

CHILD & ADULT MEAL PATTERN REQUIREMENTS



CACFP Meal Pattern Training FY2020

 **Welcome Activity**



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 **Purpose of the CACFP**

- Teaching participants healthy choices for the future
- Resources to support organizations to serve nutritious meals and snacks
- Support the healthy growth and wellness for all participants

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Agenda

- Learning Objectives
 - Meal Pattern Overview
 - Component Groups
 - Family Style Meals
 - Farm to Preschool

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Learning Objectives

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 - Meal Pattern Overview
 - Component Groups
 - Family Style Meals
 - Farm to Preschool

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Food Charts – Meal Patterns

Child Meal Pattern

Special Diets

Child Meal Pattern Requirements

Food Group	Age 1-2	Age 3-5	Age 6-11	Age 12-17
Meat	1.0 oz	1.5 oz	2.0 oz	2.5 oz
Bread	1.0 oz	1.5 oz	2.0 oz	2.5 oz
Vegetables	1.0 oz	1.5 oz	2.0 oz	2.5 oz
Fruit	1.0 oz	1.5 oz	2.0 oz	2.5 oz
Dairy	1.0 oz	1.5 oz	2.0 oz	2.5 oz
Grains	1.0 oz	1.5 oz	2.0 oz	2.5 oz

Adult Meal Pattern

Adult Meal Pattern Requirements

Food Group	Age 18-24	Age 25-34	Age 35-44	Age 45-54	Age 55-64	Age 65+
Meat	2.0 oz	2.5 oz	3.0 oz	3.5 oz	4.0 oz	4.5 oz
Bread	2.0 oz	2.5 oz	3.0 oz	3.5 oz	4.0 oz	4.5 oz
Vegetables	2.0 oz	2.5 oz	3.0 oz	3.5 oz	4.0 oz	4.5 oz
Fruit	2.0 oz	2.5 oz	3.0 oz	3.5 oz	4.0 oz	4.5 oz
Dairy	2.0 oz	2.5 oz	3.0 oz	3.5 oz	4.0 oz	4.5 oz
Grains	2.0 oz	2.5 oz	3.0 oz	3.5 oz	4.0 oz	4.5 oz

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 **Age Groups**

- 1-2 years
- 3-5 years
- 6-12 years
- 13-18 years
- Adults



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 **Breakfast**



Three (3) food components:

- Milk
- Vegetable, fruit, or both
- Grains (or Meat/Meat Alternates - max 3 times per week)

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 **Lunch or Supper**



Five (5) food components:

- Milk
- Meat/Meat Alternates
- Vegetables
- Fruits
- Grains

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 **Snack**

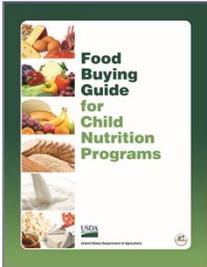
Select two of the five food components:

- Milk
- Meat/Meat Alternates
- Vegetables
- Fruits
- Grains



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 **USDA - Food Buying Guide**



On-line Version:
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Cell Phone Application Available
 Apple and Android Devices

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 **Learning Objectives**

- ✓ Meal Pattern Overview
- Component Groups
- Family Style Meals
- Farm to Preschool

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Fluid Milk – Minimum Servings

- Children:

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹ <small>(10-week transitional program & Emergency Shelters)</small>
Fluid Milk ²	1/2 cup	3/4 cup	1 cup	1 cup

- Adults:

Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	1 cup

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Fluid Milk - One-Year-Olds



- **Whole unflavored milk required at breakfast, lunch, & supper**
 - Higher fat content is needed for healthy growth & development
- Minimum serving size
 - 4 fl oz (½ cup)

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Fluid Milk - Transition Period

Transition period

- Whole milk to low-fat/fat-free milk
- 1 Month (Age 24 – 25 months)



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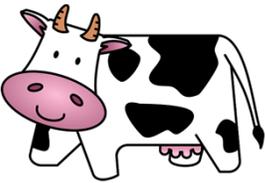
 **Breastmilk Past Age One**

- Allowed for children of any age
- Reimbursable:
 - If a parent/guardian provides expressed breastmilk
 - A mother breastfeeds her child on-site
- May be served in combination with other milk types for a reimbursable meal
 - i.e., mother brings ¼ cup for 1 year old, provider would supply ¼ cup whole unflavored milk for a total of ½ cup serving

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 **Fluid Milk - Two- to Five-Year-Olds**

- Unflavored (dairy & non-dairy)
- Low-fat (1%) or fat-free (skim) cow's milk
- Minimum serving sizes
 - 2 years – 4 fl oz or ½ cup
 - 3-5 years – 6 fl oz or ¾ cup



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 **Fluid Milk - 6 year olds +**

- Unflavored or Flavored low-fat (1%) or skim milk
- Flavored Milk may be:
 - Pre-mixed
 - Flavored syrup or powder added
- Minimum serving size
 - 8 Fl. Oz. or 1 cup

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Fluid Milk - Adult Participants Only

- Once per day, 6 oz (¾ cup) of yogurt may be served in place of fluid milk
- May not be substituted for fluid milk for children of any age
- Yogurt must contain no more than 23 grams of total sugars per 6 oz
- Credits for only one food component in a single meal

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Complete - Menu Production Record

A.M. SNACK <small>(Select 2 different components)</small> Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) Peaches	Canned- diced	1) 3 - #10 Cans
	2) Yogurt	Vanilla - "Brand Name" 13 g sugar / 8 oz 5oz. Size	2) 5 - 32 ounce containers
LUNCH 1) Milk, Fluid 2) Meat/Meat Alternate 3) Vegetable 4) Vegetable or Fruit 5) Grains	1) Milk	Frozen	1 1/2 gallons * W and 3 gallons * 1B
	2) Meatballs	Frozen w/Meatballs	2) 15 Pounds CN Label + Meatballs = 2 oz M/MA
	3) Mushroom Sauce	Frozen, regular rounds	3) CN Label: 1/8 Cup of Veg. Topping = 1/8 Cup of Veg.
	4) Tator tots	WG	4) 2 - 5 lb-bags
	5) Whole wheat bread		5) 2 - 20 ounce loaves

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Activity Packet

Request for Meal Accommodation

Meal pattern can be met with creditable substitutions

Allergy to a specific food (i.e. strawberries)

Substitutions for cows milk:
 - Nutritionally equivalent soy milks, acidified milk, lactose-free/reduced milk, buttermilk



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Handout

Milk Substitutions

USDA Approved Non-Dairy Substitutes:

NEBRASKA Non-Dairy Alternative Beverage - Child Care Department of Agriculture, Substitution Guidelines for Child Care Services	USDA Approved Plant-Based Milk	100% Certified Organic Plant-Based Milk	Unsweetened Almond Milk	Unsweetened Oat Milk	Unsweetened Soy Milk	Unsweetened Rice Milk	Unsweetened Cashew Milk	Unsweetened Coconut Milk
Calories	200	180	180	180	180	180	180	180
Protein	8	8	8	8	12	8	8	8
Total Fat	5	5	5	5	5	5	5	5
Saturated Fat	3.5	3.5	3.5	3.5	3.5	3.5	3.5	3.5
Cholesterol	0	0	0	0	0	0	0	0
Carbohydrate	36	36	36	36	36	36	36	36
Fiber	0	0	0	0	0	0	0	0
Sugars	22	22	22	22	22	22	22	22
Calcium	300	300	300	300	300	300	300	300
Iron	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5
Phosphorus	100	100	100	100	100	100	100	100
Sodium	20	20	20	20	20	20	20	20
Energy	120	120	120	120	120	120	120	120
Energy from Fat	45	45	45	45	45	45	45	45
Energy from Protein	36	36	36	36	36	36	36	36
Energy from Carbohydrate	39	39	39	39	39	39	39	39
Energy from Alcohol	0	0	0	0	0	0	0	0
Energy from Other	0	0	0	0	0	0	0	0
Energy from Saturated Fat	14	14	14	14	14	14	14	14
Energy from Trans Fat	0	0	0	0	0	0	0	0
Energy from Cholesterol	0	0	0	0	0	0	0	0
Energy from Fiber	0	0	0	0	0	0	0	0
Energy from Sugar	18	18	18	18	18	18	18	18
Energy from Other Carbohydrate	0	0	0	0	0	0	0	0
Energy from Alcohol	0	0	0	0	0	0	0	0
Energy from Other	0	0	0	0	0	0	0	0

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Handout

Medical Statement

- Required if a disability is determined
 - Intolerance or allergy to a food component
 - Impedes ability to meet meal pattern
- Must be signed by MD, DO, PA, APRN
- Sponsor required to provide substitute

NEBRASKA
Medical Statement for Child Care Services

This statement is required for children who are unable to consume the standard meal pattern due to a medical condition. It must be signed by a licensed medical professional (MD, DO, PA, APRN) and submitted to the sponsor of the child care program. The sponsor is responsible for providing an appropriate substitute for the standard meal pattern.

Name of Child: _____ Date: _____

Name of Medical Professional: _____ Title: _____

Signature of Medical Professional: _____ Date: _____

I, the undersigned, certify that the information provided is true and correct to the best of my knowledge and belief.

This statement is valid for 12 months from the date of issuance. It must be renewed if the child's condition changes or if the medical professional is no longer available.

This form is provided for informational purposes only. It is not intended to constitute an offer of insurance or any other financial product. For more information, please contact your insurance provider.

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Water

- Must be offered** and made available throughout the day
- Mealtimes: Water is not a part of a reimbursable meal
 - Cannot ask “do you want water or milk?”
 - May not be served in place of milk
 - May be offered alongside milk at meals or at snack



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 **Byproducts, Cereals & Extenders**

- Cereal
- Soy protein concentrate*
- Isolated soy protein*
- Sodium casein ate
- Starchy vegetable flour
- Vegetable starch
- Dry or dried whey
- Whey protein concentrate*
- Dried milk
- Soy flour*
- Wheat gluten
- Tapioca dextrin

*Indicates Alternate Protein Product – may be OK but not all created "equal" so MUST obtain product specification

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 **Turkey Bologna**

Is this Creditable?

Turkey Bologna Ingredients:

Mechanically separated turkey, water, corn syrup, salt, **modified food starch**, 2% or less of the following: potassium lactate, potassium acetate, sodium diacetate, flavorings, sodium phosphates, sodium erythorbate, sodium nitrite, dextrose, oleoresin of paprika

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 **M/MA – Breakfast**

Maximum of 3 times per week:

- Replaces grains component
 - Flexibility & variety in menu planning

←—————→ ←—————→

- Minimum Serving Sizes: (see subscripts)
 - 1 oz of m/ma credits as 1 serving of grains
 - 4 oz yogurt = 1 oz m/ma
 - 1/2 egg = 1 oz m/ma

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Meat Alternate - Tofu

- Must be commercially prepared
- Available in a variety of meat substitutes
- Must be easily recognized as meat substitute
 - Tofu patty vs. tofu noodles
- 5 g protein/2.2 oz (1/4 c.)
 - Must keep CN Label or PFS on file



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Meat Alternate - Yogurt

- Commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz. (½ cup) credits as 1 oz. of meat alternate
- Contain no more than 23 grams of total sugars per 6 oz serving**

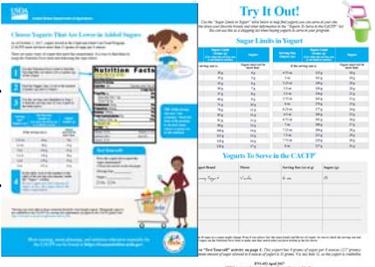


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Meat Alternate - Yogurt

Sugar limits by Serving Size

Write down selected options



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Handouts

Meat Alternate - Yogurt

Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies



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Combination Foods

Breaded meat items
– Chicken nuggets, Fish sticks, etc.

Mixed dishes or Commercially Prepared Foods
– Frozen pizza, Frozen burritos, Meatballs, etc.



Child Nutrition Label (CN) or Product Formulation Statement required for these foods.

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Combination Foods

CN Label/ Product Formulation Statement identifies:

- Quantity one serving provides for each food component represented
- Food components
Meat/Meat Alternate, Vegetable, Grain



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Combination Foods Documentation

Commercially prepared or combination food items without a CN label or Product Formation Statements **are not creditable**

Must keep CN labels on file

CN labels must be updated in your files annually
- Why? Formulations and recipes are updated frequently

Document date the CN label was retrieved from the food item package

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Test your Knowledge

How many would you need to serve to a 3-5 year old @ lunch?

Lunch/Supper – Minimum Servings
1.5 ounces Meat/Meat Alternate
¼ Cup of Vegetables

Four 0.70 Full Cooked Beef Meatballs with Mushrooms provide **2.00 oz Equivalent Meat/Meat Alternate**, and when served with **1/8 Cup Vegetable topping**, provide **1/4 Cup other Vegetable** for Child Nutrition Meal Pattern Requirements.

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Test your knowledge

How many pieces of popcorn chicken have to be provided to a 1 year-old?

Lunch/Supper – Minimum Servings
1.0 ounce Meat/Meat Alternate
0.50 ounce Grain



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Meats / Meat Alternates

Non-Creditable Meat/Meat Alternates

- Imitation cheese or cheese **products**
- Canned cheese sauce or meat sauce
- Powdered cheese
- Cheese soup
- Bacon, pepperoni



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Complete - Menu Production Record

A.M. SNACK <small>(Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains</small>	1) Peaches 2) Yogurt	Canned- diced Vanilla - "Brand Name" 13 g sugar / 8 ozs Sfg. Sfg.	1) 3 - #10 Cans 2) 5 - 32 ounce containers
LUNCH <small>(Select 2 different components) Milk, Fluid Meat/Meat Alternate Vegetable Vegetable or Fruit Grains</small>	1) Milk 2) Meatballs 3) Mushroom Sauce 4) Tator tots 5) Whole wheat bread	Frozen Frozen w/Meatballs Frozen, regular rounds WG	1) 1/2 gallons "W" and 3 gallons "L" 2) 15 Pounds CN Label + Meatballs = 2 oz M/M 3) CN Label: 1/8 Cup of Veg. topping = 1/8 Cup of Veg. 4) 1 - 5 lb-bag 5) 2 - 20 ounce loaves

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Break



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Fruits / Vegetables

Separate components

Acceptable forms:

- Fresh
- Frozen
- Canned (not home-canned)
- Dried
- Pasteurized 100% Juice



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Fruits & Vegetables

- Breakfast: 1 food component
– Fruit, vegetable or combination
- Lunch & Supper: 2 components
– 1 Vegetable & 1 Fruit or 2 vegetables
- Snack: Optional
– 2 food components
(*Not* two fruits or two veggies)



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Fruits & Vegetables - Lunch

Minimum Servings Required

Food Components and Food Items	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ¹ <small>(At-Risk after-school programs & Emergency Shelters)</small>
Vegetables ^{3,8}	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits ^{3,8}	1/8 cup	1/4 cup	1/4 cup	1/4 cup

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Fruits & Vegetables

- Expose participants to a wide variety
- Utilize fresh home grown fruits/ vegetables
- Use fruits canned in juice or light syrup



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Fruits & Vegetables

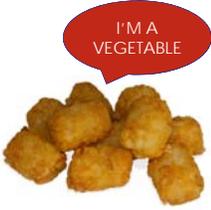


Do Not ...

- Count cooked dried beans/peas as a vegetable & a meat/ma
- Display personal distaste
- Withhold fruit as a dessert

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Fruits & Vegetables



Do Not ...

- Serve 2 forms of the same fruit/vegetable
 - Mashed potatoes & Tater-tots
 - Applesauce & Apple Juice

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Juice



- Pasteurized 100% Juice
- **Allowed on menu once daily**
 - If served for AM, cannot serve at PM
- Fruits pureed for smoothie count as juice

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Juice Blends & Purees

- **Credit as a fruit component or a vegetable component**
- Contributes to the food component with the highest ingredient (Fruit/vegetable)
- Made entirely of fruits/vegetables



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Fruits & Vegetables

- 1 c. leafy greens = ½ c. serving of veggies
 - Spinach, lettuce, kale
- ½ c. cooked greens = ½ c. veggie
 - Collard greens
- ¼ c. dried fruit = ½ c. serving of fruit
 - Raisins, dried cranberries



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Complete - Menu Production Record

BREAKFAST 1) Milk, Fluid 2) Vegetable, Fruit or Juice 3) Grains (by weight) Or Meat/Meat Alternative (limit 3x week)	1) Milk 2) Oranges 3) Eggs	Fresh- medium Large- Scrambled	1) 1/2 gallons * $\frac{1}{2}$ and 3 gallons * $\frac{1}{2}$ 2) 45 medium oranges 3) 4 dozen large eggs
A.M. SNACK (Select 2 different components) Milk, Fluid Vegetable, Fruit, or Juice Meat or Meat Alternate Grains	1) Peaches 2) Yogurt	Canned- diced Vanilla -Brand Name* 13 g sugar / 8 ozg Syg. Size	1) 3 - #10 Cans 2) 5 - 32 ounce containers

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Grains



- All grains must be made from **enriched** or **whole grains**
- The amount of **whole grain** determines whether a grain credits as whole grain-rich (WG)
- At least 1 serving of grains per day must be whole grain-rich
- If only one meal/snack is served per day the grain must be a whole grain

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Whole Grains

“**Whole Grain-Rich** foods contains 100% whole grains, or the first grain ingredient must be whole & the next two grains in the food are whole or enriched...”

Disregard grain derivatives
(i.e. cornstarch)



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Whole Grain Key Words

- Whole Durum flour
- Whole Wheat Flour
- Whole Grain Corn Flour
- Graham Flour
- Cracked Wheat
- Bromated Whole Wheat Flour
- Millet Flakes
- Quinoa
- Brown Rice/Wild Rice
- Bulgur
- Whole Grain Barley
- Whole Wheat Pasta
- Whole Grain Noodles
- Amaranth
- Oats (Quick Cooking; Instant & Steel Cut)
- Whole Corn Masa, Whole Corn Meal, Whole Corn Flour

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Fortified Grains

- Fortified grains are creditable
 - Vitamins and minerals added to grain
- Does not need to say “enriched” in first ingredient

←—————→

- Example: “rice, sugar, contains less than 2% or less of salt & malt flavor; vitamins and minerals: iron, vitamin C, vitamin E, niacin, vitamin A, vitamin B6, vitamin B1, vitamin B2, folic acid, vitamin B12, vitamin D3”

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Grains

Preparing homemade grains:

- WG if weight of whole grains is equal to or more than the weight of the other grains

←—————→

- Example:
Bread contains 3 grain ingredients
 - ½ c. enriched wheat flour (50% of grain weight)
 - ¼ c. whole-wheat flour (25% of grain weight)
 - ¼ c. whole oats (25% of grain weight)



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 **Test Your Knowledge**

Is this whole grain rich?

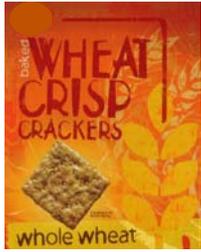
Ingredients: Whole-Wheat Flour, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.

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 **Test your Knowledge**

Is this a Whole Grain?

Ingredients: Whole Wheat Flour, Canola and/or Soybean and/or Palm Oil with TBHQ added to preserve freshness, Sugar, Corn, Malted Barley Syrup, Invert Sugar, Leavening (Calcium Phosphate and/or Baking Soda) Color (Annatto Extract and Oleoresin Turmeric) Sodium Sulfite.



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 **Test your Knowledge**

Is this a Whole Grain?

Ingredients: Unbleached enriched flour (Wheat flour, Niacin, Reduced Iron, Thiamine Mononitrate (Vitamin B¹), Riboflavin (Vitamin B²), Folic Acid), Whole Grain Wheat Flour, Soybean Oil, Sugar, Partially Hydrogenated Cottonseed Oil, Leavening (Calcium Phosphate and/or Baking Soda) Salt, High Fructose Syrup, Soy Lecithin.



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Test your Knowledge

Is this a Whole Grain?

Ingredients: Whole Wheat, Degermed Yellow Corn Meal, Enriched Flour (Wheat Flour, Niacin, Iron, Thiamin Mononitrate, Riboflavin, Folic Acid), Vegetable Oil (Soybean, Canola, and/or Rice Bran), Sugar. Contains 2% or less of Salt, Rye, Flour, Maltodextrin, Yeast, Spices, Color added, Dextrose, Distilled Monoglycerides, Baking Soda, Trisodium Phosphate, Yellow Corn Flour, Calcium Carbonate, Autolyzed Yeast, Dried Onion, Dried Garlic, Hydrolyzed Soy Protein, Barley Malt Syrup, Citric Acid, Disodium Guanylate, Natural Flavor, Freshness Preserved by BHT.



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Test your Knowledge

Is this a Whole Grain?

Ingredients: Semolina (Wheat), Durum, Wheat Flour.

Vitamins/Minerals: Vitamin B³ (Niacin), Iron (Ferrous Sulfate), Vitamin B¹, Vitamin B², Folic Acid

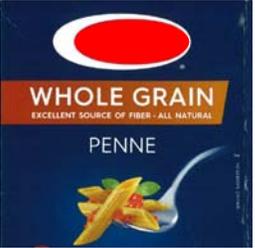


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Test your Knowledge

Is this a Whole Grain?

Ingredients: Whole Grain Durum Wheat Flour.



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Test you Knowledge

Is this a Whole Grain?

Ingredients: Whole Wheat Flour, Water, Wheat Gluten, Sugar, Yeast, Soybean Oil, Salt, Molasses, Wheat Bran, Calcium Propionate (preservative), datem, monoglycerides, calcium sulfate, cellulose gum, monocalcium phosphate, cornstarch, soy lecithin, citric acid, grain vinegar, potassium iodate.



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Activity Packet

Test you Knowledge

Is this a Whole Grain?

Ingredients: Enriched Wheat Flour [flour, malted barley flour, reduced iron, niacin, thiamin, mononitrate (vitamin B¹) riboflavin (vitamin B²)] Water, Whole Grain Wheat Flour, Sugar, Yeast, Wheat Gluten, cellulose fiber, calcium sulfate, salt, soybean oil, preservatives (calcium propionate, sorbic acid), monoglycerides, soy flour, datem, grain vinegar, citric acid, soy lecithin, vitamin D³, potassium iodate.



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Activity Packet

Grains – Combination Foods

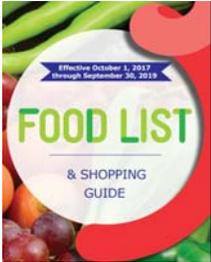


Examples of Combination Foods:
 ➤ Pizza, Burrito, Chicken Tenders, etc.

CN Label/PFS or a standardized recipe is required to credit towards meeting the meal pattern

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Grains – Breakfast Cereals



- Types: Ready-to-eat, granola, instant, & regular hot cereal
- Must contain no more than 6 grams of total sugar per dry oz**
- Use WIC Approved Grains & Breakfast Cereals List
http://dhhs.ne.gov/publichealth/Documents/WIC_Approved_Food_List.pdf

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Handout

USDA – Cereal Guidelines

Sugar limits listed by serving sizes →

Write down selected options →



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Handout

Test your Knowledge



Nutrition Facts
Serving Size – ¾ Cup (32g)
Sugars - 6g

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Activity Packet

 **Grains – Menu Production Records**

- NDE will review menus, labels, & product information

Keep Product Labels, Nutrition Facts information & ingredient lists!

- When a whole grain-rich food is not served:
 - The meal or snack containing a grain with the lowest reimbursement will be disallowed
 - E.g., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed

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 **Menu Production Records**

Documentation Requirements include:

- Number of meals planned for each (on top)
- Each food prepared and served to meet meal pattern
- Fat content of each milk served (Whole, 1%, Skim)
- Total quantity & weight based on purchase units (e.g. gallons, cans, etc.) for each food

Handout

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 **Menu Production Records**

Documentation Requirements include:

- Brand names for yogurt & cereals and their sugar content per serving size
- Grains are to be recorded using ounce equivalent, whole grains are to be identified with WG
- Combination foods or commercially prepared foods are to include information provided by CN label or PFS

Software? = Actual food quantities must be recorded/written in manually

Handout

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Popcorn

Popcorn

- Whole Grain
- Limit use of salt, cheese & butter

NDE

- Sweet toppings not allowed
- Not recommend for children under 5

Choking Hazard!

Popped Corn	Grain Ounce Equivalent
¾ Cup	¼ ounce
1 ½ Cups	½ ounce
3 Cups	1 ounce



Memo CACFP 10-2019

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Learning Objectives

- ✓ Meal Pattern Overview
- ✓ Component Groups
- ✓ Whole Grains
- Family Style Meals
- Farm to Preschool

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Family-Style Meal Service



- Sufficient quantities of all required food components must be **placed on each table** where each participant is sitting
- Children & adults **must** be allowed to serve themselves

Memo CACFP 05-2017

FY2020 CACFP Meal Pattern Training

 Family-Style Meal Service

- **Actively** encourage each participant to **serve themselves** the **full** portion of each food component



FY2020 CACFP Meal Pattern Training Memo CACFP 05-2017

 Family-Style Meal Service

- Smaller portions
- Eat less
- Less plate waste
- Social skills & cooperation
- Develop fine motor skills
- Modeling opportunities
- Less mealtime distress



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 Family-Style Meal Service

- You'll need proper equipment
 - Smaller pitchers, serving bowls, utensils
- Staff set examples of willingness to try new foods
 - Avoid displaying personal distaste
- Engage in conversation
 - Tastes, textures, colors and shapes of foods
 - Feelings of hunger v. fullness
- **Remember:** Must prepare at least minimum required portions and have plates, **cups**, bowls that allow service of the minimum required portion



CACFP Meal Pattern Training FY2020

Learning Objectives

- ✓ Meal Pattern Overview
- ✓ Component Groups
- ✓ Family Style Meals
- Farm to Preschool

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Farm to Preschool

- An extension of the national Farm to School movement
- Started with gardening and connecting farms to schools
- Includes growing edible school/center gardens, serving local foods, cooking activities with kids, field trips, taste tests, and nutrition education

Farm to Preschool is a WIN, WIN, WIN!



Win for Children



Win for Farmer



Win for Communities

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Farm to Preschool

<https://www.education.ne.gov/NS/CACFP/F2Preschool/index.html>

Welcome to Nebraska Farm to Preschool




NE Farm to Preschool Toolkit

<small>GETTING STARTED</small>	<small>WHERE TO BUY LOCAL</small>	<small>WHAT'S IN SEASON</small>
<small>PRODUCE PICK SPOTLIGHT</small>	<small>MENU PLANNING</small>	<small>FEATURED FARMER</small>
<small>GARDENS/ EDUCATIONAL ACTIVITIES</small>	<small>POLICY</small>	<small>OTHER RESOURCES</small>

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 Closing Activity



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 Certificates



Thank You!
Please pick up your certificate

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