



Child and Adult Meal Pattern Requirements Training

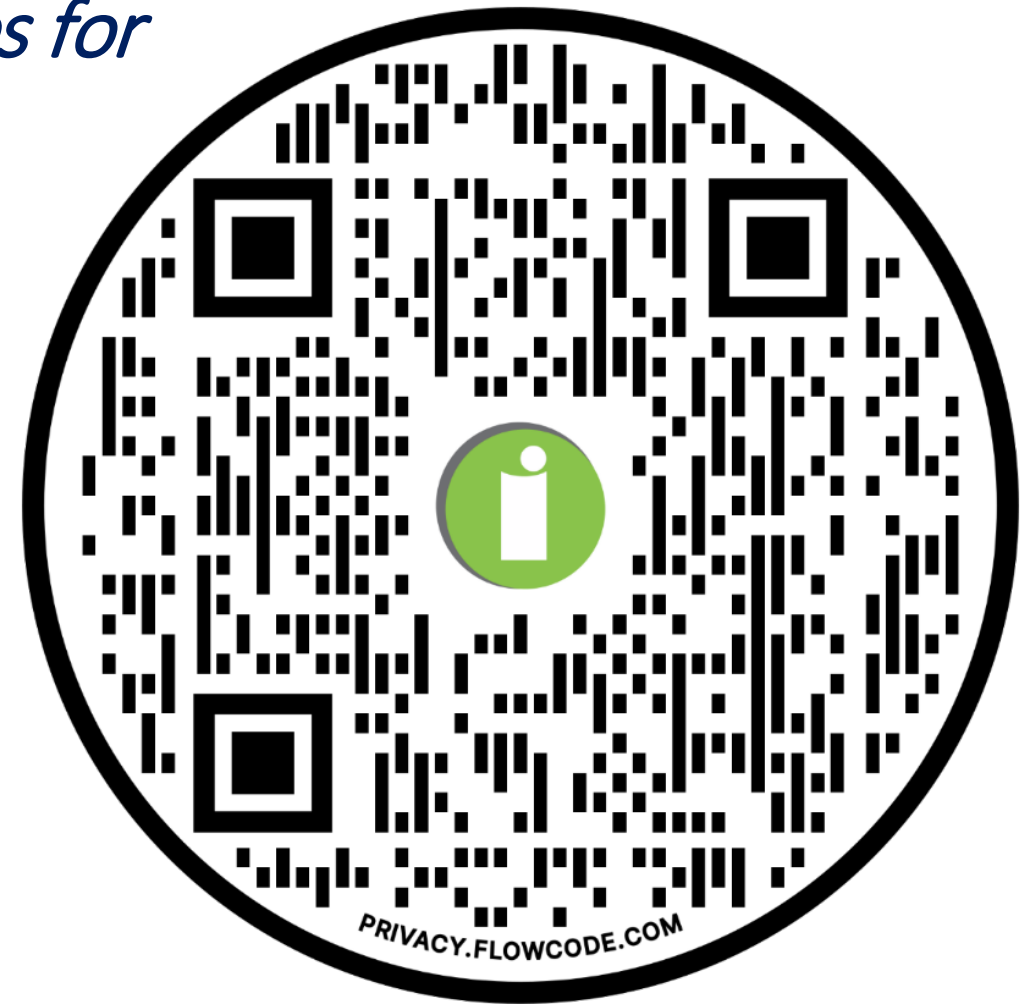
Child Nutrition Programs: Meal Patterns Consistent with the 2020–2025 Dietary Guidelines for Americans

- **Implementation Date: July 1, 2024**
 - **Dietary Accommodations:** Institutions and facilities are *encouraged* to accommodate non-disability dietary *preferences* in CACFP meal planning and preparation.
- **Implementation Date: October 1, 2025**
 - **Added Sugars Limits:** Changes sugar limits for breakfast cereals and yogurt, shifting from total sugars to added sugars.
 - **Medical Statements:** State licensed healthcare professionals *and registered dietitians* can write medical statements.

NEW Federal Rule (CACFP)

Child Nutrition Programs: Meal Patterns Consistent with the 2020–2025 Dietary Guidelines for Americans (cont.)

- **CACFP & SFSP Standards:**
 - www.bit.ly/49PeLMZ
- **Available Support: The ICN's Help Desk:**
 - Email: helpdesk@theicn.org
 - Phone: 1-800-321-3054



Welcome to the Child and Adult Meal Pattern Requirements Training!



Lesson Overview

- Complete participant & trainer introductions
- Review the purpose & some general changes
- Explore the training topics & the general schedule





Activity: Define Training Success



Logistics

- Ground rules
- Breaks
- Restroom location
- “Bike Rack” for questions

CACFP in the Last 50 Years

- Source for nutritious meals & snacks
 - Infants, children, & adults
- Shift in nutritional needs & eating habits



Purpose of the Update

- Address the current health status of children & adults
- Align the CACFP meal patterns with the *Dietary Guidelines for Americans*
- Help children develop healthy eating habits
- Safeguard the wellness of adult participants





Child & Adult Meal Pattern Requirements Overview

- Wider varieties of protein options
- Greater varieties of vegetables & fruits
- More whole grains
- Less added sugars & saturated fat



Meal Patterns Previous vs. Updated

How many meal components?



Meals & Meal Components

- Five meal components
- Offer the minimum serving sizes for a reimbursable meal





Grains Component?

Grains Component

- Name Change – Breads and Grains to Grains
- Ounce Equivalents



Age Groups

1–2 years

3–5 years

6–12 years

13–18 years

Adults





Training Overview

- Connect the previous with the updated requirements
- Highlight previously implemented policies
- Explore current policies

Lesson: Grains Component



Grains Component Overview

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must meet the CACFP added sugars limit
- Grain-based desserts do not credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains


Ounce Equivalents Requirement

Resources

- State agency or sponsor
- USDA's Using Ounce Equivalents for Grains in the CACFP Training Worksheet
- ICN's Serving-Up Grains in the CACFP training



Lesson Objectives

- Describe the requirements for serving a whole grain-rich item as part of a reimbursable meal
 - Recall four ways to determine if a grain product meets the whole grain-rich criteria
 - Use two methods for selecting breakfast cereals that meet the CACFP added sugars limit
 - Recall at least five creditable alternatives to grain-based desserts
- 

Pre-Assessment





Whole Grain-Rich

“... between 50 and 100% whole grain, with any remaining grains being enriched”

Key Terms – Grains

- Whole: contains the bran, germ, & the endosperm
- Refined: milled, removing the bran & germ
- Enriched: nutrients are added back to the refined grain
- Fortified: additional vitamins & minerals are added to product

Whole Grain-Rich Foods at Meals & Snacks

- Each day, at least one meal or snack must include a whole grain-rich food
- Option to choose between breakfast, lunch, or snack
- Exception: If serving **snacks only**, no whole grain-rich food is required, unless a grain is served
 - Example: at-risk afterschool programs

Documentation & Whole Grain-Rich Foods

- Document whole grain-rich foods on menu
 - “Whole wheat” bread
 - “Whole grain-rich” English muffins
 - English muffins “whole grain-rich”
- Check with your State agency or sponsor for additional requirements



Reviews & Whole Grain-Rich Foods

- Review menus, labels, & product information
- When a whole grain-rich food is not served:
 - The meal or snack containing a grain with the lowest reimbursement will be disallowed
 - If no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed

Revisit the Whole Grain-Rich Requirement

- What is the whole grain-rich requirement?
- If only serving snacks, such as an at-risk afterschool program, what is the requirement for serving whole grain-rich foods?
- Which meal or snack is disallowed if a whole grain-rich food is not served?
- What is one other requirement you learned in this portion of the lesson?

Determining Whole Grain-Rich Products Methods

- WIC-Approved Whole Grain Food
- Labeled as “Whole Wheat” and has a FDA Standard of Identity
- FDA Whole Grain Health Claim
- Meets the FNS Rule of Three
- Meets the Whole Grain-Rich criteria for the NSLP
- Proper documentation from a manufacturer or a standardized recipe



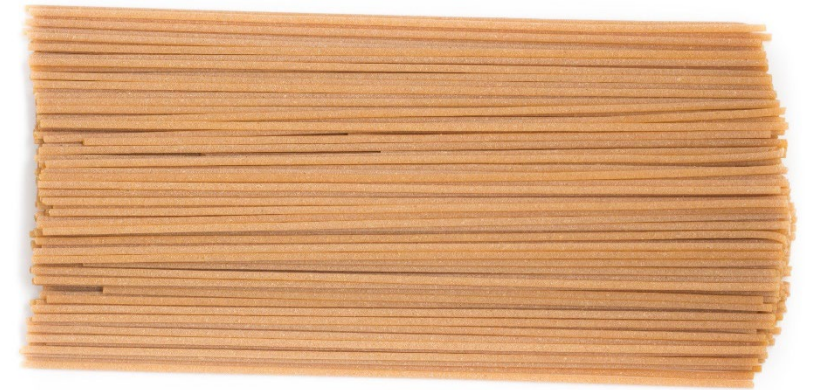
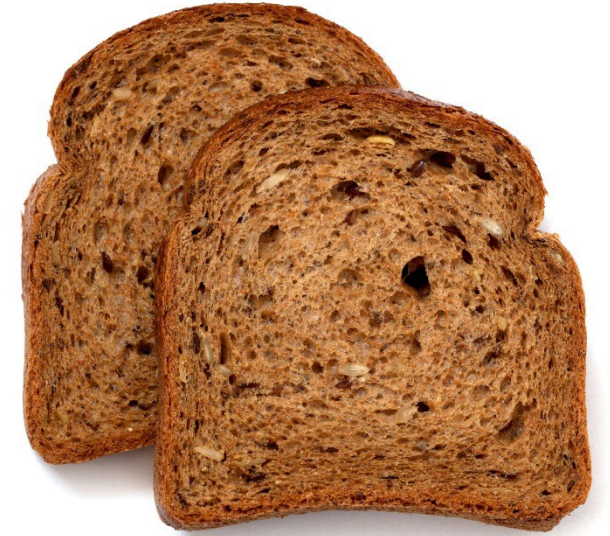
Use WIC-Approved Grains Food List

- Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) food lists
- Choose whole grains from ANY State's WIC Approved list



FDA Standard of Identity

- Whole wheat breads & pastas only
- Contains specific grain ingredients to be labeled as “whole wheat”
- Must list the exact product name



Products Without a Standard of Identify

- May not be used on products without a Standard of Identity
 - Example: crackers, tortillas, bagels, & biscuits
- Watch for tricky wording
 - “whole grain”
 - “made with whole grains”
 - “made with whole wheat”
 - “contains whole grains”

Whole Grain Health Claims

“Diets rich in whole grain foods & other plant foods & low in total fat, saturated fat, & cholesterol may reduce the risk of heart disease & some cancers.”

OR

“Diets rich in whole grain foods & other plant foods, & low in saturated fat & cholesterol, may help reduce the risk of heart disease.”

Rule of Three

WHOLE GRAIN-RICH

```
graph LR; A[WHOLE GRAIN-RICH] --- B[First Ingredient is a whole grain]; A --- C[Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ]; A --- D[Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ];
```

First Ingredient is a whole grain

Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

English Muffins

INGREDIENTS: WHOLE WHEAT FLOUR,
WATER, ENRICHED WHEAT FLOUR,
WHEAT STARCH, YEAST, SUGAR, AND SALT.

Yes, it is whole grain-rich

Corn Chips

INGREDIENTS: WHOLE CORN, VEGETABLE OIL, SALT, CHEDDAR CHEESE, MALTODEXTRIN, **WHEAT FLOUR**, ROMANO CHEESE, WHEY PROTEIN CONCENTRATE.

No, it is not whole grain-rich

Mixed Dishes

CHEESE PIZZA CRUST

INGREDIENTS: MOZZARELLA CHEESE, PARMESAN CHEESE, WHITE WHOLE WHEAT FLOUR, BROWN RICE FLOUR, ENRICHED FLOUR, NON-FAT MILK, WATER, TOMATO PASTE, YEAST

First GRAIN Ingredient is a whole grain

Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Flour Blends

BREAD

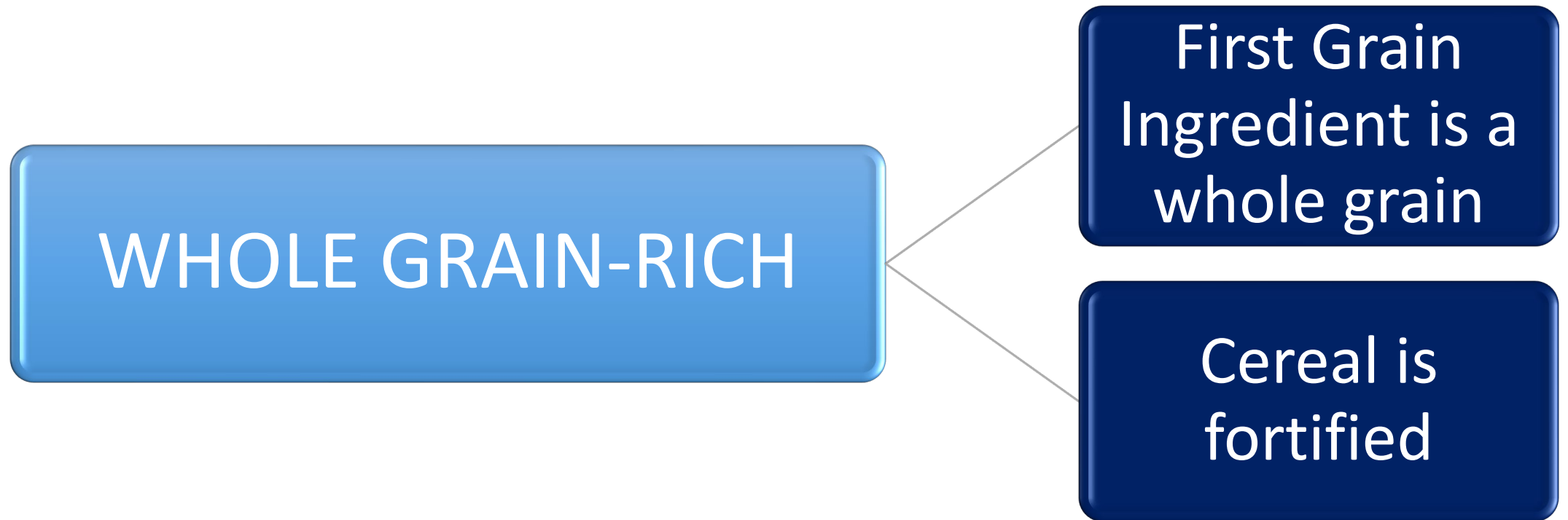
INGREDIENTS: FLOUR BLEND
(WHOLE WHEAT FLOUR, BROWN
RICE FLOUR, WHOLE GRAIN OAT
FLOUR), WATER, FLOUR BLEND
(WHOLE RYE FLOUR, ENRICHED
WHEAT FLOUR, WHEAT BRAN),
YEAST, SALT

First INGREDIENT consists
of only whole grains

Second GRAIN Ingredient (IF
ANY) consists of whole grains,
enriched grains, brans, or
germs

Third GRAIN Ingredient (IF
ANY) consists of whole grains,
enriched grains, brans, or
germs

Whole Grain-Rich Cereal





Activity: Rule of Three – Is It Whole Grain-Rich?

Whole Grain Stamps

Cannot be used to determine a grain to be whole grain-rich for the CACFP





Breakfast Cereals

- Source of added sugars
- Types: Ready-to-eat, instant, & regular hot cereal
- Must meet the CACFP added sugars limit

Selecting Creditable Breakfast Cereals

WIC-Approved Breakfast
Cereals List

Table Method



Use WIC-Approved Breakfast Cereal Lists

- All WIC approved breakfast cereals meet the added sugars limit

Website: www.fns.usda.gov/wic/wic-contacts



Table Method: Breakfast Cereal

Nutrition Facts	
5 servings per container	
Serving size	3/4 cup (30g)
Amount Per Serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 5g Added Sugars	10%
Protein 5g	10%
Not a significant source of vitamin D, calcium, iron, and potassium	
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Breakfast Cereal Added Sugars Limits	
Serving Size	Added Sugars Limit
If the serving size is:	Added Sugars must not be more than:
0–2 grams	0 grams
3–7 grams	1 gram
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

Grain-Based Desserts

- Source of added sugars & saturated fats
 - Increases risk of chronic illnesses
- Not creditable toward the grains component



Exhibit A: Grain Requirements for Child Nutrition Programs

- Superscripts 3 & 4:
 - Grain-based dessert – not creditable
 - Example: breakfast bars, brownies, cakes, cereal bars, cookies, etc.
- Superscript 5:
 - Sweet cookies – graham crackers and animal crackers
 - Creditable





“Exhibit A is not a complete list of grain-based desserts ...”

Exhibit A (cont.)

- Some foods are not easily identified as grain-based dessert
 - Example: a cookie is labeled “breakfast round”
- Ask the question:
 - Is this food thought of as a dessert?



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





Activity: Speed Grains

Lesson Conclusion

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must meet the added sugars limit
- Grain-based desserts do not credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains

Put Your

P **L** **A** **N**

into

A **C** **T** **I** **O** **N**

Activity: Apply in Three



Post-Assessment

Lesson: Child & Adult Meal Service Updates




Meal Service Overview



- Explore additional measures for serving nutritious meals
 - Elimination of deep-fat frying on-site
 - Family style meal service
 - Using offer versus 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 in the CACFP
 - Identify at least three strategies for avoiding rewards and punishment during mealtimes
- 

Pre-Assessment





Deep-Fat Frying

- May not be used to prepare meals on-site
 - Includes central & satellite kitchens
- Defined as food submerged in hot oil or other fat
- Can be dangerous
- Too many deep-fat fried foods may contribute to chronic illnesses

Foods Fried Off-Site

- May purchase from commercial manufacturer
 - Pre-fried
 - Flash-fried
 - Par-fried
 - Deep-fat fried
- May not deep-fry when reheating





Preparing Nutritious Foods

Types of Meal Service in the CACFP

- Meal service impacts what participants eat
- Meal service types:
 - Family Style
 - Offer Versus Serve (OVS)
 - Pre-plated meals





“Family Style Meal Service

(FSMS) allows children & adults to serve themselves from common serving bowls & platters of food ...”

Supervising adults may help as needed



Benefits of FSMS

- Promotes social, emotional, & motor skills
- Encourages children to try new foods
- Provides control over eating for children & adults

A photograph of several young children sitting around a light-colored wooden table, engaged in a meal. One child in the foreground is eating a slice of orange. Another child is drinking from a blue sippy cup. The table is set with various colorful plastic cups and plates, and a large silver platter of snacks including cookies, crackers, and fruit slices. The background shows a simple indoor setting with a white wall and a wooden cabinet.

Meal Pattern Requirements & FSMS

- Optional, but highly encouraged
- Some children may need to develop necessary skills
 - Example: passing, pouring, serving
 - Allow time to practice each skill

FSMS Guidelines

- Place enough food at each table to provide the required portions
 - Children, adults, & supervising adults (optional)
- Example: 3 children (3–5 years) & 1 supervising adult
 - Minimum serving size is $\frac{1}{4}$ cup for sliced apples
 - Place 1 cup of sliced apples in shared bowl
 - Includes $\frac{1}{4}$ cup for supervising adult

Juice & Milk

- Participants must be allowed to serve themselves meal components
- Optional for children & adults to serve themselves juice or milk
- Supervising adults must serve the required minimum serving size



Portion Amount

- Children & adults may take smaller portions
- Actively encourage participants to take the full serving
- If the food is refused, do not force
 - Meals are reimbursable if all meal components are offered



Supervising Adults & FSMS

- Supervising adult meals are not reimbursable
- Cost of adult meals is an allowable expense



SHOUT IT OUT!
FSMS





Offer Versus Serve

- Adult day care facilities & at-risk afterschool programs only
- Not appropriate for young children
 - Need time to explore flavors, textures, etc.

Benefits of Using OVS

- Operators may serve food pre-portioned or directly
- Participants may decline one or two of the meal components or items
- May not be used for snacks



OVS Key Terms

- Meal component: one of the five food categories that make up a reimbursable meal
- Food item: a specific food offered within the meal components
- Combination food: contains more than one food item from different meal components that cannot be separated

Serving Meals OVS

- Allowed at breakfast, lunch, & supper
- OVS is not allowed at snack
 - Two components



OVS at Breakfast

- Offer four different food items, in the minimum serving sizes
 - Milk
 - Vegetable & fruit
 - Grain
 - One food item from the meats/meat alternates component **or** one additional item from the fruits & vegetables component **or** grains component

Reimbursable OVS Breakfast

- Participants must take at least three different food items
- Sample option
 - ½ cup bananas
 - ½ cup strawberries
 - 1 serving whole grain pancakes
 - 1 cup (8 oz) of fluid milk



OVS at Lunch & Supper

- Offer at least one food item from each of the five meal components
 - Milk
 - Meats/meat alternates
 - Vegetables
 - Fruits
 - Grains

Reimbursable OVS Lunch or Supper

- Participants must take at least three meal components
- Sample option
 - 2 ounces Parmesan Chicken
 - ½ cup fruit salad
 - ¼ cup broccoli
 - 1 cup pasta
 - 1 cup (8 oz) of fluid milk



Activity: OVS: Is It Reimbursable?

Reward & Punishment

- Negative effect on development & socialization
- Rewards may lead to cavities & weight gain
- Punishment may cause overeating
- Not allowed in CACFP facilities

Forcing Children to Eat

- Causes children to eat more than they need
- Fail to listen to hunger cues
- Increases risk of being overweight
- Not allowed in CACFP facilities





Activity: Meal Service Tips

Lesson Review

- Approved methods for preparing food
- Meal services
 - Family Style Meals
 - Offer Versus Serve



Put Your

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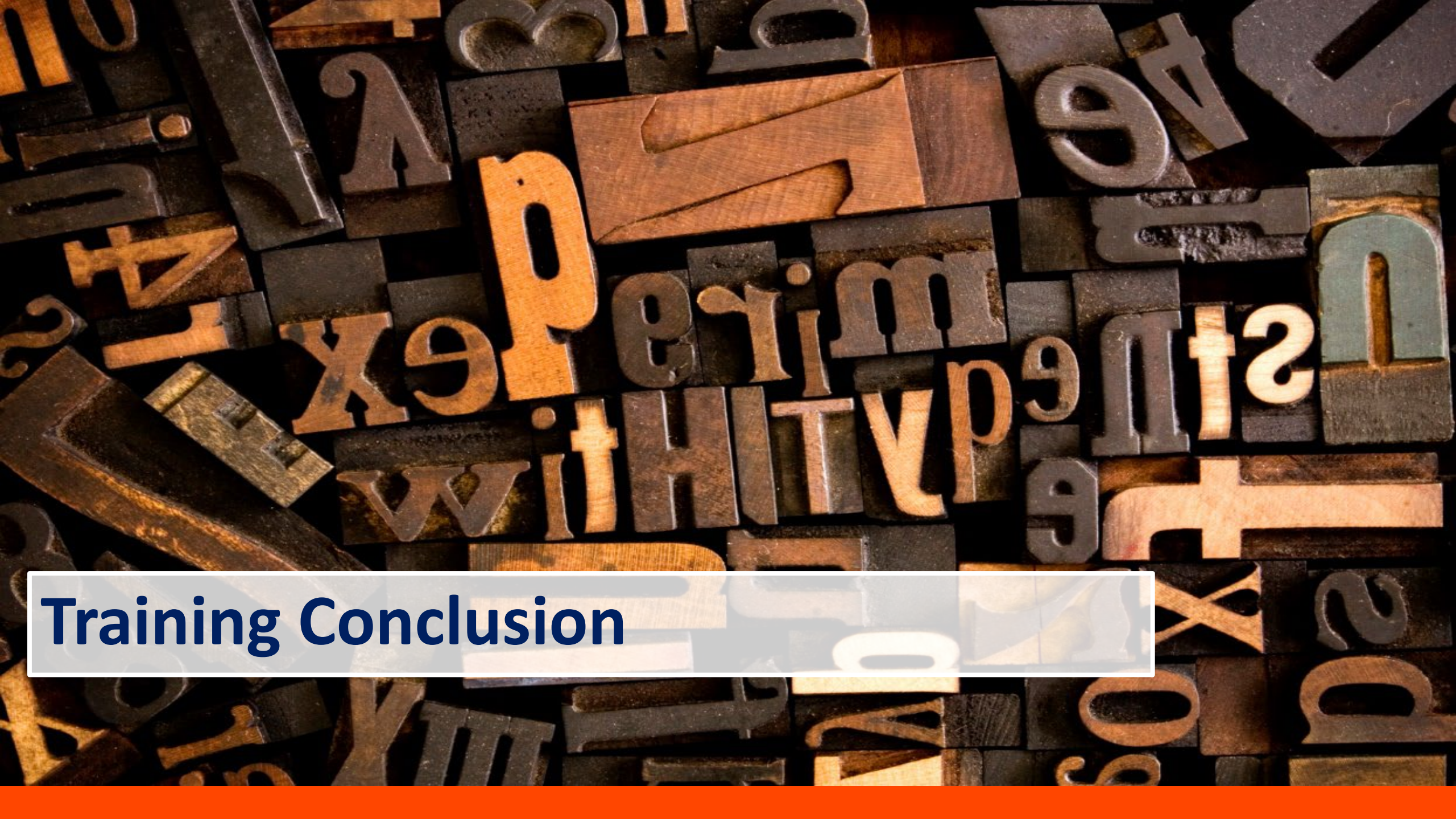
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A **C** **T** **I** **O** **N**

Activity: Apply in Three



Post-Assessment



Training Conclusion



Training Summary

- CACFP Meal Pattern Updates
 - Components
 - Meal Service
- Apply in Three: Action plans for implementation





Post-Assessments, Evaluations, & Certificates



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