CACFP
New Meal Pattern Training

Adapted from the Institute of Child Nutrition
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CACFP Meal Pattern

- No major meal pattern revisions since 1968
  - Dietary Guidelines for Americans
  - National Academy of Medicine
  - American Academy of Pediatrics

2015-2020 Dietary Guidelines for Americans Overarching Themes

1. Follow a healthy eating pattern across the lifespan.
   All food and beverage choices matter. Choose a healthy eating pattern at an appropriate calorie level to help achieve and maintain a healthy body weight, support nutrient adequacy, and reduce the risk of chronic disease.

2. Focus on variety, nutrient density, and amount.
   To meet nutrient needs within calorie limits, choose a variety of nutrient-dense foods across and within all food groups in recommended amounts.

3. Limit calories from added sugars and saturated fats and reduce sodium intake.
   Consume an eating pattern low in added sugars, saturated fats, and sodium. Cut back on foods and beverages higher in these components to amounts that fit within healthy eating patterns.

4. Shift to healthier food and beverage choices.
   Choose nutrient-dense foods and beverages across and within all food groups in place of less healthy choices. Consider cultural and personal preferences to make these shifts easier to accomplish and maintain.

5. Support healthy eating patterns for all.
   Everyone has a role in helping to create and support healthy eating patterns in multiple settings nationwide, from home to school to work to communities.
CACFP operators must implement updated meal pattern requirements by October 1, 2017

Start making changes now
Agency Responsibility

- Train staff on the new requirements
  - Teachers who serve meals to children
  - Infant teachers
  - Cook/Food Preparer
  - Administrator/Director
Agency Responsibility

• All requirements must be met when:
  o preparing meals on-site
  o purchasing meals from a vendor
  o receiving donated foods
Training Overview

1. Child and Adult Meal Pattern
2. Cooking Methods
3. Optional Best Practices
4. At Risk Programs: Read At Risk Handout
5. Infant Meal Pattern
Child & Adult Meal Pattern
New Meal Pattern
Child & Adult Meals

**UPDATING CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:**

**CHILD AND ADULT MEALS**

Updated Child and Adult Meal Patterns

**Handout**

**Greater Variety of Vegetables and Fruits**
- More vegetable and fruit components in meals to increase variety and intake.
- Serve vegetables and fruits in every meal.

**More Whole Grains**
- At least one serving of whole grains per day.
- Mix with other grains to maintain a balance.

**New Approaches to Meal Times**
- A new approach to address the needs of older children.
- Less Added Sugar
- Yogurt may contain no more than 28 grams of sugar per 6 ounces, and breakfast snacks may contain no more than 6 grams of sugar per serving.

**Handout**
# New Child & Adult Meal Pattern Charts

## Breakfast

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1-2</th>
<th>Ages 3-5</th>
<th>Ages 6-12</th>
<th>Ages 13-18 (when accentuated programs and emerging markets)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit Milk</td>
<td>⅛ cup  (4 oz)</td>
<td>⅛ cup  (4 oz)</td>
<td>1 cup  (8 oz)</td>
<td>1 cup  (8 oz)</td>
</tr>
<tr>
<td>• 1 year old: Unflavored whole milk</td>
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<td></td>
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<tr>
<td>• 2-5 year olds: Unflavored 1% or skim</td>
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<tr>
<td>• 6-15 year olds: Unflavored 1% or skim, or flavored skim</td>
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<tr>
<td>Grains</td>
<td>⅛ cup  (4 oz)</td>
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<tr>
<td>• Must be whole grain rich or enriched</td>
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<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>• At least one serving per day must be whole grain</td>
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<td>• Grain-based dishes must meet the grain requirement per meal (1 g. cooked cereal, green vegetable, etc.)</td>
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<td>• Carrots must be whole grain rich, enriched, or fortified, and contain no more than 6 grams of sugars per dry ounce</td>
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<td>Cooked mixed cereal, cornmeal, rice, or similar products</td>
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<td></td>
</tr>
<tr>
<td>Ready-to-eat breakfast cereal (dry, etc.)</td>
<td>⅛ cup  (4 oz)</td>
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## Lunch and Supper

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**Handout**
Meal Component Changes

- **Five components:**
  - Milk
  - Meat/Meat Alternates
  - Vegetables
  - Fruits
  - Grains
Age Groups

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

The **13-18 Year Old** age group is designed for At-risk Afterschool Programs & Emergency Shelters *only*.
Milk Component

This handout provides information about the new milk requirements for children 1 year and older and adult participants in the Adult Care Component. A separate handout on the new infant meal pattern requirements will be distributed. The term Program refers to all facility types group child care centers, family day care homes, after-school programs, emergency shelters and adult care centers.

New Requirements Effective October 1, 2017

- Milk served to one year olds must be unflavored whole milk.
- A one-month transition period is allowed for children 24 months to 25 months old. They may have whole or reduced-fat (2%) milk as they transition to low-fat (1%) or fat-free (skim) milk.
- Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 5 years old.
- Fat-free flavored milk and flavored non-dairy beverages can be served to children 6 years and older, as well as adult participants.
- Adult Care Centers Only: Yogurt (6 ounces by weight or 1 cup by volume) may be served to adults in place of fluid milk once per day.

What can you start doing now?
All new milk requirements may start being implemented now.

Q&A
If one year old and two year old children sit together for the same meal, must they be served different types of milk?
Yes, starting October 1, 2017, children 2 years old and older must be served unflavored low-fat or fat-free milk and children one year of age must be served unflavored whole milk. The fluid milk requirements are based on age to ensure that children are receiving the nutrients they need for growth and development. Programs must ensure that children of various ages seated together receive the appropriate type of milk.

Flavored Milk & Syrup
Children 1 through 5 years old
• Flavored milk is not allowed as part of a reimbursable meal.
• Syrup (including zero calorie and sugar-free syrup) cannot be added to unflavored milk because this turns the beverage into flavored milk.

Children ages 6 years and older and adult participants
• If served, flavored milk must be fat-free.
• Syrup (including zero calorie and sugar-free syrup) may only be added to fat-free (skim) milk.

Why Can't Flavored Milk be served to Children under 6 Years Old?
Research indicates that flavor and food preferences are shaped early in life and that the more sweet foods children consume, the more they prefer sweet foods. It is important to establish in young children the habit of drinking unflavored milk as they develop their taste preferences.

Recordkeeping Requirements
All Programs must document the type of milk served on their menu. This includes listing the fat content (e.g., whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored.

Pop Quiz
True or False: Sugar-free syrups may be added to milk for children ages 1 through 5 years old.
See next page for the answer...
Breastmilk Past Age One

• May be served as a fluid milk to children of any age

• Reimbursable:
  o If a parent/guardian provides expressed breastmilk
  o A mother breastfeeds her child on-site

• May be served in combination with other milk types
One Year Olds

• **Whole unflavored milk is required**

• Classrooms with 1 & 2 year olds must serve:
  - Whole milk to 1 year olds
  - 1% or skim to 2 year olds
Transition Period

• **One-month transition period is allowable**
  - Switch from whole milk to low-fat or fat-free milk

• **Children 24 months to 25 months may be served**
  - Whole milk and mixtures of milk
Two to Five Year Olds

Must serve...

- Unflavored low-fat (1%) milk or fat-free (skim) milk
  - Store-brought
  - Cannot add syrup or flavored milk powder
6 Years & Older and Adult Participants

• Unflavored or flavored low-fat (1%) or fat-free (skim) milk
2% Milk

Not creditable

2% Reduced-fat Milk
## Non-Dairy Beverages

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Non-Dairy Beverages</th>
</tr>
</thead>
<tbody>
<tr>
<td>Infants (under 1 year)</td>
<td>None</td>
</tr>
<tr>
<td>1 Year Olds</td>
<td>Unflavored</td>
</tr>
<tr>
<td>2-5 Year Olds</td>
<td>Unflavored</td>
</tr>
<tr>
<td>6+ Year Olds</td>
<td>Unflavored or Flavored</td>
</tr>
</tbody>
</table>

- **PARENT/GUARDIAN REQUEST FOR NON-DAIRY MILK SUBSTITUTION**

Parents/guardians may request in writing that a non-dairy milk substitution be served to their child(ren).

The non-dairy milk substitution must be nutritionally equivalent to cow’s milk, meeting the nutritional standards set by the United States Department of Agriculture (USDA) for Child Nutrition Programs in order for the Agency to claim reimbursement for the meal through the Child and Adult Care Food Program (CACFP).

For more information, visit the [Non-Dairy Milk Substitutes* Meeting USDA Approved Nutrient Standards](https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/req_fluid_milk_substitution.pdf) page.
Menu Documentation

* 1%, unflavored milk is served to children ages 2 and older
* Whole, unflavored milk is served to 1 year olds

- Document type of milk served on menus
- Menu must indicate fat content of milk and if it is flavored
Activity:
Milk Component Requirements
## Milk Answers

### Requirements for Milk

**Instructions:** Read the following statements, and then determine if each statement is true or false.

<table>
<thead>
<tr>
<th>Statement</th>
<th>True or False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Syrup (including zero calorie and sugar-free syrups) may be added to fat-free milk for children ages 5 years old and older and adults.</td>
<td>False</td>
</tr>
<tr>
<td>2. Milk served to 1-year-old children must be unflavored whole milk or unflavored fat-free milk.</td>
<td>False</td>
</tr>
<tr>
<td>3. Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 3 years old only.</td>
<td>False</td>
</tr>
<tr>
<td>4. If you are serving milk to a mixed age group of 1 &amp; 2 year olds, it is acceptable to serve 1% milk to all children.</td>
<td>False</td>
</tr>
<tr>
<td>5. Flavored milk served to children 6 years old and older and adults must be fat-free.</td>
<td>True</td>
</tr>
</tbody>
</table>
Water

• **Must be offered and made available throughout the day to children**

• **Meal times:**
  - May not be served in place of milk, but can be offered alongside milk at meals
  - May be served at snack with 2 creditable components
Meat/Meat Alternate (M/MA)

**USDA Child and Adult Care Food Program**

**Meat/Meat Alternate Component**

This handout covers information about the new meat/meat alternate (M/MA) requirements for children 1 year and older and adult participants in the Adult Care Program. A separate handout on the new infant meal pattern requirements will be distributed. The meal program requires all facility-type group child care centers, family day care homes, after-school programs, early learning centers, and adult care facilities.

**New Requirements** Effective October 1, 2017

- **Tofu:** credited as a meat alternate
- **Yogurt:** must contain no more than 23 grams of sugar per serving
- **Soy milk:** may be served as a meat alternate
- **Deep-fat frying and browning foods in hot oil or other fat must not be used to prepare meals;除外**
- **M/MA:** may be served in place of the entire grains component at breakfast for a maximum of three times per week

**What can you start doing now?**

All new M/MA requirements may be implemented now.

**Tofu**

Tofu is only creditable for children ages 1 and older and adults in adult care centers. It cannot be served to infants as part of a meat/meat alternate. Tofu can be served in a variety of ways such as in salads or soups.

<table>
<thead>
<tr>
<th>Creditable</th>
<th>Not Creditable</th>
</tr>
</thead>
<tbody>
<tr>
<td>Commercially prepared tofu</td>
<td>Non-commercially prepared tofu</td>
</tr>
<tr>
<td>Tofu, tofu blend, or soy spread</td>
<td>Soy products</td>
</tr>
<tr>
<td>Tofu products (brine, mixed, or flavored)</td>
<td>Tofu salad dressing</td>
</tr>
<tr>
<td>Tofu products (brine, mixed, or flavored) produced in the United States</td>
<td>Tofu from another country</td>
</tr>
<tr>
<td>Tofu noodles</td>
<td>Tofu spaghetti</td>
</tr>
<tr>
<td>Tofu products (brine, mixed, or flavored) produced in the United States</td>
<td>Tofu products (brine, mixed, or flavored) produced in a country other than the United States</td>
</tr>
</tbody>
</table>

**Nutrition Facts**

Yogurt

1. Identify the serving size: 6 oz
2. Find the amount of sugar: 15 g
3. Find the serving size and compare to the Yogurt Sugar Limits Chart below: 1.9 oz is less than 25 g at 7 oz.

**Method 1 – Yogurt Sugar Limits per Serving Size Chart**

<table>
<thead>
<tr>
<th>Serving Size (oz)</th>
<th>Sugar Limits (g)</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.5 oz</td>
<td>3.3 g</td>
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<tr>
<td>3 oz</td>
<td>4.5 g</td>
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<tr>
<td>4 oz</td>
<td>6 g</td>
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<tr>
<td>5 oz</td>
<td>7.5 g</td>
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<tr>
<td>6 oz</td>
<td>9 g</td>
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<tr>
<td>7 oz</td>
<td>10.5 g</td>
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<tr>
<td>8 oz</td>
<td>12 g</td>
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**Method 2 – Sugar Grains per Ounce**

The Super Grains per ounce in 3.3 g grains

1. Identify the serving size: 4.3 oz
2. Find the amount of sugar: 16 g
3. Calculate the number of sugar grains per ounce

Sugar grains 5 Serving Size

For this example: 16 g / 5 oz = 3.25
3.3 g - 3.25 = 0.05

The number is less than 3.83, so, this yogurt is creditable.

**Nutrition Facts**

**Claiming Meals**

Funding breakfast menus to ensure only a maximum of 3 breakfasts each week have a M/MA replacing the grain component. If more than 3 breakfasts within a week have a M/MA replacing the grain component, the additional breakfasts exceeding 3 per week cannot be claimed.

**Sample Breakfast Menus**

- 6 oz of milk (2% cup) + 1 ounce of M/MA. The sugar required for regular yogurt apply to both 1% and 2% milk.

For more information on how to claim these meals, please visit: [url]

**Meat/Meat Alternate at Breakfast**

Meat/meat alternate will be served in place of the entire grains component at breakfast for a maximum of three times per week. See below for M/MA ideas you can serve at Breakfast and the recommended minimum serving size of the foods for each age group.

**Kraft Macaroni & Cheese**

- Macaroni & Cheese 5 oz of macaroni and 2 oz of cheese.
- Kraft Macaroni & Cheese with Grilled Ham 5 oz of macaroni and 2 oz of cheese and 2 oz of ham.

**Process Meats**

- **Not reimbursable:**
  - Cooked ham or lunch meat products and cold pork

**Related Information:**

- The Food Guide Pyramid
- The Dietary Guidelines for Americans
- MyPlate

**Community Nutrition Teams**

https://www.facebook.com/CAFS/CommunityNutrition/
Meat/Meat Alternate at Breakfast

- M/MA may be served in place of the entire grain component a maximum of 3 times/week
  - M/MA cannot meet a portion of the grains component
  - 1 oz of m/ma credits as 1 serving of grains
Tofu

- Can be served as a main course for child & adult meals
  - Not creditable for infants
Serving Tofu

- Forms: Silken, soft, medium, firm & extra firm
- Must be commercially prepared
- Must meet protein requirements:
  - 5 grams of protein per 2.2 ounces (¼ cup) by weight
  - Soy products (links, sausages) require a CN label or Product Formulation Statement
Tofu & Soy Products

• Must be easily recognizable

• Creditable:
  o Tofu
  o Dishes made with tofu (omelet, casseroles)
  o Tofu Sausages, links, soy burgers (CN Label)

• Non-Creditable:
  o Tofu noodles
  o Soft or Silken Tofu incorporated into drinks (smoothies) or other dishes to add texture
  o Tempeh, seitan, soy cheese
Yogurt

Must contain no more than 23 grams of total sugars per 6 oz.
Yogurt

One of two options:

- Sugar Limits Chart
- Complete a sugar calculation

Handout
<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>227 grams</td>
<td>0-31 grams</td>
</tr>
</tbody>
</table>
Serving Size in Ounces

• Step 1: Find the Nutrition Facts Label on package

• Step 2: Identify the serving size: 6 oz

• Step 3: Find the amount for Sugars: 19 grams
Serving Size in Ounces

Step 4: Find the Serving Size in the chart

- Serving size: 6 oz
- Total sugars: 19 grams

Is it Creditable?

Yes! 19 grams is between 0-23 sugar limit!
Serving Size in **Grams**

**Serving size:**
1 container (170g)

**Sugars:**
19 grams
## Yogurt Sugar Limits

<table>
<thead>
<tr>
<th>Serving Size (Ounces)</th>
<th>Serving Size (Grams)</th>
<th>Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>0-9 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>99 grams</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>113 grams</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>170 grams</td>
<td>0-23 grams</td>
</tr>
</tbody>
</table>

### Serving Size in Grams

- **Serving size:** 1 container (170g)
- **Sugars:** 19 grams

**Is it Creditable?**

Yes! 19 grams is between 0-23 sugar limit!
Yogurt: Method #2
Sugar Calculation

\[
\frac{\text{Sugars}}{\text{Serving Size}} \leq \text{Must be equal to or less than}
\]

**Thresholds:**
- Ounces: 3.83
- Grams: 0.135
Serving Size in Ounces

Step 1: Find the Nutrition Facts Label

Step 2: Find the amount for Sugars: 16 g

Step 3: Identify the Serving Size: 4.5 oz
Example #1: Serving Size in Ounces

Step 4: Calculate the amount of sugar per ounce

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \frac{16}{4.5} = 3.55
\]

Threshold: 3.83 or less

Creditable: 3.55 is less than 3.83
Example #2: Serving Size in Grams

- Calculate the total amount of sugar per gram

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \frac{19}{85} = 0.22
\]

Threshold: \(0.135\) or less

Not creditable

0.22 is higher than 0.135
Go-Gurt

\[
\frac{\text{Sugars}}{\text{Serving Size}} = \frac{8}{56} = 0.143
\]

Threshold: 0.135 or less

Not creditable

0.143 is more than 0.135
One Container

If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.
Activity: Yogurt
Is it Creditable?

1st Example: Yogurt with Mixed Berry
Use Serving Size in ounces
Yogurt Answers

**Yogurt - Is it Creditable?**

Instructions: Review each label and then use method 1 or method 2 to determine if each yogurt contains no more than 23 grams of sugar per 6 ounces.

<table>
<thead>
<tr>
<th>Yogurt with Mixed Berry</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 1:</strong> Find the Nutrition Facts Label on the package.</td>
</tr>
<tr>
<td><strong>Step 2:</strong> Find the amount for <strong>Sugars</strong>.</td>
</tr>
<tr>
<td>Write it here: <strong>19 grams</strong></td>
</tr>
<tr>
<td><strong>Step 3:</strong> Look at the <strong>Serving Size</strong> on the yogurt. What is the serving size in ounces or grams?</td>
</tr>
<tr>
<td>Write it here: <strong>2.5 oz.</strong></td>
</tr>
<tr>
<td><strong>Step 4:</strong> Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.</td>
</tr>
</tbody>
</table>
| \[
\frac{\text{Sugars}}{\text{Serving Size}} = \frac{19}{2.5} = 7.6
\]
| Is it creditable? **No, because 7.6 is beyond the threshold of 3.83** |
## Yogurt Answers

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Find the amount for *Sugars*.

Write it here: **11 grams**

**Step 3:** Look at the *Serving Size* on the yogurt. What is the serving size in ounces or grams?

Write it here: **100 g**

**Step 4:** Use the Yogurt Sugar Limits chart or calculate the total number of sugar per serving size to determine if the yogurt is within the limit.

\[
\frac{11 \text{ grams}}{100 \text{ g}} = 0.11
\]

Is it creditable? **Yes, because 0.11 is less than the threshold of 0.135**
Yogurt: Sugar Thresholds

**YOGURT**

- **CHART:** Use chart to determine if amount of sugar in yogurt is less than or equal to limit.

<table>
<thead>
<tr>
<th>Serving Size (OUNCES)</th>
<th>Serving Size (GRAMS)</th>
<th>Sugar Limit Sugars Cannot be More Than:</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>8.5 grams</td>
</tr>
<tr>
<td>4 ounces (1/2 cup)</td>
<td>113 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>20 grams</td>
</tr>
<tr>
<td>6 ounces (3/4 cup)</td>
<td>170 grams</td>
<td>23 grams</td>
</tr>
<tr>
<td>8 ounces (1 cup)</td>
<td>227 grams</td>
<td>30.5 grams</td>
</tr>
</tbody>
</table>

- **CALCULATION:** If yogurt serving size is not listed above, calculate sugar threshold by dividing the amount of sugar (in grams) by the serving size (in grams or ounces):

\[
\frac{\text{Sugar (grams)}}{\text{Serving Size (grams or ounces)}} = \text{Number must be 0.135 or less}
\]

*When yogurt is in GRAMS:*

*Number must be 0.135 or less*

*When yogurt is in OUNCES:*

*Number must be 3.83 or less*
Adult Participants Only

- Once per day, 6 oz (¾ cup) of yogurt may be served in place of fluid milk

- Must contain no more than 23 grams of total sugars per 6 oz

- Credits for only one food component in a single meal
Soy Yogurt

- Soy yogurt is a dairy-free option
- 4 oz credits as 1 oz of meat alternate
- Must contain no more than 23 grams of total sugars per 6 oz
Support Documentation

- Yogurt and Tofu
  - Actual package, picture or a copy of the product package on file
  - Must include name of item and Nutrition Facts Label
  - Binder of labels

Products may change (i.e. sugar amounts in yogurt)

Always check Nutrition Facts Label
CN Labels

Product Formulation Statements

- Store-bought Combination Foods
- Soy Products
- Do not claim meals if documentation not on file
- DPI will disallow meals without proper documentation on file
Store-bought Combination Items

- Chicken nuggets, patties, tenders
- Fish sticks, patties, nuggets
- Corn dogs and mini corn dogs
- Pizza
- Ravioli
- Salisbury steak
- Meatballs
- Cheese sauce
Six 0.70 OZ. Foster Farms Breaded Chicken Breast Nuggets Provide 2.00 OZ. Equivalent Meat/Meat Alternate And 1.25 Oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use Of This Logo And Statement Authorized By The Food And Nutrition Service, USDA 06-16)

https://dpi.wi.gov/community-nutrition/cacfp/training
A serving of 3 chicken tenders provides 2 ounces of meat/meat alternate.
Meat/Meat Alternate Basics

Meat

- Meat options include lean meat, poultry, or fish.
- The creditable quantity of meat/meat alternates must be the edible portion.

Meat Alternates

- Meat alternates, such as cheese, eggs, yogurt, and nut butters, may be used to meet all or a portion of the meat/meat alternates component.

Tofu and Soy Products

- Commercial tofu may be used to meet all or part of the meat/meat alternates component in accordance with FNS guidance.
- Non-commercial and non-standardized tofu and soy products are not creditable.
- Commercial tofu must be easily recognized as a meat substitute. For example, tofu sausage would credit as a meat substitute because it is easily recognized as a meat. However, tofu noodles would not credit as a meat substitute because it looks like a grain instead of a meat.
- Commercial tofu or soy products must contain 5 grams of protein per 2.2 ounces (1/4 cup) to equal 1 ounce of the meat/meat alternate.

Yogurt

- Yogurt may be plain or flavored, unsweetened or sweetened.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Non-commercial or non-standardized yogurt products are not creditable food items. Some common examples include frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt bars, and yogurt covered fruits or nuts.
- For adults, yogurt may be used as a meat alternate only when it is not being used to meet the milk component in the same meal.
**USDA Child and Adult Care Food Program**

**Fruit and Vegetable Components**

This handout covers information about the new fruit and vegetable requirements for children 1 year and older and adult participants in the Adult Care Program. A separate handout on the new infant meal pattern requirements will be distributed. The term Program refers to all child care centers, family day care homes, after-school programs, emergency shelters, and adult care centers.

**New Requirements Effective October 1, 2017**

- **Fruits and vegetables are separate components at lunch, dinner, and snack.** A vegetable is required at lunch and dinner.
- A fruit and a vegetable can be served as a snack.
- Juice may only be served at one meal or snack per day.

**What can you start doing now?**

- Do not serve juice at more than one meal or snack per day.

**Separate Vegetable & Fruit Components**

- **Breakfast:** No change. Vegetables and fruits remain combined as one meal component.
- **Lunch & Supper:** Change. Vegetables and fruits are separate meal components.
  - A vegetable and a fruit, or different vegetables, must be served. Two fruits cannot be served.

**Lunch & Supper**

<table>
<thead>
<tr>
<th>Item</th>
<th>1-2</th>
<th>3-5</th>
<th>6-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lunch &amp; Supper</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td>Vegetables</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td>Fruits</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
</tr>
</tbody>
</table>

**Snacks**

- A fruit and a vegetable can be served as the two required components.
- Items from two different components must be served, therefore, two fruits or two vegetables cannot be served.

**Meal Pattern Change:**

- 1 cup of raw leafy greens = ½ cup vegetable
- ½ cup dried or dehydrated fruit (100%) = ½ cup vegetable

**Vegetable & Fruit Serving Size Requirements**

The minimum serving sizes for the vegetable and fruit components are provided in the table below.

<table>
<thead>
<tr>
<th>Ages (years)</th>
<th>1-2</th>
<th>3-5</th>
<th>6-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lunch &amp; Supper</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td>Vegetables</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td>Fruits</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
<td>% cup</td>
</tr>
</tbody>
</table>

**Pop Quiz**

Are tomatoes and avocados counted as fruits or vegetables?

The answer is on the next page.
Increase Vegetable Consumption

Lunch & Supper:
• A vegetable **must** be served

• A second vegetable may be served to meet the entire fruit component
  o Must be at least the same serving size as the fruit component it replaced

• 2 vegetables may be served
• 2 fruits cannot be served
Two Vegetable Types

- Must offer two different types of vegetables
- Not Creditable
  - Two servings of carrots
  - Sweet potato fries and French fries
- Selecting based on vegetable sub-groups is not required
## Serving Sizes at Lunch/Supper

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 6-12</th>
<th>Ages 13-18 (At-risk afterschool programs and emergency shelters)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Vegetables</strong></td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>• May replace fruit, but must offer two different vegetables</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Pasteurized full-strength juice may only be used to meet the fruit or vegetable requirement at one meal per day</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Pasteurized full-strength juice may only be used to meet the fruit or vegetable requirement at one meal per day</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Snack

- Vegetables and Fruits are 2 separate components
  - May serve a fruit and vegetable

Watermelon & Carrots  Creditable

Carrots & Celery  Not Creditable

Apple Slices & Grape Juice  Not Creditable
If serving 1 fruit and 1 vegetable:
Must meet minimum serving size of both fruit and vegetable
Serving Size Changes

- **Raw Leafy Greens (lettuce, raw spinach)**
  - 1 cup = $\frac{1}{2}$ cup vegetable
  - Cooked leafy greens credit as volume served ($\frac{1}{2}$ cup = $\frac{1}{2}$ cup)

- **Dried or dehydrated fruit (100%)**
  - $\frac{1}{4}$ cup = $\frac{1}{2}$ cup of fruit
**Menu Documentation**

- Programs must document specific fruit and/or vegetable served on menus

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>Sweet potato hash</td>
<td>Applesauce</td>
<td>Avocado</td>
<td>Starfruit</td>
</tr>
<tr>
<td>Oatmeal pancakes Milk</td>
<td>WG English muffin</td>
<td>Hardboiled egg</td>
<td>Brown rice and egg bowl</td>
<td>WG Mini Wheats Milk</td>
</tr>
<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td></td>
</tr>
<tr>
<td>HM fish sticks</td>
<td>HM cheese pizza on</td>
<td>White bean and</td>
<td>Beef tips</td>
<td>Sloppy Joes</td>
</tr>
<tr>
<td>Roasted eggplant</td>
<td>WG crust</td>
<td>chicken chili</td>
<td>Broccoli trees</td>
<td>Peaches</td>
</tr>
<tr>
<td>Blackberries</td>
<td>Honeydew melon</td>
<td>Carrot coins</td>
<td>Plums</td>
<td>Toasted potato wedges</td>
</tr>
<tr>
<td>Buttered noodles</td>
<td>Zucchini wedges</td>
<td>Raspberries</td>
<td>WG noodles</td>
<td>WG bun</td>
</tr>
<tr>
<td>Milk</td>
<td></td>
<td>WG dinner roll</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>Kabobs (apple slices, cheese)</td>
<td>Avocado</td>
<td>Yogurt Dip</td>
<td>Peanut butter</td>
<td>Cheese slices</td>
</tr>
<tr>
<td>Water</td>
<td>Bagel</td>
<td>Celery and green</td>
<td>Banana</td>
<td>Strawberries</td>
</tr>
<tr>
<td></td>
<td>Water</td>
<td>pepper sticks</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Water</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Juice

• **Limited to one meal or snack per day**
  
  ○ Even if snacks and meals are served to different groups of participants

• Blended fruit in a smoothie is considered juice
Tuesday's Menu

Breakfast
- Juice
- Cheerios
- Milk

PM Snack
- Mini bagel
- Juice

Do not claim both snacks

Friday's Menu

Breakfast
- Juice
- Cheerios
- Milk

PM Snack
- Crackers
- Juice

Evening Snack
- Mini bagel
- Juice

Do not claim snack (lowest reimbursable meal/snack)

Claim

Juice served more than once per day, do not claim the least reimbursable meal(s) or snack(s)
USDA Child and Adult Care Food Program
Grains Component

This handout provides information about the new grain requirements for child and adult participants in the Child and Adult Care Food Program (CACFP). Throughout the handout, the term program will be used which refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters, and adult care centers.

New Requirements Effective October 1, 2017
- At least 1 serving of grains per day must be whole grain-rich
- Grain-based desserts are not creditable
- Some low-fat cereals must contain no more than 6 grams of sugar per dry ounce

What can you start doing now?
All new grain requirements may start being implemented now.

What is Whole Grain-Rich (WGR)?
Whole grain-rich (WGR) foods contain 100% whole grains, or contain at least 50% whole grains and the remaining grains are enriched.

This whole grain-rich requirement only applies to meals served to children 2 years and older, and adults. It does not apply to infant formulas.

Identifying Whole Grains

<table>
<thead>
<tr>
<th>Whole Grain</th>
<th>Whole vs. Enriched Grains</th>
</tr>
</thead>
<tbody>
<tr>
<td>Amaranth</td>
<td>Whole-grain flour</td>
</tr>
<tr>
<td>Brown rice, wild rice</td>
<td>Bread flour</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Bread flour</td>
</tr>
<tr>
<td>Bulgur (cracked wheat)</td>
<td>Cake flour</td>
</tr>
<tr>
<td>Broiled whole wheat flour</td>
<td>Corn grits</td>
</tr>
<tr>
<td>Crushed wheat</td>
<td>Cornmeal</td>
</tr>
<tr>
<td>Oat bran</td>
<td>Uncrushed corn</td>
</tr>
<tr>
<td>Oatmeal</td>
<td>Oatmeal flour</td>
</tr>
<tr>
<td>Oats or rolled oats</td>
<td>Enriched flour</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Enriched rice</td>
</tr>
<tr>
<td>Triticale</td>
<td>Enriched wheat flour</td>
</tr>
<tr>
<td>White grain barley</td>
<td>Flour</td>
</tr>
<tr>
<td>White pie</td>
<td>Long-grain white rice</td>
</tr>
<tr>
<td>Whole grain corn</td>
<td>Pearl barley</td>
</tr>
<tr>
<td>Whole corn</td>
<td>Pearl barley</td>
</tr>
<tr>
<td>Whole wheat</td>
<td>Whole wheat flour</td>
</tr>
<tr>
<td>Whole grain sorghum</td>
<td>Unbleached flour</td>
</tr>
<tr>
<td>Whole grain triticale</td>
<td>Whole flour</td>
</tr>
<tr>
<td>Whole grain wheat</td>
<td>Whole flour</td>
</tr>
<tr>
<td>Wholewheat</td>
<td>Whole wheat flour</td>
</tr>
</tbody>
</table>

Whole Grain-Rich Criteria
To determine if a grain is whole grain-rich, foods must meet at least one of the following 8 criteria:

1. Label says 100% Whole Grain or 100% Whole Wheat.
2. The product includes one of the following health claims:
   - "Diet rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."
   - "Diet rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."
3. Use the ingredient list:
   - A whole grain is listed as the first ingredient, or second after water.
   - Ingredients: 100% whole-grain flour, enriched or unbleached whole wheat flour, yeast, sugar, wheat gluten.
4. In mixed dishes (i.e.: pizza, burritos, pasta entrees), a whole grain is the first grain ingredient listed on the ingredients, or multiple whole-grain ingredients are the primary grain ingredient by weight.

If the food includes many different types of grains, proper documentation from the manufacturer or a standardized recipe is required.

Recordkeeping Requirements
Whole grain (WG) or whole-grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item on a given day, the last reimbursable meal or snack where a whole grain item was served will be recorded.

Foods labeled with the words multi-grain, stone-ground, 100% wheat, seven-grain, or bran are usually not whole grain.
Breakfast Cereals

- Types: Ready-to-eat, instant & regular hot cereal

- No more than 6 grams sugar per dry ounce

- Cannot mix creditable and non-creditible cereals together
Breakfast Cereals

One of the two options:

• WIC Approved Cereals List
• Complete a sugar calculation
WIC Approved Cereals

All WIC approved cereals contain no more than 6 grams per dry ounce.
Breakfast Cereal
Sugar Calculation

\[
\frac{\text{Sugars}}{\text{Serving Size (grams)}} = \text{Threshold: 0.212}
\]

Always use grams instead of cups

Nutrition Facts

Serving Size 1 cup (25g)

Amount Per Serving

<table>
<thead>
<tr>
<th>Calorie</th>
<th>100</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</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>240mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>0g</td>
</tr>
<tr>
<td>Protein</td>
<td>2g</td>
</tr>
</tbody>
</table>

"Sugars 6g"
Breakfast Cereal
Sugar Calculation Example

Sugars = 6 g
Serving size = 25 g

\[
\frac{\text{Sugars}}{\text{Serv Size}} = \frac{6}{25} = 0.24
\]

Threshold: 0.212 or less

Not creditable

0.24 is more than 0.212
New Nutrition Facts Label

- Effective July 2018, the label will include:
  - Total Sugars
  - Added Sugars

- Use the **Total Sugars** amount in the sugar calculation
Activity:
Breakfast Cereal—Is it Creditable?

Handout
**Cereal Answers**

### Multi-Color Rounds

**Step 1:** Find the Nutrition Facts Label on the package.

**Step 2:** Find the amount for *Sugars*.

Write it here: **10 g**

**Step 3:** Find the *Serving Size* of the cereal.

Write the number of grams (g) here: **32 (g)**.

**Step 4:** Divide the *Sugars* number by the *Serving Size* number.

\[
\frac{(\text{Sugars})}{(\text{Serving Size})} = 0.313
\]

**Step 5:** If the number is **0.212 or less**, the cereal is below the sugar limit.

Is it creditable? **No, 0.313 is greater than 0.212**
Cereal Answers

<table>
<thead>
<tr>
<th>Champion Flakes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Step 1</strong>: Find the Nutrition Facts Label on the package.</td>
</tr>
</tbody>
</table>
| **Step 2**: Find the amount for *Total Sugars*.  
Write it here: \( 3 \) (g). |
| **Step 3**: Find the *Serving Size* of the cereal.  
Write the number of grams (g) here: \( 33 \) (g). |
| **Step 4**: Divide the *Total Sugars* number by the *Serving Size* number.  
\[
\frac{\text{(Sugars)}}{\text{(Serving Size)}} = 0.091
\] |
| **Step 5**: If the number is 0.212 or less, the cereal is below the sugar limit. |

Is it creditable? \( \text{Yes, 0.091 is less than 0.212} \)
Cereal: Sugar Threshold

**Sugar in Yogurt and Cereal**

**YOGURT**
- **CHART:** Use chart to determine if amount of sugar in yogurt is less than or equal to limit.

<table>
<thead>
<tr>
<th>Serving Size (ounces)</th>
<th>Serving Size (grams)</th>
<th>Sugar Limit Sugar Cannot Be More Than</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>64 grams</td>
<td>14 grams</td>
</tr>
<tr>
<td>4 ounces (1/2 cup)</td>
<td>113 grams</td>
<td>21 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>150 grams</td>
<td>28 grams</td>
</tr>
<tr>
<td>6 ounces (3/4 cup)</td>
<td>170 grams</td>
<td>33 grams</td>
</tr>
<tr>
<td>8 ounces (1 cup)</td>
<td>217 grams</td>
<td>42 grams</td>
</tr>
</tbody>
</table>

- **CALCULATION:** If yogurt serving size is different, calculate by dividing the amount of sugar (in grams) by the serving size (in grams):

  \[
  \frac{\text{Sugar (grams)}}{\text{Serving Size (grams or ounce)}}
  \]

**CEREAL**
- **CALCULATION:** Calculate sugar threshold by dividing the amount of sugar (in grams) by the serving size (in grams):

  \[
  \frac{\text{Sugar (grams)}}{\text{Serving Size (grams)}} = \text{Number must be 0.212 or less}
  \]
Menu Documentation

- Programs must document specific name of cereal(s) on menus

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapes</td>
<td>Diced peaches</td>
<td>Kiwi</td>
</tr>
<tr>
<td>WG Cheerios</td>
<td>Rice Krispies</td>
<td>WG Life Cereal</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>
Support Documentation

- **WIC list** – no label required
  - Unless using as WGR item

- **Not on WIC list** – Keep package, picture or a copy of package on file
  - Include name of item, Nutrition Facts Label and ingredient list

*Products may change (i.e. sugar amounts in cereal)*

**Always check Nutrition Facts Label**
Compiling claims

- Cereals above sugar limit = Not creditable
  - Cannot be served in CACFP
  - If served, that meal or snack must not be claimed
Grain-Based Desserts

Not creditable towards the grain component

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars

- Sweet piecrusts
- Sweet rolls
- Toaster pastries
Grains Component

This handout provides information about the new grain requirements for child and adult participants in the Child and Adult Care Food Program (CACFP). Throughout this handout, the term “program” will be used which refers to all Healthy Option groups: child care centers, family day care homes, afterschool programs, emergency shelters, and adult care centers.

New Requirements
Effective October 1, 2017

At least 1 serving of grains per day must be whole-grain rich. Grain-based desserts are not credible. Ready-to-eat cereals must contain no more than 6 grams of sugar per serving.

What can you do today?

All new grain requirements may start being implemented now.

What is Whole Grain Rich (WGR)?

Whole grain-rich (WGR) foods contain 100% whole grains or contain at least 50% whole grains and the remaining grains are cereals.

This whole grain-rich requirement only applies to meals served to children 1 year and older, and adults. It does not apply to cereal cereals.

Identifying Whole Grains

<table>
<thead>
<tr>
<th>Whole Grain</th>
<th>Not Whole Grain</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brown rice</td>
<td>Basmati rice</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Rye</td>
</tr>
<tr>
<td>Barley</td>
<td>Oat</td>
</tr>
<tr>
<td>Millet</td>
<td>Corn</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Farro</td>
</tr>
<tr>
<td>Amaranth</td>
<td>Pearl barley</td>
</tr>
<tr>
<td>Whole grain</td>
<td>Partial barley</td>
</tr>
<tr>
<td>Whole grain</td>
<td>Enriched white</td>
</tr>
</tbody>
</table>

Whole grain-rich foods that contain 100% whole grain, such as brown rice or whole wheat, are considered WGR.

Whole Grain Rich Criteria

To determine if a grain is whole grain-rich, foods must meet at least one of the following:

1. Label 100% Whole Grain or 100% Whole Wheat.
2. The product includes one of the following whole grains:
   - Blends rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.
   - Whole grain rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol may help reduce the risk of heart disease.
3. Use the ingredient list:
   - A whole grain is listed as the first ingredient, or second after water.
   - Whole wheat flour, whole wheat, whole wheat flour, whole wheat pastry flour, whole wheat pastry, whole wheat, whole wheat flour.
4. In mixed dishes (e.g., pizza, burritos, pasta Arabia), a whole grain is the first ingredient, or second, or multiple whole grains are the primary grain ingredient by weight.

Recording Requirements

Whole grain (WGR) or whole grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item or a WGR item labeled "whole grain" on a given day, the least reimbursable meal or snack where a grain was served will be double counted.

Grain-Based Desserts | NOT Grain-Based Desserts
--- | ---
Brownies | Croissants
Sweet biscotti and scones made with fruits, icing, etc. | Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake | French toast
Cereal bars, breakfast bars, granola bars | Granola cereal
Cookies, including vanilla wafers | Crackers (savory & plain); Sweet crackers (animal crackers & graham crackers)
Doughnuts | Pancakes, Waffles
Gingerbread | Muffins
Pie crusts of dessert pies, cobblers, and fruit turnovers | Pie crusts of savory pies (i.e., vegetable pot-pie or quiche)
Sweet bread pudding & rice pudding | Savory bread pudding made with cheese, herbs, vegetables
Toaster pastries | Quick breads (banana, zucchini, and others)
Sweet rolls, (cinnamon rolls) | Teething biscuits and toasts
Store-bought Grain-Based Desserts

• Some foods not easily identified as grain-based desserts
  o “breakfast round” (cookie)
  o “breakfast bar or flat” (granola bar)

• Is this food thought of as a dessert?
  o If unsure, contact your CACFP Consultant

• Even if Item is whole grain-rich = NOT creditable
Homemade Grain-Based Desserts

• Even if made with healthy ingredients or less sugar = **Not creditable**

• USDA Standardized Recipes may still contain grain-based dessert recipes
  - Apply to all Child Nutrition Programs (NSLP, SFSP)
  - CACFP programs cannot use those recipes
Grains Chart

• Updated to not include grain-based desserts
• Guidance Memorandum 12

Grain/Bread Chart in Food Buying Guide (FBG)
  ○ Includes grain-based desserts
  ○ FBG applies to all CN programs

---

**Grains Chart**

Grains items must be whole-grain or enriched or made with whole-grain or enriched meal and/or flour, bran, and/or grama. For meals and snacks served to children and adults, at least one serving of grains per day must be whole grain-rich starting October 1, 2017.

This chart is a guide for commonly-used food items. If an item is not listed below, determine the amount of food required (grams or ounces) per age group (1-2, 2-4, 4-8, and 8-14 years old) and refer to the Nutrition Facts Label for portion sizes or weigh the final product to determine the serving size.

### Group A

<table>
<thead>
<tr>
<th>Serving Size (0.4 oz)</th>
<th>Serving Size (0.7 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bread Type Coating</td>
<td>10 grams</td>
</tr>
<tr>
<td>Bread Sticks (hard)</td>
<td>3 sticks</td>
</tr>
<tr>
<td>Chewy Noodles</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Crackers (railroad)</td>
<td>4 squares</td>
</tr>
<tr>
<td>Crackers (snack-rounds, oval, square)</td>
<td>4 crackers</td>
</tr>
<tr>
<td>Crackers (corn muffins)</td>
<td>6 crackers</td>
</tr>
<tr>
<td>Crackers (small fish-shaped, or similar-savory)</td>
<td>~15 crackers</td>
</tr>
<tr>
<td>Cereals</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Malted Toast</td>
<td>3 slices</td>
</tr>
<tr>
<td>Pilot Bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Pretzel (hard mini pretzel twists)</td>
<td>7 pretzels</td>
</tr>
<tr>
<td>Pretzel Chips</td>
<td>14 pretzels</td>
</tr>
<tr>
<td>Rice Cakes</td>
<td>11/2 cakes</td>
</tr>
<tr>
<td>Bread 100g (dry)</td>
<td>1/4 cup</td>
</tr>
<tr>
<td>Wafer (type)</td>
<td>2 wafers</td>
</tr>
<tr>
<td>Zwieback</td>
<td>2 pieces</td>
</tr>
</tbody>
</table>

### Group B

<table>
<thead>
<tr>
<th>Serving Size (0.5 oz)</th>
<th>Serving Size (0.9 oz)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bagels (approx. 4” diameter)</td>
<td>1/2 bagel</td>
</tr>
<tr>
<td>Bagels (approx. 3” diameter)</td>
<td>1/2 bagel</td>
</tr>
<tr>
<td>Bagel Type Coating</td>
<td>13 grams (0.5 oz)</td>
</tr>
<tr>
<td>Biscuits (approx. 1” diameter)</td>
<td>1/2 biscuit</td>
</tr>
<tr>
<td>Bread (white, wheat, whole wheat, rye, French, Italian, Vietnamese)</td>
<td>1/2 slice</td>
</tr>
<tr>
<td>Buns (hamburger, hot dog)</td>
<td>1/2 bun</td>
</tr>
<tr>
<td>Crackers (small fish-shaped)</td>
<td>~9 crackers</td>
</tr>
<tr>
<td>Crackers (small cheese-flavored)</td>
<td>12 crackers</td>
</tr>
<tr>
<td>Egg Roll Slivers (approx. 2” square)</td>
<td>1/2 slice</td>
</tr>
<tr>
<td>English Muffins</td>
<td>1/2 muffin</td>
</tr>
<tr>
<td>Fry-Fried</td>
<td>1/2 piece</td>
</tr>
<tr>
<td>Oyster Crackers</td>
<td>1/2 cup (60 crackers)</td>
</tr>
<tr>
<td>Pretzels (white, wheat, &amp; 4” round)</td>
<td>1/4 medium</td>
</tr>
</tbody>
</table>

*Note: The number of grams per serving is approximate amounts. Additional amounts may be needed to provide the correct weight for each group depending on the size of the item used.*
Activity: Replacing Grain-Based Desserts

Handout
# Alternatives to Grain-Based Desserts

<table>
<thead>
<tr>
<th>Grain-Based Desserts</th>
<th>Alternatives</th>
<th>Grain-Based Desserts</th>
<th>Alternatives</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast bars</td>
<td>English Muffins, Banana PB Sandwich</td>
<td>Granola bars</td>
<td>Rice Cakes, Cheese Sandwich</td>
</tr>
<tr>
<td>Brownies</td>
<td>Banana Muffin</td>
<td>Sweet crackers (graham and animal crackers)</td>
<td>Whole Grain Crackers, Pita wedges or scoops</td>
</tr>
<tr>
<td>Cakes</td>
<td>Zucchini Bread</td>
<td>Sweet pie crusts</td>
<td>Whole Grain Tortilla Roll-up or Quesadilla</td>
</tr>
<tr>
<td>Cereal bars</td>
<td>WG Cereal Pretzels</td>
<td>Sweet rolls</td>
<td>Quinoa Salad</td>
</tr>
<tr>
<td>Cookies</td>
<td>Blueberry Oatmeal Bake</td>
<td>Toaster pastries</td>
<td>French Toast</td>
</tr>
<tr>
<td>Doughnuts</td>
<td>Oatmeal Waffles</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Alternatives to Grain-Based Desserts

- Serve grains with complimentary items (hummus, yogurt dip, peanut butter)

- You may replace with fruit, veggie or meat/meat alternate
Recordkeeping Requirements

Cannot claim a meal or snack when grain-based dessert served as grain component

<table>
<thead>
<tr>
<th>Meal Pattern</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td>Fruit or Vegetable Grains Milk</td>
<td>Grapes Granola Bar Milk</td>
<td>Diced peaches Scrambled eggs Milk</td>
</tr>
<tr>
<td><strong>Lunch or Supper</strong></td>
<td>Oven-Baked Parmesan Chicken Roasted Brussels sprouts Strawberries WG roll Milk</td>
<td>Bean Burrito Asparagus Orange wedges Milk</td>
<td>Sweet and sour chicken Steamed green beans Red peppers Cooked rice Milk</td>
</tr>
<tr>
<td><strong>Snack</strong> Select two of the following:</td>
<td>HM guacamole Salsa Tortilla chips Milk</td>
<td>Fresh carrot sticks Black Bean Brownie Water</td>
<td>Toasted mini bagel with cheddar cheese Water</td>
</tr>
</tbody>
</table>
Grain-Based Desserts & Special Occasions

- Holiday parties, birthday celebrations, or other special events
- May be served as an additional item only
Unallowable Costs

Cannot use CACFP funds to purchase non-creditable foods

Examples include:

- Grain-based desserts
- Cereals and yogurt above sugar limit
- Food items with no CN label or product formulation statement
- Other non-creditable food items (ice cream, pudding, bacon, popcorn, etc.)
Current CACFP Grain Requirements

• Grains must be
  o Whole grain
  o Enriched
• Whole grain vs. refined grain
• Enriched = vitamins and minerals added back
• Ingredients List

Ingredients

Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], water, honey, whole wheat flour, wheat gluten, yeast, sugar, wheat bran, soybean oil, salt, calcium propionate (preservative), datem, monoglycerides, cell sulfate, monocalcium soy lecithin, citric acid, potassium iodate.

Ingredients

CORN, WHOLE GRAIN WHEAT, SUGAR, WHOLE GRAIN ROLLED OATS, BROWN SUGAR, ALMONDS, RICE, CANOLA OIL, WHEAT FLOUR, Malted barley flour, reduced iron, niacinamide, vitamin b6, vitamin a palmitate, riboflavin (vitamin b2), thiamin mononitrate (vitamin b1), zinc oxide (source of zinc), folic acid, vitamin b12, vitamin d.
Whole Grain-Rich (WGR) Foods

At least one serving of grains per day must be whole grain-rich

Only required for children and adult participants, not required for infants
Whole Grain-Rich foods contain 100% whole grains, or at least 50% whole grains, & the remaining grains in the food are enriched.
Identifying Whole Grain-Rich Label says

- 100% Whole Grain
- 100% Whole Wheat
Example of acceptable label
Whole Grain Stamps

Cannot use to determine if WGR
Identifying Whole Grain-Rich

Use the Ingredient List

- Whole grain = first ingredient or is the second ingredient, with water as the first ingredient

- Store bought
  - Bread, bagels, cereal, pasta
  - Pizza crust, taco shells
  - Bread mixes (quick bread, muffins)

Ingredients: Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten
What is a Whole Grain?

“Whole” or “Whole Grain” before grain ingredient’s name

- whole grain corn
- whole rye
- whole wheat
- whole grain barley
Whole Grains

- Quinoa
- Brown rice, wild rice
- Rolled oats & oatmeal
  - Old-fashioned
  - Quick-cooking
  - Instant
- Berries or groats
  - Wheat berries
  - Oat groats

Grains like quinoa, brown rice, oatmeal, etc. may not have the word *whole* before their name, but are 100% whole grains.
White Whole-Wheat Breadsticks

Ingredients: **WHOLE WHEAT FLOUR**, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.
Read the Ingredient Lists

- Product package says
  - ‘Made with whole grain’ or ‘Made with whole wheat’
Read the Ingredient Lists

- Product package says
  - Multi-grain, stone-ground, bran, seven-grain, or 100% wheat
Read the Ingredient Lists

**Ingredients**

- Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, honey, whole wheat flour, wheat gluten, yeast, sugar, wheat bran, soybean oil, salt, calcium propionate (preservative), datem, monoglycerides, cellulose gum, calcium sulfate, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.

- Enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole wheat cuts, sugar, wheat gluten, yeast, crushed wheat, soybean oil, salt, wheat bran, calcium sulfate, molasses, raisin juice concentrate, grain vinegar, calcium propionate (preservative), monoglycerides, datem, citric acid, potassium iodate, monocalcium phosphate, soy lecithin, cornstarch.

Creditable - Not Whole Grain-Rich
Read Ingredient Lists - Pasta

- **Not Creditable**
  - Pasta made with non-enriched durum wheat semolina

- **Creditable**
  - Whole durum wheat flour

*Not enriched or whole grain*

**Do Not Serve**
Whole Grain Not First Ingredient

• Determine if there are other whole grain ingredients
• WGR if weight of the WG ingredients is greater than 50%
Is it Whole Grain-Rich?

Ingredients: Water, **ENRICHED WHEAT FLOUR** [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin b1), riboflavin (vitamin b2), folic acid], **WHOLE-WHEAT FLOUR, ROLLED OATS**, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate

- Grain ingredients:
  - Enriched wheat flour, **whole-wheat flour & rolled oats**

- May credit: if weight of whole-wheat flour and rolled oats is 50% or more of the total grain ingredients

- Requires a Product Formulation Statement
Activity: Is it Whole Grain-Rich?

Complete page 1

Whole Grain-Rich Products

Handout
Whole grain-rich?

Whole Wheat Bread
Ingredients: Whole Wheat Flour, Water, Honey Flakes (Sugar, Palm Oil, Cornstarch, Natural Flavor, Honey, Salt, Soy Lecithin), Vital Wheat Gluten, Yeast, Honey, Molasses, Contains 2% Or Less Of Each Of The Following: Vegetable Oil (Canola and/or Soy), Salt, Sugar, Raisin Juice Concentrate, Wheat Bran, Distilled Vinegar, Xanthan Gum, Ascorbic Acid, Cultured Wheat Flour (Mold Inhibitor), Calcium Sulfate (A Source Of Calcium), Enzymes, Nonfat Dry Milk, Soy Flour.
Honey Oat Bread

Whole grain-rich?
Whole grain-rich?

**Multi Grain Bread**


Must get the Product Formulation Statement from the Manufacturer
Homemade Grain Items - Recipes

• Need a recipe to show:
  - Grain Ingredients
  - Amounts

• 50% or more of the grains must be whole grain
Whole Wheat Banana Muffins

Ingredients:
1 egg
3/4 cup brown sugar
1 1/3 cups banana (mashed, about 2 medium bananas)
1/3 cup vegetable oil
1 teaspoon vanilla extract
1 cup whole wheat flour
3/4 cup wheat flour
2 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 teaspoon cinnamon

Look only at the grains in the product.
Activity: Is it Whole Grain-Rich?

Complete page 2

Homemade Whole Grain-Rich Items Handout
### Whole Grain-Rich?

<table>
<thead>
<tr>
<th>Whole Wheat Muffins</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ingredients</strong></td>
</tr>
<tr>
<td>1 cup flour (all purpose)</td>
</tr>
<tr>
<td>1 cup whole wheat flour</td>
</tr>
<tr>
<td>1/2 teaspoon salt</td>
</tr>
<tr>
<td>2 teaspoons baking powder</td>
</tr>
<tr>
<td>1/4 cup brown sugar (firmly packed, or white sugar)</td>
</tr>
<tr>
<td>1 cup milk, low-fat (1%)</td>
</tr>
<tr>
<td>2 egg</td>
</tr>
<tr>
<td>1 teaspoon vanilla (optional)</td>
</tr>
<tr>
<td>1/4 cup margarine or butter (melted, or 1/4 cup vegetable oil)</td>
</tr>
<tr>
<td>1 tablespoon sugar</td>
</tr>
<tr>
<td>1/2 teaspoon cinnamon (ground)</td>
</tr>
</tbody>
</table>
Whole Grain-Rich?

Banana Muffins

Ingredients
2 cup flour (All-Purpose)
2 ripe bananas
1/2 teaspoon salt
2 teaspoons baking powder
1/4 cup brown sugar (firmly packed, or white sugar)
1 cup milk, low-fat (1%)
2 egg
1 teaspoon vanilla (optional)
1/4 cup margarine or butter (melted, or 1/4 cup vegetable oil)
1 tablespoon sugar
1/2 teaspoon cinnamon (ground)
Tips for Incorporating Whole Grain-Rich Foods

Tips for Incorporating Whole Grain-Rich Grains

- Sandwich (on whole wheat bread, pita, sandwich bun, or roll)
- Corn Bread (made with whole wheat cornmeal)
- Kangaroo Pocket (veggies and fillings in a whole wheat pita pocket)
- Veggie Roll-Up (veggies wrapped in a whole wheat tortilla with ranch dressing)
- Burrito or Quesadilla (using a whole wheat flour or whole-corn tortilla)
- Stir-Fry (with brown rice)
- Hot Pasta Meal (using whole wheat noodles)
- Pasta Salad (using whole wheat pasta)
- Mexican Brown Rice Salad
- Casserole (with wild rice)
- Soup, Chili, or Stew (with whole wheat macaroni or barley)
- Snack (featuring whole wheat crackers and cheese)
- Side Dish (featuring quinoa or whole wheat dinner roll)
- Breakfast (featuring oatmeal or whole grain ready-to-eat breakfast cereals, such as whole grain cereal flakes or muesli)
- Vegetarian Meal (featuring beans and brown rice)
- One Pot Meal (featuring barley, veggies, and beans or meat in a slow cooker)
Store-bought Combination Foods

- Pizza, burritos, chicken nuggets, etc.

- CN Label or Product Formulation Statement needed to credit to meal pattern
  
  - “oz eq grains” on CN Label indicates that the product meets the whole grain-rich criteria
  
  - “bread” or “bread alternate” on CN Label indicates that the product does not meet whole grain-rich criteria
Whole-Grain Cheese Pizza

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**)
One 5.00 oz. Pizza with Ground Beef and Textured Vegetable Protein provides 2.00 oz. equivalent meat/meat/meat alternate, ½ cup vegetable and 1 ½ servings of bread alternate for The Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA.)
Menu Planning: Serving WGR Items

- **Breakfast**: Only one meal or snack must serve a WGR item
- **Lunch**
- **PM Snack**
Menu Planning: Serving WGR Items

- Breakfast
- AM Snack
- Lunch
- PM Snack
- Supper
- Evening Snack

Only one meal or snack must serve a WGR item.
Menu Planning: Serving WGR Items

At-Risk Afterschool Programs

**Supper**: One meal or snack must serve a WGR item.

**Snack**: If a grain is served at snack, it must be whole grain-rich.
Menu Planning: Serving WGR Items

**Supper**

One meal or snack must serve a WGR item

**Snack**

(if grain is served)

If no grain is served at snack, supper must serve WGR item
Menu Documentation

- **Document whole grain-rich foods on menu**

- **Examples**
  - “Whole wheat” bread
  - “Whole grain-rich” English muffins
  - Quinoa, oatmeal

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
</tr>
</thead>
<tbody>
<tr>
<td>Banana</td>
<td>Avocado</td>
<td>Mixed fruit</td>
<td>Strawberries</td>
<td>Fresh apple slices</td>
</tr>
<tr>
<td>WG Cheerios</td>
<td>Baked scrambled eggs</td>
<td>Biscuit</td>
<td>Oatmeal</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
<td>Ham slice</td>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td>HM cheese pizza</td>
<td>Turkey breast sandwich on</td>
<td>Oven baked chicken</td>
<td>Meatloaf</td>
<td>Baked fish</td>
</tr>
<tr>
<td>Cucumbers</td>
<td>WG bread</td>
<td>Brown rice</td>
<td>Roasted beets</td>
<td>Quinoa</td>
</tr>
<tr>
<td>Apple slices</td>
<td>Steamed broccoli</td>
<td>Cauliflower</td>
<td>Kiwi</td>
<td>Tomatoes</td>
</tr>
<tr>
<td>Milk</td>
<td>Watermelon</td>
<td>Zucchini</td>
<td>Corn bread</td>
<td>Pineapple</td>
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<tr>
<td></td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
<td>Milk</td>
</tr>
</tbody>
</table>
Support Documentation

• Product package (Including Name)
  o 100% whole grain
  o Ingredients: whole grain as the first ingredient

• Binder of Labels

• Recipes

• CN Labels / Product Formulation Statements
Claim

• Review menus, labels & product information

• When a whole grain-rich food is not served once a day:
  - Do not claim the meal or snack containing a grain with the lowest reimbursement
No Whole Grain-Rich Item Served

**Tuesday’s Menu**
- **Breakfast**
  - Banana slices
  - Multi-grain waffle
  - Milk
- **Lunch**
  - Chicken stir-fry
  - Broccoli
  - Carrots
  - White rice
  - Milk
- **Snack**
  - Yogurt
  - Apple slices
  - Water

**Friday’s Menu**
- **Breakfast**
  - Diced peaches
  - Blueberry pancake
  - Milk
- **Lunch**
  - Macaroni and cheese
  - Cornbread
  - Okra
  - Tropical fruit
  - Milk
- **Snack**
  - Cheddar cheese slices
  - Crackers
  - Water

---

**Do not claim breakfast** (lowest reimbursement meal/snack serving a grain)

**Do not claim snack** (lowest reimbursement meal/snack serving a grain)
At Risk: No Whole Grain-Rich Item Served

**Tuesday’s Menu**

**Supper**
- Baked Chicken
- Brussels sprouts
- Strawberries
- Dinner Roll
- Milk

**Snack**
- Mini bagel
- Cheddar Cheese

*Do not claim supper (snack not served)*

**Friday’s Menu**

**Supper**
- Baked Fish
- Eggplant
- Blackberries
- Noodles
- Milk

*Do not claim snack (lowest reimbursement meal/snack serving a grain)*
Ounce Equivalents for Grains

- **October 1, 2019**, ounce equivalents (oz eq) will be used to determine serving sizes.

- Additional guidance will be provided in the future.
Cooking Methods
Deep-Fat Frying

- May not be used to prepare meals on-site
  - Includes central and satellite kitchens
- Defined as food submerged in hot oil or other fat
Foods Fried Off-Site

- Store bought foods
  - Pre-fried
  - Flash-fried
  - Par-fried
  - Deep-fat fried

- May not deep-fry when reheating
- Vended Meals
Cooking Methods Handout

**Roasting or Baking**

- Roasting or baking involves cooking meat, poultry, fish, or vegetables in the oven without any liquid and no cover on the cooking vessel.
- When roasting or baking meat or poultry, remove all visible fat from poultry or beef.
- Add appropriate seasonings and flavorings to replace flavor lost when fat is removed. Since salt penetrates meat only about an inch and retards browning, most recipes suggest adding salt at the end of cooking. Do not add salt unless the recipe calls for it.
- If a meat thermometer is used, place it in the thickest part of the meat, away from bone or fat.
- Place in the cooking dish/pan. Do not cover, and do not add any liquid for meat or poultry. Place meat on a rack when appropriate so fat will drain and hot air can circulate on all sides.
- For meats, roast or bake following the recipe for the oven temperature until the food reaches the appropriate internal temperature (the temperature specified in the recipe).
- Remove from the oven and serve. For large pieces of meat, like a turkey or a large roast, allow the meat to sit in a warm place for about 15 minutes before carving or slicing. This makes the meat firmer, juicier, and easier to slice. Meats should be sliced across the grain.
- Hold cooked meat and poultry the correct way. If the meat or poultry will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator. Never hold a meat product at room temperature.
Putting It All Together

- Menus
- Receipts
- Claim
- Support Documentation
Checklist for Implementing New Meal Pattern

- Juice is limited to once per day.
- A vegetable and fruit must be served during lunch and supper meals. The fruit component may be substituted for a vegetable at lunch and supper meals; when two vegetables are served, they are two different kinds of vegetables.
- At least one serving of grains per day must be whole grain-rich.
- Breakfast cereals contain no more than 6 grams of sugar per dry ounce.
- No grain-based desserts are included on the menu.
- The appropriate type of milk is served to each age group:
  - Age 1 year: Unflavored whole milk
  - Ages 2-5 years: Unflavored low-fat or fat-free milk
  - Ages 6-18 years and Adult Participants: Unflavored low-fat, unflavored fat-free, or flavored fat-free milk
- Meat/meat alternates may replace the entire grain component at breakfast a maximum of three times per week.
- Yogurt contains no more than 23 grams of sugar per 6 ounces.
- Tofu and soy yogurt may be served as a meat alternate.
- Serving sizes are correct for each age group.
- No food items are deep-fat fried on-site.
- Yogurt may replace milk once per day for adult participants only.
CACFP Recordkeeping Requirements

- Menus

- Documentation that must be on file
Maintain Support Documentation

• Keep labels of items purchased and served
• Binder or Other Organized System
  o Keep updated
• Can make menu planning easier – buy same items
Support Documentation

• Receipts support what actually was served
  • DPI must verify you are purchasing creditable foods
• Receipts **must** be on file to verify claimed meals
Vendors

- **Your program** is responsible for assuring meals meet CACFP meal pattern requirements
- Only meals/snacks fully compliant with meal pattern can be claimed
- Vendor Agreement
  - Updated summer 2017
  - All Programs will need to complete updated agreement

This is not new!!!
Non-Claimable Meals

- List of things not allowed
- Do not claim

CACFP Meal Pattern Requirements
Non-Claimable Meals

Review your menus for meal pattern compliance prior to submitting a claim to DPI.

DO NOT claim meals or snacks if the following is served at your program.

- Milk
  - 1 Year Old: 1%, 2%, or Fat Free Milk or any flavored milk
  - 2 Years through 5 years: Whole, 2% milk or any flavored milk
  - 6 years and older: Whole, 2% milk or Flavored whole, 2%, or 1% milk
- Grains
  - Grain-based desserts served at any meal or snack
    - Ex. toaster pastries, granola bars, graham crackers, animal crackers, etc.
  - No whole grain-rich food item served each day (the least reimbursable meal or snack serving a grain must not be claimed)
  - Breakfast cereals with more than 6 grams of sugar per dry ounce
- Meat/Meat Alternate
  - Yogurt with more than 23 grams of sugar per 6 ounces
  - M pozosta in place of the grain at breakfast more than 3 times in a week
  - Tofu that is non-commercial, tofu noodles, soy products, or tofu incorporated into drinks, such as smoothies, or other dishes to add texture (i.e. in baked desserts)
  - Commercially Prepared Combination Foods without a Child Nutrition (CN) or Product Formulation Statement (PFS)
- Vegetable & Fruit Component
  - Two fruits at lunch supper
  - Two fruits or two vegetables at snack
  - Juice more than once per day
- Infants
  - Soy yogurt
  - Cheese spread or cheese food
  - Juice
  - Meals with more than one parent-provided component
- Deep-fat frying
  - Meals with foods deep-fat fried on-site

DPI Consultants will disallow all of the above non-creditable meals/snacks during a review.

This is not an all-inclusive list of meals that may be disallowed.
Optional Best Practices
# Child and Adult Care Food Program: Best Practices

The updated CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants’ consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.

**CACFP Best Practices**

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care.

### Infants
- Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.

### Vegetables and Fruit
- Make at least 1 of the 3 required components of a snack: a vegetable or a fruit.
- Serve a variety of fruits and choose whose fruits (fresh, canned, dried, or frozen) more often than juice.
- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.

### Grains
- Provide at least two servings of whole grain-rich grains per day.

### Meat and Meat Alternatives
- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced-fat cheeses.

### Milk
- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.
Best Practices & the CACFP

• Designed to further improve the nutritional quality of all meals

• Optional, but highly encouraged
  ○ Ensures children & adults get optimal benefits from meals
Vegetables & Fruits

• Serve at least a vegetable or fruit at snack

• Serve a variety of whole fruits & vegetables (fresh, canned, frozen, or dried) in place of juice
Vegetables

Provide at least one serving from each of the vegetable subgroups per week.
Chicken and Sweet Potato Curry

- Sweet Potato (orange)
- Brown Rice (WG)
Serve at least two servings of whole grain-rich items per day.
Meat/Meat Alternates

Serve only lean meats, nuts, & legumes
Nutritious Protein Options

Tips for Offering More Nutritious Proteins

Go lean with protein
- The leanest beef cuts include round steaks and roasts (eye of round, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose lean ground beef. To be considered lean, the product has to be at least 90% lean 10% fat.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.
- Choose lean turkey, roast beef, or ham for sandwiches instead of luncheon/deli meats with more fat, such as regular bologna or salami.

Vary your protein choices
- Choose seafood at least twice a week as the meat/meat alternate in a meal. Look for seafood rich in omega-3 fatty acids, such as salmon, trout, and herring. Some ideas for incorporating seafood include the following options:
  - Salmon steak or filet
  - Salmon loaf
  - Grilled or baked trout, cod or halibut
  - Canned tuna
- Choose beans, peas, or tofu as a main dish or part of a meal often. Some common examples might include the following foods:
  - Chili with kidney or pinto beans
  - Stir-fried tofu
  - Split pea, lentil, minestrone, or white bean soups
  - Baked beans
  - Black bean enchiladas
  - Garbanzo or kidney beans on a chef’s salad
  - Rice and beans
  - Falafel sandwiches on pita bread
Additional Best Practices

Incorporate seasonal & locally produced foods

• Farms
• Farmers’ Markets
• Community Supported Agriculture (CSAs)
• School Gardens
• Community Gardens
• On-site Gardens

http://www.localharvest.org/csa/
Farm to Early Care and Education (ECE)

- Increased access to healthy, local foods
- Gardening opportunities
- Food-based activities
- Family engagement opportunities

Wisconsin Farm to Early Care and Education

What is Farm to Early Care and Education (ECE)?
Farm to ECE is an extension of Farm to School that offers increased access to healthy, local foods, gardening opportunities, food-based activities, and family engagement opportunities. It enhances the quality of the educational experience in all sizes and types of ECE settings (i.e., child care centers, family day care homes, Head Start/Early Head Start, and early education programs based in schools).

How to Participate in Farm to ECE

- Purchase fresh, local products to be served at meals
- Enhance the learning environment with hands-on experiences based on healthy foods
- Gardening opportunities while learning about the importance of healthy foods
- Families can also participate

Why Participate in Farm to ECE?

1. Encourages a healthy lifestyle at a time when children are developing taste preferences and eating habits that can last a lifetime.
2. Exposes fresh and local foods to children.
3. Encourages family engagement.
4. Builds community connections.

Wisconsin-Grown Foods
Farm to ECE can be incorporated into the new CACFP Meal Pattern.

- Local Purchasing Options
  - Local farmer’s market or farm
  - Community Supported Agriculture (CSA)
  - On-site garden
  - Produce from food banks or food sharing networks

Tips to Grow Your Farm to ECE Program

1. Get into the menu planning.
   - Start with one or two local items each month and increase as you become more comfortable.
   - Learn about what you can purchase in Wisconsin and when product is in season.
   - Highlight your local items in a monthly newsletter and on the menu.
2. Form a team.
   - Collaborate with teachers and administrators, parents, local farmers, and community organizations such as universities or your local cooperative extension agency.
3. Cultivate a garden.
   - Pick a field trip to a farm or farmer’s market.
   - Plant a small garden or plant veggies in pots in the classroom and allow children to help in the care.
   - Find curricula, activities or books relating to gardening, preparing and eating local foods and learning more about where food comes from.

Handout
On-Site Gardens

- Hands-on nutrition education
- Access to fresh produce
- Family engagement
Additional Best Practices

- Limit servings of purchased pre-fried foods to no more than one serving per week
  - Chicken nuggets, fish sticks, corn dogs, tater tots, French fries
Additional Best Practices

• Avoid serving non-creditable foods that are sources of added sugars
  o Sweet toppings (honey, syrup or jelly)
  o Mix-in ingredients sold with yogurt (honey, candy or cookie pieces)
Summary

• Implementation Date: October 1, 2017

• Use the next 3-4 months to implement changes
  o Review menus
  o Train staff (current and new)
  o Start looking at ingredients, nutrition facts labels, etc.

• Contact your assigned CACFP consultant with questions.
New Training Worksheets:

- How to choose yogurts that are lower in added sugars
- How to choose breakfast cereals that are lower in added sugars
- How to choose milk to meet compliance with CACFP meal patterns
- How to identify grains that are whole-grain rich
- Healthy food preparation techniques (alternatives to frying foods)
- How to substitute meat/meat alternates for grains at breakfast
- What are Grain Based Desserts
- How to implement offer versus serve in CACFP at-risk afterschool and adult day care settings

Updated Guide: September 2017

Date TBD
Infant Meal Pattern Requirements
FEEDING INFANTS

UPPER CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS: INFANT MEALS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruits without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics, and stakeholders. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

UPDATED INFANT MEAL PATTERN:

- **Beverages and Support Breastfeeding:**
  - Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant and
  - Only breast milk and infant formula are served to infants 0 through 6 month olds.

- **Developmentally Appropriate Meals:**
  - Two age groups, instead of three: 0 through 6 month olds and 7 through 11 month olds.
  - Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

- **Menu Nutritional Goals:**
  - Requires a vegetable or fruit, or both, to be served at least for infants 4 through 11 month olds;
  - No longer allows juice or other fruit or vegetable puree to be served;
  - Allows ready-to-eat cereals at snack.

Learn More
More information on infant development and nutrition, check out the USDA's Nutrition Feeding Infants Guide.
Breastmilk & Infants

• Promote breastfeeding by allowing reimbursement when:
  o Infant served expressed milk
  o Mother breastfeeds her infant on-site
Staff Breastfeeding

- Staff can breastfeed her enrolled infant when the infant is signed in for care
  - While working
  - During a break
  - During off-work hours
Promote Breastfeeding

• Develop a breastfeeding policy
  - Mothers welcome to breastfeed at center
  - Staff trained to support mothers

• Create comfortable, private space to breastfeed or pump milk

• Ten Steps to Breastfeeding Friendly Child Care

https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf
Meal Patterns Previous vs. Updated

Previous Age Groups
- Birth-3 months
- 4-7 months
- 8-11 months

Updated Age Groups
- Birth-5 months
- 6-11 months
## Infant Meal Pattern

- **Birth – 5 months:**
  - Breastmilk, IFIF required

- **6-11 months:**
  - Breastmilk, IFIF required
  - Introduce foods

### Breakfast / Lunch / Supper

<table>
<thead>
<tr>
<th>Birth through 6 months</th>
<th>6 through 11 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 fluid ounces breastmilk or iron fortified infant formula</td>
<td>0-4 fluid ounces breastmilk or iron fortified infant formula, AND 0-4 tablespoons iron fortified infant cereal OR 0-4 tablespoons iron fortified infant cassava OR ready-to-eat breakfast cereal, AND 0-2 tablespoons vegetable or fruit, or a combination of both (juice cannot be served)</td>
</tr>
</tbody>
</table>

### Snack

<table>
<thead>
<tr>
<th>Birth through 5 months</th>
<th>6 through 11 months</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-6 fluid ounces breastmilk or iron fortified infant formula</td>
<td>2-4 fluid ounces breastmilk or iron fortified infant formula, AND 0-1 slice bread OR 0-1 cracker OR 0-4 tablespoons iron fortified infant cereal, OR ready-to-eat breakfast cereal, AND 0-2 tablespoons vegetable or fruit, or a combination of both (juice cannot be served)</td>
</tr>
</tbody>
</table>

### Additional Requirements
- Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months.
- Yogurt must contain no more than 28 grams of total sugars per 6 ounces.
- Grains must be whole grain-rich, enriched meal, or enriched flour.
6 – 11 Months Meal Pattern Changes

• Breakfast
  o Iron-fortified Infant Cereal, Meat/Meat Alternate, or combination of both may be served
  o Still cannot serve grain items (pancakes, ready-to-eat cereals, waffles) that are served to older children
6 – 11 Months Meal Pattern Changes

• Breakfast/Lunch/Supper

  • Now creditable:
    ▪ Whole eggs
    ▪ Yogurt (sugar limits apply)

  • Not Creditable:
    ▪ Soy yogurt
    ▪ Tofu
    ▪ Cheese food or spread
6 – 11 Months Meal Pattern Changes

• Snack
  - Juice cannot be served
  - Added: IFIC or ready-to-eat breakfast cereals (sugar limits apply)
  - Fruit, Vegetable or combination of both
Feeding Infants
Birth – 5 Months

• Encourages exclusive breastfeeding during first 6 months

• Delay the introduction of solid foods until around 6 months

• Most infants are not ready to consume solid foods until midway through the 1st year
Birth – 5 months

• Introducing solid foods too early:
  o cause choking
  o consume less breastmilk or formula
  o increases risk of obesity

• Serve solid foods when infants are developmentally ready
Introducing Solid Foods

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

• Always consult with parents/guardians first before serving solid foods
6 - 11 months

Food components beginning with "zero"

- Recognizes not all infants are ready for solid foods at 6 months

<table>
<thead>
<tr>
<th>6 through 11 months</th>
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</thead>
<tbody>
<tr>
<td>2-4 fluid ounces breastmilk or iron fortified infant formula;</td>
</tr>
<tr>
<td>AND</td>
</tr>
<tr>
<td>0-½ slice bread; OR</td>
</tr>
<tr>
<td>0-2 crackers; OR</td>
</tr>
<tr>
<td>0-4 tablespoons iron fortified infant cereal; OR ready-to-eat breakfast cereal;</td>
</tr>
<tr>
<td>AND</td>
</tr>
<tr>
<td>0-2 tablespoons vegetable or fruit, or a combination of both (Juice cannot be served)</td>
</tr>
</tbody>
</table>
6 – 11 Months

• Follow eating habits of infants
  o Introduce solid foods gradually
  o Some infants may eat certain foods one week/day, but not the next
  o Offer a solid food component at the required meal/snack when the infant has established tolerance
6 – 11 Months

• By 7 or 8 months, infants should be consuming solid foods from all food groups

• If not, engage in conversations with parents & infant teachers
Flexibility

• Consistently inconsistent

• Follow eating habits
  o Infant may not eat a F/V at snack everyday

• Parents decide eating habits
Providing Foods to Infants and Claiming Infant Meals
Infant Formula

- Must offer a minimum one type of iron fortified infant formula
  - Parent/guardian has choice to
    - Accept or
    - Decline and provide their preferred brand or breastmilk

Cannot require parents/guardians to provide formula
Providing Solid Foods

- Once an infant is eating solid foods, program is required to offer them to the infant.

- Both age groups:
  - Includes infants who start eating solid foods before 6 months.

Cannot require parents/guardians to provide foods.
Foods to Offer: Purees to Solids

- Pureed Foods
  - Store-bought
  - Homemade

- Semi-Solid Foods
  - Softened
  - Mashed

- Table Foods
  - Appropriate textures and sizes
  - Finger foods

As Infant Becomes Developmentally Ready
Providing Food Components

- **Claiming Meals/ Snacks:**
  - Parents/guardians may provide only **one** creditable food component
    - Breastmilk = 1 component
    - Formula = 1 component

- Programs must provide remaining components

- Maintain integrity

*Previously parents/guardians could provide all but 1 component and program could claim meals/snacks*
Example 1

3 month old drinking formula

Parent provides formula

Parent is providing one component:

CLAIM
Example 2

Parent provides breastmilk and pureed vegetables

6 month old drinking breastmilk and eating pureed vegetables and infant cereal

Program provides Infant Cereal

Parent is providing more than one component:

CANNOT CLAIM
Example 3

11 month old drinking formula and eating table foods

Parent provides baby foods (fruits/vegetables, meats)

Parent is providing more than one component:

CANNOT CLAIM

Program provides formula
Infant Recordkeeping

- CACFP Infant Recordkeeping Requirements
- Infant Menu
- CACFP Infant Meal Pattern
- Infant Meal Form

New Process
Infant Recordkeeping Requirements

Detailed instructions for serving infants in CACFP

Handout

CACFP Infant Recordkeeping Requirements

1. OFFER CACFP TO ALL ENROLLED INFANTS
   To meet this requirement, your program must offer to provide the following items to each infant:
   - A minimum of one type/brand Iron-Fortified Infant Formula
   - Iron-Fortified Infant Cereal
   - Fruits, Vegetables, and Meat/Meat Alternatives:
     Store-bought, homemade, table foods, or a combination of all three
   - Grains: Crusty bread, crackers, ready-to-eat cereals

2. INFANT MENU AND INFANT MEAL PATTERN
   - Complete the Infant Menu according to the foods your program offers
   - Post a copy of the Infant Menu and Infant Meal Pattern in each infant room in a location visible to parents

3. NOTIFY FAMILIES
   - Complete one of the following to notify families of the formula and foods your program offers:
     - Distribute the completed Infant Menu and a copy of the Infant Meal Pattern in the enrollment packet provided to families with infants
     - Post the completed Infant Menu and a copy of the Infant Meal Pattern in a visible location in the entryway of your facility

4. INFANT MEAL FORM
   - Complete one Infant Meal Form for every enrolled infant, each month:
     - Follow instructions on the Infant Meal Form
     - Only record a meal or snack in the Meal Count Chart when:
       - Program supplies all components;
       - Parent/guardian supplies only one component

If you have any questions about the CACFP Infant Recordkeeping Requirements, contact your assigned CACFP consultant.
Infant Menu and Infant Meal Pattern

Complete Infant Menu including formula and foods offered

Post Infant Menu & Infant Meal Pattern in each infant room

Infant Menu is available in fillable form on GM website under GM 12

Handout
Infant Menu

Formula Offered: Parents Choice Brand Advantage

Write in brand/type

Parents/Guardians: You may choose to accept our offered formula or provide a different iron-fortified formula of your choice, expressed breast milk, or breastfeed your baby on-site.

Record iron-fortified infant formula(s) offered
Indicate iron-fortified infant cereal(s) offered

- Rice
- Barley
- Wheat
- Oat
 Infant Menu

Foods Offered:

Check one or more boxes as it applies to your Program

- ❑ Store-bought baby foods
  - ❑ Fruits and vegetables
  - ❑ Meats
- ❑ Homemade baby foods (i.e. pureed whole foods)
- ❑ Table foods (i.e. foods from the regular menu)
- ❑ Grains (crackers, ready-to-eat cereal, bread)

Indicate foods offered
Notify Families: Complete One or Both
Completed Infant Menu and Infant Meal Pattern

Distribute in Enrollment Packet

Post in Visible Location to all Parents at Each Facility
Recording and Claiming Infant Meals

New
Two options for recording meals

Infant Meal Form
- Must follow new meal pattern
- Parents/guardians can provide only 1 component
- Program must provide all other components

Infant Meal Record
- Program only has to provide 1 component until October 1, 2017

Beginning October 1, 2017

Recording Meals: Choose One
Complete **Infant Meal Form** for every enrolled infant, each month

Record Infant Meals on this form until the infant’s 1st birthday

Available for **Greater Than 3**
Infant Meal Form

CACFP Infant Meal Form

Each month, complete this form for every enrolled infant

Month/Year: May 20XX

Infant’s Full Name: Sophia Johnson
Birthday: 10/15/XX
Age: 6 months

Offer CACFP to enrolled infants: Programs must offer to supply at least one type of iron-fortified infant formula and all foods to each enrolled infant. Parents/guardians may choose to:

- Decline offered formula and supply a different formula or breast milk, expressed or by breastfeeding on-site.
- Provide their own foods in place of program-provided foods.

Parents/guardians cannot be required to provide infant formula or foods.
**Infant Meal Form**

**Complete Meal Components Chart:**

<table>
<thead>
<tr>
<th>Start Date</th>
<th>Meal Components</th>
<th>Parent Supplied</th>
<th>Program Supplied</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Breast Milk</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Infant Formula*</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>Iron-Fortified Infant Cereal</td>
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<tr>
<td></td>
<td>Fruits/Vegetables**</td>
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<td>X</td>
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<tr>
<td></td>
<td>Meats/Meat Alternates**</td>
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<td></td>
<td>Grains</td>
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</tbody>
</table>

* Mark who supplies formula if used to supplement breast milk
** Baby foods and/or table foods in the appropriate texture

1. **Meal Components Chart**
   - Mark in the *Parent Supplied* or *Program Supplied* column to indicate who provides component(s) the infant is *currently* eating.
   - When a new component is started or changes are made (i.e. infant switches from breastmilk to center-provided formula) record the date in the *Start Date* column.
1. **Meal Components Chart**
   - Mark in the *Parent Supplied* or *Program Supplied* column to indicate who provides component(s) the infant is currently eating.
   - When a new component is started or changes are made (i.e. infant switches from breastmilk to center-provided formula) record the date in the *Start Date* column.

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<td>Fruits/Vegetables**</td>
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<td>Meats/Meat Alternates**</td>
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<td>5/27/XX</td>
<td>Grains</td>
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</tbody>
</table>

* Mark who supplies formula if used to supplement breast milk
** Baby foods and/or table foods in the appropriate texture
Infant Meal Form

1. Meal Components Chart

- Next Month
- Check
- All Boxes that Apply

<table>
<thead>
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<th>Start Date</th>
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* Mark who supplies formula if used to supplement breast milk
** Baby foods and/or table foods in the appropriate texture
Infant Meal Form

2. **Meal Count Chart**

Record meals and snacks to be claimed on **Meal Count Chart**
Infant Meal Form

- **Record a meal or snack when:**
  - Program supplies ALL components
  - Parent/guardian supplies only ONE component

  May vary **day to day** or **meal to meal** depending on:
  - What an infant is currently eating
  - Who is providing different components

**Infant may eat:**
- **Breakfast:** Breastmilk and parent-provided fruits
- **Lunch:** Breastmilk, parent-provided fruits, program-provided meat
- **Snack:** Breastmilk and program-provided cereal

**Snack is only meal that can be recorded**
Infant Meal Form

2. **Meal Count Chart**

**RECORD A MEAL OR SNACK WHEN:**
- Program supplies **all** components
- Parent/guardian supplies **only one** component
  - Ex. Breast milk is only component
  - Ex. Parent supplies breast milk or formula and the Program supplies all other foods

**DO NOT RECORD A MEAL OR SNACK WHEN:**
- Parent/guardian supplies **more than one** component
  - Ex. Program supplies infant cereal and Parent supplies breast milk and fruits
  - Ex. Program supplies formula and parent supplies all other foods

**DO NOT put an ‘X’ or ✓ in the Meal Count Chart**

<table>
<thead>
<tr>
<th>Date</th>
<th>Bkfst</th>
<th>Lunch</th>
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</table>

3. **Total Infant Meals:** At the end of the month, total each meal/snack column and include with total meal count numbers submitted on the monthly claim.

Keep this form on file to support the monthly claim.

At end of month:

**Total each column and include with all meal counts**
Where to File Infant Meal Forms

File all **Infant Meal Forms** with monthly claim documentation.
Documentation

- Receipts and/or invoices showing formula and foods purchased
- Formula and baby foods on hand
Webcasts

Child and Adult Care Food Program (CACFP)

Infant Recordkeeping Requirements

https://dpi.wi.gov/community-nutrition/cacfp/training/webcasts-cacfp
Thank you!