

# **NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS**

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USDA Food & Nutrition Service  
Child Nutrition Programs





thank  
you!

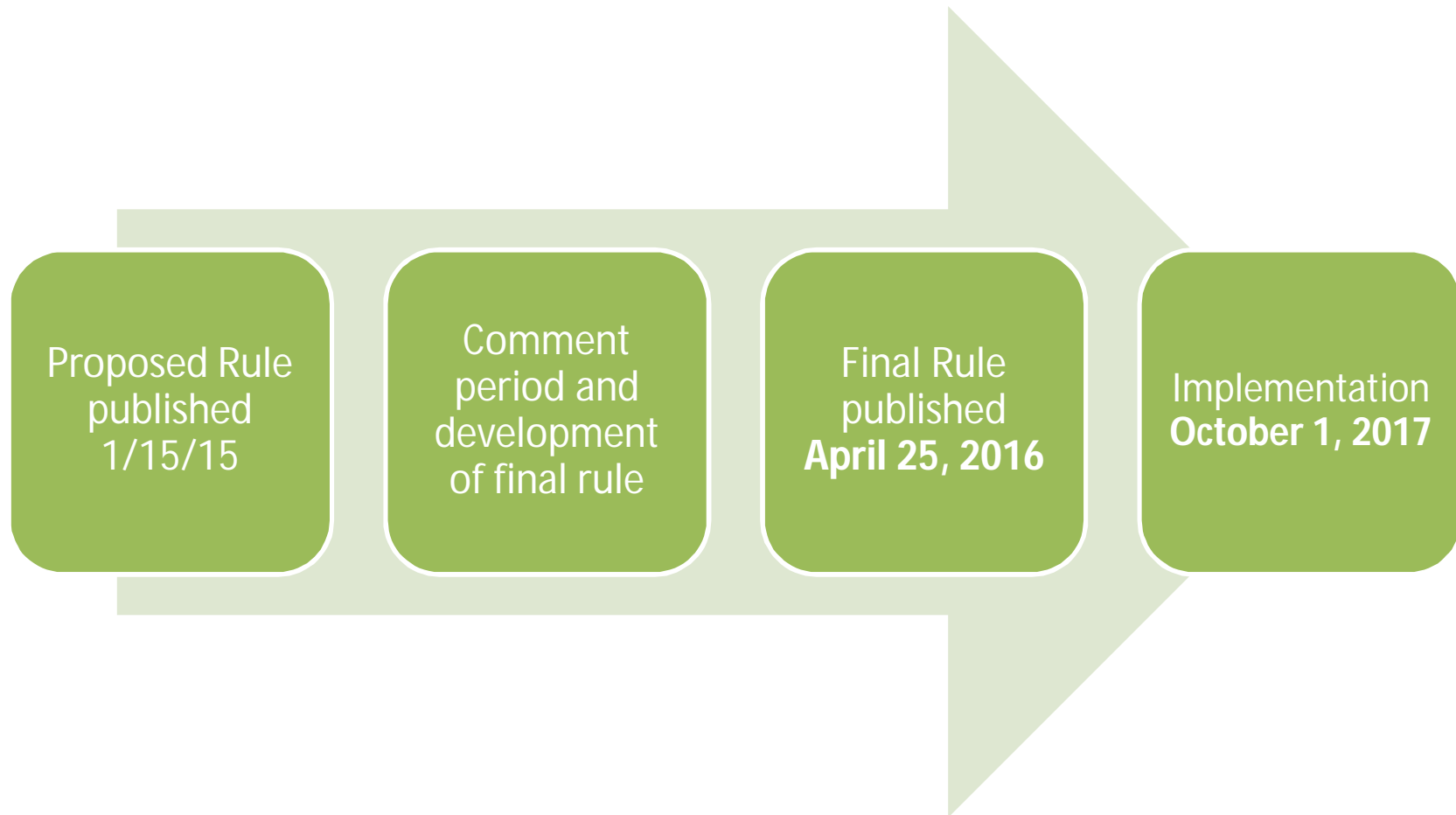


# Agenda

- ❖ Infant meal pattern
- ❖ Child and adult meal pattern
- ❖ Other Child Nutrition Programs
- ❖ Best practices
- ❖ Resources



# Regulation Process





# NEW INFANT MEAL PATTERN

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# Infant Age Groups and Solid Foods

❖ Two age groups:  
0-5 months and 6-11 months

❖ Solid foods are allowed  
when developmentally  
appropriate for the  
infant



# Gradual Introduction of Solid Foods

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
<b>Breakfast Lunch or Supper</b>	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula  0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula  2-4 tbsp infant cereal  1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula  0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination*  0-2 tbsp vegetable, fruit or both*

# Breastfeeding and Infant Snack

- ❖ Meals may be reimbursed when a mother breastfeeds on-site
- ❖ A vegetable or fruit must be served at snack for older infants; prohibits juice
- ❖ Ready-to-eat cereals are allowed at snack for older infants



# Meat and Meat Alternates

- ❖ Allows cheese, cottage cheese, and yogurt
- ❖ Whole eggs





# NEW CHILD AND ADULT MEAL PATTERNS

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# Age Groups



# Vegetables and Fruit

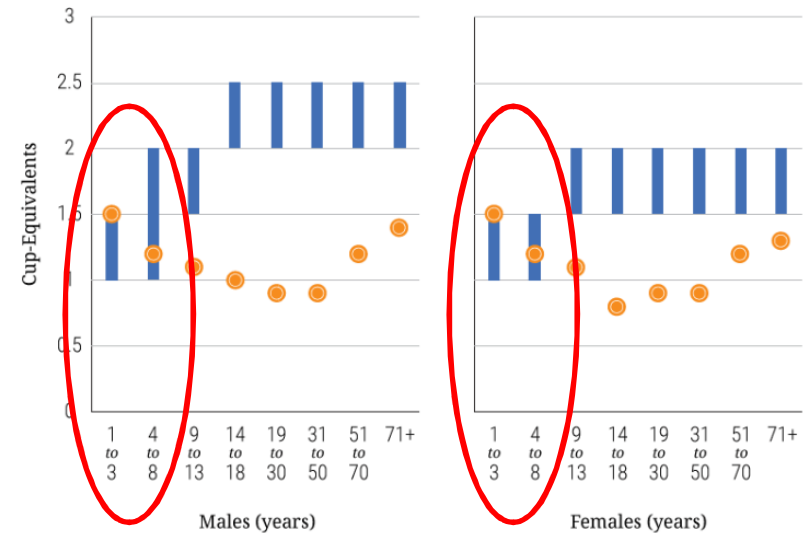
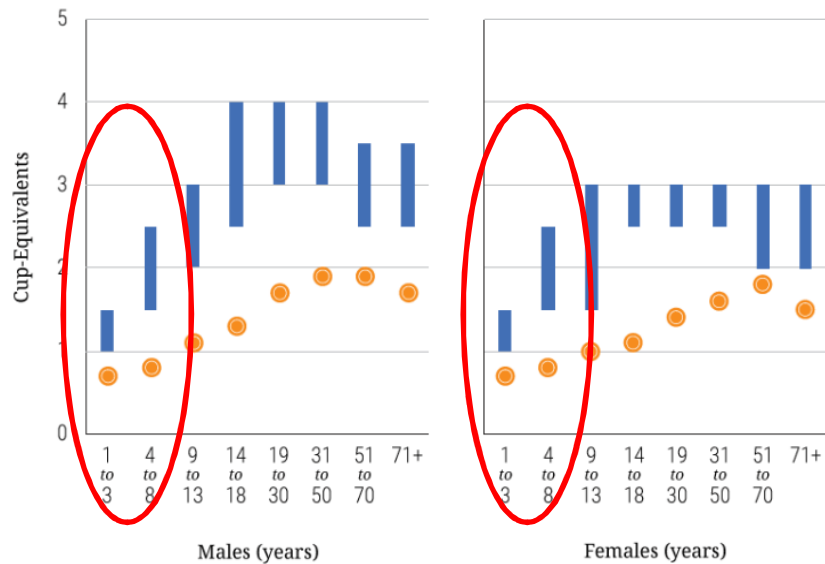
- ❖ Creates a separate vegetable component and a separate fruit component



# Vegetable and Fruit Consumption

■ Recommended Intake Ranges

● Average Intake





# Vegetables and Fruit

- ❖ Allows two vegetables at lunch and supper



# Vegetables and Fruit

- ❖ Limits juice to once per day

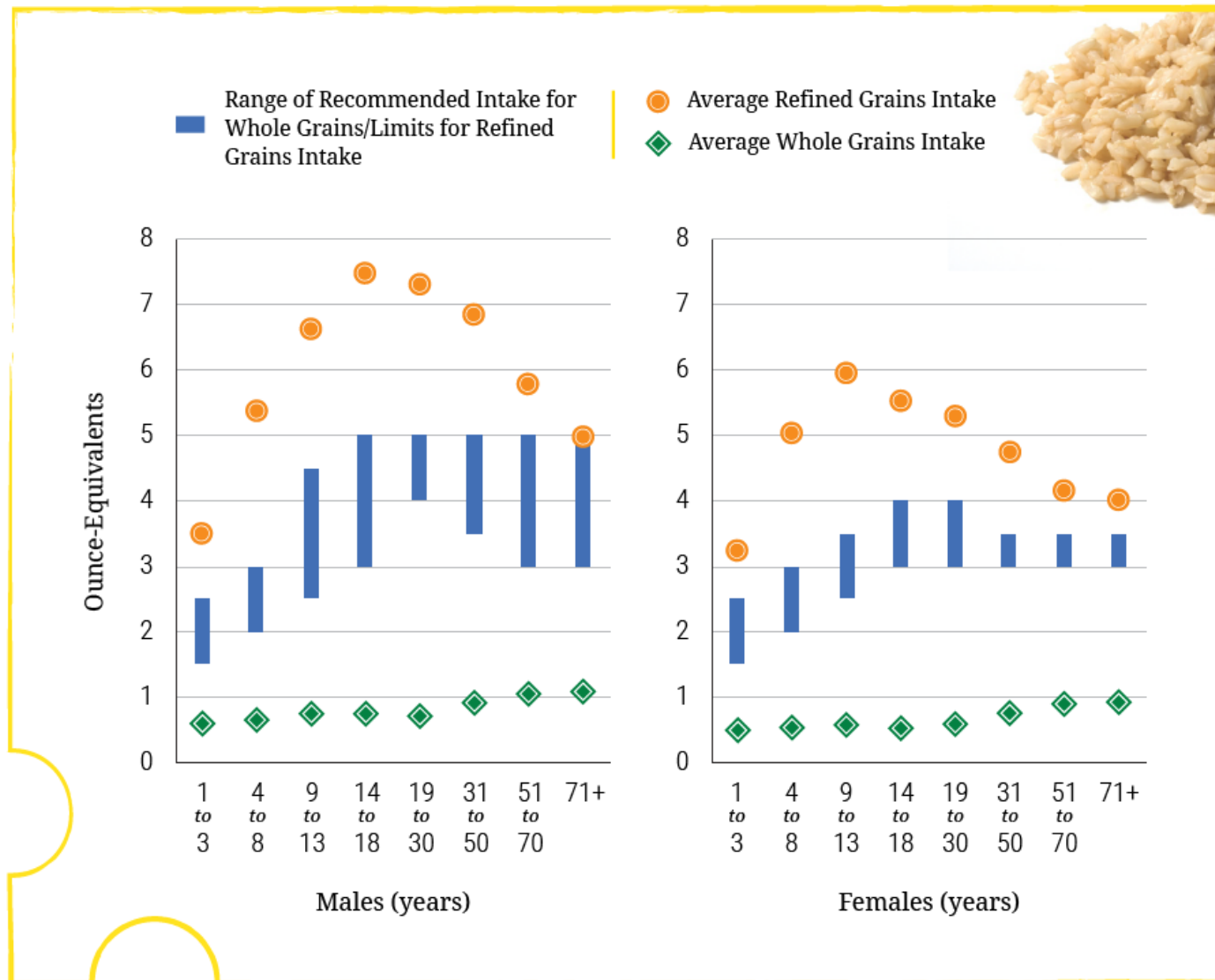


# Grains

- ❖ Requires at least one grain per day be **whole grain-rich**



# Grain Consumption





## Whole Grain-Rich

- ❖ Whole grain-rich = foods that contain **at least 50% whole grains** and the rest are enriched, or contain **100% whole grains**

# Grains

❖ Disallows  
grain-based  
desserts

## Section

# 3

Food Buying Guide for Child Nutrition Programs

## Grains/Breads



- 3-1 Grains/Breads Component for the Child Nutrition Programs
- 3-1 Definitions
- 3-2 Examples of Foods That Qualify as Grains/Breads
- 3-3 I. Criteria for Determining Acceptable Grains/Breads
- 3-3 II. Steps in Determining Grains/Breads Creditability
- 3-7 Flow Chart for Determining Grains/Breads Creditability
- 3-8 III. Criteria for Determining Serving Sizes
- 3-13 Worksheet for Calculating Grains/Breads Contribution
- 3-15 EXHIBIT A
- 3-17 Factors Affecting Yields
- 3-17 Explanation of the Columns
- 3-18 Yield Data Table for Grains/Breads

# Grains

- ❖ Breakfast cereals must contain **no more than 6 grams of sugar** per dry ounce



# Grains

- ❖ Uses **ounce equivalents** to determine serving sizes for grains (starting October 1, 2019)



# Meat and Meat Alternates



- ❖ May substitute the **ENTIRE** grains component at breakfast a **maximum of three times per week**
- ❖ Allows tofu

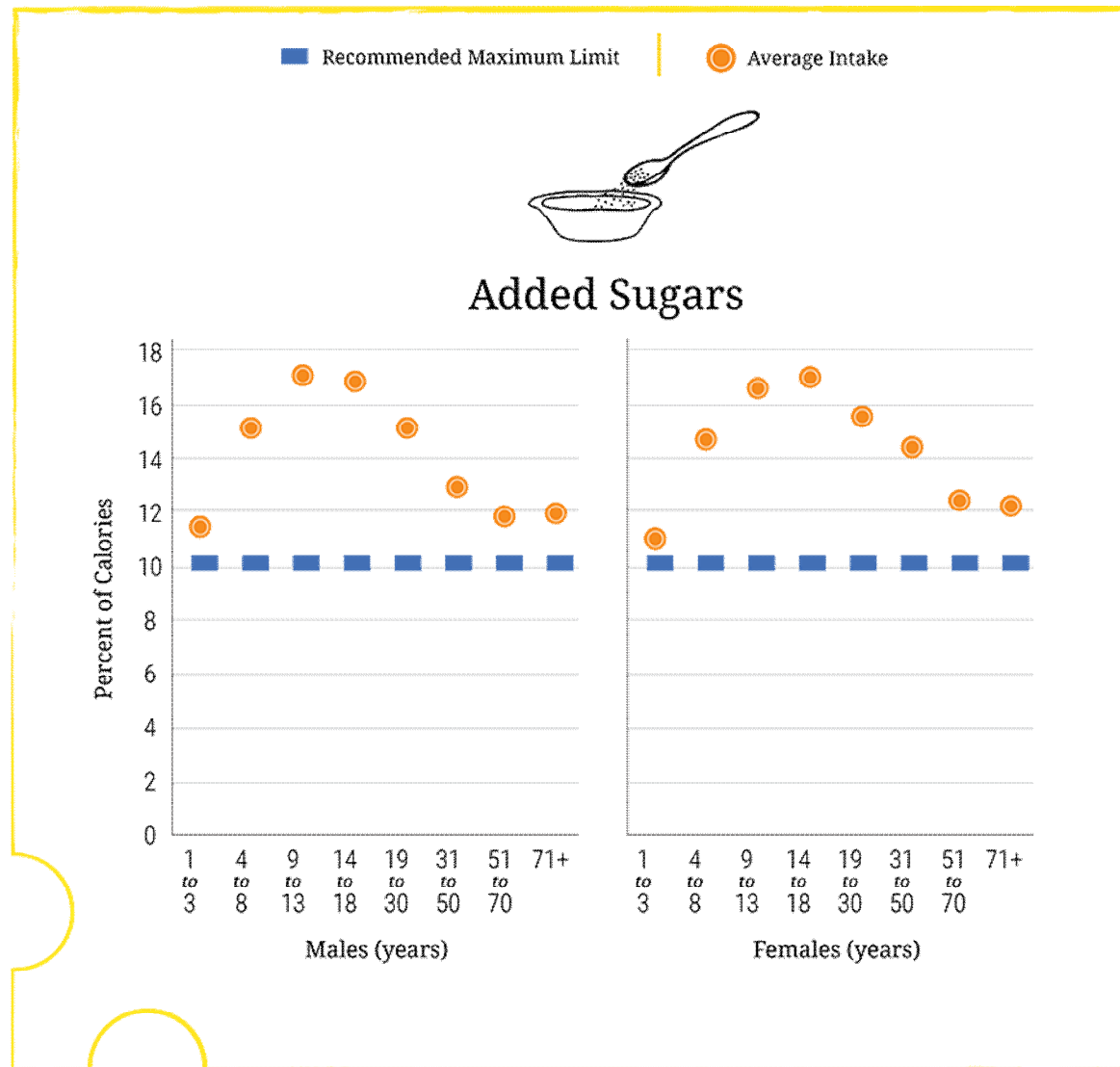


# Meat and Meat Alternates

- ❖ Yogurt must contain **no more than 23 grams of sugar** per 6 ounces



# Added Sugar Consumption



# Fluid Milk

- ❖ **1 year old children:** whole, unflavored milk
- ❖ **2 year olds and older and adults:** low-fat or fat-free milk
- ❖ **Adults:** yogurt in place of milk once per day
- ❖ Non-dairy beverages





# Flavored Milk



# Flavored Milk

## Children 0 through 5 years old

- ❖ Prohibits flavored milk

## Children 6 years old and older and adults

- ❖ Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces

# Food Preparation

❖ **Deep-fat frying** = cooking by submerging in hot oil or other fat



# Additional Provisions



- ❖ Use of food and beverage for reward or punishment
- ❖ Offer and make water available

- ❖ Parent/guardian provided components
- ❖ Family style meals
- ❖ Offer vs. Serve





**Other Child Nutrition Programs**

# BEST PRACTICES

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# Best Practice: 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 (Modified)



# Best Practices: Vegetables and Fruit

- ❖ Make at least one of the two components of snack a vegetable or a fruit
- ❖ **Serve a variety** of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice (New)
- ❖ Provide at least one serving of each vegetable subgroup per week (Modified)





## Best Practices: Grains

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



# Best Practices: Meat/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** cheese (Modified)

# Best Practices: Milk

- ❖ **Serve only unflavored milk.** If flavored milk is served to children 6 years old and older, or adults, select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces (Modified)
- ❖ **Serve water** as a beverage when serving yogurt in place of milk for adults (New)





## Additional Best Practices

- ❖ Incorporate **seasonal and locally** produced foods (New)
- ❖ Limit **purchased pre-fried** foods (Modified)
- ❖ Avoid non-creditable foods that **sources of added sugars** (New)
- ❖ **Offer and make water available** to adults (New)

# RESOURCES

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# Getting From Here to There ...

1

- FNS is training State Agencies

2

- State Agencies will train their sponsors and independent centers

3

- Sponsors will train their centers and day care homes

# Webpage resources

## ❖ CACFP Meal Standards webpage: <http://www.fns.usda.gov/cacfp/meals-and-snacks>

**USDA**  
United States Department of Agriculture

### NEW Child and Adult Care Food Program Meal Patterns

#### Infant Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.

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#### New Infant Meal Pattern

**Encourage and support breastfeeding:**

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- Only breastmilk and infant formula are served to infants 0 through 5 months old.

**Developmentally appropriate meals:**

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

**More nutritious meals:**

- Requires a vegetable or fruit, or both, to be served at snack for infants 0 through 11 month olds;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals.

See a side-by-side comparison of the old and new infant 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>.

For more information on infant development and nutrition, check out Team Nutrition's Feeding Infants Guide: <http://www.fns.usda.gov/feeding-infants-guide-use-child-nutrition-program>

April 22, 2016

**USDA**  
United States Department of Agriculture

### Old and New Infant Meal Patterns: Let's Compare

	Old	New
<b>Breakfast</b>	0-3 months 4-6 fl oz breastmilk or formula 4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	4-7 months 4-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both
<b>Lunch or Supper</b>	4-6 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	4-8 fl oz breastmilk or formula 2-4 tbsp infant cereal; and/or 1-4 tbsp meat, fish, poultry, egg, pork, cooked dry beans or peas; or 1/2 oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both
<b>Snack</b>	4-6 fl oz breastmilk or formula 4-8 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula 2-4 fl oz breastmilk or formula, or fruit juice 0-1/2 bread slice or 0-2 crackers 0-3 tbsp vegetable, fruit or both

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

April 22, 2016

**USDA**  
United States Department of Agriculture

### 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.

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#### 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 protein options:**

- 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 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>.

April 22, 2016

**USDA**  
United States Department of Agriculture

### 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	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
Grains	1/2 serving	1/2 oz eq*	1/2 serving	1/2 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	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
Vegetables	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup*
Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
Grains	1/2 serving	1/2 oz eq	1/2 serving	1/2 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	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
Vegetables	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
Fruit	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
Grains	1/2 serving	1/2 oz eq	1/2 serving	1/2 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.

April 22, 2016





### How To Apply

- [Contact State Agency](#)
- [Income Eligibility](#)
- [Reimbursement Rates](#)

### Browse by Subject

- [Federal Register Documents](#)
- [Legislation](#)
- [Policy](#)
- [Paperwork Reduction](#)
- [Press Releases](#)
- [Regulations](#)
- [Guidance and Resources](#)
- [CN Labeling](#)
- [Food Safety](#)
- [Research & Reports](#)
- [Disaster Assistance](#)

### Other Resources

- [Capacity Builder Map](#)
- [CACFP Handbooks](#)
- [CACFP Meal Patterns](#)
- [School Meals](#)
- [Summer Meals](#)
- [Team Nutrition](#)
- [Meal Benefit Forms](#)

## Child and Adult Care Food Program (CACFP)

[Print](#)



CACFP provides aid to child and adult care institutions and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children, and the health and wellness of older adults and chronically impaired disabled persons.

Through CACFP, more than 3.3 million children and 120,000 adults receive nutritious meals and snacks each day as part of the day care they receive.

See how CACFP can make a difference in the quality of your program! Whether you are a provider in your home, at a day care center, in an afterschool care program, or in an emergency shelter, you will find many useful resources for serving nutritious meals and snacks.

#### ▪ [Tell me about CACFP](#)

Here's an overview of how CACFP fits into the FNS safety net to improve access to food and a healthful diet.

- [At-risk Afterschool Care Centers](#)
- [Adult Day Care Centers](#)
- [Child Care Centers](#)
- [Day Care Homes](#)
- [Emergency Shelters](#)

#### ▪ [Contact your State agency](#)

CACFP is a federally-funded program administered by States. Contact your State agency to apply, find a day care home sponsor, or locate a facility that participates.

#### ▪ [How to manage CACFP](#)

Find all of the basic information you need for participating in CACFP, including legislation, regulations, policy, meal requirements, and reimbursement rates.





### How To Apply

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## Child and Adult Care Food Program (CACFP)



### Nutrition Standards for CACFP Meals and Snacks



Centers and day care homes offering meals through the Child and Adult Care Food Program (CACFP) play a critical role in supporting the wellness, health, and development of children, older adults, and chronically impaired disabled persons through the provision of nutritious foods. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Through the [Healthy, Hunger-Free Kids Act](#), championed by the First Lady and signed by President Obama, USDA made the first major changes in the CACFP meals and snacks since the Program's inception in 1968, which will help ensure children and adults have access to healthy, balanced meals and snacks throughout the day. The new CACFP nutrition standards will help safeguard the health of children early in their lives and improve the wellness of adults.

Under the new CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with the [Special Supplemental Nutrition Program for Women, Infants, and Children \(WIC\)](#) and with other [Child Nutrition Programs](#).

The new standards for meals and snacks served in the CACFP are based on the [Dietary Guidelines for Americans](#), science-based recommendations made by the National Academy of Medicine, cost and practical considerations, and stakeholder's input. These improvements are expected to enhance the quality of meals served in CACFP to help young children learn healthy eating habits early on in their lives and improve the wellness of adult participants.

USDA is providing guidance, resources, best practices, and training for CACFP centers and day care homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.

### Nutrition Standards

#### New Meal Standards

The updated meal standards for the CACFP are available for public inspection and will be published in the Federal Register on Monday, April 25, 2016. CACFP centers and day care homes must comply with the new meal standards by October 1, 2017.

- > [Team Nutrition](#)
- > [Meal Benefit Forms](#)

homes to support them in providing healthy, balanced meals and snacks to the children and adults they serve.

## Nutrition Standards

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### New Meal Standards

The updated meal standards for the CACFP are available for public inspection and will be published in the Federal Register on Monday, April 25, 2016. CACFP centers and day care homes must comply with the new meal standards by October 1, 2017.

### Regulations

- [Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010, Final Rule](#)  
-- [Press Release](#)

### One-Page Summaries of the New Meal Standards

- [Infants](#)
- [Children and Adults](#)
- [Best Practices](#)

### New Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adults](#)

### Previous Meal Standards

CACFP centers and day care homes may continue to comply with the earlier meal standards as they transition to the new meal standards. However, all aspects of meals served through the CACFP must meet the new standards no later than October 1, 2017. Information on the previous meal standards can be found at the links below.

### Previous Meal Standards Charts

- [Infants](#)
- [Children](#)
- [Adult](#)

[Previous Regulations](#)

## Guidance and Technical Assistance

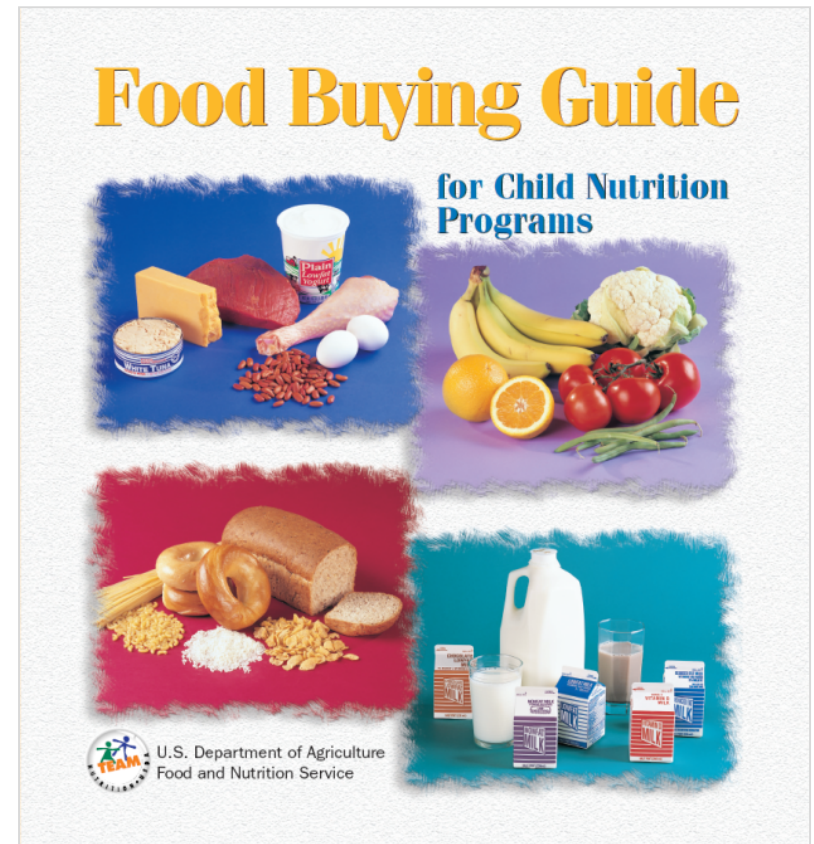
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- [Nutrition and Wellness Tips for Young Children](#)
- [Feeding Infants: A Guide for Use in the Child Nutrition Programs](#) (currently being revised to reflect new infant meal standard requirements)
- [Local Foods and Related Activities in the Child and Adult Care Food Program](#)
- [Team Nutrition Resource Library](#)
- [Healthy Meals Resource System](#)
- [MyPlate](#)

# Technical Assistance Resources

- ❖ Food Buying Guide
- ❖ Resources in **English and Spanish**
- ❖ Multi-cultural recipes

**RECIPES**  
**FOR HEALTHY KIDS**  
COOKBOOK FOR HOMES



# Team Nutrition



## Feeding Infants

A Guide for Use  
in the Child Nutrition Programs



United States Department of Agriculture  
Food and Nutrition Service  
FNS-258

- ❖ New nutrition education resources
- ❖ Feeding Infants Guide
- ❖ Team Nutrition Training Grants

# Questions?

