



Child and Adult Care Food Program (CACFP) New Meal Patterns (NMP)

CALIFORNIA DEPARTMENT OF EDUCATION
NUTRITION SERVICES DIVISION TRAINING
OCTOBER 2017



Welcome

Housekeeping

- Silence cell phones
- Limit side conversations
- Restrooms
- Certificate of completion
- Questions – please use notecards on table



What's on Today's Menu?



Audience Learning Objectives

- Demonstrate an understanding of the new Child and Adult Care Food Program (CACFP) meal pattern requirements
- List at least four differences between the previous and the new CACFP meal patterns
- Identify at least two technical assistance resources available for the new CACFP meal patterns

Background

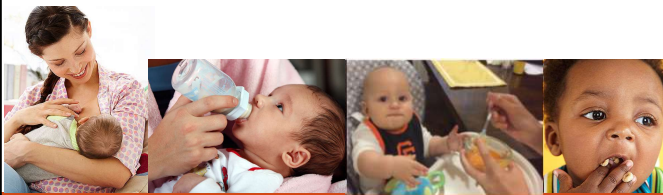


New Meal Patterns Training Overview

- Overview of new meal patterns requirements
- Implementation dates
- Resources
- Civil rights



Infant Meal Pattern



Activity:

Current vs. New

1. Work with a partner
2. Review the old versus new meal pattern chart
3. Note the differences

	PREVIOUS			UPDATED	
	0-2 Months	4-7 Months	8-11 Months	0-2 Months	4-11 Months
Breakfast	4-8 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	4-8 fl oz breastmilk or formula 2-4 tbsp infant cereal	4-8 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas, or 0-2 oz cottage cheese or 0-4 oz instant cottage cheese or 0-4 oz yogurt or a combination*
Lunch or Supper	4-8 fl oz breastmilk or formula	4-8 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 tsp meat, fish, poultry, egg, pork, cooked dry beans or peas, or 1-2 oz cheese or 1-4 oz instant cottage cheese, or 1-4 oz long-sliced cheese food or a combination	4-8 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas, or 0-2 oz cheese, or 0-4 oz instant cottage cheese, or 0-4 oz yogurt or a combination*

Infant Meal Pattern

- Two age groups:
 - 0 through 5 months and 6 through 11 months
- Same meal pattern for breakfast, lunch, and supper
- Snack has its own meal pattern



Birth Through Five Months

- Breastmilk is the optimal source of nutrients
- Breastmilk or iron fortified infant formula is the only meal component required
- Minimum serving size is 4-6 fluid ounces for breakfast, lunch/supper and snack



Breastmilk and Breastfeeding

Meal and/or snack reimbursement is allowed when:

- A parent or guardian supplies expressed breastmilk
- A mother breastfeeds her infant (or child) on-site
- An infant regularly consumes less than the meal pattern minimum of breastmilk



Documenting On-site Breastfeeding

- Recording the total amount a mother breastfeeds her infant is not required
- Acceptable ways to document:
 - "Breastfed on-site"
 - "Mother on-site"

Infant forms are available in the CNIPs and on the CACFP Infant Web page:

<http://www.cde.ca.gov/ls/nu/he/feedinginfants.asp>

California Department of Education
Division of Child Care

THIS RECORD IS A SUPPORT DOCUMENT
See instructions for your role.

Child and Adult Care Food Program
CACFP 10-2007-2009

Meal Record for Infants

CENTER/PROVIDER: _____ DATE: _____

RECORD THE COMPONENT(S) AND AMOUNT(S) SERVED TO EACH INFANT AFTER EACH MEAL.
SEE THE INFANT MEAL PATTERN FOR MEAL COMPONENT REQUIREMENTS.

FOOD COMPONENTS	NAME: _____		NAME: _____		NAME: _____		NAME: _____		NAME: _____		NAME: _____	
	AGE: _____	DOB: _____	AGE: _____	DOB: _____	AGE: _____	DOB: _____	AGE: _____	DOB: _____	AGE: _____	DOB: _____	AGE: _____	DOB: _____
Breakfast, Lunch or Dinner	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO	YES	NO
(1) Breast milk or iron-fortified infant formula												
(2) Infant cereal mixed with poultry, white rice, cooked dry beans or peas, chicken, or yogurt												
(3) Fruit, vegetable, or combination of both												
Also see the CACFP Infant Meal Pattern												
(1) Breast milk or iron-fortified infant formula												
(2) Breast cereal, white rice, poultry, white rice, cooked dry beans or peas, chicken, or yogurt												
(3) Fruit, vegetable, or combination of both												

Infant data collected by the center's mother only. It is recommended for the first year. MOY: mother on-site only.
• Medical statement is on file.

Iron-Fortified Infant Formula

- Supports healthy brain development and growth
- Reimbursable meals may include:
 - Breastmilk
 - Iron-fortified infant formula
 - Combination of both breastmilk and infant formula



Supplying Infant Formula

- Offer a minimum of one type of iron-fortified infant formula
- Infant formula must be iron-fortified and FDA-regulated



YOU CAN BUY
Store Brand Formulas
IN RETAIL STORES ACROSS THE COUNTRY.



Six through Eleven Months—Gradual Introduction of Solids

- Parent communicates with sponsor
 - What foods to introduce and when
 - Recommend communication in writing from parent to sponsor, but not required
- Solids begin at about six months
- New meal pattern allows for flexibility



Six through Eleven Months—Meal Components

- Breakfast, lunch, and supper
 - Breastmilk or iron-fortified infant formula
 - Infant cereal, meat/meat alternatives, or a combination of both
 - Vegetable or fruit, or a combination of both
- Snack
 - Breastmilk or iron-fortified formula
 - Grains
 - Vegetable or fruit, or a combination of both

Six through Eleven Months—Meals

- Food components beginning with “zero”
 - Recognizes that all infants are not ready at 6 months
 - Allows for gradual introduction of solid foods
 - Some infants may eat certain foods one week/day, but not the next
 - Meals and snacks consistent with eating habits should not be disallowed
- Agencies should always consult with parents/guardians first before serving solid foods

Six through Eleven Months—Snack

- A vegetable or fruit must be served at **snack** to infants consuming solids
- Fruit juice no longer allowed
- Ready-to-eat cereals allowed only at snack
 - Only cereals with six grams of sugar or less are creditable

Providing Food Components

- Parents/guardians may provide only **one** creditable food component for a reimbursable meal
 - e.g., parent-provided breastmilk is one component
- Child care providers must provide remaining components



Optional Written Statement

- Request a written statement from parents or guardians outlining when and which solid foods to serve
- Follows the preferences of parents and guardians



Grains and Infant Cereals

- Iron-fortified infant cereals are often the first grain:
 - Good source of iron
 - Easy to swallow when thinned
- Grains and infant cereals must be whole grain-rich **or** made with enriched meal or flour
- Beginning October 1, 2019, ounce equivalents used to determine creditable grains

Meats and Meat Alternates

- Allowable meats/meat alternates*:

- Poultry and other meats
- Cheese
- Cottage cheese
- Cooked dry beans
- Whole eggs
- Yogurt



*Note: tofu is not a creditable meat alternate for infants

Non-Creditable Cheese Foods and Products

- Product packaging states:

- Imitation cheese
 - Cheese food
 - Cheese product
- Common items
 - Cheese whips
 - Cheese with pimento
 - Cream cheese



Yogurt Creditable as Meat Alternate

- Minimum serving size:
0-4 ounces
- Great source of protein
- Texture easily accepted by
infants



Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt-flavored products
- Soy yogurt



Yogurt Sugar Limit

- Some brands have higher
sugar content than others
- Yogurt must contain no more
than 23 grams of total sugar
per 6 ounce serving
 - Applies to all age groups



Yogurt Sugar Limit Chart – Method #1

Serving Size (ounces)	Serving Size (grams)	Sugar Limit*
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	0-30 grams

*Sugar limits are pre-calculated and set forth by the USDA

Yogurt Sugar Limit Calculation – Method #2

1. Using Nutrition Facts Label to locate serving size and grams of sugar
2. Divide **grams of sugar** by **serving size** and compare to a threshold
3. If serving size in **GRAMS**, the threshold is ≤ 0.135
4. If serving size in **OUNCES**, the threshold is ≤ 3.83



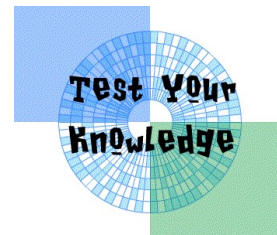
Activity: Yogurt Sugar Content

1. Work with a partner
2. Determine if yogurt is creditable

Summary of Infant Meal Pattern

- Meal pattern and meal components for infant meals
- Encourages:
 - Breastfeeding
 - Developmental readiness
 - Consumption of vegetables or fruits
- See USDA Policy Memo CACFP 02-2018 (Feeding Infants) issued on Thursday, October 19

Infant New Meal Pattern



True or False QUIZ

INSTRUCTIONS: **True** = Stand up
 False = Sit down
 Unsure = Hands on Head

STATEMENTS:

- #1: An infant must be fed solid foods at 6 months of age.
False
- #2: The infant meal pattern requirements allow ready-to-eat cereals to be served during snack only.
True

True or False QUIZ

INSTRUCTIONS: **True** = Stand up
 False = Sit down
 Unsure = Hands on Head

STATEMENTS:

- #3: Yogurt must contain no more than 23 grams of sugar per 6 ounces.
True
- #4: A whole egg is not creditable as a meat/meat alternate for infants.
False

Questions?



Child and Adult Meal Patterns

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	1 1/2 cup	1 1/2 cup	1 1/2 cup	1 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	1/2 cup	1/2 cup	1 cup	1 cup
Fruits	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 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 Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup

Activity:

Current vs. New

1. Work with a partner
2. Identify three new items to the meal pattern

Breakfast

- Three required components:

1. Milk
2. Vegetable, fruit, or both
3. Grains



Lunch, Supper, and Snack

- Five food components:

1. Milk
2. Meat/Meat Alternates
3. Vegetables
4. Fruits
5. Grains



- Snack:

- Offer two of the five components

Age Groups

- 1-2 years
- 3-5 years
- 6-12 years
- 13-18 years
- Adults



Fluid Milk

- Type of milk served must be documented on the menu*
- Includes fat content and if the milk is flavored



*USDA Policy Memo CACFP 17-2016 Nutrition Requirements for Fluid Milk

Fluid Milk Requirements

Implementation Date	Requirement
In Effect	<ul style="list-style-type: none"> 2 year olds and older: low-fat or fat-free milk
Effective October 1, 2017	<ul style="list-style-type: none"> 2 years old and older: low-fat or fat-free milk 1 year olds: whole milk only Flavored milk: <ul style="list-style-type: none"> Prohibited for children zero through five years old. Must be fat-free when served to children six years old and older, and adults. Yogurt may be served in place of fluid milk for adults once per day.

USDA Policy Memo CACFP 17-2016 Nutrition Requirements for Fluid Milk



Milk Requirements in the Child and Adult Care Food Program

A video for Child Care Centers

Are you in the MOOO-d to learn about milk?



Laurie Pennings, MS, RD
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October 2016

Breastmilk After Age One

- May be served as a fluid milk to children of any age
- Reimbursable:
 - If a parent/guardian provides expressed breastmilk
 - A mother breastfeeds her child on-site
- May be served in combination with other milk types for a reimbursable meal
 - e.g., a mother brings ¼ cup breastmilk for 1 year old, provider would provide additional ¼ cup whole milk to make the ½ cup serving size.

Transition at Two Years

- One-month transition is allowable
 - Switch from whole milk to low-fat or fat-free
- Children 24 months to 25 months may be served whole milk or 2% reduced-fat milk



USDA Policy Memo CACFP 17-2016 Nutrition Requirements for Fluid Milk

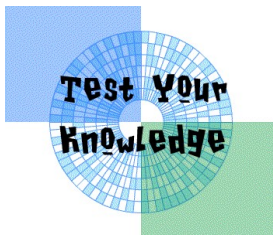
Yogurt for Adults (Adult Day Care)

- Six ounces (¾ cup) of yogurt may be served in place of fluid milk for adults once per day
- May not be substituted for fluid milk for children of any age
- Must contain **no more than 23 grams of total sugar per 6 ounces**
- Credits for only one food component in a single meal



USDA Policy Memo CACFP 17-2016 Nutrition Requirements for Fluid Milk

Milk Component



True or False QUIZ

INSTRUCTIONS:

True = Stand up
False = Sit down
Unsure = Hands on Head

STATEMENTS:

#1: Milk served to 1-year-old children must be unflavored whole milk or unflavored fat-free milk.

False

#2: Flavored milk served to children 6 years old and older and adults must be fat-free.

True

Water Must be Made Available



- Must be offered throughout the day to children
- Mealtimes: Water is not a part of a reimbursable meal
 - May not be served in place of milk
 - Offer at meals and snacks

USDA Policy Memo CACFP 20-2016 Water Availability

Meat and Meat Alternates

- Meat and meat alternates (M/MA) may be served in place of the entire grains component at **breakfast** a maximum of three times/week
- One ounce equivalent of M/MA is equal to one ounce equivalent of grains
- Menu Example:
 - Cheese omelet (M/MA)
 - Fruit
 - Milk
- Tofu, soy yogurt, and edamame are now creditable as meat alternates



Meat or Meat Alternates

Ounce Equivalent Crediting	
Lean meat, poultry, fish	1 oz = 1 oz eq
Tofu	2.2 oz = 1 oz eq
Cheese	1 oz = 1 oz eq
Large egg	½ egg = 1 oz eq
Cooked dry beans or split peas	¼ cup = 1 oz eq
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp = 1 oz eq
Yogurt, plain or flavored	½ cup = 1 oz eq
Peanuts, soy nuts, tree nuts, or seeds	1 oz = 1 oz eq



Tofu

- Commercial tofu and soy products credit
- Does not credit toward reimbursable meals for infants
- Forms: silken, soft, firm and extra firm
- Commercially prepared tofu:
 1. Must be **easily recognized** as a meat substitute
 2. Must meet protein requirement: **5 grams per 2.2 ounces by weight**



Non-Creditable Tofu

- Tofu used to add texture or enhance nutrients in foods
- Tofu noodles
 - Not easily recognized as meat substitute
- Non-commercial and non-standardized tofu and soy products are not creditable

Is this Tofu Creditable?

Nutrition Facts		
Serving Size: 3 oz	Total Fat 3.5 g	Total Carb 2 g
	Sat. Fat 0.5 g	Fiber 1 g
	Trans Fat 0 g	Sugars 0 g
Calories 70	Cholesterol 5 mg	Protein 8 g
Fat Cal. 30	Sodium 30 mg	

Ingredients: Water, Soybeans, Calcium Sulfate

The requirement is....

2.2 oz must contain at least 5 gms protein

Which equals...

1 oz must contain at least 2.27 gms

This product...

1 oz contains 2.66 gms

Is this product creditable?



+



=



Yogurt

Yogurt cannot contain more than 23 grams of sugar per 6 ounce serving



Yogurt

- Commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 ounces credits as one ounce meat alternate



Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt-covered fruits and nuts
- Yogurt in commercially-prepared smoothies

Fruits and Vegetables

- Fruit and vegetables are **separate components** at lunch, supper, and snack
- Allows **two vegetables** at lunch and supper
- Juice (fruit or vegetable) is limited to **once per day**

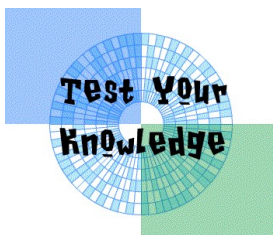


Juice Blends and Purees

- Credits as the fruit component or the vegetable component
- Contributes to the food component with the highest ingredient



Child and Adult Meal Pattern



True or False QUIZ

INSTRUCTIONS:

True = Stand up
False = Sit down
Unsure = Hands on Head

STATEMENTS:

#1: Yogurt credits as a fluid milk substitution for children 3-5 years old.

False

#2: A meat/meat alternate can be served in place of the grain component at breakfast up to three times per week.

True

True or False QUIZ

INSTRUCTIONS:

True = Stand up
False = Sit down
Unsure = Hands on Head

STATEMENTS:

#3: Tofu must contain 5 grams of protein per 4 ounce serving.

False

#4: Two vegetable servings could be served at lunch or supper in place of a fruit and a vegetable.

True

Break time!



Grains Overview

- At least one serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
- Grain-based desserts no longer credit toward a reimbursable meal
- Beginning October 1, 2019, ounce equivalents will be required to credit grains

Whole grain-rich foods*:

Contain 100% whole grains

OR

Contain at least 50% whole grains, and the remaining grains in the food are enriched

*USDA Policy Memo CACFP 02-2017 Grain Requirements in the CACFP

Whole Grain-Rich Foods in Meals

- At least one meal or snack include a whole grain-rich food each day, and it must be documented on the menu*
- If a child care center only serves one meal, the grain must be whole grain-rich
- If serving more than one meal or a meal and a snack:
 - Choose which meal to serve the whole grain-rich food

USDA Policy Memo CACFP 02-2017 Grain Requirements in the CACFP



Primary Ingredients by Weight

- Read the list of ingredients:
 - Cracked wheat or crushed wheat
 - Whole-wheat flour
 - Graham flour
 - Rolled Oats
 - Brown Rice
- "Whole" may be listed before grain

INGREDIENTS: WHOLE WHEAT FLOUR, ENRICHED BLEACHED WHEAT FLOUR, [NIAIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID], WATER, SUGAR, WHEAT GLUTEN, SHORTENING (SOYBEAN OIL AND FULLY HYDROGENATED SOYBEAN OIL BLEND), SALT, YEAST, CALCIUM SULFATE, ASCORBIC ACID, AZODICARBONAMIDE, CALCIUM PEROXIDE, ENZYMES, OAT FIBER, MONOGLYCERIDE, WHEAT BRAN, VINEGAR, CALCIUM PROPIONATE. CONTAINS: WHEAT

Grain Component Items

- Common examples: breads and cereals
- First ingredient is a whole grain
- First ingredient is water and the second ingredient is a whole grain



Multiple Whole Grain Ingredients

- When a whole grain is not listed as the first ingredient
- Whole grain-rich if combined weight of whole grains is more than the weight of the other grains



Multiple Whole Grain Ingredients

- For example, a bread that contains three grain ingredients:
 - Enriched wheat flour (40% of grain weight)
 - Whole-wheat flour (30% of grain weight)
 - Whole oats (30% of grain weight)
- All grains in the food that are not whole grain must be enriched (e.g., enriched flour)



Mixed Dishes

- Examples: pizza, breakfast burrito
- Whole grains primary ingredient by weight
- Required:
 - Proper documentation or a standardized recipe



Activity:

Identifying Whole Grain-Rich Items



Working together we will determine if the following grain items are creditable.

White Whole-Wheat Breadsticks

Ingredients: Whole-wheat flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrate, enzyme, riboflavin, folic acid), yeast, sugar, wheat gluten

White Whole-Wheat Breadsticks

- Yes, whole grain-rich
- First ingredient is a whole grain
- Remaining grains in the product are enriched
- Maintain a copy of the label on file



Wheat Tortilla

Ingredients: Water, modified food starch, whole-wheat flour, wheat gluten, powdered cellulose, hydrogenated soybean oil, caramel color, wheat protein isolate (wheat gluten, lactic acid, sulfite), sodium bicarbonate, contains 1% or less of salt, cellulose gum, cornstarch, distilled monoglycerides

Wheat Tortilla

- Not whole grain-rich
- A whole grain is not the first ingredient by weight
- Modified food starch is a non-creditable grain



Menus and Whole Grain Rich Foods

- Document whole grain-rich foods on menus
- Examples:
 - "Whole wheat" bread
 - "Whole grain-rich" English muffins



Program Reviews & Whole Grain-Rich Foods

- Review menus, labels & product formulation statements
- When a whole grain-rich food is not served
 - Disallow the meal or snack with the lowest reimbursement rate
 - Example: No whole grain-rich foods were served for breakfast, lunch, or snack; the snack would be disallowed

Transition Period for New Meal Pattern

USDA Memo SP 30-2017, CACFP 13-2017:

- **Transition period:** October 1, 2017-September 30, 2018
- During a review, State Agencies must provide technical assistance in lieu of fiscal action when violations related to the NMP requirements occur.
- As long as CACFP operators are making "good faith effort" to comply, meals cannot be disallowed.

Breakfast Cereals



- Source of added sugar
- Types: ready-to-eat, instant and regular hot cereal
- Sugar limit: No more than **6 grams of sugar per dry ounce**

Allowable Breakfast Cereals

Two Methods:

1. Use WIC Approved Breakfast Cereals List
 - <https://www.cdph.ca.gov/Programs/CFH/DWICSN/Pages/WICFoods/CAWICFoodListDatabase.aspx>
2. Use Nutrition Facts Label and Complete Calculation

Complete a Calculation

- Breakfast cereal sugar amount must be within the threshold of 0.212 or less
 - Threshold formula: $21.2 / 100 = 0.212$

Steps

- Find the Nutrition Facts Label
 - Find the Serving Size: **28 grams**
 - Find the amount for Sugars: **1 grams**

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	Calories from Fat 9
Calories 105	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%

Complete a Calculation (continued)

- Calculate the amount of sugar per dry ounce:

$$\frac{1 \text{ gm sugar}}{28 \text{ gm cereal}} = 0.036$$
- Cereal Threshold: 0.212 or less
- Cereal is creditable: 0.036 is less than 0.212

Nutrition Facts	
Serving Size 1 cup (28g)	
Servings Per Container 12	
Amount Per Serving	Calories from Fat 9
Calories 105	
	% Daily Value*
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 139mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	12%
Sugars 1g	
Protein 0g	0%

Ingredients: Whole Grain Wheat, Sugar, Corn Syrup, Salt, Vitamin E (mixed tocopherols) Added to Preserve Freshness.
 Vitamins and Minerals: Vitamin C (sodium ascorbate), Zinc and Iron (mineral nutrients), Vitamin E (tocopherol), Vitamin B₁ (thiamin), Vitamin B₂ (riboflavin), Vitamin B₃ (niacin), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₉ (folic acid), Vitamin A (palmitate), Vitamin B₅, Vitamin D₃.
 CONTAINS WHEAT; MAY CONTAIN ALMOND INGREDIENTS.

Activity:

Is this Breakfast Cereal Creditable?

- Work with a partner
- Determine if the cereal is creditable



Grain-Based Desserts

- Source of added sugars and saturated fats
 - Increase risk of chronic illnesses
- Not creditable in CACFP meals and snacks



List of Grain-Based Desserts*

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Granola bars
- Cookies
- Doughnuts
- Sweet pie crusts
- Sweet rolls
- Toaster pastries

*Exhibit A: Grain Requirements for Child Nutrition Programs—all items with superscripts 3 and 4 are grain-based desserts

Clarification on Sweet Crackers

- Policy Memo CACFP 16-2017 (June 30, 2017) clarified that **sweet crackers** are not considered grain-based desserts and are therefore **allowable grains**!
- Graham Crackers
- Animal Crackers



Grain-Based Desserts and Special Occasions

- Annual festival, birthday celebrations, end-of-year bash, or other special events
- May be served as an additional item only

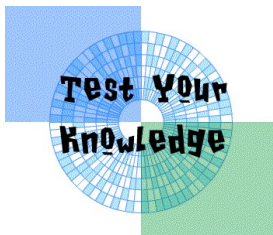


Grains-Ounce Equivalents

Ounce equivalents will be used to determine serving sizes for grains

Effective **October 1, 2019**

Child and Adult Meal Pattern



True or False QUIZ

INSTRUCTIONS:

True = Stand up
False = Sit down
Unsure = Hands on Head

STATEMENTS:

#1: Grain-based desserts count toward the grain requirements for meals and snacks served to adult participants only.

False

#2: Breakfast cereals can contain no more than six grams per dry ounce.

True

True or False QUIZ

INSTRUCTIONS:

True = Stand up
False = Sit down
Unsure = Hands on Head

STATEMENTS:

#3: Juice is limited to twice per day.

False

#4: Tofu can credit as a meat alternate when it meets the protein requirement and is easily recognized as a meat alternate.

True

Summary of Child and Adult Meal Pattern

- New age group added (13-18 year olds)
- New standards for milk
- Tofu creditable as a M/MA
- One whole grain-rich food per day
- No grain-based desserts
- Fruits and vegetables two separate components at lunch, supper, and snack

Other Child Nutrition Programs

- The new CACFP meal pattern also updates the NSLP and SBP Preschool meal patterns!
- Now one universal meal pattern for children birth through four years old!



Questions?



Child and Adult Meal Service

- Elimination of on-site deep-fat frying
- Family-style meal service
- Using offer versus serve in the At Risk Afterschool Meals program
- Co-mingled Preschoolers in a school setting

Deep-Fat Frying

- **May not** be used to prepare meals on site
- **May** purchase from commercial manufacturer
 - Pre-fried
 - Flash-fried
 - Par-fried
 - Deep-fat fried
- **May not** deep-fat fry when reheating



Types of Meal Service in the CACFP

- Meal service impacts what participants will eat
- Meal Service Types:
 - Pre-plated meals
 - Family-Style
 - Offer Versus Serve

Family-Style Meal Service

Family-Style Meal Service (FSMS) allows children & adults to serve themselves from common serving bowls & platters of food...*



*Supervising adults provide assistance as needed

FSMS in Child Care Settings

- Optional but highly encouraged
- Some children may need to develop necessary skills
 - Passing, pouring, serving
 - Allow time to practice each skill

FSMS Guidelines

- Place enough food at each table to provide the required portions
 - Children, adults
 - Supervising adults (optional)
- Example: three children (3-5 years) and one supervising adult
 - Minimum serving size of fruit is $\frac{1}{4}$ cup sliced apples
 - Place one cup of sliced apples in serving bowl
 - Includes $\frac{1}{4}$ cup serving for supervising adults



Serving Sizes in FSMS

- Children and adults may take smaller portions
- Actively encourage children and adults to take the full serving
- If the food is refused, do not force
 - Meals are reimbursable as long as all food components are offered



Modified FSMS

- Children may need some assistance with serving themselves
- Children will gradually learn to serve themselves



Supervising Adults – FSMS

- Cost of supervising adult meals is an allowable expense
- CACFP agencies can have policy on allowable serving size for supervising adults



Offer Versus Serve

- Allowed for meals in adult day care facilities and at-risk afterschool programs
- Not allowed in child care facilities
- Operators may serve food pre-portioned or directly from line
- Participants must take three of the five meal components offered
- Not allowed for snacks

Co-mingled Preschoolers in a School Setting

USDA Policy Memo SP 37-2017 (June 30, 2017) states:

- Schools that serve preschoolers in *same location* and at the *same time* as K-5 students, may choose to serve the preschoolers the K-5 meal pattern
- If preschoolers eat separately, then schools must serve the new preschool meal pattern



Summary of Meal Service for Children and Adults

- Deep-fat frying is no longer allowed
- Meal services
 - Family Style Meals
 - Offer Versus Serve
- See USDA Policy Memo CACFP 05-2017 (OVS and FSMS)

Questions?



Resources



USDA Food and Nutrition Services Resources

- Policy Guidance
- CACFP Meal Standards
- CACFP Meal Pattern Training Tools
- Team Nutrition



Date	Policy Memo Number(s)	Title
6-24-16	SP42 CACFP 14-2016	Early Implementation of the New Meal Patterns
6-30-16	CACFP 15-2016	Optional Best Practices to Improve CACFP Meal Patterns
7-14-16	CACFP 17-2016	Fluid Milk and Fluid Milk Substitution Requirements in the CACFP
8-5-16	CACFP 20-2016	Water Availability in the CACFP
8-8-16	SP53 CACFP 21-2016	Crediting Tofu and Soy Yogurt in Schools & CACFP
10-14-16	CACFP 02-2017	Grain Requirements
12-9-16	CACFP 05-2017	Offer versus Serve and Family Style Dining
1-17-17	CACFP 06-2017	Infant Feeding (Revised)
3-10-17	CACFP 08-2017	Q/A About the Updated Meal Pattern Requirements
3-23-17	CACFP 09-2017	Fruit and Vegetable Requirements (Revised)
5-10-17	SP30 CACFP 13-2017	Transition Period for Updated CACFP, Infant, Preschool Meal Patterns
6-30-17	CACFP 16-2017	Grain-Based Desserts in the Child and Adult Care Food Program
6-30-17	CACFP 17-2017	Documenting Meals in the Child and Adult Care Food Program
6-30-17	SP 37-2017	Flexibility for Co-Mingled Preschool Meals: Questions and Answers

The screenshot shows the USDA Food and Nutrition Service website. The main heading is 'Child and Adult Care Food Program (CACFP)'. Below this, there's a section titled 'Nutrition Standards for CACFP Meals and Snacks'. A red arrow points to the 'Nutrition Standards' link in the left sidebar under the 'How to Apply' section.

The screenshot shows the USDA Food and Nutrition Service website. The main heading is 'CACFP Meal Pattern Training Tools'. Below this, there's a section titled 'Training Tools'. A red arrow points to the 'Training Tools' link in the left sidebar under the 'How to Apply' section.

USDA Web Page Resources

CACFP Meal Standards Web Page:
<http://www.fns.usda.gov/cacfp/meals-and-snacks>

CACFP Meal Pattern Training Tools Web Page:
<https://www.fns.usda.gov/tr/cacfp-meal-pattern-training-tools>

The screenshot shows two web pages side-by-side. The left page is the 'CACFP Meal Standards Web Page' and the right page is the 'CACFP Meal Pattern Training Tools Web Page'.

USDA Technical Assistance Resources

NEW Web-based Food Buying Guide:
<https://foodbuyingguide.fns.usda.gov/MasGuestUsers/GuestUserLogin?ReturnUrl=%2FHome%2FHome>

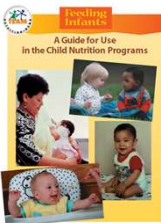
The screenshot shows the USDA Food Buying Guide website. The main heading is 'NEW Web-based Food Buying Guide'. Below this, there's a section titled 'Food Buying Guide'. A red arrow points to the 'Food Buying Guide' link in the left sidebar.

USDA Technical Assistance Resources

- **Alliance CACFP Product Calculator:**
<https://foodplanner.healthiergeneration.org/cacfp-calculator/>
- **Multi-cultural Recipes**

The screenshot shows two web pages side-by-side. The left page is the 'Alliance CACFP Product Calculator' and the right page is 'Multi-cultural Recipes'.

More Team Nutrition Resources



- **New nutrition education** resources
- Feeding Infants Guide

Institute of Child Nutrition (ICN)

ICN Link to NMP Training Materials:

<http://news.theicn.org/cacfpmp/>



California Department of Education and Nutrition Services Division Resources

1, 2, 3 ways to get information and resources on the CACFP New Meal Patterns (NMP), effective October 1, 2017:

1. **Navigate to the CDE Web page at:**
www.cde.ca.gov/ls/nu/he/cacfpresource.asp
2. **E-mail your questions to:** NMP4CACFP@cde.ca.gov
3. **Follow us on Twitter** [@CDENutrition](https://twitter.com/CDENutrition)

Additional Training Opportunities

CACFP New Meal Pattern Training:

- Online Mandatory Course (March 2018)
- Additional In-person Workshops
 - Spring 2018
- YouTube Videos on CDE Web page
 - Some available Winter 2017



Civil Rights Requirements in the CACFP

And Justice for All



Civil Rights

CACFP institutions must understand:

- Civil Rights Laws
- Regulations
- Policies and Procedures

<https://fns-prod.azureedge.net/sites/default/files/113-1.pdf>

<http://www.justice.gov/crt/about/cor/coord/titlevi.php>

Who should receive Civil Rights training?

- Person responsible for civil rights compliance
- Frontline staff who interact with program applicants or participants
- Those who supervise frontline staff

What topics should be covered?

- Collection and use of data
- Effective public notification systems
- Complaint procedures
- Compliance review techniques
- Resolution of noncompliance
- Requirements for reasonable accommodation of persons with disabilities
- Requirements for language assistance
- Conflict resolution
- Customer service

What are the goals of civil rights?

- Eliminate barriers that prevent people from receiving benefits
- Provide equal treatment in the delivery of programs and services
- Ensure that everyone understands their rights and responsibilities
- Show respect and dignity

What are the civil rights requirements?

CACFP agencies must:

- Appoint a civil rights coordinator
- Issue a media release when first approved to operate
- Make program information available in different languages

Nondiscrimination Statement

- Use the statement issued by the USDA November 19, 2015
- Include it on published materials and Web sites
- Including it on menus is optional

Short Nondiscrimination Statement

This institution is an equal opportunity provider.

The short statement can be used on flyers, posters, or documents that are one page by nature.

Full Nondiscrimination Statement

Informational materials:

- Employee handbooks
- Enrollment forms
- Newsletters
- Parent handbooks
- Print and broadcast advertisements
- Web sites



Civil Rights Requirements

- Include the USDA nondiscrimination statement on CACFP materials
- Display the **And Justice for All** poster
- Collect and retain racial and ethnic data
- System for handling complaints of discrimination or program-related complaints



Civil Rights Requirements

The Americans with Disabilities Act and the Rehabilitation Act of 1973 prohibit discrimination based on disability

- Have a system for identification and evaluation of areas for accessibility of disabled persons
- Implement policies and procedures to ensure access
- Provide appropriate aid and assistance

National Origin— Limited English Proficiency (LEP)

- Take steps to ensure meaningful access to the information and services they provide
- Provide LEP population with access to materials in native language

Recognizing a Civil Rights Complaint

A complaint of unequal treatment can be:

- Verbal
- Written
- Observed

Processing Complaints



Handling Complaints

- Create a complaint log
- Process incoming complaints
- Track the complaint through investigation and resolution
- Assist the complainant with filing the complaint
- Forward all civil rights complaints to the USDA National Office of Adjudication

Complaint Log

The complaint log must:

- Contain all relevant information to investigate and resolve the complaint.
- Be dated and kept for three years plus the current year, even if no complaints have been received.
- Be available upon request by the CDE or the USDA.

Administrative Review

- Civil rights and program information is available to applicants, participants, grassroots organizations, or similar minority groups at each site.
- Complaint procedures are in place and incorporate federal requirements.
- The USDA **And Justice for All** poster is displayed.

Administrative Review

- The nondiscrimination statement is included on all program materials produced for public information, public education, or public distribution.
- All materials regarding the program is provided in the appropriate language of the population being served.
- Civil rights complaints are handled properly.
- Reasonable accommodations are provided to participants with disabilities.

Resolution of Noncompliance

If noncompliance is indicated, corrective action must be taken immediately to achieve voluntary compliance.



Customer Service

- Treat all applicants and beneficiaries equally.
- Have knowledge of rights and responsibilities.
- Identify and eliminate barriers that prevent people from receiving benefits
- Show dignity and respect for all



Conflict Resolution

- Avoid the desire to blame
- Attempt to improve the situation
- Allow the complainant to communicate their feelings
- Improve relationships and increase communication
- Avoid repeating the situation

Civil Rights Questions

If you have any questions regarding civil rights or program-related complaints, please contact:

Nai Saechao

Civil Rights and Complaints Coordinator
916-445-7760 or nsaechao@cde.ca.gov

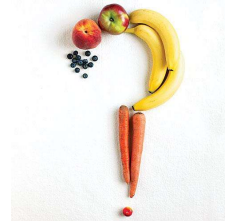


Contact us!

CDE New Meal Pattern E-mail Inbox:
nmp4cacfp@cde.ca.gov

This institution is an equal opportunity provider.

Questions?



Professional Standards Crediting

Key Area: Nutrition (1000)

Training Topic: Menu Planning (1100)

Learning Objectives: Plan menus that meet USDA nutrition requirements (1110)

Total Instructional Time = 4.5 hours

Thank you for Attending!

