



Catholic Charities  
**Child & Adult Care  
Food Program**

***New Meal Pattern  
Implementation Training***

***June/July 2017***

# *Ground Rules*

- Be a team player
- Be respectful of everyone
- Please, no side conversations – they are disruptive to everyone
- Turn your mind on & electronic devices to silent or off
- Keep questions for the end of each segment – index cards are on tables for you to write them down as we go

# *Purpose of the Update*

- Align the CACFP meal pattern with the Dietary Guidelines for Americans (DGA)
- Address the current health status of children & adults
- Enhance the nutritional quality of meals & snacks
- Help children develop healthy eating habits

# Kid's Healthy Eating Plate



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School of Public Health

**CACFP Operators/Providers must implement  
updated meal pattern requirements by  
October 1, 2017**

# *Infant Meal Pattern Requirements*



# *Infant Meal Pattern*

- Meals are reimbursable when a mother breastfeeds on-site
- Features two age groups: Birth – 5 months and 6 – 11 months
- Provides more nutritious meals and snacks
  - ❖ Vegetables & fruits must be served at snack for older age group
  - ❖ Juice, cheese food, or cheese spread are no longer credible
  - ❖ Yogurt, cheese, cottage cheese & whole eggs are allowable meat alternates
  - ❖ Ready-to-eat cereals are allowed at snack only for older infants.

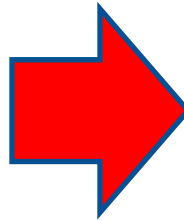
# ***Meal Patterns Previous vs Updated***

## ***Previous Age Groups***

***Birth - 3 months***

***4 - 7 months***

***8 - 11 months***



## ***Updated Age Groups***

***Birth - 5 months***

***6 - 11 months***

# *Encourages Breastfeeding*

- **Breastmilk is the optimal source of nutrients**
- **Birth through the end of 5 months**
  - ❖ **Breastmilk or infant formula is the only meal component required**
  - ❖ **Minimum serving size is 4 – 6 oz of breastmilk (or infant formula)**



## *Promotes Developmental Readiness*

- Delays the introduction of solid foods until around 6 months
- Most infants are not ready to consume solid foods until midway through the first year
- Introduction of solid foods too soon increases the risk of obesity

# *Allows More Nutritious Foods*

- Foods from all food components may be served around 6 months, when developmentally ready
- Breakfast, Lunch, & Supper
  - ❖ Breastmilk or iron-fortified infant formula
  - ❖ Infant cereal, meat/meat alternates, or a combination of both
  - ❖ Vegetable or fruit, or a combination of both
- Snack
  - ❖ Breastmilk or iron-fortified cereal
  - ❖ Grains
  - ❖ Vegetable or fruit, or a combination of both

# Child and Adult Care Food Program



## INFANT FOOD CHART



Ages:

Birth through 5 months

6 through 11 months

### Breakfast

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or  
Meat/Meat Alternate or combination

0-4 Tbsp. infant cereal,  
0-4 Tbsp. meat, fish, poultry, whole  
egg, cooked dry beans or peas; or  
0-2 ounces cheese; or 0-4 ounces  
(volume) cottage cheese; or 0-4  
ounces yogurt or a combination

### Lunch/Supper

Breast Milk or Formula

4-6 fluid ounces

6-8 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain or  
Meat/Meat Alternate or combination

0-4 Tbsp. infant cereal,  
0-4 Tbsp. meat, fish, poultry, whole  
egg, cooked dry beans or peas; or  
0-2 ounces cheese; or 0-4 ounces  
(volume) cottage cheese; or 0-4  
ounces yogurt or a combination

### Snack

Breast Milk or Formula

4-6 fluid ounces

2-4 fluid ounces; and

Fruit or Vegetable or combination

0-2 Tbsp.; and

Grain

0-1/2 slice bread; or 0-4 Tbsp. infant  
cereal or ready-to-eat cereal; or 0-2  
crackers

# ***Focuses on Serving Sizes***

- Food components beginning with “zero”
  - ❖ Recognizes that all infants are not ready for solid foods at 6 months
- By 7 or 8 months, infants should be consuming solid foods from all food groups.

# ***Focuses on Eating Habits***

- Recognizes eating habits may change
  - ❖ Some infants may eat certain foods one week/day, but not the next
  - ❖ **Meals & snacks consistent with eating habits should not be disallowed**



# *Developmental Readiness*

- Introducing solid foods too early:
  - ❖ Causes choking
  - ❖ Consumes less breast milk or formula
- Serve solid foods when infants are developmentally ready



# *When Are They Ready?*

- Sits in a chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight



*According to the American Academy of Pediatrics (AAP)  
Developmental Readiness Guidelines*

# *Providing Food Components*

- Parents/guardians may provide only one creditable food component for a reimbursable meal
  - ❖ i.e.; provide breastmilk = 1 component
- Child care providers must provide remaining components





# *Juice*

- Lacks dietary fiber found in other forms of fruits & vegetables
- No longer credits toward a reimbursable meal for infants



# ***Fluid Milk Component***



# *One Year Olds*

- Most 1 year olds need whole milk
  - ❖ Provides higher fat content
  - ❖ Promotes healthy growth & development
- Whole unflavored milk is required at breakfast, lunch, & supper
  - ❖ Optional at snack
- Serve 4 fl oz (1/2 cup) of unflavored whole milk

# *Breastmilk Past Age One*

- May be served as a fluid milk to children of any age
- Reimbursable
  - ❖ If a parent/guardian provides expressed breastmilk
  - ❖ A mother breastfeeds her child on-site
- May be served in combination with other milk types for a reimbursable meal
  - ❖ i.e., mother brings  $\frac{1}{4}$  cup for 1 year old, provider would supply  $\frac{1}{4}$  cup whole unflavored milk for a total of  $\frac{1}{2}$  cup serving

# *Transition Period*

- One-month transition period is allowable
  - ❖ Switch whole milk to low-fat or fat-free milk
- Children 24 months to 25 months may be served
  - ❖ Whole milk or reduced-fat (2%) milk



# *Two to Five Year Olds*

- Serve unflavored low-fat (1%) milk or fat-free (skim) milk
- Minimum serving sizes
  - ❖ 2 years – 4fl oz or ½ cup
  - ❖ 3-5 years – 6 fl oz or ¾ cup
- Flavored milk is not reimbursable

# *6 year olds +*

- Serve unflavored or low-fat (1%) milk or fat free (skim) milk
- Minimum serving size
  - ❖ 8fl oz or 1 cup
- Flavored Milk
  - ❖ Serve only fat-free flavored milk (best practice recommendation – contain no more than 22 grams of sugar per 8 fluid ounces)



# *Milk Substitutions*

- Allowed for non-disability medical or special dietary need
- Medical statement is not required if nutritionally equivalent to cow's milk
- Request must be made in writing
- “Medical statement (CCM's form) is required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow's milk...”





United States Department of Agriculture



## Serving Milk in the CACFP

Use the information below to see what kind of milk to serve in the Child and Adult Care Program (CACFP) to those in your care.



### Newborn through 11 months old

- ✓ Breastmilk
- ✓ Iron-fortified formula

*Breastmilk is allowed at any age in CACFP.*

### 12 months through 23 months (1 year through 1 year and 11 months)

- ✓ Unflavored whole milk

*Iron-fortified formula may be served to children between the ages of 12 months to 23 months to help with the transition to whole milk.*

### 2 years through 5 years (up to 6th birthday)

- ✓ Unflavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Unflavored whole milk and unflavored reduced-fat (2%) milk may be served to children between the ages of 24 and 25 months to help with the transition to fat-free (skim) or low-fat (1%) milk.*

### 6 through 12 years, 13 through 18 years, and adults

- ✓ Unflavored fat-free (skim) milk
- ✓ Flavored fat-free (skim) milk
- ✓ Unflavored low-fat (1%) milk

*Non-dairy beverages may be served in place of cow's milk when a participant has a special dietary need. Please contact your Sponsoring Organization or State agency for more information.*

### For Adult Participants:



Yogurt may be served in place of milk once per day.

A serving of milk is optional at supper.

### 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 straws, 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 and older and adults must be fat-free (skim).

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



# Try It Out!

## Milk Matters!



Use the information on the front of the page to answer the questions below. Check your answers with the Answer Key below.

- Maya is a 1-year-old at your family child care home and eats lunch at the same time as Darrick, who is 2 years old. What type(s) of milk may you serve each child?

Maya's Age:  
Type(s) of Milk:

Darrick's Age:  
Type(s) of Milk:

- Olivia is a 5½-year-old who attends your family child care home. What kind(s) of milk may you serve her in the CACFP?

Olivia's Age:  
Types of Milk:

- At your adult day care center, you want to serve yogurt at breakfast and again that same day, during lunch. Both times, yogurt would be served in place of milk. Is this allowed? Why or why not?

Answer Key:

1. **Maya's age:** 1 year. **Type(s) of Milk:** Because Maya is 1 year old, she can only be served unflavored whole milk in the CACFP. If she is younger than 1 year and 1 month (13 months), she can also be served iron-fortified formula. There is a 1 month transition period to help children adjust to whole milk between the ages of 12 months and 13 months.

**Darrick's age:** 2 years. **Type(s) of Milk:** Because Darrick is 2 years old, he can be served unflavored fat-free (skim) milk or unflavored low-fat (1%) milk. If he is younger than 2 years 1-month (25 months), he can also be served unflavored whole milk, and unflavored reduced-fat (2%) milk. There is a 1 month transition period when the child turns 2 to help him or her adjust from whole milk to fat-free (skim) or low-fat (1%) milk.

2. **Olivia's age:** 5½ years. **Type(s) of Milk:** Because Olivia falls into the 2- through 5-year-old age group, she can be served unflavored fat-free (skim) milk and unflavored low-fat (1%) milk.

3. No, you are not allowed to serve yogurt instead of milk at breakfast AND at lunch. You are only allowed to serve yogurt instead of milk at one meal per day at adult day care centers only. If you are serving yogurt as the mealtime alternate, you may not serve yogurt as the milk substitute at the same meal. You may serve yogurt at breakfast.

# *Water*

- Drinking plenty of water is important
- Must be offered and made available throughout the day to children
- Mealtimes: Water is not a part of the reimbursable meal
  - ❖ May not be offered in the place of milk
  - ❖ May be offered alongside milk at meals



# Child and Adult Care Food Program



## FOOD CHART



Ages:	1-2	3-5	6-12
<b>Breakfast</b>			
1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Vegetable/Fruit	1/4 cup	1/2 cup	1/2 cup
1 Grain/Bread			
• Bread	1/2 slice	1/2 slice	1 slice
• Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
• Cold Dry Cereal (flakes or rounds)	1/2 cup	1/2 cup	1 cup
• Hot Cooked Cereal	1/4 cup	1/4 cup	1/2 cup
<b>Lunch/Supper</b>			
1 Fluid Milk	1/2 cup	3/4 cup	1 cup
1 Fruit	1/8 cup	1/4 cup	1/4 cup
1 Vegetable	1/8 cup	1/4 cup	1/2 cup
1 Grain/Bread			
• Bread	1/2 slice	1/2 slice	1 slice
• Biscuit/Roll/Muffin/Cornbread	1/2 serving	1/2 serving	1 serving
• Pasta/Noodles/Grains	1/4 cup	1/4 cup	1/2 cup
1 Meat/Meat Alternate			
• Meat/Poultry/Fish	1 oz.	1 1/2 oz.	2 oz.
• Cheese	1 oz.	1 1/2 oz.	2 oz.
• Large Egg	1/2 egg	3/4 egg	1 egg
• Cooked Dry Beans or Peas	1/4 cup	3/8 cup	1/2 cup
• Peanut Butter or Nut/Seed Butters	2 Tbsp.	3 Tbsp.	4 Tbsp.
• Tofu	1 oz.	1 1/2 oz.	2 oz.
• Yogurt	1/2 cup	3/4 cup	1 cup
<b>Snack (Select at least two different components from the following five)</b>			
1 Fluid Milk	1/2 cup	1/2 cup	1 cup
1 Fruit	1/2 cup	1/2 cup	3/4 cup
1 Vegetable	1/2 cup	1/2 cup	3/4 cup
1 Grain/Bread	1/2 slice or serving	1/2 slice or serving	1 slice or serving
1 Meat/Meat Alternate			
• Cheese	1/2 oz.	1/2 oz.	1 oz.
• Large Egg	1/2 egg	1/2 egg	1/2 egg
• Peanut Butter or Nut/Seed Butters	1 Tbsp.	1 Tbsp.	2 Tbsp.
• Yogurt	1/4 cup	1/4 cup	1/2 cup



# *Meat/Meat Alternates*

- Breakfast: May be served in place of the grain component for a maximum of 3 times per week
- Increases variety on the menu
- Allows more flexibility when planning menus



# *Crediting Guideline*

- Serving m/ma in place of grains:
  - ❖ 1 oz of m/ma credits as 1 serving of grains
- Menu Example:
  - ❖ Cheese Omelet (Credits as the m/ma)
  - ❖ Fruit
  - ❖ Milk



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**MEAT/MEAT ALTERNATE 1 OUNCE EQUIVALENTS**

**1 SERVING OF GRAIN EQUALS 1 OUNCE EQUIVALENT OF MEAT/MEAT ALTERNATE**

**1/2 SERVING OF GRAIN EQUALS 1/2 OUNCE EQUIVALENT OF MEAT/MEAT ALTERNATE**

**2 SERVINGS OF GRAIN EQUALS 2 OUNCE EQUIVALENT OF MEAT/MEAT/ALTERNATE**

**1 OUNCE OF COOKED LEAN MEAT/POULTRY/FISH**

**1 OUNCE NATURAL OR PROCESSED CHEESE**

**2 OUNCES COTTAGE OR RICOTTA CHEESE**

**1/4 CUP COOKED BEANS OR LEGUMES**

**1/2 LARGE EGG**

**2 TABLESPOONS PEANUT BUTTER OR OTHER NUT BUTTER**

**1 OUNCE NUTS OR SEEDS**

**1/2 CUP (4 OUNCES) YOGURT CONTAINING NO MORE THAN 23 GRAMS OF SUGAR PER 6 OUNCES**

**2.2 OUNCES (1/4 CUP) COMERCIALLY PREPARED TOFU CONTAINING AT LEAST 5 GRAMS OF PROTEIN**

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**\*CHILDREN 1-2 AND 3-5 YEARS OF AGE REQUIRE 1/2 OF THE SERVING SIZE LISTED IN THE TABLE**

**\*CHILDREN 6-12 AND 13-18 YEARS OF AGE REQUIRE THE SERVING SIZE LISTED IN THE TABLE**

**\*ADULTS REQUIRE DOUBLE THE SERVING SIZE LISTED IN THE TABLE**

# *Tofu*

- Commercial tofu & soy yogurt to credit as a m/ma
- Does not credit toward reimbursable meals for infants





# *Using Tofu*

- Forms: Silken, soft, firm, extra firm
- Commercially prepared tofu
  - ❖ Must be easily recognized as meat substitute
  - ❖ Must meet protein requirements
    - ✓ 5 grams of protein per 2.2 ounces (1/4 cup) by weight

# *Non-Creditable Tofu*

- Tofu such as soft or silken, used to add texture or enhance nutrients in foods
- Non-commercial & non-standardized tofu & soy products are not creditable
- **WHY?**
  - ❖ Not recognizable & safety concerns

# *Yogurt*



- Yogurt must contain no more than 23 grams of total sugars per 6 oz....

# *Calculation*

- Find sugar content
- Find serving size
- Divide serving into sugar

1.956

**NO**



45 grams sugar

23 grams serving size

0.135 or less when grams  
3.83 or less when ounces

### Yogurt with Mixed Berry

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Look at the Serving Size on the yogurt. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?

Write it here: \_\_\_\_\_

**Step 3:** Find the amount for Sugars.

Write it here: \_\_\_\_\_

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

(Sugars) \_\_\_\_\_ = \_\_\_\_\_  
(Serving Size)

Is it creditable? \_\_\_\_\_

### Nutrition Facts

Serving Size 2.5 oz (70g)  
Servings Per Container 4

Amount Per Serving

Calories 120

% Daily Value\*

Total Fat 1g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 25g	8%
Dietary Fiber 1g	4%
Sugars 19g	
Protein 2g	4%

### Strawberry Yogurt

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Look at the Serving Size on the yogurt. What is the serving size in ounces? If the serving size is not in ounces, what is the serving size in grams?

Write it here: \_\_\_\_\_

**Step 3:** Find the amount for Sugars.

Write it here: \_\_\_\_\_

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

(Sugars) \_\_\_\_\_ = \_\_\_\_\_  
(Serving Size)

Is it creditable? \_\_\_\_\_

### Nutrition Facts

Serving Size 1 Container (100g)  
Servings Per Container 1

Amount Per Serving

Calories 100

Calories from Fat 15

% Daily Value\*

Total Fat 1.5g	2%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 5mg	2%
Potassium 3mg	0%
Sodium 40mg	2%
Total Carbohydrate 12g	4%
Dietary Fiber 0g	0%
Sugars 11g	
Protein 8g	16%

## Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



**1** Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

**2** Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

**3** Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

**4** In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
<b>Calories</b> 130	Calories from Fat 20
% Daily Value*	
<b>Total Fat</b> 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
<b>Cholesterol</b> 10mg	3%
<b>Potassium</b> 400mg	1%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 4g	17%
<b>Sugars</b> 9g	
<b>Protein</b> 10g	
Vitamin A 8%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

**TIP:** If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

### Test Yourself:

Does the yogurt above meet the sugar requirement?  
(Check your answer on the next page)

Serving Size: \_\_\_\_\_

Sugars: \_\_\_\_\_

☐ Yes ☐ No



\*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.







# *Using Yogurt*

- Use commercial yogurt products only
- Soy yogurt is a dairy-free option. ½ cup (4.0 fluid oz) = 1.0 ounce equivalent meat alternate
- 4 oz credits as 1 oz of meat alternate





# *Non-Creditable Yogurt Products*

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt flavored fruits & nuts
- Yogurt in commercially prepared smoothies



# *Other Meat Alternates*

- Nuts & seeds
- Dry beans and peas
- Eggs
- Cheese



# *Vegetables & Fruits*

- Most children do not eat enough vegetables and fruits
- Often they are prepared with added salt, sugar, solid fat, and refined starch
- Separating vegetable and fruit components into two components
- Limits the service of juice to once per day



# *Separation of Vegetables & Fruits*

- Breakfast: 1 food component
- Lunch & Supper: 2 food components
- Snack: Optional
  - ❖ 2 food components



# *Increase Vegetable Consumption*

- **Lunch & Supper:**  
A vegetable may be used to meet the entire fruit component
- **Must be at least the same serving size as the fruit component that it replaced**



# *Juice*



- Lacks dietary fiber
- High sugar content
- Whole fruits energize the body more evenly
- MAY ONLY BE SERVED ONCE PER DAY



**WHOLE GRAIN-RICH foods contain 100% whole grains, or at least 50% whole grain, & the remaining grains in the food are enriched**

- **Each day, at least one meal or snack must include a whole grain rich food**
- **If a facility only serves one meal per day, a whole grain-rich product must be served at that meal**
- **If more than one meal is served, the facility chooses which meal to serve the whole grain-rich food**





# *Whole Grain-Rich Criteria*

- **Whole grains are the primary ingredient by weight**
  - ❖ **Read the list of ingredients**
    - Cracked wheat or crushed wheat, whole wheat flour, graham flour, bromated whole wheat flour, whole durum wheat flour
- **Whole Grains Common & Usual Names**
  - ❖ Whole listed before grain, berries or groats, rolled oats & oatmeal
- **Food package lists a FDA approved whole-grain health claim**

# *Non-Mixed Dishes*

- Common examples:  
breads & cereals
- First ingredient is a whole grain and all other grains are enriched
- First ingredient is water & the second ingredient is a whole grain and all other grains are enriched



# *Multiple Grain Ingredients*

- When a whole grain is not listed as the first ingredient for non-mixed dishes
- Whole grain-rich if combined weight of whole grains is more than the weight of the other grains
  - ❖ For example: a bread contains three grain ingredients
    - Enriched wheat flour (40% of grain weight)
    - Whole-wheat flour (30% of grain weight)
    - Whole oats (30% of grain weight)

# *Whole Grain Health Claim*

- “Diets rich in whole grain foods & other plant foods and low in total fat, saturated fat, & cholesterol may reduce the risk of heart disease & some cancers.”

OR

- “Diets rich in whole grain foods & other plant foods, & low in saturated fat & cholesterol may help reduce the risk or heart disease.”

# *Whole Grain Stamps*

**Basic Stamp**  
Does NOT meet whole  
grain-rich criteria

100% MAY meet the  
whole grain-rich  
criteria, but needs  
additional  
documentation



# *Homemade Grain Products*

- When making baked goods, you must have a copy of the recipe broken down to show that the whole grains are more than 50%
  - ❖ i.e., whole wheat flour – 2 cups
  - ❖ Enriched white flour – 1 cup



# *Menus & Whole Grain-Rich Foods*

- **DOCUMENT WHOLE GRAIN-RICH FOODS ON MENU**

- ❖ **Examples:**

- Whole wheat bread
- Whole grain-rich English muffins
- Whole grain cracker
- Whole grain- rich cracker
- Whole grain tortilla
- Brown rice
- Oatmeal

- ❖ **Abbreviations are acceptable. “WGE bread”**

# *Reviews Whole Grain-Rich Foods*

- Review menus, labels & product information – providers must have labels, ingredient list on site for documentation at a visit.
- When a whole grain-rich food is not served:
  - ❖ The meal or snack containing the grain with the lowest reimbursement will be disallowed
  - ❖ i.e., no whole grain-rich food was served for breakfast, lunch or snack, so the snack would be disallowed
  - ❖ i.e., if a grain was served at breakfast and at lunch (and none at snack) and neither were whole grain-rich, the breakfast would be disallowed



# *Breakfast Cereals*



- Source of added sugar
- Types: Ready-to-eat, instant, & regular hot cereal
- Must contain no more than 6 grams of total sugar per dry oz

# *Approved Breakfast Cereal*

- Use WIC Approved Breakfast Cereals List
- Complete a Calculation



# *Use WIC Approved Breakfast Cereals Lists*

- Choose breakfast cereal from **ANY** WIC Approved cereal list
  - Meets the sugar limits for CACFP
  - All WIC approved breakfast cereals contains no more than 6 grams of sugar per dry oz



# Complete a Calculation

- Breakfast cereal must be within the threshold of 0.212 or less
- Steps
- Find the Nutrition Facts Label
- Find the Serving Size: 28 grams
- Find the amount for Sugars: 1 gram

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	
Calories 105	Calories from Fat 9
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%

# Complete a Calculation (cont.)

- Calculate the amount of sugar

$$\frac{\textit{Sugars}}{\textit{Serving Size}} = \frac{1}{28} = 0.036$$

- Threshold: 0.212 or less, the cereal is creditable
- Creditable: 0.036 is less than 0.212

### Honey Frosty O's

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Find the Serving Size of the cereal.  
Write the number of grams (g) here:  
\_\_\_\_\_ (g).

**Step 3:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_ (g).

**Step 4:** Divide the Sugars number by the Serving Size number.  
$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

**Step 5:** If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable? \_\_\_\_\_

### Nutrition Facts

Serving Size 3/4 cup (28g)  
Servings Per Container 12

Amount Per Serving

Calories 110 Calories from Fat 15

	% Daily Value*
<b>Total Fat</b> 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Potassium</b> 50mg	1%
<b>Sodium</b> 160mg	7%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 2g	8%
Sugars 9g	
<b>Protein</b> 2g	4%

### Champion Flakes

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Find the Serving Size of the cereal.  
Write the number of grams (g) here:  
\_\_\_\_\_ (g).

**Step 3:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_ (g).

**Step 4:** Divide the Sugars number by the Serving Size number.  
$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = \underline{\hspace{2cm}}$$

**Step 5:** If the number is 0.212 or less, the cereal is below the sugar limit.

Is it creditable? \_\_\_\_\_

### Nutrition Facts

1 servings per container

Serving size As Packaged (33g)

Amount Per Serving

Calories 120

	% Daily Value*
<b>Total Fat</b> 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 270mg	12%
<b>Total Carbohydrate</b> 27g	10%
Dietary Fiber 1g	4%
<b>Total Sugars</b> 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 2g	4%





## Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

- 2 Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

- 3 Use the serving size identified in Step 1 to find the serving size of your cereal in the table below.

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
12-16 grams	3 grams
26-30 grams	6 grams
31-35 grams	7 grams
45-49 grams	10 grams
55-58 grams	12 grams
59-63 grams	13 grams
74-77 grams	16 grams

- 4 In the table, look at the number to the right of the serving size amount, under the "Sugars" column.  
If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

\*Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/foods-and-snacks>.

### Yummy Brand Cereal

#### Nutrition Facts

Serving Size	1/2 cup (30g)
Servings Per Container	about 15
Amount Per Serving	Cereal
<b>Calories</b> 100	<b>100</b>
Calories from Fat 5	5
% Daily Value*	
<b>Total Fat</b> 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 140mg	6%
<b>Potassium</b> 90mg	3%
<b>Total Carbohydrate</b> 22g	7%
Dietary Fiber 3g	11%
<b>Sugars</b> 5g	
Other Carbohydrate 14g	
<b>Protein</b> 140mg	

#### Test Yourself:

Does the cereal above meet the sugar requirement?  
(Check your answer on the next page.)

Serving Size: \_\_\_\_\_

Sugars: \_\_\_\_\_

☐ Yes ☐ No







# *Grain-Based Desserts*

- Source of added sugars & saturated fats
  - ❖ Increases risk of chronic illnesses
- Not creditable towards the grain component



# *List of **SOME** Grain-Based Desserts*

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars
- Sweet piecrusts
- Sweet rolls
- Toaster pastries



## LESSON 2: CHILD AND ADULT MEAL PATTERN REQUIREMENTS

Group C	Minimum Serving Size for Group C	Oz Eq for Group C
Cookies <sup>3</sup> (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies <sup>3</sup> , cobbler <sup>3</sup> , fruit turnovers <sup>4</sup> , and meat/meat alternate pies) Waffles	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz
Group D	Minimum Serving Size for Group D	Oz Eq for Group D
Doughnuts <sup>3</sup> (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars <sup>4</sup> (plain) Muffins (all, except corn) Sweet roll <sup>4</sup> (unfrosted) Toaster pastry <sup>4</sup> (unfrosted)	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz
Group E	Minimum Serving Size for Group E	Oz Eq for Group E
Cereal bars, breakfast bars, granola bars <sup>4</sup> (with nuts, dried fruit, and/or chocolate pieces) Cookies <sup>3</sup> (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts <sup>4</sup> (cake and yeast raised, frosted or glazed) French toast Sweet rolls <sup>4</sup> (frosted) Toaster pastry <sup>4</sup> (frosted)	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz

# *Identification of G-B Desserts*

- Some foods are not easily identified as grain-based dessert
  - ❖ i.e., a cookie is labeled “breakfast round”
- Ask the question:
  - ❖ Is this food thought of as a dessert?



# *G-B Desserts & Special Occasions*

- Annual festival, birthday celebrations, end-of-year bash, or other special events
- May be served as an additional item only





# *Deep Fat Frying*

- May not be used to prepare meals on-site
- Defined as food submerged in hot oil or other fat
- Can be dangerous
- Too many deep-fat fried foods may contribute to chronic illnesses



# ***Foods Fried Off-Site***

- ***May purchase from commercial manufacturer***
  - ***Pre-fried***
  - ***Flash-fried***
  - ***Par-fried***
  - ***Deep-fat fried***
- ***May not deep-fry when reheating***



# *Providing Food Components*

- Parent/guardian may provide only one creditable food component for a reimbursable meal for any age child
  - ❖ i.e.; provide special grain, organics, special brands, etc
- Child care providers must provide remaining components for the meal to be reimbursable





# *Reward & Punishment*

- Negative effect on development & socialization
- Rewards may lead to cavities & weight gain
- Punishment may cause overeating
- Not allowed in CACFP facilities



# *Grace Period – 1 year*

- Does this mean I have an entire year to start making the changes?
  - ❖ NO – You must implement all of the changes on October 1, 2017
- Well then, what does it mean?
  - You won't be penalized if you make honest mistakes
    - ❖ For example: what you thought was a whole-grain rich item turns out not to be, or you forgot one day to put one in
    - ❖ You made an error in your sugar calculations and the cereal or yogurt wasn't credible
    - ❖ You served two fruits at a meal

# *Thank You*

- We realize that this transition may be confusing at times and that you will have questions as time progresses.
- As always – Call or email us (786-0925 or 1-800-784-0157)  
[cacfp@ccmaine.org](mailto:cacfp@ccmaine.org)

***YOU ARE NOT BOTHERING US!***

***We are here to assist you.***

