WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

Community & School Nutrition Teams
Food & Nutrition Services

CACFP
New Meal Pattern Training

Adapted from the Institute of Child Nutrition

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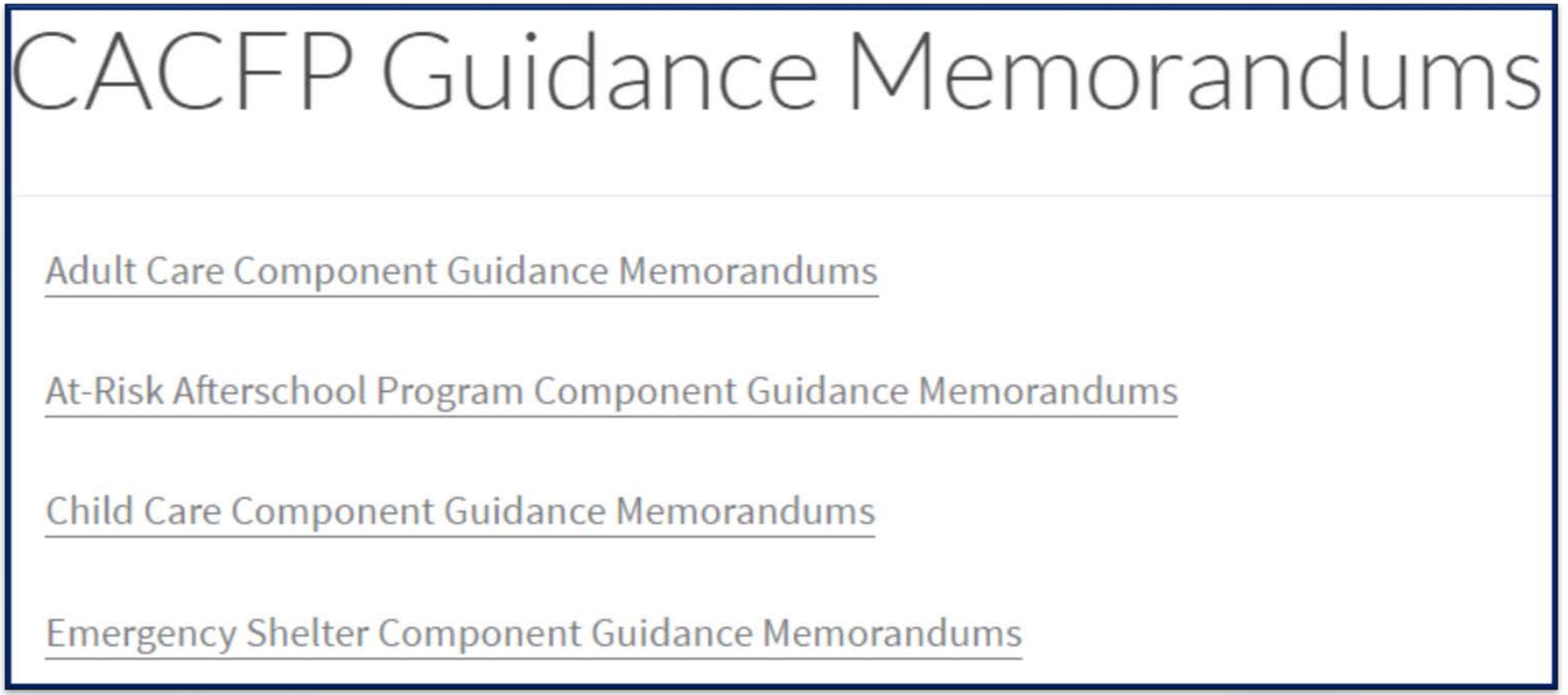


CACFP Meal Pattern

- No major meal pattern revisions since 1968
  - o Dietary Guidelines for Americans
  - o National Academy of Medicine
  - o 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 o communities.

Handout

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:
  - preparing meals on-site
  - purchasing meals from a vendor
  - 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

USDA United States Department of Agriculture

UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Updated Child and Adult Meal Patterns

Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.

More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).

More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.

Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.

Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

CHILD & ADULT CARE FOOD PROGRAM

USDA United States Department of Agriculture

Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.

Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	½ oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternatives	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	⅛ cup	⅛ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	½ oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternatives	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

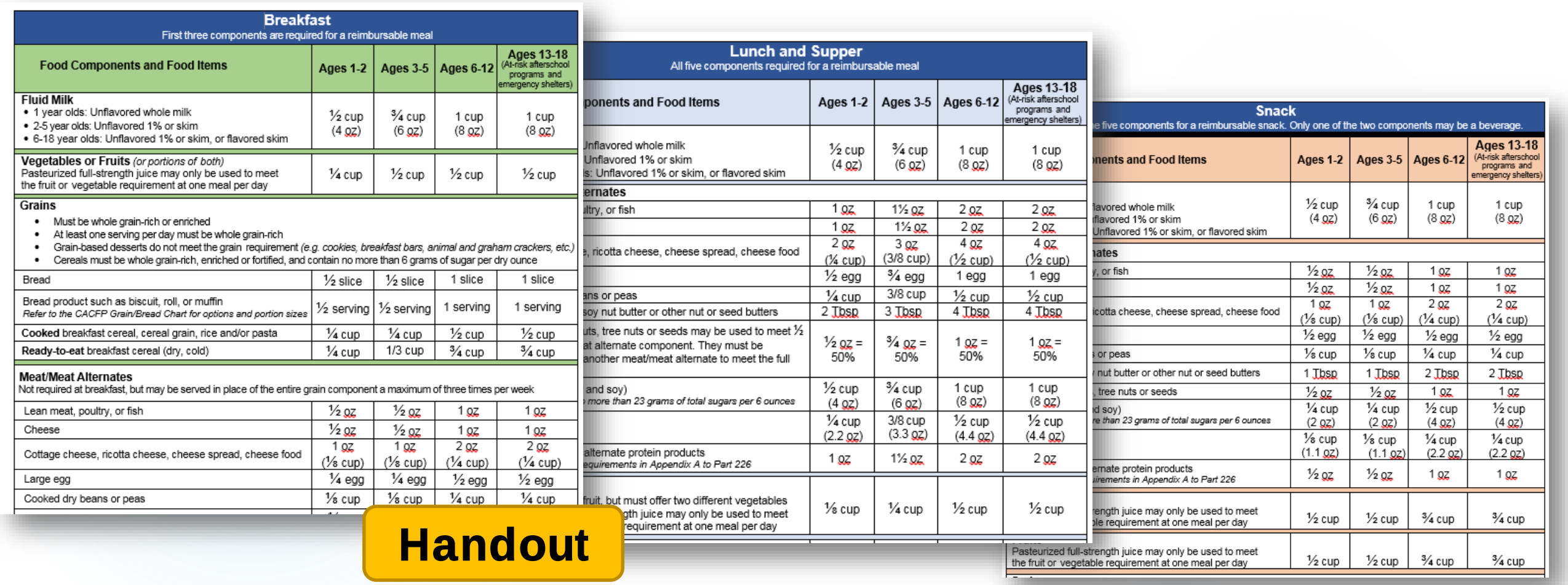
Note: All serving sizes are minimum quantities of the food components that are required to be served.

For more information, please visit www.fns.usda.gov/cacfp/child-and-adult-care-food-program.
Questions? Contact your State or Regional Office.
...oyer and provider.

CHILD & ADULT CARE FOOD PROGRAM

Handout

New Child & Adult Meal Pattern Charts



Breakfast
First three components are required for a reimbursable meal

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
Fluid Milk • 1 year olds: Unflavored whole milk • 2-5 year olds: Unflavored 1% or skim • 6-18 year olds: Unflavored 1% or skim, or flavored skim	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
Vegetables or Fruits *(or portions of both)* Pasteurized full-strength juice may only be used to meet the fruit or vegetable requirement at one meal per day	¼ cup	½ cup	½ cup	½ cup
Grains • Must be whole grain-rich or enriched • At least one serving per day must be whole grain-rich • Grain-based desserts do not meet the grain requirement *(e.g. cookies, breakfast bars, animal and graham crackers, etc.)* • Cereals must be whole grain-rich, enriched or fortified, and contain no more than 6 grams of sugar per dry ounce				
Bread	½ slice	½ slice	1 slice	1 slice
Bread product such as biscuit, roll, or muffin *Refer to the CACFP Grain/Bread Chart for options and portion sizes*	½ serving	½ serving	1 serving	1 serving
Cooked breakfast cereal, cereal grain, rice and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Ready-to-eat breakfast cereal (dry, cold)	¼ cup	1/3 cup	¾ cup	¾ cup
Meat/Meat Alternates Not required at breakfast, but may be served in place of the entire grain component a maximum of three times per week				
Lean meat, poultry, or fish	½ oz	½ oz	1 oz	1 oz
Cheese	½ oz	½ oz	1 oz	1 oz
Cottage cheese, ricotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
Large egg	¼ egg	¼ egg	½ egg	½ egg
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup

Lunch and Supper
All five components required for a reimbursable meal

ponents and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
Unflavored whole milk Unflavored 1% or skim s: Unflavored 1% or skim, or flavored skim	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
ernates				
ltry, or fish	1 oz	1½ oz	2 oz	2 oz
	1 oz	1½ oz	2 oz	2 oz
, ricotta cheese, cheese spread, cheese food	2 oz (¼ cup)	3 oz (3/8 cup)	4 oz (½ cup)	4 oz (½ cup)
	½ egg	¾ egg	1 egg	1 egg
ans or peas	¼ cup	3/8 cup	½ cup	½ cup
oy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp
uts, tree nuts or seeds may be used to meet ½ at alternate component. They must be another meat/meat alternate to meet the full	½ oz = 50%	¾ oz = 50%	1 oz = 50%	1 oz = 50%
and soy) *more than 23 grams of total sugars per 6 ounces*	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
	¼ cup (2.2 oz)	3/8 cup (3.3 oz)	½ cup (4.4 oz)	½ cup (4.4 oz)
alternate protein products *equirements in Appendix A to Part 226*	1 oz	1½ oz	2 oz	2 oz
fruit, but must offer two different vegetables gth juice may only be used to meet requirement at one meal per day	⅛ cup	¼ cup	½ cup	½ cup

Snack
e five components for a reimbursable snack. Only one of the two components may be a beverage.

nents and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 (At-risk afterschool programs and emergency shelters)
lavored whole milk flavored 1% or skim Unflavored 1% or skim, or flavored skim	½ cup (4 oz)	¾ cup (6 oz)	1 cup (8 oz)	1 cup (8 oz)
ates				
, or fish	½ oz	½ oz	1 oz	1 oz
	½ oz	½ oz	1 oz	1 oz
icotta cheese, cheese spread, cheese food	1 oz (⅛ cup)	1 oz (⅛ cup)	2 oz (¼ cup)	2 oz (¼ cup)
	½ egg	½ egg	½ egg	½ egg
or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp
tree nuts or seeds	½ oz	½ oz	1 oz	1 oz
d soy) *e than 23 grams of total sugars per 6 ounces*	¼ cup (2 oz)	¼ cup (2 oz)	½ cup (4 oz)	½ cup (4 oz)
	⅛ cup (1.1 oz)	⅛ cup (1.1 oz)	¼ cup (2.2 oz)	¼ cup (2.2 oz)
rnate protein products *irements in Appendix A to Part 226*	½ oz	½ oz	1 oz	1 oz
rength juice may only be used to meet le requirement at one meal per day	½ cup	½ cup	¾ cup	¾ cup
Pasteurized full-strength juice may only be used to meet the fruit or vegetable requirement at one meal per day	½ cup	½ cup	¾ cup	¾ cup

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**

USDA CHILD AND ADULT CARE FOOD PROGRAM

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, afterschool 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 ¾ 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 syrups) 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 syrups) 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...

Handout

Breastmilk Past Age One

- May be served as a fluid milk to children of any age
- Reimbursable:
  - If a parent/guardian provides expressed breastmilk
  - 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

Non-Dairy Beverages

Age Group	Non-Dairy Beverages
	– must be nutritionally equivalent to cow's milk
Infants (under 1 year)	None
1 Year Olds	Unflavored
2-5 Year Olds	Unflavored
6+ Year Olds	Unflavored or Flavored

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).

NON-DAIRY MILK SUBSTITUTES* MEETING USDA APPROVED NUTRIENT STANDARDS PER 8 FLUID OUNCES

Unflavored Non-Dairy Milk Substitutes

8th Continent **Original Soymilk**	*Walmart Great Value* **Original Soymilk**	*Pacific* **All Natural Ultra Soy Original**	*Sunrich Naturals* **Original Soymilk**	*Kirkland Signature* **Organic Soymilk Plain**	*Silk* **Original Soymilk**
					

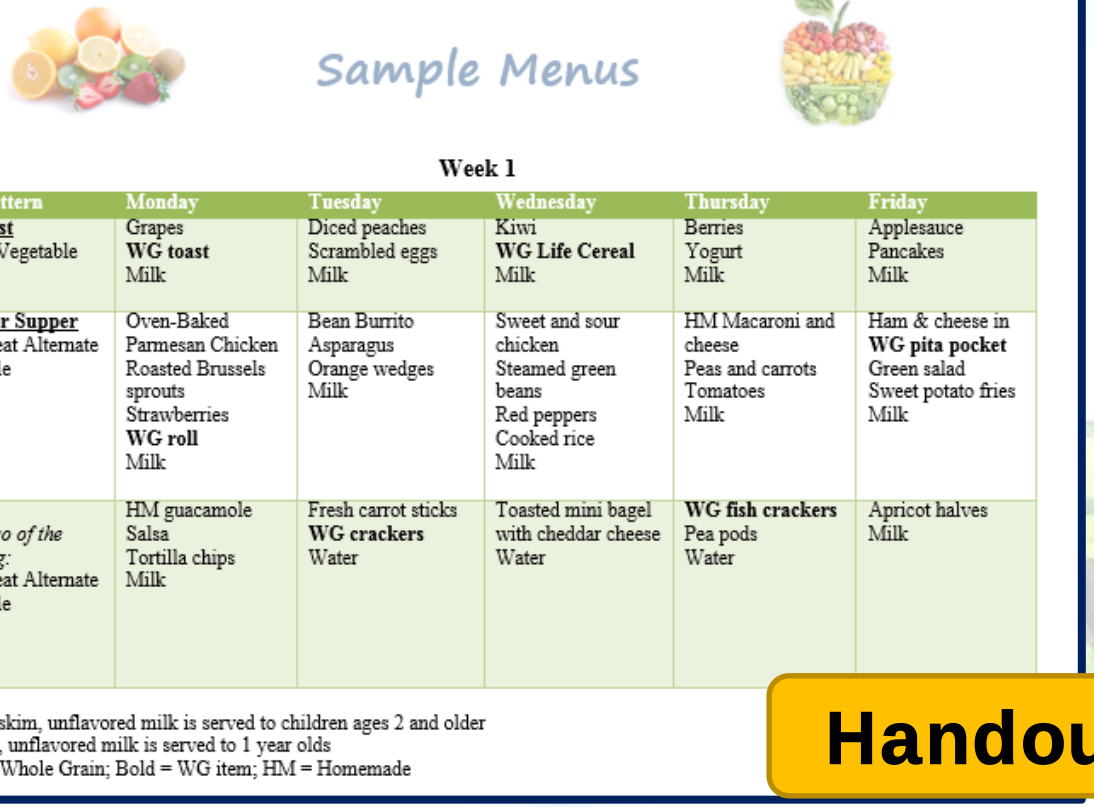
PARENT/GUARDIAN REQUEST FOR NON-DAIRY MILK SUBSTITUTION

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/req_fluid_milk_substitution.pdf

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



Sample Menus

Week 1

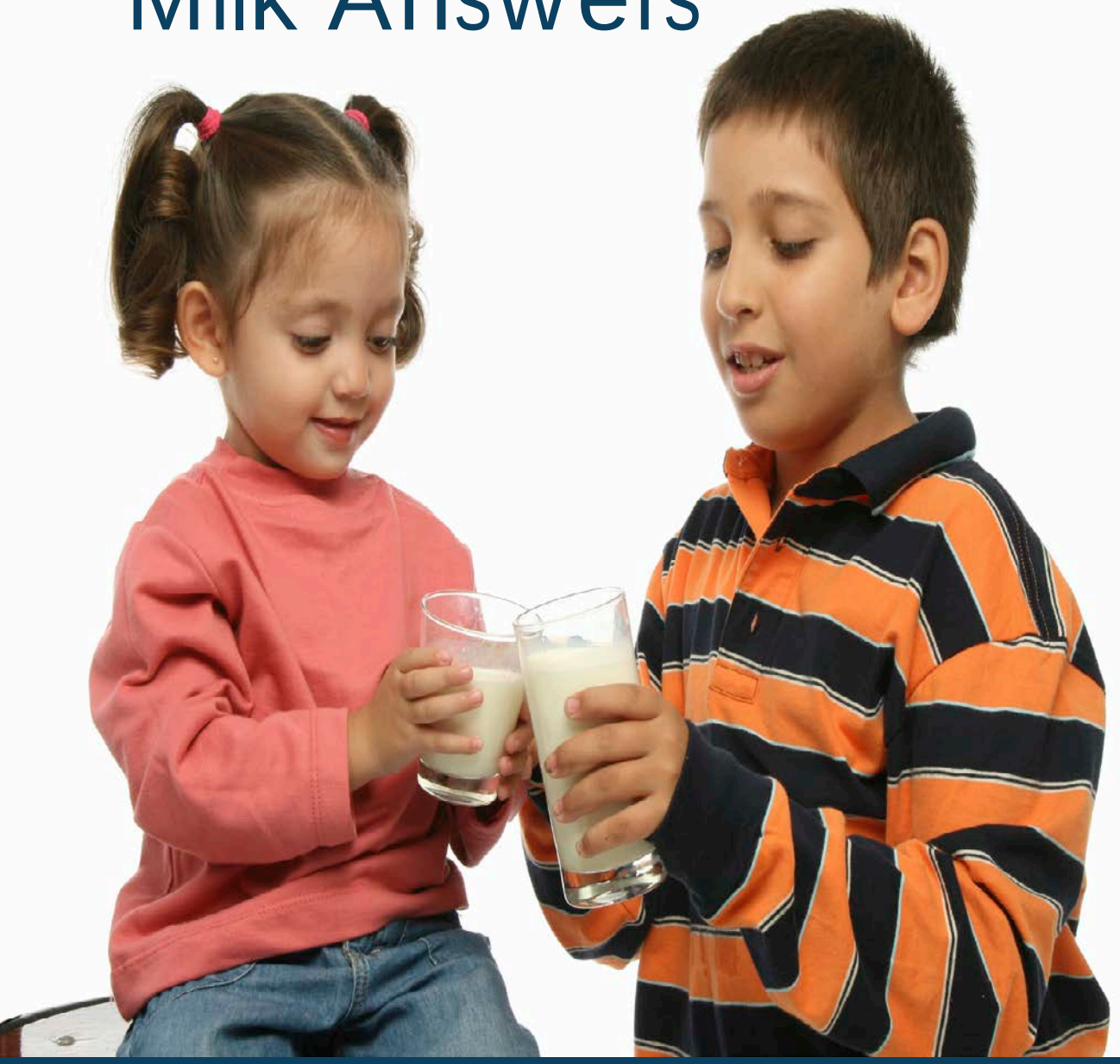
Meal Pattern	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Fruit or Vegetable Grains Milk	Grapes **WG toast** Milk	Diced peaches Scrambled eggs Milk	Kiwi **WG Life Cereal** Milk	Berries Yogurt Milk	Applesauce Pancakes Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	Oven-Baked Parmesan Chicken Roasted Brussels sprouts Strawberries **WG roll** Milk	Bean Burrito Asparagus Orange wedges Milk	Sweet and sour chicken Steamed green beans Red peppers Cooked rice Milk	HM Macaroni and cheese Peas and carrots Tomatoes Milk	Ham & cheese in **WG pita pocket** Green salad Sweet potato fries Milk
Snack *Select two of the following:* Meat/Meat Alternate Vegetable Fruit Grains Milk	HM guacamole Salsa Tortilla chips Milk	Fresh carrot sticks **WG crackers** Water	Toasted mini bagel with cheddar cheese Water	**WG fish crackers** Pea pods Water	Apricot halves Milk

* 1% or skim, unflavored milk is served to children ages 2 and older
* Whole, unflavored milk is served to 1 year olds
* WG = Whole Grain; Bold = WG item; HM = Homemade

Handout

Activity:
Milk Component Requirements

Milk Answers



Requirements for Milk

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

Statement	True or False
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.	**False**
2. Milk served to 1-year-old children must be unflavored whole milk or unflavored fat-free milk.	**False**
3. Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 3 years old only.	**False**
4. If you are serving milk to a mixed age group of 1 & 2 year olds, it is acceptable to serve 1% milk to all children.	**False**
5. Flavored milk served to children 6 years old and older and adults must be fat-free.	**True**

Water

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

- Mealtimes:
  - 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 term *Program* 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

- Tofu credits as a meat alternate
- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Soy yogurt may be served as a meat alternate
- Deep-fat frying and submerging foods in hot oil or other fat must not be used to prepare meals on-site
- M/MA may be served in place of the entire grains component at breakfast 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 reimbursable meal. Tofu can be served in a variety of ways such as in stir fries or omelets.

Creditable	Not Creditable
Commercially prepared tofu	Non-commercial tofu
Firm, Extra Firm, Silken, or Soft	Soy products
Tofu products (links, sausages) with a Child Nutrition (CN) label or PFS from the manufacturer	Tofu noodles
	Tofu incorporated into drinks, such as smoothies, or other dishes to add texture (i.e. in baked desserts)

Crediting Commercially Prepared Creditable Tofu

…up) of tofu, containing at least 5 g of protein = …A

…label or Product Formulation Statement (PFS) …d (i.e. sausage links made with tofu)

…rmation, refer to USDA Policy Memo CACFP …the CACFP New Meal Pattern website

For tofu recipes, refer to our CACFP New Meal Pattern website

Yogurt

Yogurt must contain no more than 23 grams of sugar per 6 ounces, or 3.83 grams of sugar per ounce. Use either of the two methods below to determine if the amount of sugar in the yogurt is no more than the sugar limit. **Tip:** If the serving size says "one container," check the front of the package to see how many ounces are in the container.

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

1. Identify the serving size: 6 oz
2. Find the amount of sugars: 19 g
3. Find the serving size and compare to the **Yogurt Sugar Limits Chart** *(below)*: 19 g is below 23 g for 6 oz

Yogurt Sugar Limits per Serving Size	
Serving Size	**Sugar Limits**
2.25 ounce	8 grams
3.5 ounce	13 grams
4 ounce	15 grams
5.3 ounce	20 grams
6 ounce	23 grams
8 ounce	30 grams

Nutrition Facts
Serving Size 6 oz Container
Calories 90
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 6mg 2%
Potassium 140mg 4%
Sodium 65mg 3%
Total Carbohydrate 14g 5%
Dietary Fiber 2g 8%
Sugars 19g
Protein 12g 24%

This yogurt is creditable

Method 2 – *Sugar Grams per Ounce*

The sugar limit per ounce is **3.83 grams**

1. Identify the serving size: 4.5 oz
2. Find the amount of sugars: 16 g
3. Calculate the number of sugar grams per ounce.

Sugar grams ÷ Serving Size

For this example:

16 g ÷ 4.5 oz. = 3.55

3.55 < 3.83

If the number is less than 3.83, the yogurt is creditable.

Nutrition Facts
Serving Size 4.5 oz
Servings Per Container 1
Calories 140 Calories from Fat 18
Total Fat 2g 3%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 90mg 4%
Total Carbohydrate 23g 8%
Dietary Fiber 0g 0%
Sugars 16g
Protein 8g 16%

This yogurt is creditable

Yogurt

…ogurt is a dairy free option and credits the same as regular …t. 4 fluid ounces (1/2 cup) = **1 ounce M/MA**. The sugar …required for regular yogurt apply to soy yogurt.

…lt Care Programs Only

…Care programs may serve 6 ounces (3/4 cup) …gurt in place of 8 ounces of fluid milk once a …hen yogurt is not served as a M/MA at the …meal.

…p-Fat Frying

…erging foods in hot oil or other fat may not be used as a …ng method to prepare meals on-site.

…ummy, no-fry recipes that offer a fresh, healthy spin on …favorite flavors at USDA's What's Cooking website.

…ods for Healthy Cooking

…*oast/Bake:* Cooking food, usually at high heat, in the oven

…*uté, pan-fry or stir-fry:* Cooking foods by stirring them with …bit of oil in a pan

…*eaming:* Cook food on a rack in a covered pan over …eaming water

…rn more about shopping, cooking, and menu planning for …care, check out the Institute of Child Nutrition's (ICN) …*ry Videos for Child Care*

Claiming Meals

Review 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

Monday	Tuesday	Wednesday	Thursday	Friday
Skim milk Scrambled eggs Kiwi	Skim milk Oatmeal Berries	Skim milk Cottage cheese Pineapple	Skim milk Cheerios® Banana	Skim milk Yogurt Oranges
Skim milk Pancakes Applesauce	Skim milk Bean burrito Apples	Skim milk WG Toast Strawberries	Skim milk String cheese Grapes	Skim milk Egg bake Mandarin oranges
Skim milk Tofu scramble Avocado	Skim milk Bran muffin Cantaloupe	Skim milk Hard-boiled eggs Blueberries	Skim milk Banana bread Orange wedges	Skim milk Peanut butter Apple slices
Skim milk Kix® Mixed fruit	Skim milk Fresh pork sausage Peaches	Skim milk WG English muffins Honeydew melon	Skim milk Scrambled eggs with Red peppers	Skim milk Cheese slices Tomatoes

…ving M/MA at Breakfast

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

	Ages 1- 2 years and 3-5 years	Ages 6-12 years and 13-18 years	Adults
…um amount …MA required at breakfast	½ ounce equivalent	1 ounce equivalent	2 ounce equivalent
	1/8 cup	1/4 cup	1/2 cup
…e	1/2 ounce	1 ounce	2 ounces
…ge or ricotta cheese	1 oz. (1/8 cup)	2 oz. (1/4 cup)	4 oz. (1/2 cup)
	1/4 large egg	1/2 large egg	1 large egg
…meat, poultry or fish	1/2 oz.	1 oz.	2 oz.
…utters	1 Tablespoon	2 Tablespoons	4 Tablespoons
…firm/extra firm …bought/commercially prepared)	1.1 oz. (1/8 cup)	2.2 oz. (1/4 cup)	4.4 oz. (1/2 cup)
…t (regular and soy)	2 oz. (1/4 cup)	4 oz. (1/2 cup)	8 oz. (1 cup)

PROCESSED MEATS

NOT REIMBURSABLE:

- Bacon, imitation bacon products and salt pork

REIMBURSABLE:

- Items labeled 'fresh pork sausage' or 'fresh Italian sausage" may be credited (see page 1-45 of the Food Buying Guide)
- Turkey bacon and sausage products must have a CN label or PFS

…he Community Nutrition Team here:
…tps://www.facebook.com/WisDPICommunityNutrition/
https://twitter.com/WisDPI_CNT

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

This institution is an equal opportunity provider.

Handout

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 m/ma 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 Recipes and Handout

Tofu & Soy Products

- Must be easily recognizable

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

- Non-Creditable:
  - Tofu noodles
  - Soft or Silken Tofu incorporated into drinks (smoothies) or other dishes to add texture
  - 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

Serving Yogurt in CACFP: Methods to Determine Sugar Amounts

The CACFP Meal Pattern allows for creditable yogurt products to be served as a meat/meat alternate to infants, children and adult participants.

- To be creditable, yogurt must be commercially prepared and contain ***no more than 23 grams of sugar per 6 ounces.***
  - **Tip:** If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.
- Use one of the 2 methods or one of the calculators to determine if the amount of sugar in the yogurt is no more than the sugar limit.

Method 1: Yogurt Sugar Limits Chart

Serving Size in OUNCES

1. Identify the *Serving Size* (in ounces): 6 oz.
2. Find the amount of *Sugars*: 19 g
3. Find the *Serving Size* and compare to the **Yogurt Sugar Limits Chart** (below): 19 g is between 0-23 g for 6 oz.

Yogurt Sugar Limits Chart	
Serving Size	**Sugar Limits**
2.25 ounce	8 g
3.5 ounce	13 g
4 ounce	15 g
5.3 ounce	20 g
6 ounce	23 g
8 ounce	30 g

Nutrition Facts
Serving Size 6 oz (170g)
Servings Per Container 1
Amount Per Serving
Calories 150
% Daily Value*
Total Fat 2g 3%
Saturated Fat 1g 5%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 90mg 4%
Total Carbohydrate 25g 8%
Dietary Fiber 0g 0%
Sugars 19g

This yogurt is **creditable**

Method 1: Yogurt Sugar Limits Chart

Serving Size in GRAMS

1. Identify the *Serving Size* (in grams): 170 g
2. Find the amount of *Sugars*: 19 g
3. Find the *Serving Size* and compare to the **Yogurt Sugar Limits Chart** (below): 19 g is between 0-23 g for 170 g

Yogurt Sugar Limits Chart	
Serving Size	**Sugar Limits**
64 grams	8 g
99 grams	13 g
113 grams	15 g
150 grams	20 g
170 grams	23 g
227 grams	30 g

Nutrition Facts
Serving Size 1 Container (170g)
Servings Per Container 1
Amount Per Serving
Calories 140
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Potassium 0mg 0%
Sodium 65mg 3%
Total Carbohydrate 22g 7%
Dietary Fiber 1g 4%
Sugars 19g

This yogurt is **creditable**

Sugar Calculator: Fill in the fields below to dertermine if the yogurt is creditable based on sugar content

Number of grams of sugar per serving	Serving Size in OUNCES	Is product creditable based on sugar content?
		NA

Handout

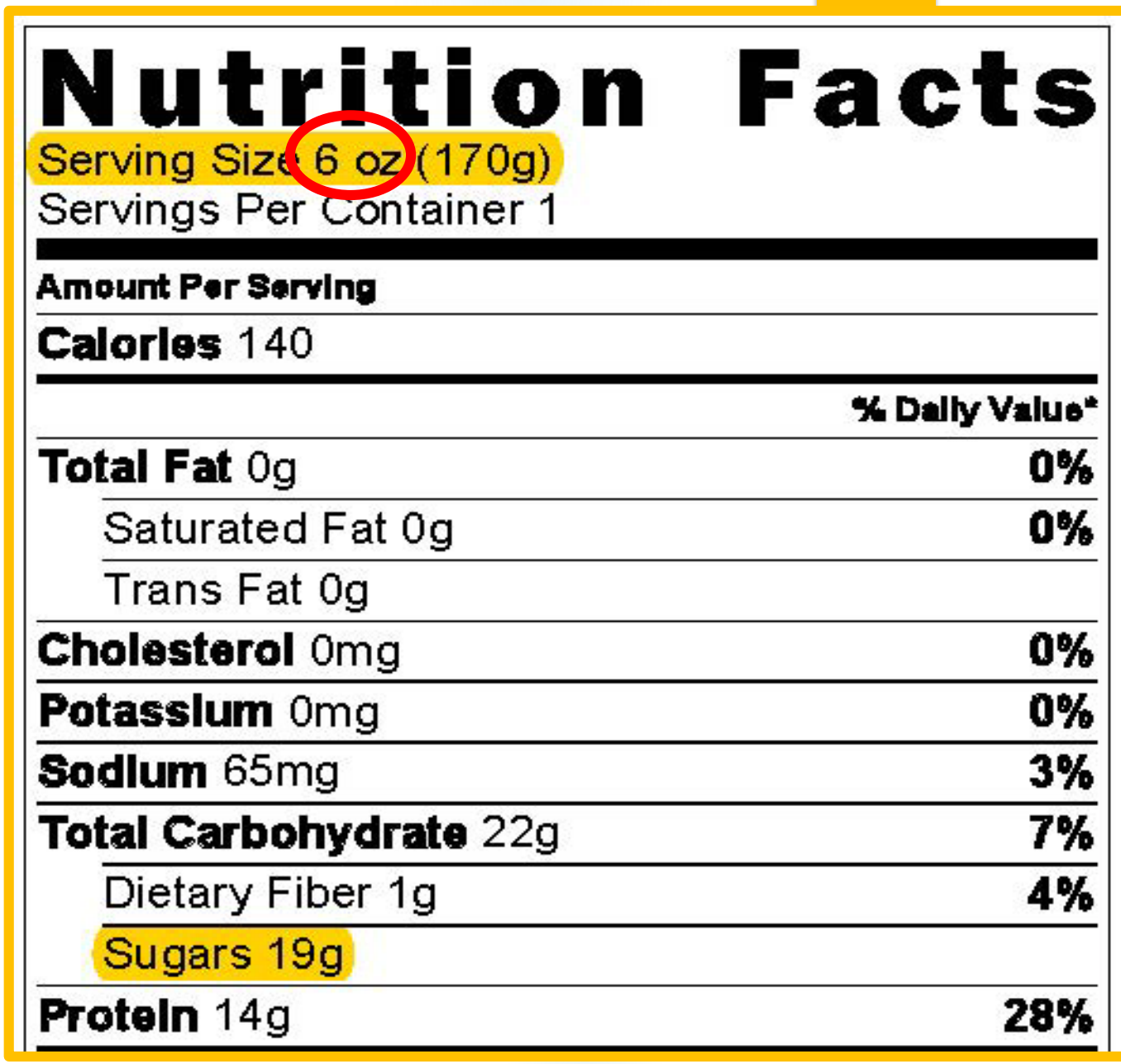
Yogurt: Method #1

Sugar Limits Chart

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

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**



Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 1

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 19g	
Protein 14g	**28%**

Serving Size in **Ounces**

Step 4: Find the Serving Size in the chart

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

Is it Creditable?

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	**0-23 grams**
8 ounces	227 grams	0-31 grams

Yes! 19 grams is between 0-23 sugar limit!

Serving Size in **Grams**

Serving size:
1 container (170g)

Sugars:
19 grams

Nutrition Facts

Serving Size 6 oz (170g)
Servings Per Container 1

Amount Per Serving

Calories 140

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 0mg	**0%**
Sodium 65mg	**3%**
Total Carbohydrate 22g	**7%**
Dietary Fiber 1g	**4%**
Sugars 19g	
Protein 14g	**28%**

*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Serving Size in **Grams**

Serving size:
1 container
(170g)

Sugars:
19 grams

Is it Creditable?

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	**170 grams**	**0-23 grams**
		ams

Yes! 19 grams is between 0-23 sugar limit!

Yogurt: Method #2
Sugar Calculation

$$\frac{Sugars}{Serving\ Size} = \text{Must be equal to or less than}$$

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**

Nutrition Facts

Serving Size 4.5 oz (128g)

Servings Per Container 1

Amount Per Serving	
Calories 140	
	% Daily Value*
Total Fat 2g	**3%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 10mg	**3%**
Sodium 90mg	**4%**
Total Carbohydrate 23g	**8%**
Dietary Fiber 0g	**0%**
Sugars 16g	
Protein 8g	**16%**

Example #1: Serving Size in **Ounces**

Step 4: Calculate the amount of sugar per ounce

$$\frac{Sugars}{Serving\ Size} = \frac{16}{4.5} = 3.55$$

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

$$\frac{Sugars}{Serving\ Size} = \frac{19}{85} = 0.22$$

Threshold: **0.135 or less**

Not creditable

0.22 is higher than 0.135

Nutrition Facts

Serving Size 1/2 Cup (85g)

Servings Per Container 4

Amount Per Serving

Calories 100

	% Daily Value*
Total Fat 0g	**0%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Potassium 190mg	**5%**
Sodium 65mg	**3%**
Total Carbohydrate 21g	**7%**
Dietary Fiber 0g	**0%**
Sugars 19g	
Protein 6g	**12%**

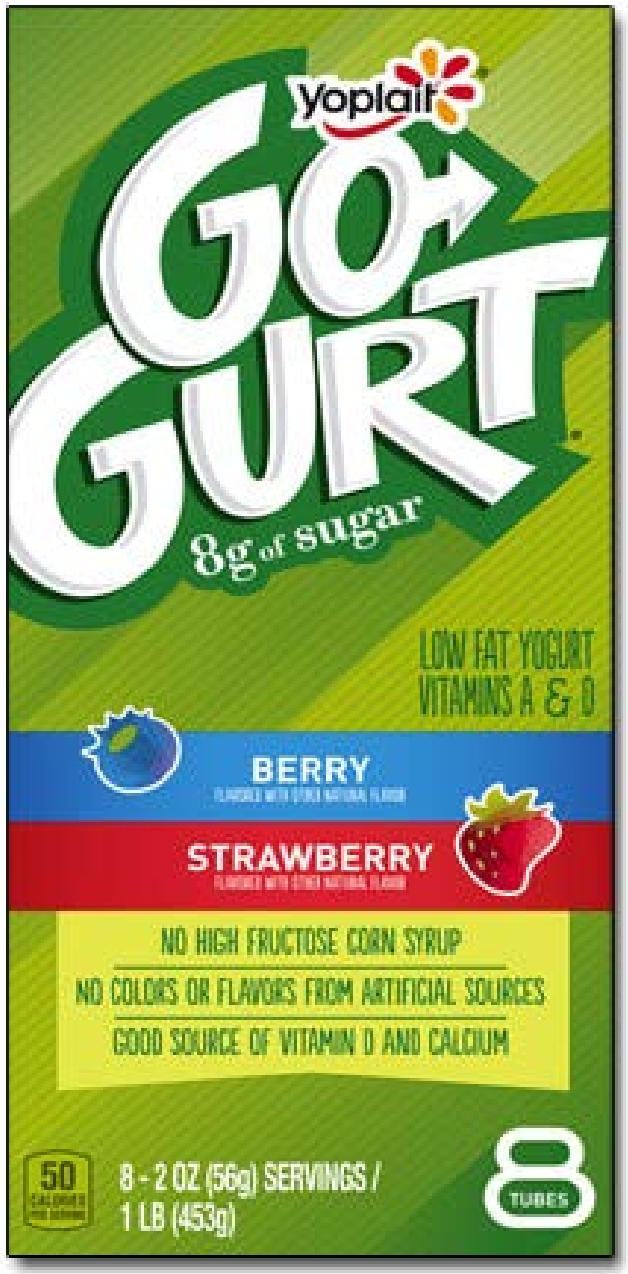
Go-Gurt

$$\frac{Sugars}{Serving\ Size} = \frac{8}{56} = 0.143$$

Threshold: **0.135 or less**

Not creditable

0.143 is more than 0.135



Nutrition Facts

Serving Size 1 tube (56g)
Servings Per Carton 8

Amount Per Serving	
Calories	50
Calories from Fat	5
	% Daily Value*
Total Fat 0.5g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol less than 5mg	**1%**
Sodium 30mg	**1%**
Potassium 85mg	**2%**
Total Carbohydrate 10g	**3%**
Dietary Fiber 0g	**0%**
Sugars 8g	
Protein 2g	

Vitamin A 8% • Vitamin C 0%
Calcium 10% • Iron 0%
Vitamin D 10% • Riboflavin 4%
Phosphorus 6%

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

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

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

Activity:
Yogurt
Is it Creditable?

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.

Yogurt with Mixed Berry

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

Step 2: Find the amount for *Sugars*.

Write it here: 19 grams

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

Write it here: 2.5 oz.

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.

$$\frac{\text{(Sugars)}}{\text{(Serving Size)}} = 7.6$$

Is it creditable? No, because 7.6 is beyond the threshold of 3.83

Nutrition Facts

Serving Size 2.5 oz (70g)
Servings Per Container 4

Amount Per Serving	
Calories 120	
	% Daily Value*
Total Fat 1g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 85mg	**4%**
Total Carbohydrate 25g	**8%**
Dietary Fiber 1g	**4%**
Sugars 19g	
Protein 2g	**4%**

Yogurt Answers

Strawberry Yogurt

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.

$$\frac{(\text{Sugars})}{(\text{Serving Size})} = 0.11$$

Is it creditable? Yes, because 0.11 is less than the threshold of 0.135

Nutrition Facts

Serving Size 1 Container (100g)
Servings Per Container 1

Amount Per Serving	
Calories 100	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 5mg	**2%**
Potassium 0mg	**0%**
Sodium 40mg	**2%**
Total Carbohydrate 12g	**4%**
Dietary Fiber 0g	**0%**
Sugars 11g	
Protein 8g	**16%**

Yogurt: Sugar Thresholds

YOGURT

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

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

- **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):

$$\frac{\text{Sugar } \textit{(grams)}}{\text{Serving Size } \textit{(grams or ounces)}} =$$

When yogurt is in GRAMS:
Number must be **0.135 or less**

When yogurt is in OUNCES:
Number must be **3.83 or less**

Handout

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

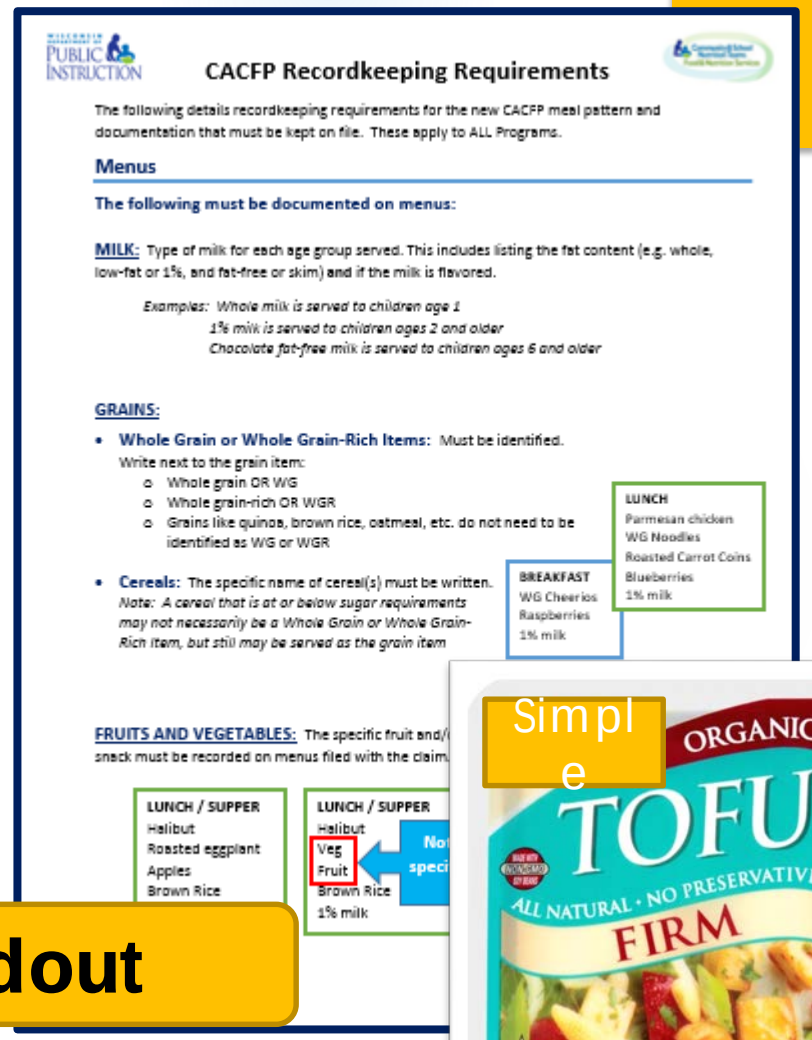
Support Documentation

- 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


CACFP Recordkeeping Requirements

The following details recordkeeping requirements for the new CACFP meal pattern and documentation that must be kept on file. These apply to ALL Programs.

Menus

The following must be documented on menus:

MILK: Type of milk for each age group served. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored.

Examples: Whole milk is served to children age 1
1% milk is served to children ages 2 and older
Chocolate fat-free milk is served to children ages 6 and older

GRAINS:

- **Whole Grain or Whole Grain-Rich Items:** Must be identified.
  Write next to the grain item:
  - Whole grain OR WG
  - Whole grain-rich OR WGR
  - Grains like quinoa, brown rice, oatmeal, etc. do not need to be identified as WG or WGR
- **Cereals:** The specific name of cereal(s) must be written. *Note: A cereal that is at or below sugar requirements may not necessarily be a Whole Grain or Whole Grain-Rich item, but still may be served as the grain item*

BREAKFAST
WG Cheerios
Raspberries
1% milk

LUNCH
Parmesan chicken
WG Noodles
Roasted Carrot Coins
Blueberries
1% milk

FRUITS AND VEGETABLES: The specific fruit and/
snack must be recorded on menus filed with the claim

LUNCH / SUPPER
Halibut
Roasted eggplant
Apples
Brown Rice

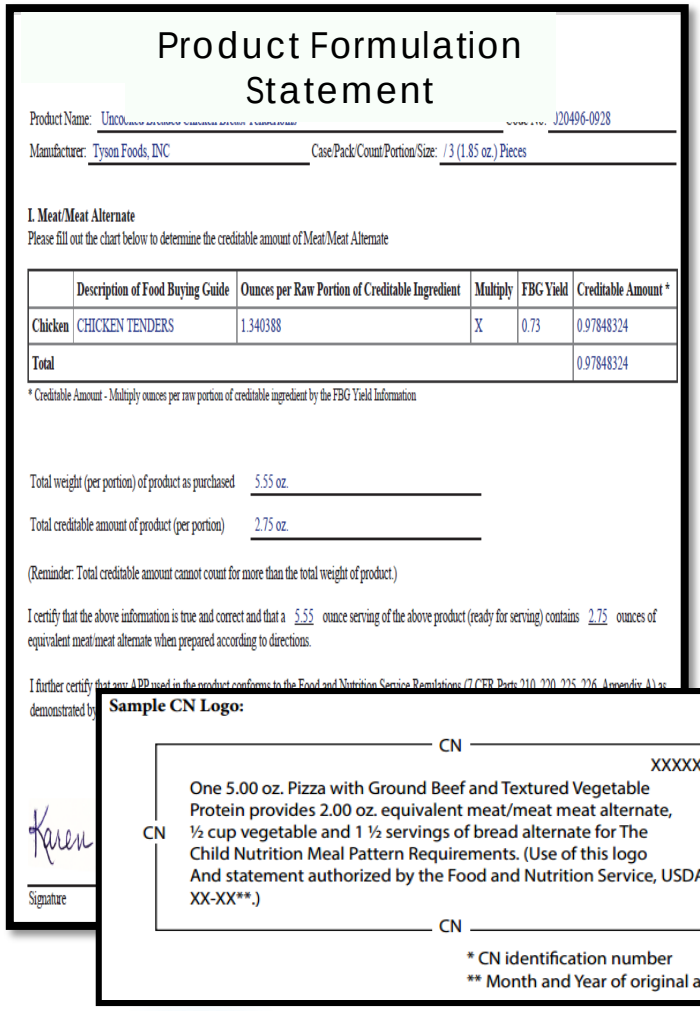
LUNCH / SUPPER
Halibut
Veg
Fruit
Brown Rice
1% milk

Handout

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**



Product Formulation Statement

Product Name: [illegible] Code No.: 120496-0928

Manufacturer: Tyson Foods, INC Case/Pack/Count/Portion/Size: /3 (1.85 oz.) Pieces

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

	Description of Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield	Creditable Amount *
Chicken	CHICKEN TENDERS	1.340388	X	0.73	0.97848324
Total					0.97848324

* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information

Total weight (per portion) of product as purchased 5.55 oz.

Total creditable amount of product (per portion) 2.75 oz.

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a 5.55 ounce serving of the above product (ready for serving) contains 2.75 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by

Karen

Signature

Sample CN Logo:

CN

XXXXXX*

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 XX-XX**.)

CN CN

CN

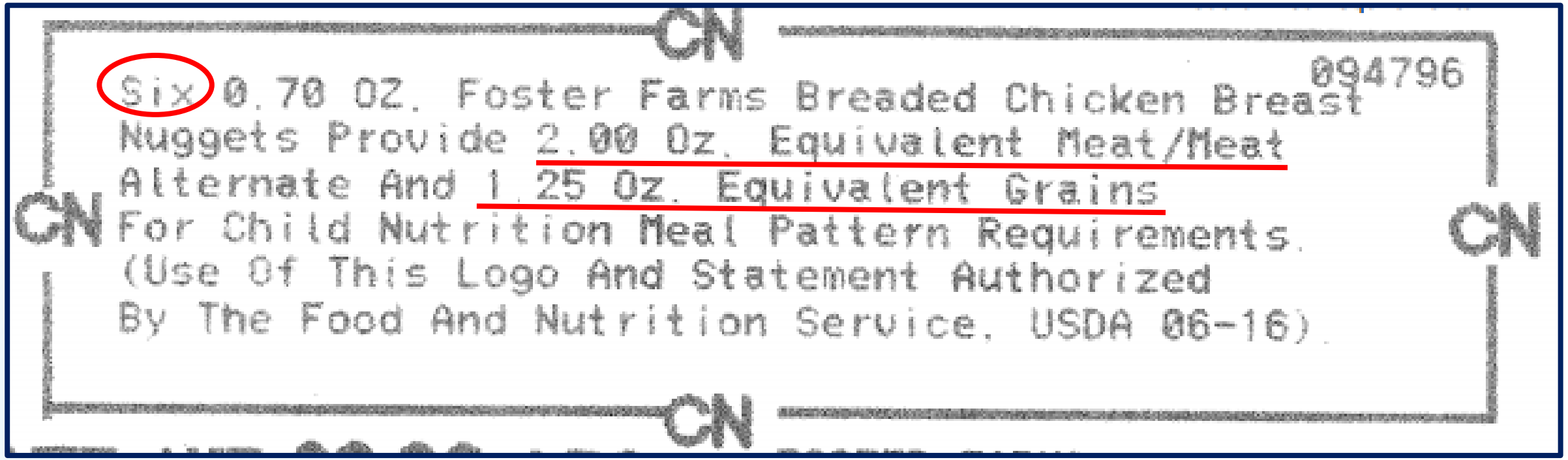
* CN identification number

** Month and Year of original approval

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

Child Nutrition (CN) Label



https://dpi.wi.gov/community-nutrition/cacfp/training

Product Formulation Statement (PFS)

Manufacturer Name

Product Formulation Statement

Product Name: Uncooked Breaded Chicken Breast Tenderloins Code No: 020496-0928

Manufacturer: Tyson Foods, INC Case/Pack/Count/Portion/Size: / 3 (1.85 oz.) Pieces

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate

	Description of Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield	Creditable Amount *
Chicken	CHICKEN TENDERS	1.340388	X	0.73	0.97848324
Total					0.97848324

* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information

A serving of 3 chicken tenders provides 2 ounces of meat/meat alternate.

Karen Stranke, MS, RDN

Director-Nutrition

Signature Title

Meat/Meat Alternate Basics

Meat/Meat Alternates 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.

nd Peas (Legumes)

oked dry beans and peas may be used to meet all or part of the eat/meat alternates component. Beans and peas include black beans, rbanzo beans, lentils, kidney beans, mature lima beans, navy beans, nto beans, and split peas.
ans and peas may be credited as either a meat alternate or as a getable, but not as both in the same meal.

eeds, and Nut Butters

r lunch and supper, nuts and seeds may be used to meet half (½) of e meat/meat alternates component. They must be combined with her meat/meat alternates to meet the full requirement for a imbursable meal.
t and seed butter may be used to meet the entire meat/meat ternates requirement.
t and seed meal or flour may be used only if they meet the quirements for alternate protein products.
orns, chestnuts, and coconuts are non-creditable meat alternates cause of their low protein and iron content.

Handout

Handout

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 facility types: group child care centers, family day care homes, afterschool programs, emergency shelters, and adult care centers.

New Requirements Effective October 1, 2017

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

New CACFP Meal Pattern Change:
- 1 cup of raw leafy greens = ½ cup vegetable
- ¼ cup dried or dehydrated fruit (100%) = ½ cup

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 two different vegetables must be served. Two fruits cannot be served.

Lunch & Supper			
Allowed	Allowed	Not Allowed	Not Allowed
Chicken	Chicken	Chicken	Chicken
Carrots	Carrots	2 servings of Carrots	Kiwi
Broccoli	Apples	WW Bun	Apples
WW Bun	WW Bun	1% milk	WW Bun
1% milk	1% milk		1% milk

- **Snacks:** *Change*. 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.

Snack	
...lowed	Now Allowed
...ots	Strawberries
...ery	Bananas

Vegetable & Fruit Serving Size Requirements

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

	Ages (years)			
	1- 2	3-5	6-18	Adults
Breakfast	¼ cup	½ cup	½ cup	1 cup
Lunch & Supper				
Vegetables	½ cup	¾ cup	½ cup	½ cup
Fruits	½ cup	¾ cup	¾ cup	½ cup
Snacks				
Vegetables	½ cup	½ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	½ cup

- When two vegetables are served at lunch/supper, the serving size of the second vegetable must be at least the same serving size as the fruit component it replaced.
- The serving size of the fruit and vegetable components are equal at lunch/supper and snack for each age group *except 6-18 year olds at lunch/supper.*

Lunch/Supper for 6-18 yr olds:
Must serve a minimum of
½ cup of vegetables and
¼ cup of fruit

Pop Quiz

Are tomatoes and avocadoes counted as fruits or vegetables?

The answer is on the next page...

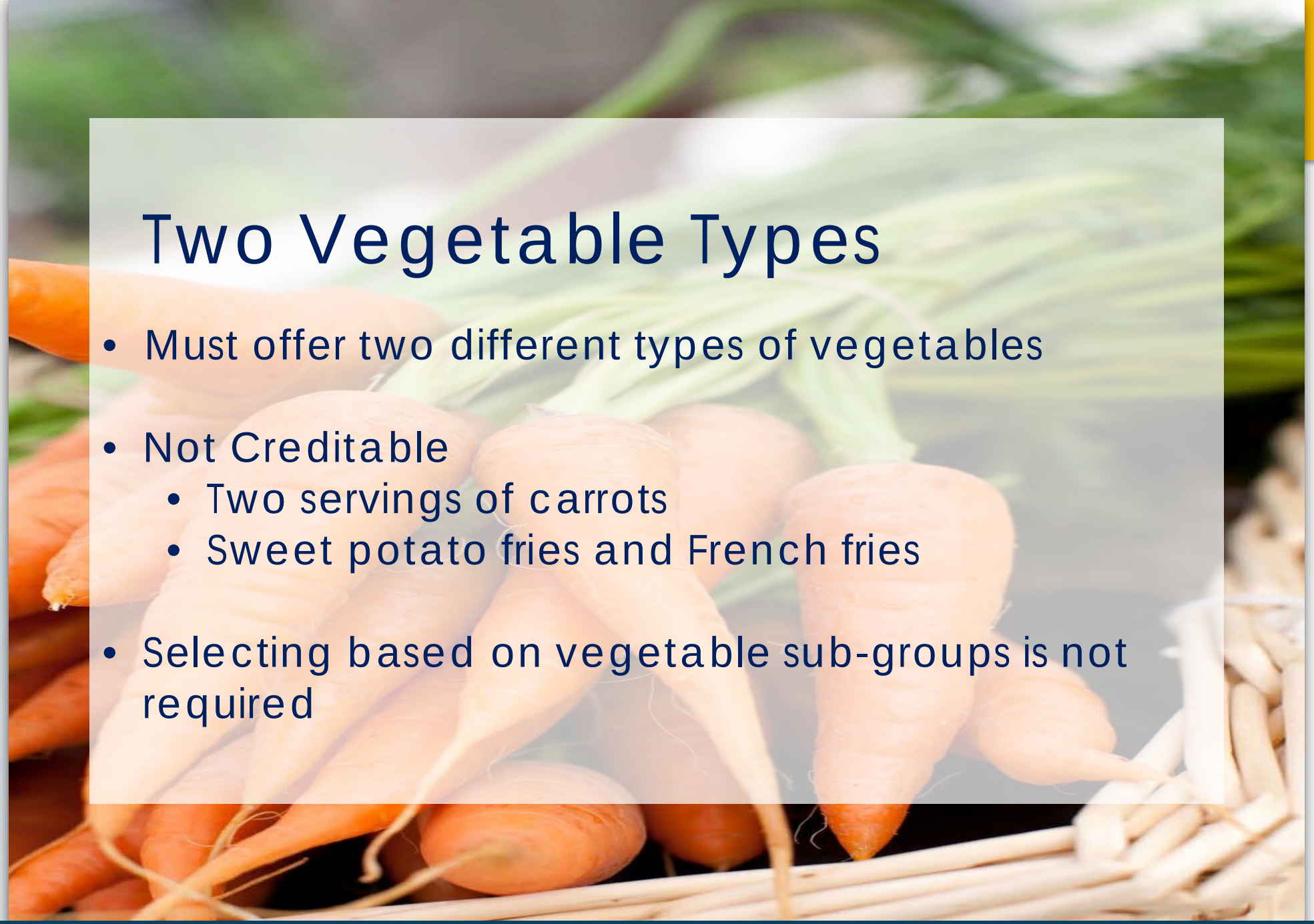
Increase Vegetable Consumption

Lunch & Supper:

- **A vegetable must be served**

- **A second vegetable may be served to meet the entire fruit component**
  - 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

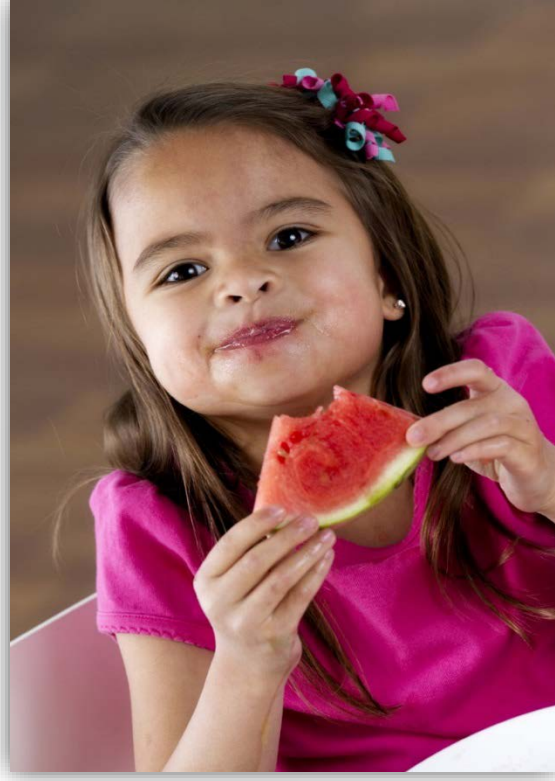
- Must offer two different types of vegetables
- Not Creditable
  - Two servings of carrots
  - Sweet potato fries and French fries
- Selecting based on vegetable sub-groups is not required

Serving Sizes at Lunch/Supper

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

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

Snack Serving Sizes

Snack Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.				
Food Components and Food Items	**Ages 1-2**	**Ages 3-5**	**Ages 6-12**	**Ages 13-18** (At-risk afterschool programs and emergency shelters)
Vegetables Pasteurized full-strength juice may only be used to meet the fruit or vegetable requirement at one meal per day	½ cup	½ cup	¾ cup	¾ cup
Fruits Pasteurized full-strength juice may only be used to meet the fruit or vegetable requirement at one meal per day	½ cup	½ cup	¾ cup	¾ cup

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 = ½ cup vegetable
  - Cooked leafy greens credit as volume served (½ cup = ½ cup)

- Dried or dehydrated fruit (100%)
  - ¼ cup = ½ cup of fruit

Menu Documentation

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

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

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

Claim

Juice served more than once per day, **do not claim the least reimbursable meal(s) or snack(s)**

Tuesday's Menu

Breakfast
Juice
Cheerios
Milk

PM Snack
Mini bagel
Juice

Do not claim snack (lowest reimbursement meal/snack)

Do not claim <u>both</u> snacks

Friday's Menu

Breakfast
Juice
Cheerios
Milk

PM Snack
Crackers
Juice

Evening Snack
Mini bagel
Juice

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
- Ready-to-eat 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 1 year and older, and adults; it **does not** apply to infant meals.

Identifying Whole Grains

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgar (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour

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

Whole Grain-Rich Criteria

To determine if a grain is whole grain-rich, foods must meet at least ONE of the following 4 options below:

1. Label says **100% Whole Grain** or **100% Whole Wheat.**

2. The product includes one of the following **health claims**:
   - "Diets 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."
   - "Diets 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: Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten.
4. In mixed dishes (i.e. pizza, burritos, pasta entrée), a whole grain is the **first grain ingredient** listed on the ingredients, or multiple whole grains 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 least reimbursable meal or snack where a grain was served will b**

Handout

Breakfast Cereals

- Types: Ready-to-eat, instant & regular hot cereal
- No more than 6 grams sugar per dry ounce
- Cannot mix creditable and non-creditable 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

Handout

Breakfast Cereal
Sugar Calculation

$$\frac{Sugars}{Serving\ Size\ (grams)} =$$

Always use grams instead of cups

Must be equal to or less than

Threshold: 0.212

Nutrition Facts

Serving Size 1 cup (25g)

Servings Per Container 13

Amount Per Serving

Calories 100

		% Daily Value*
Total Fat	0g	**0 %**
Saturated Fat	0g	**0 %**
Trans Fat	0g	
Cholesterol	0mg	**0 %**
Sodium	240mg	**10 %**
Total Carbohydrate	22g	**7 %**
Dietary Fiber	0g	**0 %**
Sugars	6g	
Protein	2g	

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

Handout

New Nutrition Facts Label

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

Nutrition Facts

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

Amount Per Serving

Calories 130	Calories from Fat 15
	% Daily Value*
Total Fat 1.5g	**2%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Potassium 50mg	**1%**
Sodium 160mg	**7%**
Total Carbohydrate 27g	**9%**
Dietary Fiber 1g	**4%**
Sugars 10g	
Protein 1g	**2%**

Cereal Answers

Champion Flakes

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

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? Yes, 0.091 is less than 0.212

Nutrition Facts

1 servings per container

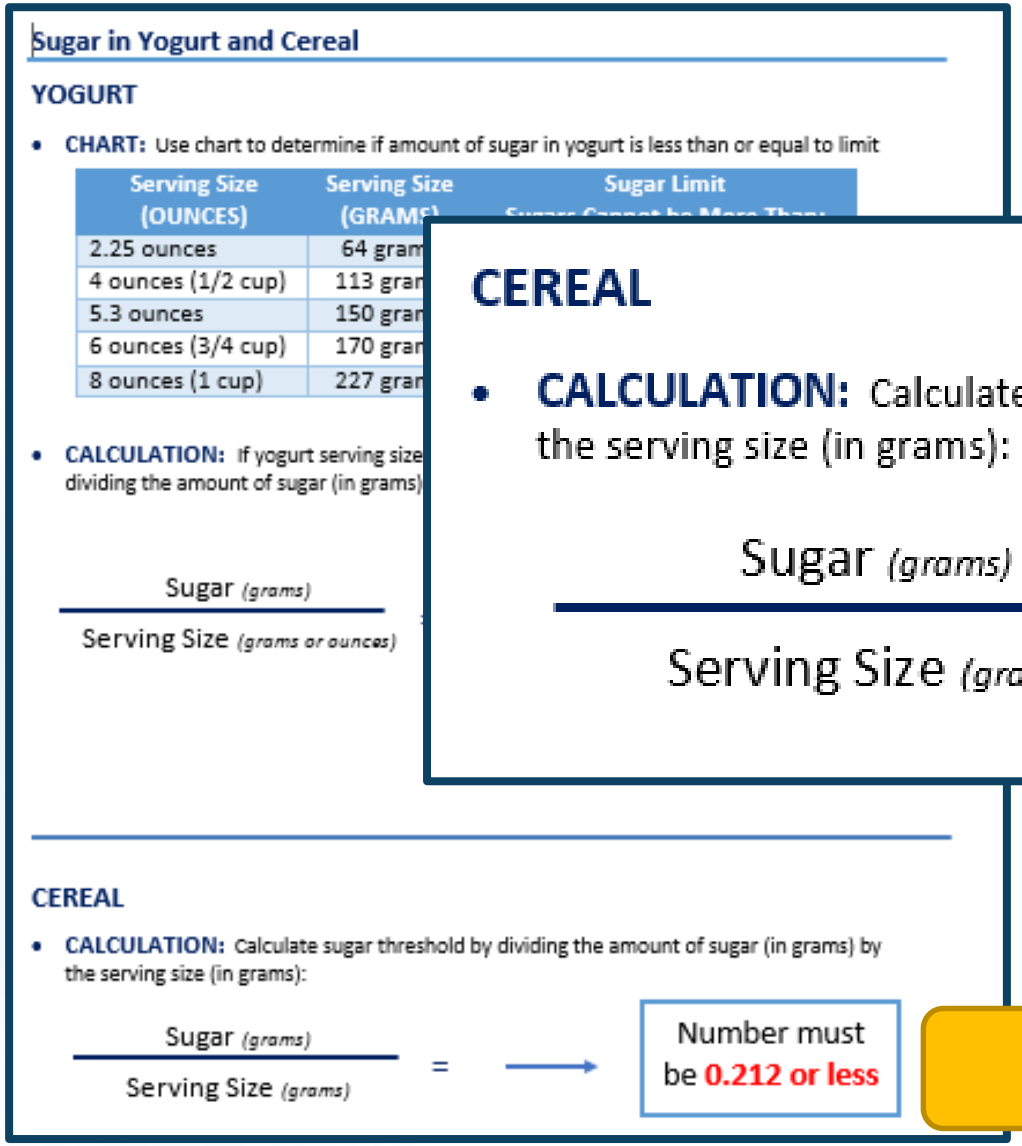
Serving size **As Packaged (33g)**

Amount Per Serving

Calories **120**

	% Daily Value*
Total Fat 1g	**1%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Polyunsaturated Fat 0.5g	
Cholesterol 0mg	**0%**
Sodium 270mg	**12%**
Total Carbohydrate 27g	**10%**
Dietary Fiber 1g	**4%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 2g	**4%**

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

Serving Size (OUNCES)	Serving Size (GRAMS)	Sugar Limit
2.25 ounces	64 gram	
4 ounces (1/2 cup)	113 gra	
5.3 ounces	150 gra	
6 ounces (3/4 cup)	170 gra	
8 ounces (1 cup)	227 gra	

- **CALCULATION:** If yogurt serving size
dividing the amount of sugar (in grams)

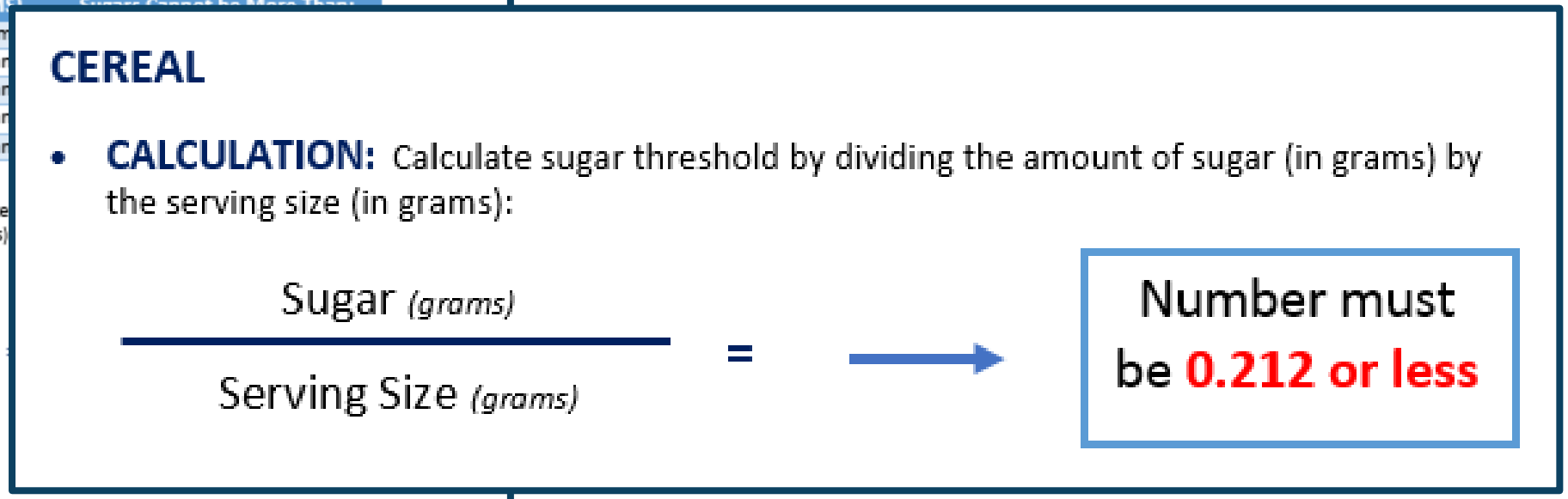
$$\frac{\text{Sugar } (grams)}{\text{Serving Size } (grams \text{ or } ounces)}$$

CEREAL

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

$$\frac{\text{Sugar } (grams)}{\text{Serving Size } (grams)} = \rightarrow$$

Number must be 0.212 or less



CEREAL

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

$$\frac{\text{Sugar } (grams)}{\text{Serving Size } (grams)} = \rightarrow$$

Number must be 0.212 or less

Handout

Menu Documentation

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

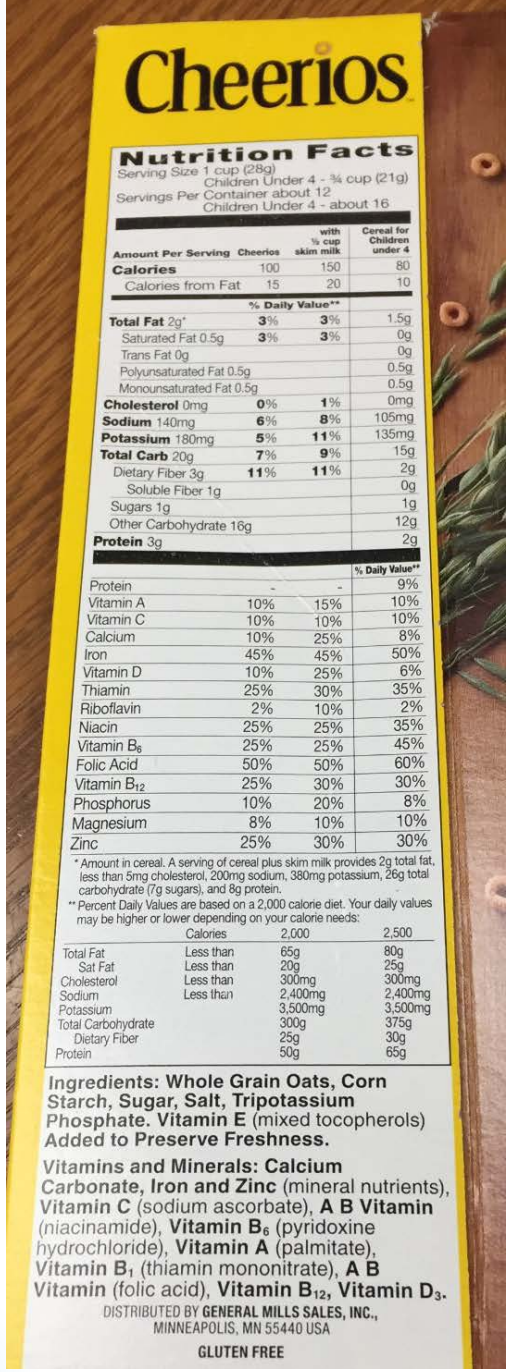
Monday	Tuesday	Wednesday
Grapes	Diced peaches	Kiwi
WG Cheerios	Rice Krispies	**WG Life Cereal**
Milk	Milk	Milk

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

Handout

USDA CHILD AND ADULT CARE FOOD PROGRAM

Grains Component

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Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
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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 least reimbursable meal or snack where a grain was served will be disallowed.**

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

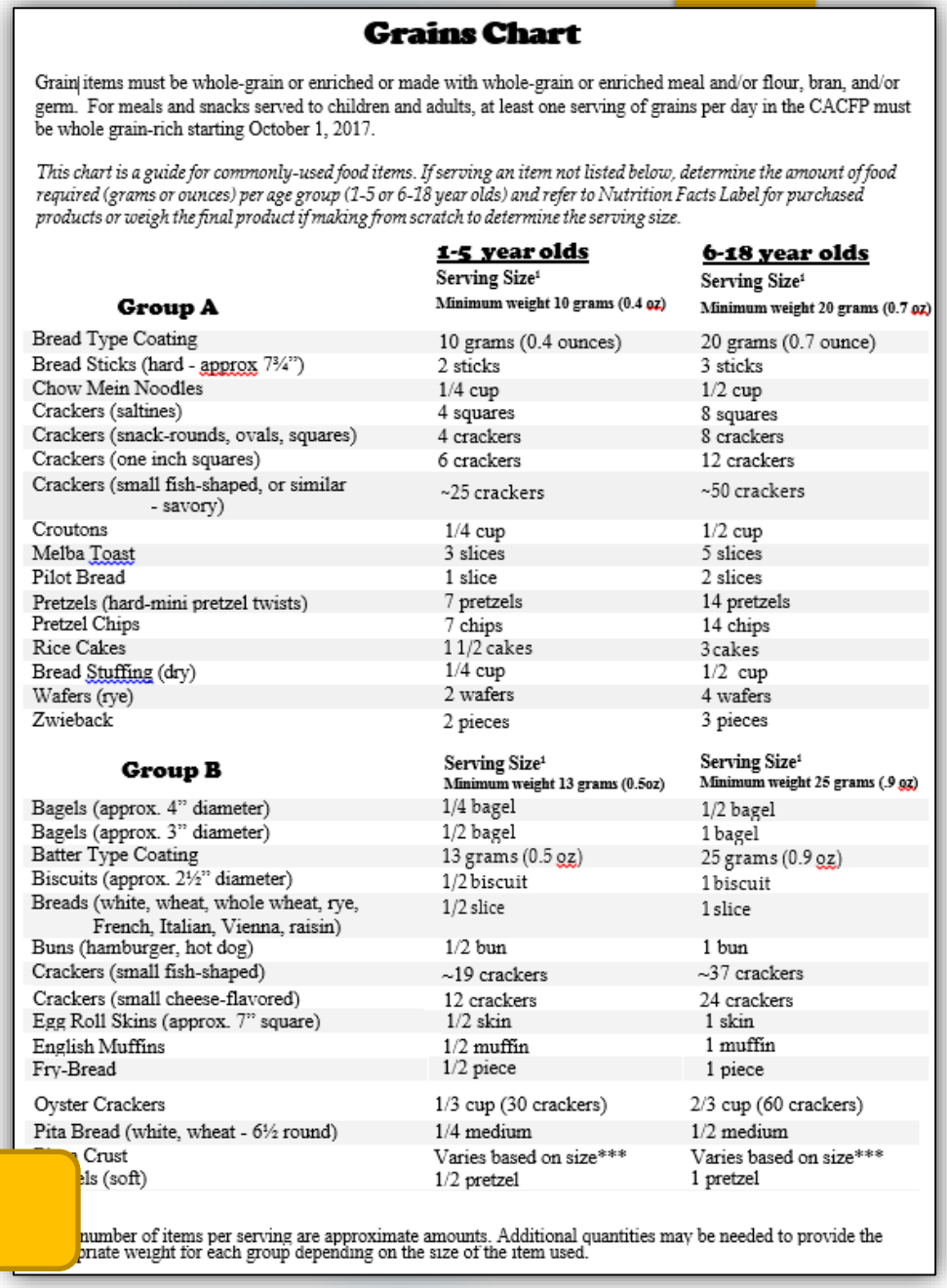
- Even if made with healthy ingredients or less sugar = **Not creditable**
- USDA Standardized Recipes may still contain grain-based dessert recipes
  - Apply to all Child Nutrition Programs (NSLP, SFSP)
  - CACFP programs cannot use those recipes

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

Handout



Grains Chart

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

This chart is a guide for commonly-used food items. If serving an item not listed below, determine the amount of food required (grams or ounces) per age group (1-5 or 6-18 year olds) and refer to Nutrition Facts Label for purchased products or weigh the final product if making from scratch to determine the serving size.

Group A	1-5 year olds Serving Size[4] Minimum weight 10 grams (0.4 oz)	6-18 year olds Serving Size[4] Minimum weight 20 grams (0.7 oz)
Bread Type Coating	10 grams (0.4 ounces)	20 grams (0.7 ounce)
Bread Sticks (hard - approx 7¾")	2 sticks	3 sticks
Chow Mein Noodles	1/4 cup	1/2 cup
Crackers (saltines)	4 squares	8 squares
Crackers (snack-rounds, ovals, squares)	4 crackers	8 crackers
Crackers (one inch squares)	6 crackers	12 crackers
Crackers (small fish-shaped, or similar - savory)	~25 crackers	~50 crackers
Croutons	1/4 cup	1/2 cup
Melba Toast	3 slices	5 slices
Pilot Bread	1 slice	2 slices
Pretzels (hard-mini pretzel twists)	7 pretzels	14 pretzels
Pretzel Chips	7 chips	14 chips
Rice Cakes	1 1/2 cakes	3 cakes
Bread Stuffing (dry)	1/4 cup	1/2 cup
Wafers (rye)	2 wafers	4 wafers
Zwieback	2 pieces	3 pieces

Group B	Serving Size[4] Minimum weight 13 grams (0.5oz)	Serving Size[4] Minimum weight 25 grams (.9 oz)
Bagels (approx. 4" diameter)	1/4 bagel	1/2 bagel
Bagels (approx. 3" diameter)	1/2 bagel	1 bagel
Batter Type Coating	13 grams (0.5 oz)	25 grams (0.9 oz)
Biscuits (approx. 2½" diameter)	1/2 biscuit	1 biscuit
Breads (white, wheat, whole wheat, rye, French, Italian, Vienna, raisin)	1/2 slice	1 slice
Buns (hamburger, hot dog)	1/2 bun	1 bun
Crackers (small fish-shaped)	~19 crackers	~37 crackers
Crackers (small cheese-flavored)	12 crackers	24 crackers
Egg Roll Skins (approx. 7" square)	1/2 skin	1 skin
English Muffins	1/2 muffin	1 muffin
Fry-Bread	1/2 piece	1 piece
Oyster Crackers	1/3 cup (30 crackers)	2/3 cup (60 crackers)
Pita Bread (white, wheat - 6½ round)	1/4 medium	1/2 medium
Crust	Varies based on size***	Varies based on size***
els (soft)	1/2 pretzel	1 pretzel

number of items per serving are approximate amounts. Additional quantities may be needed to provide the priate weight for each group depending on the size of the item used.

Activity:
Replacing Grain-Based Desserts

Handout

Alternatives to Grain-Based Desserts

Grain-Based Desserts	Alternatives
Breakfast bars	English Muffins Banana PB Sandwich
Brownies	Banana Muffin
Cakes	Zucchini Bread
Cereal bars	WG Cereal Pretzels
Cookies	Blueberry Oatmeal Bake
Doughnuts	Oatmeal Waffles

Grain-Based Desserts	Alternatives
Granola bars	Rice Cakes Cheese Sandwich
Sweet crackers (graham and animal crackers)	Whole Grain Crackers Pita wedges or scoops
Sweet pie crusts	Whole Grain Tortilla Roll-up or Quesadilla
Sweet rolls	Quinoa Salad
Toaster pastries	French Toast

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

Meal Pattern	Monday	Tuesday	Wednesday
Breakfast Fruit or Vegetable Grains Milk	Grapes **Granola Bar** Milk	Diced peaches Scrambled eggs Milk	Kiwi **Toaster Pastry** Milk
Lunch or Supper Meat/Meat Alternate Vegetable Fruit Grains Milk	Oven-Baked Parmesan Chicken Roasted Brussels sprouts Strawberries **WG roll** Milk	Bean Burrito Asparagus Orange wedges Milk	Sweet and sour chicken Steamed green beans Red peppers Cooked rice Milk
Snack *Select two of the following:* Meat/Meat Alternate Vegetable Fruit Grains Milk	HM guacamole Salsa Tortilla chips Milk	Fresh carrot sticks **Black Bean Brownie** Water	Toasted mini bagel with cheddar cheese Water

Grain-Based Desserts & Special Occasions

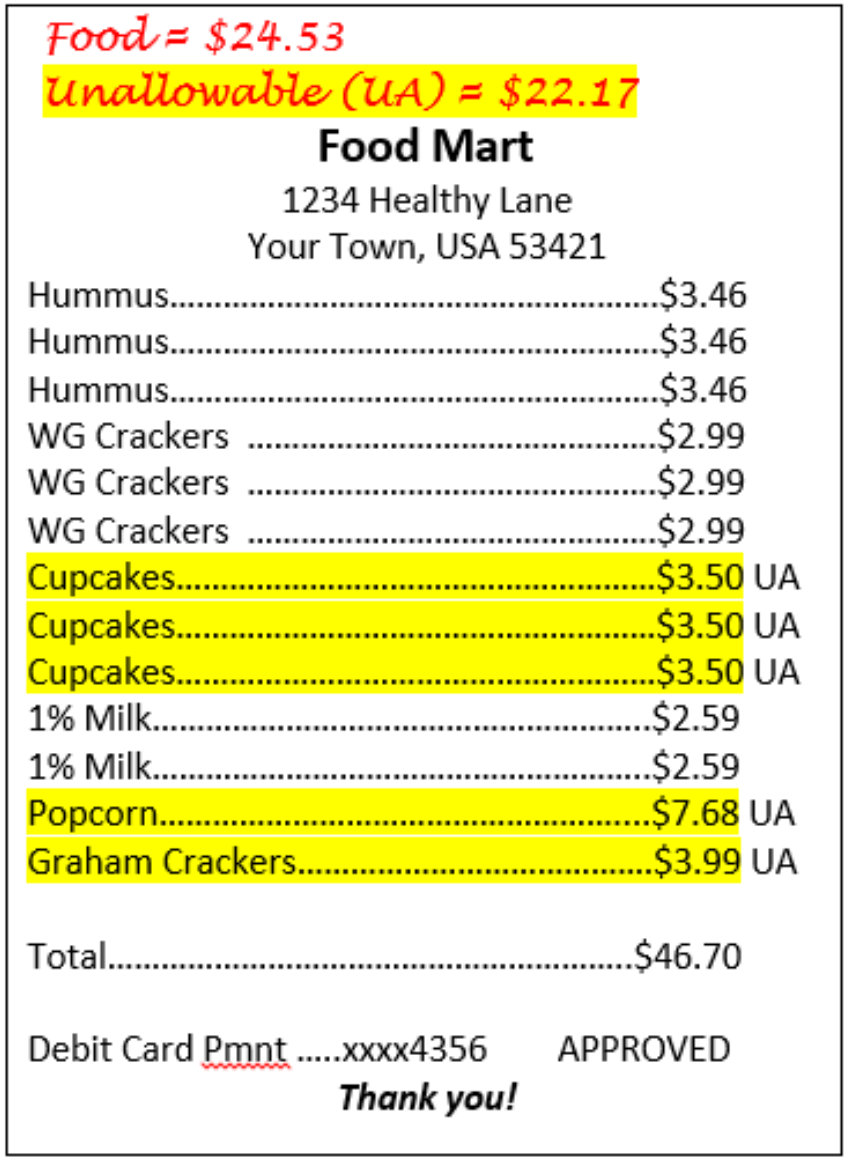
- Holiday parties, birthday celebrations, or other special events
- **May be served as an additional item only**

Unallowable Costs

Cannot use CACFP funds to purchase non-creditable foods

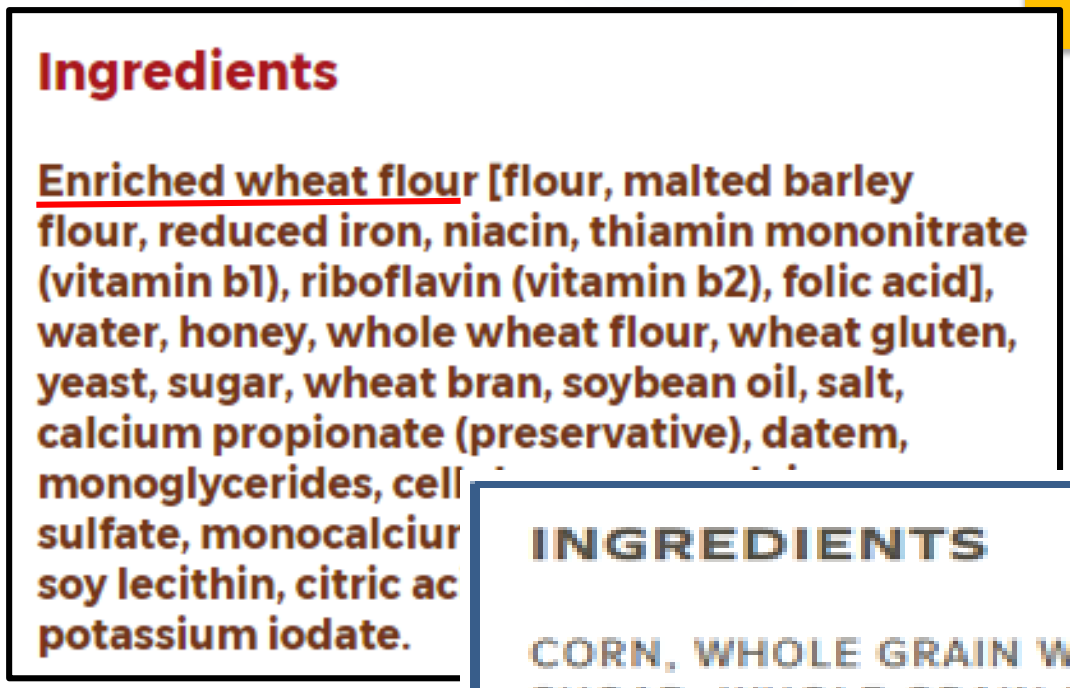
Examples include:

- 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.)



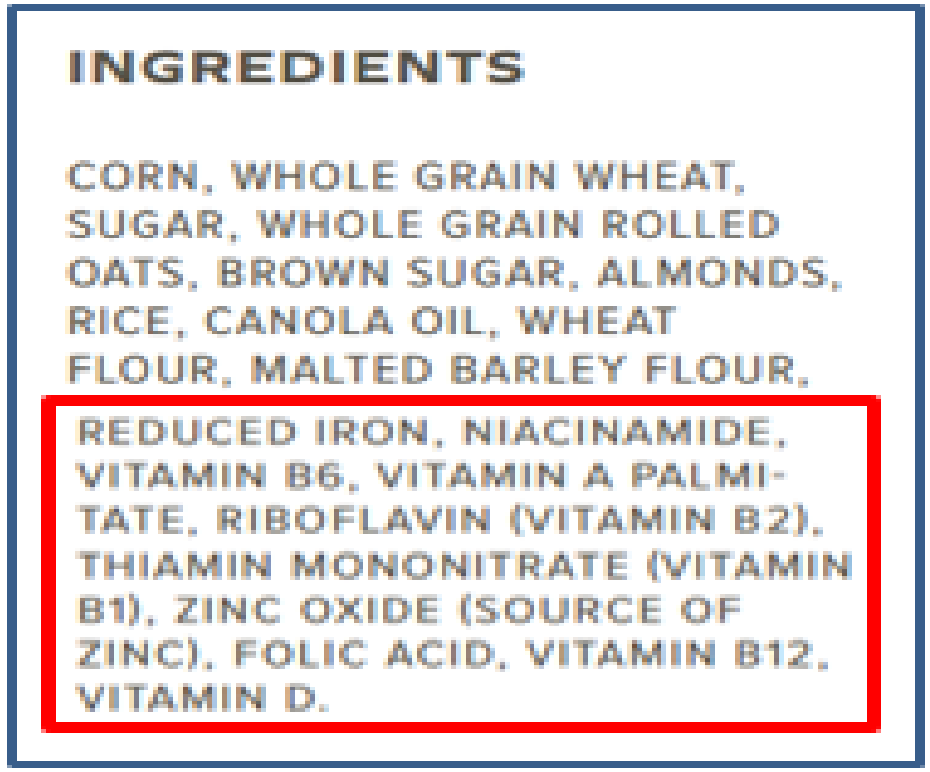
Current CACFP Grain Requirements

- Grains must be
  - Whole grain
  - 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, monocalciur
soy lecithin, citric ac
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

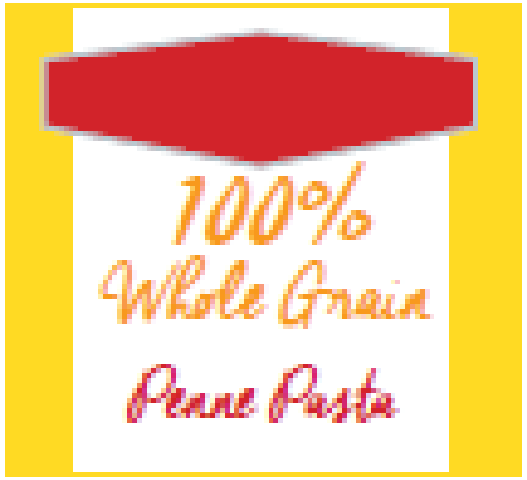
Whole Grain-Rich foods

contains 100% whole grains, or at least 50% whole grains, & the remaining grains in the food are enriched

Identifying Whole Grain-Rich

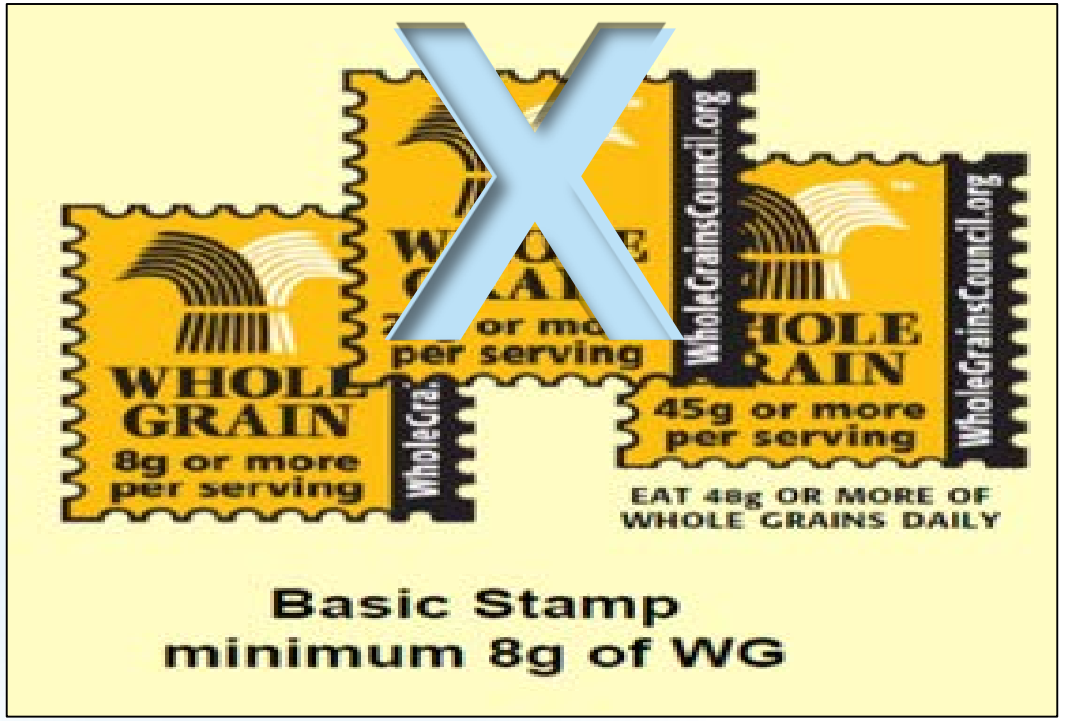
Label says

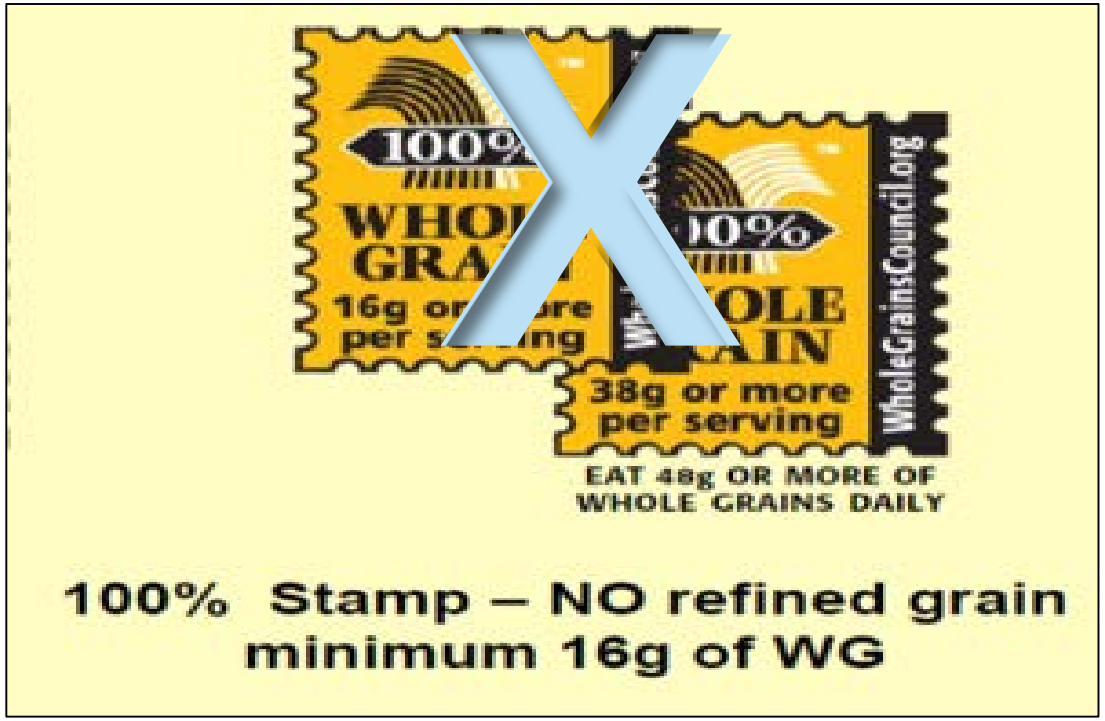
- 100% Whole Grain
- 100% Whole Wheat



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

Ingredients: Whole-wheat flour, water, enriched unbleached wheat flour, yeast, sugar, wheat gluten

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

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

Identifying Whole Grains *(This is not an all-inclusive list)*

Whole Grains	Not Whole Grains
Amaranth	All-purpose flour
Brown rice, wild rice	Bread flour
Buckwheat	Bromated flour
Bulgar (cracked wheat)	Cake flour
Bromated whole wheat flour	Corn grits
Crushed wheat	Couscous
Graham flour	De-germinated cornmeal
Millet	Durum flour
Oatmeal or rolled oats	Enriched flour
Quinoa	Enriched rice
Triticale	Enriched wheat flour
Whole grain barley	Farina
Whole rye	Long-grain white rice
Whole grain corn	Pearled barley
Whole cornmeal	Phosphate flour
Whole grain sorghum	Unbleached flour
Whole grain triticale	White flour
Whole durum wheat	Whole flour
Whole-wheat	Wheat flour

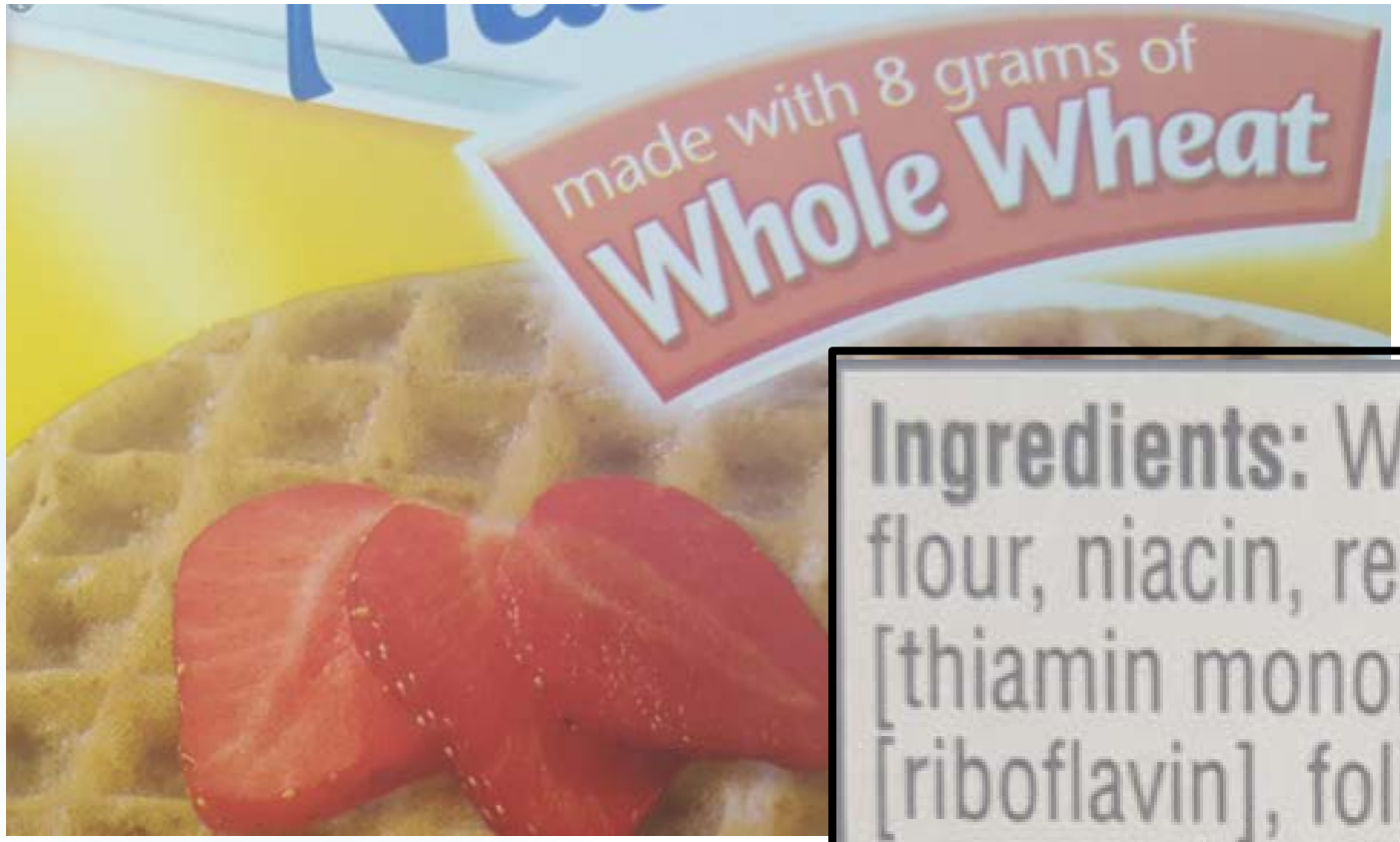
Grains like quinoa, brown rice, oatmeal, etc. may not have the word *whole* before their name, but are 100% whole grains.

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’



Ingredients: Water, enriched flour (wheat flour, niacin, reduced iron, vitamin B_1 [thiamin mononitrate], vitamin B_2 [riboflavin], folic acid), whole wheat flour,

Read the Ingredient Lists

- Product package says
  - Multi-grain, stone-ground, bran, seven-grain, or 100% wheat

INGREDIENTS: ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, VITAMIN B_1 [THIAMIN MONONITRATE], VITAMIN B_2 [RIBOFLAVIN], FOLIC ACID), SOYBEAN OIL WITH TBHQ FOR FRESHNESS, SUGAR, WHOLE WHEAT FLOUR, DEFATTED WHEAT GERM, CONTAINS TWO PERCENT OR LESS OF OAT

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.

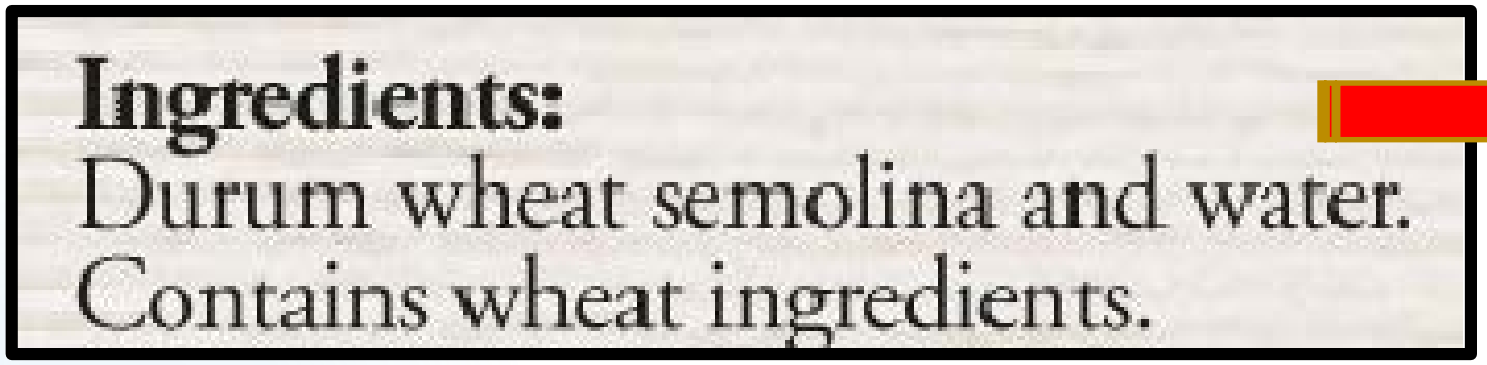
Ingredients

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

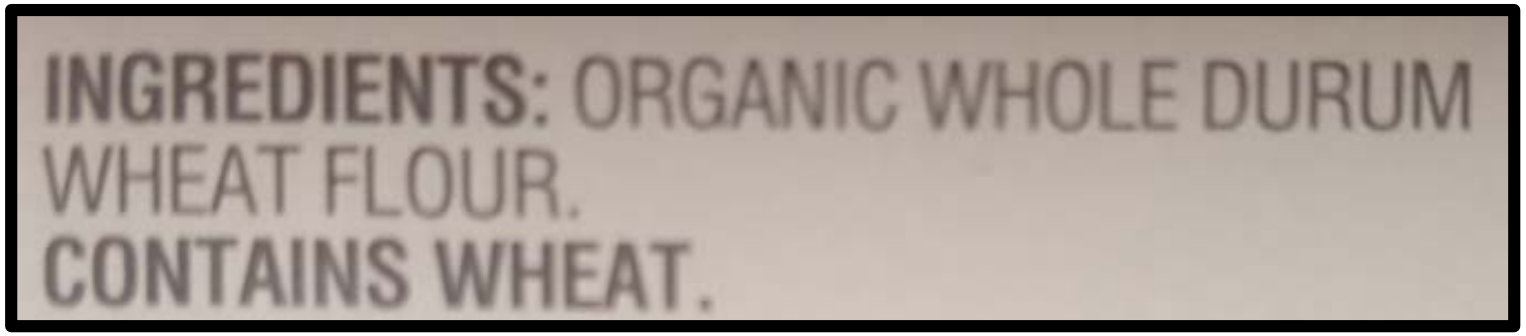
- **Not Creditable**
  - Pasta made with non-enriched durum wheat semolina



Not enriched or whole grain

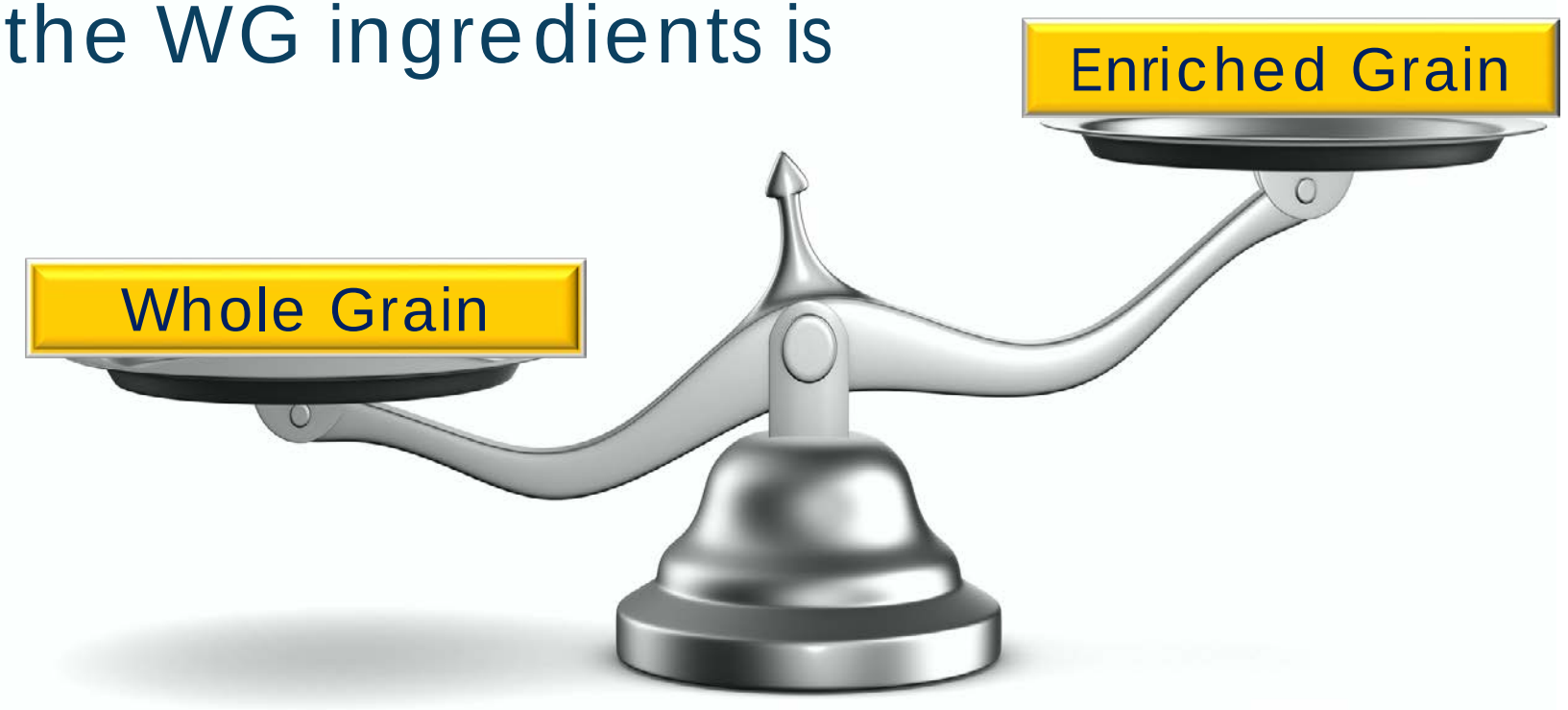
DO NOT SERVE

- Creditable
  - Whole durum wheat flour



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.

Whole grain-rich?

Honey Oat Bread

INGREDIENTS: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Water, Whole Grain Oats, Yeast, Honey, Nut Blend (Hazelnuts, Cashews, Almonds, Brazilnuts, Walnuts), Brown Sugar, Sugar, Vegetable Oil (Canola and/or Soy). Contains 2% Or Less Of Each Of The Following: Vital Wheat Gluten, Sea Salt, Distilled Vinegar, Xanthan Gum, Ascorbic Acid, Cultured Wheat Flour, Organic Acids (Acetic, Propionic, Lactic), Calcium Sulfate, Enzymes, Nonfat Dry Milk, Soy Flour.

Whole grain-rich?

Multi Grain Bread

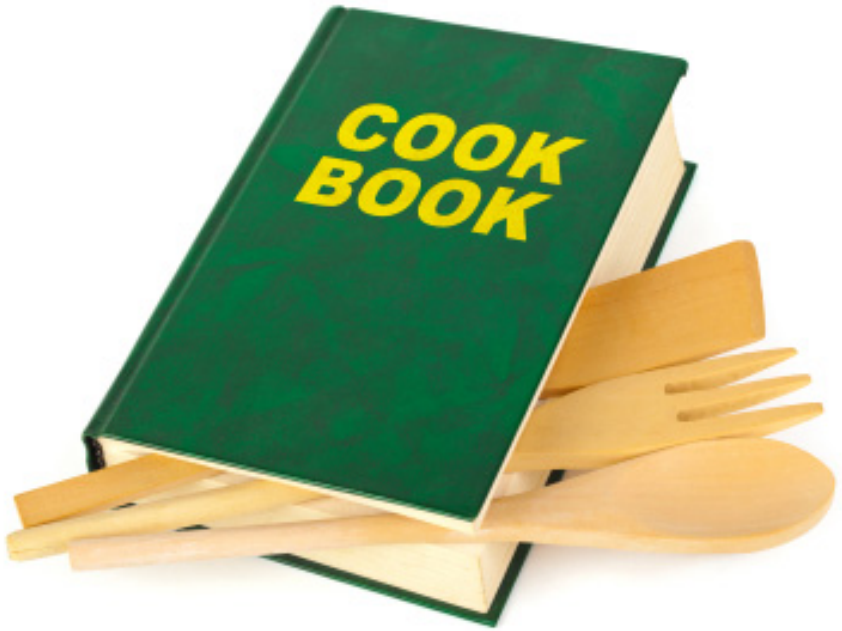
Ingredients: Enriched Unbleached Wheat Flour (Wheat Flour, Malted Barley Flour, Niacin, Reduced Iron, Thiamin Mononitrate, Riboflavin And Folic Acid), Water, Whole Wheat flour, Oats, Triticale, Amaranth, Rye, Wheat Germ, Flax Seeds, Sunflower Seeds, Cornmeal Yeast, Sugar, Vital Wheat Gluten, Brown Sugar, Contains 2% Or Less Of Each Of The Following: Vegetable Oil (Canola and/or Soy), Raisin Paste, Sunflower Seeds, Cultured Wheat Flour, Distilled Vinegar, Xanthan Gum, Salt, Dough Conditioner (Ascorbic Acid), Calcium Sulfate, Enzymes, Nonfat Dry Milk, Soy Flour.

?

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 Grain-Rich?

Whole Wheat Banana Muffins

Ingredients:

1 egg
¾ cup brown sugar
1 ⅓ cups banana (mashed, about 2 medium bananas)
⅓ cup vegetable oil
1 teaspoon vanilla extract
1 cup whole wheat flour
¾ cup wheat flour
2 teaspoons baking powder
½ teaspoon baking soda
¼ 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?

Whole Wheat Muffins

Ingredients

1 cup flour (all purpose)
1 cup whole wheat flour
½ teaspoon salt
2 teaspoons baking powder
¼ cup brown sugar (firmly packed, or white sugar)
1 cup milk, low-fat (1%)
2 egg
1 teaspoon vanilla (optional)
¼ cup margarine or butter (melted, or 1/4 cup vegetable oil)
1 tablespoon sugar
½ teaspoon cinnamon (ground)

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

CN Label - WGR

Whole-Grain Cheese Pizza

CN

XXXXXX*

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**.)

CN CN

CN

CN Label – Not WGR

CN

XXXXXX*

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 XX-XX**.)

CN

CN

CN

Menu Planning: Serving WGR Items

Breakfast

Lunch

PM Snack

Only **one** meal or snack must serve a WGR item

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

One meal or snack must serve a WGR item

Supper

Snack

If a grain is served at snack, it must be whole grain-rich

Menu Planning: Serving WGR Items

One meal or snack must serve a WGR item

Supper

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
  - o "Whole wheat" bread
  - o "Whole grain-rich" English muffins
  - o Quinoa, oatmeal

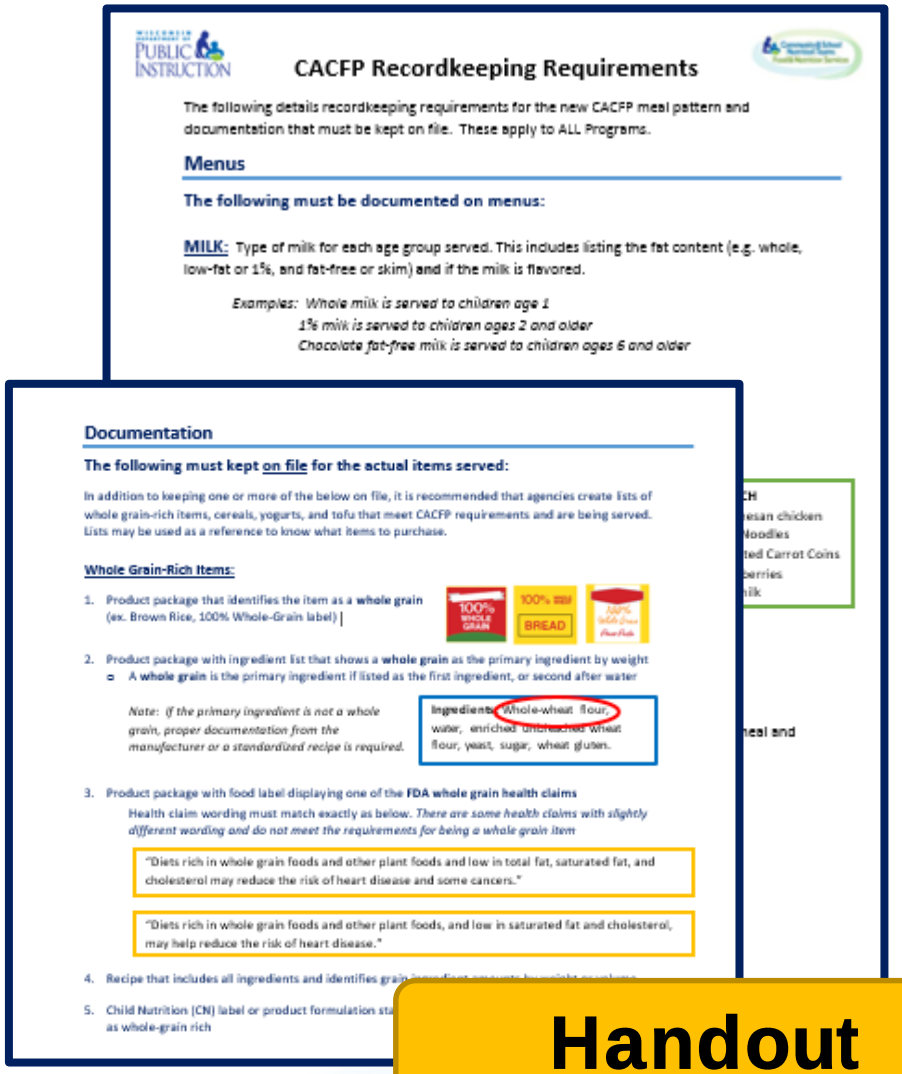
Okay to abbreviate WW, WG or WGR

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

Handout

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



Handout

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

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

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

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

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

Cooking Methods

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.

Handout

Putting It All Together

Checklist for Implementing New Meal Pattern

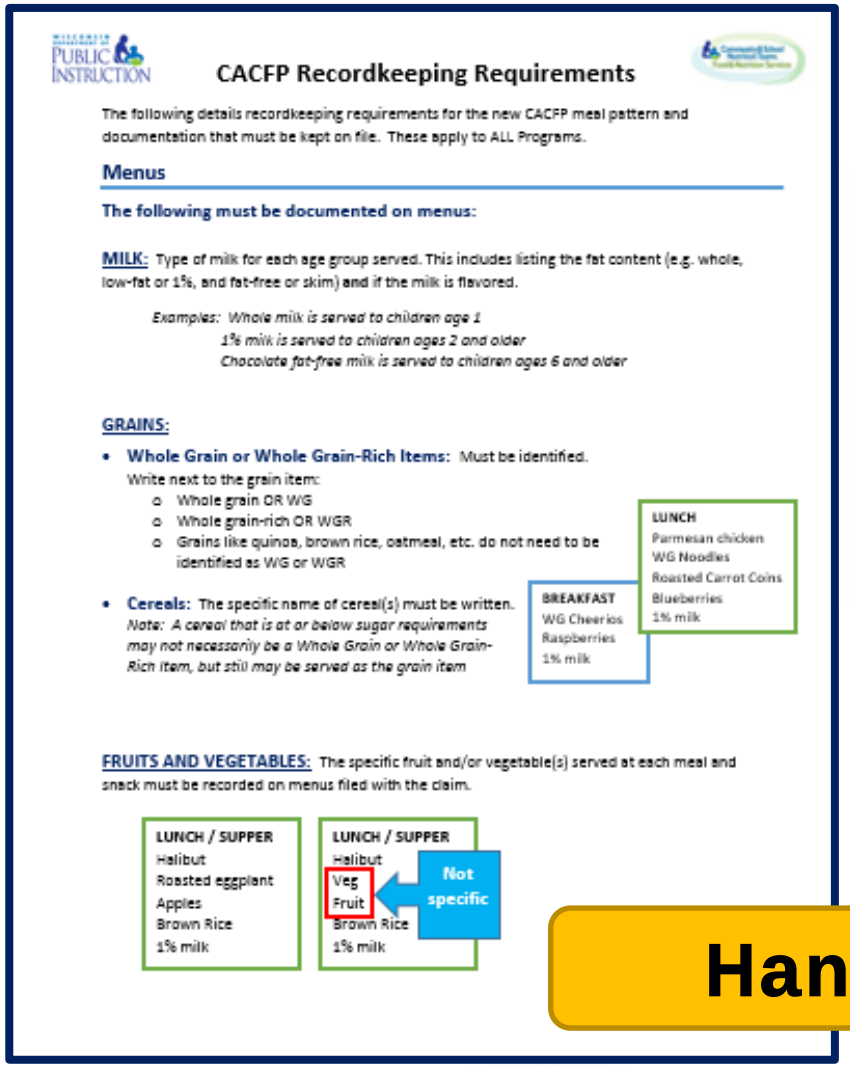
Handout

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



CACFP Recordkeeping Requirements

The following details recordkeeping requirements for the new CACFP meal pattern and documentation that must be kept on file. These apply to ALL Programs.

Menus

The following must be documented on menus:

MILK: Type of milk for each age group served. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) and if the milk is flavored.

Examples: Whole milk is served to children age 1
1% milk is served to children ages 2 and older
Chocolate fat-free milk is served to children ages 6 and older

GRAINS:

- **Whole Grain or Whole Grain-Rich Items:** Must be identified.
  Write next to the grain item:
  - Whole grain OR WG
  - Whole grain-rich OR WGR
  - Grains like quinoa, brown rice, oatmeal, etc. do not need to be identified as WG or WGR

- **Cereals:** The specific name of cereal(s) must be written.
  Note: A cereal that is at or below sugar requirements may not necessarily be a Whole Grain or Whole Grain-Rich item, but still may be served as the grain item

BREAKFAST
WG Cheerios
Raspberries
1% milk

LUNCH
Parmesan chicken
WG Noodles
Roasted Carrot Coins
Blueberries
1% milk

FRUITS AND VEGETABLES: The specific fruit and/or vegetable(s) served at each meal and snack must be recorded on menus filed with the claim.

LUNCH / SUPPER
Halibut
Roasted eggplant
Apples
Brown Rice
1% milk

LUNCH / SUPPER
Halibut
Veg
Fruit
Brown Rice
1% milk

Not specific

Handout

Maintain Support Documentation

- Keep labels of items purchased and served
- Binder or Other Organized System
  - 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

- **<u>Your program</u>** 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

Non-Claimable Meals

- List of things not allowed
- Do not claim

Handout

WISCONSIN DEPARTMENT OF PUBLIC INSTRUCTION

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/MA 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

USDA
United States Department of Agriculture

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 2 required components of a snack a vegetable or a fruit.
- Serve a variety of fruits and choose whole 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 Alternates

- 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.

Handout

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

Handout

Chicken and Sweet Potato Curry

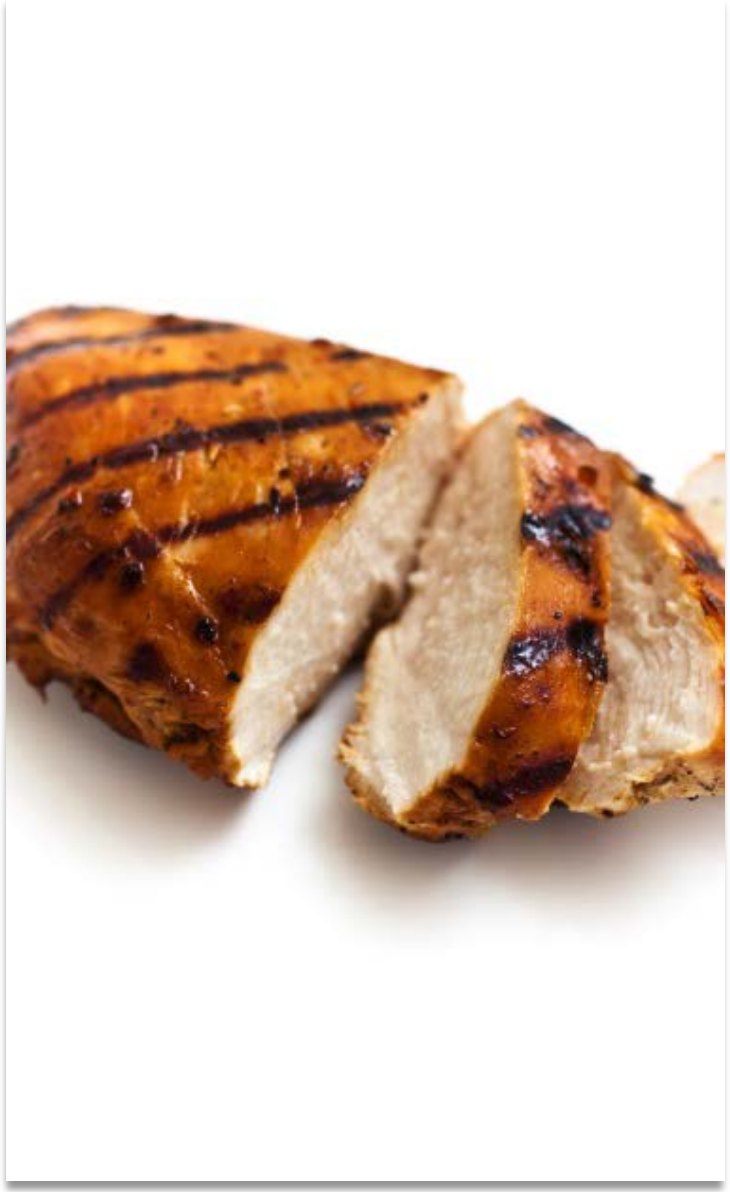
- Sweet Potato (orange)
- Brown Rice (WG)

Grains

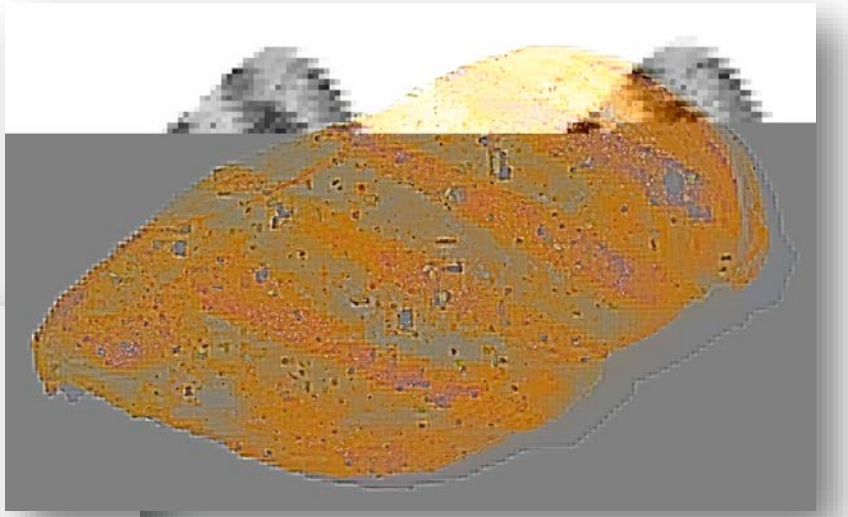
Serve at least two servings of whole grain-rich items per day

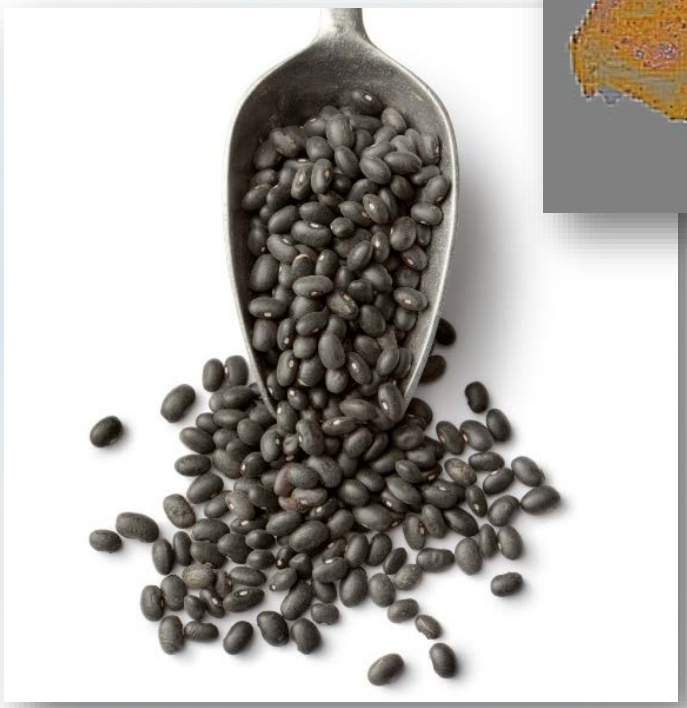
Meat/Meat Alternates

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;

Handout

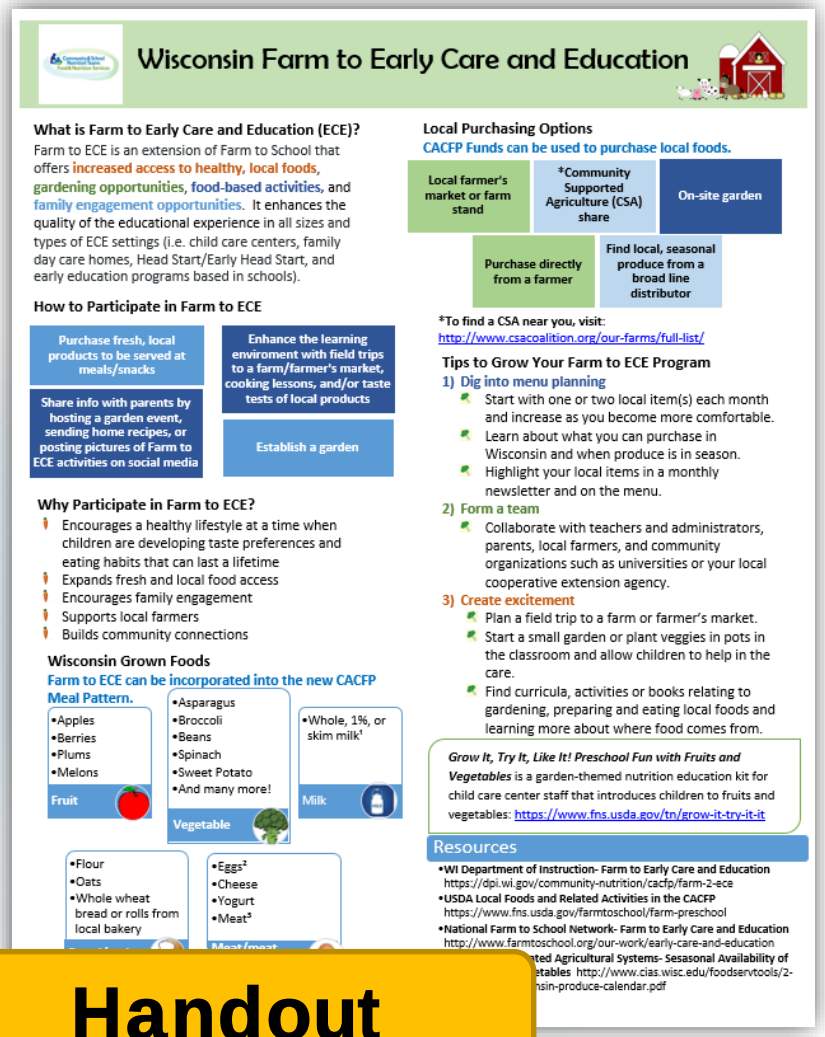
Additional Best Practices

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)



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/snacks
- Enhance the learning environment with field trips to a farm/farmer's market, cooking lessons, and/or taste tests of local products
- Share info with parents by hosting a garden event, sending home recipes, or posting pictures of Farm to ECE activities on social media
- Establish a garden

Why Participate in Farm to ECE?

- Encourages a healthy lifestyle at a time when children are developing taste preferences and eating habits that can last a lifetime
- Expands fresh and local food access
- Encourages family engagement
- Supports local farmers
- Builds community connections

Wisconsin Grown Foods

Farm to ECE can be incorporated into the new CACFP Meal Pattern.

- Fruit: •Apples •Berries •Plums •Melons
- Vegetable: •Asparagus •Broccoli •Beans •Spinach •Sweet Potato •And many more!
- Milk: •Whole, 1%, or skim milk[1]
- •Flour •Oats •Whole wheat bread or rolls from local bakery
- •Eggs[2] •Cheese •Yogurt •Meat[3]

Local Purchasing Options

CACFP Funds can be used to purchase local foods.

- Local farmer's market or farm stand
- *Community Supported Agriculture (CSA) share
- On-site garden
- Purchase directly from a farmer
- Find local, seasonal produce from a broad line distributor

*To find a CSA near you, visit: http://www.csacoalition.org/our-farms/full-list/

Tips to Grow Your Farm to ECE Program

1) Dig into menu planning
   - Start with one or two local item(s) each month and increase as you become more comfortable.
   - Learn about what you can purchase in Wisconsin and when produce 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) Create excitement
   - Plan a field trip to a farm or farmer's market.
   - Start 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.

Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables is a garden-themed nutrition education kit for child care center staff that introduces children to fruits and vegetables: https://www.fns.usda.gov/tn/grow-it-try-it-it

Resources

- WI Department of Instruction- Farm to Early Care and Education https://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece
- USDA Local Foods and Related Activities in the CACFP https://www.fns.usda.gov/farmtoschool/farm-preschool
- National Farm to School Network- Farm to Early Care and Education http://www.farmtoschool.org/our-work/early-care-and-education
- ...ted Agricultural Systems- Sesasonal Availability of ...tables http://www.cias.wisc.edu/foodservtools/2-...sin-produce-calendar.pdf

Handout

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

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
  - Sweet toppings (honey, syrup or jelly)
  - Mix-in ingredients sold with yogurt (honey, candy or cookie pieces)

Summary

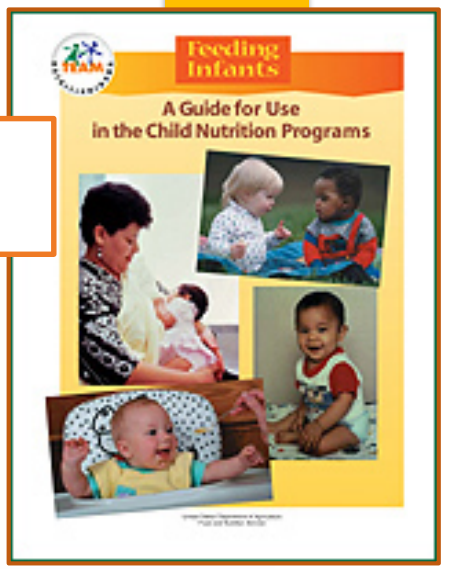
- Implementation Date: **October 1, 2017**
- Use the next 3-4 months to implement changes
  - Review menus
  - Train staff (current and new)
  - Start looking at ingredients, nutrition facts labels, etc.
- Contact your assigned CACFP consultant with questions.

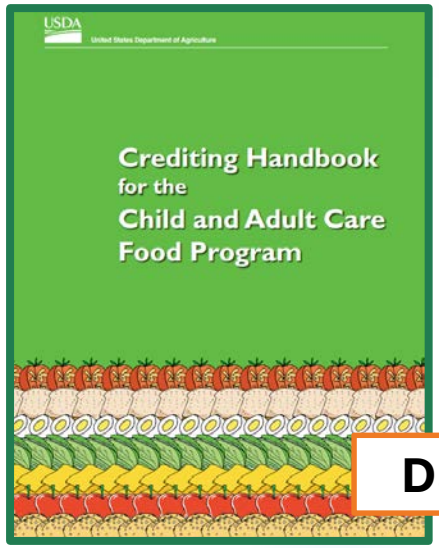
USDA Resources

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

United States Department of Agriculture

UPDATED 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 fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

UPDATED INFANT MEAL PATTERN:

Encourage 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 breastmilk and infant formula are served to infants 0 through 5 month olds.

Developmentally Appropriate Meals:

- Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

More Nutritious Meals:

- Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- No longer allows juice or cheese food or cheese spread to be served; and
- Allows ready-to-eat cereals at snack.

Learn More

For more information on infant development and nutrition, check out the USDA Team Nutrition's Feeding Infants Guide.

CHILD & ADULT CARE FOOD PROGRAM

Handout

USDA CHILD AND ADULT CARE FOOD PROGRAM

Feeding Infants

This handout covers information about offering the CACFP to infants and claiming infant meals. The term *Program* refers to the following facility types: group child care centers, family day care homes and emergency shelters.

NEW

New Requirements Effective October 1, 2017

Updated Infant Age Groups*:

- Birth through 5 months
- 6 months through 11 months

**This change may not be implemented before October 1, 2017*

Additional Infant Meal Pattern Changes:

- Meals are reimbursed when a mother breastfeeds on-site. This includes meals when an infant is only consuming breastmilk
- Yogurt and whole eggs are allowable meat alternates
- Ready-to-eat cereals may be served at snack
- Requires a vegetable or fruit, or both, be served at snack for infants 6 - 11 months old when developmentally ready
- Juice, cheese food or cheese spread are not allowable
- Parents/guardians may provide only one meal component

What can you start doing now?

Items under ***Additional Infant Meal Pattern Changes***, above, may be implemented now.

Offering Infant Meals

All infants enrolled in a CACFP Program must be offered meals that comply with the CACFP infant meal pattern requirements. A Program may not avoid this obligation by stating that the infant is not "enrolled" in the CACFP, or by citing logistical or cost barriers to offering infant meals.

Promote Breastfeeding

Support mothers who choose to breastfeed their infants by encouraging them to supply breastmilk while their infant is in care, and offer a quiet, private area that is comfortable and sanitary when they breastfeed on-site. For more information on how to promote breastfeeding, refer to the Ten Steps for Breastfeeding Friendly Child Care Centers resource kit.

Parent Provided Foods

Parents or guardians may provide only one of the meal components in the updated CACFP infant meal patterns.

Breastmilk or Formula Only

When the infant is only consuming breastmilk or infant formula, a parent/guardian may supply expressed breastmilk, a creditable infant formula, or directly breastfeed on-site and the meal will be reimbursable.

Consuming Solid Foods

When an infant is developmentally ready to consume solid foods and the parent/guardian chooses to supply expressed breastmilk, a creditable infant formula, or directly breastfeed on-site, then the Program must provide all the other required meal components in order for the meal to be reimbursable.

Alternatively, a parent/guardian may choose to provide a solid food component if the infant is developmentally ready to consume solid foods. In this situation, the Program must provide all the other required meal components, including iron-fortified infant formula, in order for the meal to be reimbursable.

Q&A

Why are parents/guardians no longer allowed to provide more than one of the meal components for infants in the updated infant meal patterns?

This change was made to help maintain the integrity of the CACFP and help ensure that Programs are not encouraging or requiring parents/guardians to supply the food in order to reduce costs.

Breastmilk & Infants

- Promote breastfeeding by allowing reimbursement when:
  - Infant served expressed milk
  - **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
  - o Mothers welcome to breastfeed at center
  - o 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

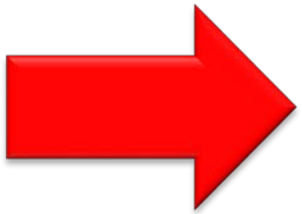
Meal Patterns Previous vs. Updated

Previous Age Groups

Birth-3 months

4-7 months

8-11 months



Updated Age Groups

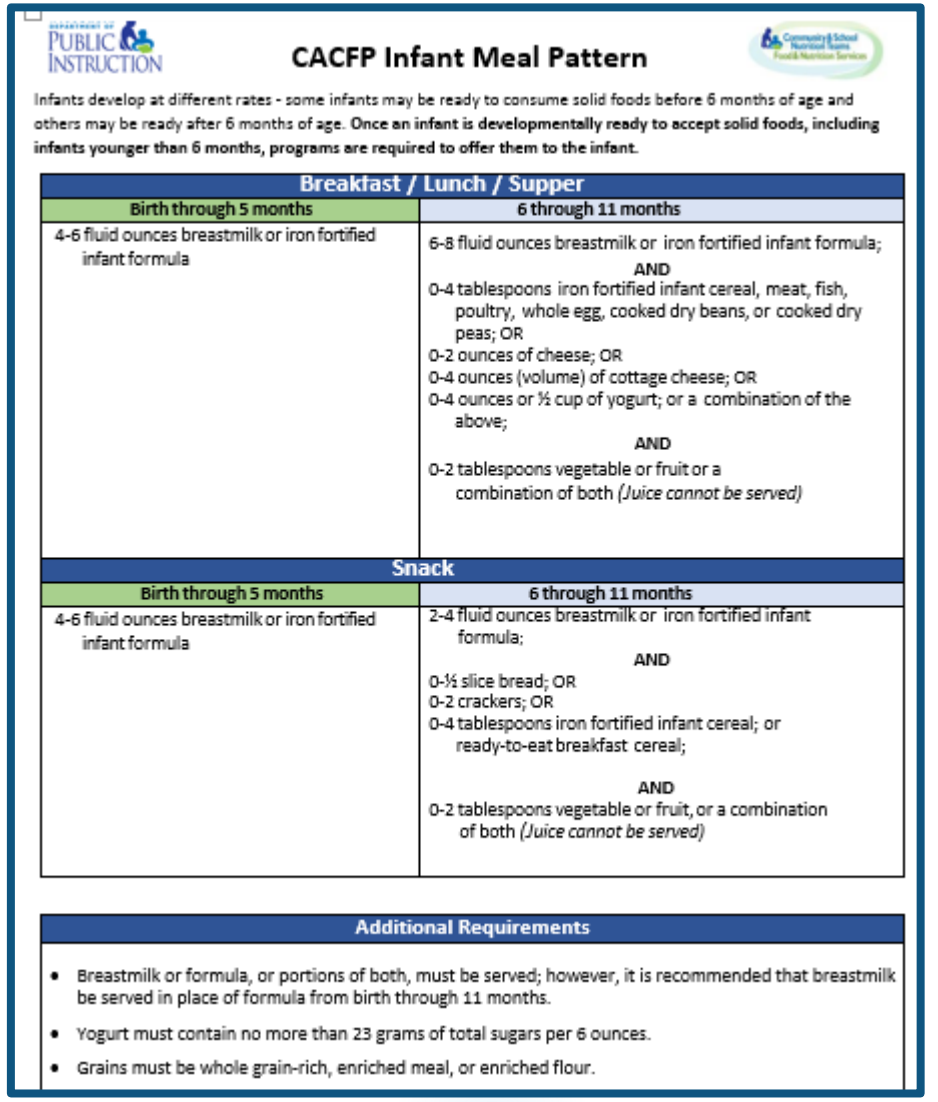
Birth-5 months

6-11 months

Infant Meal Pattern

- Birth – 5 months:
  - Breastmilk, IFIF required
- 6-11 months:
  - Breastmilk, IFIF required
  - Introduce foods

Handout



PUBLIC INSTRUCTION

CACFP Infant Meal Pattern

Infants develop at different rates - some infants may be ready to consume solid foods before 6 months of age and others may be ready after 6 months of age. **Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, programs are required to offer them to the infant.**

Breakfast / Lunch / Supper	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk or iron fortified infant formula	6-8 fluid ounces breastmilk or iron fortified infant formula; **AND** 0-4 tablespoons iron fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt; or a combination of the above; **AND** 0-2 tablespoons vegetable or fruit or a combination of both *(Juice cannot be served)*

Snack	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk or iron fortified infant formula	2-4 fluid ounces breastmilk or iron fortified infant formula; **AND** 0-½ slice bread; OR 0-2 crackers; 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)*

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 23 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
  - Iron-fortified Infant Cereal, Meat/Meat Alternate, or combination of both may be served
  - 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:
  - cause choking
  - consume less breastmilk or formula
  - 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

6 through 11 months
2-4 fluid ounces breastmilk or iron fortified infant formula;
AND
0-½ slice bread; OR
0-2 crackers; 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)*

6 – 11 Months

- Follow eating habits of infants
  - Introduce solid foods gradually
  - Some infants may eat certain foods one week/day, but not the next
  - 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
  - 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

Infant Cereal

Fruit/Vegetable

Meat/Meat Alternates

Grains

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 <u>one</u> 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 <u>one</u> component:

CLAIM

Example 2

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

Parent provides breastmilk and pureed vegetables

Program provides Infant Cereal

Parent is providing <u>more than one</u> component:

CANNOT CLAIM

Example 3

11 month old drinking formula and eating table foods

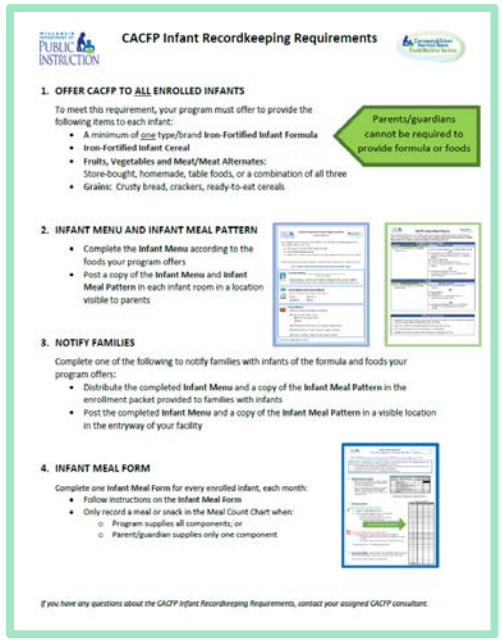
Program provides formula

Parent provides baby foods (fruits/vegetables, meats)

Parent is providing <u>more than one</u> component:

CANNOT CLAIM

Infant Recordkeeping



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 Alternates: Store-bought, homemade, table foods, or a combination of all three
- Grains: Crusty bread, crackers, ready-to-eat cereals

Parents/guardians cannot be required to provide formula or foods

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 with infants of the formula and foods your program offers:

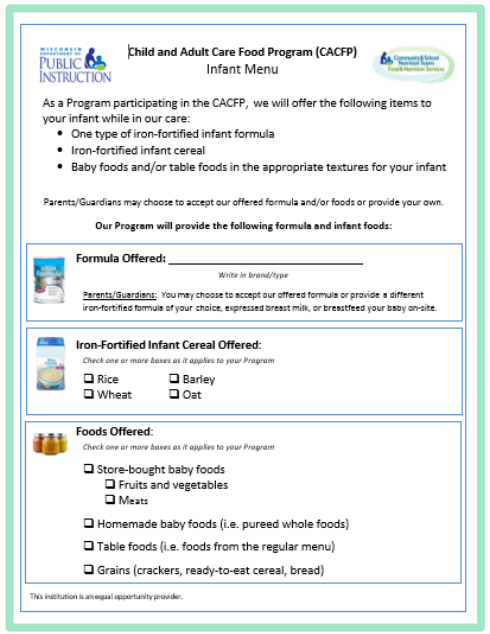
- Distribute the completed Infant Menu and a copy of the Infant Meal Pattern in the enrollment packet provided to families with infants
- Post the completed Infant Menu and a copy of the Infant Meal Pattern in a visible location in the entryway of your facility

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; or
  - Parent/guardian supplies only one component

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



Child and Adult Care Food Program (CACFP)
Infant Menu

As a Program participating in the CACFP, we will offer the following items to your infant while in our care:

- One type of iron-fortified infant formula
- Iron-fortified infant cereal
- Baby foods and/or table foods in the appropriate textures for your infant

Parents/Guardians may choose to accept our offered formula and/or foods or provide your own.

Our Program will provide the following formula and infant foods:

Formula Offered: _____
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.

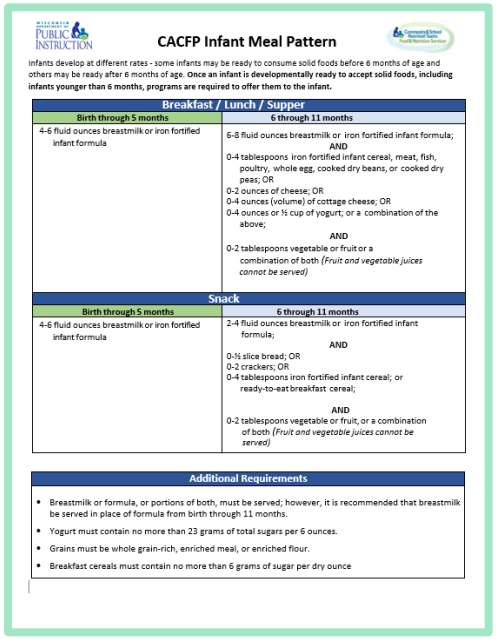
Iron-Fortified Infant Cereal Offered:
Check one or more boxes as it applies to your Program

❑ Rice ❑ Barley
❑ Wheat ❑ Oat

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)

This institution is an equal opportunity provider.



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Breakfast / Lunch / Supper

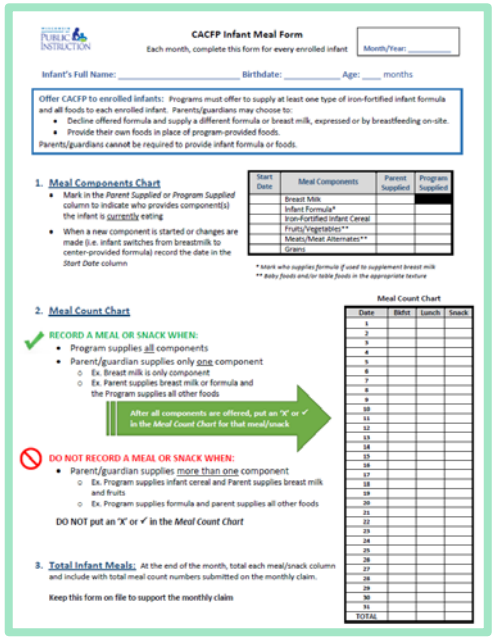
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or iron fortified infant formula	6-8 fluid ounces breastmilk or iron fortified infant formula; AND 0-4 tablespoons iron fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt; or a combination of the above; AND 0-2 tablespoons vegetable or fruit or a combination of both *(Fruit and vegetable juices cannot be served)*

Snack

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk or iron fortified infant formula	2-4 fluid ounces breastmilk or iron fortified infant formula; AND 0-½ slice bread; OR 0-2 crackers; 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 *(Fruit and vegetable juices cannot be served)*

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 23 grams of total sugars per 6 ounces.
- Grains must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce



CACFP Infant Meal Form

Each month, complete this form for every enrolled infant. Month/Year: _____

Infant's Full Name: _____ Birthdate: _____ Age: ____ 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.

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

Start Date	Meal Components	Parent Supplied	Program Supplied
	Breast Milk		
	Infant Formula*		
	Iron-Fortified Infant Cereal		
	Fruits/Vegetables**		
	Meats/Meat Alternates**		
	Grains		

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

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

After all components are offered, put an 'X' or ✓ in the *Meal Count Chart* for that meal/snack

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*

Meal Count Chart

Date	Bkfst	Lunch	Snack
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			
26			
27			
28			
29			
30			
31			
TOTAL			

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

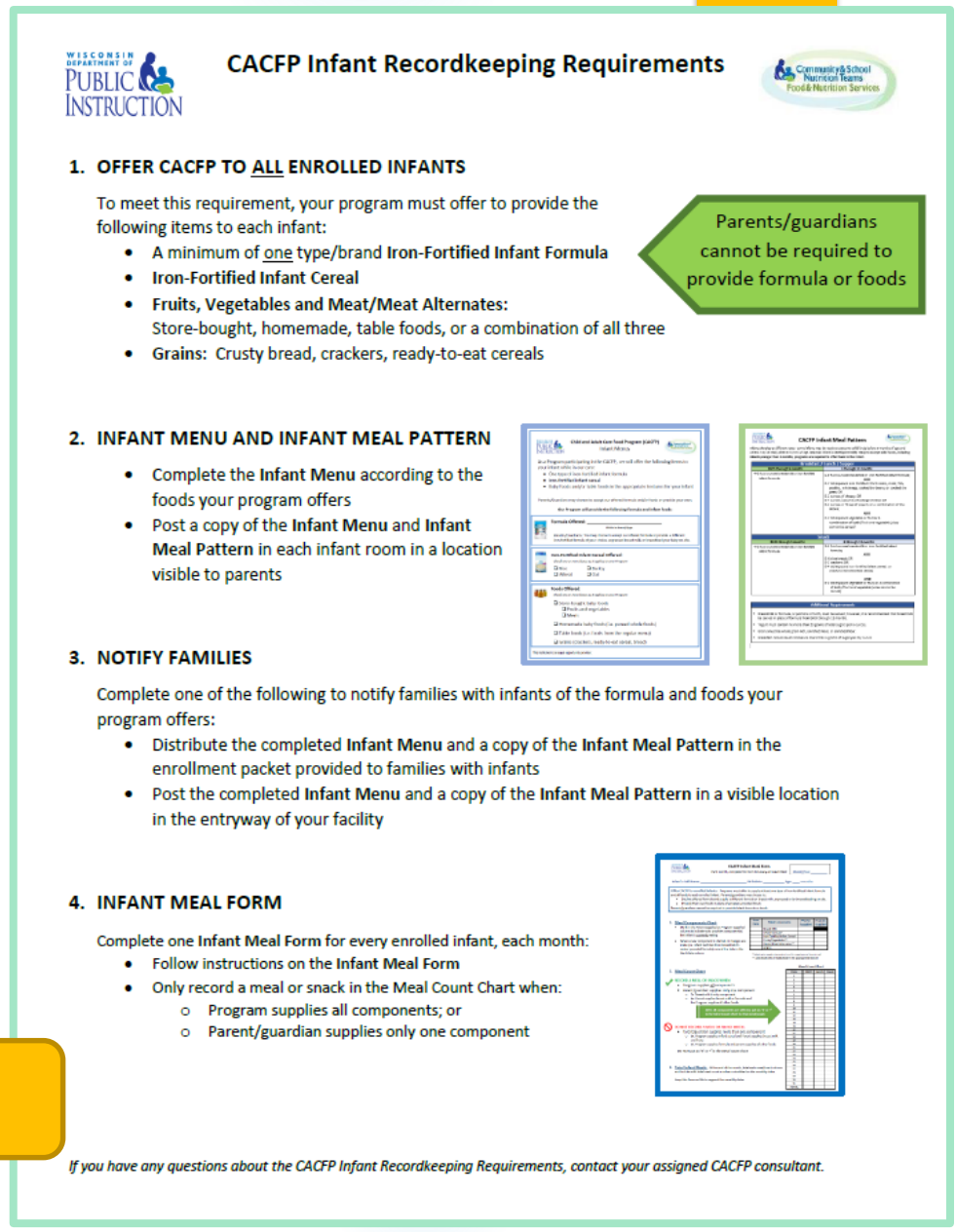
- **CACFP Infant Recordkeeping Requirements**
- **Infant Menu**
- **CACFP Infant Meal Pattern**
- **Infant Meal Form**

New Process

Infant Recordkeeping Requirements

Detailed instructions for serving infants in CACFP

Handout



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- **Grains:** Crusty bread, crackers, ready-to-eat cereals

Parents/guardians cannot be required to provide formula or foods

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

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Complete one of the following to notify families with infants of the formula and foods your program offers:

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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; or
  - Parent/guardian supplies only one component

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

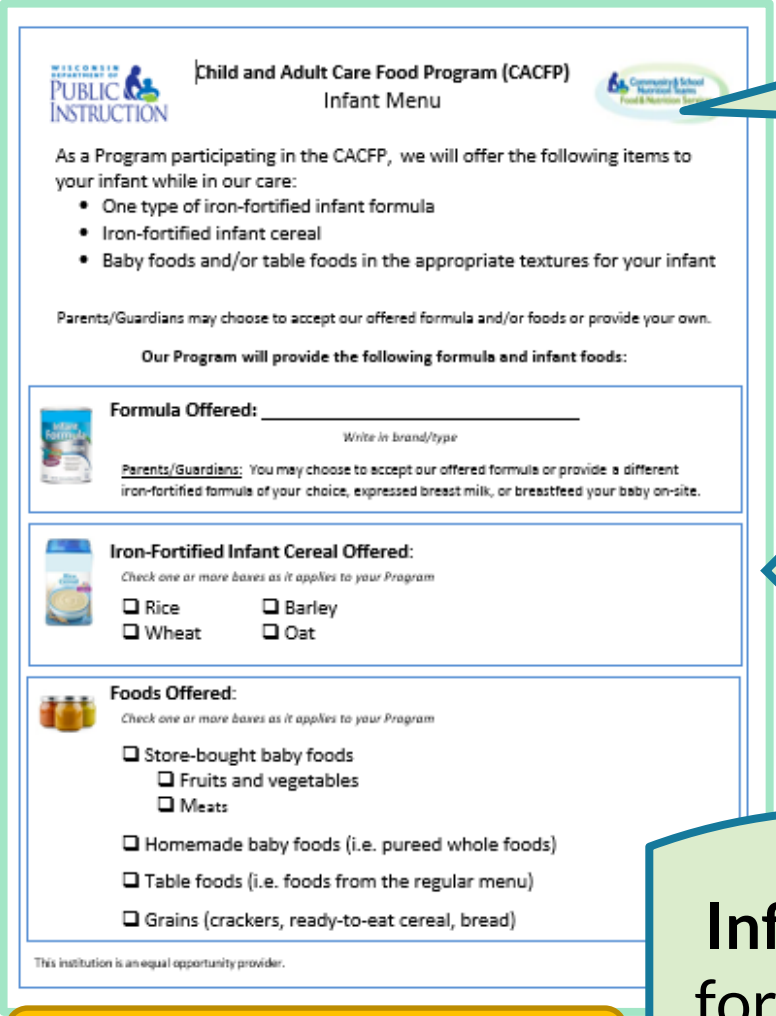
Infant Menu and Infant Meal Pattern

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



Child and Adult Care Food Program (CACFP)
Infant Menu

As a Program participating in the CACFP, we will offer the following items to your infant while in our care:

- One type of iron-fortified infant formula
- Iron-fortified infant cereal
- Baby foods and/or table foods in the appropriate textures for your infant

Parents/Guardians may choose to accept our offered formula and/or foods or provide your own.

Our Program will provide the following formula and infant foods:

Formula Offered: _____
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.

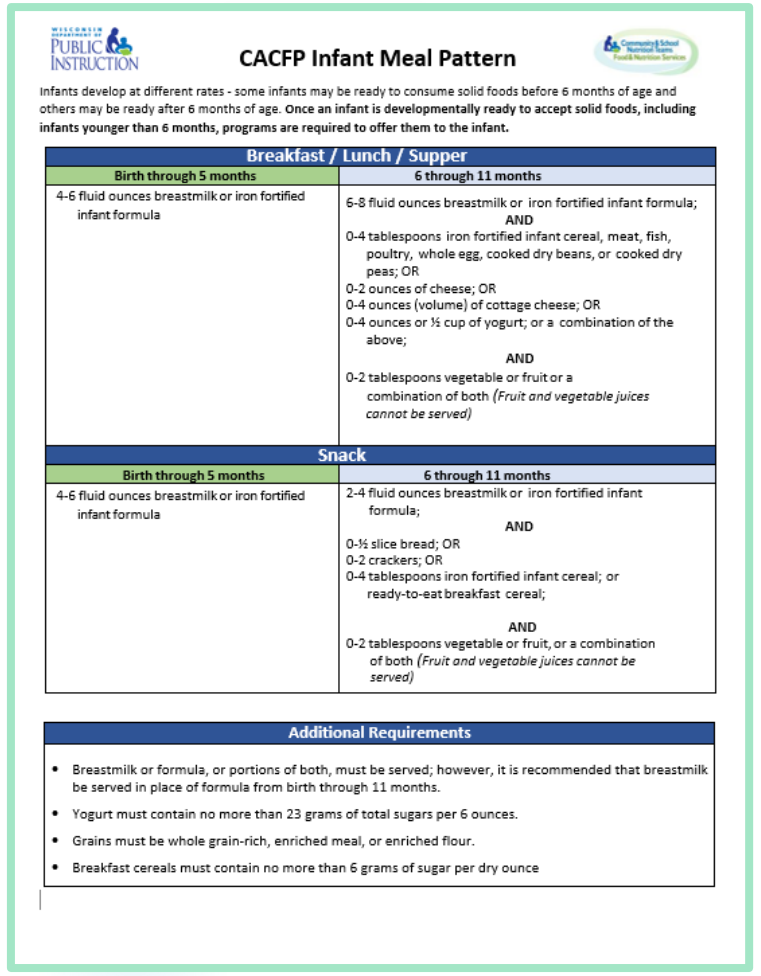
Iron-Fortified Infant Cereal Offered:
Check one or more boxes as it applies to your Program

❑ Rice ❑ Barley
❑ Wheat ❑ Oat

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)

This institution is an equal opportunity provider.



CACFP Infant Meal Pattern

Infants develop at different rates - some infants may be ready to consume solid foods before 6 months of age and others may be ready after 6 months of age. **Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, programs are required to offer them to the infant.**

Breakfast / Lunch / Supper	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk or iron fortified infant formula	6-8 fluid ounces breastmilk or iron fortified infant formula; **AND** 0-4 tablespoons iron fortified infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; OR 0-2 ounces of cheese; OR 0-4 ounces (volume) of cottage cheese; OR 0-4 ounces or ½ cup of yogurt; or a combination of the above; **AND** 0-2 tablespoons vegetable or fruit or a combination of both *(Fruit and vegetable juices cannot be served)*

Snack	
Birth through 5 months	**6 through 11 months**
4-6 fluid ounces breastmilk or iron fortified infant formula	2-4 fluid ounces breastmilk or iron fortified infant formula; **AND** 0-½ slice bread; OR 0-2 crackers; 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 *(Fruit and vegetable juices cannot be served)*

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 23 grams of total sugars per 6 ounces.
- Grains must be whole grain-rich, enriched meal, or enriched flour.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

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

Infant Menu

Iron-Fortified Infant Cereal Offered:

Check one or more boxes as it applies to your Program

X ❑ Rice ❑ Barley

❑ Wheat ❑ Oat

Indicate iron-fortified infant cereal(s) offered

Infant Menu

Foods Offered:

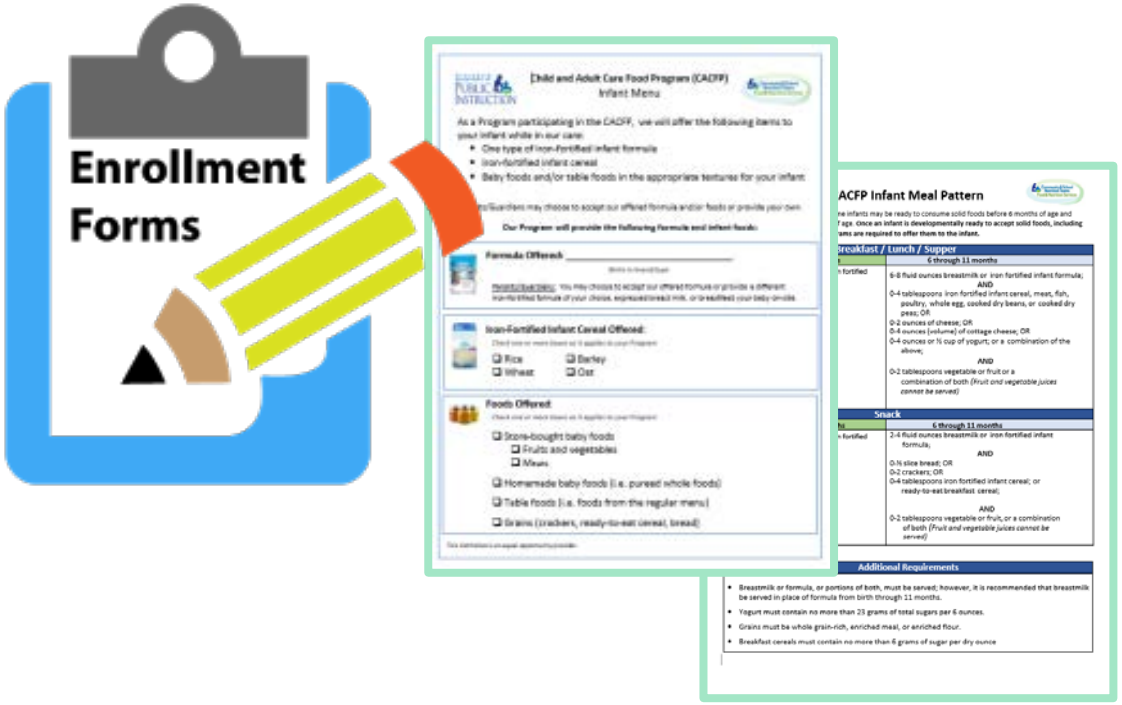
Check one or more boxes as it applies to your Program

- ❑ 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)

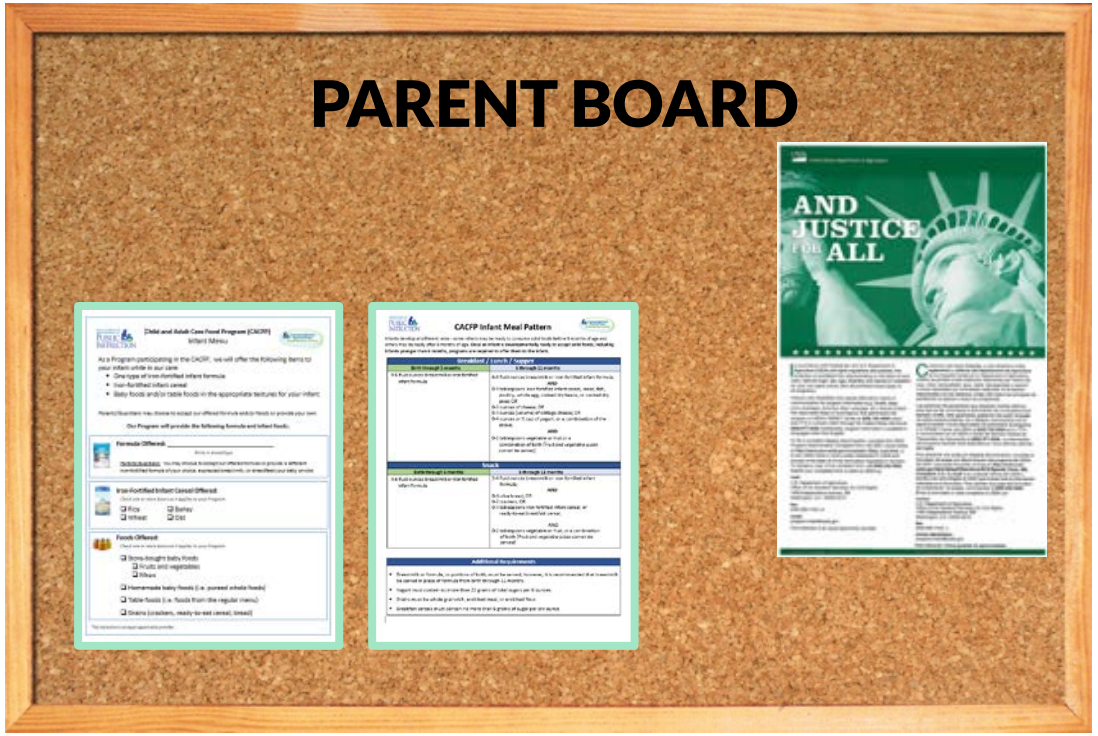
Indicate foods offered

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

Recording Meals: Choose One

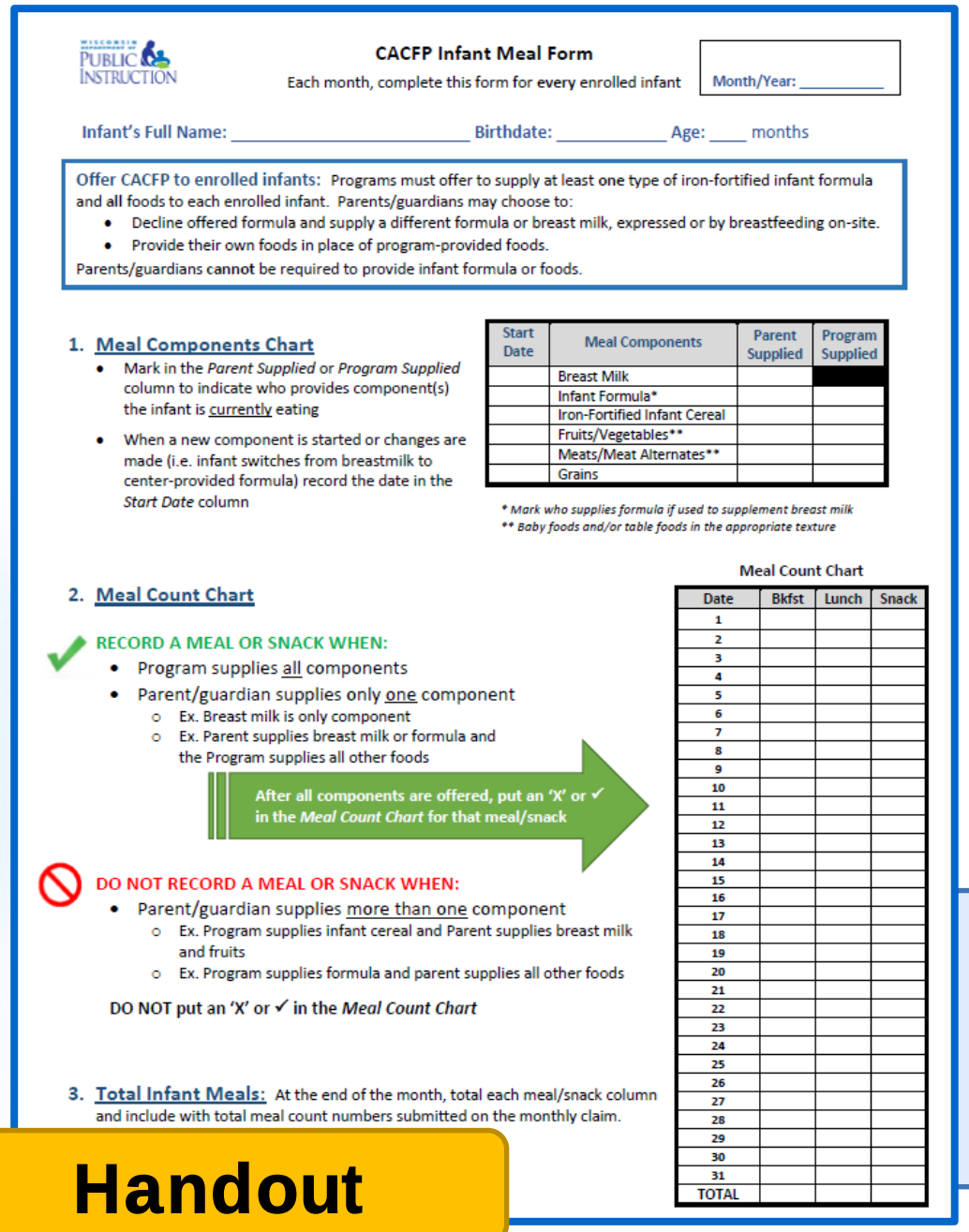
Two options for recording meals

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



CACFP Infant Meal Form

Each month, complete this form for every enrolled infant

Month/Year: _____

Infant's Full Name: _____ Birthdate: _____ Age: ____ 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.

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

Start Date	Meal Components	Parent Supplied	Program Supplied
	Breast Milk		
	Infant Formula*		
	Iron-Fortified Infant Cereal		
	Fruits/Vegetables**		
	Meats/Meat Alternates**		
	Grains		

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

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

After all components are offered, put an 'X' or ✓ in the *Meal Count Chart* for that meal/snack

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*

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.

Meal Count Chart

Date	Bkfst	Lunch	Snack
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
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25			
26			
27			
28			
29			
30			
31			
TOTAL			

Handout

Complete **Infant Meal Form** for every enrolled infant, each month

Available for **Greater Than 3**

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

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 **Birthdate:** 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:

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

Start Date	Meal Components	Parent Supplied	Program Supplied
	Breast Milk	X	
	Infant Formula*		
	Iron-Fortified Infant Cereal		X
	Fruits/Vegetables**		X
	Meats/Meat Alternates**		
	Grains		

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

Infant Meal Form

Complete Meal Components Chart:

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

Start Date	Meal Components	Parent Supplied	Program Supplied
	Breast Milk	X	
	Infant Formula*		
	Iron-Fortified Infant Cereal		X
	Fruits/Vegetables**		X
5/10/XX	Meats/Meat Alternates**		X
5/27/XX	Grains		X

** 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**
   - M… *Supplied*
     c… onent(s)
     t…
   - V… anges are
     r… ilk to
     c… te in the
     S…

Next Month Check All Boxes that Apply

Start Date	Meal Components	Parent Supplied	Program Supplied
	Breast Milk	X	
	Infant Formula*		
	Iron-Fortified Infant Cereal		X
	Fruits/Vegetables**		X
	Meats/Meat Alternates**		X
	Grains		X

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

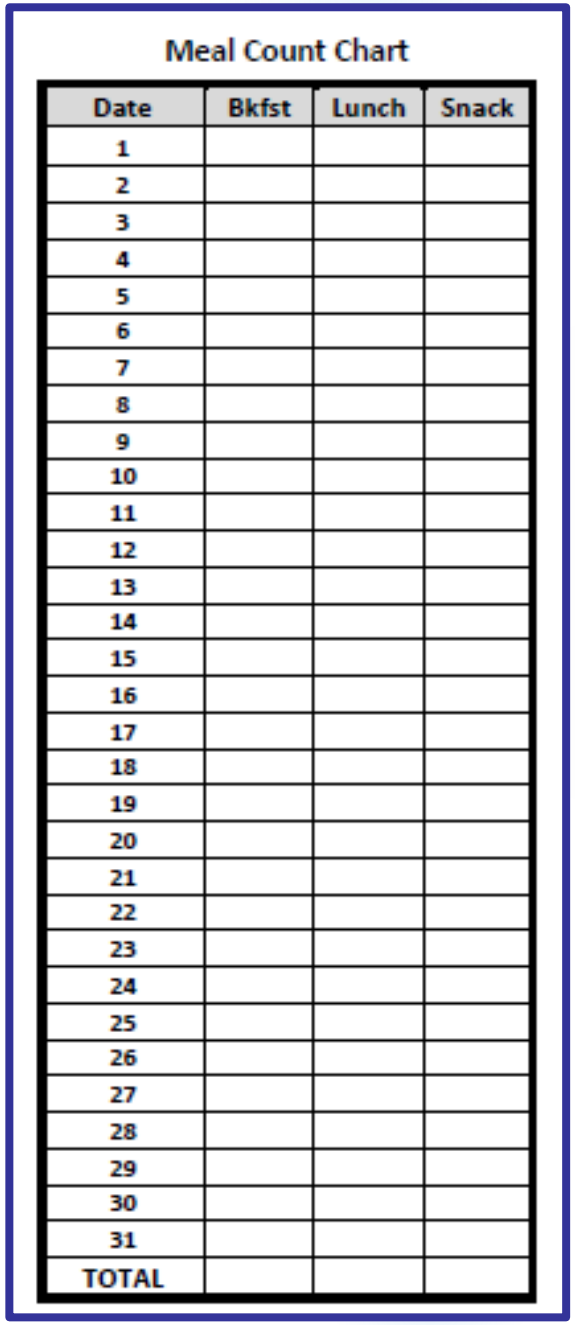
Infant Meal Form

2. Meal Count Chart

Record meals and snacks

to be claimed on

Meal Count Chart



Meal Count Chart

Date	Bkfst	Lunch	Snack
1			
2			
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30			
31			
TOTAL			

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

After all components are offered, put an 'X' or ✓ in the *Meal Count Chart* for that meal/snack

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*

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

Meal Count Chart

Date	Bkfst	Lunch	Snack
1			
2	X	X	X
3			X
4	X	X	X
5	X		X
6	X		
7			
8			
9			
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27			
28			
29			
30			
31			
TOTAL			

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

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

Thank you!