

This home study provides information on the new CACFP Meal Pattern.  
**All new meal pattern changes were implemented on October 1, 2017.**  
**All foods that no longer meet CACFP requirements cannot count as creditable components within your meals and snacks.**

## CACFP MEAL PATTERN CHANGES

### Meal Component Changes

There are now **5 meal components** instead of four:  
 Milk, meat/meat alternates, vegetables, fruits, and grains

- **Fruits and Vegetables are now separate components at lunch, supper, and snack**

## MILK

### New Requirements

#### 1 Year Olds

- **Whole unflavored milk** is required
- **Flavored milk cannot be served**, including flavorings such as syrup or flavored milk powders

#### 2 - 5 Year Olds

- **Unflavored low-fat (1%) milk or fat-free (skim) milk** is required

#### 6 Years Old and Older

- **Unflavored low-fat (1%) or fat-free (skim) milk** is required
- **Flavored milk** must be **fat-free (skim)**. If adding syrup or flavored milk powder, the milk must be **fat-free (skim) milk only**

A **one month transition period** to switch from whole milk to low fat or fat-free is allowed. You may claim reimbursement for meals served to children 24-25 months of age that include whole milk and mixtures of other unflavored milks.

Note: Programs with mixed age groups must serve the correct milk type for each age group:

**Non-dairy Beverages**  
 Non-dairy beverages served for non-medical, special dietary requests must be nutritionally equivalent to cow's milk.

**Ages 1 through 5:** Must be **unflavored**

**Ages 6 and older:** May be **unflavored or flavored**



**IMPORTANT:**  
 2% milk is **NOT** creditable and must not be served to participants of any age

# FDCH CACFP NEW Meal Pattern Home Study

## Breastmilk

Breastmilk may be served to children past the age of 1. You may claim reimbursement **when a mother breastfeeds at your home** or when expressed breastmilk is provided to the child on-site. Your program must provide all of the other required meal or snack components.

## Water

Programs **must** offer water to participants at different times throughout the day. For very young children, this may require visual cues such as showing the cup or pitcher while offering the water.

- **Water is not part of a reimbursable meal, and it cannot be served in place of milk.**

## MEAT/MEAT ALTERNATE (M/MA)

Meat or meat alternates may substitute the entire grains component at breakfast a maximum of three times per week.

See the chart below for M/MA ideas you can serve at breakfast and the required minimum serving size of the foods for each age group.

One ounce of M/MA will credit as 1 serving of grains

	Ages 1- 2 years and 3-5 years	Ages 6-12 years and 13-18 years
Minimum amount of M/MA required at breakfast	½ ounce equivalent	1 ounce equivalent
Beans	1/8 cup	1/4 cup
Cheese	1/2 ounce	1 ounce
Cottage or ricotta cheese	1 oz. (1/8 cup)	2 oz. (1/4 cup)
Eggs	1/4 large egg	1/2 large egg
Lean meat, poultry or fish	1/2 oz.	1 oz.
Nut butters	1 Tablespoon	2 Tablespoons
Tofu, firm/extra firm	1.1 oz. (1/8 cup)	2.2 oz. (1/4 cup)
Yogurt (regular and soy)	2 oz. (1/4 cup)	4 oz. (1/2 cup)

### PROCESSED MEATS

#### NOT REIMBURSABLE:

- Bacon, imitation bacon products and salt pork

#### REIMBURSABLE:

- Items labeled 'fresh pork sausage' or 'fresh Italian sausage' may be credited (see page 1-45 of the Food Buying Guide)
- Turkey bacon and sausage products must have a CN label or Product Formulation Statement

# FDCH CACFP NEW Meal Pattern Home Study

## Tofu

**Tofu is now creditable as a meat alternate.** It is only creditable for children ages 1 and older. It cannot be served to infants as part of a reimbursable meal.

### Crediting Tofu:

- Must be commercially prepared
- 2.2 oz. (1/4 cup) of tofu, containing at least 5 g of protein = **1.0 oz. M/MA**
- Must be easily recognized as a meat substitute. For example, tofu noodles are perceived as a grain; therefore are not creditable as a meat alternate.
- Meat substitute products made from tofu, such as links, sausages, crumbles, patties, soy burgers, chik patty, etc., require a Child Nutrition (CN) Label or product formulation statement (PFS) to verify the food item contains the minimum protein requirement

Creditable Examples	Non Creditable Examples
Tofu (such as silken, soft, firm, and extra firm)	Tempeh, seitan, and soy cheese (no standard of identity)
Chunks of tofu in casseroles, stir fry or omelets	Tofu incorporated into drinks, such as smoothies, or other dishes to add texture

## Yogurt

### New Requirement

**Yogurt must contain no more than 23 grams of total sugars per 6 ounces.**

Only looking at the amount of sugar on the nutrition facts label will not determine if the yogurt is creditable. You must look at the serving size and Total Sugars.

There are two methods for determining if the yogurt meets the sugar limit:

- **Sugar limits chart**
- **Sugar calculation**

Choose one method to determine the sugar amount.

### Sugar Limits Chart

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

**Step 2:** Identify the *Serving Size*

**Step 3:** Find the amount of *Sugars*

**Step 4:** Find the serving size in the chart to see if sugar is within limits

*See following example*

<b>Nutrition Facts</b>	
Serving Size 6 oz (170g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 140	
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Sugars</b> 19g	
<b>Protein</b> 14g	<b>28%</b>

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

# FDCH CACFP NEW Meal Pattern Home Study

Example: Sugar Limit Chart - *Serving Size in Ounces*

*NOTE: Use same steps below when yogurt serving size is in grams & use the Serving Size (Grams) column.*

**Serving Size in Ounces**

- Step 1: Find the Nutrition Facts Label on package
- Step 2: Identify the serving size: **6 oz**
- Step 3: Find the amount for Sugars: **19 grams**

**Nutrition Facts**

Serving Size **6 oz** (170g)  
Servings Per Container 1

---

Amount Per Serving

**Calories 140**

---

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
<b>Sugars</b> 19g	
<b>Protein</b> 14g	<b>28%</b>

**Serving Size in Ounces**

Step 4: Find the Serving Size in the chart

- Serving size: **6 oz**
- Total sugars: **19 grams**

**Is it Creditable?**

**Yogurt Sugar Limits**

Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
<b>6 ounces</b>	<b>170 grams</b>	<b>0-23 grams</b>
8 ounces	227 grams	0-31 grams

➤ The yogurt is creditable because 19 grams is between 0-23 grams

## Sugar Calculation

When a yogurt's Nutrition Facts Label lists a serving size not on the Sugar Limits Chart, you must do a calculation to determine if it is within the sugar limits threshold:

- Find the *Nutrition Facts Label* on the package
- Divide the grams of *Sugars* by the *Serving Size* in grams or ounces



If number is equal to or less than the threshold below, the yogurt is creditable:

- Ounces: 3.83
- Grams: 0.135

Example: Sugar Calculation - *Serving Size in Ounces*

*NOTE: Use same steps below when yogurt serving size is in grams & use the Grams threshold*

**Serving Size in Ounces**

Step 1: Find the Nutrition Facts Label

Step 2: Find the amount for Sugars: **16 g**

Step 3: Identify the Serving Size: **4.5 oz**

**Nutrition Facts**

Serving Size **4.5 oz** (128g)  
Servings Per Container 1

---

Amount Per Serving

**Calories 140**

---

	% Daily Value*
<b>Total Fat</b> 2g	<b>3%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 90mg	<b>4%</b>
<b>Total Carbohydrate</b> 23g	<b>8%</b>
Dietary Fiber 0g	<b>0%</b>
<b>Sugars</b> 16g	
<b>Protein</b> 8g	<b>16%</b>

**Example #1: Serving Size in Ounces**

Step 4: Calculate the amount of sugar per ounce

$$\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55$$

Threshold: **3.83 or less**

➤ The yogurt is creditable because 3.55 is less than 3.83

- When purchasing large containers of yogurt (i.e. 32oz), use the serving size on the Nutrition Facts Label, as this may be smaller, i.e. 6 or 8 oz. and compare to the Sugar Limits Chart.
- If the Nutrition Facts Label lists "one container" as the serving size, check the front of the package to see how many ounces or grams are in the container to determine if yogurt meets the sugar limits.

**Soy Yogurt is now creditable for participants 1 year and older**

- 4 ounces = 1 oz. of M/MA
- No more than 23 grams of total sugars per 6 oz.

## Tools for Determining if Yogurt is Creditable

- [USDA Resource - Yogurts](#): Sugar Limit Chart for most portion sizes
- [Sugar in Yogurt & Cereal Handout](#): Sugar Limit Chart and Thresholds for ounces and grams
- [Methods to determine Sugar Amounts Handout](#): Calculator to determine sugar limits in yogurt

# FDCH CACFP NEW Meal Pattern Home Study

## FRUITS AND VEGETABLES

### New Requirement

Fruits and vegetables are separate components at lunch, supper and snack. **A vegetable is required at lunch and supper.**

#### Separate Vegetable & Fruit Components

- **Breakfast: No Change.** Vegetables and fruits remain **combined** as one meal component.
- **Lunch & Supper: Change.** Vegetables and fruits are **separate** meal components.
  - A vegetable and a fruit, or two different vegetables must be served. **Two fruits cannot be served.**
- **Snack: Change.** A **fruit and a vegetable** can be served as the two required components.
  - Items from two different components must be served, therefore, two fruits or two vegetables cannot be served.

Lunch & Supper			
Allowed	Allowed	Not Allowed	Not Allowed
Chicken Carrots Broccoli WG Bun 1% milk	Chicken Carrots Apples WG Bun 1% milk	Chicken  WG Bun 1% milk	Chicken Kiwi Apples WG Bun 1% milk

Snack		
Allowed	Not Allowed	Not Allowed
Kiwi Carrots	Carrots Celery	Strawberries Bananas

	Ages (years)			
	1-2	3-5	6-18	Adults
Breakfast	¼ cup	½ cup	½ cup	1 cup
Lunch & Supper				
Vegetables	⅓ cup	¼ cup	½ cup	½ cup
Fruits	⅓ cup	¼ cup	¼ cup	½ cup
Snacks				
Vegetables	½ cup	½ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	½ cup

#### Vegetable & Fruit Serving Size Requirements

The minimum serving sizes for vegetable and fruit components provided in the table must be served.

When two vegetables are served at lunch/supper, the serving size of the second vegetable must be at least the same serving size as the fruit component it replaced.

- 1 cup raw leafy greens (e.g. lettuce) = ½ cup veg
- ½ cup cooked greens = ½ cup vegetables
- ¼ cup dried fruit (e.g. raisins) = ½ cup fruit

# FDCH CACFP NEW Meal Pattern Home Study

## New Requirement

**Juice (vegetable or fruit) can only be served at one meal or snack per day** even if meals and snacks are served to **different** groups of participants.

Examples:

- Your program serves different groups of children. One group only receives a breakfast and lunch, and the other group only receives a lunch and PM snack. You can only serve juice at one meal or snack that day, for example breakfast. While some of the participants will not be served breakfast, you cannot serve juice at PM snack to the other group later in the day.
- Your program serves the same menu items at multiple snacks (AM and PM snack) to different groups of children, juice may only be served at one of those snacks.

➤ **Pureed fruits and vegetables when served in a smoothie are considered juice. This counts as serving juice once per day.**

## GRAINS

This section was previously called breads and grains; in the updated meal pattern this component is called Grains.

### Breakfast Cereals

#### New Requirement

All breakfast cereals (ready-to-eat, instant, and regular hot cereal) must contain **no more than 6 grams of total sugar per dry ounce**.


- You cannot mix creditable cereals that meet sugar limits with non-creditable cereals that are above the sugar limits in order to meet sugar limit requirements.

Two ways to determine if a cereal meets the sugar requirements:

1. Use the [WIC Approved Breakfast Cereals List](#) – all WIC cereals meet sugar limits. If cereal is on this list, it meets sugar limits and is creditable.
2. If a cereal is not on the WIC approved cereal list, you must do a calculation to determine if the breakfast cereal is within the sugar limits threshold:
  - a. Find the *Nutrition Facts Label* on the cereal package
  - b. Divide the grams of *Sugars* by the *Serving Size* in grams

If the number is less than **0.212**, the breakfast cereal is creditable.

# FDCH CACFP NEW Meal Pattern Home Study



### Sugar Calculation Example

Sugars = 6 g  
Serving size = 25 g

$$\frac{\text{Sugars}}{\text{Serv Size}} = \frac{6}{25} = 0.24$$

Threshold: **0.212 or less**

**Not creditable**  
0.24 is more than 0.212

This cereal is **not creditable** because 0.24 is **more** than 0.212.

At the bottom of the [Sugar in Yogurt and Cereal](#) handout is a reference of the sugar limit threshold for cereals.

The Nutrition Facts Label will change by July 2018. The new label includes *Total Sugars* and *Added Sugars*. When you complete the sugar calculations (for both cereals and yogurt), use the **Total Sugars** amount.



## Grain-Based Desserts

### New Requirement

**Grain-based desserts (GBD) are not creditable** and cannot be served to meet the grains component.

- Left column: **GBDs that cannot be served**
- Right column: Other grains that can be served

Store-bought Grain-Based Desserts  
Some foods may not be easily identified as grain-based desserts:

- A cookie may be called a “breakfast round”
- A granola bar may be called a “breakfast bar or flat”

When searching for grains, ask, “Is this food thought of as a grain-based dessert?”  
If yes, then it is a grain-based dessert.

➤ **Even if the item is whole grain-rich, it is still NOT creditable**

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Croissants
Sweet biscotti and scones made with fruits, icing, etc.	Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake	French toast
Cereal bars, breakfast bars, granola bars	Granola cereal
Cookies, including vanilla wafers	Crackers (savory & plain); Sweet crackers (animal crackers & graham crackers)
Doughnuts	Pancakes, Waffles
Gingerbread	Muffins
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Sweet bread pudding & rice pudding	Savory bread pudding made with cheese, herbs, vegetables
Toaster pastries	Quick breads (banana, zucchini, and others)
Sweet rolls, (cinnamon rolls)	Teething biscuits and toasts

# FDCH CACFP NEW Meal Pattern Home Study

## Homemade Grain-Based Desserts

Even if made with healthy ingredients or less sugar, homemade GBDs, are **NOT creditable**.

**CACFP programs cannot make these GBD recipes to credit as the grains component**

## Grains Chart and Food Buying Guide

The CACFP [Grains Chart](#) has been updated to not include GBDs. Be aware, the Grain/Bread Chart in the Food Buying Guide (FBG) applies to all Child Nutrition programs (NSLP, SFSP) and includes GBDs.

## Whole Grain Rich (WGR) Foods

### New Requirement

**At least one grain per day must be whole grain-rich.** This is **not** required for the infant meal pattern.

WGR foods are those that contain 100% whole grains, or at least 50% whole grains, and the remaining grains in the food are enriched.

### What is a whole grain?

1. The word “whole” or “whole grain” is before the grain’s name:
  - a. Whole grain corn, whole rye, whole wheat, whole grain barley
2. Grains that do not have the word “whole” before the name, but are 100% whole grain:
  - a. Quinoa, brown rice, wild rice, rolled oats and oatmeal, berries and groats

Examples of grains that are whole grain and not whole grain

### Identifying Whole Grains *(This is not an all-inclusive list)*

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgar (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour

### Read the Ingredients

It is important to read the ingredients because some products may not be whole grain or creditable. The first two examples below are products that appear to be whole grain but are not. The third example is not whole grain or enriched, so it is not a creditable grain.



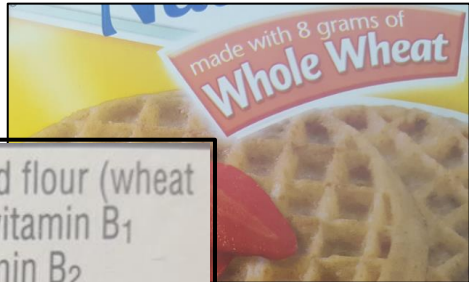
# FDCH CACFP NEW Meal Pattern Home Study

## Not Whole Grain

Manufacturers include words on the front of the package that may *seem* like they are whole grain, such as *multi-grain*, *stone-ground*, *bran*, *seven-grain*, *made with whole wheat* or *100% wheat*, but they are **not 100% whole grain**.

Example 1: 'Made with 8 grams of Whole Wheat'. This product is not whole grain because:


- "Made with" does not indicate the product is 100% whole wheat
- The first grain ingredient (after water) is enriched flour – which is not whole grain



**Ingredients:** Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), whole wheat flour,

Example 2: 'Multi-grain'. This product is not whole grain because:

- 'Multi-Grain' tells you there are multiple grains. The grains could be whole grains or enriched, or a combination of both
- The first grain ingredient is enriched flour – which is not whole grain



**INGREDIENTS:** ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B<sub>1</sub> [THIAMIN MONONITRATE], VITAMIN B<sub>2</sub> [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS TWO PERCENT OR LESS OF OAT

## Non-Creditable Grains

To be creditable, a grain must be whole grain or enriched.

Example 3: This product is not creditable and may not be served as the grain component because:

- Durum wheat semolina is not a **not whole grain**
  - It does not have "whole" before its name
- It is **not enriched** because
  - The ingredients do not say "enriched"
  - There are no vitamins or minerals listed in the ingredients

**Ingredients:**  
Durum wheat semolina and water.  
Contains wheat ingredients.

Not enriched  
or whole grain

**DO NOT SERVE**

For durum wheat to be creditable it must:

- Be "whole durum wheat" (see example)
- Say "Enriched durum wheat"
- Include vitamins or minerals in the ingredients


**INGREDIENTS:** ORGANIC WHOLE DURUM WHEAT FLOUR.  
CONTAINS WHEAT.

# FDCH CACFP NEW Meal Pattern Home Study

## Determining WGR Foods

Follow the steps below to determine if a store-bought grain product is WGR:

Product label says **100% Whole Grain** or **100% Whole Wheat**  
(Examples on the right) OR  
Product is a whole grain (brown rice, quinoa, oatmeal, etc.)



NO

YES → Product is WGR!

Read the **Ingredient List**:

A **whole grain** is the first ingredient or is the second ingredient, with water as the first ingredient

**Ingredients:** Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten

NO

YES → Product is WGR!

Read the **Ingredient List**:

An enriched grain is the first ingredient or second ingredient, with water as the first ingredient **AND**

There is one or no other whole grains listed lower in the ingredient list OR There are multiple whole grains listed lower in the ingredient list

**Ingredients:** Water, **ENRICHED WHEAT FLOUR** (flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid), **WHOLE-WHEAT FLOUR, ROLLED OATS**, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate

*Example*

YES

YES

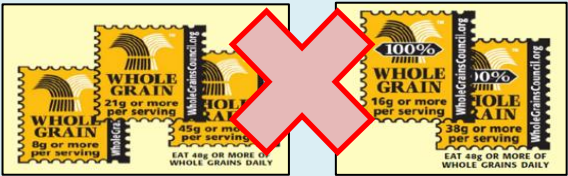
If the first grain ingredient is enriched, the item is creditable and may be served, but may **not** be counted as the WGR item because the weight of the enriched grain is more than the whole grain

NO

Obtain a Product Formulation Statement from the manufacturer. The weight of the whole grain ingredients is 50% or more of the total grain ingredients

YES → Product is WGR!

**Whole Grain Stamps** may not be used to determine a product as WGR. These products may contain non-enriched refined flour.



# FDCH CACFP NEW Meal Pattern Home Study

**Store-bought Combination Foods** (i.e. pizza, corn dogs, fish sticks, chicken nuggets, etc.)

The branding may count as the WGR item if a Child Nutrition (CN) label or Product Formulation Statement (PFS) is on file **(at least until the end of the day)**.

- The CN label or PFS will indicate if the item is WGR or not:
  - If the CN label or PFS says, “oz. equivalent grains” = WGR
  - If the CN label or PFS says, “bread” or “bread alternate” = not WGR

WGR	Not WGR
<p>CN</p> <p>XXXXXX*</p> <p>One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and <u>2.0 oz eq Grains</u> for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)</p> <p>CN</p> <p>CN</p>	<p>CN</p> <p>XXXXXX*</p> <p>One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat alternate, ½ cup vegetable and <u>1 ½ servings of bread alternate</u> for The Child Nutrition Meal Pattern Requirements. (Use of this logo And statement authorized by the Food and Nutrition Service, USDA XX-XX**.)</p> <p>CN</p> <p>CN</p>

## Homemade Items

To determine if a homemade item is WGR, look at the grains in the recipe. If 50% or more of the grains are whole grain, the item is WGR.

1 cup whole wheat flour = whole grain  
 ¾ cup wheat flour = not whole grain

This item is whole grain rich, because at least 50% of this product is whole grain

**Whole Wheat Banana Muffins**

**Ingredients:**

- 1 egg
- ¾ cup brown sugar
- 1 1/3 cups banana (mashed, about 2 medium bananas)
- 1/3 cup vegetable oil
- 1 teaspoon vanilla extract
- 1 cup whole wheat flour
- ¾ cup wheat flour
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda

✓

Look only at the grains in the product

## Menu Planning: Serving WGR Items Each Day

Each day, at least one meal or snack claimed for CACFP reimbursement must include a whole grain-rich food as the grain component. If your program:

- Only claims **one meal** per day (breakfast, lunch **or** supper) the grain must be WGR
- Only claims a snack, if one of the two components is a grain item, it must be WGR
- Claims more than one meal or snack (breakfast, lunch **and** snack), you may choose which meal to serve the WGR food

Store-bought combination foods: Keep the CN Labels or PFS **(at least until the end of the day)**

# FDCH CACFP NEW Meal Pattern Home Study

## RECORDKEEPING REQUIREMENTS

### Menus

Menu templates have been updated to reflect the new meal pattern requirements

These updates will include:

- ✓ Grains: Identification of Whole Grain Rich Foods
- ✓ Milk: Certification that the correct type of milk (whole, 1%, skim, flavored and/or unflavored) was served to the correct age group of children.

### Label Documentation

Retain copies of product labels (*nutrition facts labels, ingredient listings, and Child Nutrition (CN) labels*) for foods served to your enrolled children while in care

**Save product labels until the end of each day for your food program monitor to review with you during home visits**

- ✓ Yogurt
- ✓ Breakfast Cereals (if not listed on the WIC Cereals List)
- ✓ Whole Grain Rich foods
- ✓ Tofu

→ **Keep recipes for home-made Whole Grain Rich items to review with your monitor during home visits.**

## COOKING METHODS

### New Requirement

**Deep-fat frying is not allowed as a method of cooking foods on-site.**

- On-site includes:
  - Programs that prepare its own food on-site
  - Programs that prepare its own food at a central or satellite kitchen and deliver meals to a site

Programs may continue to stir-fry, pan-fry and sauté foods.

### FOODS FRIED OFF-SITE:

**Store-bought Foods:** Foods that are pre-fried, flash-fried, par-fried, or deep-fat fried by a commercial manufacturer may be purchased and served. These items must be reheated by a method other than deep-fat frying; i.e. baking in oven.

### DEEP-FAT FRYING:

Food is cooked by submerging in hot oil or other fat; in a deep-fat fryer or in a pan on the stove.

# FDCH CACFP NEW Meal Pattern Home Study

## OPTIONAL BEST PRACTICES

Best practices reflect recommendations from the *Dietary Guidelines for Americans* and the *National Academy of Medicine*. They build on the meal pattern requirements to further improve the nutritional quality of all meals. **They are optional**, however, highly encouraged in order to ensure children are getting the optimal benefit from the meals served.

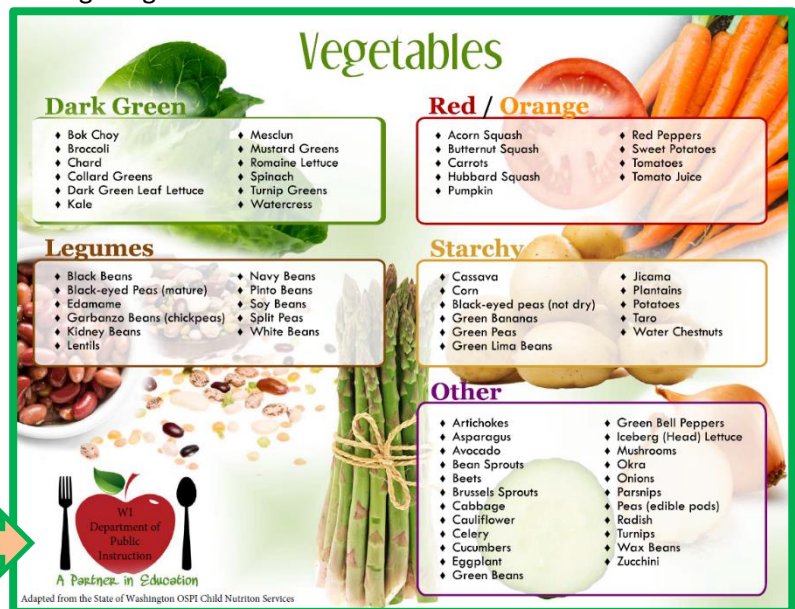
### Best Practice: Fruits and Vegetables

**Increase the total amount of vegetables and fruits served** to promote consumption of more vegetables and fruits. Most Americans do not consume enough vegetables and fruits.

Serve at least one fruit or vegetable **at snack**

Serve a variety of **whole** fruits and vegetables (fresh, canned, frozen, or dried) in place of juice

Provide at least one serving each of the **vegetable subgroups** once per week



### Whole Grains

**Provide at least two servings of whole grain-rich items per day** to promote consumption of more whole grains. Most Americans do not consume enough whole grains.

### Meat & Meat Alternates

**Serve only lean meats, nuts, and legumes** to promote consumption of healthy proteins. Eating too many processed meats and high-fat proteins increases the risk of obesity and other health issues.

### Limit Serving Pre-Fried Foods

**Limit serving purchased, pre-fried foods** (ex. chicken nuggets, fish sticks, corn dogs, tater tots, French fries) **to no more than one serving per week.**

- Pre-fried foods can contribute large amounts of calories and saturated fat to a meal.

#### HOMEMADE VERSIONS

- Breaded, baked chicken tenders or fish filets
- Pizza on whole grain crust with healthy toppings
- Baked potato wedges or sweet potato “fries”

# FDCH CACFP NEW Meal Pattern Home Study

## Limit Serving Added Sugars

**Avoid serving non-creditable foods that are sources of added sugars** (ex. sweet toppings and mix-in ingredients).

- These foods do not add nutritional value, they increase added sugar consumption, and may encourage a taste preference for sweet foods

## ALTERNATIVE OPTIONS

- Fruit, dried fruit or pureed fruit(s)
- Cinnamon or other spices
- Peanut butter or other nut or seed butter
- Yogurt-based dips or toppings

## Seasonal & Locally Produced Foods

**Incorporate seasonal and locally produced foods into meals**

**Participate in Farm to Early Care and Education (Farm to ECE)**

- Increased access to healthy, local foods, gardening opportunities, food-based activities, and family engagement opportunities

## SOURCES OF LOCALLY GROWN FOODS

- Farms and/or Farmers' Markets
- Community Supported Agriculture (CSA)
  - <http://www.localharvest.org/csa/>
- Gardens (Community, School, Center)

**Start an On-site Garden**

- Kids are more likely to eat what they have grown
- Offer a setting for hands-on nutrition education, access to fresh produce, and opportunities for family engagement

## START A GARDEN

- On a window sill in the classroom
- In a container or pot
- In a raised bed outside

# CACFP INFANT MEAL PATTERN REQUIREMENTS

## New Requirement

**Updated infant age groups:**

- Birth through 5 months
- 6 months through 11 months

Birth through 5 months:

Only breast milk or formula is required to be served until the infant is developmentally ready for solid foods

- Encourages exclusive breastfeeding during the infant's first 6 months
- Helps to delay the introduction of solid foods until around 6 months when infants are developmentally ready to accept them

## Developmentally Ready

Some infants may be ready to consume solid foods before 6 months of age and others after 6 months of age. Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, **programs are required to offer them to the infant.**

# FDCH CACFP NEW Meal Pattern Home Study

## 6 through 11 months:

- Only breast milk or formula is required to be served until the infant is developmentally ready for solid foods
- Food amounts begin with “zero” because not all infants are ready for solid foods at 6 months
  - When an infant is developmentally ready to start and eat solid foods, they **must** be served to the infant
  - Foods should be gradually introduced until the infant is eating a variety of foods within all required components

By 7 to 8 months of age, infants should be consuming solid foods from all food groups

### New Requirement

**Programs must provide ALL components, or ALL but one component, of an infant meal or snack in order to claim for reimbursement**

- Parents/guardians may provide only one component of a meal or snack claimed for reimbursement

Breastmilk or Formula Only: When the infant is only consuming breastmilk or infant formula, a parent may supply expressed breastmilk, infant formula, or breastfeed on-site and the meal can be claimed.

### Consuming Solid Foods:

- When the parent is supplying expressed breastmilk, infant formula, or breastfeeding on-site, the **program must provide all other components in order to claim the meal.**
- When the parent provides a solid food component, the **program must provide all other components, including iron-fortified infant formula, in order to claim the meal.**

Examples of when meals/snacks **cannot** be claimed:

<p><b>Example 1</b></p> <p>6 month old drinking breastmilk and eating pureed vegetables and infant cereal</p> <p>Parent provides breastmilk and pureed vegetables</p> 	<p>Program provides Infant Cereal</p> <p>Parent is providing <u>more than one</u> component:</p> <p><b>CANNOT CLAIM</b></p>	<p><b>Example 2</b></p> <p>11 month old drinking formula and eating table foods</p> <p>Parent provides baby foods (fruits/vegetables, meats)</p> <p>Parent is providing <u>more than one</u> component:</p> <p><b>CANNOT CLAIM</b></p>	<p>Program provides formula</p>
---	---	--	---------------------------------

# FDCH CACFP NEW Meal Pattern Home Study

## New Requirement

Changes to foods that can and cannot be served:

### Breakfast

**A creditable meat/meat alternate may be served in place of iron-fortified infant cereal**

- Grain items (e.g. toast, pancakes, ready-to-eat cereals) **cannot** be served in place of iron-fortified infant cereal

### Breakfast, Lunch and Supper

- **Yogurt and whole eggs are creditable meat alternates.** Yogurt must meet sugar limits.
- **Cheese food, cheese spread, tofu and soy yogurt are not creditable**

### Snack

- **Ready-to-eat cereals, infant puffs and iron-fortified infant cereal are creditable.** Ready-to-eat cereals must meet sugar limits.
- **A vegetable or fruit, or both, must be served when developmentally ready**

### Offering Infant Meals

All infants must be offered meals that comply with the CACFP infant meal pattern requirements. A Program may not avoid this obligation by stating that the infant is not “enrolled” in the CACFP, or by citing logistical or cost barriers to offering infant meals.

- All programs must offer a minimum of one type of Iron-Fortified Infant Formula
    - Parents may accept the type of formula you are providing, or decline and provide their own formula or breastmilk
    - Parents cannot be required to provide formula
  - All programs must purchase and offer solid foods to infants
    - Parents may accept the foods you are providing, or decline and provide their own
    - Parents cannot be required to provide any foods
    - This applies to both age groups. Therefore, infants who start eating solid foods before 6 months of age must be offered program provided foods.
- **Even if your program does not claim infant meals, formula and foods must be offered**