

## CHILD AND ADULT CARE FOOD PROGRAM

# Mealtime Minutes e-Newsletter

April / May 2017

## New CACFP Meal Pattern Spotlight: Veggies & Fruit



We're taking a look at each individual CACFP meal pattern component to highlight changes under the new meal patterns that will be effective Oct. 1, 2017. In this issue, the focus is on vegetables and fruit.

### Updates for Infants

In the updated CACFP meal pattern for infants, the following requirements will be implemented as of Oct. 1:

- ◆ Centers and day care homes must serve a vegetable or fruit, or a combination of both, at snack time for infants ages 6 months through 11 months old, if the infant is developmentally ready to accept them. The fruit and/or vegetable can be cooked, mashed, or pureed, as needed to obtain the appropriate texture and consistency.
- ◆ Child care centers and day care homes are prohibited from providing juice to infants as part of a reimbursable meal.

### Updates for Children Ages 1-18

In the updated CACFP meal pattern for children ages 1-18, the following requirements will be applied to the vegetables and fruit components as of Oct. 1:

- ◆ There will be a separate vegetable component and fruit component at lunch, supper, and snack time. The vegetables and fruit component will remain combined into one component at breakfast meals.
- ◆ A snack with a vegetable and fruit in the appropriate minimum serving sizes will be reimbursable.
- ◆ Centers and day care homes may choose to serve two vegetables at lunch and supper, rather than a serving of vegetables and a serving of fruit. This means that the fruit component at lunch and supper may be substituted by an additional vegetable. When two vegetables are served at lunch or supper, they must be two different kinds of vegetables.
- ◆ Fruit juice or vegetable juice may only be used to meet the vegetable or fruit requirement at one meal or snack per day.

To determine if a food is a fruit or a vegetable, CACFP centers and day care homes can refer to the Food Buying Guide for School Meal Programs (<http://www.fns.usda.gov/tn/food-buying-guide-school-meal-programs>), which provides a list of creditable vegetables and a list of creditable fruit. This guide is currently being revised to include CACFP and the Summer Food Service Program so that there will be one Food Buying Guide for all Child Nutrition Programs. CACFP centers and day care homes may also reference [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to determine if a food is a vegetable or a fruit.

For more information, the recent [USDA memo](#), CACFP 25-2016, Vegetable and Fruit Requirements in the Child and Adult Care Food Program, provides additional details for the new meal pattern requirements and a series of Questions and Answers.

### Reminders / Due Dates

- ◆ ISBE offices closed for Memorial Day, **Monday, May 29, 2017**.
- ◆ Keep up to date with USDA Policy Memos online at [www.fns.usda.gov/cacfp/policy](http://www.fns.usda.gov/cacfp/policy).

### Training Opportunities

- ◆ CACFP training webinars are available online at <https://www.isbe.net/Pages/Nutrition-and-Wellness-Resources.aspx>.
- ◆ Additional annual and new staff training resources are available online at <https://www.isbe.net/Pages/Nutrition-and-Wellness-Child-Care-Institutions-Training-Resources.aspx>.



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## Upcoming Conferences

- ◆ The 31st National CACFP Conference will be held April 18-20, 2017, in San Diego. Here, you can join more than 1,400 members of the child nutrition community for training, networking, and learning opportunities, including the new CACFP meal pattern! The conference is presented by the National CACFP Sponsors Association. More information is available online at <https://www.cacfp.org/news-events-conferences/national-cacfp-sponsors-association-conference>.
- ◆ The 31st Illinois Afterschool Network Spring Conference celebration will be held Saturday, April 29, 2017, at the Sheraton Hotel and Executive Meeting Center in Lisle. This is a one-day conference in which you can earn up to six hours of quality training sessions for the day. More information is available online at [www.ianetwork.org](http://www.ianetwork.org).

## Summer Food Service Program Workshops Scheduled

Don't miss out! The workshops for the Summer Food Service Program (SFSP) are HERE! The SFSP is designed to bridge the "nutrition gap" when school is not in session. Children up to age 18 can eat free nutritious breakfasts, lunches or snacks at summer feeding sites operated by approved sponsors. Sponsors receive federal reimbursement for serving meals that meet USDA nutrition guidelines. The SFSP is targeted to low-income areas, where at least 50 percent of the children qualify for free or reduced price school meals. Many sponsors also offer educational, enrichment, or physical activities or partner with others to do so. Please refer to <https://www.isbe.net/Pages/Summer-Food-Service-Program.aspx> to see if the SFSP is a good fit for your organization. If SFSP is right for you, see the training schedule below and visit our website to sign up <http://webprod1.isbe.net/cnscalendar/asp/EventList.asp>.

### New SFSP Sponsor Orientation Workshops

Date	City	Location	
April 12, 2017	Peoria	Civic Center	201 SW Jefferson Ave.
April 19, 2017	Schaumburg	Wyndham Garden	1725 E. Algonquin Road
April 26, 2017	Fairview Heights	Four Points Sheraton	319 Fountains Parkway
May 17, 2017	Springfield	Illinois Education Association	3440 Liberty Drive



### Check it Out! Resources, Publications, Media Clips



This interactive tool is designed to help consumers, school nutrition professionals, child care centers, and community leaders find nutritious and budget-friendly recipes. The website includes household recipes scaled for families as well as quantity recipes for schools and child care centers. More than 400 of the large quantity recipes have been standardized by USDA and include information on how the recipe contributes toward the updated meal pattern requirements for school food service. Visit the site today at [http://www.whatscooking.fns.usda.gov/!](http://www.whatscooking.fns.usda.gov/)

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