CACFP MEAL PATTERN TRAINING

ARIZONA DEPARTMENT OF EDUCATION

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Purpose | Meal Pattern Update

**Improves Nutrition**
- Meets Dietary Guidelines for Americans
- Enhanced nutrition quality of meals & snacks
  - Less added sugar, saturated fat, & sodium

**Addresses Health**
- Current health status of both children and adults

**Supports**
- Children developing healthy eating habits
- Retaining the wellness of adult participants
Purpose | ADE Training

Review Meal Pattern:
Infants, Children, & Adults

Strategies for Implementation
October 1, 2017

Meal Pattern Changes

Expectations
Best Practices
Q & A
Child & Adult Meal Pattern | Lesson Objectives

- Recall five changes to the child & adult meal pattern
- Summarize the improvements to the yogurt, whole grain, fruit/vegetable, milk component & meat alternative requirements
- Identify best practices
- Compose meals that comply with new meal pattern
Child & Adult Meal Pattern

✓ Greater Variety Fruits/Vegetables

✓ More Whole Grains

✓ More Protein Options

✓ Age Appropriate Meals

✓ Less Added Sugar & Saturated Fat
1. Greater Variety Fruits/Vegetables

- **Separate** Components
  - Fruit Component
  - Vegetable Component
  *At Lunch, Supper, & Snack*

- Two *different* vegetables can be served instead of fruit at Lunch and Supper

- Pasteurized, 100% juice limited to *1 time* per day
Separate Components | Lunch & Supper

Are the Fruit & Vegetable Components Being Met?
Example: Ages 3-5

- ¼ Cup Strawberries + ¼ Cup Carrots
- ½ Cup Sweet Potatoes
- ¼ Cup Blueberries + ¼ Cup Green Beans
- ¼ Cup Broccoli + ¼ Cup Turnips
- Chicken & Vegetable Soup
- Garden Salad (Lettuce/Tomato/Cucumber)

Select all 5 food components for a reimbursable meal
Separate Components | Snack

Is this snack reimbursable?
Example: Ages 1-2

- 1 Serving Meat + 1 Serving Fruit
  - 1 String Cheese (1 oz.) + ½ cup Apple Slices

- 2 Servings of the Same Fruit
  - 1 cup watermelon

- 2 Servings of Different Fruits
  - ½ cup pineapple + ½ cup peaches

- 1 Serving Vegetable + 1 Serving Fruit
  - ½ cup cucumber slices + ½ cup blueberries

- 1 Serving Grain + 1 Serving Meat
  - ½ English Muffin + ½ Hardboiled Egg (Slices)
100% Pasteurized Fruit/Vegetable Juice

Cannot be served to infants⚠️

Children 1+ Years Old

0-1 servings per day
Greater Variety Fruits/Vegetables

Best Practices

- At least **1 fruit or vegetable** at every snack
- Serve a variety of fruits
- Choose **whole fruits** more often than juice
- Incorporate **seasonal** and **locally grown** produce into meals

- **Every week**, serve at least one serving of:
  - Dark green vegetables
  - Red and orange vegetables
  - Starchy vegetables
  - Other vegetables
  - Legumes
2. More Whole Grains

- At least 1 serving per day must be **whole grain rich**

- Grain based desserts do **not count** anymore for the grains component

- **BEST PRACTICE**: Serve at least 2 servings of whole grain rich grains/day
**Whole Grains**

**Whole Grain Ingredients**

- Cracked wheat / crushed wheat
- Whole-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Rolled oats and oatmeal

**Benefits of Whole Grain**

- Nutrient dense
- Reduces risk of disease
Whole Grains cont.

**Whole Grain Ingredients**

- Graham Flour
- Entire-Wheat Flour
- Amaranth
- Millet Flakes
- Quinoa
- Brown & Wild Rice
- Bulgur or Whole Grain Barley
- Whole Wheat Pasta
- Soba Noodles
Whole Grain-Rich Criteria

- Whole grains are the primary ingredient by weight
- Food package lists a FDA approved whole-grain health claims
Whole Grain Stamp

- Whole Grain
- 20g or more per serving
- WholeGrainsCouncil.org

- Whole Grain
- 18g or more per serving
- WholeGrainsCouncil.org

EAT 48g OR MORE OF WHOLE GRAINS DAILY
## Types of Grain Dishes

<table>
<thead>
<tr>
<th>Non-Mixed</th>
<th>Mixed</th>
</tr>
</thead>
<tbody>
<tr>
<td>- Breads and cereals</td>
<td>- Pizza and breakfast burritos</td>
</tr>
<tr>
<td>- First ingredient is a whole grain</td>
<td>- Whole grains primary ingredient by weight</td>
</tr>
<tr>
<td>- First ingredient is water and the second ingredient is a whole grain</td>
<td>- Proper documentation is required</td>
</tr>
</tbody>
</table>
Meals & Whole Grain-Rich Foods

- Each day, **at least one meal or snack must include a whole grain-rich food**

- If a child care center only serves breakfast, **the grain must be whole grain-rich**

- If the center serves breakfast, lunch, and snack, choose which meal(s) to serve the whole grain-rich food
Grain Requirements

Grain based desserts are no longer creditable
# Grain Based Deserts

## Exhibit A: Grain Requirement for Child Nutrition Programs

<table>
<thead>
<tr>
<th>Group A</th>
<th>Minimum Serving Size for Group A</th>
<th>Oz Eq for Group A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread type coating</td>
<td>1 serving = 20 gm or 0.7 oz</td>
<td>1 oz eq = 22 gm or 0.8 oz</td>
</tr>
<tr>
<td>Bread sticks (hard)</td>
<td>3/4 serving = 15 gm or 0.5 oz</td>
<td>3/4 oz eq = 17 gm or 0.6 oz</td>
</tr>
<tr>
<td>Chow mein noodles</td>
<td>1/2 serving = 10 gm or 0.4 oz</td>
<td>1/2 oz eq = 11 gm or 0.4 oz</td>
</tr>
<tr>
<td>Savory Crackers (saltines and snack crackers)</td>
<td>1/4 serving = 5 gm or 0.2 oz</td>
<td>1/4 oz eq = 6 gm or 0.2 oz</td>
</tr>
<tr>
<td>Croutons</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pretzels (hard)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stuffing (dry) Note: weights apply to bread in stuffing</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group B</th>
<th>Minimum Serving Size for Group B</th>
<th>Oz Eq for Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels</td>
<td>1 serving = 25 gm or 0.9 oz</td>
<td>1 oz eq = 28 gm or 1.0 oz</td>
</tr>
<tr>
<td>Batter type coating</td>
<td>3/4 serving = 19 gm or 0.7 oz</td>
<td>3/4 oz eq = 21 gm or 0.75 oz</td>
</tr>
<tr>
<td>Biscuits</td>
<td>1/2 serving = 13 gm or 0.5 oz</td>
<td>1/2 oz eq = 14 gm or 0.5 oz</td>
</tr>
<tr>
<td>Breads (sliced white, whole wheat, French, Italian)</td>
<td>1/4 serving = 6 gm or 0.2 oz</td>
<td>1/4 oz eq = 7 gm or 0.25 oz</td>
</tr>
<tr>
<td>Buns (hamburger and hot dog)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sweet Crackers (graham crackers - all shapes, animal crackers)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Egg roll skins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>English muffins</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pita bread (white, whole wheat, whole grain-rich)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pizza crust</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pretzels (soft)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rolls (white, whole wheat, whole grain-rich)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tortillas (wheat or corn)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tortilla chips (wheat or corn)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taco shells</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
# Grain Based Deserts

<table>
<thead>
<tr>
<th>Cookies³ (plain - includes vanilla wafers)</th>
<th>Group C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cornbread</td>
<td>1 serving = 31 gm or 1.1 oz</td>
</tr>
<tr>
<td>Corn muffins</td>
<td>3/4 serving = 23 gm or 0.8 oz</td>
</tr>
<tr>
<td>Croissants</td>
<td>1/2 serving = 16 gm or 0.6 oz</td>
</tr>
<tr>
<td>Pancakes</td>
<td>1/4 serving = 8 gm or 0.3 oz</td>
</tr>
<tr>
<td>Pie crust (dessert pies³, cobbler³, fruit turnovers ⁴, and Waffles)</td>
<td>1 oz eq = 34 gm or 1.2 oz</td>
</tr>
<tr>
<td></td>
<td>3/4 oz eq = 26 gm or 0.9 oz</td>
</tr>
<tr>
<td></td>
<td>1/2 oz eq = 17 gm or 0.6 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 9 gm or 0.3 oz</td>
</tr>
</tbody>
</table>

| Doughnuts³ (cake and yeast raised, unfrosted) |
| Cereal bars, breakfast bars, granola bars⁴ (plain) |
| Muffins (all, except corn) |
| Sweet roll⁶ (unfrosted) |
| Toaster pastry⁴ (unfrosted) |
| Group D |
| Minimum Serving Size for Group D |
| 1 serving = 50 gm or 1.8 oz |
| 3/4 serving = 38 gm or 1.3 oz |
| 1/2 serving = 25 gm or 0.9 oz |
| 1/4 serving = 13 gm or 0.5 oz |
| Oz Eq for Group D |
| 1 oz eq = 55 gm or 2.0 oz |
| 3/4 oz eq = 42 gm or 1.5 oz |
| 1/2 oz eq = 28 gm or 1.0 oz |
| 1/4 oz eq = 14 gm or 0.5 oz |

| Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) |
| Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) |
| Doughnuts⁴ (cake and yeast raised, frosted or glazed) |
| French toast |
| Sweet rolls⁴ (frosted) |
| Toaster pastry⁴ (frosted) |
| Group E |
| Minimum Serving Size for Group E |
| 1 serving = 63 gm or 2.2 oz |
| 3/4 serving = 47 gm or 1.7 oz |
| 1/2 serving = 31 gm or 1.1 oz |
| 1/4 serving = 16 gm or 0.6 oz |
| Oz Eq for Group E |
| 1 oz eq = 69 gm or 2.4 oz |
| 3/4 oz eq = 52 gm or 1.8 oz |
| 1/2 oz eq = 35 gm or 1.2 oz |
| 1/4 oz eq = 18 gm or 0.6 oz |
## Grain Based Deserts

<table>
<thead>
<tr>
<th>Group</th>
<th>Minimum Serving Size for Group</th>
<th>Oz Eq for Group</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Group F</strong>&lt;br&gt; (These items are only allowed under the NSLP and SBP)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Cake³ (plain, unfrosted)&lt;br&gt;Coffee cake⁴</td>
<td>1 serving = 75 gm or 2.7 oz&lt;br&gt;3/4 serving = 55 gm or 2 oz&lt;br&gt;1/2 serving = 38 gm or 1.3 oz&lt;br&gt;1/4 serving = 19 gm or 0.7 oz</td>
<td>1 oz eq = 82 gm or 2.9 oz&lt;br&gt;3/4 oz eq = 62 gm or 2.2 oz&lt;br&gt;1/2 oz eq = 41 gm or 1.5 oz&lt;br&gt;1/4 oz eq = 21 gm or 0.7 oz</td>
</tr>
<tr>
<td><strong>Group G</strong>&lt;br&gt; (These items are only allowed under the NSLP and SBP)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Brownies³ (plain)&lt;br&gt;Cake³ (all varieties, frosted)</td>
<td>1 serving = 115 gm or 4 oz&lt;br&gt;3/4 serving = 86 gm or 3 oz&lt;br&gt;1/2 serving = 58 gm or 2 oz&lt;br&gt;1/4 serving = 29 gm or 1 oz</td>
<td>1 oz eq = 125 gm or 4.4 oz&lt;br&gt;3/4 oz eq = 94 gm or 3.3 oz&lt;br&gt;1/2 oz eq = 63 gm or 2.2 oz&lt;br&gt;1/4 oz eq = 32 gm or 1.1 oz</td>
</tr>
<tr>
<td><strong>Group H</strong>&lt;br&gt; Cereal Grains (barley, quinoa, etc.)&lt;br&gt;Breakfast cereals (cooked)⁵,⁶&lt;br&gt;Bulgur or cracked wheat&lt;br&gt;Macaroni (all shapes)&lt;br&gt;Noodles (all varieties)&lt;br&gt;Pasta (all shapes)&lt;br&gt;Ravioli (noodle only)&lt;br&gt;Rice (enriched white or brown)</td>
<td>1 serving = 1/2 cup cooked or 25 gm dry</td>
<td>1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry</td>
</tr>
<tr>
<td><strong>Group I</strong>&lt;br&gt; Ready to eat breakfast cereal (cold, dry)⁵,⁶</td>
<td>1 serving = 3/4 cup or 1 oz, whichever is less</td>
<td>1 oz eq = 1 cup or 1 ounce for flakes and rounds&lt;br&gt;1 oz eq = 1.25 cups or 1 ounce for puffed cereal&lt;br&gt;1 oz eq = 1/4 cup or 1 ounce</td>
</tr>
</tbody>
</table>
Breakfast Cereals

- Ready to eat, instant, and regular hot cereal
  - May be a source of added sugar

- To be credible cereals must contain no more than 6 grams of sugar per dry ounce
Is this cereal approved?

- Use WIC approved breakfast cereals list

- Complete a simple calculation
  - Find the nutrition facts label
  - Find the serving size
  - Look at the number next to Sugars: 1 gram
  - Calculate the amount of sugar per oz: \( \frac{1}{28} = 0.036 \)
  - Threshold is 0.212 or less, the cereal is creditable
# Nutrition Facts

- **Serving Size**: 1 cup (28g)
- **Servings Per Container**: 12

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>105</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>9</td>
</tr>
<tr>
<td>Total Fat</td>
<td>2g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>139mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>20g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g</td>
</tr>
<tr>
<td>Sugars</td>
<td>1g</td>
</tr>
<tr>
<td>Protein</td>
<td>0g</td>
</tr>
</tbody>
</table>

*% Daily Value is based on a 2,000 calorie diet.

**Calories from Fat**

- **Calories from Fat**: 9
**Nutrition Facts**

**Serving Size:** 1 cup (32g)  
**Servings Per Container:** 9

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>% Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Calories</strong> 130</td>
<td>Calories from Fat 15</td>
</tr>
<tr>
<td>Total Fat 1.5g</td>
<td>2%</td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td></td>
</tr>
<tr>
<td>Cholesterol 0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Potassium 50mg</td>
<td>1%</td>
</tr>
<tr>
<td>Sodium 160mg</td>
<td>7%</td>
</tr>
<tr>
<td>Total Carbohydrate 27g</td>
<td>9%</td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
</tr>
<tr>
<td>Sugars 10g</td>
<td></td>
</tr>
<tr>
<td>Protein 1g</td>
<td>2%</td>
</tr>
</tbody>
</table>
3. Meat and Meat Alternatives (MA)

- **Meat & MA** can be served in place of the entire grains component at Breakfast
  - Up to 3x per week
  - Must serve 1 oz, equivalent to 1 oz of grain

**Breakfast Menu Example:**

<table>
<thead>
<tr>
<th>Breakfast</th>
<th>Component</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheese Omelet</td>
<td>Grain/Meat</td>
</tr>
<tr>
<td>Strawberries</td>
<td>Fruit</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>
### Meat & Meat Alternatives

#### Meat
- Lean Meat
- Poultry
- Fish

#### Meat Alternatives
- Tofu
- Soy Products
- Yogurt
- Cheese
- Eggs
- Beans & Peas
- Nuts, Seeds, & Nut Butters
Tofu

- **Credible Tofu:**
  - Firm & Extra Firm (Commercial Tofu)
  - 2.2 oz (1/4 cup) and 5 grams of Protein
  - CN Label if required

- **Non-credible Tofu:**
  - Soft & Silken
  - Tofu Noodle
  - Non-Commercial/Non-standardized
Yogurt & Soy Yogurt

- COMMERCIAL YOGURT/ SOY YOGURT PRODUCTS ONLY

- NON CREDIBLE YOGURT PRODUCTS:
  - Frozen yogurt
  - Drinkable Yogurt
  - Homemade Yogurt
  - Yogurt flavored products
  - Yogurt Bars
  - Yogurt covered fruits & nuts
Yogurt and Added Sugar

- Some yogurts have more sugar than others
- Must contain no more than 23 grams of total sugars per 6 oz
Your Guide to Sugar in Yogurt

Read: Nutrition Label

How is this credible?

- Method 1:
  1. Find Nutrition Fact Label (on left)
  2. Mind serving size (6 oz is typical)
  3. Find Sugars which is usually under “Total Carbohydrate”
  4. Use “Yogurt Sugar Limit” Chart (below)

<table>
<thead>
<tr>
<th>Yogurt Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Serving Size</strong></td>
</tr>
<tr>
<td>2.25 ounces</td>
</tr>
<tr>
<td>3.5 ounces</td>
</tr>
<tr>
<td>4 ounces</td>
</tr>
<tr>
<td>5.3 ounces</td>
</tr>
<tr>
<td>6 ounces</td>
</tr>
<tr>
<td>8 ounces</td>
</tr>
</tbody>
</table>
Your Guide to Sugar in Yogurt

Read: Nutrition Label

How is this credible?

- Method 2:
  1. Find Nutrition Fact Label (on left)
  2. Look at the Serving Size on the yogurt (4.5 oz in this example)
  3. Find the amount for sugars (16 grams)
  4. Divide the sugars number by the Serving Size number. In this example, it would be:
  5. As long as the number is 3.83 or less, complies with sugar limit.

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55
\]
Nuts, Seeds, and Nut Butter

- Nuts & Seeds meet ½ of the Meat/MA requirements
- Must be paired with another Meat/MA
  - No Acorns, Chestnuts or Coconuts
  - Spreads are not credible
- Nut Butter meets Part or All of the Meat/MA
  - 1oz = 2 Tbsp
Beans & Peas can meet Meat/MA or Vegetable requirements, but not both in the same meal.
Meat & Meat Alternative

Best Practice

- Limit serving processed meats to one serving/week
- Serve only natural cheese that is low-fat or reduced fat
- Serve only lean meats, nuts and legumes
4. Age Appropriate Meals

- **New age group!**
  - 13 – 18 years old
    - At risk afterschool
    - Emergency shelter services
  - Larger portion sizes may be needed
    - Menu = Minimum
5. Less Added Sugar & Saturated Fat

- **Yogurt:**
  - 0-23 g of sugar per 6 ounces

- **Breakfast Cereal:**
  - 0-6 g of sugar per dry ounce
  - *All WIC cereals are approved*

- **Deep Fat Frying**
  - Not allowed on site

- **Best Practice:**
  - Limit pre-fried foods to no more than 1 serving/week
### Fluid Milk Component Requirements

#### Milk Type Based on Age

<table>
<thead>
<tr>
<th>Age</th>
<th>Quantity</th>
<th>Requirements</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 – 23 Months</td>
<td>4 ounces</td>
<td>Only Unflavored Whole Milk, Breastmilk</td>
</tr>
<tr>
<td>2 Years Old</td>
<td>4 ounces</td>
<td>Only Unflavored Fat Free or Low Fat Milk</td>
</tr>
<tr>
<td>3-5 Years Old</td>
<td>6 ounces</td>
<td>Only Unflavored Fat Free or Low Fat Milk</td>
</tr>
<tr>
<td>6+ Years &amp; Adults</td>
<td>8 ounces</td>
<td>Unflavored Fat Free or Low Fat Milk, Flavored Fat Free Milk (Contains added sugars)</td>
</tr>
</tbody>
</table>
### Cow Milk Substitutes

- **Water** may **not** be served in place of fluid milk

### Non-Dairy Beverages

<table>
<thead>
<tr>
<th>Nutritionally Equivalent</th>
<th>Not Nutritionally Equivalent</th>
</tr>
</thead>
<tbody>
<tr>
<td>Soy Milks (brand dependent)</td>
<td>Rice Milk</td>
</tr>
<tr>
<td>Lactose-Reduced</td>
<td>Almond Milk</td>
</tr>
<tr>
<td></td>
<td>Coconut Milk</td>
</tr>
</tbody>
</table>

*Note: A medical form or parent preference form is required.*
Encourage & Support Breastfeeding

Ounces of pumped breastmilk counts toward the total number of fluid milk provided to a child.

**Scenario**

Johnny’s mom brings 3 ounces of pumped breastmilk to give Johnny (2 years of age) during lunch today.

Can you provide the pumped breastmilk to Johnny and still claim lunch with the CACFP Program?

**YES. But 2 Year Olds need 4 ounces of fluid milk.**

3 oz. breastmilk + 1 oz. milk
Fluid Milk Best Practices

- Serve only unflavored milk to all participants
- If flavored milk is served to children 6 and older, sugar should be less than 22 grams/ 8 fl. oz. serving
- For adults: Continue to offer water as a beverage when serving yogurt in place of milk
### Additional Improvements

<table>
<thead>
<tr>
<th>Deep Fat Frying</th>
<th>Offer vs. Serve</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not allowed (for on-site preparation)</td>
<td>Extended to at-risk afterschool</td>
</tr>
</tbody>
</table>

### Best Practices

- Avoid serving any foods with added sugars:
  - Toppings (honey, jam, syrup)
  - Mix in ingredients sold with yogurt (candy or cookie pieces)
  - Sugar sweetened beverages (fruit drinks)
Child Scenario

Lunch Menu

Susan cares for 3-5 year olds. She has chosen to only offer vegetables with lunch, and not give any fruit.

¼ cup steamed carrots
¼ cup steamed broccoli

Is this credible?

YES

Two different vegetables can be offered instead of one vegetable & one fruit at lunch, supper, and snack 😊
Updated Infant Meal Pattern
Infant Meal Pattern | Lesson Objectives

- Discuss three changes to the infant meal pattern
- Identify requirements for serving breastmilk and infant formula to infants
- Explain new requirements for serving solid foods that are more nutritious to infants
Infant Meal Pattern

✓ Encourages & supports breastfeeding

✓ Promotes developmentally appropriate meals

✓ Provides more nutritious meals
Age Group Changes

Previous Age Groups

- Birth – 3 months
- 4 – 7 months
- 8 – 11 months

Updated Age Groups

- Birth – 5 months
- 6 – 11 months
Advantages of Age Groups

• Encourages exclusive breastfeeding
  • Delay the introduction of solid foods until around 6 months
    • Most infants < 6 months of age only need breastmilk or iron-fortified formula
    • Meets their energy and nutritional needs

• Most infants are not ready to consume solid foods until midway through the 1st year

• Introducing solid foods too soon increases risk of obesity
Infant Meal Pattern | Breakfast

Old Meal Pattern

0-3 Months
4-6 fl. oz. breastmilk or formula

4-7 Months
4-8 fl. oz. breastmilk or formula
0-3 tbsp. infant cereal

New Meal Pattern

0 – 5 Months
4-6 fl. oz. breastmilk or formula
Infant Meal Pattern | Lunch/Supper

Old Meal Pattern

0-3 Months
- 4-6 fl. oz. breastmilk or formula

4-7 Months
- 4-8 fl. oz. breastmilk or formula
- 0-3 tbsp. infant cereal
- 0-3 tbsp. vegetable, fruit or both

New Meal Pattern

0 – 5 Months
- 4-6 fl. oz. breastmilk or formula
Infant Meal Pattern | Snack

Old Meal Pattern

0-3 Months
4-6 fl. oz. breastmilk or formula

4-7 Months
4-8 fl. oz. breastmilk or formula

New Meal Pattern

0 – 5 Months
4-6 fl. oz. breastmilk or formula
1. Encourages and Supports Breastfeeding

- Reimbursement for breastfeeding mother **directly feeding** baby

- Only breastmilk or iron-fortified formula is served 0-5 months of age (**no foods**)

- **BEST PRACTICE** - Provide a private, sanitary and comfortable setting for nursing mothers
Documenting On-site Breastfeeding

- It is NOT required to record the total amount of ounces a mother breastfeeds
- Acceptable ways to document:
  - “Breastfed on-site”
  - “Mother breastfed on-site”
Iron-Fortified Infant Formula

- Best supplement for breastmilk
- Supports healthy brain development & growth
- Reimbursable meals may include:
  - Iron-fortified formula
  - Breastmilk
  - Combination of both
Supplying Formula

- Offer at least 1 type of iron-fortified infant formula
- Formula must be regulated by the FDA
  - Manufactured in the U.S.
Serving Expressed Breastmilk or Formula

- Feed infants on demand
  - Avoid strict schedules and forced feeding

- A smaller amount of breastmilk than the minimum serving size may be served
  - Leftovers should be properly stored
2. Provides Developmentally Appropriate Meals

- **Two** age groups:
  - 0 – 5 Months
  - 6 – 11 Months old

- **Solid foods introduced**:
  - Around 6 months
  - As developmentally appropriate
Developmental Readiness

- Introducing solid foods too early
  - Can cause choking
  - Can cause infant to consume less breastmilk or infant formula, affecting growth

- Serve solid foods to infants only when they are developmentally ready
## Developmental Readiness

<table>
<thead>
<tr>
<th>Some signs of readiness</th>
<th>Additional Sources</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Good head control</strong> while sitting in a high chair, feeding seat, or infant seat</td>
<td>• American Academy of Pediatrics</td>
</tr>
<tr>
<td><strong>Opens mouth</strong> for food</td>
<td>• USDA Website</td>
</tr>
<tr>
<td><strong>Moves food</strong> from spoon into throat</td>
<td>• Feeding Infants Guide from USDA</td>
</tr>
<tr>
<td><strong>Doubled birth weight</strong></td>
<td></td>
</tr>
</tbody>
</table>
Infant Meal Pattern | Breakfast

**Old Meal Pattern**

8 - 11 Months

- 6-8 fl. oz. breastmilk or formula
- 2-4 tbsp. infant cereal
- 1-4 tbsp. vegetable, fruit or both

**New Meal Pattern**

6 - 11 Months

- 6-8 fl. oz. breastmilk or formula
- 0-4 tbsp. infant cereal, meat/ meat alternate
  - OR 0-2 oz. cheese
  - OR 0-4 oz. (volume) cottage cheese
  - OR 0-4 oz. yogurt
  - OR COMBINATION
- 0-2 tbsp. vegetable, fruit, or both
**Old Meal Pattern**

8-11 months

- 6-8 fl. oz. breastmilk or formula
- 1-4 tbsp. infant cereal; and/or 1-4 tbsp. meat/meat alternate; or ½-2oz cheese; or 1-4 oz. (weight) cheese food; or a combination
- 1-4 tbsp. vegetable, fruit or both

**New Meal Pattern**

6 – 11 Months

- 6-8 fl. oz. breastmilk or formula
- 0-4 tbsp. infant cereal, meat/meat alternate
- OR 0-2 oz. cheese
- OR 0-4 oz. (volume) cottage cheese
- OR 0-4 oz. yogurt
- OR COMBINATION
- 0-2 tbsp. vegetable, fruit, or both
<table>
<thead>
<tr>
<th>Old Meal Pattern</th>
<th>New Meal Pattern</th>
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</thead>
<tbody>
<tr>
<td>8-11 months</td>
<td>6 – 11 Months</td>
</tr>
<tr>
<td>2-4 fl. oz. breastmilk, formula or juice</td>
<td>2 – 4 fl. oz. breastmilk or formula</td>
</tr>
<tr>
<td>0-1/2 bread slice or 0-2 crackers</td>
<td>0-1/2 bread slice; OR 0-2 crackers; OR 0-4 tbsp. infant cereal or ready to eat cereal</td>
</tr>
<tr>
<td></td>
<td>0- 2 tbsp. vegetable, fruit, or both</td>
</tr>
</tbody>
</table>
Developmental Readiness

Around 6 months

- Some infants are developmentally ready to accept solid foods before, at, or after 6 months of age

- Food components beginning with “zero”
  - Recognizes not all infants are ready at 6 months
  - Allows for gradual introduction of solid foods
    - One at a time
    - Over the course of a few days

Serving Sizes
- 0-2 oz.
- 0-4 tbsp.
Parent Communication

- Working with parents helps to
  - Ensure newly introduced foods are most ideal
  - Be consistent with eating habits
  - Support developmental readiness

- Always consult with parents/guardians before first serving solid foods
3. Provides More Nutritious Meals

Foods 6-11 months of age

- Based on infant’s developmental readiness after 6 months
  - Communication with parents/guardians

- No juice, cheese spread or cheese food

- **Yogurt** must contain 0-15 g sugar per 4 ounces (23g per 6 ounces)

- **Grains** must be enriched meal or enriched flour

- Grant ready-to-eat cereals at snack only

- **Breakfast Cereal** no more than 6 g sugar per dry ounce*
Vegetables and Fruits

- Great source of essential nutrients
- Minimum serving size is 0-2 tbsp
- Required at all meals & **snacks**
  - Serve vegetable, fruit or a combo of both
  - Increases consumption & allows for better acceptance later in life
- **NO juice**
Grains and Infant Cereals

- Iron-fortified infant cereals are often the first grain:
  - Often easiest to digest
  - Least likely to cause an allergic reaction

- Serve at meals & snacks when infants are developmentally ready

- Minimum serving size: 0 – 4 tbsp
Meat/Meat Alternates

- Poultry, fish and other meats
- Yogurt
- Cheese & Cottage Cheese (no cheese foods, products, spreads, imitation cheese or cream cheese)
- Whole eggs
- Dry beans (legumes)
Providing Food Components

- Parents/guardians may provide only ONE creditable food component for a reimbursable meal
  - i.e. guardian provides breastmilk = 1 component
  - Child care providers must provide remaining components
Disabilities and Substitutions

- Modifications must be made for infants with disabilities who need accommodations

- A medical statement must be on file to receive reimbursement
  - Explain need for the modification
  - Provide guidance for the substitution or meal modification
## Implementation Dates

<table>
<thead>
<tr>
<th>Implementation Date</th>
<th>Requirement</th>
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</thead>
</table>
| Currently in Effect | - Infant formula must be iron-fortified and regulated by FDA  
- Reimbursement of meals with parent or guardian provided expressed breastmilk or a creditable infant formula  
- Breastmilk may be stored in a refrigerator at a center or day care home (at 40 F or below) for no longer than 72 hours  
- Infant foods containing DHA are reimbursable |
**Implementation Dates**

<table>
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</table>
| Effective October 1, 2017 | • Reimbursement of meals when a mother breastfeeds her infant on-site  
• Yogurt and whole eggs are allowable meat alternates  
• Ready-to-eat cereals may be served at snack  
• Vegetables and fruits must be served at snack for infants that are developmentally ready to accept them (around 6 months of age)  
• Juice is not allowed as part of a reimbursable infant meal |
New Meal Pattern for Infants

REVIEW

1. There are only 2 new age groups; 0-6 months and 7-12 months?
   False

2. Every reimbursable meal requires _______?
   Breastmilk or infant formula

3. A meal can be claimed if the mother comes in to nurse?
   True

4. You should start introducing solids around _______months?
   6 months
5. A non-FDA regulated infant formula that is not manufactured in the US would be creditable if a medical authority ordered it?
True- if due to a disability that is supported by a medical statement signed by a medical authority. Must describe the disability, food(s) to be omitted and the food(s) to be substituted.

6. Breastmilk may be stored at the center or daycare home for no longer than ________ hours?
72

7. DHA enriched foods are no longer prohibited in CACFP?
True- as long as the food item meets all other crediting requirements.

8. A parent can provide ________ component(s) and the provider can still claim the meal.
1
9. Can infant cereal be mixed with breastmilk or formula and served in a bottle?
No

10. Are baby pouch food products allowed in CACFP?
Yes

11. Providers can claim the meal as long as the parent provides no more than ______ component?
1

12. A fruit or vegetable, or combination, must be served at snack when the infant is developmentally ready?
Yes
Questions?