

# Eating Through Meal Patterns

Child and Adult Care Food Program



## New CACFP Meal Pattern Self-Assessment

Are you ready for the new CACFP meal patterns? Grab a copy of your weekly menu and take this assessment to learn about how to achieve meal pattern success before October 1, 2017!

When serving claimed meals and snacks, do you...	Yes	No
1. Introduce solid foods to infants around 6 months as developmentally ready?	<input type="checkbox"/>	<input type="checkbox"/>
2. Claim a vegetable, fruit, or both at snack for infants 6 through 11 months old?	<input type="checkbox"/>	<input type="checkbox"/>
3. Avoid claiming juice for infants?	<input type="checkbox"/>	<input type="checkbox"/>
4. Avoid claiming cheese food or cheese spread for infants?	<input type="checkbox"/>	<input type="checkbox"/>
5. Claim one fruit and one vegetable or two vegetables at lunch and dinner?	<input type="checkbox"/>	<input type="checkbox"/>
6. Claim juice for children no more than once per day?	<input type="checkbox"/>	<input type="checkbox"/>
7. Claim whole grain-rich* grains, breads, or cereals at least once per day?	<input type="checkbox"/>	<input type="checkbox"/>
8. Avoid claiming grain-based desserts**?	<input type="checkbox"/>	<input type="checkbox"/>
9. Claim breakfast cereals with no more than 21.2 grams sugar per 100 grams cereal?	<input type="checkbox"/>	<input type="checkbox"/>
10. Claim yogurt with no more than 23 grams of sugar per 6 ounces?	<input type="checkbox"/>	<input type="checkbox"/>
11. Claim unflavored (and no flavored) whole milk to 1 year old children?	<input type="checkbox"/>	<input type="checkbox"/>
12. Claim unflavored (and no flavored) low-fat or fat-free milk to children 2-5 years old?	<input type="checkbox"/>	<input type="checkbox"/>
13. Claim unflavored low-fat or fat-free, or flavored fat-free milk to children 6 or older?	<input type="checkbox"/>	<input type="checkbox"/>
14. Avoid claiming foods deep fried on-site?	<input type="checkbox"/>	<input type="checkbox"/>

\*Whole grain-rich means at least 50% of the grains in a food are whole grains. Remaining grains are enriched.

\*\*Grain-based desserts include cookies (including vanilla wafers), sweet crackers (e.g. graham and animal crackers), sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.



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

For more information, visit us on the web at [www.acdkids.org](http://www.acdkids.org) or like us on Facebook!

**ONE  
BITE  
AT A TIME**

# Your Self-Assessment Results

Count the number of times you checked “yes” and “no” your assessment.  
See below for more information about how you are doing so far.

## Checked “yes” 0-4 times?

*Let's get started!* There are still a number of requirements that you will need to implement, but don't worry because ACD is here to help you succeed!



## Checked “yes” 5-8 times?

*You are getting there!* You are meeting many of the requirements, but there are still a few more steps you can take to meet all of the new CACFP meal patterns.

## Checked “yes” 9-13 times?

*You are so close!* You are nearly meeting the new CACFP meal pattern requirements! There are only a few more steps to take before October 1, 2017.



## Checked “yes” 14 times?

*Congratulations!* You are already an expert on the CACFP meal pattern requirements! You will be well-prepared when October 1, 2017 arrives.

## WHAT CAN DO YOU?

- ✔ Review the boxes checked “no” and think about what you can do to change them to a “yes.”
- ✔ Take small steps to move your menus closer to the new CACFP meal pattern requirements.
- ✔ Check out all of the new CACFP meal pattern resources on the ACD website.
- ✔ Contact the ACD offices or your field monitor with questions or if you need technical assistance.

## THANK YOU FOR YOUR PATIENCE!

Some meal patterns changes are *not* compatible with the current meal patterns. Please wait to implement them until October 1, 2017 or until otherwise instructed. Thank you for your patience!

- ➔ Receiving reimbursement for infant meals when the mother breastfeeds on-site.
- ➔ Claiming yogurt, whole eggs, and ready-to-eat cereals under the infant meal pattern.
- ➔ Claiming meat/meat alternates in place of grains at breakfast up to three times per week.
- ➔ Claiming tofu and soy yogurts as a meat alternate.
- ➔ Allowing parents/guardians to provide one meal component when children have medical or special dietary needs not related to a disability.

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