



# CACFP Meal Patterns



**Yours for Children, inc.**

Sources:

*Massachusetts Department of Elementary & Secondary Education*

*United States Department of Agriculture*

# What happens on October 1, 2017?

New CACFP Meal Patterns are in effect and are to be followed.

The USDA has granted a transition period. **As long as you are making a good faith effort to meet the new meal patterns, meals will not be disallowed during the transition.**

## Why is the meal pattern changing?

The Healthy, Hunger-Free Kids Act requires the USDA to:

- \* Update the Child and Adult Food Program (CACFP) meal pattern requirements
- \* Align the new meal patterns with:
  - The most recent version of the Dietary Guidelines for Americans
  - The most recent and relevant nutrition science
  - Recommendations from appropriate authorized scientific agency or organization



The goal of the Healthy, Hunger-Free Kids Act is to improve child nutrition by reflecting nutrition science updates in an effort to:

### Prevent Overconsumption of:

- Calories
- Saturated Fat
- Added Fat
- Added Sugars

### Increase Consumption of:

- Fiber
- Other Essential Nutrients

## PLEASE NOTE:

Many of the new meal pattern changes can be implemented now without compromising the current meal pattern regulations.

### For example, we encourage you to:

- ⇒ **serve at least one whole grain food a day to children over 1 year**
- ⇒ **eliminate serving juice to infants**

### Ongoing resources about the New Meal Patterns will be:

- Emailed to you on a regular basis
- Available at [www.yoursforchildren.com](http://www.yoursforchildren.com)
- Available from your monitor

# NEW Child Meal Pattern Begins on October 1, 2017



1. Fruits and Vegetables are two separate meal components
2. A vegetable and fruit or two vegetables must be served at lunch
3. 100% juice can only be served once per day at breakfast or snack per YFCI policy to limit the overconsumption of sugar
4. Tofu can be credited as a meat alternative
5. Yogurt is limited to 23g of sugar per 6 ounces
6. Soy yogurt is now creditable
7. At least one serving of grains per day must be whole grain rich
8. Grain-based desserts are no longer creditable
9. Fluid milk served to children must be unflavored, per YFCI policy. See Milk Policy on page 11.
10. Breakfast cereals may contain no more than 6 grams of sugar per dry ounce

## The New Child CACFP Meal Pattern

- The new meal pattern includes age groups for children: 1-2, 3-5, 6-12, 13-18; and 5 meal components.

**PLEASE NOTE:**

13-18 year old children served in your Family Child Care Program **must have** a documented Special Need.

Required Meal Components					
Meal type	Fruit	Veg	Grain	Meat	Milk
Breakfast		Or 		 3 x week limit	
Lunch / Dinner					
Snack	<b>Pick 2</b> 				



### 1. Fruit Component

- 1 fruit and 1 vegetable or two vegetables must be served at lunch/dinner
- Juice is limited to 1x/day (at breakfast or snack), must be 100% full-strength juice, and make up the entire fruit component
- Per YFCI policy, serve juice at breakfast or snack only to limit the overconsumption of sugar
- 100% dried fruit may be served children over the age of 4 years
- “snack chips” are not creditable



## 2. Vegetable Component

- A serving of vegetables must be served at lunch/dinner
- Is it a vegetable or a meat alternate?

Dry Beans (Black, Kidney, Chickpea, Pinto, etc.), Falafel, Hummus, Peas (Green, Black-eyed, Split) and Lentils can be **served as either the meat alternate or a vegetable**

## 3. Meat/Meat Alternate Component

**Meat:** poultry, pork, beef and fish

- Encourage lean meats
- Limit processed meats. CN label is required for commercially prepared chicken nuggets and fish sticks

**Meat Alternates:**

- Yogurt and Soy Yogurt are now creditable as a Meat/Meat Alternate** Must contain no more than 23g of sugar per 6 oz.
  - 4 oz. yogurt = 1 oz. meat alternate
- Tofu is creditable**, must be firm and extra firm with 5g of protein per 2.2 oz. and easily recognizable to children
  - Soft tofu in smoothies/baked desserts is NOT creditable
- Meat/Meat Alternate may be served in place of the grain component 3x/wk **at breakfast**
- Cheese should be all natural or processed cheese i.e.: Cheddar, Swiss, American

## 4. Grain Component

- At least one serving of grains per day **MUST** be whole grain rich  
Whole grain-rich requirement does not apply to infant meals
- To be whole grain the food must meet at least one of the following:**
  - Whole grains are the primary ingredient by weight:
    - 100% whole grain
    - Blend of whole grain and enriched meal/grain where at least 50% is whole grain
- If snack is the only meal served in your day care home any grain item served **MUST** be whole grain
- You must indicate food as “whole grain” (W.W. or W.G.) on your menu**
- All cereals served must contain no more than 6g of sugar per oz.
- Grain based desserts are **NOT CREDITABLE** i.e.: cookies, granola bars, grain fruit bars, poptarts, cake, dessert pie crust, doughnuts, etc. (including home made desserts)

**Graham Crackers (any shape) and Animal Crackers are creditable at snack only, limited to no more than two (2) times per week.**

## 5. Fluid Milk

- ✓ 1-2 year old serve unflavored whole milk
- ✓ 2-5 year old serve unflavored 1% low-fat, or skim/fat-free milk
- ✓ 6-12, 13-18\* years old serve unflavored 1% low-fat or Skim/Fat-free milk (YFCI policy does not credit flavored milk. See page 11)
- ✓ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.
- ✓ You must describe the fluid you are serving on menu i.e.: "1%", "whole"

**\*PLEASE NOTE:**  
13-18 year old children served in your Family Child Care Program **must have** a documented Special Need.

Fluid Milk Alternatives			
	Parent Note	Medical statement Medical Condition	Medical statement Disability
Lactaid	✓	✓	✓
Soy milk (nutritionally equivalent to cow's milk)	✓	✓	✓
Rice Milk			✓
Almond Milk			✓



Documentation supplied is **ACCEPTABLE!**



Documentation supplied is **NOT ACCEPTABLE!**

Fluid Milk Alternatives	
✗	<p>★ Age: 12 Month old</p> <p>★ Parents note requests fat free <u>cow's</u> milk</p>
✓	<p>★ Age: 4 year-old</p> <p>★ Medical Statement states child need for soy milk due to a medical condition</p> <p>★ Serve: Fat Free, Unflavored Soy milk</p>
✓	<p>★ Age: 8 year-old</p> <p>★ Medical Statement states child needs almond milk due to a disability</p> <p>★ Serve: Fat free Chocolate Almond milk</p>

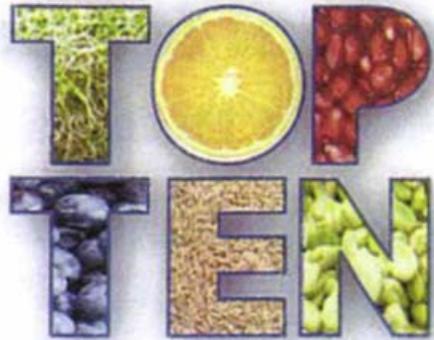
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You may print a copy of a medical statement at [www.yoursforchildren.com](http://www.yoursforchildren.com)

### Additional Improvements

- ✓ Deep fat frying is not allowed as a way of preparing food onsite
- ✓ Fresh drinking water should be offered and made available to children throughout the day
- ✓ Food should not be used as a punishment or reward

# NEW Infant Meal Pattern Begins on October 1, 2017



1. Two infant age groups now: 0-5 months, 6-11 months
2. Only breastmilk or iron fortified infant formula are to be served the through 0-5 months
3. Solid food should be introduced around 6 months, when child is developmentally ready
4. Fruits/Vegetables are a new required meal component at snack
5. If a mother breastfeeds her child at the family child care home this meal is reimbursable
6. 100% juice, and cheese food/spread are no longer creditable infant foods
7. Whole eggs and yogurt are now creditable infant foods
8. Yogurt must contain no more than 23g of sugar per 6 ounces
9. Ready to eat breakfast cereals containing no more than 6 grams of sugar/ounce may be served at snack
10. Parents can provide only one meal component to a reimbursable meal

# NEW Infant Meal Pattern Begins on October 1, 2017

	<b>Meal Component</b>	<b>0 - 5</b>	<b>6 - 11</b>
<b>Required Components</b>	<b>Breakfast/Lunch/Supper</b> Breast Milk or Formula	Required	Required
	Fruit/Vegetable	X	Only if ready
	Iron Fortified Infant Cereal (IFIC)	X	Only if ready
	AND/OR Meat/Meat Alternate	X	Only if ready
	<b>Snack</b> Breast Milk or Formula	Required	Required
	Fruit/Vegetable  AND Bread, Cracker, Ready-to-eat cereal or Infant Cereal	X  X	Only if ready  Only if ready
<b>Amounts You Must Offer</b>	<b>Breakfast/Lunch/Supper</b> Breast Milk or Formula Fruit/Vegetable Iron Fortified Infant Cereal (IFIC) AND/OR Meat/Meat Alternate Meat, Poultry, Fish, Whole Egg, Beans/ Peas Cheese Cottage Cheese Yogurt	4-6 fl oz	6-8 fl. oz 0-2 Tbsp 0-4 Tbsp  AND/OR 0-4 Tbsp  0-2 oz 0-4 oz 0-4oz
	<b>Snack</b> Breast Milk or Formula Fruit/Vegetable Grain: Bread Cracker IFIC or ready to eat cereal	4-6 fl oz	2-4 fl. oz 0-2 Tbsp  0-1/2 slice OR 0-2 crackers 0-4 Tbsp

X: Gradually introduce solid food when infant is around 6 months old, and is developmentally ready.  
Do not record solid foods during the trial introduction time.

## The New Infant CACFP Meal Pattern

- The new meal pattern includes only two infant age groups:
  1. 0-5 months, no solid food only breastmilk and/or formula are required
  2. 6-11 months, solid food is served when the child is developmentally ready
- Continue to encourage and support breastfeeding, “Best Practice”
  - ☑ Encourage mothers to supply breastmilk for their infants in care
  - ☑ **Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care home and directly breastfeeds her infant**
    - Indicate directly breastfed on menu
    - Do not need to note amount served
    - Should serve other food items around same time
  - ☑ Offer mothers a quiet, private area that is comfortable and sanitary to express breastmilk into sterilized containers to feed the infant while in your care
- Creditable infant formulas
  - ☑ Must have 1 milligram of iron per 100 calories
  - ☑ Formulations change frequently, always read the label



### Creditable infant formulas

Nutrient Data	
Volume, mL:	148
Calories:	100
Protein Equivalent, g:	3.1
Fat, g:	4.8
Carbohydrate, g:	10.7
Linoleic Acid, mg:	840
Potential Renal Solute Load, mOsm:	28
Water, g:	132
Minerals	
Calcium, mg:	116
Calcium, mEq:	5.8
Phosphorus, mg:	84.2
Magnesium, mg:	8.4
Iron, mg:	1.8
Zinc, mg:	1.15
Manganese, mcg:	84

**This formula IS CREDITABLE**

Massachusetts Department of Elementary and Secondary Education

### Creditable infant formulas

Nutrient Data	
Calories:	100
Volume, mL:	148
Protein, g:	2.2
Fat, g:	5.6
Carbohydrate, g:	10.2
Water, g:	134
Linoleic Acid, mg:	1000
Potential Renal Solute Load, mOsm:	18.3
Minerals	
Calcium, mg:	56
Calcium, mEq:	2.8
Phosphorus, mg:	28
Magnesium, mg:	6
Iron, mg:	0.7
Zinc, mg:	0.8
Manganese, mcg:	5
Copper, mcg:	90
Iodine, mcg:	6

**This formula IS NOT CREDITABLE**

Massachusetts Department of Elementary and Secondary Education

**Low-iron formula is ONLY reimbursable with official *Medical Statement To Request Child Nutrition Programs Special Meals and/or Accommodations* form that is complete and signed by a recognized medical authority. Medical statements are available at [www.yoursforchildren.com](http://www.yoursforchildren.com).**

- A serving of solid food components is required when infant is **developmentally ready** to accept it; **but not before 6 months old**.

#### *Infant Solid Food Checklist:*

- ☑ Iron fortified infant formula and dry infant cereal, do not combine in bottle
  - ☑ Record the amount of food served not the amount consumed
  - ☑ Communicate with parents regularly about new foods they have introduced. General Rule of Thumb: only offer foods that have been introduced in the home.
  - ☑ Creditable solid foods are single ingredient foods. Commercially mixed and combination foods are not creditable for infants
  - ☑ During “trial phase” don’t record food on menu until served at all meals
- A vegetable or fruit, or both, must be served at snack for infants 6-11 months old, **if developmentally ready**. Implemented to increase infants exposure to and consumption of vegetables and fruits
- Eliminate the serving of juice. Juice is no longer creditable for infants; this includes 100% juice
- Whole egg and whole milk yogurt \*are now included as a Meat/Meat alternate \* no more than 23g of sugar per 6 oz of yogurt
- Cheese food and cheese spreads are no longer creditable for infants. Opt for natural hard cheese such as cheddars, Colby/jack or provolone
- Ready-to-eat cereals are creditable at **snack only** and can contain no more than 6g of sugar per oz.
- Parent Provided Meals
  - ☑ Parents can **provide ONLY ONE** meal component
  - ☑ Providers must provide **ALL** other meal components
  - ☑ If the parent declines the provider supplied formula and provides breastmilk or their own formula from home, the provider **MUST provide ALL** solid food items in order for the meal to be reimbursed
- If Parent Chooses Not to Participate:
 

Have the parent complete a Child Enrollment Form and write “Decline CACFP” at the top of the form



## Overview of Major Meal Pattern Changes

1. 100% full strength fruit or vegetable juice is reimbursed only once per day
2. Fruits and vegetables are now separate meal components
3. Grain based desserts are no longer creditable
4. Breakfast cereals contain no more than 6 grams of sugar per ounce
5. Meat/Meat Alternate can replace a grain in breakfast up to 3x/week
6. New 2 infant age groups: 0-5 months and 6-11 months
7. 100% juice is never creditable for infants
8. Firm/Extra firm tofu can be credited as a meal alternate when it contains at least 6g of protein per ounce
9. Yogurt is limited to 23g of sugar per 6 ounce
10. Lunch must contain at least one serving of vegetables
11. At least one serving of bread/grains per day must be whole grain
12. Fluid milk served to children age 1—2 years old must be whole, unflavored milk. Fluid milk served to children age 2 and older must be 1% low fat, or fat-free skim. See page 11.

## Serving Meals

1. Deep fat frying is prohibited as a way of preparing food onsite
2. Food can not be used as a punishment or reward
3. Drinking water must be offered to young children using visual cues
4. Parent/guardian can supply ONE meal component as part of a reimbursable meal
5. For medical condition/allergy child care provider may substitute within the same meal component
6. For a disability the child care provider MUST have a medical statement on file, submit copy of medical statement to YFCI, and MUST make the substitution
7. Family style is a meal service option for your child care home
8. Child care providers MUST offer the minimum required amounts of each food served
9. Providers are to limit servings of graham crackers (any shape) and animal crackers to snacks no more than two (2) times per week.

## Best Practices (not required)

1. Serve fruit or vegetable at snack for children older than 1 year
2. Serve a variety of whole fruit. Provide at least one serving of dark green vegetables, red and orange vegetables, beans and peas, starchy vegetables, and other vegetables weekly
3. Serve at least two servings of whole grain rich grains daily
4. Serve only lean meats
5. Limit serving processed meats to not more than once a week
6. Serve only natural cheeses and choose low fat or reduced fat cheeses
7. Incorporate seasonal and locally produced foods into meals
8. Limit serving pre-purchase pre-fried foods to no more than one serving per week
9. Avoid serving non-creditable foods that are sources of added sugar



## *Milk Policy*

The 2017 New USDA Meal Pattern for Children modifies the requirements for fluid milk in the Child and Adult Care Food Program (CACFP). Milk served in the CACFP must meet the following, which includes changes that come with the implementation of the new Meal Pattern for Children as of October 1, 2017:

- Unflavored, whole milk must be served to children one (1) year of age.
- Unflavored\* low-fat (1%) milk or fat-free (skim) milk must be served to children two (2) years of age and older.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs. Parents must supply the provider with medical documentation for any substitutions.

*Milk served must be pasteurized fluid milk that meets state and local standards and contains vitamin A and D as specified by the Food and Drug Administration. Evaporated milk does not meet the definition of milk. Milk may be lactose-free milk, lactose reduced milk, cultured buttermilk, or acidified milk.*

**\* Yours for Children policy omits the serving of flavored milk to children age six (6) and older to limit the amount of sugar consumed.**

## **NEW CACFP MEAL PATTERNS**

This is a **REQUIRED TRAINING** for 2 hours of Child and Adult Care Food Program (CACFP) Training credit.

**Successful completion meets your Nutrition training requirement for fiscal year 2017.**

Complete all the home study questions.

**SUBMIT to the YFCI office WITHIN (2) WEEKS of RECEIPT**

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