

Eating Through Meal Patterns

CHILD AND ADULT CARE FOOD PROGRAM New Child Meal Patterns



VEGETABLES/FRUITS

- ✔ Claiming juice is limited to once per day
- ✔ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component

GRAINS/BREADS

- ✔ At least one serving of grains per day must be whole grain-rich
- ✔ Grain-based desserts can no longer be claimed as a grains/breads component

Grain-based desserts include:

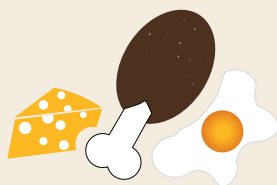
Brownies	Cookies	Fruit turnovers	Sweet rolls
Cakes	Dessert pies	Grain fruit bars	Toaster pastries
Coffee cakes	Doughnuts	Granola bars	



- ✔ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed

MEAT/MEAT ALTERNATE

- ✔ Meat/meat alternates may be claimed in place of the entire grains component at breakfast a maximum of three times per week
- ✔ Tofu is allowable as a meat alternate
- ✔ Yogurts must contain no more than 23 grams of sugar per 6 ounces when claimed



MILK REQUIREMENTS

- ✔ Milk claimed for 1 year olds must be unflavored whole milk
- ✔ Milk claimed for children 2 through 5 years old must be unflavored low-fat (1%) or fat-free
- ✔ Milk claimed for children 6 years and older must be unflavored low-fat (1%), unflavored fat-free, or flavored fat-free
- ✔ Non-dairy milk substitutes that are nutritionally equivalent to milk may be claimed in place of cow's milk to children with medical or special dietary needs with a Milk Substitution Form



OTHER CHANGES

- ✔ Providers can be reimbursed when parents or guardians provide up to one component per meal as long as it meets meal pattern requirements
- ✔ On-site deep frying is not allowed as a way of preparing claimed foods



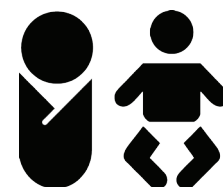
The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

ONE BITE AT A TIME

Eating Through Meal Patterns

CHILD AND ADULT CARE FOOD PROGRAM New Infant Meal Patterns



ENCOURAGE AND SUPPORT BREASTFEEDING

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

DEVELOPMENTALLY APPROPRIATE MEALS

- ✔ There are two infant age groups instead of three: 0 through 5 months old and 6 through 11 months old
- ✔ Solid foods are gradually introduced around 6 months of age, as developmentally appropriate



What does it mean to be developmentally appropriate?

Foods in reimbursable meals for infants must be of a texture and consistency that is appropriate for the age and development of the infant being fed



MORE NUTRITIOUS MEALS

- ✔ Requires a vegetable or fruit, or both, to be served at claimed snacks for infants 6 through 11 months old, as developmentally appropriate
- ✔ Juice, cheese food, and cheese spread cannot be claimed for infants
- ✔ Breakfast cereals can be claimed for infants 6 through 11 month olds at snack, as developmentally appropriate
- ✔ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed
- ✔ Yogurt can be claimed for infants 6 through 11 months old, as developmentally appropriate
- ✔ Yogurts must contain no more than 23 grams of sugar per 6 ounces when claimed
- ✔ Whole eggs can be claimed for infants 6 through 11 months old, as developmentally appropriate



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ONE BITE AT A TIME

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