CACFP
New Meal Pattern Training
Housekeeping

• Restroom location

• Breaks

• Bike rack for questions

• Overview of Participant’s Workbook
Ground Rules

• Be a team player

• Be respectful of everyone

• Share ideas with the group

• Be on time after breaks

• Turn your mind on & your electronic devices to silent or off
Activity:

CACFP to ME
CACFP in the Last 30 Years

• Source for nutritious meals & snacks
  • Infants and children

• No major revisions until April 2016
  • Healthy, Hunger-Free Kids Act of 2010
Shift in Needs

• Shift from essential nutrient deficiencies to chronic diseases
  • Hypertension
  • Heart disease
  • Type 2 diabetes
Shift in Habits

• Diets high in added sugars, saturated fats & sodium

• 75% of Americans’ diets are low in vegetables, fruit & dairy

• 1 in 3 children are overweight or obese
Purpose of the Update

• Align the CACFP meal patterns with the Dietary Guidelines for Americans

• Address the current health status of children & adults

• Enhance the nutritional quality of meals & snacks

• Help children develop healthy eating habits
Effective Date

“CACFP operators must implement updated meal patterns by October 1, 2017.”
Training Overview

1. Infant meal patterns
2. Child meal patterns
3. Child meal services
Activity: Pre-Assessment
Lesson 1

Infant Meal Patterns
Infant Meal Pattern

• Encourage & support breastfeeding

• Promote developmentally appropriate meals

• Provide more nutritious meals
Infant Meal Pattern

• Meals are reimbursable when a mother breastfeeds on-site

• Features two age groups: Birth-5 months & 6-11 months

• Provide more nutritious meals and snacks
  • Vegetables or fruits must be served at snack
  • Juice, cheese food, or cheese spread are no longer creditable
  • Yogurt & whole eggs are allowable meat alternates
  • Ready-to-eat cereals may be served at snack
Lesson Overview

• Highlight previously implemented policies

• Explore policies effective October 1, 2017
Lesson Objectives

• Summarize at least two advantages for the age groups in the updated infant meal patterns

• Identify at least three requirements for serving breastmilk & infant formula to infants

• State three strategies for supporting developmental readiness in child care settings

• Explain four new requirements for serving solid foods that are more nutritious to infants
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
Advantages of Age Groups

• Encourage exclusive breastfeeding during first 6 months
  • Most infants only need breastmilk or iron-fortified formula
  • Meets their energy & nutritional needs
Advantages of Age Groups (cont.)

• Delay the introductions of solid foods until around 6 months

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

• Introducing solid foods too soon increases risk of obesity
Meal Pattern Requirements

• Birth through the end of 5 months
  • Breastmilk is the optimal source of nutrients
  • Breastmilk or infant formula is the only meal component required
  • Minimum serving size is 4-6 oz. of breastmilk (or infant formula)
Breastmilk & Infants

• Promote breastfeeding by allowing reimbursement when:
  • A parent/guardian supplies expressed milk & caregiver feeds infant
  • A mother breastfeeds her infant on-site
Documenting On-Site Breastfeeding

• Recording the total amount a mother breastfeeds her infant is not required

• Acceptable ways to document:
  • Breastfed on-site
  • Mother on-site

• State Agencies may utilize existing forms to reduce paperwork
CACFP New Infant Production Records

CACFP Monthly Infant Menu/Meal Count 0-5 Months

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast Count</th>
<th>AM Snack Count</th>
<th>Lunch Count</th>
<th>PM Snack Count</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>4-6 oz IFIF, Breast Milk, MOS¹</td>
<td>4-6 oz IFIF, Breast Milk, MOS¹</td>
<td>4-6 oz IFIF, Breast Milk, MOS¹</td>
<td>4-6 oz IFIF, Breast Milk, MOS¹</td>
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</tbody>
</table>

TOTAL

IFIF= Iron Fortified Infant Formula
¹MOS- Mother on site to Breastfeed her child. If MOS, no amount needs to be documented.
Iron-Fortified Infant Formula

• Best supplement for breastmilk

• Supports healthy brain development & growth

• Reimbursable meals may include:
  • Iron-fortified formula
  • Breastmilk
  • Combination of both
Supplying Formula

• Centers must offer a **minimum of 1 type** of iron-fortified infant formula

• Formula must be regulated by FDA
Providing Food Components

• Parents/guardians may provide only one creditable food component for a reimbursable meal
  • i.e., provide breastmilk = 1 component

• Child care providers must provide remaining components
Serving Expressed Breastmilk or Formula

• Feed infants on demand
  • Avoid strict schedules & force feeding

• A smaller amount of breastmilk than the minimum serving size may be served
  • Reimbursable as long as the minimum serving size is offered
  • Any leftovers should be discarded
Disabilities & Substitutions

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

• A medical statement must be on file to receive reimbursement
  • Explain the need for the modification
  • Provide guidance for the substitution or meal modification
Meal Pattern Requirements

Developmental Readiness
Developmental Readiness

• Introducing solid foods too early:
  • Cause choking
  • Consume less breastmilk or formula

• Serve solid foods to infants only when they are developmentally ready
AAP Developmental Readiness Guidelines

- Sits in chair with good head control
- Opens mouth for food
- Moves food from a spoon into throat
- Doubles in birth weight
Around 6 Months

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

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

Serving Sizes
0-2 oz.
0-4 Tbsp.
Eating Habits

• Eating habits may change

• Some infants may eat certain foods one week/day, but not the next

• Meals & snacks consistent with eating habits should not be disallowed
Parent Communication

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

• Always consult with parents/guardians before first serving solid foods
Optional Written Statement

• Request a written statement from parents or guardians
  • Outlining when & which solid foods to serve

• Follows the preferences of parents & guardians
Activity:

Apply in Three
6 through 11 months

• Breakfast, Lunch, & Supper
  1. Breastmilk or iron-fortified infant formula
  2. Infant cereal, meat/meat alternates, or a combination of both
  3. Vegetables or fruit, or a combination of both

• Snack
  1. Breastmilk or iron-fortified infant formula
  2. Grains
  3. Vegetables or fruit, or a combination of both
## CACFP New Infant Production Records

### CACFP Monthly Infant Menu/Meal Count 6-11 Months

<table>
<thead>
<tr>
<th>Date</th>
<th>Breakfast</th>
<th>AM Snack</th>
<th>Lunch</th>
<th>PM Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>6-8 oz. IFP, Breast Milk, or MDS</td>
<td>0.2 T Vegetable, Fruit, or Both*</td>
<td>0.2 T IRC or M/MAU</td>
<td>0.2 T slice bread* 0.2 ounce* or 0.4 IRC or RTE cereal*</td>
</tr>
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</tbody>
</table>

### Notes:
- In the chart above, write in appropriate box the food offered to the infant.
- IFP = Iron Fortified Infant Formula
- MOS = Mother on site to breastfeed her child. If MOS, no amount needs to be documented.
- IRC = Iron Rich/Calcium Infant Cereal
- RTE Cereal = Ready-to-eat breakfast cereal
- *A serving of this component is required only when the infant is developmentally ready to accept it.

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**North Dakota Department of Public Instruction**
Breastmilk & Infant Formula

• 6 through the end of 11 months
  • Serve 6-8 oz. during meals
  • Serve 2-4 oz. during snacks
Cow’s Milk

• Does not have the essential nutrients found in breastmilk or infant formula

• May not be served to infants unless due to a disability
  • Medical Statement is required
Vegetables & Fruits

• Great source of essential nutrients
  • i.e., fiber & Vitamin C

• Minimum serving sizes: 0-2 tbsp.

• Required at all meals & snacks
  • Serve vegetable, fruit, or a combination of both
  • Increases consumption & allows for better acceptance later in life
Juice

• Lacks dietary fiber & other essential nutrients found in other forms of fruits & vegetables

• No longer credits toward a reimbursable meal for infants
Meat/Meat Alternates

• Poultry & other meats
• Yogurt
• Cheese
• Whole eggs
• Dry beans
Yogurt

• Great source of protein

• Minimum serving size: 0-4 oz.

• May be served during breakfast, lunch, or supper
Non-Creditable Yogurt Products

• Frozen yogurt

• Drinkable yogurt

• Homemade yogurt

• Yogurt flavored products
Yogurt and Added Sugar

• Some have higher sugar content than others

• Must contain no more than 23 grams of total sugars per 6 oz.
  • Applies to all age groups
Nutrition Facts Label

- Helpful for identifying nutritious foods
  - i.e., Yogurt
- Found on packaged foods
- New format by July 26, 2018
Key Terms

- **Serving Size**
  - Number of servings in a package

- **Sugars or Total Sugars**
  - Amount per serving
  - Used interchangeably
Yogurt: Method #1 Chart

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugar Limits</th>
</tr>
</thead>
<tbody>
<tr>
<td>2.25 ounces</td>
<td>0-8 grams</td>
</tr>
<tr>
<td>3.5 ounces</td>
<td>0-13 grams</td>
</tr>
<tr>
<td>4 ounces</td>
<td>0-15 grams</td>
</tr>
<tr>
<td>5.3 ounces</td>
<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>0-30 grams</td>
</tr>
</tbody>
</table>
Yogurt: Method #1

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

• **Step 2:** Identify the Serving Size: **6 oz.**

• **Step 3:** Find the amount for Sugars: **19 grams**
Yogurt: Method #1 (cont.)

• **Step 4:** Find the Serving Size in the chart
  - Serving Size: 6 oz.
  - Total sugars: 19 grams

<table>
<thead>
<tr>
<th>Serving Size</th>
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<td>0-20 grams</td>
</tr>
<tr>
<td>6 ounces</td>
<td>0-23 grams</td>
</tr>
<tr>
<td>8 ounces</td>
<td>0-30 grams</td>
</tr>
</tbody>
</table>
Is It Creditable?

• Yes.
  • It has 19 grams of sugar and the sugar limit for this serving size is 0-23 grams.
Yogurt: Method #2 Threshold

• Designed for serving sizes not listed on the chart

• Calculate the total amount of sugar per ounce to determine if the yogurt item is within the threshold of 3.83

  • **Threshold:** $23 \div 6 = 3.83$
Yogurt: Method #2

• Step 1: Find the Nutrition Facts Label

• Step 2: Identify the Serving Size: **4.5 oz.**

• Step 3: Find the amount for Sugars: **16 grams**
Yogurt: Method #2 (cont.)

• Calculate the amount of sugar per oz.

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

• Threshold: 3.83 or less, than the yogurt is creditable

Yes, it is creditable: 3.55 is less than 3.83
Activity:

Yogurt –
Is it Creditable?
Whole Eggs

• AAP found no convincing evidence to delay major food allergens

• Whole eggs are now creditable for infant meals

• Minimum serving size: 0-4 Tbsp.
Cheese

• Cheese & cottage cheese

• Common examples
  • Shredded or sliced Swiss, Colby, & Monterey Jack

• Minimum serving size: 0-2 oz.
  • Meals
Cheese foods & cheese spreads are disallowed for Infant meals & snacks. . .
Non-Creditable Cheese Foods

• Product packaging states
  • “Imitation cheese”
  • “Cheese food”
  • “Cheese product”

• Common items = non-creditable
  • Cheese whips
  • Cheese with pimento
  • Cream cheese
Grains and Infant Cereals

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

• Serve at meals & snacks when infants are developmentally ready

• Minimum serving size: 0-4 Tbsp.
Snacks Only

- Bread, crackers, & ready-to-eat breakfast cereals

- Ready-to-eat breakfast cereals: **No more than 6 grams of sugar per dry oz.**
Activity:

Name that Phrase
Lesson 1: Review

• Meal pattern & meal components for infant meals

• Encourages
  • Breastfeeding
  • Developmental Readiness
  • Consumption of vegetables & fruits
Activity:

Key Points to Remember
Lesson 2

Child Meal Patterns
Child Meal Patterns Overview

• Wider varieties of protein options

• Greater varieties

• More whole grains

• Less added sugar and saturated fat
Lesson Objectives

• Describe the key features of the child meal patterns

• Recall at least two milk component requirements for each age group

• Summarize the requirements for the meat/meat alternates component

• List at least three requirements for the vegetable and fruit component(s)

• Explain at least three requirements for meeting the grains component
Meal Patterns:

Previous vs. Updated
Meals & Food Components

• Five food components

• Offer the minimum serving sizes for a reimbursable meal
Breakfast

• Three of the five food components
  1. Milk
  2. Vegetable, fruit, or both
  3. Grains
Lunch or Supper

- Five food components
  1. Milk
  2. Meat/Meat Alternates
  3. Vegetables
  4. Fruits
  5. Grains
Snack

• Two of the five food components
  • Milk
  • Meat/Meat Alternates
  • Vegetables
  • Fruits
  • Grains
Age Groups

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

“This age group is designated for At-risk afterschool programs & Emergency shelters **only**.”
Fluid Milk Component
Milk Component Overview

• Types of milk
  • Whole
  • Unflavored
  • Flavored
One Year Olds

• Most 1 year olds need whole milk
  • Provides higher fat content
  • Promotes healthy growth & development

• Whole milk is required at breakfast, lunch, and supper
  • Optional snack

• Serve 4 oz. (½ cup) of unflavored whole milk
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 for a reimbursable meal
  - i.e. mother brings ¼ cup for 1 year old, provider would provide additional ¼ cup for ½ cup serving
Transitioning Milk Type at Two Years

- One-month transition period is allowable
  - At age 24 months to 25 months
  - Switch from whole milk to low-fat or fat-free milk
Milk Requirements: Age 2 and Older

• Serve children two years old & older pasteurized:
  • Fat-free of low-fat
  • Lactose reduced
  • Lactose free
  • Buttermilk
  • Acidified milk
# Low-Fat or Fat-Free Milk

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Serving Size</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 years old</td>
<td>4 oz. (½ cup)</td>
</tr>
<tr>
<td>3-5 years old</td>
<td>6 oz. (¾ cup)</td>
</tr>
<tr>
<td>6 years old and older</td>
<td>8 oz. (1 cup)</td>
</tr>
</tbody>
</table>
Flavored Milk

• Contains all the major nutrients, but has added sugars

• Fat-free flavored milk for children 6 years old and older

• Not reimbursable for children 1 through 5 years old
Flavored Milk (cont.)

- Fat-free flavored milk may be served to children ages 6 & older ONLY
- Syrup or flavored milk powder may be added to fat-free plain milk for children ages 6 & older ONLY
  - Adding syrup or milk powder to low-fat (1%) milk is disallowable
Milk Substitutions

• Allowed for non-disability medical or special dietary need

• Medical statement is not required if nutritionally equivalent to cow’s milk

• Request must be made in writing
Milk Substitutions (cont.)

“A medical statement is required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow’s milk...”
Activity:

Milk Components
Requirements
Requirements for Milk- True or False

• Syrup (including zero calorie and sugar-free syrup) may be added to fat-free milk for children ages 5 years old and older.

• FALSE
Requirements for Milk- True or False

• Milk served to 1-year-old children must be unflavored whole milk or unflavored fat-free milk.

• FALSE
Requirements for Milk- True or False

• Flavored milk, including flavored non-dairy beverages, cannot be served to children 1 through 3 years old only.

• FALSE
Requirements for Milk- True or False

• Flavored milk served to children 6 years old and older must be fat-free.

• TRUE
Water

• Drinking plenty of water is important

• Must be offered throughout the day to children

• Mealtimes: Water is not a part of a reimbursable meal
  • May not be served in place of milk
  • May be offered alongside milk at meals or at snack
Meat/Meat Alternates
Meat/Meat Alternates (M/MA) Overview

• M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week

• Tofu credits as a meat alternate

• Yogurt, including soy yogurt, credits as meat alternate
M/MA Meal Requirements

- **Breakfast:** May be served in place of the grains component a maximum of 3 times per week

- Increases variety on the menu

- Allows more flexibility when planning menus
Crediting Guidelines

• Serving M/MA in place of grains:
  • 1 oz. equivalent of M/MA is equal to 1 oz. equivalent of grains

Examples of reimbursable breakfasts that substitute a M/MA for the grains component

<table>
<thead>
<tr>
<th></th>
<th>Children 1-2 Year Olds</th>
<th>Children 3-5 Year Olds</th>
<th>Children 6-12 and 13-18 Year Olds</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>4 oz unflavored low-fat milk</td>
<td>6 oz unflavored fat-free milk</td>
<td>8 oz unflavored fat-free milk</td>
</tr>
<tr>
<td><strong>Vegetables and/or fruit</strong></td>
<td>¼ cup cut-up apple</td>
<td>½ cup berries</td>
<td>½ cup banana slices</td>
</tr>
<tr>
<td><strong>Grains (substituted with a meat/meat alternate)</strong></td>
<td>½ ounce cheddar cheese (½ oz eq MA = ½ serving grains)</td>
<td>2 oz yogurt (½ oz eq MA= ½ serving grains)</td>
<td>2 Tbsp peanut butter (1 oz eq = 1 serving grains)</td>
</tr>
</tbody>
</table>
Tofu

• Commercial tofu & soy products (i.e. links and sausages) credit as a M/MA for child meals

• Tofu does not credit toward reimbursable meals for infants
Using Tofu

• Forms: Silken, soft, firm & extra firm

• Commercially prepared tofu
  • Must be easily recognized as meat substitute
  • Must meet protein requirement
    • 5 grams of protein per 2.2 ounces by weight

• Must have a CN label
Non-Creditable Tofu

- Tofu, such as soft or silken, used to add texture or enhance nutrients in foods

- Tofu noodles
  - Not easily recognized as meat substitute

- Non-commercial & non-standardized tofu & soy products are not creditable
“Yogurt must contain no more than 23 grams of total sugars per 6 oz...”
Using Yogurt

• Use commercial yogurt products only

• Soy yogurt is a dairy-free option

• 4 oz. credits as 1 oz. of meat alternate
Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies
- Go-Gurt®-must meet sugar limits
Other M/MA

• Nuts & seeds

• Dry beans & peas

• Eggs

• Cheese
Vegetables and Fruits
Vegetables & Fruit Overview

• Most do not eat enough vegetables & fruits

• Often are prepared with added salt, sugar, solid fat, & refined starch

• Separates vegetables & fruit components into two components

• Limits the service of juice to once per day per facility
  • Facilities with morning and afternoon groups of children may only serve juice once per day – not per group
    • Example: If morning group received juice for breakfast, the afternoon group must not be served juice as it was already served that day at the facility.
Separation of Vegetables & Fruits

• **Breakfast**: 1 food component

• **Lunch & Supper**: 2 food components

• **Snack**: Optional
Increase Vegetable Consumption

• Lunch & Supper: A vegetable may be used to meet the entire fruit component

• Must be at least the same serving size as the fruit component it replaced

• Must offer two different types of vegetables
  • i.e., two servings of carrots would not credit
Juice

• Great source of essential nutrients

• Lacks dietary fiber

• May be served at one meal or snack per day
  • Once per day, not once per group of children per day
Juice Blends & Purees

• Credit as a fruit component or a vegetable component

• Contributes to the food component with the highest ingredient
  • Fruit component: if it has more fruits than vegetables
  • Vegetables component: if it has more vegetables than fruits
Activity:

Apply in Three
Grains Component
Grains Overview

- At least 1 serving of grains per day must be whole grain rich (WGR)
  - Per day applies to facility, not to each child

- Breakfast cereals must contain no more than 6 grams of sugar per dry oz.

- Grain-based desserts no longer credit toward reimbursable meals

- Use ounce equivalents (oz. eq.) to determine the amount of crediting grains
  - (Starting October 1, 2019)
Whole Grain-Rich

“Whole Grain-Rich (WGR) foods contain . . .

100% whole grains,

or

At least 50% whole grains...”
Meals & Whole Grain-Rich Foods

• Each day, at least one meal or snack must include a WGR food

  • Centers and day care homes may choose to serve a WGR item at any meal or
    snack as long as one grain per day over the course of all meals and snacks
    served that day is WGR

  • For Example – A Center or day care home may serve a WGR cereal at breakfast one day
    and a WGR pasta at lunch the next
Meals & Whole Grain-Rich Foods (cont.)

• If a child care center or day care home only serves breakfast,
  • the grain must be WGR every day

• If they serve breakfast, lunch & snack,
  • choose at least one meal per day to serve the WGR food
Whole Grain-Rich Criteria

1. Whole grains are the primary ingredient by weight
Primary Ingredients by Weight

• Read the list of ingredients
  • Cracked wheat or crushed wheat
  • Whole wheat flour
  • Bromated whole wheat flour
  • Whole durum wheat flour
Whole Grains Common & Usual Names

- “Whole” listed before grain
- Berries or groats
- Rolled oats & oatmeal

<table>
<thead>
<tr>
<th>Whole Grains</th>
<th>NOT Whole Grains</th>
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</thead>
<tbody>
<tr>
<td>Brown rice</td>
<td>All-purpose flour</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Bread flour</td>
</tr>
<tr>
<td>Cracked wheat</td>
<td>Bromated flour</td>
</tr>
<tr>
<td>Crushed wheat</td>
<td>Cake flour</td>
</tr>
<tr>
<td>Millet</td>
<td>Corn</td>
</tr>
<tr>
<td>Oatmeal including old-fashioned, rolled oats, quick-cooking, and instant</td>
<td>Degerminated cornmeal</td>
</tr>
<tr>
<td>Quinoa</td>
<td>Durum flour</td>
</tr>
<tr>
<td>Whole corn</td>
<td>Enriched flour</td>
</tr>
<tr>
<td>Whole cornmeal</td>
<td>Enriched wheat flour</td>
</tr>
<tr>
<td>Whole durum wheat flour</td>
<td>Ground corn</td>
</tr>
<tr>
<td>Whole grain barley</td>
<td>Long-grain rice</td>
</tr>
<tr>
<td>Whole rye or whole rye flour</td>
<td>Pearled barley</td>
</tr>
<tr>
<td>Whole wheat flour</td>
<td>Rice flour</td>
</tr>
<tr>
<td>Whole wheat pasta</td>
<td>Self-rising flour</td>
</tr>
<tr>
<td>White whole wheat flour</td>
<td>Unbleached flour</td>
</tr>
<tr>
<td>Wild rice</td>
<td>White flour</td>
</tr>
</tbody>
</table>
Non-Mixed Dishes vs. Mixed Dishes

Non-Mixed Dishes

Mixed Dishes
Non-Mixed Dishes

• Common examples: breads & cereals

• First ingredient is a whole grain

• First ingredient is water & the second ingredient is a whole grain
Multiple Whole Grain Ingredients

• When a whole grain is not listed as the first ingredient for non-mixed dishes

• WGR if combined weight of whole grains is more than the weight of the other grains

For example: a bread contains three grain ingredients:

1. Enriched wheat flour (40% of grain weight)
2. Whole wheat flour (30% of grain weight)
3. Whole oats (30% of grain weight)
Multiple Whole Grain Ingredients (cont.)

• Prepared on-site
  • Combined weight of the two whole grain ingredients is greater (60%) than the enriched wheat flour (40%)
  • Enriched wheat flour may be listed first
Mixed Dishes

• Examples: pizza, breakfast burrito, lasagna

• Whole grains primary ingredient by weight

• Required
  • Proper documentation or standardized recipe
Activity:

Whole Grain-Rich Examples
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), yeast, sugar, wheat gluten
White Whole Wheat Breadsticks (cont.)

• Yes, whole grain rich

• First ingredient is a whole grain

• Remaining grains in the product are enriched

• Maintain a copy of the label on file
Wheat Tortilla

**Ingredients:** Water, enriched wheat flour (wheat flour, niacin, reduced iron, thiamine mononitrite, riboflavin, folic acid), whole wheat flour, malted barley flour, canola oil, leavening (calcium acid pyrophosphate, potassium bicarbonate), salt, sugar, modified food starch, xanthan gum
Wheat Tortilla (cont.)

• No, not whole-grain rich

• A whole grain is not the first ingredient by weight
  • Since water is the first ingredient, look at the 2\textsuperscript{nd} ingredient (enriched wheat flour)

• Enriched wheat flour is not a whole grain
Documenting Whole Grain-Rich Foods

Document WGR foods on menu and production records

Examples

- “Whole wheat bread” or “WW bread”
- “Whole grain-rich English muffins” or “WGR English muffins”
Reviews & Whole Grain-Rich Foods

• Review menus, production records, labels, & product information

• When there’s a day that a WGR food was not served:
  • The meal or snack with the lowest reimbursement will be disallowed
  • i.e.: If no WGR food was served for breakfast, lunch or snack, the snack would be disallowed.
  • If a center or day care home is forced to close before serving lunch due to severe weather and the menu demonstrates that a WGR grain was planned for the missed meal, no meals would be disallowed.
Whole Grain-Rich Foods and Disallowed Meals

Thursday’s Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>diced peaches</td>
<td>blueberry pancake</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>macaroni and cheese</td>
<td>cornbread</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>cheddar cheese slices</td>
<td>crackers</td>
</tr>
</tbody>
</table>

Thursday’s menu does not contain a whole grain-rich food. Therefore, the snack is disallowed because it is the meal with the lowest reimbursement that contained a grain item that day.

Friday’s Menu

<table>
<thead>
<tr>
<th>Breakfast</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>banana slices</td>
<td>multi-grain waffle</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Lunch:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>chicken stir-fry</td>
<td>broccoli</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Snack:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>yogurt</td>
<td>apple slices</td>
</tr>
</tbody>
</table>

Friday’s menu does not contain a whole grain-rich food. Therefore, the breakfast is disallowed because it is the meal with the lowest reimbursement that contained a grain item that day.
Breakfast Cereals

• Source of added sugar

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

• Must contain no more than 6 grams of sugar per dry oz.
Approved Breakfast Cereals

1. Use WIC Approved Breakfast Cereals List
   • Caution: WIC list meets sugar but not all meet whole grain

2. Use NDDPI Approved Cereal list provided at this training

3. Complete a Calculation
Use WIC Approved Breakfast Cereal Lists

• WIC approved breakfast cereal must contain no more than 6 grams of sugar per dry oz.

• Choose breakfast cereal from WIC Approved cereal list
  • Meets the sugar limits for CACFP

• ND website
  • www.ndhealth.gov/WIC/WIC%20Foods%20List.htm
Complete a Calculation

• Breakfast cereal must be within the threshold of 0.212 or less

• Steps:
  1. Find the Nutrition Facts label
  2. Find the Serving Size: **30 grams**
  3. Find the amount of Sugars: **6 grams**
Complete a Calculation (cont.)

• Calculate the amount of sugar per oz.

\[
\frac{Sugars}{Serving\ size} = \frac{6}{30} = 0.2
\]

• Threshold: 0.21 or less, than the cereal is creditable

Yes, it is creditable: 0.2 is less than 0.21
Activity:

Breakfast Cereal – Is it Creditable?
Grain-Based Desserts

• Source of added sugars & saturated fats
  • Increases risk of chronic illness

• Not creditable toward all reimbursable meals and snacks

• Grain-based dessert with fruit:
  • The fruit in the grain-based dessert can credit towards the fruit component
List of Grain-Based Desserts

• Breakfast bars
• Brownies
• Cakes
• Cereal bars
• Cookies
• Doughnuts
• Granola bars
• Rice puddings

• Sweet bread pudding
• Sweet crackers (graham & animal crackers)
• Sweet piecrusts
• Sweet rolls
• Sweet scones
• Toaster pastries
• Vanilla Wafers
Grain-Based Desserts & Special Occasions

• Annual festival, birthday celebrations, end-of-year bash, or other special events

• May be served as an additional item only (an “extra”)

• Grain-based desserts may not be purchased with food service dollars because they are not creditable towards a reimbursable meal
Activity:

Replacing Grain-Based Desserts
Activity:

Correct the Standard
Lesson 2: Review

• Overview of the updated meal patterns for children

• Focused on key ways for serving more nutritious meals in child care settings and day care homes
Activity:

Key Points to Remember
Early Implementation Options

• Option 1- *must submit menus*

• Option 2- *must submit menus*

• Option 3

• Must get approval from NDDPI prior to early implementation
  • Form
Option 1

• Reimbursing infant meals when the mother breastfeeds on-site;
• Allowing yogurt, whole eggs, and ready-to-eat cereals under the infant meal pattern;
• Serving meat and meat alternates in place of the entire grains component at breakfast no more than three times per week;
• Counting tofu and soy yogurts as a meat alternate.
Option 2- Entire Meal Pattern

• Must implement *entire* updated new CACFP meal patterns requirements

• Must receive approval from their State agency first.

• Must demonstrate capacity to successfully implement all the updated meal pattern requirements and their capacity to fully train staff and monitor all the updated meal pattern requirements.
Option 2

Children
• Allows juice to fulfill the entire vegetable component or fruit component.
• Permits parents and guardians to provide one meal component for participants with nondisability medical or special dietary needs.
• Extends offer versus serve to at-risk afterschool programs (child care centers only).

Infants
• Requires two age groups in the infant meal pattern instead of three: 0-5 months and 6-11 months.
• Requires solid foods to be gradually introduced around 6 months of age, as developmentally appropriate.
Option 3

• Continue to implement the current CACFP meal patterns - September 30th – No changes

• Begin full implementation of new meal patterns on October 1, 2017
Lesson 3

Child Meal Service
Lesson Overview

• Explore additional measures for serving nutritious meals
  • Elimination of deep-fat frying on-site
  • Using offer vs. serve in at-risk afterschool programs
Lesson Objectives

• List at least four cooking methods for preparing nutritious meals

• Summarize two types of meal services for serving meals
Deep-Fat Frying

- May not be used to prepare meals on-site

- Defined as foods submerged in hot oil or other fat

- Can be dangerous

- Too many deep-fat fried foods may contribute to chronic illnesses
Deep-Fat Frying

• May not deep-fry when reheating

• May purchase from commercial manufacturer
  • Pre-fried
  • Flash-fried
  • Par-fried
  • Deep-fat fried

• Example: Tater tots
Approved Cooking Methods

• Roasting
• Baking
• Stir-frying
• Pan-frying
• Braising
• Simmering
• Steaming
Types of Meal Services in the CACFP

- Meal service impacts what participants eat

- Meal service types:
  - Pre-plated meals
  - Family-Style
  - Offer vs. Serve (OVS)
Family-Style Meal Service (FSMS)

“Family-Style Meal Service (FSMS) allows children to serve themselves from common serving bowls & platters of food…”

Supervising adults provide assistance as needed
Benefits of Family-Style Meal Service (FSMS)

• Promote social, emotional & motor skills

• Encourages children to try new foods

• Provides control over eating for children
Meal Pattern & FSMS

• Optional, but highly encouraged

• Some children may need to develop necessary skills
  • i.e., passing, pouring, serving
  • Allowing time to practice each skill
FSMS Guidelines

• Place enough food at each table to provide the required portions
  • Children & supervising adults (optional)

• Example: 3 children (3-5 years) & 1 supervising adult
  • Minimum serving size is ¼ cup for sliced apples
  • Place 1 cup of sliced apples in shared bowl
  • Includes ¼ cup for supervising adult
Juice & Milk

• Optional for children to serve themselves juice or milk

• Supervising adults must serve the required minimum serving size
Serving Sizes

• Children may take smaller portions

• Actively encourage children to take the full serving

• If the food is refused, do not force
  • Meals are reimbursable as long as all food components are offered
  • Try a “no thank you” plate
Offer Vs. Serve

- At-Risk afterschool programs only
- Not appropriate for young children
  - Need time to explore flavors, textures, etc.
- Operators may serve food pre-portioned or directly
- Participants may decline one or two of the meal components
- May not be used for snacks
Pre-K and Pre-School

• Pre-K/Pre-school students must be served meals that follow the CACFP guidelines.

• The meal requirements are based on grade, not age.
  • For Example:
    • A 6 year old in pre-K must be served a meal that follows the CACFP guidelines.
    • A 5 year old in kindergarten must be served a meal that follows the SBP/NSLP guidelines.
Activity:
Meal Service Tips
Reward & Punishment

• Negative effect on development & socialization

• Rewards may lead to cavities & weight gain

• Punishment may cause overeating

• Not allowed in CACFP facilities
Menu Checklist

Updated CACFP Meal Pattern Requirements Checklist for Children

✓ 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 lunches 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.

✓ Meat/meat alternates may replace the entire grains component at breakfast a maximum of three times per week.

✓ The appropriate type of milk is listed for each age group:
  - Age 1 year: Unflavored whole milk
  - Ages 2-5 years: Unflavored low-fat or fat-free milk
  - Ages 6-18 years: Unflavored low-fat, unflavored fat-free, or flavored fat-free milk

✓ No food items are deep-fried on-site.

✓ Breakfast cereals contain no more than 6 grams of sugar per dry ounce.

✓ Yogurt contains no more than 23 grams of sugar per 6 ounces.

✓ Tofu and soy yogurt may be served as a meat alternate.

✓ No grain-based desserts are included on the menu.

✓ Serving sizes are correct for each age group.
Activity:
Menu Review –
Find the errors
Activity: Aligning Practices
Lesson 3: Review

• Approved methods for preparing food

• Meal Services
  • Family Style Meals
  • Offer vs. Serve

• Aligning practices with the updated meal patterns
Training Conclusion

• Covered the updated meal patterns for infants and children

• Discussed the steps for ensuring food items were nutritious

• Outlined good practices for promoting good health & wellness
Mark Your Calendar!

- CACFP Culinary Trainings

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Topic</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 10th</td>
<td>1-4 PM</td>
<td>Mandan Nazarene Church</td>
<td>Part 2: Healthy Snacks for CACFPs</td>
</tr>
<tr>
<td>May 15th</td>
<td>1:30-4:30 PM</td>
<td>Fargo at DMF</td>
<td>Part 3: Happy Mealtimes</td>
</tr>
<tr>
<td>May 24th</td>
<td>1-4 PM</td>
<td>Mandan Nazarene Church</td>
<td>Part 3: Happy Mealtimes</td>
</tr>
<tr>
<td>May 25th</td>
<td>9-noon</td>
<td>Minot First Lutheran Church</td>
<td>Part 2: Healthy Snacks for CACFPs</td>
</tr>
<tr>
<td></td>
<td>12:15-3:15 PM</td>
<td></td>
<td>Part 3: Happy Mealtimes</td>
</tr>
<tr>
<td>June 26th</td>
<td>1-4 PM</td>
<td>Mandan Nazarene Church</td>
<td>Part 4: Fruits &amp; Veg.-Farm to Preschool</td>
</tr>
<tr>
<td>June 29th</td>
<td>1:30-4:30 PM</td>
<td>Fargo at DMF</td>
<td>Part 4: Fruits &amp; Veg.-Farm to Preschool</td>
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</table>
Activity: Post-Assessment