

NEW CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

Child and Adult Nutrition Services

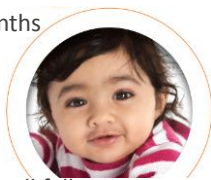


NEW INFANT MEAL PATTERN

Infant Age Groups and Solid Foods

❖ Two age groups:
0-5 months and 6-11 months

❖ Solid foods are allowed when developmentally appropriate for the infant and parent is ready



❖ Breakfast, lunch, and suppers all follow same meal pattern

Infant Meals – Breakfast and Gradual Introduction of Solid Foods

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
Breakfast Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula
		0-3 tbsp infant cereal	2-4 tbsp infant cereal		0-4 <u>tbsp</u> infant cereal, meat, fish, poultry, whole eggs, cooked <u>dry</u> beans or peas, or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination*
			1-4 tbsp vegetable, fruit or both		0-2 <u>tbsp</u> vegetable, fruit or both*

Breastfeeding and Infant Snack

- ❖ Juice not allowed for infants
- ❖ A vegetable or fruit must be served at snack for older infants
- ❖ Meals may be reimbursed when a mother breastfeeds on-site
- ❖ Ready-to-eat cereals are allowed at snack for older infants



Meat and Meat Alternates

- ❖ Adds whole eggs
- ❖ Adds yogurt



NEW CHILD AND ADULT MEAL PATTERNS

Age Group Added (13-18 years)



Same Serving Sizes as the 6-12 year olds

Vegetables and Fruit

- ❖ Two Separate Groups
 - Vegetable Group
 - Fruit Group



Vegetables and Fruit

- ❖ Allows two vegetables at lunch and supper
 - Two fruits not allowed



Vegetables and Fruit

- ❖ Will allow for snacks to include one fruit and one vegetable.
 - Not currently allowed



Vegetables and Fruit

- ❖ Limits juice to once per day across menus



Grains

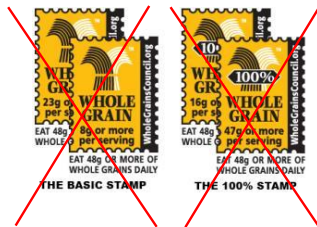
- ❖ Requires at least one grain per day be **whole grain** or **whole grain-rich**
- ❖ **Must be recorded** (WG or WGR) next to item on daily menus
- ❖ **Must have labels**



Whole Grain-Rich

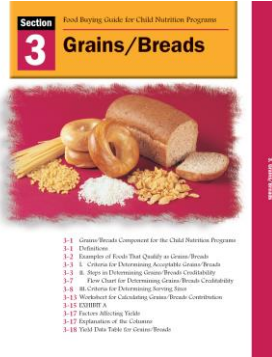
- ❖ Whole grain-rich = foods that contain **at least 50% whole grains** and the rest of the grains are either enriched or **whole grains**

Whole Grain Stamps Are NOT Enough



Grains

- ❖ Disallows grain-based desserts
- Includes
 - Granola bars
 - Cereal bars
 - Cakes
 - Pop Tarts
 - Etc.



Grains

- ❖ Breakfast cereals may not contain **more than 6 grams of sugar** per dry ounce
- Easiest to use WIC approved cereal brands



To determine compliance with the cereal sugar limit:

6 grams per dry ounce = $6 / 28.35 = .212$ (or less)

When looking at labels:

Take the number of grams of sugar and divide it by the serving size in grams. If the answer is equal to or less than .212 the cereal is allowed.

Grains

- ❖ Uses **ounce equivalents** to determine serving sizes for grains (starting October 1, 2019)



Meat and Meat Alternates



- ❖ May substitute the **ENTIRE** grains component at breakfast a **maximum of three times per week**
- ❖ Allows tofu



More on TOFU

- ❖ Tofu and Soy Products – not creditable for infants
- ❖ Tofu must be easily recognized
 - Tofu noodles is not okay
 - Tofu mixed to point of not being recognized is not okay
- ❖ Tofu must contain 5 grams of protein per 2.2 ounce serving (or 2.27 grams of protein per ounce)

Meat and Meat Alternates

- ❖ Yogurt may not contain **more than 23 grams of sugar** per 6 ounce serving (**or 3.83 grams per ounce**)
 - If 8 ounce servings, 30 grams sugar max
 - If 4 ounce servings, 15 grams sugar max
 - If 2 ounce servings, 7 grams sugar max



Fluid Milk

- ❖ **1 year old children:** whole, unflavored milk
- ❖ **2 year olds and older and adults:** low-fat or fat-free milk (no change)
- ❖ **Adults:** yogurt in place of milk once per day
- ❖ Non-dairy beverages (no change)



Flavored Milk

- | | |
|--|--|
| <p>Children 0 through 5 years old</p> <ul style="list-style-type: none"> ❖ Prohibits flavored milk | <p>Children 6 years old and older and adults</p> <ul style="list-style-type: none"> ❖ <u>Recommends</u> as a <u>best practice</u> that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces |
|--|--|

Food Preparation – Prohibits Deep Fat Frying

❖ **Deep-fat frying** = cooking by submerging in hot oil or other fat



- Can be pre-fried before purchase (e.g. chicken nuggets, corn dogs, etc.)
- Not required for purchased meals from vendor, through contract



Additional Provisions

- ❖ Prohibits use of food and beverage for reward or punishment
- ❖ Offer and make water available
- ❖ Offer vs. Serve – at risk sites
- ❖ Parent/guardian may provide up to one component
- ❖ Family style meals
 - ❖ If pouring milk, must give full amount (not on handout)

IMPLEMENTATION PLAN

Early Implementation – Option 2

- ❖ You may request approval to implement the entire updated meal pattern.
 - ❖ Send:
 - ❖ Written request for early implementation & date desired
 - ❖ Cannot guarantee approval by that date
 - ❖ A copy of the planned menus
 - ❖ Documentation of staff training
 - ❖ All staff that plan, prepare, serve meals must be trained prior to approval
 - ❖ Training Documentation :
 - ❖ Dated agenda
 - ❖ List of those in attendance
- ❖ You must receive approval before you begin following the full meal pattern

Technical Assistance – 1 year

- ❖ Reviews in 2016-2017
 - Technical Assistance for Errors
- ❖ Not up for Review?
 - Feel free to send your menus and labels to Melissa Halling

Melissa Halling
 Child and Adult Nutrition Services
 800 Governor's Drive
 Pierre, SD 57501
 Email: Melissa.Halling@state.sd.us
 Fax: (605) 773-6846

Training Certificates

- ❖ Need a Certificate?
 - Send:
 - List of first and last names of all individuals participating
 - To:
 - Melissa.Halling@state.sd.us
- ❖ Notes
 - This training does **not** count for training in all required CACFP topics (only meal patterns).
 - This training counts for 2016-2017 (not 2017-2018) training for the CACFP.
