



## TRAINING MODULE

### Training outline and objectives

Course provides 1 Hour Continuing Education Credit (Health Safety & Nutrition).

At the completion of training, participants will:

1. Be familiar with CACFP Meal Pattern requirements.
2. Learn useful tips and tricks to help implement the new Meal Patterns.
3. Use the Meal Patterns as a guide when creating menus.

### History and Purpose of CACFP

The Child and Adult Care Food Program (CACFP) was established in 1968. Since its inception there have been no major changes to the original meal pattern requirements until the Healthy, Hunger Free Kids Act of 2010. The purpose of CACFP is to ensure that children and adults in day care settings have access to healthy, balanced meals and snacks throughout the day. To continue with this purpose and to align with updated scientific research and suggestions for best practices, the Meal Pattern requirements were updated and became effective October 1, 2017.

#### SUMMARY OF UPDATES: INFANTS

- 1** | Two age groups instead of three: 0-5 months and 6-11 months.
- 2** | Only breastmilk or formula is served through 5 months, solid foods are gradually introduced as developmentally appropriate, starting at 6 months.
- 3** | A vegetable or fruit or both is required to be served at meals and snacks starting at 6 months as developmentally appropriate.
- 4** | Cheese and cottage cheese are allowable. Cheese food and spreads are not.
- 5** | Ready to eat cereals are allowable for snacks starting at 6 months of age as developmentally appropriate, but must meet low-sugar requirements (no more than 6 grams sugar per dry ounce).

Note that bread/bread-like items and crackers also are allowable for snacks. However, none of these grain items are allowable at breakfast, lunch, or supper.

#### SUMMARY OF UPDATES: CHILDREN/ADULTS

- 1** | Vegetables and fruits are now separate components at lunch/supper and snack; vegetables and fruits are combined at breakfast.
- 2** | Juice (100%, pasteurized) is limited to once per day.
- 3** | Include at least one whole grain-rich serving per day across all eating occasions.
- 4** | Ounce equivalents are used to determine the amount of creditable grains per serving.
- 5** | Grain based desserts are no longer allowed.
- 6** | Meat/meat alternates may be served in place of the grain requirement at breakfast no more than three times/week.
- 7** | Tofu (firm) counts as a meat alternate.
- 8** | Serve breakfast cereals and yogurts within required sugar limits (cereals are no more than 6 grams per dry ounce and yogurts no more than 23 grams per 6 ounce).

# Updated Meal Patterns for CACFP

## CHILD/ADULT MEAL PATTERNS

### BREAKFAST MEAL PATTERNS Serve Milk, Grains\*, Vegetables or Fruit

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup
Vegetables, Fruit or Both	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Grains*	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

\* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. oz eq = ounce equivalents

### LUNCH & SUPPER MEAL PATTERNS Serve all 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	3/4 cup	1 cup	1 cup*
Vegetables	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruit	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Meat/Meat Alternates	1 oz	1 1/2 oz	2 oz	2 oz
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq

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

### SNACK MEAL PATTERNS Serve 2 of the 5 components

COMPONENT	AGES 1-2	AGES 3-5	AGES 6-18	ADULTS
Milk	1/2 cup	1/2 cup	1 cup	1 cup
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz
Grains *	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

\* Refer to USDA FNS Exhibit A for further guidance on grain serving sizes. oz eq = ounce equivalents

## INFANT MEAL PATTERNS

### AGES BIRTH THROUGH 5 MONTHS

#### BREAKFAST, SNACK, LUNCH & SUPPER MEAL PATTERNS

Milk	4-6 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
------	--------	---

### AGES 6 MONTHS THROUGH 11

#### BREAKFAST, LUNCH & SUPPER MEAL PATTERNS

Milk	6-8 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grains/ Meat/ Meat Alternates <sup>6</sup>	0-1/2 oz eq	infant cereal <sup>2</sup> or
	0-4 tbs	meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas or
	0-2 oz	cheese or
	0-4 oz	cottage cheese or yogurt <sup>3</sup> or
	0-4 oz	a combination of the above <sup>4</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,5</sup>

#### SNACK MEAL PATTERNS

Milk	2-4 oz	breastmilk <sup>1</sup> or formula <sup>2</sup>
Grains <sup>6</sup>	0-1/2 oz eq	slice bread or
	0-1/4 oz eq	crackers or
	0-1/2 oz eq	infant cereal <sup>2</sup> or
	0-1/4 oz eq	ready-to-eat breakfast cereal <sup>4,7</sup>
Fruit/Vegetable	0-2 tbs	vegetable or fruit or a combination of both <sup>4,5</sup>

<sup>1</sup> 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. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit and vegetable juices must not be served.

<sup>6</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>7</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).



**WHOLE GRAIN**, when eaten as part of a healthy diet, has been shown to reduce constipation and different types of chronic diseases such as coronary heart disease. In addition, whole grains provide important nutrients like fiber, B vitamins and minerals. The CACFP Meal Pattern requirements state that a whole grain-rich item must be served at least once throughout all eating occasions each day.

Knowing what to look for on the label is the first step in meeting the whole grain rich requirement. Whole grain should be listed as the primary (first) ingredient. Examples of whole grain ingredients include: whole wheat, brown rice, wild rice, oats/oatmeal, bulgur, whole grain corn, and quinoa. Products that are listed as 100% whole grain definitely are whole grain. However, some product labels can be deceiving. Even if a label says multigrain or made with whole grains, a product may not contain enough whole grain to be considered whole grain-rich for CACFP standards.

Providers have the option to serve the whole grain-rich item at any meal or snack throughout the day. Over one week, a provider could serve whole grain-rich crackers at snack, the next day serve whole grain-rich cereal at breakfast, and the following day offer whole grain-rich pasta at lunch. This allows providers to serve whole grain-rich with flexibility and variety as they choose.

### WHOLE GRAIN TIPS

- 1) Try to include whole grain-rich items in your meal plans. For example, you could serve whole grain-rich cereal at breakfast, whole grain-rich crackers at snack, and whole grain-rich pasta at lunch.
- 2) Experiment and have taste tests with the children. Try different brands and serving suggestions for whole grain-rich products and recipes. What does everyone like the best?
- 3) Include learning about whole grains in your lesson plans at meal times and during games and activities.

NOTES \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHOLE GRAIN



**FRUITS AND VEGETABLES**, sometimes referred to as superfoods, are packed with essential vitamins and minerals. Eating a diet rich in fruits and vegetables may help reduce the risk of many diseases such as heart disease, type II diabetes, high blood pressure and certain types of cancer. The updated Meal Pattern separates the categories of fruits and vegetables. While these can be combined at breakfast, they must remain separate components at both lunch and snack.

### IS IT A FRUIT OR A VEGETABLE?

This is an age-old question, but with the new guidelines, quite important. The Meal Patterns will be based on the culinary definition which is defined by whether the food is typically used in a savory or sweet dish. Savory will be counted as a vegetable, while sweet will be considered a fruit. Tomatoes and avocados, based on this, would be a vegetable.

### VEGGIE AND FRUIT TIPS

- 1) Serve a variety of fruits and veggies. When seasonal fresh fruits and vegetables are not an option, choose canned, frozen, or dried.
- 2) When purchasing canned fruits, look for canned in water or 100% juice.
- 3) Be aware of added sugars in canned, frozen, and dried fruits and vegetables.
- 4) Involve children. Whether growing fruits and vegetables in the garden or asking kids to help prepare food in the kitchen, when children are involved they are more willing to try new foods.
- 5) Make fruits and vegetables available and easy for children to eat.

### NOTES

---

---

---

---

---

---

---

---

---

---

---

---

Vegetables are divided into five sub-groups based on color and nutrient content. The sub-groups include: dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables. As a best practice, providers are encouraged to provide at least one serving from each of the vegetable sub-groups weekly. The meal pattern also adds that two vegetables may be served at lunch or supper rather than a serving of fruit and a serving of vegetables.





# Updated Meal Patterns

## ADDITIONAL ACTIVITIES



### HEALTHY RECIPE SWAP

Providers can share with parents their favorite creditable, healthy recipe that follows the Meal Patterns or have a recipe swap.



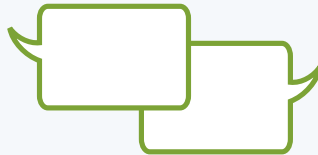
### BRAINSTORM

Brainstorm a variety of whole grain-rich breakfast, lunch, supper, and snack ideas. Plan a menu for a whole week or month that meets the whole grain-rich requirement of one serving per day.

Do the same for fruits, vegetables, and meat/meat alternates.

### OPEN A CONVERSATION

Think about your biggest concerns regarding the Meal Patterns. Ask your sponsor about any questions you may have.



### HOME GARDEN

Fruits and vegetables are always a priority in a healthy diet, and they are now separate components in the Meal Patterns. Many providers grow home gardens. Growing a vegetable garden can provide a fun, seasonal classroom for the children along with food to be used in meals.

#### Don't have a lot of room for a garden?

Try growing snap peas along your fence line or tomatoes in 5 gallon buckets. Here are some small garden ideas:

Raised Garden Bed  
Wall Planters  
Strawberry Pots  
Hanging Baskets

Window Box  
Planter Boxes  
Garden Ladder  
Teepee Trellis

Take Wildwood's online test or return your paper test to receive a training certificate.

#### Nondiscrimination Statement (Revised May 2022)

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at 202-720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at 800-877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling 866-632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: Mail: US Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; or fax: (833) 256-1665 or (202) 690-7442; or email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.



# CACFP is an indicator of quality child care.

## How to identify if a cereal is within the Sugar Limit:

Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.

### 1 WIC Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

\*confirm with your state's WIC approved cereal list.

**2** Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar" (link provided at end of below chart). The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

#### ALLOWABLE SUGAR LIMITS

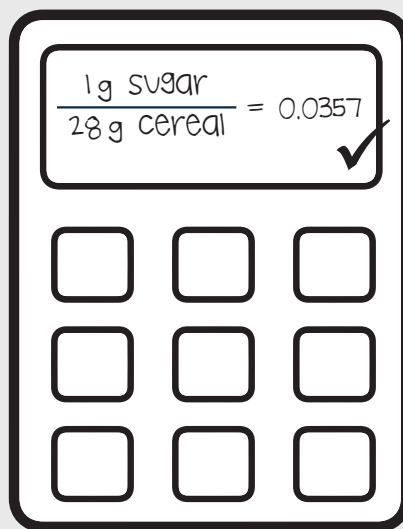
SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams ✓
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams

(<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar.gov>)

**3** Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

- 1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
- 2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



**GRAMS OF SUGAR PER SERVING** if ≤ 0.212  
**GRAMS OF CEREAL PER SERVING** it is creditable

### Example Cereal

Nutrition Facts			
Serving Size 1 cup (28g) Children Under 4 - ¼ cup (21g) Serving Per Container about 20			
Amount Per Serving	Dry	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	150	80
Calories from Fat	15	20	10
% Daily Values **			
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0.5g	3%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
Cholesterol 0mg	0%	1%	0mg
Sodium 140 mg	6%	8%	105mg
Potassium 180 mg	5%	11%	135g
Total Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g
% Daily Values **			
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	2%	10%	2%
Niacin	25%	25%	35%
Vitamin B6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B12	25%	30%	30%
Phosphorus	10%	20%	8%
Magnesium	8%	10%	10%
Zinc	25%	30%	30%
* Amount in cereal. A Serving of cereal plus skim milk provides 2g total fat, less than 5mg cholesterol, 200mg sodium, 380mg potassium, 26g total carbohydrate (7g sugars), and 8g protein.			
** 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
Protein		50g	65g

Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.





When you have completed this course,  
click [HERE](#) to take the test.

or you can type this address into your browser:

<https://forms.gle/fLHZG8A7HLobpDBc8>

Be sure to read each field carefully to ensure that  
you receive an accurate certificate.

Thank you for choosing us for  
your training needs:

Wildwood CACFP

...for those who care for children

12200 E. Briarwood Ave. Suite 175

Centennial, CO 80112

Visit us online for more  
great tips and information:

[www.wildwoodonline.org](http://www.wildwoodonline.org)

[www.facebook.com/WildwoodCACFP](https://www.facebook.com/WildwoodCACFP)