

NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

USDA Food & Nutrition Service
Child Nutrition Programs

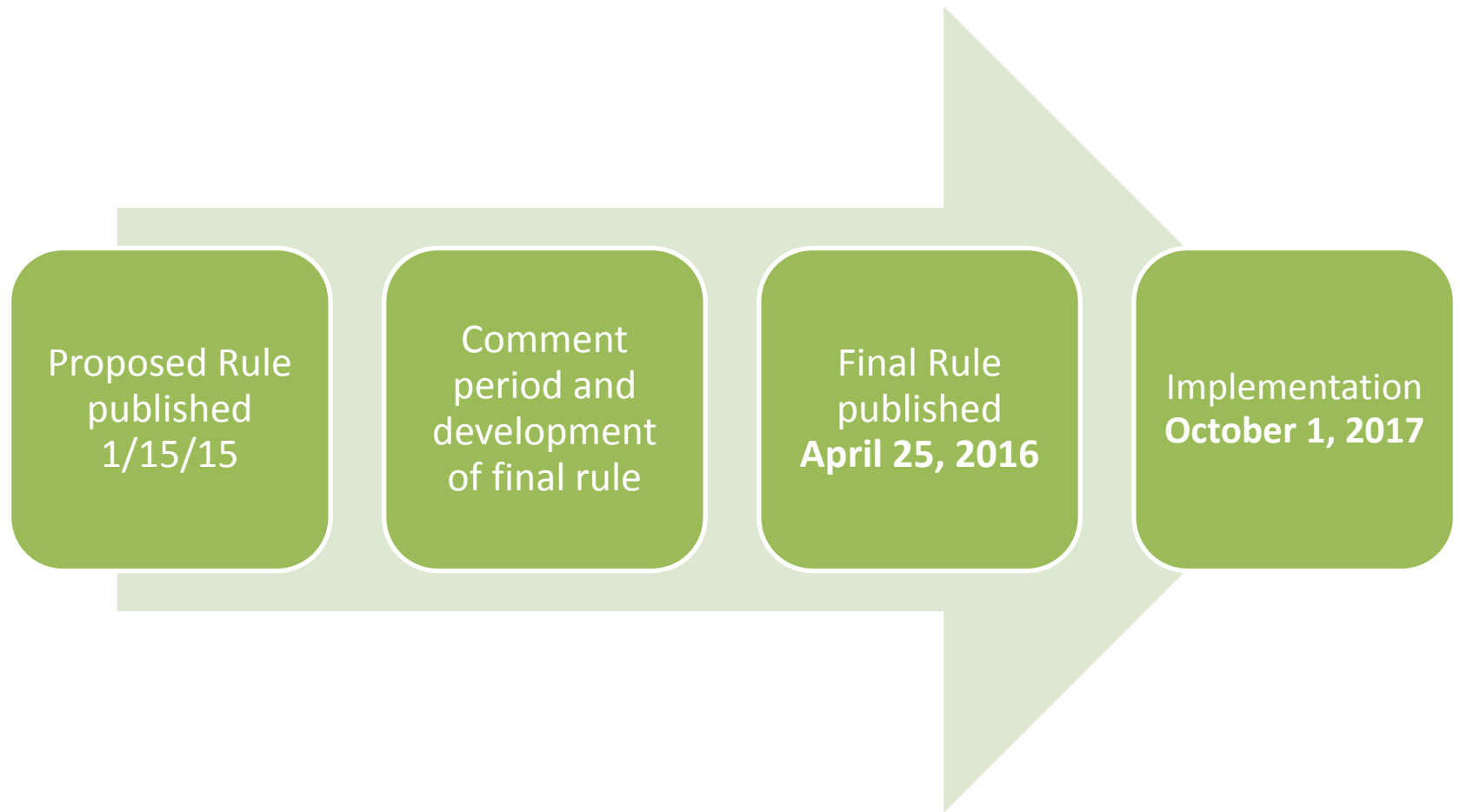


Agenda

- ❖ Infant meal pattern
- ❖ Child and adult meal pattern
- ❖ Other Child Nutrition Programs
- ❖ Best practices
- ❖ Implementation plan



Regulation Process



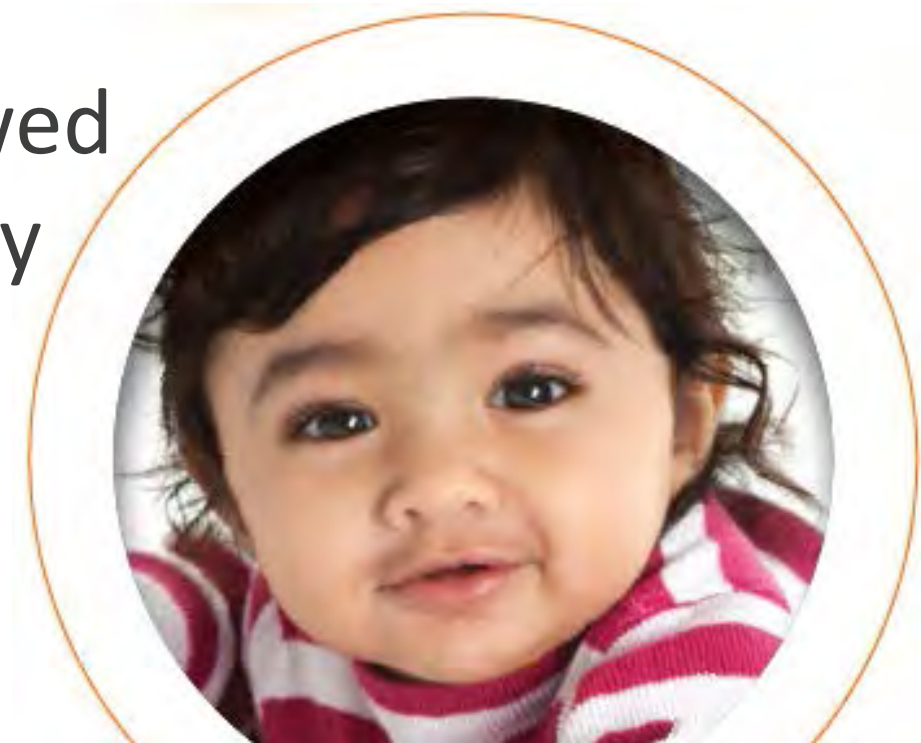
NEW INFANT MEAL PATTERN

Infant Age Groups and Solid Foods

- ❖ Two age groups:

0-5 months and 6-11 months

- ❖ Solid foods are allowed when developmentally appropriate for the infant



Gradual Introduction of Solid Foods

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
Breakfast Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*

Breastfeeding and Infant Snack

- ❖ Meals may be reimbursed when a mother breastfeeds on-site
- ❖ A vegetable or fruit must be served at snack for older infants; prohibits juice
- ❖ Ready-to-eat cereals are allowed at snack for older infants



Meat and Meat Alternates

- ❖ Allows cheese, cottage cheese, and yogurt
- ❖ Whole eggs



Questions?



NEW CHILD AND ADULT MEAL PATTERNS

Age Groups



Vegetables and Fruit

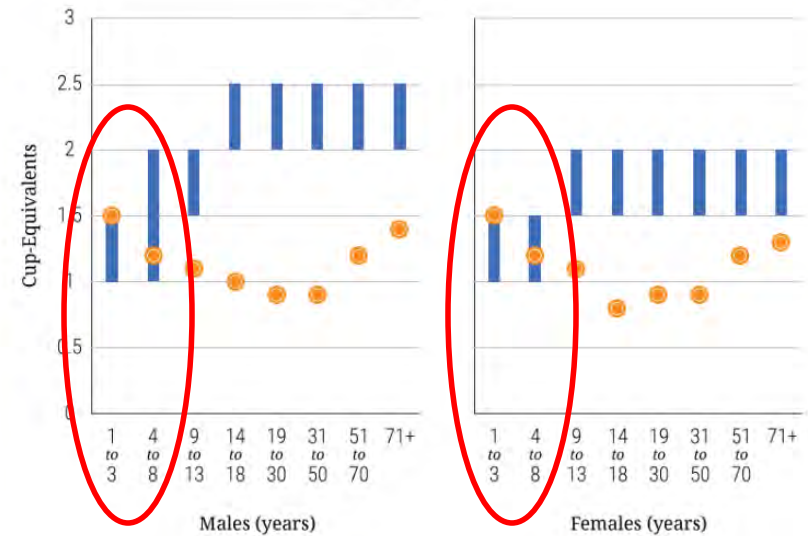
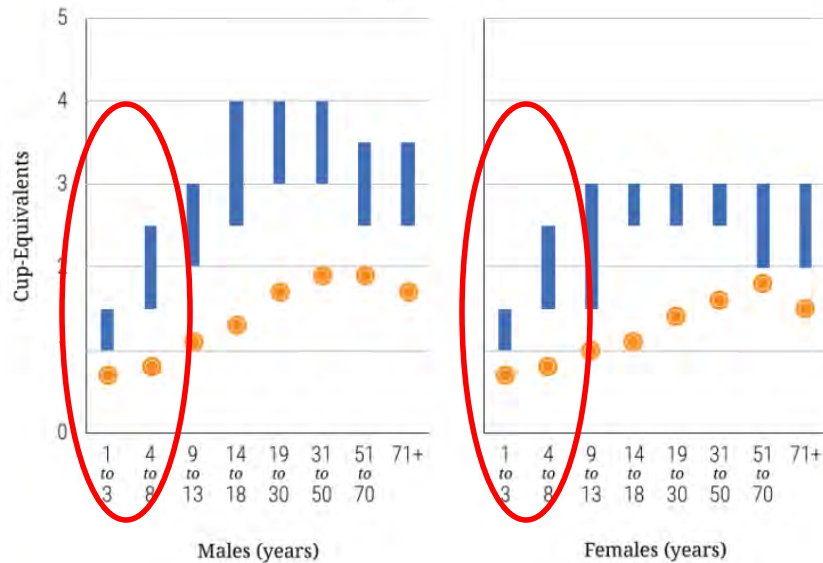
- ❖ Creates a separate vegetable component and a separate fruit component



Vegetable and Fruit Consumption

■ Recommended Intake Ranges

● Average Intake



Vegetables and Fruit

- ❖ Allows two vegetables at lunch and supper



Vegetables and Fruit

- ❖ Limits juice to once per day

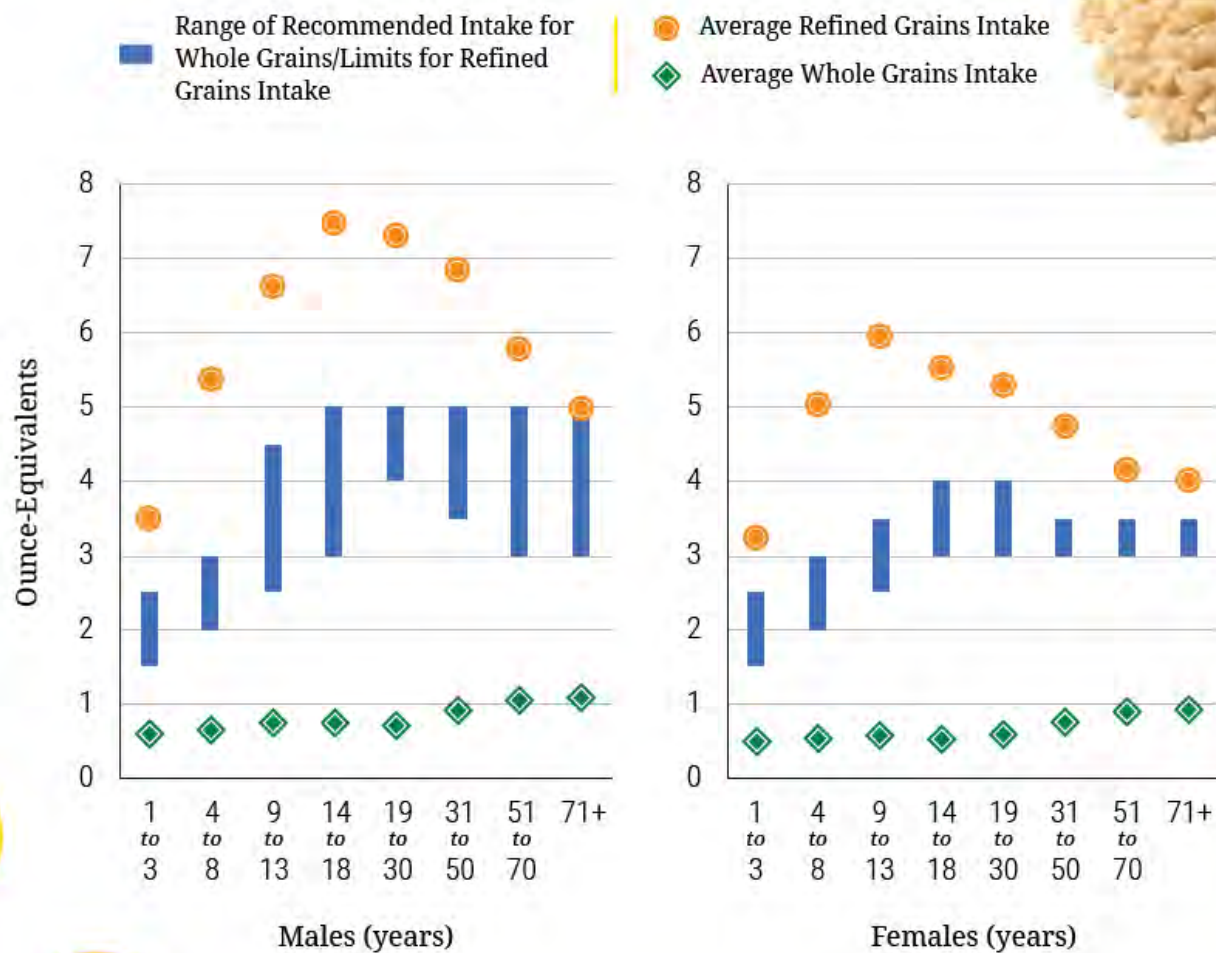


Grains

- ❖ Requires at least one grain per day be **whole grain-rich**



Grain Consumption



Whole Grain-Rich

- ❖ Whole grain-rich = foods that contain **at least 50% whole grains** and the rest are enriched, or contain **100% whole grains**

Grains

❖ Disallows
grain-based
desserts

Section

3

Food Buying Guide for Child Nutrition Programs

Grains/Breads



- 3-1 Grains/Breads Component for the Child Nutrition Programs
- 3-1 Definitions
- 3-2 Examples of Foods That Qualify as Grains/Breads
- 3-3 I. Criteria for Determining Acceptable Grains/Breads
- 3-3 II. Steps in Determining Grains/Breads Creditability
- 3-7 Flow Chart for Determining Grains/Breads Creditability
- 3-8 III. Criteria for Determining Serving Sizes
- 3-13 Worksheet for Calculating Grains/Breads Contribution
- 3-15 EXHIBIT A
- 3-17 Factors Affecting Yields
- 3-17 Explanation of the Columns
- 3-18 Yield Data Table for Grains/Breads

Grains

- ❖ Breakfast cereals must contain **no more than 6 grams of sugar** per dry ounce



Grains

- ❖ Uses **ounce equivalents** to determine serving sizes for grains (starting October 1, 2019)



Meat and Meat Alternates



- ❖ May substitute the **ENTIRE** grains component at breakfast a **maximum of three times per week**
- ❖ Allows tofu

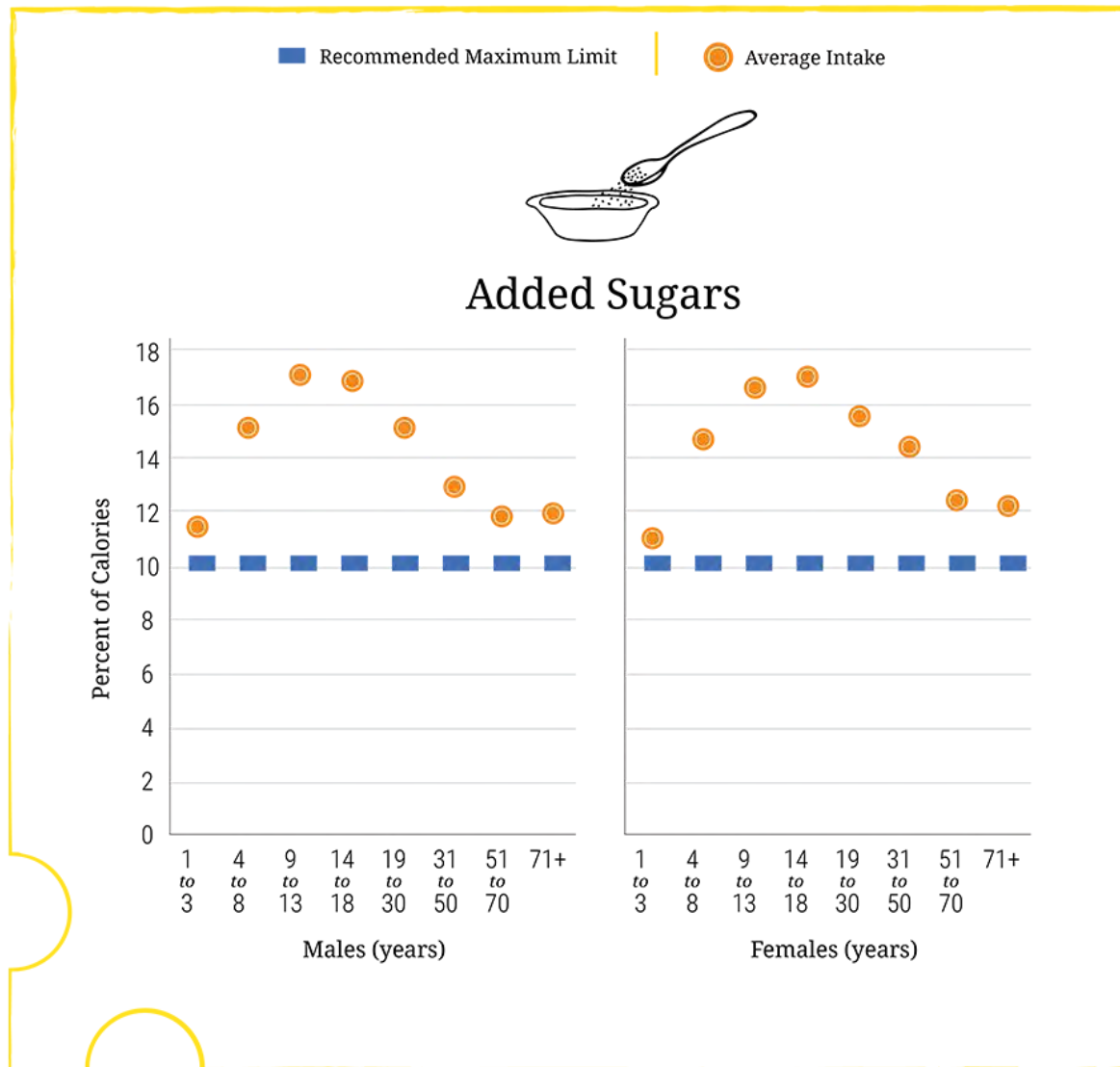


Meat and Meat Alternates

- ❖ Yogurt must contain **no more than 23 grams of sugar** per 6 ounces



Added Sugar Consumption



Fluid Milk

- ❖ **1 year old children:** whole, unflavored milk
- ❖ **2 year olds and older and adults:** low-fat or fat-free milk
- ❖ **Adults:** yogurt in place of milk once per day
- ❖ Non-dairy beverages



Flavored Milk



Flavored Milk

Children 0 through 5 years old

- ❖ Prohibits flavored milk

Children 6 years old and older and adults

- ❖ Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces

Food Preparation

❖ **Deep-fat frying** = cooking by submerging in hot oil or other fat



Additional Provisions



- ❖ Use of food and beverage for reward or punishment
- ❖ Offer and make water available

- ❖ Parent/guardian provided components
- ❖ Family style meals
- ❖ Offer vs. Serve



Other Child Nutrition Programs

Questions?



BEST PRACTICES

Best Practice: Infants

- ❖ **Support mothers who choose to breastfeed** their infants by encouraging mothers to supply breastmilk for their infants while in day care and **offer a quiet, private area that is comfortable and sanitary** for mothers who come to the center or day care home to breastfeed (Modified)



Best Practices: Vegetables and Fruit

- ❖ Make at least one of the two components of snack a vegetable or a fruit
- ❖ **Serve a variety** of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice (New)
- ❖ Provide at least one serving of each vegetable subgroup per week (Modified)



Best Practices: Grains

- ❖ Provide at least **two servings** of whole grain-rich grains per day



Best Practices: Meat/Meat Alternates



- ❖ Serve only lean meats, nuts, and legumes
- ❖ Limit serving processed meats to no more than one serving per week
- ❖ Serve only natural cheeses and **choose low-fat or reduced-fat** cheese (Modified)

Best Practices: Milk

- ❖ **Serve only unflavored milk.** If flavored milk is served to children 6 years old and older, or adults, select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces (Modified)
- ❖ **Serve water** as a beverage when serving yogurt in place of milk for adults (New)



Additional Best Practices



- ❖ Incorporate **seasonal and locally** produced foods (New)
- ❖ Limit **purchased pre-fried** foods (Modified)
- ❖ Avoid non-creditable foods that **sources of added sugars** (New)
- ❖ **Offer and make water available** to adults (New)

IMPLEMENTATION PLAN

Getting From Here to There ...

- ❖ CACFP Meal Standards Webpage
- ❖ Policy Guidance
- ❖ Team Nutrition Resources
- ❖ Training for State Agencies > Sponsors

Webpage resources

❖ CACFP Meal Standards webpage: <http://www.fns.usda.gov/cacfp/meals-and-snacks>

NEW Child and Adult Care Food Program Meal Patterns

Infant Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.

New Infant Meal Pattern

Encourage and support breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 months old.

Developmentally appropriate meals:

- Two age groups, instead of three: 0 through 5 months old and 6 through 11 months old; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

More nutritious meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals.

See a side-by-side comparison of the old and new infant meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>

For more information on infant development and nutrition, check out Team Nutrition's Feeding Infants Guide: <http://www.fns.usda.gov/cacfp/feeding-infants-guide-use-child-nutrition-program>



Old and New Infant Meal Patterns:

Let's Compare

	0-5 months	6-11 months	0-5 months	6-11 months
Breakfast	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula
	0-3 tbsp infant cereal	1-4 tbsp infant cereal	0-3 tbsp infant cereal	1-4 tbsp infant cereal
Lunch or Supper	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula
	0-3 tbsp infant cereal	1-4 tbsp infant cereal	0-3 tbsp infant cereal	1-4 tbsp infant cereal
	0-3 tbsp vegetable, fruit or both	1-4 tbsp vegetable, fruit or both	0-3 tbsp vegetable, fruit or both	1-4 tbsp vegetable, fruit or both
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula
	0-3 tbsp infant cereal	1-4 tbsp infant cereal	0-3 tbsp infant cereal	1-4 tbsp infant cereal
	0-3 tbsp vegetable, fruit or both	1-4 tbsp vegetable, fruit or both	0-3 tbsp vegetable, fruit or both	1-4 tbsp vegetable, fruit or both

All serving sizes are minimum quantities of the food components that are required to be served. Centers and day care homes may choose to serve a larger quantity if nutritionally appropriate.

*Measured when infant is developmentally ready.



NEW Child and Adult Care Food Program Meal Patterns

Child and Adult Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.

New Child and Adult Meal Patterns:

Greater variety of vegetables and fruits:

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.

More whole grains:

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grains component; and
- Once equivalents (oz eq) are used to determine the amount of edible grains (starting October 1, 2019).

More protein options:

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.

Age appropriate meals:

- A new age group to address the needs of older children 13 through 18 years old.

See a side-by-side comparison of the old and new child and adult meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>



Old and New Child and Adult Meal Patterns:

Let's Compare

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
Vegetables, Fruit, or both	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
Grains	1 serving	1 serving	1 serving	1 serving	1 serving	1 serving	2 servings	2 servings

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week. Oz eq = ounce equivalent.

Lunch and Supper Meal Patterns:

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
Vegetables	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup
Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup
Grains	1/2 serving	1/2 serving	1/2 serving	1/2 serving	1 serving	1 serving	2 servings	2 servings

*A serving of milk is not required at supper meals for adults. Oz eq = ounce equivalent.

Snack Meal Patterns:

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup
Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup
Grains	1/2 serving	1/2 serving	1/2 serving	1/2 serving	1 serving	1 serving	2 servings	2 servings

Select 2 of the 5 components for snack. Oz eq = ounce equivalent.





How To Apply

- > [Contact State Agency](#)
- > [Income Eligibility](#)
- > [Reimbursement Rates](#)

Browse by Subject

- > [Federal Register Documents](#)
- > [Legislation](#)
- > [Policy](#)
- > [Paperwork Reduction](#)
- > [Press Releases](#)
- > [Regulations](#)
- > [Guidance and Resources](#)
- > [CN Labeling](#)
- > [Food Safety](#)
- > [Research & Reports](#)
- > [Disaster Assistance](#)

Other Resources

- > [Capacity Builder Map](#)
- > [CACFP Handbooks](#)
- > [CACFP Meal Patterns](#)
- > [School Meals](#)
- > [Summer Meals](#)
- > [Team Nutrition](#)
- > [Meal Benefit Forms](#)

Child and Adult Care Food Program (CACFP)

Print



CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.

Through CACFP, more than 3.3 million children and 120,000 adults receive nutritious meals and snacks each day as part of the day care they receive.

See how CACFP can make a difference in the quality of your program! Whether you are a provider in your home, at a day care center, in an afterschool care program, or in an emergency shelter, you will find many useful resources for serving nutritious meals and snacks.

Tell me about CACFP

Here's an overview of how CACFP fits into the FNS safety net to improve access to food and a healthful diet.

- [At-risk Afterschool Care Centers](#)
- [Adult Day Care Centers](#)
- [Child Care Centers](#)
- [Day Care Homes](#)
- [Emergency Shelters](#)

Contact your State agency

CACFP is a federally-funded program administered by States. Contact your State agency to apply, find a day care home sponsor, or locate a facility that participates.

How to manage CACFP

Find all of the basic information you need for participating in CACFP, including legislation, regulations, policy, meal requirements, and reimbursement rates.



How To Apply

- > [Contact State Agency](#)
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Child and Adult Care Food Program (CACFP)

[Print](#)

Nutrition Standards for CACFP Meals and Snacks



Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Through the [Healthy, Hunger-Free Kids Act](#), championed by the First Lady and signed by President Obama, USDA made the first major changes in the CACFP meals and snacks since the Program's inception in 1968, which will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day. The new CACFP nutrition standards will help safeguard the health of children early in their lives and improve the wellness of adults.

Under the new CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) and with other [Child Nutrition Programs](#).

The new standards for meals and snacks served in the CACFP are based on the [Dietary Guidelines for Americans](#), science-based recommendations made by the National Academy of Medicine, cost and practical considerations, and stakeholder's input. These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.

USDA is providing guidance, resources, best practices, and training for CACFP centers and day care homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.

Nutrition Standards

New Meal Standards

The updated meal standards for the CACFP are available for public inspection and will be published in the Federal Register on Monday, April 25, 2016. CACFP centers and day care homes must comply with the new meal standards by October 1, 2017.

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Regulations

- [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, Final Rule](#)
-- [Press Release](#)

One-Page Summaries of the New Meal Standards

- [Infants](#)
- [Children and Adults](#)
- [Best Practices](#)

New Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adults](#)

Previous Meal Standards

CACFP centers and day care homes may continue to comply with the earlier meal standards as they transition to the new meal standards. However, all aspects of meals served through the CACFP must meet the new standards no later than October 1, 2017. Information on the previous meal standards can be found at the links below.

Previous Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adult](#)

[Previous Regulations](#)

Guidance and Technical Assistance

- [Nutrition and Wellness Tips for Young Children](#)
- [Feeding Infants: A Guide for Use in the Child Nutrition Programs](#) (currently being revised to reflect new infant meal standard requirements)
- [Local Foods and Related Activities in the Child and Adult Care Food Program](#)
- [Team Nutrition Resource Library](#)
- [Healthy Meals Resource System](#)
- [MyPlate](#)

Policy Guidance

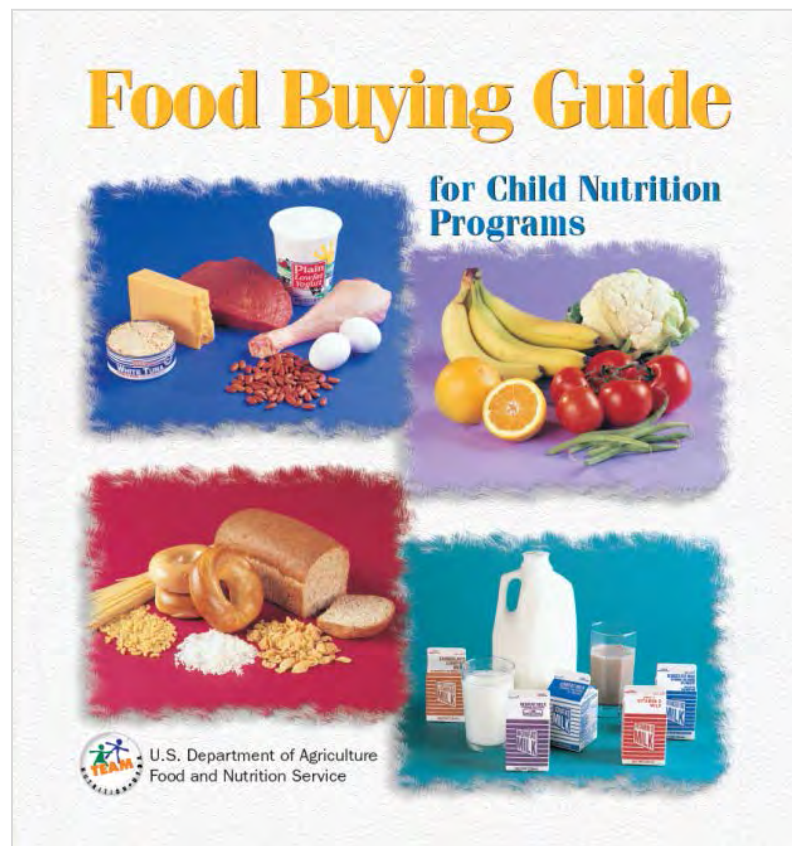
Timeline	Policy Guidance	Description
Late Spring/ Early Summer 2016	Best Practices	Outline best practices and provide tips, resources on how to implement them
	Grain Requirements	<ul style="list-style-type: none">• Whole grain-rich criteria• Definition of grain-based dessert• Breakfast cereal sugar limit
	Milk Requirements	<ul style="list-style-type: none">• Requirements by age group• Non-dairy milk substitutes
Summer 2016	Introduction of Solid Foods	Guidance and best practices for introducing solid foods to infants
	Offer Versus Serve (OVS)	<ul style="list-style-type: none">• OVS requirements• OVS vs. Family style meals

Policy Guidance

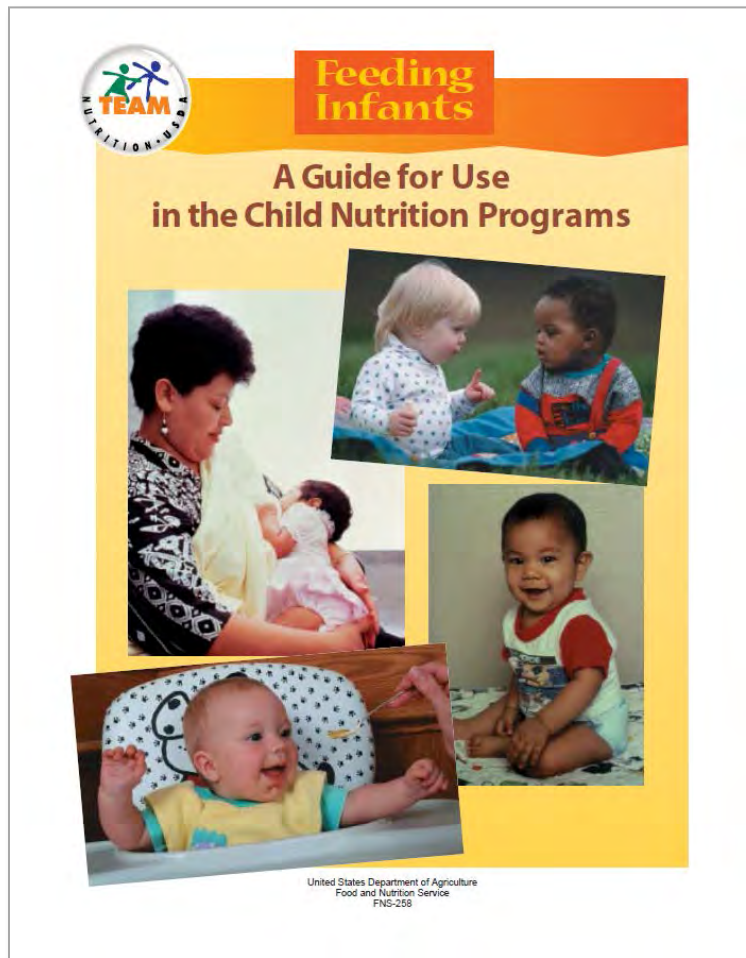
Timeline	Policy Guidance	Description
Fall 2016	Q & As	Compilation of Q & As received
	Vegetables and Fruit	<ul style="list-style-type: none">• When two vegetables may be served• Juice limit
	Tofu	Crediting of tofu and soy food products
	Water	Water requirement and tips for compliance
Winter 2016-2017	Meals for 13-18 year olds	Recommended meal pattern modifications for 13- 18 year olds
	Parent/guardian provided components	Guidance on when a parent/guardian may provide a meal component

Technical Assistance Resources

- ❖ Food Buying Guide
- ❖ Resources in **English and Spanish**
- ❖ Multi-cultural recipes



Team Nutrition



- ❖ New nutrition education resources
- ❖ Feeding Infants Guide
- ❖ Team Nutrition Training Grants

Partnerships



❖ Institute of Child Nutrition
(ICN)

❖ CACFP Advocacy Groups

Questions?

