

WHAT'S NEW?

USDA released the new meal pattern that will go into effect October 1, 2017. The first part of this course will tell you about the new meal pattern. The second part of this course will tell you about some of the changes and what you can do now if you so choose. Under the updated CACFP nutrition standards, meals and snacks served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. In addition, the standards encourage breastfeeding. Child care providers have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

Infant Meals/Snacks

- ✓ The infant meal pattern will change from 3 age groups to 2 age groups. The current age groups are 0-3 months, 4-7 months and 8-11 months. The new age groups are 0-5 months and 6-11 months.
- ✓ Meals/Snacks may now be reimbursed when a mother breastfeeds on-site.
- ✓ Solid foods are allowed when developmentally appropriate for the infant, usually around 6 months. For 0-5 months the requirement is 4-6 fluid ounces of breastmilk or formula for breakfast, lunch, supper and snack
- ✓ The new meal pattern for 6-11 month old infants says that for Breakfast, Lunch or Supper an infant is served 6-8 fluid ounces of breastmilk or formula.
 - The infant may also be served 0-4 tablespoons of infant cereal, meat, fish, poultry, whole eggs, cooked dry beans, or peas*
 - Or 0-2 ounces of cheese*
 - Or 0-4 ounces of cottage cheese*
 - Or 0-8 ounces of yogurt*
 - Or a combination*
 - Infants may also be served 0-2 tablespoons of vegetable, fruit or both*
- ✓ The new snack pattern for 6-11 month old infants states that 2-4 ounces of fluid breastmilk or formula is served.
 - The infant may also be served 0-1/2 bread slice*
 - Or 0-2 crackers*
 - Or 0-4 tablespoons infant cereal or ready to eat cereal*
 - 0-2 tablespoons of a vegetable, fruit or both*
- ✓ A vegetable or fruit must be served at snack for older infants (6-11 months).*
- ✓ Juice, cheese food or cheese spread is prohibited.
- ✓ Ready-to-eat cereals are allowed at snack for older infants.*

*Required when infant is developmentally ready.

Child Meals/Snacks

- ✓ Greater variety of Vegetables and Fruits
 - The combined fruit and vegetable is now a separate vegetable component and a separate fruit component
 - 100% fruit juice is limited to once a week, per Colorado's Healthier Meals Initiative
- ✓ 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
- ✓ 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
 - Tofu counts as a meat alternate
- ✓ Less Added Sugar
 - Yogurt must contain no more than 23 grams of sugar per 6 ounces
 - Breakfast cereals must contain no more the 6 grams of sugar per dry ounce

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
- ✓ Unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older
- ✓ Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs

Additional Improvements

Frying is not allowed as a way of preparing foods on-site

So what changes can you make now?

The Colorado Department of Public Health and Environment (CDPHE) is letting providers begin using certain parts of the new meal pattern now. This is totally optional, but will let everyone ease in the changes slowly, rather than making all of the changes on October 1, 2017. No deductions will be made if you use the new meal pattern until 10-1-2017. For example, if you serve two different fruits for lunch (which is now allowable) there will not be any deductions until 10-1-2017.

Milk

The change from whole milk to low-fat or fat-free milk can be a challenging transition for a child turning 2 years old. You now have a one month period to help with this change. For example, children 24-25 months can be offered whole milk or 2% milk and still be claimed

for reimbursement. Once the child turns 25 months, you must offer low-fat or fat-free milk.

Water

- ✓ Most of us could use a little more water every day. To make this happen, the new meal patterns require the following:
 - Make drinkable water available to children throughout the day.
 - For younger children, or non-verbal participants who are unable to ask for water themselves, it's important to ask often if they would like water to drink.
 - Water can be on the table during the meal as long as it is not served in place of milk.

Whole Grains (formerly known as Bread/Bread Alternate)

This should be an easy one for all of us! We have been serving one whole grain a day for a few years now! Please keep in mind, if you only serve one meal per day which requires a grain (breakfast or lunch/supper), that meal must include a whole grain. If your program serves snack only, and a grain is one of the two required components, it must be whole grain. If your breakfast is substituting the meat/meat alternate for the grain, the whole grain requirement would not apply, but would need to be served at another meal or snack for that day.

Juice

Another easy one for everyone! Juice must be 100% fruit or vegetable juice served only once a week. Important reminder: Juice is not allowed for infants less than one-year-old.

Separate Fruit and Vegetable Component

Breakfast - you can continue to serve vegetables, fruit or a combination of both at breakfast

Lunch and Supper - you may serve a fruit and a vegetable or two different vegetables. For example, you could serve green beans and broccoli or carrots and apples.

Snacks - you may serve a fruit and a vegetable but not two fruits or two vegetables.

Meat/Meat Alternate at Breakfast

The chart below shows the minimum portions to substitute the meat/meat alternate for the grains at breakfast up to three times per week. For example, you would serve a 3 year old $\frac{1}{2}$ ounce of a meat/meat alternate in place of the grain for breakfast.

Breakfast	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adults
Grains	$\frac{1}{2}$ oz eq	$\frac{1}{2}$ oz eq	1 oz eq	2 oz eq

Grain-based Desserts

Grain-based desserts are sources of added sugars and saturated fats in a participant's diet. To better align with the Dietary Guidelines, grain-based desserts can no longer count toward the grain requirement at any meal or snack.

To make it easier, below is a list of grain-based desserts:

- ◆ Sweet crackers (graham crackers-all shapes, animal crackers)
- ◆ Cookies (plain, with nuts, raisins, chocolate pieces and/or fruit purees, includes vanilla wafers)
- ◆ Pie crusts (desserts pies, cobbler, fruit turnovers)
- ◆ Doughnuts (cake and yeast-raised, unfrosted, frosted or glazed)
- ◆ Cereal bars, breakfast bars, granola bars (plain, with nuts, dried fruit, and chocolate pieces)
- ◆ Sweet roll (unfrosted, frosted)
- ◆ Toaster pastry (unfrosted, frosted)
- ◆ Cake (all varieties, plain, unfrosted, frosted)
- ◆ Coffee Cake
- ◆ Brownies (plain)

Breakfast Cereals

Breakfast cereal must now contain no more than 6 grams of sugar per dry ounce. All cereals approved on the Women, Infants and Children program (WIC) are allowable.

There will be more information and guidance available throughout the year. We will be ready for full implementation on October 1, 2017!

Frequently Asked Questions

Do you know the difference between a fruit and a vegetable?

Tomatoes and avocados....are they fruits, or are they vegetables? Hmmmm.....Now that the new meal pattern separates fruits and vegetables into independent food components, it is vital to know the difference to ensure you are serving creditable meals. ChooseMyPlate.gov is a great resource. Use the search function to search for the food for which you are looking.

Can two servings of broccoli be served at lunch to fulfill the vegetable and fruit component?

No, two servings of broccoli would not be reimbursable since the servings are not two different vegetable components. The Dietary Guidelines recommends eating a variety of vegetables.

Are homemade granola bars or other homemade grain-based desserts allowed?

No, homemade and commercially prepared grain-based desserts cannot count towards the grain component in CACFP.

Are quick breads, such as banana bread and zucchini bread, still allowed?

Yes, quick breads are credited in the same group as muffins under Group D in Exhibit A. Both quick breads and muffins can contribute towards the grain component.

Pancakes and waffles are not grain-based desserts (according to Exhibit A). If syrup, honey, jam or another sweet topping is served with the pancakes or waffles, are they then considered grain-based desserts?

No, adding a sweet topping, such as syrup, to pancakes or waffles does not make them grain-based desserts and they can continue to contribute towards the grain component. Again, we encourage you to explore healthier alternatives for toppings such as fruit or yogurt.

How do you identify whole-grain rich foods?

If a whole grain is listed as the first or second ingredient on the product's ingredient list, after water, then the product is whole-grain rich. For foods prepared by a CACFP daycare home, a recipe can be used to determine that whole grains are the primary ingredient.

Do grain products have to be 100% whole grain to meet the whole-grain rich requirement?

No, all of the grains that you serve do not have to be 100% whole grain to meet the whole-grain rich criteria. Whole-grain rich foods contain at least 50% whole grains; the remaining grains must be enriched.

If a different group of participants is at lunch than at breakfast, do both meals have to contain a whole-grain rich grain?

No, the whole-grain rich requirement is for the daycare home, it is not specific to each participant. If a day care home serves two different groups at breakfast and lunch, only one meal or snack must be whole-grain rich.

List of Common Whole Grains

While this list is extensive, it is NOT comprehensive and therefore may not contain all possible representations of whole-grain ingredient names on food labels.

WHEAT (RED) - the most common kind of wheat in the U.S.

- wheat berries
- whole-grain wheat
- cracked wheat or crushed wheat
- whole-wheat flour
- bromated whole-wheat flour
- stone ground whole-wheat flour
- toasted crushed whole wheat
- whole-wheat pastry flour
- graham flour
- entire wheat flour
- whole durum flour
- whole durum wheat flour
- whole-wheat flakes
- sprouted wheat
- sprouted wheat berries
- bulgur (cracked wheat)
- whole bulgur
- whole grain bulgur

WHEAT (WHITE)

- whole white wheat
- whole white-wheat flour

OATS

- whole oats
- oat groats
- oatmeal or rolled oats
- whole-oat flour

BARLEY

- whole barley
- whole-grain barley
- whole barley flakes
- whole barley flour
- whole-grain barley flour
- dehulled barley
- dehulled-barley flour

CORN

- whole corn
- whole-corn flour
- whole-grain corn flour
- whole-grain cornmeal
- whole cornmeal
- whole-grain grits

BROWN RICE

- brown rice
- brown-rice flour

WILD RICE

- wild rice
- wild-rice flour

RYE

- whole rye
- rye berries
- whole-rye flour
- whole-rye flakes

LESS COMMON GRAINS: to be whole grains, "whole" must be listed before the grain name.

- einkorn
- Kamut
- emmer (farro)
- teff
- triticale
- spelt
- buckwheat
- amaranth
- sorghum (milo)
- millet
- quinoa

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