

Eating Through Meal Patterns

CHILD AND ADULT CARE FOOD PROGRAM New Meal Patterns Announcement

On April 22, 2016, the United States Department of Agriculture (USDA) announced changes to the Child and Adult Care Food Program (CACFP) meal patterns. The changes are part of a broad effort to align child nutrition programs with the nutrition best practices outlined by the Dietary Guidelines for Americans, new scientific research, and recommendations by organizations such as the American Academy of Pediatrics. The changes are notable because there have been few significant changes to CACFP since the program began in 1968.

Before the changes were finalized, USDA received nearly 8,000 comments from child care providers, CACFP sponsors, dietitians, and many others. USDA improved many of the proposed changes based on these comments to assure that the regulations are realistic and cost-neutral while also supporting good nutrition. All child care homes and centers participating in CACFP will be required to follow the new meal patterns starting on October 1, 2017.



Provider success is a top priority for ACD staff. To help providers transition to the new meal patterns, ACD will be offering numerous resources and training opportunities including webinars, workshops, Potpourri articles, weekly social media tips, nutrition handouts and printables, and high-quality customer service and technical assistance.

ACD has a brand new webpage that focuses exclusively on the new CACFP meal pattern changes. ACD will be listing new resources and training opportunities as they become available on the webpage and social media.

To stay up-to-date and be the first to learn about new resources and opportunities:

Visit us on the web: www.acdkids.org

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The new CACFP Meal Patterns go into effect on October 1, 2017.

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ONE BITE AT A TIME

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