



Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 1: Introduction to Bite Size and Meal Pattern Overview

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut State Department of Education
School Health, Nutrition and Family Services

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CACFP Child Care Facilities

- Child care centers
- At-risk afterschool care centers
- Emergency shelters
- Family day care homes



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Introduction to Bite Size

Key information in 45 minutes or less

- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>
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Bite Size Objectives

- 🍎 Understand how to meet requirements of CACFP meal patterns for children
- 🍎 Understand how to implement USDA's CACFP Best Practices
- 🍎 Identify resources for guidance and training
- 🍎 Communicate accurate information to child care staff about CACFP meal patterns

Resources and websites are listed in the yellow bar
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Goal of CACFP To improve and maintain children's health and nutrition, while promoting the development of good eating habits through nutrition education

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CACFP Meal Pattern Legislation: Updates

April 2016 Final Rule: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

- Align with Dietary Guidelines for Americans
- Effective October 1, 2017

<https://www.federalregister.gov/documents/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>
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CACFP Meal Pattern Updates

- More whole grains
- Greater variety of vegetables and fruits
- Reduce added sugars and solid fats
- Increased consistency across Child Nutrition Programs

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CACFP Meal Pattern Legislation: Grains Ounce Equivalents

September 2019 Final Rule
Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program

- Effective October 1, 2021

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

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CACFP Meal Pattern Legislation: Milk

February 2022 Final Rule:
Transitional Standards for Milk, Whole Grains, and Sodium

- Allows low-fat flavored milk for ages 6 and older
- Effective July 1, 2022

<https://www.federalregister.gov/documents/2022/02/07/2022-02327/child-nutrition-programs-transitional-standards-for-milk-whole-grains-and-sodium>

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CACFP Meal Patterns for Children



3 meal patterns	4 age groups
<ul style="list-style-type: none"> • Breakfast • Lunch/supper • Snack 	<ul style="list-style-type: none"> • 1-2 • 3-5 • 6-12 • 13-18: At-risk afterschool programs and emergency shelters

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CACFP Meal Patterns for Children

- 5 food components
- Minimum servings

Reimbursable meals = required components and minimum servings

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Terms to Know about Servings

- Minimum serving
- Minimum creditable amount

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CACFP Meal Patterns for Children

- Breakfast
- Lunch/Supper
- Snack

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CACFP Breakfast Meal Pattern

Food Components	Minimum Serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Vegetables, fruits, or both	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Grains¹	$\frac{1}{2}$ oz eq	$\frac{1}{2}$ oz eq	1 oz eq

¹ Meat/meat alternates may substitute for the entire grains component up to three times per week

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CACFP Lunch/Supper Meal Pattern

Food Components	Minimum Serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Milk	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup	1 cup
Meat/meat alternates	1 ounce	1½ ounces	2 ounces
Vegetables¹	$\frac{1}{6}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Fruits	$\frac{1}{6}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
Grains	$\frac{1}{2}$ oz eq	$\frac{1}{2}$ oz eq	1 oz eq

¹ Vegetables may substitute for the fruits component at any lunch/supper

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CACFP Snack Meal Pattern

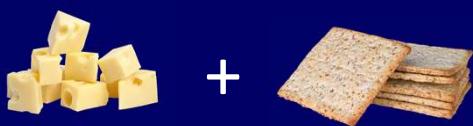
Food Components ¹ <i>Choose any 2 of 5</i>	Minimum Serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18 ²
Milk	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	1 cup
Meat/meat alternates	$\frac{1}{2}$ ounce	$\frac{1}{2}$ ounce	1 ounce
Vegetables	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{4}$ cup
Fruits	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{4}$ cup
Grains	$\frac{1}{2}$ oz eq	$\frac{1}{2}$ oz eq	1 oz eq

¹ Only one snack component may be a beverage

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Reimbursable Snacks = Any 2 Components



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Reimbursable Snacks = Any 2 Components



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USDA CACFP Best Practices



Make at least 1 of the 2 required snack components a vegetable or fruit



https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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Menu Planning Considerations for Meal Pattern Servings

- Offering minimum creditable amounts
- Offering required serving as more than one food item
- Offering additional foods or servings



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Minimum Creditable Amounts

Milk (cups)	Full serving
	

Minimum creditable amount of milk = $\frac{1}{4}$ cup

Breakfast meal pattern for ages 3-5	Smoothie contains	Must also offer
Milk: $\frac{1}{4}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup

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Minimum Creditable Amounts

Milk (cups)	Full serving
	

Meat/meat alternates (ounces)	$\frac{1}{4}$ ounce
	$\frac{1}{4}$ ounce

Vegetables (cups)	$\frac{1}{6}$ cup
	$\frac{1}{6}$ cup

Fruits (cups)	$\frac{1}{6}$ cup
	$\frac{1}{6}$ cup

Grains (ounce equivalents [oz eq])	$\frac{1}{4}$ oz eq
	$\frac{1}{4}$ oz eq

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Offering Required Serving as More than 1 Food Item

- Each food item must contain at least the *minimum creditable amount*
- Combination of food items must provide at least the *full component serving*



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Offering Required Serving as More than 1 Food Item

Lunch/supper meal pattern for ages 6-12
1 oz eq of grains

$\frac{1}{2}$ oz eq $\frac{1}{2}$ oz eq

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Offering Required Serving as More than 1 Food Item

Lunch/supper meal pattern for ages 3-5

$\frac{1}{4}$ cup of vegetables  $\frac{1}{8}$ cup $\frac{1}{8}$ cup



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Offering Required Serving as More than 1 Food Item

Lunch/supper meal pattern for ages 3-5

$\frac{1}{4}$ cup of fruit  $\frac{1}{8}$ cup $\frac{1}{8}$ cup



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Offering Additional Foods or Servings

- Consider appropriateness based on *nutrition needs* of each age group
- Choose *nutrient-dense* foods for additional servings



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Offering Additional Foods or Servings

- Some extra foods are noncreditable foods
 - Cannot purchase with CACFP funds



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USDA Resource

CACFP Best Practices





https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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Institute of Child Nutrition (ICN) Resource

Online Training: CACFP Optional Best Practices



<https://theicn.docebosaas.com/learn/course/external/view/elearning/75/cacfp-optional-best-practices>

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CSDE Webpage

Meal Patterns for CACFP Child Care Programs

Water Availability

- Grab and Go Lesson: Offering and Making Water Available in Child Care (ICN)
- Offering Water in the USDA Child and Adult Care Food Program (USA)
- Resources for promoting water in child care (see "Water Availability" in the CSDE's Resource List for Child Nutrition Programs)
- USDA Memo CACFP 18-2016: Water Availability in the Child and Adult Care Food Program
- USDA Memo CACFP 20-2016: Resources for Making Portable Water Available in Schools and Child Care Facilities

https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#WaterAvailability

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Deep-fat Frying

= cooking foods in hot oil or other fat

- Cannot use to prepare
 - foods on site
 - foods in central satellite kitchens

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Deep-fat Frying

■ Restriction does not apply to

- deep-fat fried foods in vended meals
- foods pre-fried, flash-fried, or par-fried by the manufacturer

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USDA CACFP Best Practices

Limit serving purchased pre-fried foods to no more than one serving per week

https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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Food Rewards and Punishments

■ Prohibited in the CACFP

■ Negative effects on children's development and socialization

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Meal Pattern Resources

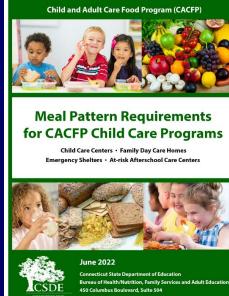
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CSDE Resource

Meal Pattern Requirements for CACFP Child Care Programs

Information and guidance on planning menus to meet the CACFP meal patterns for children

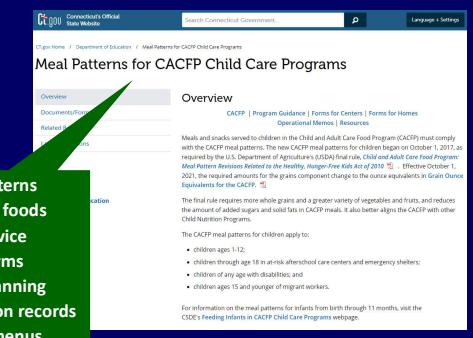


https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide_CACFP_Meal_Patterns.pdf
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Meal Patterns for CACFP Child Care Programs



Meal patterns

- Crediting foods
- Meal service
- Menu forms
- Menu planning
- Production records
- Sample menus

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>
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Resources for the CACFP Meal Patterns

List of resources and websites to assist sponsors with meeting the CACFP meal pattern and crediting requirements



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf
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USDA Resource

CACFP Halftime: Thirty on Thursdays Training Webinars



<https://www.fns.usda.gov/tn/halftime-cacfp-thirty-thursdays-training-webinar-series>
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USDA Webpage

CACFP Meal Pattern Training Slides

Grains, Meat and Meat Alternates, Milk, Sugar Limits



<https://www.fns.usda.gov/tn/meal-pattern-training-slides-cacfp>
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Institute of Child Nutrition (ICN) Resource

Education and Training Resources for CACFP Professionals

- CACFP meal pattern resources
- Online trainings
- Educational resources



<https://theicn.org/cacfp>
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**Thank you for
participating in Bite Size!**



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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