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Early Childhood Health and Wellness



Following CACFP Meal Patterns in Head Start

National Indian Head Start Directors Association

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June 7, 2017

Today's Journey

- Introductions
- Why CACFP Changes
- Revised HSPPS nutrition standards
- Infant Meal Patterns
- Child Meal Patterns

Introductions

- Name
- Something about where you work
- Earliest favorite food or meal
- What you would like to learn today



Meal Patterns that Comply with Healthy Hunger Free Kids Act of 2010

- Healthy Hunger Free Kids Act of 2010 required review and revision of the meal patterns.
- Changes based on the scientific report from the National Academy of Medicine, the American Academy of Pediatrics, and from stakeholder input.
- All participants must comply with new meal patterns by October 1, 2017.
- We will review the meal pattern changes for infants and children today.



Goals of the Revised Meal Patterns

- Include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat.
- Encourage breastfeeding.
- Better align the CACFP with the [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) and with other [Child Nutrition Programs](#).



What do we know?

In general, most young children:

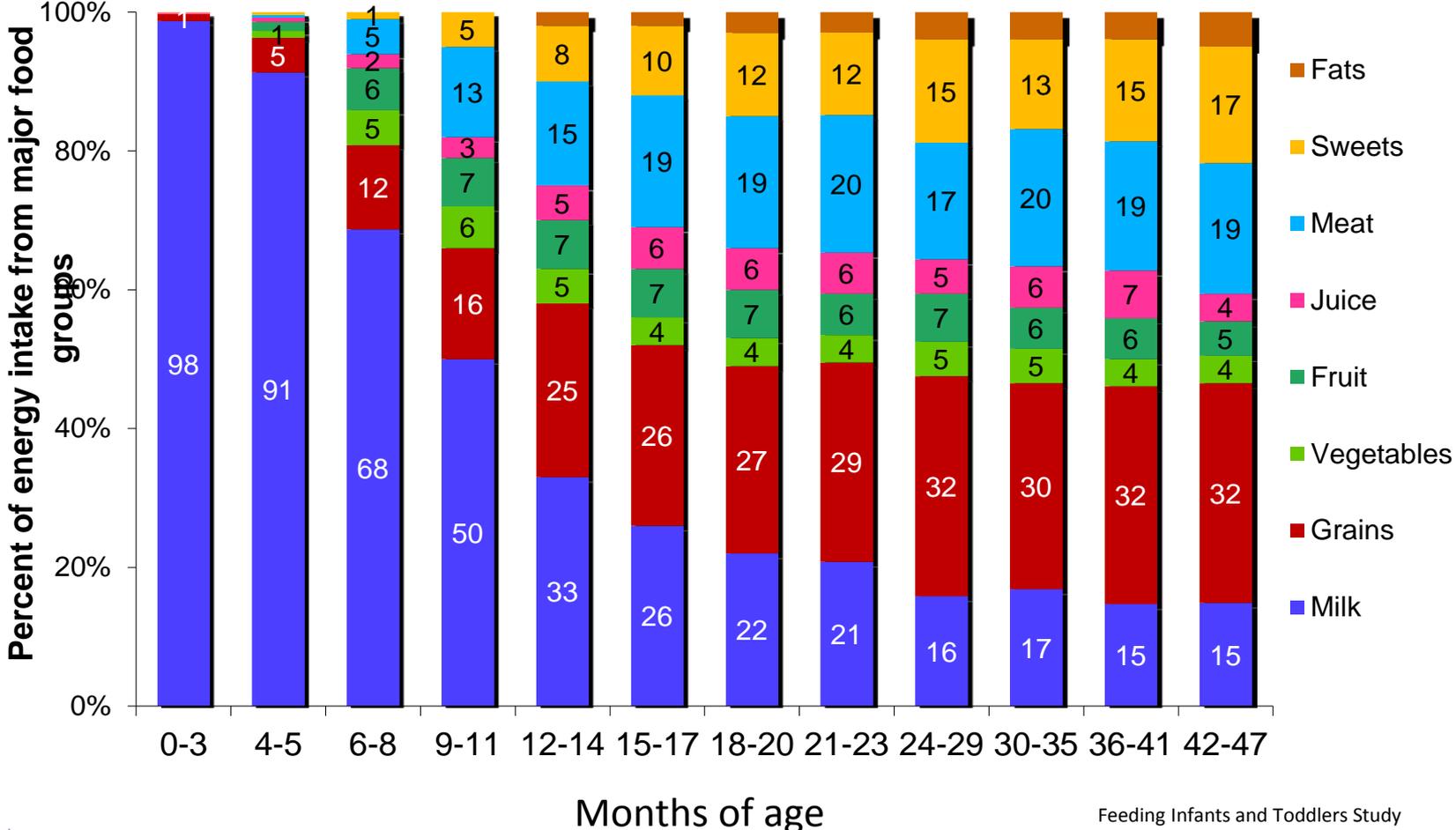
- Are not eating enough fruit and vegetables (if any).
- If they are eating vegetables it is usually limited to the starchy ones (i.e. potato and corn).
- Many consume sugary drinks, cereal, and snacks on a daily basis.
- Spend more time in front of a screen (TV, computer, phone, tablet, etc) than other generations.
- Sleep less than recommended amount.



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What are Young Children Eating



Feeding Infants and Toddlers Study



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Infant Meal Patterns

Birth to 11 months

In effect October 1, 2017

Infant Meal Reimbursement Changes

- Reimburses providers for meals when the mother directly breastfeeds her infant at the center or child care home, for infants.
- Allows reimbursement for meals that contain one component provided by a parent or guardian, or by, or on behalf of, an adult participant.

Infant Meal Patterns: Breakfast

Birth to 5 months

4-6 fluid ounces breastmilk or formula

6 to 11 months

6-8 fluid ounces breastmilk or formula	0-4 tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt; or a combination of the above;	0-2 tablespoons vegetable or fruit or a combination of both
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Infant Meal Patterns: Lunch/Supper

Birth to 5 months

4-6 fluid ounces breastmilk or formula

6 to 11 months

6-8 fluid ounces breastmilk or formula ;	0-4 tablespoons infant cereal meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt; or a combination of the above;	0-2 tablespoons vegetable or fruit or a combination of both
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Infant Meal Patterns: Snacks

Birth to 5 months

4-6 fluid ounces breastmilk or formula

6 to 11 months

2-4 fluid ounces breastmilk or formula	0-½ slice bread; or 0-2 crackers; or 0-4 tablespoons infant cereal or ready-to-eat breakfast cereal;	and 0-2 tablespoons vegetable or fruit, or a combination of both
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Serving Notes for Infant Meal Patterns

- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- A serving of milk/cheese/dairy component is required when the infant is developmentally ready to accept it.
- Fruit and vegetable juices must not be served



HSPPS 1302.44(a)(2)(iv) Child Nutrition

Feed infants and toddlers according to their individual developmental readiness and feeding skills as recommended in USDA requirements, outlined in 7CFR, parts 210, 220, 226, and ensure infants and young toddlers are fed on demand to the extent possible.

When is a child ready for solids?

- When the tongue thrusting reflex is fading
- Sucking reflex changes to allow coordinated swallowing
- Can sit with support
- Have good head and neck control



Signs of hunger & satiety: 6-9 months

Signs of hunger

- Reaches for spoon or food
- Points to food

Signs of satiety

- Eating slows down
- Clenches mouth shut or pushes food away



Signs of hunger & satiety: 9-12 months

Signs of hunger

- Reaches for spoon or food
- Points to food
- Gets excited when food is present
- Expresses desire for food with specific word or sounds

Signs of satiety

- Eating slows down
- Clenches mouth shut or pushes food away
- Shakes head to “no” more



Infant Serving sizes

- Vegetables 1 Tablespoon
- Fruits 1 Tablespoon
- Meats 1 Tablespoon
- Grains: 1 Tablespoon
- Juice- not recommended



Best Practices for Infant Feeding

Support breastfeeding mothers by

- encouraging mothers to supply breastmilk
- offer a quiet, private area that is comfortable and sanitary for mothers to feed their baby at the center



HSPPS 1302.44(a)(2)(viii)

Promote breastfeeding, including providing facilities to properly store and handle breast milk and make accommodations, as necessary, for mothers who wish to breastfeed during program hours, and if necessary, provide referrals to lactation consultants or counselors.

What policies currently exist that support these guidelines?

What are barriers to promoting breastfeeding?

How can you further support breastfeeding moms to meet these new guidelines?



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Break



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Child Meal Patterns

Ages 12 months to 13 years

In effect October 1, 2017



School readiness begins with health!

HSPPS 1302.44 (a)(2)(vi) Child Nutrition

Serve all children in morning center-based settings who have not received breakfast upon arrival at the program a nourishing breakfast.

Child Meal Pattern: Breakfast

- Must serve all **three** components
- Milk:
 - **Unflavored** whole milk for children thru age one.
 - Unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old.
- Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.



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Whole grains

- At least one serving per day, across all eating occasions, must be whole grain-rich.
- Grain-based desserts are not reimbursable.
- Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week.
- Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Child Meal Pattern: Breakfast Examples

Must serve all three components:

- Fruits/veggies
- Milk
- Grains



Child Meal Pattern: Lunch/Supper

All five components must be served

- Fruits
- Vegetables
- Milk
- Meat/meat alternates
- Grains



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Child Meal Pattern: Snacks

- Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.



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Child Meal Pattern: Snacks Examples

Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

- Milk
- Fruit
- Vegetable
- Grains
- Meat/meat alternates



HSPPS 1304.22(a)(2)(i)&(ii) Child Nutrition

Specifically, a program must:

- Ensure each child in a program that operates for fewer than 6 hours per day receives meals and snacks that provide $\frac{1}{3}$ to $\frac{1}{2}$ of the child's daily nutritional needs.
- Ensure each child in a program that operates for 6 hours or more per day receives meals and snacks that provide $\frac{1}{2}$ to $\frac{2}{3}$ of the child's daily nutritional needs.



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Toddler Nutrition



- Should be offered regularly scheduled meal times (3) and snacks (2).
- Need 1000-1600 calories depending on size, gender, and activity level.

May need to offer a new food **10-15 times**
before a child will try it!

Toddler serving sizes

- Fruits- ¼ cup
- Vegetables- ¼ cup
- Grains- ½ cup
- Meats- 1 oz
- Milk- 4 oz
- Juice



Preschoolers

- Should be offered regularly scheduled meal times (3) and snacks (2).
- Need 1000-1600 calories depending on size, gender, and activity level.



Preschoolers

Fruits- ½ cup

Vegetables- ½ cup

Meat- 2 oz or ¼ cup

Grain- 1 cup

Milk- 4 oz

Juice



Native foods and CACFP

- **Are traditional Native American foods (e.g., fresh grown fruits and vegetables, hunted game, and fresh fish) allowable under the CACFP or SFSP?**
- **If the USDA determines that a traditional Native American food is not allowable under the CACFP or SFSP, may the tribe still serve the food outside of reimbursable meals, or in addition to the reimbursable meal?**

What are culturally significant foods you often serve in your program?

Do you have concerns or questions about these foods meeting the CAFCP standards?

Small Group Discussion

Looking at the comparison sheets, identify:

- Changes that will require more money
- Changes that will require a significant training investments/behavior changes
- Which do you think will be more difficult?

Prepare to share out

Best Practices for Child Meals

- Grains

- Provide at least two servings of whole grain-rich grains per day.

- Meat and Meat Alternates

- 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-cheeses.
- Serve only unflavored milk to all participants



Best Practices for Child Meals

Vegetables and Fruit

- Make at least 1 of the 2 required components of a snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- Help children eat the rainbow “at least one serving each of dark green, red and orange vegetables, beans and peas, starchy vegetables, and other vegetables once per week.



Best Practices for Child Meals

Additional Best Practices

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- 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).



CAFCP Serving sizes

Younger than 6 months

Do not give fruit juice to infants younger than 6 months since it offers no nutritional benefit at this age.

1 to 6 years

Limit juice to 4 to 6 ounces per day. For children older than 6 months, fruit juice offers no nutritional benefits over whole fruits. Whole fruits also provide fiber and other nutrients. Do not allow your child to carry a cup or box of juice throughout the day.



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Juice

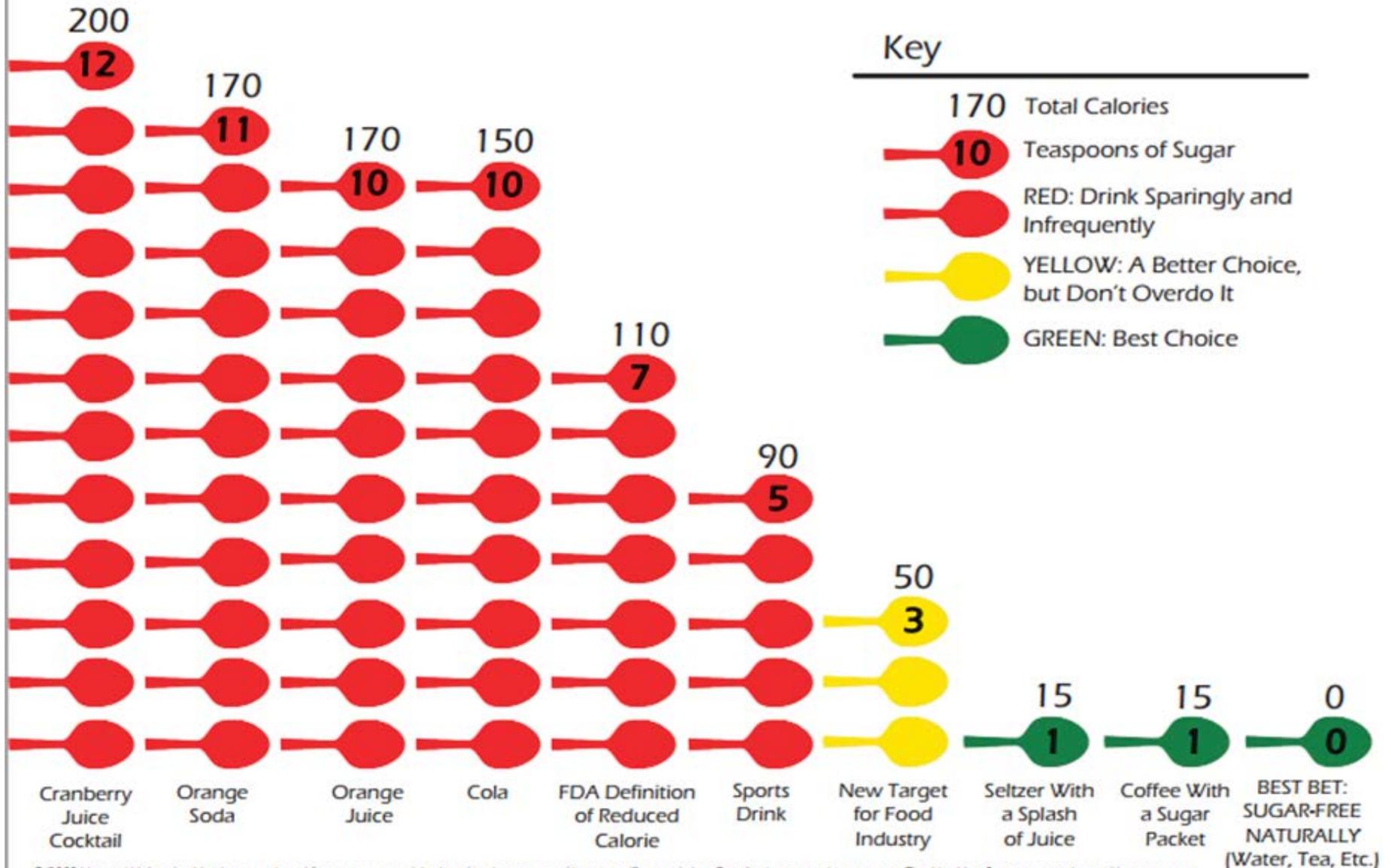
- Add unneeded calories with few nutritional benefits
- Can contribute to tooth decay and diarrhea
- Excessive consumption may be associated with over and under nutrition (malnutrition)



How Sweet Is It?

Calories and Teaspoons of Sugar in 12 Ounces of Each Beverage

For more information, see The Nutrition Source, www.hsph.harvard.edu/nutritionsource/healthy-drinks/



Juice

- What is a serving?
- How much for
 - an infant
 - toddler
 - preschooler?



Compare Vitamin C sources

6oz of 100% orange juice



84
17% daily Vitamin C
10 grams of sugar

4 orange slices



31 cal
58% of daily Vitamin C
1 gram of fiber
3 grams of sugar

USDA Food Product Information
Percentages are based on adult Vitamin C needs within a 2000 calorie diet.

Compare Vitamin C sources

6 ounces of 100% grape juice

114 calories

22.5 grams of sugar

Fresh Grapes ¼ cup

27 calories

7.5 grams of sugar

0.5 grams of fiber



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USDA Food Product Information

Percentages are based on adult Vitamin C needs within a 2000 calorie diet.

How does your program currently incorporate seasonally and locally produced foods?

What are some ideas for improving this?



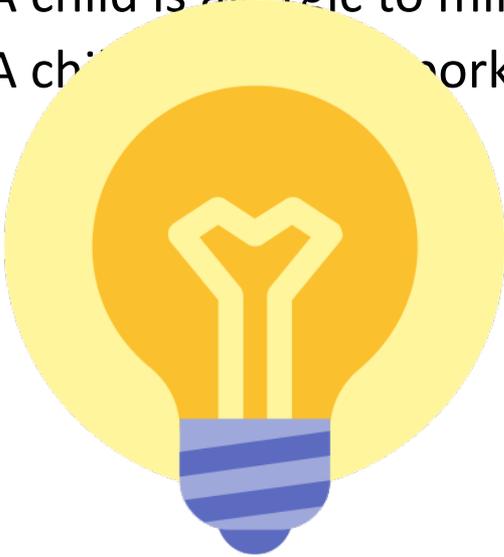
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Discussion

What was difficult or new?

- A child is allergic to milk?
- A child is not working?



What would you do if...

1302.46 (a) - Family support services for health, nutrition, and mental health



Parent collaboration. Programs must collaborate with parents to promote children’s health and well-being by providing medical, oral, nutrition and mental health education support services that are understandable to individuals, including individuals with low health literacy.

1302.46(b)(ii) Family support services for health, nutrition, and mental health

Discuss their child's nutritional status with staff, including the importance of physical activity, healthy eating, and the negative health consequences of sugar sweetened beverages, and how to select and prepare nutritious foods that meet the family's nutrition and food budget needs;

How does your program already engage families?



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What are some common challenges your program has engaging families in nutrition education?

Family engagement in your programs

Think back on the family engagement activities mentioned before:

- Is the family perspective integrated? If so, how?
- Was it created by families or by family voices need?
- Is it family led?



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1302.44 - Child nutrition resources

GROWING HEALTHY

A Guide for Head Start Health Managers and Families About Healthy Active Living for Young Children

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Engaging Families in Healthy Active Living

HEALTHY
grow healthy
on all at once.



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GROWING HEALTHY

5 Fruits and Vegetables a Day

- Pick out the rainbow. Each fruit, plus a berry from the berries, and try to get a slice that is bright or that color again, juice, milk, yogurt. That's a great way for little ones to learn colors while you're all able to laugh!
- Whenever possible, let your child help get fruits and veggies ready to serve. Maybe he can wash an apple or she can mix the salad. Your little chefs will be more likely to try foods that they help to prepare.
- Even too big to eat, fruits and veggies are just too delicious to try from one's kitchen—they're just so healthy!

3 Hours of Active Play or Physical Activity a Day

- A great way to cut down on screen time is to make a "no television for computers" rule.
- If your children are watching TV, watch with them. Use commercial breaks for an activity break—like hops, claps, or come up with a crazy new way to do jumping jacks.
- If you need a break and want to let your child watch TV, set a timer for 30 minutes. You can put a lot done and you'll know how long they watched.
- Turnoffs in your child's bedroom might save the convenience of watching TV close to bedtime can affect your child's ability to sleep.

1 Hour of Active Play or Physical Activity a Day

- An hour of active play might seem like a lot but you don't have to do it all at once. To keep active for 1-to-2 minutes several times a day.
- What are your favorite active games when you see a child? They might seem old school to you but they're fun to your child. Try one today.
- Wash or load the washer (do you stack in the house)? Don't let it load your car and your car's in the back and drive together. Try one or these fun activities:
 - Have an indoor parade.
 - Get out a sidewalk chalk.
 - Roll your own mini-Obstacle—what are some on your front the backyard or on the street all day?

0 Sugary Drinks a Day

- Let your child give their favorite "big kid" map to see for water.
- Think plain water is too boring? To add a fruit slice (also good for natural flavor).
- Avoid buying juice or picking it up from the store—it's not in the house, no one can drink it.
- If you're still trying to cut sugary drinks down to zero, always a great next week! Young children should never have soda pop or sports drinks. Let it go to the store to give it the green light.
- Make sure the label says 100% fruit juice.
- Send the amount to 1 oz all day (2-8 ounces if you measure it out).
- Avoid mix with music and other water at snack time.

IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5** Eat at least 5 fruits and vegetables a day.
- 2** Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

GROWING HEALTHY

There are lots of ways to grow healthy but you don't have to do them all at once.

IDEAS FOR LIVING A HEALTHY ACTIVE LIFE

- 5** Eat at least 5 fruits and vegetables a day.
- 2** Keep screen time (like TV, video games, computer) down to 2 hours or less per day.
- 1** Get 1 hour or more of physical activity every day.
- 0** Drink 0 sugar-sweetened drinks. Replace soda pop, sports drinks and even 100% fruit juice with milk or water.

OUR GOAL FOR THIS MONTH IS TO:

- 5** Eat _____ fruits and vegetables a day.
- 2** Limit screen time to _____ minutes a day.
- 1** Get _____ minutes of physical activity a day.
- 0** Limit sugary drinks to _____ a day.

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 1000 ...
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... begins with health!

How will you take this back to staff?

National Center on Early Childhood Health and Wellness

Toll-Free: 888-227-5125

Email: health@ecetta.info

Website: <http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/center>



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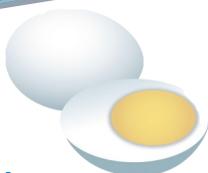
Child and Adult Care Food Program: Using the Updated Meal Patterns To Lower Costs

The updated CACFP meal patterns lay the foundation for children and adults in care to learn healthy habits that can last a lifetime. CACFP centers and day care homes can actually save money while implementing the new, healthier meal patterns. Don't believe it? Check out these examples and tips!

Note: Centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Example 1. Child Breakfast (Age 1-2)

Save 4¢ per meal!



Current	Updated
<ul style="list-style-type: none"> • 1/2 cup whole milk • 1/4 cup banana ⇒ 1/4 cup cereal 	<ul style="list-style-type: none"> • 1/2 cup whole milk • 1/4 cup banana ⇒ 1/2 large egg
Average meal cost: \$0.46	Average meal cost: \$0.42

Meat and meat alternatives can substitute for the grains requirement at breakfast three times per week and save some money.

Tip: Look for lower cost items like eggs.



Example 2. Child Lunch (Age 3-5)

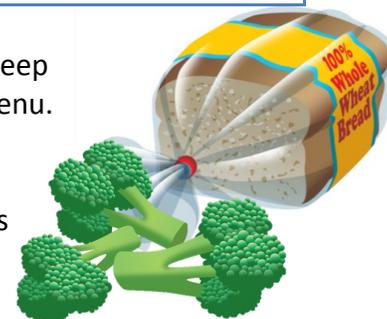
Save 6¢ per meal!



Current	Updated
<ul style="list-style-type: none"> ⇒ 3/4 cup low-fat chocolate milk • 1 1/2 oz. chicken breast ⇒ 1/2 slice white bread ⇒ 1/4 cup strawberries ⇒ 1/4 cup carrots 	<ul style="list-style-type: none"> ⇒ 3/4 cup low-fat plain milk • 1 1/2 oz. chicken breast ⇒ 1/2 slice whole wheat bread ⇒ 1/4 cup orange slices ⇒ 1/4 cup broccoli
Average meal cost: \$1.24	Average meal cost: \$1.18

Even when serving whole grain-rich items, you can keep costs low by making changes in other parts of the menu. There are many affordable vegetables available, like broccoli and carrots.

Tip: Check the frozen foods aisle for low-cost veggies that are just as nutritious.



Example 3. Child Snack (Age 6-12)

Save 25¢ per snack!

Current	Updated
<ul style="list-style-type: none"> • 1/2 cup low-fat milk ⇒ 1 fruit-filled pastry 	<ul style="list-style-type: none"> • 1/2 cup low-fat milk ⇒ 3/4 cup apple slices
Average meal cost: \$0.96	Average meal cost: \$0.71

Many vegetables and fruits are more affordable than grain-based desserts. Trading out a fruit-filled pastry for apple slices can save you money.

Resources To Help Stay in Budget

Find useful tips and strategies to help you save money while serving healthy, nutritious foods:

Eating Healthy on a Budget (<http://www.choosemyplate.gov/budget>)

This USDA site provides tips on how to prepare for shopping trips in advance to save money and suggestions for selecting lower cost, healthy items.

Meeting Your MyPlate Goals on a Budget (<http://www.choosemyplate.gov/sites/default/files/budget/MeetingYourMyPlateGoalsOnABudget.pdf>)

This guide shows tips for meeting the healthy goals of MyPlate while on a budget and includes plenty of healthy, affordable recipes.

Recipes and Tips for Healthy, Thrifty Meals (http://www.cnpp.usda.gov/sites/default/files/usda_food_plans_cost_of_food/FoodPlansRecipeBook.pdf)

Child care providers can use these tips to save money while shopping and get ideas for recipes that use low-cost food items.

Using Cycle Menus to Control Food Costs (<http://www.nfsmi.org/documentlibraryfiles/PDF/20131105115523.pdf>)

This resource from the Institute of Child Nutrition shows how using cycle menus—a series of menus that is repeated over a period of time—can save time and money!

Cost Effective Shopping for Child Care (<http://www.nfsmi.org/documentlibraryfiles/PDF/20111031104334.pdf>)

This “Mealtime Memo” from the Institute of Child Nutrition gives seven basic steps that can help child care providers stretch their food budget.

Notes: The prices reflected in this handout are from the USDA Center for Nutrition Policy and Promotion Food Prices Database. See <http://www.cnpp.usda.gov/USDAFoodPlansCostofFood> for more information. Prices were adjusted for inflation using the Bureau of Labor Statistics Consumer Price Index for Food. See <http://www.bls.gov/cpi/>.



Infant Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit ³ or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit ³ or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

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⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

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⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,5,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{6,7}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵ Breakfast 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).

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.



CHILD MEAL PATTERN

Breakfast				
(Select all three components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast 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).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	⅛ cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	⅛ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ Breakfast 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).

CHILD MEAL PATTERN

Snack				
(Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

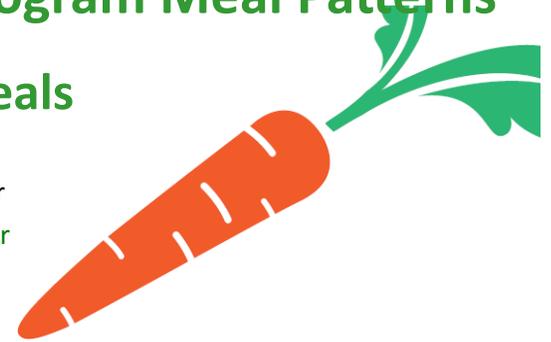
⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast 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).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.

NEW Child and Adult Care Food Program Meal Patterns

Child and Adult Meals



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.



New Child and Adult Meal Patterns

Greater variety of vegetables and fruits:

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



More protein options:

- * Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- * 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 or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- * Non-dairy milk substitutes that are nutritional-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.

See a side-by-side comparison of the old and new child and adult meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>.



Old and New Child and Adult Meal Patterns: Let's Compare



Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
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	
	Old	New	Old	New	Old	New	Old	New
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	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruit		⅛ 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 Pattern

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
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 serving	1 oz eq

Select 2 of the 5 components for snack.

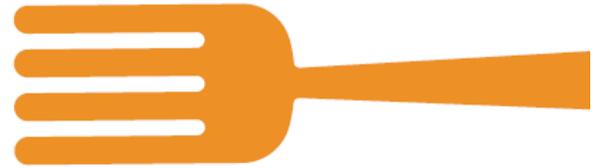
Oz eq = ounce equivalents

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



Child and Adult Care Food Program Meal Pattern Revision:

Best Practices



The new CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed [optional best practices](#) that build on the meal patterns and highlight areas where centers and day care homes [may take additional steps to further improve the nutritional quality of the meals they serve](#). The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.



CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:

Infants

- * 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.

Vegetables and Fruit

- * Make at least 1 of the 2 required components of a snack a vegetable or a fruit. 
- * Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- * 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. 

Grains

- * Provide at least two servings of whole grain-rich grains per day. 

Meat and Meat Alternates

- * 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-cheeses.

Milk

- * 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, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available. 
- * Serve water as a beverage when serving yogurt in place of milk for adults.

See the reverse side for **Additional Best Practices and Resources.**

CACFP Best Practices Continued



Additional Best Practices

- * Incorporate seasonal and locally produced foods into meals.
- * Limit serving purchased pre-fried foods to no more than one serving per week.
- * 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).
- * Adult day care centers should offer and make water available to adults upon their request, throughout the day.



Resources

Find useful tips and strategies to help you incorporate the best practices into your every day meal service:

Nutrition and Wellness Tips for Young Children (<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>)

Child care providers can use these tips to incorporate key recommendations and best practices into their menus and daily schedules.

Feeding Infants (<http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs>)

This guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, feeding solid foods, sanitary food preparation, safe food handling, and much more!

Healthy Meals Resource System (<https://healthymeals.nal.usda.gov/>)

CACFP centers and day care homes will find more menu planning tools, recipe ideas, and additional tips and ideas to help implement the new meal patterns and best practices, such as hosting taste tests to help introduce and get children excited about new foods and menus.

Team Nutrition Resource Library (<http://www.fns.usda.gov/tn/resource-library>)

Visit the Team Nutrition Resource Library for free nutrition education materials to further reinforce and complement the nutrition messages taught by serving healthful foods.

MyPlate (<http://www.choosemyplate.gov/>)

Resources found on the MyPlate website can help CACFP centers and day care homes identify healthier options to ensure menu choices contain the most nutrients children need to grow.

ICN Education and Training Resources (<http://nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTc=>)

The Institute of Child Nutrition’s resources provide education and training opportunities to help provide nutritious meals in CACFP homes and day care settings.