

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

Updated Child & Adult Meal Pattern



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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

Previous

1 Serving of
Vegetables,
Fruit, or Both
(Ex: 1/2 Cup)

Select all 5 food components
for a reimbursable meal

Updated

1 Serving of Fruit
(Ex: 1/4 cup)
+
1 Serving of
Vegetable
(Ex: 1/4 cup)

2 Servings of
Different
Vegetables
(Ex: 1/4 cup
vegetable A + 1/4 cup
of vegetable B)

Are the Fruit & Vegetable Components Being Met?

Example: Ages 3-5

☐ 1/4 Cup Strawberries + 1/4 Cup Carrots

☒ 1/2 Cup Sweet Potatoes

☐ 1/4 Cup Blueberries + 1/4 Cup Green Beans

☐ 1/4 Cup Broccoli + 1/4 Cup Turnips

☒ Chicken & Vegetable Soup

☒ Garden Salad (Lettuce/Tomato/Cucumber)

Separate Components | Snack

Previous

Fruit & Vegetable
=
1 Component
(Ex: ½ Cup Blueberries & ½ Cup Celery Sticks could not be given as a full snack)

Updated

Fruit
=
1 Component

Vegetable
=
1 Component

Select 2 of the 5 food components for a reimbursable 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



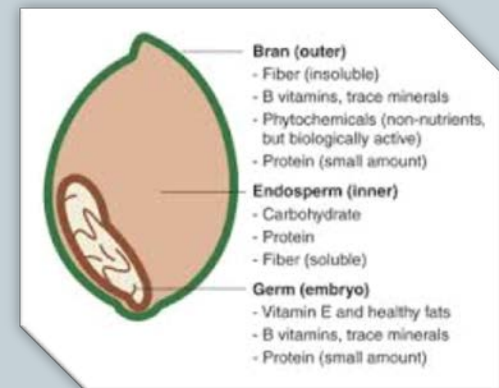
Whole Grains

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



Types of Grain Dishes



Non-Mixed

- Breads and cereals
- First ingredient is a whole grain
- First ingredient is water and the second ingredient is a whole grain

Mixed

- Pizza and breakfast burritos
- Whole grains primary ingredient by weight
- Proper documentation is required

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^{1,2}

Group A	Minimum Serving Size for Group A	Oz Eq for Group A
Bread type coating Bread sticks (hard) Chow mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz
Group B	Minimum Serving Size for Group B	Oz Eq for Group B
Bagels Batter type coating Biscuits Breads (sliced white, whole wheat, French, Italian) Buns (hamburger and hot dog) Sweet Crackers ³ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread (white, whole wheat, whole grain-rich) Pizza crust Pretzels (soft) Rolls (white, whole wheat, whole grain-rich) Tortillas (wheat or corn) Tortilla chips (wheat or corn) Taco shells	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz

Grain Based Deserts



	Group C	
Cookies³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and Waffles	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz
Group D	Minimum Serving Size for Group D	Oz Eq for Group D
Doughnuts³ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted)	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	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
Group E	Minimum Serving Size for Group E	Oz Eq for Group E
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)	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	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



Group F (These items are only allowed under the NSLP and SBP)	Minimum Serving Size for Group F	Oz Eq for Group F
Cake ³ (plain, unfrosted) Coffee cake ⁴	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz
Group G (These items are only allowed under the NSLP and SBP)	Minimum Serving Size for Group G	Oz Eq for Group G
Brownies ³ (plain) Cake ³ (all varieties, frosted)	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz
Group H	Minimum Serving Size for Group H	Oz Eq for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{5,6} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice (enriched white or brown)	1 serving = 1/2 cup cooked or 25 gm dry	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry
Group I	Minimum Serving Size for Group I	Oz Eq for Group I
Ready to eat breakfast cereal (cold, dry) ^{5,6}	1 serving = 3/4 cup or 1 oz, whichever is less	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce

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: $1/28=0.036$
 - Threshold is 0.212 or less, the cereal is creditable

Nutrition Facts

Serving Size 1 cup (28g)

Servings Per Container 12

Amount Per Serving

Calories 105

Calories from Fat 9

% 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%

Nutrition Facts

Serving Size 1 cup (32g)

Servings Per Container 9

Amount Per Serving

Calories 130

Calories from Fat 15

% Daily Value*

Total Fat 1.5g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Potassium 50mg 1%

Sodium 160mg 7%

Total Carbohydrate 27g 9%

Dietary Fiber 1g 4%

Sugars 10g

Protein 1g 2%

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:**

Breakfast	Component
Cheese Omelet	Grain/ Meat
Strawberries	Fruit
Milk	Milk

Meat & Meat Alternatives

Meat

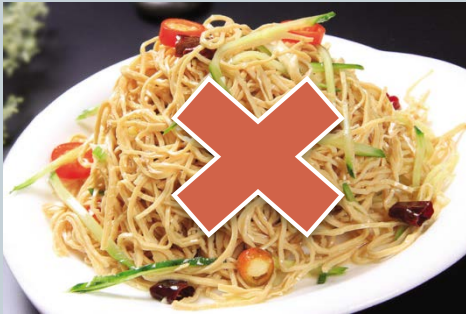
- Lean Meat
- Poultry
- Fish



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

Nutrition Facts	
Serving Size 6 oz Container	
Amount Per Serving	
Calories 90	
	% Daily Values*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat -1g	
Cholesterol 6mg	2%
Potassium 140mg	4%
Sodium 65mg	3%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 19g	
Protein 12g	24%
Calcium 15%	Vitamin D 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	
	Calories 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2400mg 2400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

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)

Yogurt Sugar Limits	
Serving Size	Sugar Limits
2.25 ounces	0–8 grams
3.5 ounces	0–13 grams
4 ounces	0–15 grams
5.3 ounces	0–20 grams
6 ounces	0–23 grams
8 ounces	0–30 grams

Your Guide to Sugar in Yogurt

Read: Nutrition Label

Nutrition Facts	
Serving Size 4.5 oz	
Servings Per Container 1	
Amount Per Serving	
Calories 140	Calories from Fat 18
% Daily Values*	
Total Fat 2g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 90mg	4%
Total Carbohydrate 23g	8%
Dietary Fiber 0g	0%
Sugars 16g	
Protein 8g	16%
* Percent Daily Values are based on a 2,000 calorie diet.	

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 $\frac{1}{2}$ 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



- Beans & Peas can meet Meat/MA or Vegetable requirements, but not both in the same meal



Best Practice

Meat & Meat Alternative

- 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

- **12 – 23 Months**

- 4 ounces
- Only Unflavored Whole Milk
- Breastmilk

- **2 Years Old**

- 4 ounces
- Only Unflavored Fat Free or Low Fat Milk

- **3-5 Years Old**

- 6 ounces
- Only Unflavored Fat Free or Low Fat Milk

- **6+ Years & Adults**

- 8 ounces
- Unflavored Fat Free or Low Fat Milk
- Flavored Fat Free Milk
 - ✦ Contains added sugars



Reminders | Fluid Milk Requirements



Cow Milk Substitutes

- **Water** may not be served in place of fluid milk
- **Non-Dairy Beverages** are approved for use, if:
 - Nutritionally equivalent
 - Documentation provided

Non-Dairy Beverages

- **Nutritionally Equivalent**
 - Soy Milks (brand dependent)
 - Lactose-Reduced

A medical form or parent preference form is required
- **Not Nutritionally Equivalent**
 - Rice Milk
 - Almond Milk
 - Coconut Milk

A medical form is required

Encourage & Support Breastfeeding



Scenario

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

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



Additional Improvements

- **Deep Fat Frying**
 - Not allowed (for on-site preparation)
- **Offer vs. Serve**
 - Extended to at-risk afterschool

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.

$\frac{1}{4}$ cup steamed carrots
 $\frac{1}{4}$ 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



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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

Some signs of readiness

- **Good head control** while sitting in a high chair, feeding seat, or infant seat
- **Opens mouth** for food
- **Moves food** from spoon into throat
- **Doubled birth weight**

Additional Sources

- American Academy of Pediatrics
- USDA Website
- Feeding Infants Guide from USDA



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*

Infant Meal Pattern | **Lunch/Supper**

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*

Infant Meal Pattern | **Snack**

Old Meal Pattern

8-11 months

2-4 fl. oz. breastmilk,
formula or juice

0-1/2 bread slice or
0-2 crackers

New Meal Pattern

6 – 11 Months

**2 – 4 fl. oz. breastmilk
or formula**

**0-1/2 bread slice;
OR 0-2 crackers;
OR 0-4 tbsp. infant cereal or
ready to eat cereal**

0- 2 tbsp. vegetable, fruit, or *both*

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



Implementation Date

Requirement

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



Implementation Date

Requirement

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

Infant Review



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

Infant Review



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?

