Welcome!
I’m happy that so many of you could join us for this webinar. This training webinar was developed by the USDA, which will highlight the new meal pattern requirements, discuss best practices, and plans for implementation. We will also provide an opportunity for questions and answers throughout the presentation.
The Food and Nutrition Service (or, FNS) wants to thank all of you that commented on the rule. Your comments allowed FNS to develop new meal patterns that are achievable, cost-neutral, and introduce healthy foods to children early on in life to help them learn healthy eating habits that may last a lifetime.
During the webinar today, I will go over the new requirements in the infant meal patterns and the child meal patterns. Then we’ll briefly discuss the optional best practices and our implementation plan.
Before jumping into the new meal pattern requirements, let's review the development process of the rule and the implementation date:

Here is a simplified illustration of how we got to today. As many of you know the proposed rule was published a little over a year ago. It was then open for public comment. FNS received nearly 8,000 comments! FNS then analyzed all the comments, conducted research when necessary, and developed a final rule.

The final rule was officially published in the Federal Register on Monday, April 25.

The final rule establishes an implementation date of October 1, 2017 meaning that CACFP centers and day care homes will need to comply with the new meal patterns in about a year and a half from now.
Keep in mind that today is an overview of the new rule, and you may continue under the current meal pattern as we transition to the new standards. The USDA expects to release guidance to State Agencies in the next few weeks concerning early implementation of the new meal standards.

There are many pieces of the new meal patterns that CACFP centers and day care homes may begin implementing right away, and we encourage all centers and day care homes that are able to start implementing the new requirements that do not conflict with the current meal standards as soon as possible.

FNS will issue guidance on early implementation soon for the allowances in the new meal pattern that do conflict with the current meal pattern.

A timeline for USDA guidance is included later in this webinar.

We have an additional note for programs that may be subject to other meal pattern standards, such as DCFS licensed homes or centers, or Head Start programs: You must always meet the CACFP meal standards to be reimbursed for meals and/or snacks, but you will also need to be aware of any stricter meal pattern requirements that these other programs may require. ISBE can address any differences you may find as FNS releases more guidance for the new CACFP meal patterns.
This is the **FIRST** major revision of the CACFP meal patterns since the program’s inception in **1968**!

The Healthy, Hunger-Free Kids Act of 2010 required USDA to update the CACFP meal patterns to better align them with the Dietary Guidelines for Americans and the most current nutrition science.

The new meal patterns are based on the Dietary Guidelines for Americans, recommendations from the National Academy of Medicine (formerly the Institute of Medicine), the American Academy of Pediatrics, and your public comments.

Now, let’s jump right into what’s new!
First up is the new infant meal pattern requirements
The final rule establishes two age groups for infants, instead of the current three age groups.

The new age groups are 0-5 months and 6-11 months.

This was primarily done to encourage exclusive breastfeeding for the first six months of life, as recommended by the American Academy of Pediatrics.

The proposed rule would have required that solid foods start being introduced at six months of age. Many commenters expressed concern that that was too restrictive, and FNS agreed.

Therefore, FNS modified the final rule from the proposed rule to allow solid foods to be introduced before or after six months of age as the infant is developmentally ready for solid foods. This new flexibility in the final rule allows day care providers and parents and guardians to work together to determine when and what solid foods the center or day care home should start serving, and is consistent with the AAP.
The minimum serving size ranges for the 6 through 11 month old age group was also modified from the proposed rule. They now start at zero so solid foods can be introduced gradually. The new serving size ranges also recognize that not all infants will be ready to accept solid foods at 6 months of age.

The solid foods components in the 6 through 11 month old age group is required when the infant is developmentally ready to accept it.
Recognizing the benefits of breastfeeding, commenters overwhelmingly supported allowing a center or day care home to be reimbursed when a mother directly breastfeeds her infant on-site.

Consistent with other FNS efforts to support breastfeeding, such as in WIC, the final rule implements this allowance.

At snack for older infants (6 through 11 months of age), a vegetable or fruit must be served when it is developmentally appropriate for the infant. And as proposed, fruit juice is no longer allowed in the infant meal pattern.

FNS decided to maintain the proposal to add a vegetable or fruit at snack, because a recent comprehensive study on food intakes of infants showed that a substantial proportion of infants do not consume any vegetables or fruit in a given day. It is never too early to start building healthy habits!

Ready-to-eat cereals are now an additional grain option at snack as proposed.
The new meal patterns allow cheese, cottage cheese, and yogurt.

The current meal patterns allow cheese food and cheese spread. Those are not allowed under the new infant meal pattern due to their high sodium content.

The final rule also allows whole eggs to credit towards the meat/meat alternate component for infants. Previously, only egg yolks were allowed due to concerns with developing food allergies when infants are exposed to the protein in the egg white.

However, the American Academy of Pediatrics recently concluded there is no convincing evidence to delay the introduction of solid foods that are considered to be major food allergens, including eggs.
Let’s take a break and open it up for questions on the new infant meal pattern requirements
Next up is the child and adult care meal patterns
The new meal patterns includes a new age group for children: 13 through 18 year olds.

This addition better reflects the characteristics of the population CACFP serves, such as those children receiving meals at at-risk afterschool programs and emergency shelters.

The meal pattern chart clearly indicates that the 13 through 18 year old age group applies to the at-risk afterschool programs and emergency shelters.

The meal pattern requirements for the 13 through 18 year old age group is the same as the meal pattern requirements for the 6 through 12 year old age group. Larger serving sizes for the 13 through 18 year old age group are not required because meal reimbursements remain unchanged.

FNS recognizes the importance of serving meals that meet the nutritional needs of all children participating in CACFP. Therefore, FNS will make recommendations via policy guidance for serving meals to children 13 through 18 years old that build on the meal pattern requirements to ensure that this age group’s nutritional needs are met.
For vegetables and fruit, just as proposed the final rule creates a separate vegetable component and a separate fruit component at lunch, supper, and snack. This is consistent with the National School Lunch Program, will help increase the variety of foods children are served, and allows centers and day care homes to serve a vegetable and fruit snack.

FNS heard from many commenters that centers and day care homes should still be able to serve two vegetables at lunch and supper. This would help increase the appeal of some meals, encourage further consumption of vegetables, and reduce the amount of fruit juice offered.

FNS agrees!
The Dietary Guidelines for Americans found that very few children consume the recommended amount of vegetables, while the majority of young children meet the recommended intake for fruits.

The blue lines represent the range of recommended intake for vegetables and fruits. The orange dots indicate current intakes of vegetables and fruit. As you can see, on average, young children ages 1 through 8 consume the recommended amount of fruit, but everyone falls short in how many vegetables they eat.

With this and menu planning in mind...
..., the final rule allows two vegetables to be served at lunch and supper.

If two vegetables are served, they must be two different kinds of vegetables. But, they do not need to be from different vegetable subgroups.

For example, a provider may serve a lunch meal with carrots and tomatoes (both from the red and orange vegetable subgroup).
The proposed rule would have allowed juice to be served multiple times per day. This was concerning to many commenters as juice contains less fiber than other types of fruit and is less satiating.

To help encourage and improve children and adults’ consumption of whole vegetables and fruits, as recommended by the Dietary Guidelines, the new meal patterns limits juice to once per day.

FNS expects this to be feasible as several States already limit juice to once per day. Additionally, in FNS’ research, FNS found that centers and day care homes are already serving juice once per day on average.
Under the grains component, the final rule requires at least one grain per day be whole grain-rich.

All Americans under consume whole grains.
The blue bar represents the range of recommended intake for whole grains and limits for refined grains. [Recommendations for whole grains and limits for refined grains are the same—both equal to one-half of the total grain recommendation—for each age/sex group.]

The orange dot indicates current intakes of refined grains, and the green diamonds shows current intake of whole grains.

Ideally, the orange dots and green diamonds would fall within the blue bars.

The new whole grain-rich requirement will help children and adults increase their intake of whole grains and benefit from the important nutrients they provide.
What does whole grain-rich mean?

Whole grain-rich foods are foods that contain at least 50% whole grains and remaining grains in the food are enriched, or foods that contain 100% whole grains.

FNS will issue guidance in the near future outlining the specific criteria for a food to be considered whole grain-rich. This will be the same criteria the National School Lunch Program uses to maintain consistency among our programs.
Just as presented in the proposed rule, the final rule disallows grain-based desserts because they are a source of added sugars and solid fats.

In general, commenters supported limiting or disallowing grain-based desserts and asked for clarification on what was considered a grain-based dessert. FNS wanted to hear from CACFP stakeholders what “grain-based dessert” meant to them.

Many commenters provided suggestions for a definition. The final rule adopts one of the suggested definitions and defines grain-based desserts as those foods in USDA’s “Food Buying Guide for Child Nutrition Programs” Exhibit A, which are denoted as desserts with superscripts 3 and 4.

That is a very technical definition. In essence, it means that cookies, cakes, sweet pie crusts, fruit turnovers, doughnuts, granola bars, toaster pastries, sweet rolls, and brownies would no longer be allowed in a reimbursable meal.
Here is an example: Looking at Group C of Exhibit A in the “Food Buying Guide for Child Nutrition Programs,” we see that Cookies and Pie Crust are denoted as desserts with superscripts 3 and 4.

In the current CACFP meal pattern, items with a superscript of 3 in the Food Buying Guide are only allowed at snack time, and items with superscript of 4 are only allowed at snack and breakfast. In the new standards, these items are considered grain based desserts that will not be allowed in reimbursable snacks and meals.

http://www.fns.usda.gov/sites/default/files/FBG_Section_3-GrainsBreads_1.pdf
The final rule reduces added sugar consumption in breakfast cereals served in CACFP. They now must contain no more than 6 grams of sugar per dry ounce.
For the grains requirement, the final rule uses ounce equivalents to determine the minimum serving sizes for the grains requirement. An ounce equivalent is the amount of a food product that is considered equal to one ounce from the grains component.

One oz equivalent equals 16 grams of creditable grains. One slice of bread is about 30 grams and has 16 grams of creditable grains.

You can think of it like a piece of cinnamon raisin bread. The raisins in the bread do not count towards the grains requirement. Ounce equivalents helps determine how much the slice of cinnamon raisin bread has to weigh in order for the slice to contain one ounce of grains.

Commenters requested that CACFP switch to ounce equivalents for two reasons: First, the National School Lunch and School Breakfast programs use ounce equivalents so this change increases consistency among the Child Nutrition Programs. Second, the Dietary Guidelines for Americans and the USDA MyPlate Food Guidance System use ounce equivalents when making recommendations for individual’s intake of grains.

FNS understands that this requires an operational change and CACFP centers and day care homes will need time to become familiar with ounce equivalents. Therefore, FNS is delaying the implementation of ounce equivalents until October 1, 2019 (two years after all of the other meal pattern requirements must be implemented).
The final rule makes slight modifications to the meat and meat alternate proposals.

The proposed rule would have allowed a meat or meat alternate to be served in place of one-half of the grains requirement at breakfast. While some commenters were pleased to have meat/meat alternates incorporated into the breakfast meal, the majority of commenters opposed it, primarily because they found it would be too complicated to implement and monitor.

FNS agrees that meat/meat alternates are good sources of protein and a host of vitamins and minerals. In recognizing the value of a meat or meat alternate at breakfast, to increase centers and day care homes’ choices when menu planning, and make it easier to implement, the new meal patterns allow meat or meat alternates to substitute for the ENTIRE grains component at breakfast a maximum of three times per week.

In addition, the new meal patterns adopt the proposed rule’s allowance of tofu as a meat alternate. This was strongly supported by commenters. Allowing tofu will allow CACFP to better serve vegetarian diets and offer greater flexibility to the menu planner.
The proposed rule included two options for yogurt that FNS asked for your feedback on. The two options were to establish a sugar limit on yogurt of no more than 30 grams of sugar per 6 ounces, or make that sugar limit an optional best practice.

The vast majority of commenters supported a required sugar limit on yogurt, stating that it would not be burdensome as most yogurts meet the proposed sugar limit of 30 grams per 6 ounces.

Some commenters went even further and asked that FNS lower the sugar limit on yogurt.

After careful consideration, the new meal patterns requires that all yogurts served in CACFP contain no more than 23 grams of sugar per 6 ounces.

As food and taste preferences, including preferences for sweet foods, are established at a young age; requiring a sugar limit on yogurt reinforces that yogurt can be part of a healthful diet with less added sugar.
FNS felt it was particularly important to help reduce children’s consumption of added sugars because the Dietary Guidelines found that added sugar consumption is particularly high in children.

The Dietary Guidelines’ recommendation to reduce consumption of added sugars is particularly pertinent to CACFP as it serves very young children whose taste preferences are being developed.

The blue dotted line represents the Dietary Guidelines limit. The orange dots show current intake of added sugars for each age-sex group.
Many of you are probably already familiar with the new meal pattern milk requirements, as they were originally put in place in September 2011 via a policy memorandum. The final rule puts that policy into the CACFP regulations.

For one year old children, the final rule requires whole, unflavored milk for children 1 year old as recommended by the National Academy of Medicine.

For 2 year old children and older, milk must be low-fat or fat-free • (this is already required and is consistent with Dietary Guidelines and the NSLP)

Yogurt may be served in place of milk once per day for adults only -- This flexibility is not extended to children because milk provides wealth of nutrients children need (including vitamin A and D) and comparable quantities are not found in currently available yogurts.

Non-dairy beverages are already allowed to be served in place of milk for children with medical or special dietary needs, when the non-dairy beverage is nutritionally equivalent to milk.

• A medical statement is required for non-dairy beverages that are not equivalent to milk, to assure that the substitute is meeting the nutritional needs of children

• This is consistent with NSLP
The proposed rule would require flavored milk to be fat-free and presented several options for flavored milk that FNS asked commenters to respond to.

The new meal patterns are intended to address the importance of children and adults eating nutritious meals while in day care to foster healthy habits, prevent the development of obesity, and improve wellness.
With this in mind, the new meal patterns prohibits flavored milk for children 0 through 5 years old. This is consistent with the Dietary Guidelines recommendation to reduce consumption of added sugars, and was done to align with the meal pattern age groups which go 1-2 year olds and 3-5 year olds.

FNS expects this new requirement to be minimally burdensome because various commenters asserted that flavored milk is rarely served in CACFP and multiple States currently prohibit flavored milk in child care via licensing requirements.

The final rule recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces.

However, FNS recognizes more work is needed to be done as the Dietary Guidelines does, for the first time ever, make a specific recommendation on added sugars and added sugar consumption is particularly high in children. The current research on the impact of flavored milk on energy intake and sugar consumption is limited. FNS will continue to assess the flavored milk best practice and will revise the best practice as nutrition science evolves and the market availability of lower-sugar flavored milk improves.

And, finally, the new meal patterns requires that flavored milk be fat-free as proposed, which is consistent with NSLP.
The final rule adopts the proposed rule’s requirement to prohibit centers and day care homes from frying food as a way of preparing food on-site and continues to allow providers to purchase pre-fried foods.

The final rule adopts a definition that was presented by commenters: frying means deep-fat frying (cooking by submerging in hot oil or other fat). By defining frying as deep-fat frying, centers and day care homes have great flexibility in how they choose to prepare meals and may continue to sauté, pan-fry, and stir-fry foods.
The final rule also maintains or slightly modifies several of the proposed rule’s additional requirements.

First, the new meal patterns prohibit the use of food and beverage as a reward or punishment.

Second, the new meal patterns codifies the current policy to make water available to children throughout the day upon their request. It also requires providers to offer water to children. Commenters keenly noted that some CACFP participants, such as toddlers, cannot verbally communicate or do not know how to ask for water.

Third, the final rule adopts the proposal to allow parents/guardians, an adult participant, or a person on behalf of the adult participant to provide one meal component for children or adults with non-disability medical or special dietary needs.

Fourth, as proposed, the final rule codifies practices already in place that centers and day care homes must follow when serving family style meals.

And, fifth, the new meal patterns extends offer versus serve to at-risk afterschool programs, as proposed. This improves consistency among CACFP, NSLP, and SFSP.
And lastly, but certainly not least! The final rule also impacts other child nutrition programs.

As proposed, it revises the National School Lunch and School Breakfast Programs meal patterns for children 0 through 4 years old to reflect the CACFP’s meal patterns, and removes the option to use offer versus serve for meals served to children 0 through 4 years old in the NSLP and SBP.

It also revises the Special Milk Program milk requirements to match CACFP’s milk requirements.

These changes were made to increase consistency among the Child Nutrition Programs and ensure that all preschool age children are receiving the same nutritious meals.
Let’s pause for another Q&A session on the child and adult meal pattern requirements
The final rule’s preamble includes optional best practices. They are a vital tool to encourage centers and day care homes to further strengthen the nutritional quality of the meals they serve.

The best practices serve as a guide by highlighting areas where centers and day care homes can, if they choose, take additional steps.

FNS heard from a variety of commenters that including optional best practices in the regulatory text would be too confusing and some centers and day care homes may mistake them as requirements.

Based on that, the best practices will be issued via policy guidance and not in the regulations.
The first best practice is for infant meals.

Centers and day care homes should 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)
For vegetables and fruit, centers and day care home are encouraged to:

First, make at least one of the two required components of snack a vegetable or a fruit.

Second, serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice. (New)

And third, provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. (Modified)
The grains best practice remains the same as it was proposed:
• Provide at least two servings of whole grain-rich grains per day
Meat and Meat Alternate Best Practices are to:

- 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)

- Added choosing low-fat or reduced-fat cheeses which is recommended by the Dietary Guidelines
The proposed rule’s milk best practice has been modified.

Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to 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 are to:

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)

Incorporate seasonal and locally produced foods into meals to help children learn where food comes from, helps improve quality of the meal.

Limit serving purchased pre-fried foods to no more than one serving per week (modified)

• This was modified to clarify the difference between the required prohibition of frying foods on-site and the best practice.
• The frying best practice pertains to foods that are purchased, such as at the grocery store, and served. Those foods must be reheated via any method other than frying.

Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas) (new)

• This best practice was added to further help reduce children’s consumption of added sugars.
With an implementation date of October 1, 2017, CACFP sponsors, centers and day care homes have a year and a half to comply with the new meal pattern requirements.
FNS has put together an implementation plan to make sure that we successfully get from here to there. It includes a new CACFP webpage, policy guidance, team nutrition resources, and train the trainer program for State Agencies.
FNS already has several resources ready to go on their website. FNS’s website now reflects information about the new meal patterns. It includes links to the rule as well as the press release, new meal pattern charts, and one-page summaries of the new meal patterns.

On the slide are snapshots of the one-page summaries.

You can find the CACFP meal standards page on the left side bar on the FNS/CACFP homepage. There is also a link to this page on the ISBE website, isbe.net/nutrition, under What’s New?
This is the top half of the webpage that includes some background information on the revision of the CACFP meal patterns.
Below the fold you will find information and resources for the new CACFP meal patterns

The CACFP meal standards webpage still has the old meal pattern charts because CACFP centers and day care homes do not need to comply with the new meal patterns until October 1, 2017.

You’ll also notice a new section titled Guidance and Technical Assistance. This section provides resources that will help SAs, sponsors, centers, and day care homes implement the new meal patterns. FNS will add to it as more resources come out.
If you have questions about specific components in the new Meal Pattern rule, you can click on the link for the final rule regulations:

Once the document is open online, you can click on Control + F to search the document. This example shows that I searched for tofu. The final rule document has 33 mentions of tofu, and it will let you scroll to each mention to search for an answer to your question.

For any additional questions, please submit them online to ISBE at https://www.surveymonkey.com/r/CACFPMealPattern. We will research answers for you or forward the question to the USDA.
FNS has put together a timeline for the policy guidance FNS will be issuing soon to further help clarify the new meal pattern requirements.

Late spring, early summer we will issue guidance on the:
- Best Practices
- Grain requirements (including defining the whole-grain rich criteria, definition of grain-based dessert, and information on the breakfast cereal sugar limit)
- Milk requirements
  - Will outline the milk requirements by age group, including the prohibition of flavored milk for young children and the allowance to substitute yogurt for milk for adults once per day
  - Will also include information on the non-dairy milk substitutes
  - This will be a revision to the current milk memorandum

In summer FNS will issue guidance on
- The introduction of solid foods and encourage centers and day care homes to be in communication with parents/guardians about when and what solid foods should be introduce; and
- The option of using offer versus serve in at-risk afterschool programs
In the fall of 2016 FNS will issue:

- A Q & A memorandum that will address the most frequently asked questions FNS received on the new meal patterns;
- Guidance on the separate vegetable and fruit component, including clarifying the policy for serving two vegetables and the limit on juice;
- Guidance on the crediting of tofu and soy products;
  - This will follow the NSLP and SBP crediting criteria to maintain consistency among the CNPs; and
- Revised guidance on the requirement to offer and make water available to children throughout the day

And, finally, in the winter of 2016-2017 FNS will issue guidance for meals served to children 13 through 18 to meet that age group’s nutritional needs, and guidance on when parents/guardians may provide a meal component.
FNS will be reviewing the Food Buying Guide for Child Nutrition Programs and make changes as necessary based upon the final meal pattern rule.

To help centers and day care homes comply with this new standard, FNS is developing training resources in English and in Spanish. These materials will assist with the transition from the old to the new meal patterns and illustrate how to select whole grain-rich foods, use healthier cooking techniques, and choose foods that are lower in added sugars.

FNS is also cooking up new standardized recipes for CACFP that reflect a variety of cultures. Together with new menu planning training resources, these tools will help centers and day care homes put the new meal patterns into practice in a way that works for their setting and the kids they serve.
Under the Team Nutrition initiative, FNS is also developing new nutrition education resources for early child care as well as after school programs. These efforts will help children and their caregivers learn about food and nutrition and will provide opportunities to try new foods in a positive and encouraging environment.

Under the Team Nutrition initiative, FNS will also release an update to the very popular Feeding Infants Guide for Child Nutrition Programs and materials to support breastfeeding within CACFP.
FNS continues to partner with the Institute of Child Nutrition. The ICN is in the process of developing a train the trainer program specifically on the new meal patterns. The training will first be available to Regional Offices and then State Agencies. Then, we as a State Agency, will be able to use this training to train our sponsors.

FNS also continues to work with CACFP Advocacy Groups to help implement the new meal patterns.

ISBE will continue to notify programs of new meal pattern guidance as it is released. Once all guidance has been issued, ISBE will offer a variety of trainings next year for the new meal pattern.
Questions?
In closing, the new meal pattern requirements are cost-neutral, achievable, and make significant improvements to the nutritional quality of the meals served in CACFP.

These new meal patterns lay the foundation for a healthy eating pattern, the best practices help kick it up a notch, and the forthcoming resources and trainings will provide the tools needed so that together, we can, and will, successfully implement the new meal patterns!

Thank you for your time and attention.