

A cartoon illustration of a man with brown hair, blue eyes, and black-rimmed glasses. He is wearing a red shirt and has a slightly hazy or confused expression on his face. The background is a plain, light color.

**ARE THE NEW CACFP
MEAL PATTERN REQUIREMENTS
A LITTLE HAZY FOR YOU?**



ALLOW US TO CLEAR THEM UP!

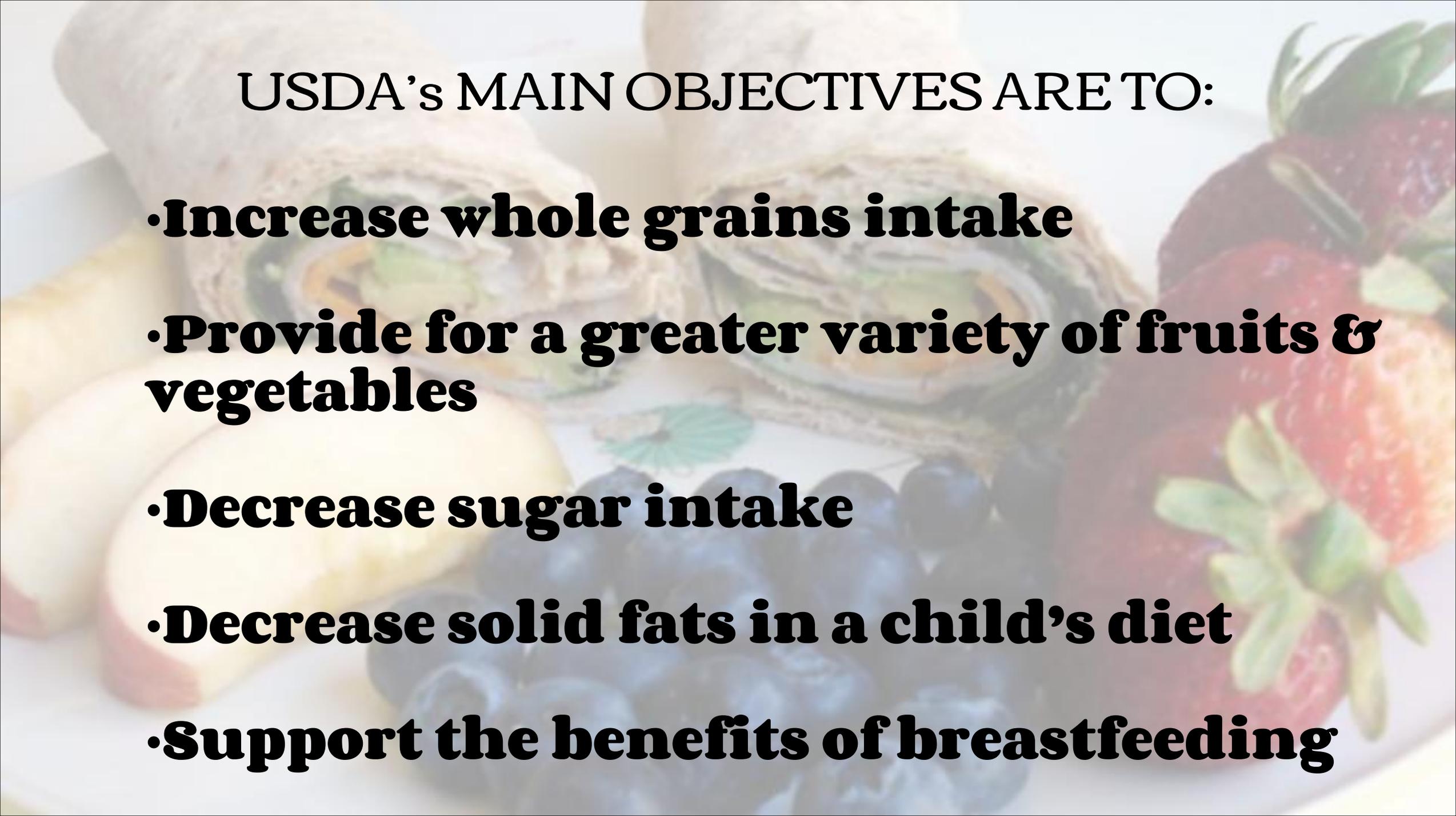
The Healthy, Hunger-Free Kids Act of 2010 allowed USDA to make the first major changes to CACFP meal patterns since the CACFP Program began in 1968.

Changes to the Child Meal Pattern are based on the Dietary Guidelines for Americans from the National Academy of Medicine.



Changes to the Infant Meal Pattern are based on guidelines from the American Academy of Pediatrics.





USDA's MAIN OBJECTIVES ARE TO:

- **Increase whole grains intake**
- **Provide for a greater variety of fruits & vegetables**
- **Decrease sugar intake**
- **Decrease solid fats in a child's diet**
- **Support the benefits of breastfeeding**



October 1, 2017

Date all CACFP Providers must be in compliance with all new meal pattern requirements.

THE FOLLOWING CHANGES CAN BE IMPLEMENTED NOW

INFANT MEAL PATTERNS

- Breastfeeding On Site
- Ready To Eat Cereals for Infant Snacks Only
 - Yogurt and Whole Eggs for Infants

CHILD MEAL PATTERNS

- Meat/Meat Alternate in Place of Grain at Breakfast
 - Tofu and Soy Yogurt Are Now Creditable

UPDATED INFANT MEAL PATTERNS



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 month olds.



Developmentally Appropriate Meals:

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; 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 at snack.

PREVIOUS AND UPDATED INFANT MEAL PATTERNS: LETS COMPARE

	PREVIOUS			UPDATED	
	0-3 Months	4-7 Months	8-11 MONTHS	0-5 MONTHS	6-11 MONTHS
Breakfast	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 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ -2oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breast milk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk, formula, or fruit juice 0-½ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*

**Required when Infant is developmentally ready.
All serving sizes are minimum quantities of the food components that are required to be served.*



IN SUMMARY: Infant Meal Pattern Requirements

USDA Policy Change: A mother may now come onsite and directly breastfeed her infant child;

The CE and site would document this by noting breastfed (BF) or mother breastfed (MBF) on the meal production record. The CE and site would not be required to record “quantity used” when a mother directly breastfeeds her child onsite.

USDA Policy Change: Ready-to-eat (RTE) cereals can now be served to infants at snack only;

Ready To Eat Cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal ...for 6 -11 month infants only)

USDA Policy Change: Yogurt may be served as a meat alternate;

The yogurt must contain no more than 23 grams of total sugars per 6 ounces.

USDA Policy Change: Whole eggs may be served as a meat alternate instead of just the egg yolk;

USDA Policy Change: Infant Cereal is now “an option” for all meals/snacks for infants 6 – 11 months;

You are allowed to serve a meat alternate in place of infant cereal for breakfast or lunch/dinner and another type of grain (ready to eat cereal, bread slice, crackers) for snack.

USDA Policy Restriction: You may no longer serve infant juice, cheese food or cheese spread;

Sponsor Policy Change: You must now provide your sponsor a waiver request from the parent.

When a parent’s 6 month old infant child is not developmentally ready to receive solid foods they must submit a waiver to the sponsor. Waivers are good for one month.

UPDATED CHILD MEAL PATTERNS



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now separate vegetable and fruit components; 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 grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat/meat alternates may replace the grains component at breakfast a maximum of three times per week;
- 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.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat (1%) or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat (1%), unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older;
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.



Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

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

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅙ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅙ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

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

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 servings	1 oz eq

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

Note: All serving sizes are minimum quantities of the food components that are required to be served.

IN SUMMARY: Child Meal Pattern Requirements

USDA Policy Change: At least one serving of grains per day must now be whole grain-rich;

Whole grain-rich foods contain 100 % whole grain, or contain at least 50 % whole grains with the remainder of the grains enriched.

Follow Three Easy Steps To Determine if a Grain is **Whole Wheat –Rich**:

1. Identify What Whole Grains Are:

- Whole Wheat
- Brown or Wild Rice
- Oatmeal
- Bulgur
- Whole Grain Corn
- Quinoa

2. A Whole Grain Is Listed As The FIRST INGREDIENT On The Product's Ingredient List (or second after water)

3. All Grains In The Food That Are Not Whole Grain Are Listed As Enriched (e.g. Enriched Flour)

Alternate Methods To Qualify A Food Item as **Whole Wheat-Rich**:

1. If Whole Grain is not the first ingredient on the product ingredient list (excluding water), you may qualify that food component as eligible if *the weight of all the whole grains weight more than the enriched components;*

1. The product includes an FDA approved whole-grain health claims on its packaging:

(e.g. "Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.")

IN SUMMARY: Child Meal Pattern Requirements

USDA Policy Change: All other grain products (served daily) must be enriched;

Once you qualify one product served that day as Whole Wheat-Rich, all other grain products served that day must at least be “enriched.” If a grain product is a blend and lists whole wheat, but also has other grains that are not whole grain, they must be enriched

Sponsor Policy Change: Whole Wheat-Rich foods will be identified on your Food Production Report;

All menus will designate when a meal component satisfies the Whole Wheat-Rich standard. Our system will look for that designation in your daily menus, and alert you beforehand if that daily menu does not meet all grain requirements. If your daily menu is deemed ineligible due to a missing Whole Wheat-Rich component, we will disallow the meal/snack with a grain requirement that has the least financial impact on your claim.

USDA Policy Change: Grain based desserts (high sugar content) no longer are eligible for any meal/snack;

The following foods (both home-made and store-bought) are considered grain-based desserts and are no longer eligible:

- Cookies (all types)
- Doughnuts
- Breakfast Bars
- Cakes
- Sweet Crackers (e.g. graham crackers, animal crackers, honey gold fish)
- Toaster Pastries
- Cereal Bars
- Brownies
- Sweet Rolls
- Granola Bars
- Sweet Pie Crusts
- Fig Newtons
- Nutri Grain Bars
- Pop Tarts

Sponsor Policy Change: Grain based desserts may still be served as an “ineligible” component;

You will still be allowed to serve these items as an “extra food component” on your menu; however, these grain based desserts will not count towards any of your food group requirements and will only populate your menu under the “extra item” row. (e.g. If you serve one of these for snack, you still need to serve two other eligible components)

IN SUMMARY: Child Meal Pattern Requirements

USDA Policy Change: A Meat/Meat Alternate component may replace a grain component for breakfast only, a maximum of three times per week;

Replacing the grain component at breakfast does not alter the requirement to serve a whole wheat-rich grain during that day, as long as there is a grain requirement for another meal served that day (e.g. lunch or dinner).

Sponsor Policy Change: Our system will track when the whole grain-rich requirement is required;

There will be instances when a center is not required to serve a whole wheat-rich grain, such as for At-Risk Afterschool programs that only serve snacks or if a center serves breakfast and snacks only and substitutes a meat/meat alternate for the grain requirement. However, in those situations, if a grain is listed as part of the menu components, the whole-wheat-rich requirement must still be followed.

USDA Policy Change: Fruits and Vegetables are now separate food groups for all meals and snacks;

You are still allowed to serve a second vegetable for lunch or dinner instead of the fruit component.

You can now serve a combination of a fruit and a vegetable to satisfy the two component requirement for snack.

USDA Policy Change: You may only serve a 100% Fruit/Vegetable Juice component at one meal/snack daily;

USDA Policy Change: A fourth age group has been added for 13 through 18 year olds;

This age group accounts for older At-Risk children, even though the component quantity requirements are the same for this new age group as it currently is for the 6 to 12 year old age group.

USDA Policy Change: Breakfast cereals must not contain more than 6 grams of sugar per dry oz;

Use The WIC list of cereals in order to guarantee compliance with this policy. See Q & A for additional information on how to determine an eligible cereal.

Breakfast Cereal

Cold Breakfast Cereal



Hot Breakfast Cereal



Breakfast Cereal

APPROVED

Must Be

Boxes, 11 oz to 36 oz

Only these brands and types:

Cold Breakfast Cereal

- Alpha-Bits
- Cheerios (Plain)
- Cheerios Multi Grain
- Corn Chex (Plain)
- Dora the Explorer
- Great Grains Banana Nut Crunch
- Kellogg's Corn Flakes
- Kellogg's Frosted Little Bites or Mini Wheats Original
- Kellogg's Rice Krispies (Plain)
- Kix (Plain)
- Post Grape Nuts
- Post Grape Nuts Flakes
- Rice Chex (Plain)
- Sunbelt Bakery Simple Granola
- Wheat Chex (Plain)
- Bran Flakes:
 - Essential Everyday
 - Food Club
 - Great Value
 - IGA
 - Kroger
 - Signature Kitchens
 - Western Family

Hot Breakfast Cereal

- Cream of Rice
- Cream of Rice Instant
- Cream of Wheat (Instant, 1 minute, 2 1/2 minute, 10 minutes)
- Cream of Wheat Whole Grain (Instant and 2 1/2 minute)
- Essential Everyday Grits Original
- Malt-O Meal Original

NOT APPROVED

Do Not Buy

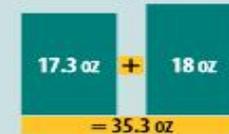
- Bags
- Chocolate flavored
- Cylinders
- Oatmeal when breakfast cereal is printed on the WIC check

Shopping Tip

You can choose a combination of breakfast cereals up to the amount of ounces (OZ) printed on the WIC check. Examples:



OR



OR



MILK REQUIREMENTS

- Fluid milk must be pasteurized fluid milk that meets state and local standards.
- Children 1 through 5 years old cannot claim any flavored milk or flavored non-dairy beverages.
- Children 6 years and older, both flavored milk and flavored non-dairy beverages may be served, but they must be fat-free. *In Texas, state regulations prohibit serving flavored milk except on special occasions.*

Ages 1 Year Through 23 Months:

- Whole milk
- Whole lactose reduced milk
- Whole lactose free milk
- Whole buttermilk
- Whole acidified milk

Ages 2 Years & Older *:

- Fat-free or low-fat milk (1%)
- Fat-free or low-fat (1%) lactose reduced milk
- Fat-free or low-fat (1%) lactose free milk
- Fat-free or low-fat (1%) buttermilk
- Fat-free or low-fat (1%) acidified milk

* Whole milk and reduced-fat (2%) milk may NOT be served to children two years and older



Parents have the option to continue feeding their child breast milk after 12 months of age. The parent may request that substitution and provide the breast milk (or mother may directly breastfeed her child onsite). No medical statement is required.

(breast milk is a substitute for cow's milk for children of any age in the meal pattern).

QUESTIONS AND ANSWERS

Can child care providers use the Whole Grain Stamp (from the Whole Grain Council) to determine if a grain product meets the whole grain-rich criteria?

No. While the Whole Grain Stamp provides useful information on the amount of whole grains a product contains, the product must still be evaluated against the whole grain-rich criteria.

Do grain products have to be 100% whole grain to meet the whole grain-rich requirement?

No, grain products do not need to be 100% whole grain to meet the whole grain-rich criteria. However, grain products that contain 100% whole grain do meet the whole grain-rich criteria. Whole grain-rich foods must contain at least 50% whole grains and the remaining grains, if any, must be enriched.

Are fully cooked grain products, such as pasta, whose ingredient list has water as the first ingredient and a whole grain as the second ingredient, considered whole grain-rich?

Yes, a grain product is considered whole grain-rich if water is listed as the first ingredient and a whole grain is listed as the second ingredient on the ingredient list.

Can wheat bread, rolls, and buns labeled as “100% whole wheat” be used to meet the whole grain-rich requirement?

Yes, grain products that are specifically labeled as “whole wheat bread,” “entire wheat bread,” “whole wheat rolls,” “entire wheat rolls,” “whole wheat buns” and “entire wheat buns” are 100% whole wheat and are easily identifiable as meeting the whole grain-rich requirement. These products will not have any refined grains listed in the ingredient statement. Please note that foods with the label “whole grain” do not necessarily meet the whole grain-rich criteria.

QUESTIONS AND ANSWERS

Do child care providers have the discretion to choose which meals will include a whole grain-rich grain?

Yes, a child care provider may choose to serve a whole grain-rich item at any meal or snack as long as one grain per day over the course of all the meals and snacks served that day is whole grain-rich. When you select meal components for your menus, a WWR (whole wheat rich) designation will be listed in that food item description. When a daily menu does not include any grains with that WWR designation, it will label the daily menu as *WWR Ineligible* in time for you to fix the menu prior to serving.

Why are grain-based desserts no longer allowed to contribute to the grain component of a meal?

The Dietary Guidelines for Americans (Dietary Guidelines) identify grain-based desserts as sources of added sugars and saturated fats. USDA has followed their recommendation to reduce their consumption of added sugars and saturated fats by eliminating grain-based desserts from all child nutrition programs.

Are homemade granola bars or other homemade grain-based desserts allowed?

No, homemade and commercially prepared grain-based desserts cannot count towards the grain component in CACFP starting October 1, 2017. There are no exceptions to allow a grain-based dessert to count towards the grain component, including the place of preparation or the preparation method.

Are quick breads, such as banana breads and zucchini bread, still allowed?

Yes, quick breads are credited in the same group as muffins and both may continue to contribute towards the grain component.

Can I still fry my meals?

No, all deep fat frying has been banned in all child nutrition programs, including the CACFP.

QUESTIONS AND ANSWERS

Can child care providers serve cake or another grain-based dessert for special celebrations, such as a birthday?

Child care providers may choose to serve grain-based desserts, such as cakes or cookies, during celebrations or other special occasions as an additional food item that is not reimbursable.

If a child care provider chooses to serve a grain-based dessert with fruit, will the fruit count towards the fruit requirement?

Yes, the fruit in the grain-based dessert can credit towards the fruit component. The grains portion of a grain-based dessert with fruit, such as pies, cobblers, or crisps, cannot count towards the grain component. Child care providers should serve sweetened fruit in moderation to help reduce children and adults' consumption of added sugars and help children develop a taste preference for unsweetened fruit.

Are pancakes and waffles considered grain-based desserts? If syrup, honey, jam or another sweet topping is served with the pancakes or waffles, does that make them grain-based desserts?

Pancakes and Waffles are not labeled as grain based desserts and can be served. Adding a sweet topping, such as syrup, does NOT make them grain-based desserts and they can continue to be counted towards the grain component.

How does a child care provider determine if a breakfast cereal has no more than 6 grams of sugar per dry ounce?

There are several ways a child care provider can determine if a breakfast cereal is within the sugar limit. The best way is to limit your cereal purchased to only cereals listed on the WIC list of approved breakfast cereals. Some stores have labels on the shelves indicating which breakfast cereals are WIC-approved. All WIC-approved breakfast cereals contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams). Second, you can do some math to determine the sugar content of a breakfast cereal. Using the Nutrition Facts Label, divide the amount of sugar per serving (listed towards the middle) by the serving size in grams (listed at the top). If the amount of sugar per serving divided by the serving size in grams is 0.212 or less, then the cereal is within the sugar limit and may be served.

QUESTIONS AND ANSWERS

If I fail to serve a whole grain-rich component at any meal/snack that day, which meal service will be disallowed?

The sponsor will determine this based on the least financial peril to the provider. In most instances, this will be the meal/snack with the lowest meal reimbursement rate that required a grain component. Normally that would be snack, then breakfast and then lunch or dinner. However, it also depends on the number of children served each meal and snack that day. Our management system is coded to do this automatically and ensure you are disallowed the lowest possible amount.

If a different group of children are at lunch than at breakfast, do both meals have to contain a whole grain-rich grain?

No, the whole grain-rich requirement applies to the menu being served that day and not which children ate specific meals and snacks that day. There is a distinct possibility that a schooler who receives a breakfast at the day care prior to going to school and then receives a snack at the day care after school is over, could miss eating a whole grain-rich component three times per week when a meat/meat alternate is served in place of a grain for breakfast.

If a program only serves snacks, would all the grains served at snack have to be whole grain-rich?

Yes, if the snack includes a grain, such as crackers with apples, the grain must be whole grain-rich starting October 1, 2017. However, programs that only serve snack, such as an at-risk afterschool program, are not required to serve a grain at snack because it is not a required component at snack. That provider may offer a reimbursable snack with a fruit and vegetable, milk and fruit, a meat alternate and vegetable, and so forth. Conversely, if a child care provider only serves one meal (breakfast, lunch or supper) per day then the grain served at that meal must be whole grain-rich

Can I now serve both a vegetable and a fruit for snack?

Yes, these two items are now considered separate food groups and will satisfy the 2 component requirement for Snack.

How much of the vegetable requirement do leafy greens count?

One cup of leafy greens will count as ½ cup of vegetables.