Description of Modules in the Bite Size Meal Pattern Training

This document describes the 19 modules in the Connecticut State Department of Education's (CSDE) training program, Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns. Bite Size is a series of recorded modules that provide comprehensive guidance on complying with the CACFP meal patterns, crediting requirements, and meal service requirements for CACFP child care facilities (including child care and Head Start centers, at-risk afterschool care centers, emergency shelters, and family day care homes) and adult day care centers. For more information, visit the "Bite Size Meal Pattern Training" section of the CSDE's Meal Patterns for the Child and Adult Care Food Program webpage.

Module 1: Introduction to Training
This module introduces the Bite Size training program, provides an overview of the training objectives and modules, identifies common acronyms and abbreviations, and describes resources for guidance and training.

Module 2: CACFP Meal Patterns for Children
This module reviews the CACFP meal patterns for children in child care programs and family day care homes. Topics include an overview of federal legislation for the CACFP meal patterns, the CACFP meal pattern requirements (including meal components, minimum servings, and nutrition standard and restrictions), USDA best practices, and resources for guidance and training on the CACFP meal patterns for children.

Module 3: Meal or No Meal Knowledge Check for CACFP Meal Patterns for Children
This module is the knowledge check for Module 2: CACFP Meal Patterns for Children. Attendees review sample breakfast, lunch/supper, and snack menus to determine if they meet the CACFP meal patterns.

Module 4: CACFP Adult Meal Patterns
This module reviews the CACFP adult meal patterns for adult participants in adult day care centers. Topics include an overview of federal legislation for the CACFP adult meal patterns, the CACFP adult meal pattern requirements (including meal components, minimum servings, and nutrition standard and restrictions), USDA best practices, and resources for guidance and training on the CACFP adult meal patterns.

Module 5: Meal or No Meal Knowledge Check for CACFP Adult Meal Patterns
This module is the knowledge check for Module 4: CACFP Adult Meal Patterns. Attendees review sample breakfast, lunch/supper, and snack menus to determine if they meet the CACFP adult meal patterns.

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Module 6: Menus, Production Records, and Standardized Recipes
This module reviews the menu documentation requirements for CACFP child care programs and adult day care centers. Topics include the importance of menu documentation, CACFP menus, production records, requirements for electronic production records, standardized recipes, and resources for guidance and training on documentation for CACFP menus.

Module 7: Introduction to Crediting Documentation
This module introduces the requirements for crediting foods in CACFP child care programs and adult day care centers. Topics include crediting foods, the USDA's Food Buying Guide for Child Nutrition Programs, crediting documentation for commercial processed products, nutrition information, crediting documentation for foods made from scratch, maintaining crediting documentation, and resources for guidance and training on crediting documentation.

Module 8: Child Nutrition (CN) Labels
This module provides guidance on using CN labels to credit commercial processed products in CACFP child care programs and adult day care centers. Topics include an introduction to CN labels (how the CN Labeling Program operates, the benefits of using CN labels, and eligible products), the USDA's CN Label Verification System, the required elements of CN labels, acceptable documentation for CN-labeled foods, the requirements for maintaining and storing CN labels, and resources for guidance and training on CN labels.

Module 9: Product Formulation Statements
This module provides guidance on using a product formulation statement (PFS) to credit commercial processed products in CACFP child care programs and adult day care centers. Topics include an introduction to PFS forms, when a PFS is required, the required elements for PFS forms, how to review a PFS for accuracy, the requirements for maintaining and storing PFS forms, and resources for guidance and training on PFS forms.

Module 10: Milk Component
This module reviews the requirements and crediting information for the milk component of the CACFP meal patterns for children and the CACFP adult meal patterns. Topics include the required servings, menu planning considerations, allowable types of milk, required menu documentation for milk, requirements for fluid milk substitutes for non-disability reasons, a knowledge check on milk substitutes for non-disability reasons, noncreditable milk, and resources for guidance and training on the milk component.

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Module 11: Meats/Meat Alternates (MMA) Component
This module reviews the requirements and crediting information for the meats/meat alternates component of the CACFP meal patterns for children and the CACFP adult meal patterns. Topics include the required servings, offering MMA at breakfast, main dish requirement for lunch, crediting requirements for different types of MMA (commercial processed products, dried meats, cheeses, eggs, beans, peas, and lentils (including roasted beans, peas, and lentils and pasta made of 100 percent bean, pea, or lentils flour), nuts and seeds, nut and seed butters, yogurt and soy yogurt, tofu, tempeh, surimi, alternate protein products (APPs), noncreditable MMA, USDA best practices for MMA, and resources for guidance and training on the MMA component.

Module 12: Vegetables Component
This module reviews the requirements and crediting information for the vegetables component of the CACFP meal patterns for children and the CACFP adult meal patterns.. Topics include the required servings, the daily juice limit, preparing vegetables safely, crediting requirements for different types of vegetables (vegetable juice, raw leafy greens, canned vegetables, hominy, dried vegetables, pureed vegetables, vegetable smoothies, soups, mixed vegetables, vegetable and fruit mixtures, and vegetable flour pasta), noncreditable vegetables, USDA best practices for vegetables, and resources for guidance and training on the vegetables component.

Module 13: Fruits Component
This module reviews the requirements and crediting information for the fruits component of the CACFP meal patterns for children and the CACFP adult meal patterns. Topics include the required servings, the daily juice limit, crediting requirements for different types of fruits (whole fresh fruits, frozen fruits, canned fruits, dried fruits, fruit juice, coconut, and pureed fruits including fruit smoothies), noncreditable fruits, USDA best practices for fruits, and resources for guidance and training on the fruits component.

Module 14: Grains Component
This module reviews the requirements and crediting information for the grains component of the CACFP meal patterns for children and the CACFP adult meal patterns. Topics include the required servings, allowable grain foods, the whole grain-rich (WGR) requirement and menu planning considerations, the WGR criteria and methods to determine if foods are WGR, identifying grain-based desserts (not allowed), noncreditable grain foods, how to determine ounce equivalents contribution, and resources for guidance and training on the grains component.

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Module 15: Offering Water in the CACFP
This module reviews the requirements and considerations for offering water to children in the CACFP. Topics include an overview of the water requirement, examples of how to offer water, important considerations for offering water, allowable costs, and resources for guidance and training on the water requirement.

Module 16: Meal Service for Children
This module reviews the meal service options and requirements for children in the CACFP. Topics include the allowable types of meal service (pre-plated meal service, cafeteria-style meal service, family-style meal service, and combination-style meal service), accurate meal counts at point of service, and resources for guidance and training on meal service.

Module 17: Offer versus Serve (OVS) at Breakfast in Adult Day Care Centers
This module reviews the OVS requirements for breakfast in adult day care centers. Topics include an overview of OVS definitions for OVS at breakfast, accurate breakfast meal counts with OVS, the OVS requirements for breakfast, options for increasing variety, combination foods, instructions and signage for OVS, and resources for guidance and training on OVS. This module also includes Meal or No Meal OVS Breakfast Edition, a knowledge check for attendees to test their skills at identifying reimbursable breakfasts with OVS.

Module 18: Offer versus Serve (OVS) at Lunch and Supper in Adult Day Care Centers
This module reviews the OVS requirements for lunch and supper in adult day care centers. Topics include an overview of OVS definitions for OVS at lunch/supper, accurate lunch/supper meal counts with OVS, the OVS requirements for lunch/supper, options for increasing variety, combination foods, instructions and signage for OVS, and resources for guidance and training on OVS. This module also includes Meal or No Meal OVS Lunch/Supper Edition, a knowledge check for attendees to test their skills at identifying reimbursable lunches and suppers with OVS.

Module 19: Offer versus Serve (OVS) at Supper in At-risk Afterschool Programs
This module reviews the OVS requirements for supper in at-risk afterschool programs. Topics include an overview of OVS, definitions for OVS at supper, accurate supper meal counts with OVS, the OVS requirements for reimbursable suppers, options for increasing variety, combination foods, instructions and signage for OVS, and resources for guidance and training on OVS. This module also includes Meal or No Meal OVS Supper Edition, a knowledge check for attendees to test their skills at identifying reimbursable suppers with OVS.

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