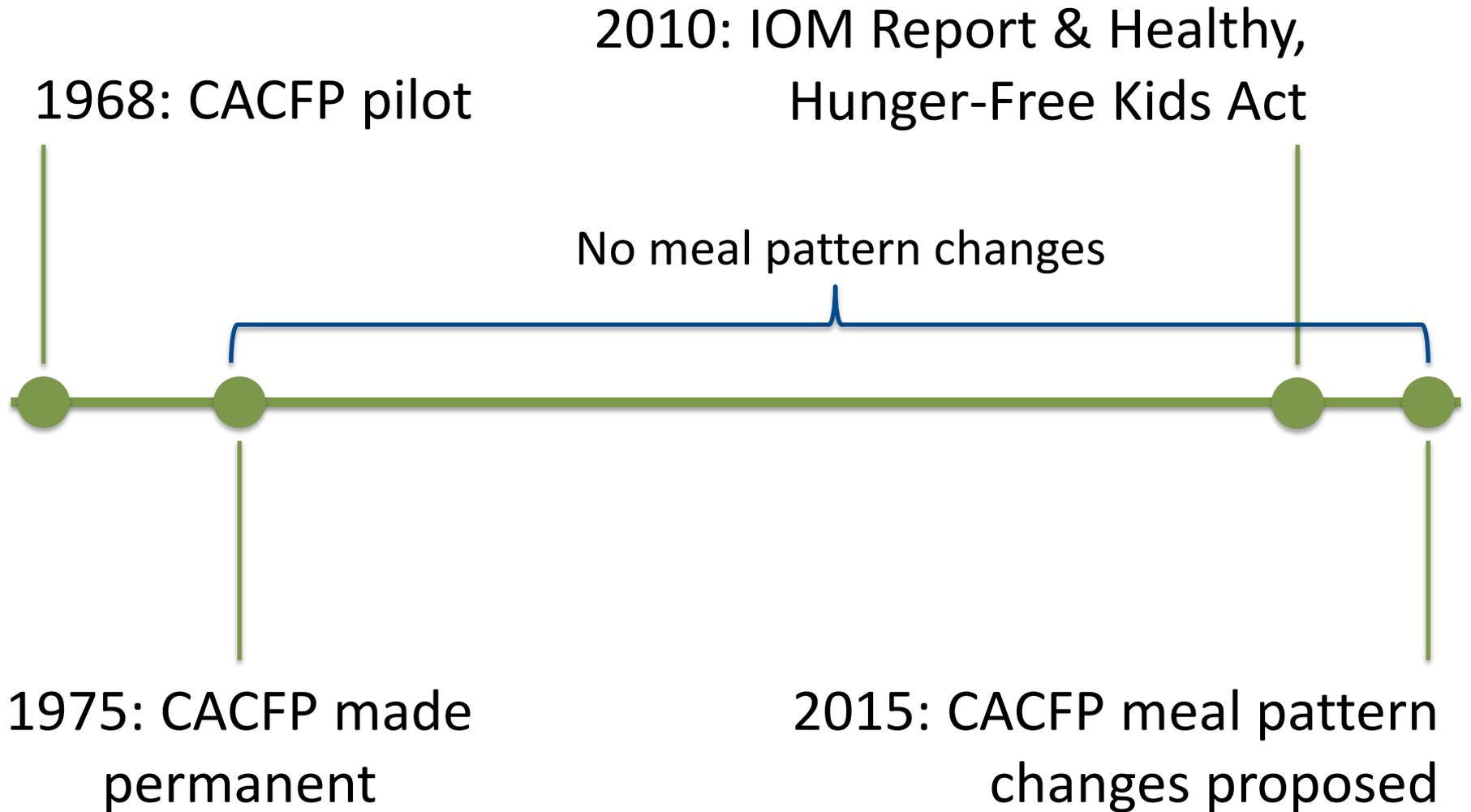




# US Department of Agriculture Proposed CACFP Meal Pattern Changes

Comments Due April 15, 2015

# Meal Pattern History



# Proposed Meal Pattern Changes

- Title: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010
  - Published in Federal Register on January 15
  - **Open for comments through April 15**
  - View and comment at:  
<http://www.regulations.gov/#!documentDetail;D=FN S-2011-0029-0001>
  - Final rule will be issued after comment period
-

# Proposed Meal Pattern Changes

- Better align to ages served
  - Promote better nutrition
  - Prepare children for new school meal patterns
    - Recognition that child care settings are different than schools
  - Intended to be cost-neutral
    - No increase in reimbursement
  - Include best practices for participants willing to go above and beyond
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# Goals for Today

- Describe the proposal
  - Answer your questions
  - Solicit feedback to inform our comments
  - Get you thinking about your comments
  - Identify training and assistance needs
-

# Current CACFP Infant Meal Pattern

Meal	Meal Pattern Component	Ages 0-3 months	Ages 4-7 months	Ages 8-11 months
BREAKFAST	Breast Milk or Iron-Fortified Infant Formula	4-6 fluid ounces <sup>†</sup>	4-8 fluid ounces <sup>†</sup>	6-8 fluid ounces <sup>†</sup>
	Iron-Fortified Infant Cereal	N/A	0-3 tablespoons	2-4 tablespoons
	Fruit or Vegetable or Both <sup>*</sup>	N/A	N/A	1-4 tablespoons
LUNCH/SUPPER	Breast Milk or Iron-Fortified Infant Formula	4-6 fluid ounces <sup>†</sup>	4-8 fluid ounces <sup>†</sup>	6-8 fluid ounces <sup>†</sup>
	Iron-Fortified Infant Cereal <sup>*</sup>	N/A	0-3 tablespoons	2-4 tablespoons
	Meat or Meat Alternate <sup>*</sup>	N/A	N/A	
	Meat, fish, poultry, egg yolk, or cooked dry beans or peas			1-4 tablespoons
	Cheese			1/2 - 2 ounces
	Cottage cheese			1-4 ounces (volume)
	Cheese food or cheese spread			1-4 ounces (weight)
Fruit or Vegetable or Both <sup>*</sup>	N/A	0-3 tablespoons	1-4 tablespoons	
SNACK	Breast Milk or Iron-Fortified Infant Formula <sup>**</sup>	4-6 fluid ounces <sup>†</sup>	4-6 fluid ounces <sup>†</sup>	2-4 fluid ounces <sup>†</sup>
	Bread or crackers <sup>***</sup>	N/A	N/A	0-1/2 slice OR 0-2 crackers

# Infant Meal Pattern Changes

- New age sub-groups
    - Birth through five (0-5) months
    - Six months through 11 (6-11) months
  - For all infants:
    - Reimbursement allowed for on-site breastfeeding
  - For 0-5 months:
    - Only breast milk or iron-fortified formula required
  - For 6-11 Months:
    - Gradual introduction of complementary foods
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# Infants: Complementary Foods

**No fruit juice**



**No dairy products**



# Infants: Complementary Foods

## More breakfast options



## Clearer lunch/supper options



# Infants: Complementary Foods

Dry cereal allowed at snack



Fruit or vegetable at snack



# Proposed Infant Meal Pattern

Meal	Meal Pattern Component	Ages 0-5 months	Ages 6-11 months
BREAKFAST	Breast Milk or Iron-Fortified Infant Formula	4-6 fluid ounces <sup>†</sup>	6-8 fluid ounces <sup>†</sup>
	Any one item or combination of:	N/A	1-4 tablespoons
	Iron-fortified infant cereal		
	Meat, fish, poultry, egg yolk, or cooked dry beans or peas		
Fruit or Vegetable or Both <sup>‡</sup>	N/A	1-2 tablespoons	
LUNCH/SUPPER	Breast Milk or Iron-Fortified Infant Formula	4-6 fluid ounces <sup>†</sup>	6-8 fluid ounces <sup>†</sup>
	Any one item or combination of:	N/A	1-4 tablespoons
	Iron-fortified infant cereal		
	Meat, fish, poultry, egg yolk, or cooked dry beans or peas		
Fruit or Vegetable or Both <sup>‡</sup>	N/A	1-4 tablespoons	
SNACK	Breast Milk or Iron-Fortified Infant Formula	2-4 fluid ounces <sup>†</sup>	2-4 fluid ounces <sup>†</sup>
	Fruit or Vegetable or Both <sup>‡</sup>	N/A	1-2 tablespoons
	Bread or crackers or dry breakfast cereal <sup>‡</sup>	N/A	1/4 - 1/2 ounce

NOTE: Infants should be fed based on their developmental readiness to accept new foods. Infants should be fed on demand.

<sup>†</sup> Breast milk or formula, or a portion of both, may be served; however, it is recommended that breast milk be served in place of formula from birth through 11 months. For breastfed infants who regularly consume less than the minimum portion, less than the minimum portion may be served at each feeding, with additional breast milk available if the infant is still hungry.

<sup>‡</sup> A developmentally appropriate texture is provided (pureed, mashed, chopped, etc.). Juice is not permitted

\* The bread, cracker, or ready-to-eat dry breakfast cereal must be whole grain, whole grain-rich, or enriched. Cereals must meet WIC standards.

# Current CACFP Child Meal Pattern

Meal	Meal Pattern Component	Ages 1-2	Ages 3-5	Ages 6-12
<b>BREAKFAST</b>	Fluid Milk*	1/2 cup	3/4 cup	1 cup
	Juice or Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
	Bread or Bread Alternate	1/2 slice, or 1/4 cup cereal or other grain	1/2 slice, 1/3 cup dry cereal, or 1/4 cup cooked cereal or other grain	1 slice, 3/4 cup dry cereal, or 1/2 cup cooked cereal or other grain
<b>LUNCH/SUPPER</b>	Fluid Milk*	1/2 cup	3/4 cup	1 cup
	Meat or Meat Alternate	1 ounce equivalent	1-1/2 ounce equivalents	2 ounce equivalents
	Meat, poultry or fish	1 ounce	1-1/2 ounces	2 ounces
	Cheese	1 ounce	1-1/2 ounce	2 ounces
	Egg	1/2 egg	3/4 egg	1 egg
	Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
	Nut or seed butters	2 tablespoons	3 tablespoons	4 tablespoons
	Nuts or seeds	1/2 ounce**	3/4 ounce**	1 ounce**
	Yogurt	4 ounces	6 ounces	8 ounces
	Fruit or Vegetable (2 different types)	1/4 cup (total)	1/2 cup (total)	3/4 cup (total)
Bread or Bread Alternate	1/2 slice, or 1/4 cup cereal or other grain	1/2 slice, 1/3 cup dry cereal, or 1/4 cup cooked cereal or other grain	1 slice, 3/4 cup dry cereal, or 1/2 cup cooked cereal or other grain	
<b>SNACK</b> <small>Choose Two Components</small>	Fluid Milk	1/2 cup	1/2 cup	1 cup
	Juice or Fruit or Vegetable	1/2 cup	1/2 cup	3/4 cup
	Meat or Meat Alternate	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent
	Bread or Bread Alternate	1/2 slice, or 1/4 cup cereal or other grain	1/2 slice, 1/3 cup dry cereal, or 1/4 cup cooked cereal or other grain	1 slice, 3/4 cup dry cereal, or 1/2 cup cooked cereal or other grain

# Child Meal Pattern Changes

**New age group for 13-18 years**

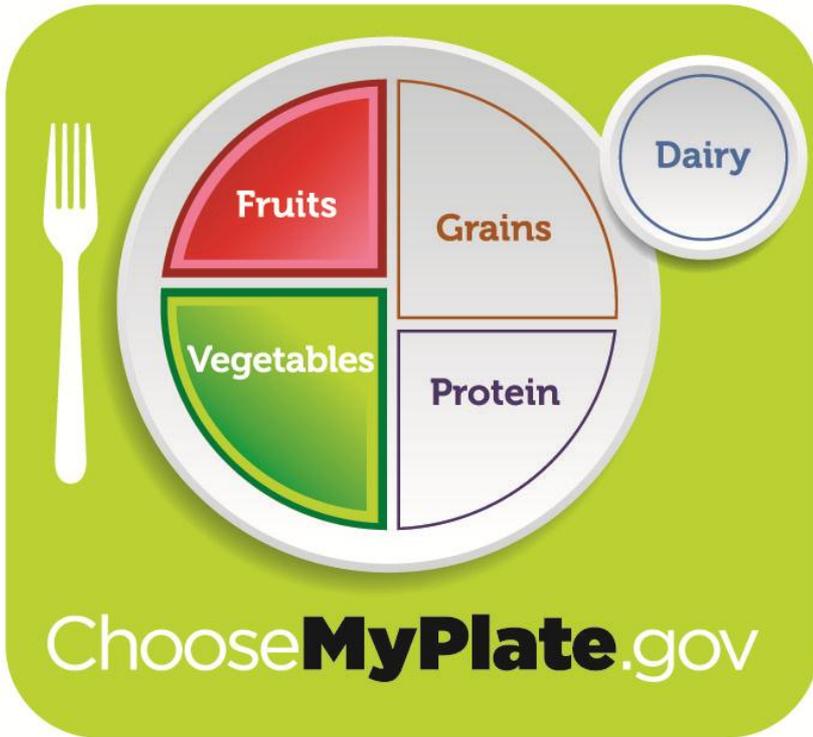


**Portions same as 6-12 year group**



# Child Meal Pattern Changes

Separate fruit & vegetable



Each required at lunch/supper

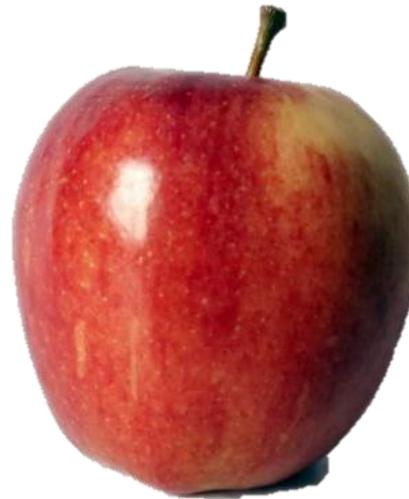


# Child Meal Pattern Changes

Fruit or vegetable at breakfast



Fruit & veg allowed for snack



# Child Meal Pattern Changes

**Whole grain or whole grain-rich foods at least once per day**



**All cereals must meet WIC standards**



# Child Meal Pattern Changes

**No grain-based desserts**



**Tofu allowed as meat alternate**



# Child Meal Pattern Changes

Meat/meat alternate *may substitute* for half of grain/bread requirement at breakfast



Frying not permitted on site



# Child Meal Pattern Changes

**Whole milk only for 12-23 months**



**Low-fat or fat-free milk only for everyone 2 years and up**



# Adult Meal Pattern Change

**Yogurt may substitute for fluid milk once per day**



# Comments Requested

**For 2-4 year olds:**

**Prohibit flavored milk**



***OR* Limit sugar in fat-free flavored milk to 22 grams per 8 fl oz**



# Comments Requested

**For children 5 years and older:**

**Limit sugar in fat-free flavored milk to 22 grams per 8 fl oz**

***OR***

***Recommend limiting sugar in fat-free flavored milk***



# Comments Requested

**Limit sugar in yogurt to  
30 grams per 6 fl oz**

*OR*

***Recommend limiting  
sugar in yogurt***

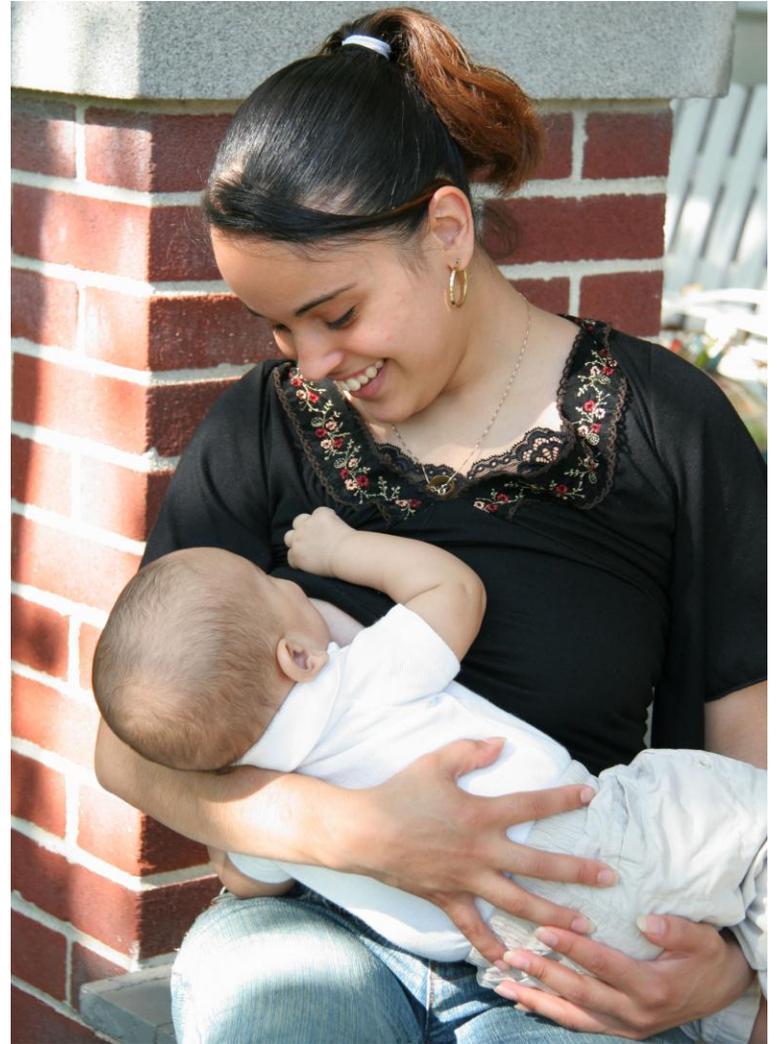


# Other Provisions

- Allow reimbursement if parent provides one component due to non-disability special dietary need
- Food cannot be a reward or punishment
- Water must be available throughout the day
  - **Not** as a substitute for milk
- Guidance on family-style meal service
- Allow offer-versus-serve (OVS) in afterschool programs

# Best Practice Recommendations

- Encourage breast-feeding
- Provide a quiet, private area for breastfeeding
- Provide support and educational materials to promote breast-feeding.



# Best Practice Recommendations

- Serve at least one vegetable from each subgroup each week:
    - Red/orange (ex. tomato, sweet potato, carrot)
    - Dark green (ex. broccoli, collards, spinach)
    - Legumes (ex. black beans, garbanzo beans, lentils)
  - Serve a fruit or vegetable as one of the two components at every snack
  - Limit fruit juice to no more than once per day
  - Serve at least two whole-grain or whole-grain rich foods per day
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# Best Practice Recommendations

- Serve only unflavored milk
  - Avoid or limit pre-fried foods (meats, meat alternates, potatoes, etc.) to no more than once per week
  - Avoid or limit processed meats to no more than once per week
  - Serve only lean meats, legumes, nuts, and natural cheese as meats/meat alternates
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