

OKLAHOMA STATE DEPARTMENT OF
EDUCATION
— CHAMPION EXCELLENCE —



CACFP Meal Patterns for Pre-K Students

- On April 25, 2016, the U.S. Department of Agriculture's Food and Nutrition Service (FNS) published the final rule "Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010" (81 FR 24348) to, in part, update the CACFP meal pattern requirements in 7 CFR 226.20 and the meal pattern requirements for infants and **preschoolers in the School Meal Programs** under 7 CFR 210.10 and 220.8. CNP operators must comply with these updated meal pattern requirements no later than October 1, 2017.





CACFP Meal Patterns for Pre-K Students

- USDA is allowing a transition period in recognition of the challenges associated with conforming to the updated requirements:
 - No flavored milk
 - Grain-based desserts cannot count
 - Breakfast cereals must contain no more than 6 grams of sugar per dry ounce
 - Yogurt must contain no more than 23 grams of sugar per 6 ounces



Transition Period for Pre-K

- What does the transition period for CNP operators implementing the updated CACFP meal patterns and the updated School Meal Programs' infant and **preschool meal patterns** mean?
- During Fiscal Year 2018, state agencies must provide **technical assistance in lieu of fiscal action** when they observe violations related to the updated meal pattern requirements, as long as CNP operators are making a good faith effort to comply with the updated requirements.



Meals & Food Components

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





Breakfast

- Three of the five food components:
 - Milk
 - Vegetable, fruit, or both
 - Grains



Lunch or Supper



- Five food components:
 - Milk
 - Meat/Meat Alternates
 - **Vegetables**
 - **Fruits**
 - Grains





Snack

- Select two of the five food components:
 - Milk
 - Meat/Meat Alternates
 - Vegetables
 - Fruits
 - Grains





13 through 18 Years

“This age group is designed for at-risk afterschool programs & emergency shelters **only.**”



A photograph of three items related to fluid milk: a tall glass bottle with a yellow cap, a tall glass filled with milk, and a small glass jar also filled with milk and containing a blue spoon. They are set against a light blue background.

Fluid Milk Component





Three to Five Year Olds

- Serve unflavored low-fat (1%) milk or fat-free (skim) milk
- Minimum serving sizes
 - 3-5 years – 6 fl oz or $\frac{3}{4}$ cup
- **Flavored milk is not reimbursable**



6 year olds +

- Serve unflavored or low-fat (1%) milk or **flavored** or unflavored fat-free (skim) milk
- Minimum serving sizes
 - 8 fl oz or 1 cup
- **Flavored Milk**
 - Serve **only** fat-free flavored milk
 - Adding syrup or flavored milk powder to fat-free plain milk **only**



Meat/Meat Alternates (M/MA)

Overview

- M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week
- Tofu credits as a meat alternate
- Yogurt, including soy yogurt, credits as a meat alternate



M/MA Meal Requirements

- **Breakfast:** May be served in place of the grains component a maximum of 3 times per week
- Increases variety on the menu
- Allows more flexibility when planning menus



Crediting Guidelines

- Serving m/ma in place of grains:
 - 1 oz of m/ma credits as 1 serving of grains
- Menu Example:
 - Cheese Omelet (Credits as the m/ma)
 - Fruit
 - Milk





“**Yogurt** must contain no more than 23 grams of total sugars per 6 oz...”



Yogurt and Added Sugar

- Some have higher sugar content than others
- Must contain **no more than 23 grams of total sugars per 6 oz**
 - Applies to all age groups
- **4 oz credits as 1 oz of meat alternate**



Nutrition Facts Label

- Helpful for identifying nutritious foods
 - i.e., Yogurt
- Found on packaged foods
- New Label required by July 2018

Original Label

Nutrition Facts

Serving Size 2/3 cup (55g)
Servings Per Container About 8

Amount Per Serving

Calories 230 Calories from Fat 72

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **12%**

Dietary Fiber 4g **16%**

Sugars 12g

Protein 3g

Vitamin A 10%

Vitamin C 8%

Calcium 20%

Iron 45%

* Percent Daily Values are based on a 2,000 calorie diet.
Your daily value 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
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Label

Nutrition Facts

8 servings per container

Serving size **2/3 cup (55g)**

Amount per serving

Calories **230**

% Daily Value*

Total Fat 8g **10%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 160mg **7%**

Total Carbohydrate 37g **13%**

Dietary Fiber 4g **14%**

Total Sugars 12g

Includes 10g Added Sugars **20%**

Protein 3g

Vitamin D 2mcg 10%

Calcium 260mg 20%

Iron 8mg 45%

Potassium 235mg 6%

* 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.





Yogurt Sugar Limits Chart

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams





Example:

Serving Size in Ounces

- Step 1: Find the Nutrition Facts Label on the package
- Step 2: Identify the serving size: **6 oz**
- Step 3: Find the amount for Sugars: **19 grams**

Nutrition Facts			
Serving Size 6 oz (170g)			
Servings Per Container 1			
Amount Per Serving			
Calories 140			
		% Daily Value*	
Total Fat	0g		0%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	0mg		0%
Potassium	0mg		0%
Sodium	65mg		3%
Total Carbohydrate	22g		7%
Dietary Fiber	1g		4%
Sugars	19g		
Protein	14g		28%
*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	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g





Example: Serving Size in Ounces (cont.)

Step 4: Find the Serving Size in the chart

- Serving size: 6 oz
- Total sugars: 19 grams

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits
2.25 ounces	64 grams	0-9 grams
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8 ounces	227 grams	0-31 grams



Other M/MA

- Nuts & seeds
- Dry beans and peas
- Eggs
- Cheese





Vegetable & Fruit Overview

- Most do not eat enough vegetables & fruits
- Often are prepared with added salt, sugar, solid fat, & refined starch
- Separates vegetable & fruit component into two components
- Limits the serving of juice to once per day



Separation of Vegetables & Fruits

- Breakfast: 1 food component
- **Lunch & Supper: 2 food components**
- **Snack: Optional**
 - 2 food components



Increase Vegetable Consumption

- **Lunch & Supper: A vegetable may be used to meet the entire fruit component**
- **Must be at least the same serving size as the fruit component it replaced**





Two Vegetable Types



- Must offer two different types of vegetables
 - i.e., two servings of carrots would not credit
- Selecting based on vegetable sub-groups is not required





Juice



- Great source of essential nutrients
- Lacks dietary fiber
- **May be served at one meal or snack per day**



Juice Blends & Purees

- **Credit as a fruit component or a vegetable component**
- **Contributes to the food component with the highest ingredient**
 - Fruit component: if it has more fruits than vegetables
 - Vegetable component: if it has more vegetables than fruits



A close-up photograph of various baked goods. In the foreground, there are several golden-brown bagels, some with seeds. Behind them, a stack of sliced bread with a dark crust and white interior, topped with sesame seeds, is visible. To the left, there are several soft, golden-brown rolls. The background shows more rolls and bread. The text "Grains Component" is overlaid in a semi-transparent box.

Grains Component





Grains Overview

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz
- Grain-based desserts no longer credit towards the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains starting October 1, 2019





“Whole Grain-Rich foods contains
100% whole grains, or at least 50% whole
grains, & the remaining grains in the food are
enriched...”





Meals & Whole Grain-Rich Foods

- **Each day, at least one meal or snack must include a whole grain-rich food**
- If a child care center only serves breakfast, the grain must be whole grain-rich
- If they serve breakfast, lunch, & snack, choose which meal to serve the whole grain-rich food





Reviews & Whole Grain-Rich Foods

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





Breakfast Cereals



- Source of added sugar
- Types: Ready-to-eat, instant, & regular hot cereal
- **Must contain no more than 6 grams of total sugar per dry oz**





Use WIC Approved Breakfast Cereal Lists

- **Choose breakfast cereal from **ANY** WIC Approved cereal list**
 - Meets the sugar limits for CACFP
 - All WIC approved breakfast cereals contains no more than 6 grams of sugar per dry oz
- **Federal Website:**
 - <http://www.fns.usda.gov/wic/wic-contacts>



Grain-Based Desserts

- Source of added sugars & saturated fats
 - Increases risk of chronic illnesses
- **Not creditable towards the grain component**




List of **SOME** Grain-Based Desserts

- Breakfast bars
- Brownies
- Cakes
- Cereal bars
- Cookies
- Doughnuts
- Granola bars



- Sweet piecrusts
- Sweet rolls
- Toaster pastries





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



Exhibit A (cont.)

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





Deep-Fat Frying

- **May not be used to prepare meals on-site**
 - Includes central and 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**





Offer Versus Serve



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



QUESTIONS?

Child Nutrition Programs

Oklahoma State Department of
Education

405-521-3327



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