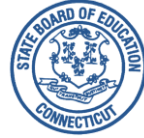




STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



**TO:** Child and Adult Care Food Program (CACFP) Child Care Centers  
and Family Day Care Home Sponsors

**FROM:** John Frassinelli, Chief  
Bureau of Health/Nutrition, Family Services and Adult Education

**DATE:** August 23, 2016

**SUBJECT: Operational Memorandum No. 13C-16 and 13H-16**  
Connecticut Procedures for Early Implementation of the New Meal Pattern  
Requirements for the CACFP

This memorandum describes the Connecticut State Department of Education's (CSDE) procedures for early implementation of the updated CACFP meal patterns required by the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*. The CSDE's early implementation procedures are based on USDA memo *CACFP 14-2016, Early Implementation of the Updated Child and Adult Care Food Program Meal Pattern Requirements and the National School Lunch and School Breakfast Programs' Infant and Preschool Meal Patterns*, issued June 24, 2016. They apply to all CACFP child care centers, emergency shelters, at-risk afterschool care centers, and family day care homes.

The new CACFP meal patterns are effective **October 1, 2017**. They include some provisions that are consistent with the current CACFP meal patterns for children and infants, and other provisions that are not currently allowed. The USDA allows state agencies to determine when CACFP institutions can begin to implement certain provisions of the updated CACFP meal patterns that are not allowed in the current meal patterns.

### Choosing an Implementation Option

The steps below summarize the requirements for choosing a meal pattern implementation option.

1. Please carefully review the three implementation options. The CSDE's early implementation procedures are summarized in this memorandum and in the attached documents:
  - **Infants:** *Options for Early Implementation of the New Infant Meal Pattern for CACFP Child Care Centers and Family Day Care Homes*; and
  - **Children:** *Options for Early Implementation of the New Meal Pattern for Children for CACFP Child Care Centers and Family Day Care Homes*.
2. Beginning this fall, the CSDE will be conducting workshops on the new CACFP meal patterns. The workshop schedule will be distributed to all CACFP institutions later this summer. For more information, see "Training on the New Meal Patterns" on page 4.
3. After attending the CSDE's workshop, each CACFP institution and family day care home sponsor must select one of the three implementation options. The chosen option applies to **all enrolled age groups**. CACFP child care institutions and family day care home

sponsors cannot choose one option for infants and another option for children. CACFP child care center sponsors with multiple centers must choose the *same option* for all centers. Family day care home sponsors must choose the *same option* for all family day care home providers.

4. The deadline for choosing an implementation option is **December 31, 2016**.

Prior to beginning implementation, CACFP child care institutions choosing **options 1 or 2** will be required to submit a menu that reflects the CACFP meal pattern requirements of the chosen option.

### **Option 1: Specific Provisions**

With option 1, the CACFP institution must implement the current CACFP meal patterns for children and infants, plus all provisions of the new CACFP meal patterns for children and infants that are consistent with the current CACFP meal patterns. Consistent provisions can be implemented by CACFP institutions whenever feasible. These include the ten provisions for children and five provisions for infants below.

#### *Children*

1. Prohibiting flavored milk for ages 1-5.
2. Allowing fat-free flavored milk for ages 6 and older. *Note: USDA best practice recommends serving only unflavored milk.*
3. Requiring at least one daily serving of whole grain-rich foods.
4. Allowing meat and meat alternates in place of the entire grains component at breakfast up to three times per week.
5. Allowing tofu and soy yogurt to credit as meat alternates.
6. Eliminating grain-based desserts from the grains component.
7. Requiring breakfast cereals to contain no more than 6 grams of sugar per dry ounce.
8. Requiring yogurt to contain no more than 23 grams of sugar per 6 ounces.
9. Limiting juice to no more than one meal per day, including snack.
10. Prohibiting deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.

#### *Infants*

1. Reimbursing infant meals when the mother breastfeeds on site.
2. Allowing yogurt, whole eggs, and ready-to-eat cereals with no more than 6 grams of sugar per dry ounce for developmentally ready infants.
3. Requiring a vegetable or fruit, or both, to be served at snack for infants ages 6-11 months.
4. Eliminating fruit juice as a creditable component in the infant meal pattern.
5. Eliminating cheese food and cheese spread as creditable components in the infant meal pattern.

CACFP child care institutions and family day care home sponsors may begin to implement any of the above provisions for children and infants as part of reimbursable CACFP meals and snacks at any time, as long as they are in place by October 1, 2017.

### **Option 2: Entire Meal Pattern**

With option 2, the CACFP institution must implement all provisions of the new CACFP meal patterns for children and infants. This option can only be implemented after CACFP staff has attended a CSDE workshop (see “Training on the New Meal Patterns” below), and the CACFP institution has received prior CSDE approval for early implementation.

Connecticut CACFP institutions may request approval from the CSDE to implement the **entire** updated meal pattern requirements (all 13 provisions for children and all 8 provisions for infants) prior to October 1, 2017, including all provisions described in option 1 (ten provisions for children and five provisions for infants) and the additional three provisions for children and three provisions for infants below that are not allowed under the current CACFP meal patterns.

#### *Children*

11. Allows juice to fulfill the entire vegetable component or fruit component.
12. Permits parents and guardians to provide one meal component for participants with nondisability medical or special dietary needs.
13. Extends offer versus serve to at-risk afterschool programs (*child care centers only*).

#### *Infants*

6. Requires breast milk and infant formula for infants from birth through 5 months.
7. Requires two age groups in the infant meal pattern instead of three: 0-5 months and 6-11 months.
8. Requires solid foods to be gradually introduced around 6 months of age, as developmentally appropriate.

***CSDE approvals of option 2 will be on a case-by-case basis, and only for CACFP institutions that can demonstrate their capacity to successfully implement all updated meal pattern requirements, fully train staff, and monitor all updated meal pattern requirements.***

### **Option 3: No Changes**

With option 3, the CACFP institution continues to implement the current CACFP meal patterns for children and infants without any changes through September 30, 2017, and begins full implementation of all provisions of the new CACFP meal patterns for children and infants on October 1, 2017.

### **Training on the New Meal Patterns**

Beginning in fall 2016, the CSDE will conduct workshops on the new CACFP meal pattern requirements for children and infants. Information on the workshop schedule will be distributed to all CACFP institutions later this summer. In the meantime, information on the new

requirements and CACFP meal patterns under the final rule are available on the USDA’s [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

### **USDA Optional Best Practices**

In addition to updating the CACFP meal pattern requirements, the USDA final rule provides optional best practices that help child care centers and family day care homes voluntarily go beyond the regulatory requirements to further strengthen the nutritional quality of meals served in the CACFP. USDA memo [CACFP 15-2016](#) outlines these optional best practices, and identifies implementation resources for child care centers and family day care homes. CACFP institutions are **not** required to implement these best practices as part of their chosen early implementation option for the new CACFP meal patterns for children and infants.

Questions may be directed to the CSDE’s CACFP staff.

<b>Day Care Center Institutions</b>	<b>Day Care Home Institutions</b>
Susan Boyle at 860-807-2074 Celia Cordero at 860-807-2076 Benedict Onye at 860-807-2080	Celia Cordero at 860-807-2076

JF:sff

Attachments

Important: This is a numbered Connecticut State Department of Education (CSDE) operational memorandum that contains important program information. Please read carefully and retain in a binder for future reference. All CSDE operational memoranda are posted on the CSDE’s [Operational Memoranda for the CACFP](#) Web page.

## Options for Early Implementation of New Meal Pattern for Children

### FOR CHILD AND ADULT CARE FOOD PROGRAM (CACFP) CHILD CARE CENTERS AND FAMILY DAY CARE HOMES

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

The chosen option applies to **all age groups** enrolled at the CACFP institution. CACFP child care center sponsors with multiple centers must choose the **same option** for all centers. Family day care home sponsors must choose the **same option** for all family day care home providers. For more information, see CSDE [operational memo 13C-16 and 13H-16](#).

#### Meal Pattern for Children (Ages 1-12) \*

**OPTION 1 – Specific Provisions:** *These ten provisions of the updated CACFP meal pattern requirements for children are consistent with the current CACFP meal pattern for children, and can be implemented at any time prior to October 1, 2017, whenever feasible for the CACFP child care center or family day care home. CACFP sponsors can choose to implement **any or all** of the ten provisions of option 1.*

1. Prohibits flavored milk for ages 1-5.
2. Allows fat-free flavored milk for ages 6 and older.  
*Note: USDA best practice recommends serving only unflavored milk.*
3. Requires at least one daily serving of whole grain-rich foods. \*\*
4. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week.
5. Allows tofu and soy yogurt to credit as meat alternates. \*\*\*
6. Eliminates grain-based desserts from the grains component. \*\*\*\*
7. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce.
8. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.
9. Limits juice to no more than one meal per day, including snack.
10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.

**OPTION 2 – Entire Meal Pattern:** *These three provisions of the updated meal pattern requirements for children are inconsistent with the current CACFP meal pattern for children. CACFP sponsors may request approval from the CSDE to implement the **entire** updated meal pattern requirements (provisions 1-13) prior to October 1, 2017, including the ten provisions of option 1 and the three provisions of option 2.*

11. Allows juice to fulfill the entire vegetable component or fruit component.
12. Permits parents and guardians to provide one meal component for participants with nondisability medical or special dietary needs.
13. Extends offer versus serve to at-risk afterschool programs (*child care centers only*).

**OPTION 3 – No Changes:** *Continue to implement the current CACFP pattern for children without any changes through September 30, 2017, and begin full implementation of the new CACFP meal pattern (all 13 provisions of options 1 and 2) on October 1, 2017.*

\* Emergency shelters can serve children ages 18 and younger, and children of any age with disabilities. At-risk afterschool care centers can serve children ages 18 and younger.

\*\* Whole grain-rich foods are grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula.

\*\*\* Tofu must meet the requirements outlined in USDA Memo [SP 53-2016](#) and [CACFP 21- 2016](#).

\*\*\*\* Grain-based desserts are those items in USDA's [Food Buying Guide for Child Nutrition Programs](#) Exhibit A, which are denoted as desserts with superscripts 3 and 4. This includes cakes, cookies, sweet pie crusts, fruit turnovers, doughnuts, granola bars, grain-fruit bars, cereal bars, toaster pastries, sweet rolls, and brownies.

*Additional crediting guidance will be provided at the CSDE workshops beginning in fall 2016.*

### MEAL PATTERN RESOURCES

Child and Adult Care Food Program (CSDE):  
[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576)

Nutrition Policies and Guidance for CACFP Child Care (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326)

*Child and Adult Care Food Program Meal Pattern Revision: Best Practices* (USDA):  
[www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf)

Final Rule: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA):  
[www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf](http://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf)

Nutrition Standards for CACFP Meals and Snacks (USDA): [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks)

USDA Memo CACFP 14-2016: *Early Implementation of the Updated CACFP Meal Pattern Requirements and the NSLP and SBP Infant and Preschool Meal Patterns*:  
[www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool](http://www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool)

USDA Memo CACFP 15-2016: *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern*: [www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern](http://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern)



For more information contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at  
[www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinfant.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinfant.pdf).

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*To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:*

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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## Options for Early Implementation of New Infant Meal Pattern

### FOR CHILD AND ADULT CARE FOOD PROGRAM (CACFP) CHILD CARE CENTERS AND FAMILY DAY CARE HOMES

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

The chosen option applies to **all age groups** enrolled at the CACFP institution. CACFP child care center sponsors with multiple centers must choose the **same option** for all centers. Family day care home sponsors must choose the **same option** for all family day care home providers. For more information, see CSDE [operational memo 13C-16 and 13H-16](#).

#### Meal Pattern for Infants (0-11 Months)

**OPTION 1 – Specific Provisions:** *These five provisions of the updated CACFP infant meal pattern requirements are consistent with the current CACFP infant meal pattern, and can be implemented at any time prior to October 1, 2017, whenever feasible for the CACFP child care center or family day care home. CACFP sponsors can choose to implement **any or all** of the five provisions of option 1.*

1. Reimburses infant meals when the mother breastfeeds on site.
2. Allows yogurt, whole eggs, and ready-to-eat cereals with no more than 6 grams of sugar per dry ounce for developmentally ready infants.
3. Requires a vegetable or fruit, or both, to be served at snack for infants ages 6-11 months.
4. Eliminates fruit juice as a creditable component in the infant meal pattern.
5. Eliminates cheese food and cheese spread as creditable components in the infant meal pattern.

**OPTION 2 – Entire Meal Pattern:** *These three provisions of the updated CACFP infant meal pattern requirements are inconsistent with the current CACFP infant pattern. CACFP child care institutions and family day care home sponsors may request approval from the CSDE to implement the **entire** updated infant meal pattern requirements (provisions 1-8) prior to October 1, 2017, including the five provisions of option 1 and the three provisions of option 2.*

6. Requires breast milk and infant formula for infants from birth through 5 months.
7. Requires two age groups instead of three: 0-5 months and 6-11 months.
8. Requires solid foods to be gradually introduced around 6 months of age, as developmentally appropriate.

**OPTION 3 – No Changes:** *Continue to implement the current CACFP infant pattern without any changes through September 30, 2017, and begin full implementation of the new CACFP infant meal pattern (all eight provisions of options 1 and 2) on October 1, 2017.*

*Additional crediting guidance will be provided at the CSDE workshops beginning in fall 2016.*

## MEAL PATTERN RESOURCES

Child and Adult Care Food Program (CSDE):  
[www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576)

Nutrition Policies and Guidance for CACFP Child Care (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326)

*Child and Adult Care Food Program Meal Pattern Revision: Best Practices* (USDA): [www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf)

Final Rule: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA): [www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf](http://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf)

*NEW Child and Adult Care Food Program Meal Patterns: Infant Meals* (USDA): [www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_infantmealstandards.pdf](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_infantmealstandards.pdf)

Nutrition Standards for CACFP Meals and Snacks (USDA): [www.fns.usda.gov/cacfp/meals-and-snacks](http://www.fns.usda.gov/cacfp/meals-and-snacks)

USDA Memo CACFP 14-2016: *Early Implementation of the Updated CACFP Meal Pattern Requirements and the NSLP and SBP Infant and Preschool Meal Patterns*: [www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool](http://www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool)

USDA Memo CACFP 15-2016: *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern*: [www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern](http://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern)



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This handout is available at [www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinf.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinf.pdf).

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- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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