

Welcome to April Afternoon Tea!



Log in to do list:

- ★ Sign in with your first and last name
- ★ Listening as a group? Type your organizations name and all group members into the chat box
- ★ In order to receive a certificate of participation every person must be registered with a separate email address. You can email additional registrants to dcourtney@doe.mass.edu



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Child and Adult Care Food Program New Meal Pattern

Fiscal Year 2017 - Overview

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EDUCATION



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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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Game Plan / Agenda

- ★ Age groups
- ★ Changes to meal components
 - ★ Fruit
 - ★ Vegetables
 - ★ Meat / Meat Alternate
 - ★ Grains
 - ★ Fluid milk
- ★ Meal Pattern
- ★ Meal Ideas
- ★ Additional Provisions
- ★ Top 10 Changes
- ★ Homework / Test your knowledge!



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Goals

- ★ Understand the major changes outlined in the new Child and Adult Care Food Program meal pattern.



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Why is the meal pattern changing?

Healthy, Hunger-Free Kids Act requires USDA to:

- ★ Update the CACFP meal patterns
- ★ Align the meal patterns with:
 - ★ The most recent version of the Dietary Guidelines for Americans
 - ★ Most recent and relevant nutrition science
 - ★ Recommendations from an authorized scientific agency or organization



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Foundation of a healthier generation

- ★ This is the first major revision since 1968
- ★ Reflects updates in nutrition science
- ★ New goal: prevent overconsumption of calories, saturated fat, added fats, added sugars, and under consumption of fiber and other essential nutrients.



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Age Groups

1-2

3-5

6-12

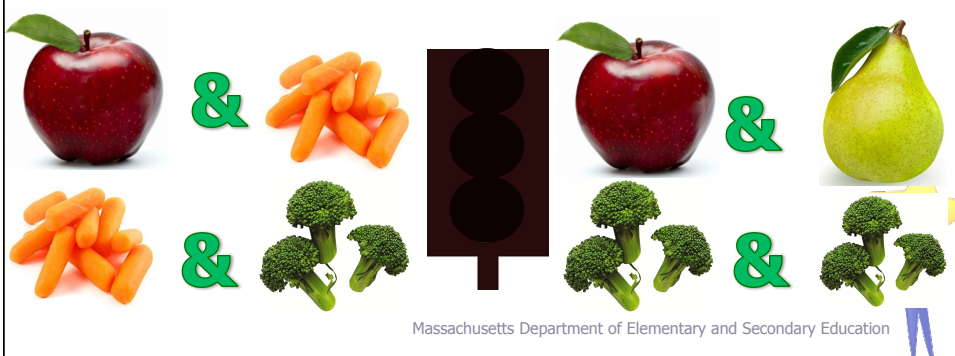
13-18
NEW



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Fruits and Vegetables

- ★ Separate Components at Lunch, Dinner and Snack
- ★ Two DIFFERENT Vegetables can be served at Lunch and Dinner



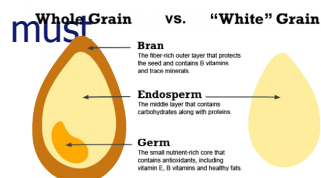
Fruits and Vegetables

- ★ Consider your fruit and vegetable carefully in menu planning



Grains

- ★ One grain serving per day be "Whole Grain-rich"



- ★ Grain based desserts are not creditable



- ★ Breakfast cereals must meet WIC requirements

- ★ Sugar Sense flyer



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Grains – coming in 2019

- ★ Continue to use creditable foods guide to determine portion sizes of grains by group/weight

- ★ [Creditable Food Guide](#)

Group B	Minimum Serving Size for Group B
• Bagels	1 serving = 25 gm or 0.9 oz.
• Batter type coating	3/4 serving = 19 gm or 0.7 oz.
• Biscuits	1/2 serving = 13 gm or 0.5 oz.
• Breads (white, wheat, whole-wheat, French, Italian)	1/4 serving = 6 gm or 0.2 oz.
• Buns (hamburger and hot dog)	

- ★ In 2019 we will transition to using "Ounce equivalents" and training will be provided



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Meat & Meat Alternatives

- ★ Can replace grain 3 x week at breakfast



[Recipe](#)

[Recipe](#)















- ★ Tofu can be served in ways that it can be easily recognized by children
- ★ Yogurt sugar limit
 - ★ Sugar Sense flyer

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Fluid Milk




	12 mos-24 mos	2 years-5 years	6 years and older
Whole Unflavored	 		
1% Unflavored		 	 
Skim / Fat Free Unflavored		 	 
Skim / Fat Free Flavored*			 

Breakfast				
Age Group	1-2	3-5	6-12	13-18
Fluid Milk	4 fl oz	6 fl oz	8 fl oz	
Vegetables, fruit or both	¼ C	½ C	½ C	
Grains or M/MA*	½ serving	½ serving	1 serving	



* Meat/Meat alternate can be served in place of a grain up to 3 times per week



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Breakfast

18 mos



Tasty Tots

POPULAR CHOICE WINNER
Recipes for Healthy Kids

A healthy, kid-friendly alternative to traditional "fried" potatoes. Tasty Tots are made with sweet potatoes and garbanzo beans (chickpeas).



★ ¼ C vegetable

★ [Recipe Here](#)





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Lunch & Dinner



Age Group	1-2	3-5	6-12	13-18
Fluid Milk	4 fl oz	6 fl oz	8 fl oz	
Vegetable	1/8 C	1/4 C	1/2 C	
Fruit or Vegetable	1/8 C	1/4 C	1/4 C	
Grains	1/2 serving	1/2 serving	1 serving	
Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	



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Lunch & Dinner

Stir-Fry Fajita Chicken, Squash, and Corn



2ND PLACE WINNER
Dark Green and
Orange Vegetables

This main dish creatively
combines southwest spices
with an Asian cooking style,
blending the flavors of locally
grown produce with fajita
chicken strips, all stir-fried to
perfection.

- ★ 1 1/4 oz meat
- ★ 3/4 C vegetable
- ★ 1 serving of grains
- ★ [Recipe Here](#)



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Lunch & Dinner

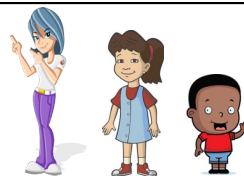
Chicken Alfredo With a Twist

Whole Grains

This rich and creamy recipe gives ordinary chicken alfredo a healthy twist, combining fat-free half and half with canned cream of chicken soup and whole-grain rotini noodles.



- ★ 2 oz meat/meat alternate
- ★ 1 serving of grain
- ★ [Recipe Here](#)



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Snack



Age Group	1-2	3-5	6-12	13-18
Fluid Milk	4 fl oz		8 fl oz	
Vegetables	½ C		¾ C	
Fruit	½ C		¾ C	
Grains	½ oz eq		1 oz eq	
Meat / Meat Alternate	½ oz		1 oz	

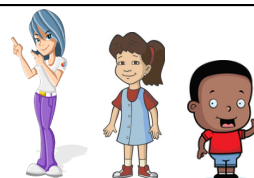
Pick 2 

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AM Snack

Peach Pie Smoothie



- ★ 1 oz meat alternate
- ★ 1 C fruit
- ★ [Recipe Here](#)



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PM Snack

Cucumber-Tomato Skewers with Dilly Sauce



- ★ ½ oz meat
- ★ ½ C vegetable
- ★ [Recipe Here](#)



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Additional provisions

- ★ Prohibits frying as a method of onsite preparation
- ★ Water must be available to drink when requested
- ★ Parent/guardian may provide 1 component for medical or special dietary needs
- ★ Family style meals practices
- ★ Extends offer versus serve to at-risk afterschool sites



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1. 13-18 year old age group
2. Fruits and Vegetables are separate meal components
3. One whole grain serving per day
4. Grain based desserts are not creditable
5. Breakfast cereals must meet WIC criteria



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6. Grains portions will be measured in ounce equivalents in 2019
7. Meat / Meat Alternate can replace grain in breakfast up to 3 x week
8. Yogurt sugar limit
9. Tofu is creditable as Meat / Meat alternate
10. Flavored milk can only be served to children age 6 and older

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macacfptraining@gmail.com



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Send your questions in!

- ★ Email your question to:
 - ★ macacfptraining@gmail.com
- ★ We will research answers during the week and answer them at the end of the following weeks podcast
- ★ Will support the creation of a Q & A document that will be shared state wide prior to meal pattern implementation



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- ★ Complete the [Nutrition Self Assessment](#) of one or more of your sites

Breakfast							
1	Sweet cereals are served as part of reimbursable meal	<input type="checkbox"/> Daily	<input type="checkbox"/> Weekly	<input type="checkbox"/> Monthly or special occasions	<input type="checkbox"/> Never	<input type="checkbox"/> I am satisfied with this practice	<input type="checkbox"/> I want to improve this practice
2	Other sweet breakfast items like sweet rolls, donuts, popartars, etc. are served as part of reimbursable meal	<input type="checkbox"/> Daily	<input type="checkbox"/> Weekly	<input type="checkbox"/> Monthly or special occasions	<input type="checkbox"/> Never	<input type="checkbox"/> I am satisfied with this practice	<input type="checkbox"/> I want to improve this practice
3	A whole grain breakfast food is served	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Monthly	<input type="checkbox"/> Weekly	<input type="checkbox"/> Daily	<input type="checkbox"/> I am satisfied with this practice	<input type="checkbox"/> I want to improve this practice
4	Fresh, canned (packed in juice), dried, or frozen fruits or vegetables (not including juice) are served	<input type="checkbox"/> Rarely or never	<input type="checkbox"/> Monthly	<input type="checkbox"/> Weekly	<input type="checkbox"/> Daily	<input type="checkbox"/> I am satisfied with this practice	<input type="checkbox"/> I want to improve this practice
5	Breakfast foods are sweetened with	<input type="checkbox"/> Regular syrup and jellies	<input type="checkbox"/> "Lite" syrup and jellies	<input type="checkbox"/> Unsweetened fruit	<input type="checkbox"/> Nothing	<input type="checkbox"/> I am satisfied with this practice	<input type="checkbox"/> I want to improve this practice

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Lets test your knowledge! [HERE](#)

UMassAmherst

MAKING IT COUNT
School Meals Accountability & Responsibility Training Tools

SMARTTs Making It Count MasSTERI Resources English English Español

BREAKFAST LUNCH AFTERSCHOOL SNACK ACCOUNTABILITY ACCESS

Make the Food Count as the Right Component / Activity

100%

congratulations!
providing well-balanced meals
is important!

done >

**Also available
in Spanish**

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**Thursday April 13th
2:00 pm - 3:30 pm**

Creditable foods:

- ★ Meal Components
- ★ Meal Pattern
- ★ Crediting
 - ★ Fruit
 - ★ Vegetables
 - ★ Meat / Meat Alternate: Tofu & Yogurt
 - ★ Grains: Whole Grains, breakfast cereals, grain based desserts
- ★ Email your question to: macacfptraining@gmail.com



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