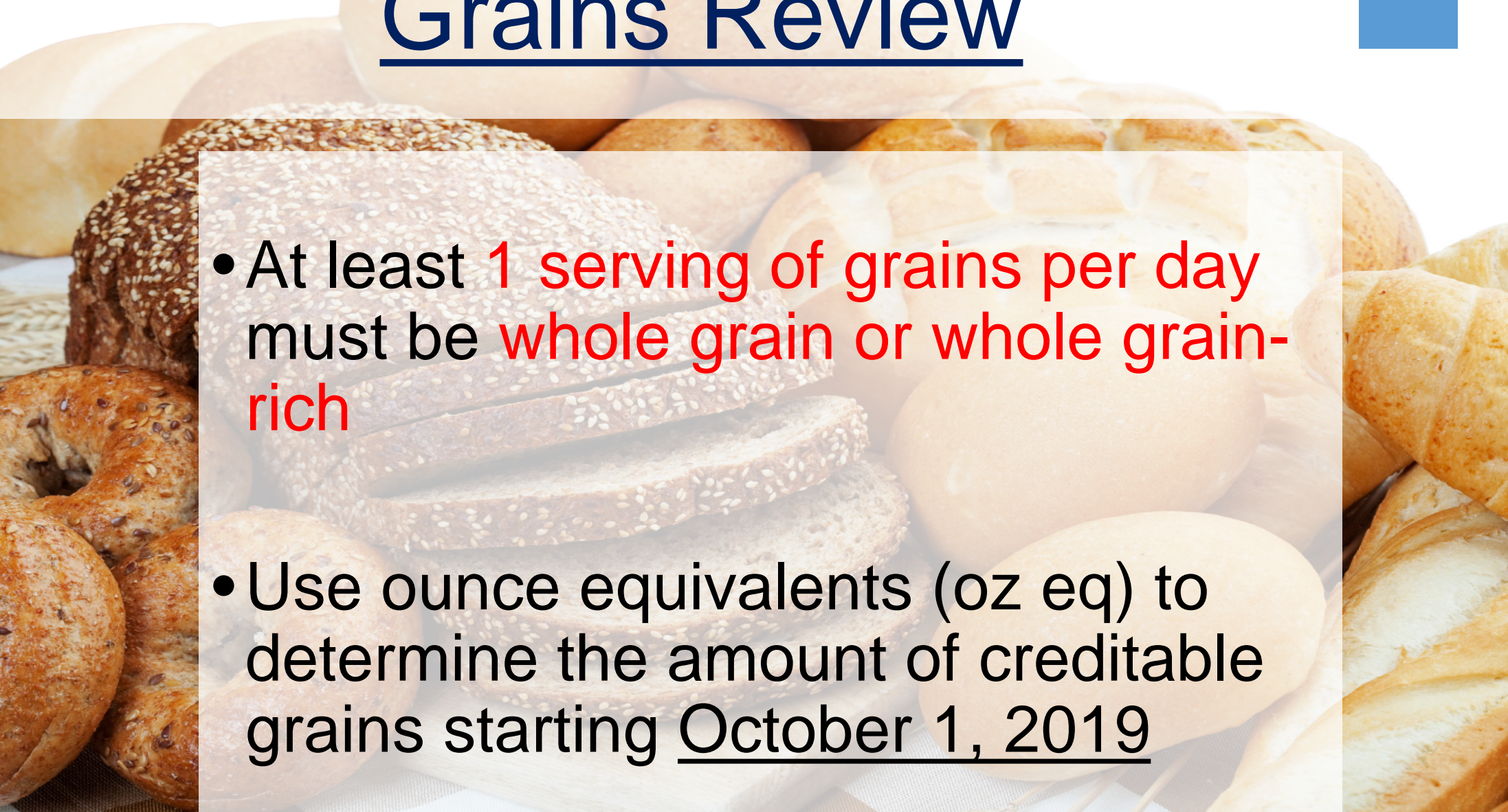
- 2 C. whole wheat flour
- 2 C. enriched flour
- 3 T. yeast
- 2 C. warm water
- ½ t salt
- 1 T. + 1 t. honey

Whole Grain-Rich
products contain:
50% or more whole
grain ingredients by
weight and
remaining grains
are enriched
Keep recipes in a
binder!

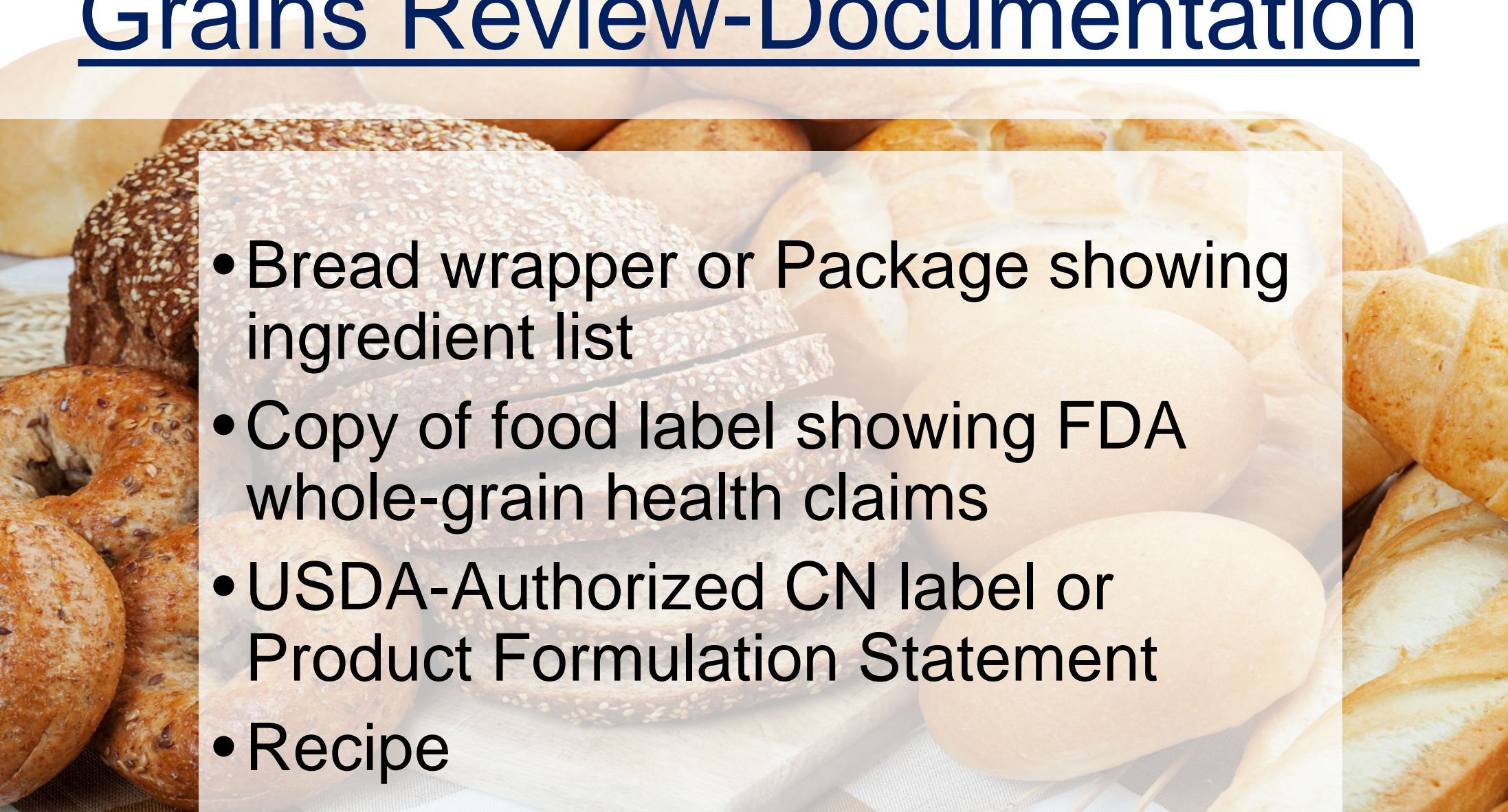
Ideas for Incorporating Whole Grains into Children's Meals

- Whole wheat bread
- Whole wheat bagels
- Brown rice
- Whole wheat pasta/macaroni
- Whole wheat tortillas
- Whole grain pita pockets
- Whole grain crackers
- Whole grain muffins
- Whole wheat flour in baking
- Whole grain cereals
- Oatmeal
- Sandwich on whole wheat: bread, pita, sandwich bun, or roll
- Corn Bread (whole corn cornmeal)
- Veggie Roll-Up (veggies with whole wheat pita pocket)
- Stir-Fry with brown rice
- Spaghetti with whole wheat noodles
- Soup, chili, or stew with whole wheat macaroni or barley
- Breakfast with a whole grain cereal
- Burrito with whole wheat tortilla

Grains Review

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- At least 1 serving of grains per day must be whole grain or whole grain-rich
 - Use ounce equivalents (oz eq) to determine the amount of creditable grains starting October 1, 2019

Grains Review-Documentation

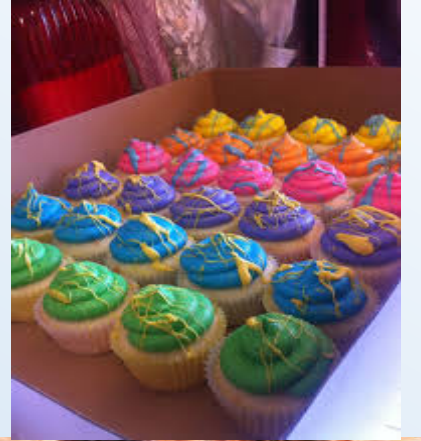
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- Bread wrapper or Package showing ingredient list
 - Copy of food label showing FDA whole-grain health claims
 - USDA-Authorized CN label or Product Formulation Statement
 - Recipe



Activity:
“I Spy A Whole
Grain or
Whole-Grain
Rich Food
Item”

Grain-Based Desserts

- Contains added sugar and saturated fat
 - Increases risk of chronic illnesses
 - Diabetes
 - High Blood Pressure
 - High Cholesterol
 - Obesity
- Cannot count as a grain for any meal or snack



List of **SOME** Grain-Based Desserts

(Creditable/Non-Creditable List)

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



What Can I Use as
A Grain Instead of
Grain-Based
Desserts?



Exhibit A: Grain Requirement for Child Nutrition Programs (handout)



MAKE YOUR OWN TRAIL MIX

A Simple & Healthy Snack

- Choose Whole Grains
- Add Dried Fruit
- Include Protein
- Dash of Sweet
- Remember Portion Control



Child and Adult Care Food Program Meal Service



Deep-Fat Frying

- May not be used as a preparation method
- Definition
 - Food submerged in hot oil
other fat
- May contribute to chronic illnesses
 - High cholesterol
 - Obesity



Approved Preparation Methods

- Grilling
- Baking
- Roasting
- Stir-Fry
- Pan-Fry



Family Style Meal Service

- **New Mexico CACFP requirement**
- Adult meals are not reimbursable
 - Cost of adult meals are an allowable expense

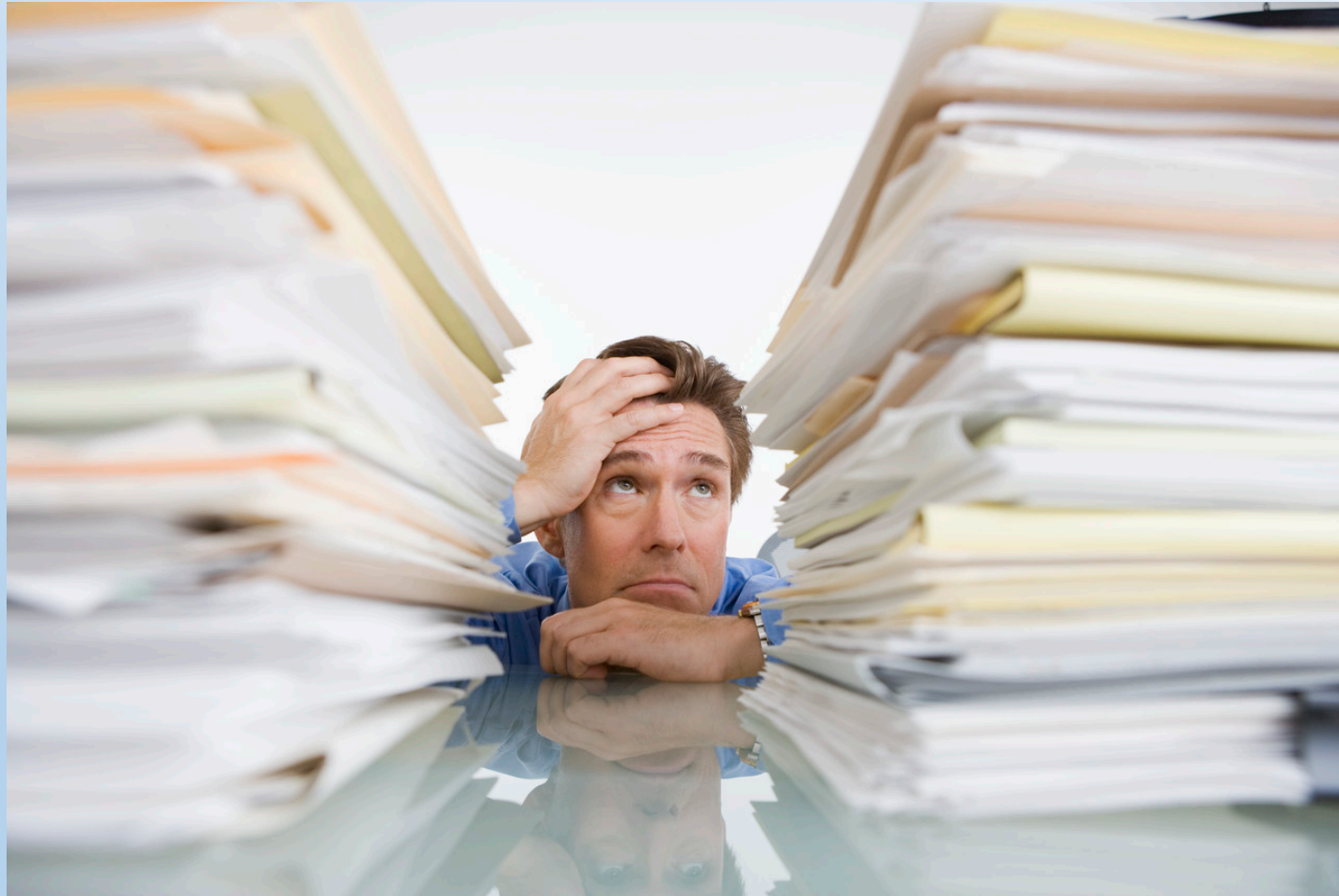


Benefits of Family Style Dining



- Promotes social, emotional, and motor skills.
- Teacher encourages children to try new foods through role modeling.
- Children choose what foods and how much they will eat.

Record Keeping





Recording Production

CACFP Menu Record Book

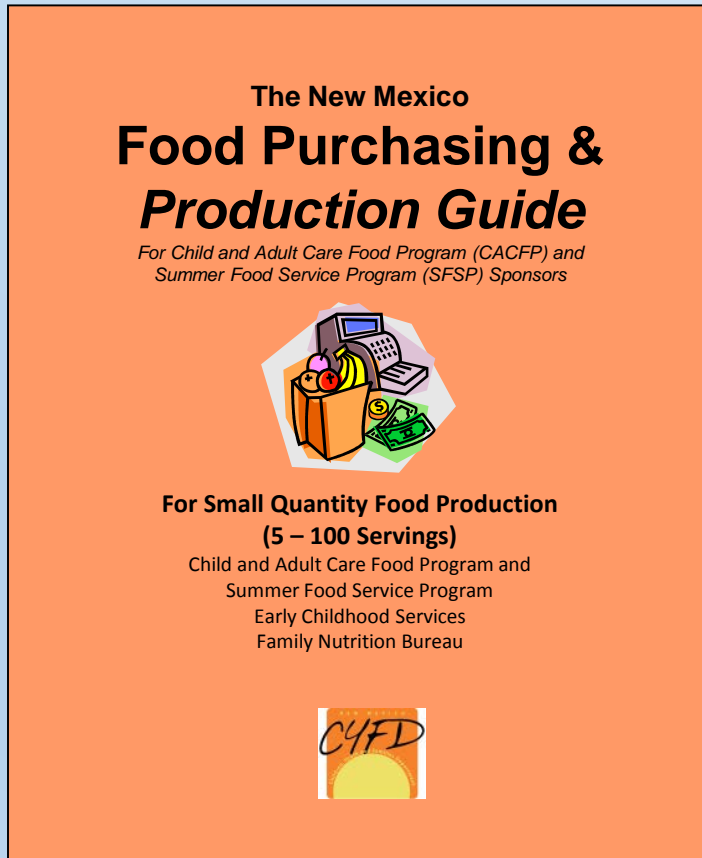
completion documents that the CACFP meal pattern was followed

- Menu (Required for each meal)
 - All meal components served

- Production (Required for each meal)
 - Correct amounts of food prepared for the number of children



New Mexico's Purchasing & Production Guide



- Developed in NM
- USDA's Food Buying Guide information yields.
- Contains tables that calculate amount needed to purchase for the quantity of meals you are planning to prepare.
- 2017 Revised Edition available

Meal Pattern Requirements Production

Food Buying Guide Calculator

- Individual calculators for the 6 food groups
- Determines how much food is needed for a specific number of servings
- <http://fbg.nfsmi.org>





Activity: Menu Review

SAMPLE

MENU RECORD FOR CHILDREN 3-5 YEARS OLD

SAMPLE

Date: 6-19-17

New Mexico Child and Adult Care Food Program

Name of Person Completing Menu: Athena

(1) MEAL PATTERN (REQUIRED COMPONENTS)	(2) MENU	(3) SERVING SIZE 3-5 y.o.	(4) FOOD ITEMS USED	(5) AMOUNTS PREPARED & Units (oz, lb, can size & number, quart, gallon, etc.)	(6) PLANNED Number to Serve	(7) ACTUAL Number Served
BREAKFAST 1. Milk, fluid(1%,Skim)*** 2. Vegetable, and/or fruit or full strength juice 3. Grains/Breads (Whole)* and/or Meat/Meat Alternates**	1. Milk 2. Strawberries 3. Cheerios	1 3/4 c 2 1/2 c 3 1/2 sv	1. MILK (Circle): Whole, 1% Skim 2. Strawberries, frozen, sliced 3. Cheerios, cold, dry cereal	2 gal. 12 lbs. 2.5 lbs	Children: 35 Adults: 5 TOTAL: 40	Children: 34 Adults: 4 TOTAL: 38
A.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component Yogurt 2 nd component Mango & Kiwi chunks	1 1/2 c 2 1/2 oz 3 1/2 c 4 1/2 c 5 1/2 sv	1 st Yogurt, vanilla 2 nd Mango, fresh, and kiwi, fresh	3 -32oz containers 6 1/2 lbs / 5 lbs	Children: 45 Adults: 5 TOTAL: 50	Children: 37 Adults: 5 TOTAL: 42
LUNCH 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. Milk 2. Chicken Enchiladas 3. V Pinto Beans, Lettuce, tomato 4. F Peaches 5. Corn Tortillas	1 3/4 c 2 1 1/2 oz 3 1/4 c 4 1/4 c 5 1/2 sv	1. MILK (Circle): Whole, 1% Skim 2. Chicken, diced /cheese, shredded 3. V Pinto Beans, canned, Shredded lettuce, Diced tomatoes 4. F Halved fresh peaches 5. Corn Tortillas	3 gal. 5 1/2 lbs / 2 lbs 1 1/2 #10 cans, 1 lb / 3 1/2 lbs 6 lbs 3 lbs	Children: 53 Adults: 7 TOTAL: 60	Children: 44 Adults: 6 TOTAL: 50
P.M. SUPPLEMENT* 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. Vegetable 4. Fruit 5. Grains/Breads (Whole)*	1 st component Cheese sticks 2 nd component Breadsticks Marinara sauce (for dipping)	1 1/2 c 2 1/2 oz 3 1/2 c 4 1/2 c 5 1/2 sv	1 st Mozzarella sticks 2 nd WG Soft Breadsticks Marinara sauce (extra)	1 oz each, 34 each 2.5 oz each, 34 ea 1 -64 oz jar	Children: 25 Adults: 5 TOTAL: 30	Children: 22 Adults: 4 TOTAL: 26
SUPPER 1. Milk, fluid (1%,Skim)*** 2. Meat/meat alternate** 3. 1 Vegetable (V) 4. 1 Fruit (F) 5. Grains/Breads (Whole)*	1. Milk 2. Grilled Cheese Sandwich 3. V Tomato Soup (1 cup = 3/4 c.) 4. F Fresh grapes 5. Bread	1 3/4 c 2 1 1/2 oz 3 1/4 c 4 1/4 c 5 1/2 sv	1. MILK (Circle): Whole, 1% Skim 2. Cheese, American 3. V Tomato soup, canned 4. F Fresh grapes 5. W/W Bread	1 1/2 gal. 3 pounds 3 - #3 cans 3 lbs 2 pounds	Children: 25 Adults: 5 TOTAL: 30	Children: 19 Adults: 3 TOTAL: 22

***Meat/meat alt may be served in place of grains at breakfast up to 3 times a week. Serving size for M/M/A is the amount listed or the equivalent. *A.M./P.M. Supplements: Select 2 of the 5 components; juice may not be served when milk is the only other component. **Whole grain or whole grain-rich breads/grains must be served once a day. ***1% or Skim (Non-Fat) unflavored milk for 2-5 year olds; Whole unflavored milk for 12-24 month olds

Revised October, 2016

Breakfast: How Do I Document Milk?

- Circle all types that apply
- Whole (1 to 2 year olds)
- 1%
- Skim (fat-free)



Breakfast: How Do I Document Grains/Breads or Cereal?

- By name of cereal (Cheerios)
- Use provided list or keep cereal box
- This can be your whole grain food item for the day.



AM/PM Snack: Choose 2 of 5 Components

- Milk not required to be served with snacks.
- Fruit group is a separate group from vegetable group.
- Snack can be 1 fruit and 1 vegetable such as, pineapple and carrots- **New!**



Lunch and Supper: Fruit & Vegetables

Options:

1. Record the names of fruit and vegetable (separate lines)
2. Record the names of 2 different vegetables (separate lines)
3. Record the kind of fruit juice, 100%
**1 serving of fruit juice = 1 fruit
4. Record the kind of vegetable juice, 100% **1 serving of vegetable juice = 1 vegetable
2. Juice can only be served once per day (Recommendation = no juice)



Lunch and Supper: Grains/Breads

- For whole grain, record “WG”
 - Whole Grain Crackers = WG crackers
- For whole wheat, record “WW”
 - Whole Wheat Bread = WW bread
- For rice, just record, “Brown rice”
- Keep bread wrappers or other packaging for documentation, in binder





Basic Food Safety

- Wash hands often!
- Use a food thermometer
- Sterilize cutting boards and surfaces
- About melons...
- More information:

<http://www.nfsmi.org/ResourceOverview.aspx?ID=348>



Safe Food Handling



- Stored foods must be sealed, labeled and dated
- “First In/First Out” (**FIFO**)
- Thermometers must be in both refrigerator and freezer
- Until served:
 - **Cold** foods should be kept at **40° F / 4° C** or lower
 - **Hot** foods should be kept at **140° F / 60° C** or higher

2017-18 **New** Cook's Academy Classes

- August 25
- September 8
- October 13
- November 13
- Central New Mexico Community College
 - Robert P. Matteucci Building, Room 201
 - 725 University Blvd SE, ABQ, NM
- Contact Laura Spencer at 505-841-4852



Nutrition Education

Documentation Form:

- Refer to sample in your packet.
- Each center must have a nutrition education activity at least once per month.
- Submit documentation to the address on your form in **September, January, and April.**



Nutrition Education Team

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