**CACFP New Meal Pattern**

**Training FY 2017/2018**

**2 Hours Nutrition**

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**Resources -** Denise Courtney, Massachusetts Department of Elementary and Secondary Education (ESE)

Office for Food & Nutrition Programs December 2016, Team Nutrition [www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov). April 2017

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**Goals**

Understand the major changes outlined in the new Child and Adult Care Food Program meal pattern.

This training will provide you with:

* Changes to meal components
* Fruits
* Vegetables
* Meat/Meat Alternate
* Grains
* Fluid milk
* Meal Pattern
* Meal Ideas
* Test your knowledge

**Foundation of a healthier generation**

This is the first major revision since 1968. Why? Reflects updates in nutrition science. New goal: To prevent overconsumption of calories, saturated fat, added fats, added sugar, and under consumption of fiber and other essential nutrients.

**Why is the meal pattern changing?** Healthy, Hunger-Free Kids Act requires USDA to:

* Update the CACFP meal patterns
* Align the meal patterns with: The most recent version of the Dietary Guidelines for Americans. Most recent and relevant nutrition science and recommendations from an authorized scientific agency or organization.

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwiepK2OhP3VAhWIVBQKHTjvBzoQjRwIBw&url=http://www.carlostevezfans.info/uaehcrv-healthy-child.asp&psig=AFQjCNGL-kPlMVDSskthd31-ObBabCJn6g&ust=1504116324608158)

**Background Terms**

* **Food Components:** One of the food groups that comprise a reimbursable meal
* **Food item:** A specific food offered within the food component comprising the reimbursable meal.
* **Creditable:** Food items that may be counted toward meeting the meal pattern requirement for a reimbursable meal.
* **Reimbursable meal:** A meal that meets the minimum meal pattern requirements and eligible for reimbursement when served in the CACFP.

**Food Components**

There are now **five (5)** meal components:

1. Fruit
2. Vegetable
3. Grain
4. Meat/Meat Alternate
5. Fluid Milk

Required food components Old vs. New.

Meal Type **- Breakfast (old) Breakfast (new) 3 meal components required**

Bread or Alternate Grain or Meat

Juice or Fruit or Vegetable Fruit or Vegetable

Fluid Milk Fluid Milk

**Lunch/Dinner (old) Lunch/Dinner (new) ALL 5 meal components required**

Meat or Alternate Meat

Bread or Alternate Grain

Fruit or Vegetable Vegetable

Fruit or Vegetable Fruit

Fluid Milk Fluid Milk

**Snack (old) pick 2 of 4 Snack (new) Pick 2**

Meat or Alternate Meat

Bread or Alternate Grain

Juice or Fruit or Vegetable Fruit

Fluid Milk Vegetable

Fluid Milk

[](http://www.newfoundbalance.com/fruits-and-vegetables-getting-to-the-root-of-the-problem/)

**Fruits and Vegetables**

Separate components at Lunch, Dinner and Snack: Two (2) **DIFFERENT** vegetables can be served at Lunch and Dinner.

Example – Apples & Carrots **NOT** Apples & Pears

Carrots & Broccoli **NOT** Broccoli & Broccoli

Consider your fruit and vegetable carefully in menu planning.

**Fruits:**

* 1/8 cup/2 TBS minimum per serving
* 100% dried fruit is creditable
* **SNACK CHIPS NOT CREDITABLE**

**Juice:**

* 100%
* Fruit is listed as 1st ingredient
* Comprise the entire fruit component
* **ONLY ONCE PER DAY**

Fruits that are whole, sliced pureed, dried and sliced are easier for children to eat reduce food waste and can be prepared in the family day care area.

**Vegetables:** Raw, cooked or mashed. Great snack for older kids but be certain to cut into small pieces for younger children. Try different dipping sauces to increase appeal.

When making a mixed dish ensure full vegetable portion is served and remember to add flavor to vegetables. Vegetable juice is 100%. Vegetable listed as 1st ingredient. Comprise the entire vegetable component.

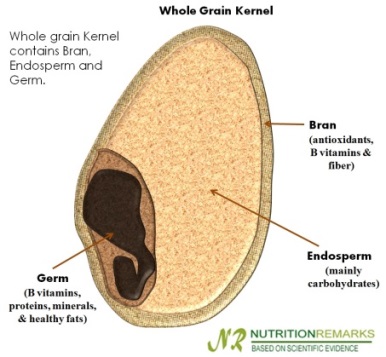
**Vegetables or Meat Alternate:** Beans (Black, Kidney, Chickpea, Pinto, etc. Peas (Green, Black-eyed, Split) and Lentils. 1oz ¼ c = Meat Alternate – Beans ¼ C vegetable.

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwicz7rFk4LWAhWn5YMKHau5CYkQjRwIBw&url=http://www.real-abs.com/fitness/learn-to-eat-right-and-burn-fat/&psig=AFQjCNEHFSWzStKGl8OlOPaeErXrh_6jPQ&ust=1504292268993106)

**Grains**

At least one serving of grains per day must be **whole grain-rich.**

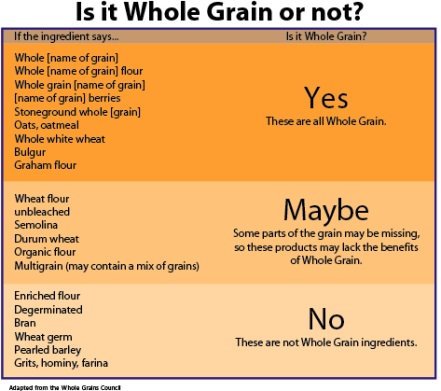
* 100 % whole
* Blend of whole grain and enriched meal/grain where at least 50% is whole grain

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwitus3nuYHWAhUM4oMKHZDGAu8QjRwIBw&url=http://www.nutritionremarks.com/2013/03/22/can-whole-grain-food-help-you-manage-weight/&psig=AFQjCNFgEUbi4kWVwuQIE2D6zHnyIUcPNA&ust=1504268149519948)

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ.

**Breakfast Cereals – no more than 6g of sugar per 1 oz.**

**(Refer to “Sugar Sense” flyer for a list of creditable cereals.**

[](https://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwje7trtqoHWAhWn44MKHV9NDu4QjRwIBw&url=https://www.lapbandsurgery.com/six-weeks-to-a-healthy-diet-week-5-whole-grains/&psig=AFQjCNFbvmUgVsAyYId_Yn3Jhjqx1EaZ2Q&ust=1504264107330621)

**Whole Grain is First Ingredient:** This method is different for products that contain only the grains component vs combination foods that contain grains and other food components such as met/meat alternates and vegetables, i.e., pizza burritos, and breaded chicken nuggets.

* A **grain-only product** (such as bread and cereals) contains at least 50% whole grains if a whole grain is the first ingredient, or water is listed first and a whole grain is listed second.
* A **combination food** contains at least 50% whole grains if a whole grain I the first ingredient in the list of grains.



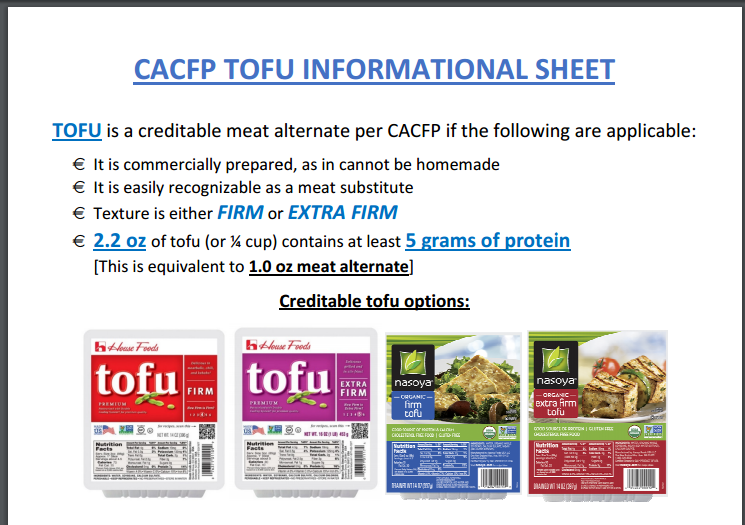
See Exhibits: Grain requirement for Child Nutrition Programs USDA Memo June 30, 2017

**Meat & Meal Alternatives**

* Can replace grain 3 times a week at breakfast
* Tofu can be served in ways that it can be easily recognized by children
* Yogurt sugar limit



**Choose Yogurts that are lower in Added Sugars:** As of October 1, 2017, yogurt served in the CACFP must not have more than 23 grams of sugar per 6 ounces.

[](http://www.google.com/url?sa=i&rct=j&q=&esrc=s&source=images&cd=&cad=rja&uact=8&ved=0ahUKEwjLldelyYHWAhULyYMKHcKLA9wQjRwIBw&url=http://ccfprtconference.weebly.com/tofu.html&psig=AFQjCNHVDyHye-kDwSCtl2LN51PyqqGq2g&ust=1504270637540958)

**Fluid Milk**

* Whole Unflavored 12 months – 24 months
* 1% Unflavored 2 years – 5 years
* Skim/Fat Free Unflavored 2 years – 5 years
* **Skim/Fat Free Flavored\* 6 years and older (school age children only)**

**The Facts on Flavored Milk:**

Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Homemade flavored milk made by adding flavored straw, syrups, and powders to unflavored milk also cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Flavored milk served to children 6 years old must be fat-free (skim).

**Menu Checklist**

* All menus must be pre-planned and posted BEFORE the meal.
* If you change a menu item the day of, you must edit the menu to reflect foods served.
* You must indicate if a grain is whole grain-rich on the menu
* You must describe the fluid milk you are serving
* Is it Whole, 1% or Fat free
* Is it flavored or unflavored

**CACFP New Meal Pattern**

**Training FY 2017/2018**

**2 Hours Nutrition Quiz**

**Provider Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Provider Number\_\_\_\_\_**

1. List the background terms of this training: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. This is the first major change since 1968? T F

2a Explain why. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

1. Explain the difference between the **NEW MEAL COMPONENTS** and the **OLD MEAL COMPONENTS**.
2. There are now five (5) meal components: T F
3. With the new meal pattern you server separate components at Lunch, Dinner and Snack.

Example – Apples & Pears T F

Carrots & Broccoli T F

1. 100% Juice can be served at every Snack T F
2. How often can Juice be served? Once a day? At every meal? Snack only?
3. Vegetables or Meat Alternate: What is the serving size for Vegetable? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

What is the serving size for meat Alternate: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_?

1. How much grain per day should be served? 1 serving 4 servings
2. When choosing blend of whole grain and enriched meal/grain there should be at least:

100% 75% 50% 25%

1. At least one serving of grains per day must be whole grain rich? T F
2. Test Yourself – on the “Choose Breakfast Cereals that are lower in Added Sugars “complete the TEST YOURSELF: and return with this training quiz.
3. Breakfast Cereal must contain no more than 6 gram of sugar per 1 oz. T F
4. Test Yourself – on the “Choose Yogurts that are lower in Added Sugars “complete the TEST YOURSELF: and return with this training quiz.
5. Flavored milk is now creditable as a reimbursable meal for children under 5 years old? T F
6. Try it Out! Milk Matters. Complete the Milk Matters quiz **QUESTION 1 & 2 ONLY** and return with this quiz.
7. Create two (2) meals and one snack using your selected creditable food item.

* Be specific, indicate which meal component each food item credits for
* Try giving your dish a fun name
* What lesson could you teach child around your selected food item.