

Preparing for the New CACFP Nutrition Standards:

A Panel Discussion on Implementation in California

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Today's Agenda

1. Welcome (5 minutes)
2. Coordinating Implementation in California (15 minutes)
3. CDE's Training Plan (20 minutes)
4. Panel Discussion (20 minutes)
5. Q&A from the audience (10 minutes)

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Session Objectives

1. Learn what training opportunities and technical assistance will be offered by the California Department of Education to support implementation of the new CACFP nutrition standards.
2. Learn what you can do now to begin planning for the new and improved CACFP nutrition standards.
3. Gain perspective on potential opportunities and challenges that you may face when implementing the new CACFP nutrition standards.

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CFPA is a statewide policy and advocacy organization dedicated to improving the health and well-being of low-income Californians by increasing their access to nutritious, affordable food.



Why do we care about nutrition in child care?



~11 million children under age 5 in some form of child care



Average = 35 hours/week



A significant portion of nutrition consumed in child care

About **1 in 4** CA children live in poverty and over **2 million** live in food-insecure households



Poor nutrition affects young children's ability to learn and grow. Nutrition habits formed early

Childhood obesity and diabetes on the rise



"The science-based standards introduced in this final rule will **elevate the nutritional quality of meals and snacks provided under the CACFP.**"



- United States Department of Agriculture



The New Standards Make a Great Program Even Better



- Developmentally appropriate meals
- More nutritious meals
- Greater variety of vegetables and fruits
- More protein options
- More whole grains
- Less added sugar
- Breastfeeding support and encouragement



A Few Highlights of the New INFANT Meal Pattern



- Establishes two age groups
 - 0-5 and 6-11 months
- Solid foods allowed when developmentally appropriate
- Allows for gradual introduction of solid foods
- Allows cheese, cottage cheese, and yogurt
- Whole eggs

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A Few Highlights of the New INFANT Meal Pattern continued

- Meals may be reimbursed when a mother breastfeeds on-site
- Prohibits juice for infants
- Ready-to-eat cereals are allowed at snack for older infants
- A vegetable or fruit must be served at snack for older infants

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A Few Highlights of the New CHILD and ADULT Meal Patterns



- Allows tofu
- May supplement entire grains component at breakfast a max of 3x per week for meat or a meat alternate
- Creates a separate vegetable and separate fruit component
- Allows two vegetables at lunch and supper

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A Few Highlights of the New CHILD and ADULT Meal Patterns continued

- Limits juice to once per day
- Disallows grain based desserts
- Requires one grain per day to be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar
- Yogurt must contain less than 23 grams of sugar per 6 ounces
- Disallows deep fat frying on-site

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Ensuring
implementation of the
standards
supports young
children's nutritional
needs without
decreasing
participation
in CACFP.



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The Recommendations

- A variety of training delivery methods should be utilized to meet the needs of all providers, centers, and sponsors.
- Training resources and delivered trainings should reflect the linguistic diversity of our state and be made available in Spanish.
- Training resources and delivered trainings should be appropriate for individuals with literacy barriers.
- Creation of a consistent and unified message that positively communicates the nutrition standards changes should be developed to reduce perceived burden and to establish a culture of support.
- Efforts to publicize the new nutrition standards and training opportunities need to be coordinated and include outreach to partner agencies, organizations, and regional or statewide networks in which providers participate.
- Licensed non-CACFP providers need information about the new standards and training resources should be made available to them so they can follow the standards correctly.



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For more information
about the new standards visit:

- The United States Department of Agriculture's CACFP Meal Standards Website
 - <http://www.fns.usda.gov/cacfp/meals-and-snacks>
- Watch the Food Research and Action Center's Webinar Recording
 - <https://frac.peachnewmedia.com/store/streaming/seminar-launch.php?key=8D3qdszQx8nBSuHcWA%2BFEBiNNPmWkXinz8QqBzdS8wk%3D>
- Stay tuned for updates on trainings provided by the California Department of Education

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