

ALL ABOUT THE MEAL!

Nutrition Programs
Illinois State Board of Education
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WHY IS THE MEAL IMPORTANT TO THE CACFP?

- ◉ A goal of the Child and Adult Care Food Program(CACFP) is to improve the health and nutrition of children in the program.

TOPICS

- ◉ Inadequate Portion Sizes and Missing Components
- ◉ Sponsor Pre-Planned Menus
- ◉ Infant Meals And Infant Formula Waivers
- ◉ Milk Substitutions

INADEQUATE PORTION
SIZES AND MISSING
COMPONENTS

REGULATORY SUPPORT

- Provide meals that meet the meal patterns set forth in Reg. 226.20
 - State Agency Responsibilities
 - Regulation 226.6 (b)(2)(C)(5)(i)
- Termination of agreements....non-compliance with program meal pattern
 - Sponsoring Organization Provisions
 - Regulation 226.16 (l) (2)(iv) (l)
- Each day care home ...shall serve the meal types...in accordance with the meal pattern requirements specified in Reg. 226.20
 - Day Care Home Provisions
 - Regulation 226.18 (d)

AS A SPONSOR AGENCY, HOW CAN ISBE COMPLY TO PROGRAM GOAL?

- Monitor provider's compliance at observed meal services.
- Provide technical assistance during reviews.
- Review the training given to providers by the sponsors to determine if components and portion sizes are addressed.
- Requiring training and monitoring for Sponsoring Organizations.

AS A SPONSORING ORGANIZATION, HOW CAN YOU COMPLY TO PROGRAM GOAL

- ◉ Monitoring providers for compliance to the requirements for the meal components and portion sizes of food to be served.
- ◉ Providing money (reimbursement) to eligible providers for meals that meet requirements.
- ◉ Requiring training and monitoring for providers.

TODAY'S FOCUS

- Assuring Compliance to Requirements For The Components And Portions Of Food To Be Served.

WHERE DO WE FIND GUIDANCE?

- ISBE's Crediting Food Guide-recommended
(http://www.isbe.net/nutrition/pdf/crediting_foods.pdf)
 - What's In A Meal?
 - No longer available through USDA
 - Infant Feeding Guide
 - Food Buying Guide

CATEGORIES OF CACFP MEAL REQUIREMENTS

- Infants under 12 months
 - Birth through 3 months
 - 4 through 7 months
 - 8 through 11 months
- Children age 1 through 12
 - Age 1 and 2
 - Age 3 through 5
 - Age 6 through 12

INFANTS UNDER 12 MONTHS

◉ Infant Meal Pattern Chart

- Located in Crediting Food Guide, Page 46
- Required food components when infant is developmentally ready for additional foods
- Formula/Breast milk requirement

CHILDREN AGE 1 THROUGH 12

◉ Meal Chart for Children

- Located in Crediting Food Guide, Page 2
- Minimum portion sizes according to age of the child
- Required food components
- Milk requirements-New Guidance for substitutions
 - Breakfast
 - Lunch
 - Supper

WHY ARE PORTION SIZES IMPORTANT?

- ◉ CACFP provides funding to assure that the meals are providing **minimum** portion sizes for each child of the caregiver.

INADEQUATE PORTION SIZES AND THE FAMILY STYLE MEAL SERVICE

- ◉ All required components must be offered.
- ◉ Children must be encouraged to take minimum serving for their age.
- ◉ Table serving must include enough portions to serve the minimum portion size for each child according to their age at the meal service.

CONSEQUENCE OF SERVING INADEQUATE PORTION SIZES

⦿ Infants

- Difficult to evaluate.
 - Program offers flexibility for feeding schedule.

⦿ Children

- May indicate the provider is not complying with minimum requirements for the meal.

SOLUTIONS WHEN INADEQUATE PORTION SIZES ARE DISCOVERED

- Offer technical assistance.
- Encourage use of materials to assist providers in compliance.
 - ISBE Website-Nutrition Programs
 - Crediting Food Guide
 - Sponsor resources
 - Phone support for nutritional questions.
- Corrective action to confirm importance of compliance in the future.
- SD process for subsequent violations.

WHY IS IT IMPORTANT TO SERVE ALL REQUIRED COMPONENTS?”

- ◉ CACFP provides funding to assure that the meals are providing a minimum amount of nutritional components for each child of the caregiver.

CONSEQUENCE OF MISSING COMPONENTS

- ◉ Offer technical assistance.
- ◉ Encourage use of materials to assist providers in compliance.
 - ISBE - Nutrition Programs website
 - ◉ Crediting Food Guide
 - Sponsor resources
 - ◉ Phone support for nutritional questions.
- ◉ Corrective action to confirm importance of compliance in the future.
- ◉ SD process for subsequent violations.

SHOULD INADEQUATE PORTION SIZES AND MISSING COMPONENTS HAVE SD CONSEQUENCES?

1111 Termination of Agreement for Cause/Convenience

A sponsoring organization (sponsor) must initiate action to terminate the agreement of a day care home (provider) for *cause in the operation of the Child and Adult Care Food Program if the sponsor determines the provider committed one or more serious deficiency(ies) listed below. Upon making a serious deficiency determination, if the provider does not take action to fully and permanently correct the serious deficiency within the allotted time, the provider's agreement must be terminated.*

List of Serious Deficiencies

5. Serving meals that do not meet the meal pattern.

Regulation 7 CFR Part 226.16(l)(2)(iv).

Reference: Page 4 of the Day Care Home Serious Deficiency Handbook

http://www.isbe.net/nutrition/pdf/dch_serious_deficiency.pdf

SPONSOR PRE-PLANNED MEALS

WHAT IS THE PURPOSE?

- ◉ Pre-planned menu follows the requirements of a CACFP nutritional meal.
- ◉ Allows provider to pre-plan meals and components.

WHAT ARE THE PROBLEMS?

- ⦿ Provider is not serving the planned components.
- ⦿ Provider is substituting, but not recording substitutions.
- ⦿ Provider uses wrong “code” to enter meal.



IF SPONSOR USES PRE-PLANNED MENUS

- ◉ Responsible for compliance to Regulation 226.20.
- ◉ Receive approval of sponsor pre-planned menu from ISBE.
- ◉ Responsible to ensure provider is using the menus correctly and accurately.
- ◉ Responsible that menus are updated for program requirements as they change.

SPONSOR RESPONSIBILITIES IF PROVIDER USES THEIR OWN PRE-PLANNED MENUS

- Approve menu.
- Ensure compliance with Regulation 226.20.
- Ensure provider is using the menus correctly and accurately.
- Require menus are updated if program requirements change.

IMPROPER USE OF PRE-PLANNED MENUS

- Serve non-reimbursable meals through not accurately using preplanned menus.
- Errors can occur when provider does not accurately substitute the component or the substitution is not documented.

Formula or Breast Milk Issues
Developmentally Ready

INFANT MEALS AND INFANT FORMULA WAIVERS

FORMULA OR BREAST MILK

- All infants under the age of 12 months must receive iron-fortified infant formula or breast milk.
- Iron-fortified infant formula must be offered by the provider.
 - Parent may waive type offered and bring their own formula.
 - Infant formula waiver
 - Parent may waive type offered and bring their own breast milk.
 - Provider cannot tell parent that the formula or breast milk must be provided by the parent.

PROVIDER DOES NOT HAVE AN ENROLLMENT FOR AN INFANT THAT IS AT HER DAY CARE. THE PARENT IS BRINGING THE FORMULA AND THE PROVIDER DOES NOT WANT TO CLAIM THE INFANT. IS THIS A VIOLATION?

YES,

- All children in the provider's care to include the provider's own must be enrolled in the CACFP. The provider is not required to **claim** all enrolled children.

PROVIDER HAS AN INFANT
ENROLLED AT HER DAY CARE.
PROVIDER DID NOT OFFER
FORMULA TO THE PARENTS. THE
PARENT IS BRINGING THE
FORMULA. THE PROVIDER DOES
WANT TO CLAIM THE INFANT.

- ◉ Is this a violation?

YES!

- In order to claim an infant in the CACFP, the provider **must offer** a iron fortified formula to the infant. If the parent does not want the provider's choice, they may "waive" on the enrollment form/infant formula waiver the formula offered and bring their own. The provider may still claim the infant's meal.

PROVIDER HAS AN INFANT THAT IS **NOT** DEVELOPMENTALLY READY ENROLLED AT HER DAY CARE. THE PARENT IS BRINGING THE FORMULA AND CORRECTLY WAIVED THE PROVIDER'S CHOICE OF FORMULA ON THE INFANT FORMULA WAIVER/ENROLLMENT FORM.

- Can the provider claim the infant's meal?

YES, (IF THE INFANT IS NOT DEVELOPMENTALLY READY)

- The provider **must offer** iron formula. If the provider offers formula but the parent waives the formula offered and brings their own, the provider may claim the infant.

PROVIDER HAS AN INFANT THAT IS DEVELOPMENTALLY READY ENROLLED AT HER DAY CARE. THE PARENT IS BRINGING THE FORMULA AND CORRECTLY WAIVED THE PROVIDER'S CHOICE OF FORMULA.

- Can the provider claim the infant's meal?

YES, (IF THE INFANT IS DEVELOPMENTALLY READY)

- The provider **must offer** all components. The provider is required to **provide** at least **one** component in order to claim the infant. If the provider is providing another required food component, the provider may claim the infant if served a meal.

OTHER BREAST MILK FACTS

CAN A PROVIDER CLAIM AN INFANT IF THE MOTHER BREAST FEEDS THE INFANT AT THE PROVIDERS HOMES?

- ◉ No, if the infant is not developmentally ready for other foods.
- ◉ Yes, if the infant is developmentally ready and the provider is providing the other required components.
 - Provider must offer formula.
 - Parent is waiving the formula offered.

CAN A PROVIDER, WHO IS ELIGIBLE TO CLAIM HER CHILDREN, CLAIM HER INFANT IF SHE IS BREASTFEEDING?

- Yes, the meal is reimbursable, if she qualifies to claim her own children and when other claimed children are present.

WHAT ABOUT LOW IRON FORMULA?

- Parent must complete the infant formula waiver indicating what formula the infant is receiving.
 - If low-iron or other, parent will provide a medical exception statement for food substitutions.
 - Provider is not required to provide substitute formula for meal to be creditable.
- Provider must offer formula listed by provider on infant formula waiver.

DEVELOPMENTALLY READY

- ◉ What indicates infant is developmentally ready?
 - Hold necks steady & sit with no support.
 - Draw lips when spoon is removed.
 - Keeps food in their mouth and swallows.

- Source: USDA Infant Feeding Guide

HOW CAN THE MONITOR DECIDE

- ◉ Infant is offered food at the review.
- ◉ Infant menu includes food.

WHAT AGE IS “WHEN
DEVELOPMENTALLY READY”
APPLICABLE FOR MEAL
REQUIREMENTS?

REFER TO “INFANT MEAL PATTERN CHART”

(Crediting Food Guide Page 46)

- 4 through 7 Months
 - “When developmentally ready”
 - Breakfast
 - Lunch/supper

PART OF MEAL REQUIREMENTS

(Crediting Food Guide Page 46)

⦿ 8 through 11 months

- No longer “when developmentally ready.”
- All components must be offered.

WHEN DEVELOPMENTALLY READY,

- ◉ Does provider have to provide all components to be claimable?

REFER TO “ ARE THESE INFANT MEALS REIMBURSABLE?”

(per the Crediting Food Guide -Page 51)

- ◉ *No, provider must provide at least one of the required food items to claim the meal for the infant.*
 - Formula is considered a component.
- ◉ Infant must be provided **all** required food components to be creditable.

MILK SUBSTITUTIONS

CHILD (OLDER THAN 12 MONTHS) IS RECEIVING A SOY MILK SUBSTITUTION PROVIDED BY THE PARENT.

- Parent has completed the statement supporting the substitution. It is not known if the substitution qualifies as containing the same nutrient values required as milk. Is this a creditable substitution?

NO

- ◉ In order for the parent to substitute milk as a crediting component of a CACFP meal, the milk substitution must meet the Milk Substitute Nutrition Standards.
- ◉ The information to support the nutrient contents must be obtained from the website of the manufacturer. (Not required on the CN label).
- ◉ Provider is required to keep a printout of the nutrient content of the substitute with the child's enrollment and substitution waiver.

CHILD IS RECEIVING A NUTRITIONALLY EQUIVALENT APPROVED MILK SUBSTITUTION PROVIDED BY THE PARENT.

- Parent has completed the statement supporting the substitution. Is the meal claimable for the child?

YES

- ⦿ The provider must keep a printout of the information obtained from the website of the manufacturer to support nutrient levels.
- ⦿ Provider must assure that the substitution continues to qualify if the makeup of the product changes.
- ⦿ Currently no list of substitutes is maintained by the USDA.

HOW DOES A SPONSOR, PARENT OR PROVIDER ASSURE THAT THE SUBSTITUTION MEETS NUTRITIONAL REQUIREMENTS?

- Product must meet the Milk Substitute Nutrition Standards of the USDA CACFP to be a creditable milk substitute.

MILK SUBSTITUTE

NUTRITION STANDARDS

(USDA Q & A FOR NSL, REVISED 11/09, Q #20)

◉ Nutrient Per Cup

- Calcium 276 mg
- Protein 8 g
- Vitamin A 500 IU
- Vitamin D 100 IU
- Magnesium 24 mg
- Phosphorus 222 mg
- Potassium 349 mg
- Riboflavin .44 mg
- Vitamin B-12 1.1 mcg

CHILD IS RECEIVING NON-QUALIFYING MILK SUBSTITUTE PROVIDED BY THE PARENT.

- Parent has completed the statement supporting the substitution. Is the meal claimable for the child?

NO

- The milk substitute must contain the nutritional requirements of milk to be a creditable substitute.

CHILD IS RECEIVING A NON-QUALIFYING MILK SUBSTITUTION PROVIDED BY THE PARENT.

A PHYSICIAN HAS PROVIDED A MEDICAL EXCEPTION STATEMENT FOR FOOD SUBSTITUTION TO REQUIRE THE SUBSTITUTION.

- ◉ Is the meal claimable for the child?

YES

- The Medical Exception Statement For Food Substitution provided by a child's physician for the substitution will make the meal claimable. The new regulations do not effect the medical exception substitution rules.

OTHER MILK ISSUES

AN EIGHTEEN-MONTH-OLD CHILD IS SERVED 1% MILK. IS THAT CREDITABLE MILK FOR THE CHILD'S MEAL?

- No, new regulations do not effect the crediting of milk requirements for children under the age of 2 years. A child over 12 months of age and under 2 years of age must receive whole milk.

A 3-YEAR-OLD CHILD IS SERVED 2% MILK. IS THAT CREDITABLE MILK FOR THE CHILD'S MEAL?

- No, children older than 2 years of age must have 1% or skim milk. Children under the age of 2 but older than 12 months must receive whole milk.

QUESTIONS?



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