



# Child and Adult Meal Pattern Requirements Training

# Welcome to the Child and Adult Meal Pattern Requirements Training!



# Lesson Overview

- Complete participant & trainer introductions
- Review the purpose & some general changes
- Explore the training topics & the general schedule





**Activity: Define Training Success**



# Logistics

- Ground rules
- Breaks
- Restroom location
- “Bike Rack” for questions

## CACFP in the Last 50 Years

- Source for nutritious meals & snacks
  - Infants, children, & adults
- Shift in nutritional needs & eating habits



# Purpose of the Update

- Address the current health status of children & adults
- Align the CACFP meal patterns with the *Dietary Guidelines for Americans*
- Help children develop healthy eating habits
- Safeguard the wellness of adult participants





# Child & Adult Meal Pattern Requirements Overview

- Wider varieties of protein options
- Greater varieties of vegetables & fruits
- More whole grains
- Less added sugar & saturated fat



# Meal Patterns Previous vs. Updated

# How many food components?



# Meals & Food Components

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



A high-angle photograph of three business professionals in a meeting. A woman with blonde hair in a white blouse is on the left, pointing at a document. A woman with brown hair and glasses in a light blue blouse is in the center, looking at the document. A man with dark hair and glasses in a light blue shirt is on the right, holding a pen and pointing at the document. The document is a form with various fields and text. A white semi-transparent banner with the text 'Grains Component?' is overlaid across the middle of the image.

# Grains Component?

# Grains Component

- Name Change – Breads and Grains to Grains
- Ounce Equivalents



# Age Groups

1–2 years

3–5 years

6–12 years

13–18 years

Adults





# Training Overview

- Connect the previous with the updated requirements
- Highlight previously implemented policies
- Explore policies effective October 1, 2017



# Comprehensive Pre-Assessment

# Lesson: Milk Component Updates



A hand in a pink sleeve is reaching for a white milk carton on a shelf in a grocery store. The background shows rows of similar milk cartons on shelves, with various colored caps (red, blue, orange) visible. The scene is brightly lit, typical of a supermarket.

# Milk Component Overview

- More defined age groups for milk
- Yogurt is a substitute for milk (adults only)
- Nondairy milk substitutes for those with medical/special dietary needs

# Updates & Benefits

- Right type & amount
- Promotes healthy eating habits





# Lesson Objectives

- Classify the milk component requirements for each age group
- Summarize the two ways for managing milk substitutions
- Recall the requirement for serving water in CACFP settings

# Pre-Assessment





TRUE



FALSE

## Activity: Team Quiz



# Breast Milk Past 12 Months

- May be served to children of any age
- Reimbursable
  - If a parent/guardian provides expressed breast milk
  - A mother breastfeeds her child on-site

# Breast Milk Past 12 Months (cont.)

- May be served in combination with other milk types
- Example: Mother brings  $\frac{1}{4}$  cup for 1-year-old, provider would supply  $\frac{1}{4}$  cup whole unflavored milk for a total of  $\frac{1}{2}$  cup serving
- Breast milk & whole milk do not need to be mixed

# 1 Year Olds

- Most 1 year olds need whole milk
  - Provides higher fat content
- Whole unflavored milk is required at breakfast, lunch, & supper
  - Optional at snack
- Serve 4 fl oz ( $\frac{1}{2}$  cup) of unflavored whole milk



# Transition Period

- One-month transition period is allowable
- 12 months to 13 months
  - Switch from infant formula to whole milk
- 24 months to 25 months
  - Switch from whole milk to low-fat(1%) or fat-free (skim) milk
  - May serve whole milk or reduced-fat (2%) milk



## 2 to 5 Year Olds

- Serve unflavored low-fat (1%) milk or fat-free (skim) milk
- Minimum serving sizes
  - 2 years
    - 4 fl oz ( $\frac{1}{2}$  cup) at meals/snacks
  - 3–5 years
    - 6 fl oz ( $\frac{3}{4}$  cup) at meals
    - 4 fl oz ( $\frac{1}{2}$  cup) at snacks
- Flavored milk is not reimbursable



# 6 Year Olds +

- Minimum serving sizes
  - 8 fl oz or 1 cup
- Creditable types
  - Low-fat (1%), flavored or unflavored
  - Fat-free (skim), flavored or unflavored
- Flavored milk options
  - Commercially prepared
  - Flavored milk powder, syrup, or straws



# Yogurt & Adult Participants Only

- Once per day, 6 oz ( $\frac{3}{4}$  cup) of yogurt may be served in place of fluid milk
- Sugar Limit: No more than 23 grams of total sugars per 6 oz
- Credits for only one food component in a single meal



# **Activity: Milk Component Requirements**

# Milk Substitutions

- Allowed for non-disability medical or special dietary need
- Medical statement is not required if nutritionally equivalent to cow's milk
- Request must be made in writing



**“Medical statements ... required when a disability calls for a nondairy beverage that is not nutritionally equivalent to cow’s milk ...”**

# What to Look For

- Detailed information about the participant's disability
- Foods to omit
- Alternate food items
- Prescribed & signed by a State recognized medical authority



# What to Look For (cont.)

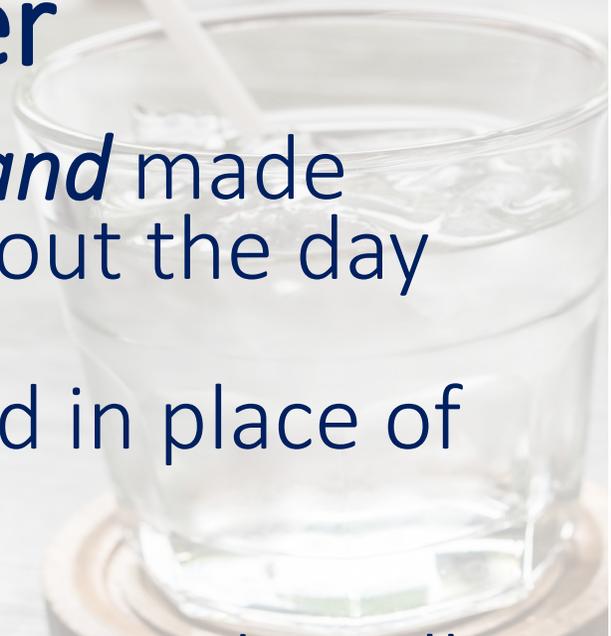
- Review it carefully
- Request additional information, if necessary
- Policy Memo: CACFP 14-2017 Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program



# **Activity: Revisiting Medical Statements**

# Water

- Must be offered *and* made available throughout the day
- May not be served in place of milk
- May be offered alongside milk at meals or at snack



# Flavoring Water

- Fruits, vegetables, & herbs for added flavor
- Plain, potable water must be available
- Commercially flavored water not allowed
- Flavorings are not creditable for any food component





**Video:**  
**Tips for Drinking More Water**

# Lesson Conclusion

- Updated requirements for milk and each age group
- Two ways for managing milk substitutions
- New requirements for serving water



Put Your

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into

**A** **C** **T** **I** **O** **N**

**Activity: Apply in Three**



# Post-Assessment

# Lesson: Meats & Meat Alternates Component Updates



# Meats/Meat Alternates (M/MA) Overview

- Optional: At breakfast, serve M/MA a maximum of 3 times per week
- Tofu and soy yogurt credit as meat alternates
- Yogurt sugar limit: 23 grams of sugar per 6 ounces





# Lesson Objectives

- Select M/MA to serve in place of the grains component
  - Recall the three requirements for using tofu & soy yogurt
  - Select yogurt products that meet the CACFP sugar limit
- 

# Pre-Assessment





**Activity: Sticky Bank**

# M/MA at Breakfast

- Breakfast: May be served in place of the grains component a maximum of 3 times per week
- Menu Example:
  - Cheese Omelet (Credits as the M/MA)
  - Fruit
  - Milk
- Increases variety in the menus

# Crediting Guidelines

- Serving M/MA in place of grains:
  - 1 oz of M/MA credits as 1 ounce equivalent of grains
- Example: 2 year olds & cheddar cheese



# Ounce Equivalent

- 1 oz eq of M/MA credits as 1 oz eq of grains
- A way to measure amounts of food
- 1 oz eq of M/MA credits as:
  - 2 tablespoons of peanut butter
  - ½ of a large egg
  - 1 oz of lean meat, poultry, or fish



**Activity: Breakfast Ideas with Meats & Meat Alternates**



## Tofu & Soy Yogurt

- Credit as a M/MA for child & adult meals
- Do not credit toward reimbursable meals for infants



# WHAT IS TOFU?

# Tofu C.E.F.

- Commercially prepared
- Easily recognized as meat substitute
- Five grams of protein



# Commercially Prepared

- Must be commercially prepared tofu & soy yogurt
- Non-commercial or non-standardized are not creditable
  - Example: homemade tofu



# Recognized as Meat Substitutes

## CREDITABLE

- Tofu links & tofu sausages
- Tofu pieces in a salad
- Tofu cubes in a stir fry
- Tofu omelets
- Tofu miso soup

## NOT CREDITABLE

- Tofu noodles: Credit as a grain component
- Smoothies with soft or silken tofu: Adds texture
- Baked desserts with soft or silken tofu: Adds texture

# Five Grams of Protein

- Tofu must contain 5 grams of protein per 2.2 ounces ( $\frac{1}{4}$  cup) by weight
- Locating products
  - Nutrition Facts label
  - Child Nutrition (CN) Label
  - Product Formulation Statement





## **Activity: Serving Tofu & Soy Yogurt**

# Yogurt

- 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



# Nutrition Facts Label

- Helpful for identifying nutritious foods
  - Example: Yogurt
- Found on packaged foods
- Changes to label

## Original Label

<b>Nutrition Facts</b>			
Serving Size 2/3 cup (55g)			
Servings Per Container About 8			
Amount Per Serving			
<b>Calories</b> 230	Calories from Fat 72		
			<b>% Daily Value*</b>
<b>Total Fat</b> 8g			<b>12%</b>
Saturated Fat 1g			<b>5%</b>
Trans Fat 0g			
<b>Cholesterol</b> 0mg			<b>0%</b>
<b>Sodium</b> 160mg			<b>7%</b>
<b>Total Carbohydrate</b> 37g			<b>12%</b>
Dietary Fiber 4g			<b>16%</b>
Sugars 12g			
<b>Protein</b> 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

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
Amount per serving	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 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.	

# Key Terms

- Serving Size
  - Number of servings in a package
  - Unit: ounces, cups, per container, etc.
- Sugars or Total Sugars
  - Amount per serving
  - Means the same thing

## Nutrition Facts

Serving Size 6 oz (170g)

Servings Per Container 1

Amount Per Serving

**Calories** 140

	% Daily Value*
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Potassium</b> 0mg	<b>0%</b>
<b>Sodium</b> 65mg	<b>3%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein</b> 14g	<b>28%</b>

\*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

## Table Method: Yogurt

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
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

# Table Method Steps

- Step 1: Find the Serving Size, in ounces (oz) or grams (g): **6 oz**
- Step 2: 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	

# Table Method Steps (cont.)

- **Step 3:** Find the serving size in the Sugar Limits Table
- **Step 4:** Look at the number to the right of the serving size, under the “Sugar Limit” column
  - Serving size: 6 oz
  - Total sugars: 19 grams

Yogurt Sugar Limits Table		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
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

# Is It Creditable?

**Yes**, it is creditable—  
19 grams is between  
0-23 sugar limit!

Yogurt Sugar Limits Table		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
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

# Serving Size in Grams

Serving size:  
½ cup (85g)

Sugars: 19 grams

Not Creditable

19 grams is not between  
0-11 sugar limit

Yogurt Sugar Limits Table		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
1 ounce	28 grams	0–4 grams
1.5 ounces	43 grams	0–6 grams
2 ounces	57 grams	0–8 grams
2.5 ounces	71 grams	0–10 grams
3 ounces	85 grams	0–11 grams
4 ounces	113 grams	0–15 grams

# Activity: Yogurt, Is It Creditable?



# Using Yogurt

- Use commercial yogurt products only
- Soy yogurt is a dairy-free option
- 4 oz credits as 1 oz of meat alternate
- Adults only:
  - Yogurt may be used as a milk substitute or meat alternate



# Non-Creditable Yogurt Products

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



# Other M/MA

- Nuts & seeds
- Dry beans & peas
- Eggs
- Cheeses



# Lesson Conclusion

- Optional: At breakfast, serve M/MA a maximum of 3 times per week
- Tofu & soy yogurt credit as a meat alternate
- Yogurt sugar limit: 23 grams of sugar per 6 ounces



Put Your

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into

**A** **C** **T** **I** **O** **N**

**Activity: Apply in Three**



# Post-Assessment

A top-down view of a variety of fresh fruits and vegetables arranged on a white surface. The items include several carrots, cherry tomatoes, avocados (one sliced), lemons, grapefruit halves, bananas, a kiwi slice, a butternut squash, red bell peppers, ginger, and fresh basil. A brown paper grocery bag is visible at the bottom center, partially filled with the produce. A semi-transparent white box with a thin border is overlaid on the left side of the image, containing the text.

# Lesson: Vegetable & Fruit Component(s) Updates

# Vegetable & Fruit Component(s) Overview



- Findings:
  - Most do not eat enough vegetables & fruits
  - Often 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



# Lesson Objectives

- Recall the requirements for separating the vegetable & fruit component
- Describe the meaning of limiting juice to once per day

# Pre-Assessment



# Separation of Vegetable & Fruit

- 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
  - Example: two servings of carrots would not credit, but corn & green beans would
- Selecting based on vegetable subgroups is not required

# 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





# Activity: Recall That Phrase



# Juice

- Great source of essential nutrients
- Lacks dietary fiber, major source of sugar
- May be served at one meal or snack per day
  - Extra item, not encouraged

# Juice & Different Groups

Served to only  
**1 group**

Morning Group  
AM Snack

Afternoon Group  
PM Snack

# Juice & Different Shifts

Serve to all participants at a  
**single meal or snack**

Shift: 1:30

Shift: 2:00

Shift: 2:30



**Activity: Juice, Does It Comply?**

# Lesson Conclusion

- Fruit & vegetable component
  - Single component at breakfast
  - Separate components at lunch, supper, & snack
- Juice is limited to once per day



Put Your

**P** **L** **A** **N**

into

**A** **C** **T** **I** **O** **N**

**Activity: Apply in Three**



# Post-Assessment

# Lesson: Grains Component Updates



# Grains Component 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 do not credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains

# Ounce Equivalents Requirement

## Resources

- State agency or sponsor
- USDA's Using Ounce Equivalents for Grains in the CACFP Training Worksheet
- ICN's Serving-Up Grains in the CACFP training



# Lesson Objectives

- Describe the requirements for serving a whole grain-rich item as part of a reimbursable meal
  - Recall four ways to determine if a grain product meets the whole grain-rich criteria
  - Use two methods for selecting breakfast cereals that contain no more than 6 grams of sugar per dry ounce
  - Recall at least five creditable alternatives to grain-based desserts
- 

# Pre-Assessment





# Whole Grain-Rich

“... 100% whole grains, **or** at least 50% whole grains, & the remaining grains are enriched ...”

# Key Terms – Grains

- Whole: contains the bran, germ, & the endosperm
- Refined: milled, removing the bran & germ
- Enriched: nutrients are added back to the refined grain
- Fortified: additional vitamins & minerals are added to product

# Whole Grain-Rich Foods at Meals & Snacks

- Each day, at least one meal or snack must include a whole grain-rich food
- Option to choose between breakfast, lunch, or snack
- Exception: If serving **snacks only**, no whole grain-rich food is required, unless a grain is served
  - Example: at-risk afterschool programs

# Documentation & Whole Grain-Rich Foods

- Document whole grain-rich foods on menu
  - “Whole wheat” bread
  - “Whole grain-rich” English muffins
  - English muffins “whole grain-rich”
- Check with your State agency or sponsor for additional requirements



# Reviews & Whole Grain-Rich Foods

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

# Revisit the Whole Grain-Rich Requirement

- What is the whole grain-rich requirement?
- If only serving snacks, such as an at-risk afterschool program, what is the requirement for serving whole grain-rich foods?
- Which meal or snack is disallowed if a whole grain-rich food is not served?
- What is one other requirement you learned in this portion of the lesson?

# Determining Whole Grain-Rich Products Methods

- WIC-Approved Whole Grain Food
- Labeled as “Whole Wheat” and has a FDA Standard of Identity
- FDA Whole Grain Health Claim
- Meets the FNS Rule of Three
- Meets the Whole Grain-Rich criteria for the NSLP
- Proper documentation from a manufacturer or a standardized recipe



# Use WIC-Approved Grains Food List

- Special Supplemental Nutrition Program for Women, Infants, & Children (WIC) food lists
- Choose whole grains from ANY State's WIC Approved list



# FDA Standard of Identity

- Whole wheat breads & pastas only
- Contains specific grain ingredients to be labeled as “whole wheat”
- Must list the exact product name



# Products Without a Standard of Identify

- May not be used on products without a Standard of Identity
  - Example: crackers, tortillas, bagels, & biscuits
- Watch for tricky wording
  - “whole grain”
  - “made with whole grains”
  - “made with whole wheat”
  - “contains whole grains”

# Whole Grain Health Claims

“Diets rich in whole grain foods & other plant foods & low in total fat, saturated fat, & cholesterol may reduce the risk of heart disease & some cancers.”

**OR**

“Diets rich in whole grain foods & other plant foods, & low in saturated fat & cholesterol, may help reduce the risk of heart disease.”

# Rule of Three

WHOLE GRAIN-RICH

```
graph LR; A[WHOLE GRAIN-RICH] --- B[First Ingredient is a whole grain]; A --- C[Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ]; A --- D[Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ];
```

First Ingredient is a whole grain

Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

# English Muffins

INGREDIENTS: WHOLE WHEAT FLOUR,  
WATER, ENRICHED WHEAT FLOUR,  
WHEAT STARCH, YEAST, SUGAR, AND SALT.

Yes, it is whole grain-rich

# Corn Chips

INGREDIENTS: WHOLE CORN, VEGETABLE OIL, SALT, CHEDDAR CHEESE, MALTODEXTRIN, **WHEAT FLOUR**, ROMANO CHEESE, WHEY PROTEIN CONCENTRATE.

No, it is not whole grain-rich

# Mixed Dishes

## CHEESE PIZZA CRUST

INGREDIENTS: MOZZARELLA CHEESE, PARMESAN CHEESE, WHITE WHOLE WHEAT FLOUR, BROWN RICE FLOUR, ENRICHED FLOUR, NON-FAT MILK, WATER, TOMATO PASTE, YEAST

First GRAIN Ingredient is a whole grain

Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

# Flour Blends

## BREAD

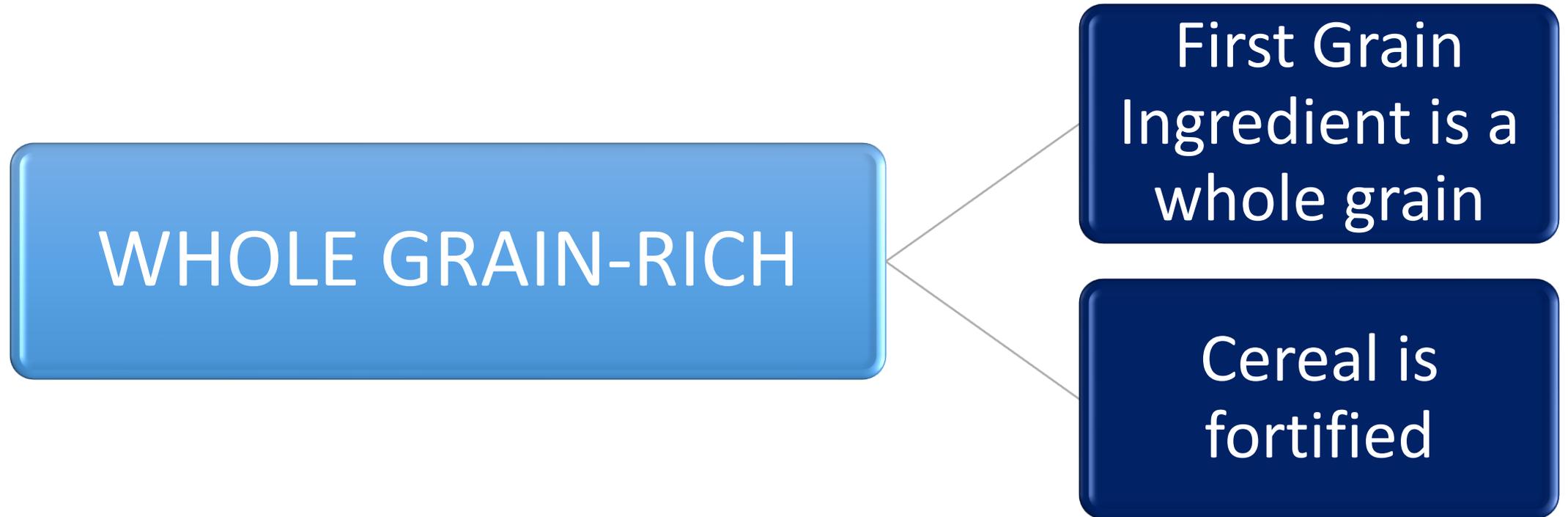
INGREDIENTS: FLOUR BLEND  
(WHOLE WHEAT FLOUR, BROWN  
RICE FLOUR, WHOLE GRAIN OAT  
FLOUR), WATER, FLOUR BLEND  
(WHOLE RYE FLOUR, ENRICHED  
WHEAT FLOUR, WHEAT BRAN),  
YEAST, SALT

First INGREDIENT consists  
of only whole grains

Second GRAIN Ingredient (IF  
ANY) consists of whole grains,  
enriched grains, brans, or  
germs

Third GRAIN Ingredient (IF  
ANY) consists of whole grains,  
enriched grains, brans, or  
germs

# Whole Grain-Rich Cereal





**Activity: Rule of Three – Is It Whole Grain-Rich?**

# Whole Grain Stamps

Cannot be used to determine a grain to be whole grain-rich for the CACFP





# 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

# Selecting Creditable Breakfast Cereals

WIC-Approved  
Breakfast Cereals List

Table Method



# Use WIC-Approved Breakfast Cereal Lists

- Meets the sugar limits for the CACFP
- All WIC approved breakfast cereals contain no more than 6 grams of sugar per dry oz

**Website:** [www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts)



# Table Method: Breakfast Cereal

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 140g	<b>280%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Breakfast Cereal Sugar Limits	
Serving Size	Sugar Limit
If the serving size is:	Sugars cannot be more than:
0–2 grams	0 grams
3–7 grams	1 gram
8–11 grams	2 grams
12–16 grams	3 grams
17–21 grams	4 grams
22–25 grams	5 grams
26–30 grams	6 grams
31–35 grams	7 grams



# Grain-Based Desserts

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



# Exhibit A: Grain Requirements for Child Nutrition Programs

- Superscripts 3 & 4:
  - Grain-based dessert – not creditable
  - Example: breakfast bars, brownies, cakes, cereal bars, cookies, etc.
- Superscript 5:
  - Sweet cookies – graham crackers and animal crackers
  - Creditable





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

# Exhibit A (cont.)

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



# Grain-Based Desserts & Special Occasions

- Annual festival, birthday celebrations, end-of-year bash, or other special events
- May be served as an additional item only





**Activity: Speed Grains**

# Lesson Conclusion

- 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 do not credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains

Put Your

**P** **L** **A** **N**

into

**A** **C** **T** **I** **O** **N**

**Activity: Apply in Three**



# Post-Assessment

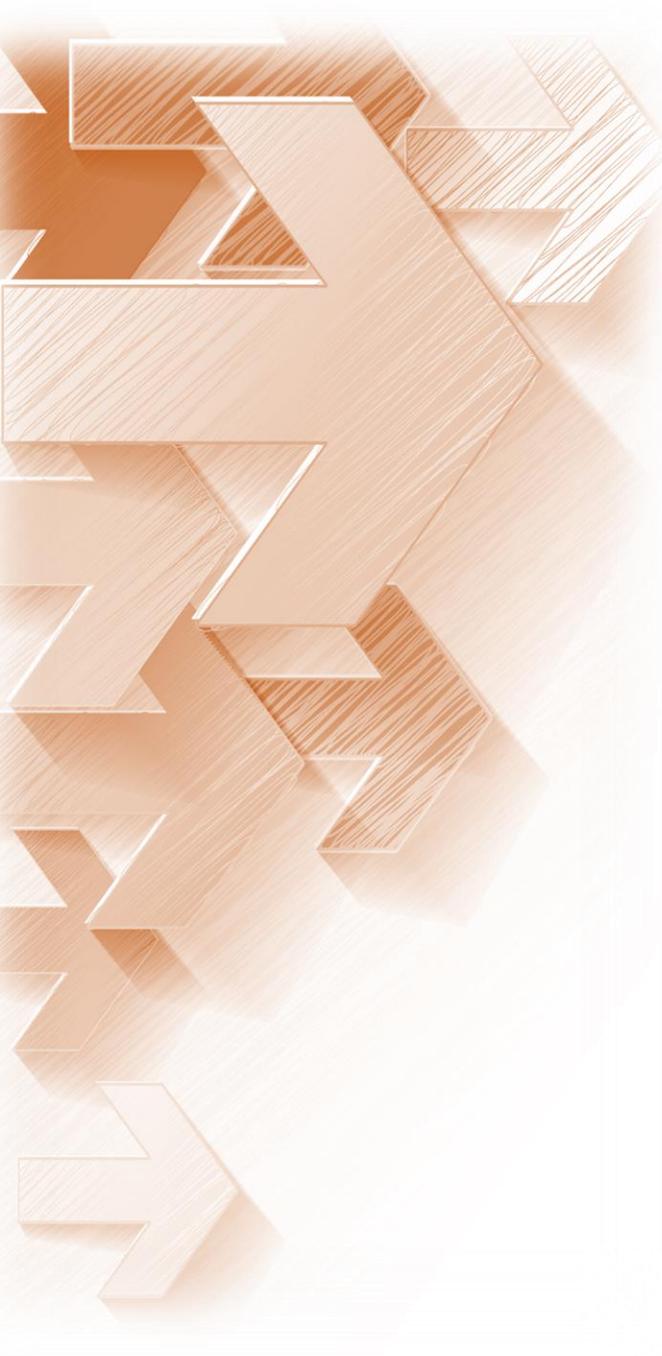
# Lesson: Child & Adult Meal Service Updates



# Meal Service Overview

- Explore additional measures for serving nutritious meals
  - Elimination of deep-fat frying on-site
  - Family style meal service
  - Using offer versus serve in at-risk afterschool programs





# Lesson Objectives

- List at least four cooking methods for preparing nutritious meals
- Summarize two types of meal services for serving meals in the CACFP
- Identify at least three strategies for avoiding rewards & punishment during mealtimes

# Pre-Assessment





# Deep-Fat Frying

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





# Preparing Nutritious Foods

# Types of Meal Service in the CACFP

- Meal service impacts what participants eat
- Meal service types:
  - Family Style
  - Offer Versus Serve (OVS)
  - Pre-plated meals





# “Family Style Meal Service

(FSMS) allows children & adults to serve themselves from common serving bowls & platters of food ...”

Supervising adults may provide assistance as needed



# Benefits of FSMS

- Promotes social, emotional, & motor skills
- Encourages children to try new foods
- Provides control over eating for children & adults

A photograph of several young children sitting around a wooden table, eating and drinking. One child is eating a slice of orange, another is drinking from a blue sippy cup, and another is holding a green cup. The table is set with colorful plates, cups, and a large platter of snacks including oranges, crackers, and pretzels. The scene is brightly lit and appears to be in a classroom or playroom setting.

# Meal Pattern Requirements & FSMS

- Optional, but highly encouraged
- Some children may need to develop necessary skills
  - Example: passing, pouring, serving
  - Allow time to practice each skill

# FSMS Guidelines

- Place enough food at each table to provide the required portions
  - Children, adults, & supervising adults (optional)
- Example: 3 children (3–5 years) & 1 supervising adult
  - Minimum serving size is  $\frac{1}{4}$  cup for sliced apples
  - Place 1 cup of sliced apples in shared bowl
  - Includes  $\frac{1}{4}$  cup for supervising adult

# Juice & Milk

- Participants must be allowed to serve themselves food components
- Optional for children & adults to serve themselves juice or milk
- Supervising adults must serve the required minimum serving size



# Portion Amount

- Children & adults may take smaller portions
- Actively encourage participants to take the full serving
- If the food is refused, do not force
  - Meals are reimbursable as long as all food components are offered



# Supervising Adults & FSMS

- Supervising adult meals are not reimbursable
- Cost of adult meals is an allowable expense



SHOUT IT OUT!  
FSMS





# Offer Versus Serve

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

# Benefits of Using OVS

- Operators may serve food pre-portioned or directly
- Participants may decline one or two of the food components or items
- May not be used for snacks



# OVS Key Terms

- Food component: one of the five food categories that make up a reimbursable meal
- Food item: a specific food offered within the food components
- Combination food: contains more than one food item from different food components that cannot be separated

# Serving Meals OVS

- Allowed at breakfast, lunch, & supper
- OVS is not allowed at snack
  - Two components



# OVS at Breakfast

- Offer four different food items, in the minimum serving sizes
  - Milk
  - Vegetable & fruit
  - Grain
  - One food item from the meat/meat alternate component **or** one additional item from the fruit & vegetable component **or** grains component

# Reimbursable OVS Breakfast

- Participants must take at least three different food items
- Sample option
  - ½ cup bananas
  - ½ cup strawberries
  - 1 serving whole grain pancakes
  - 1 cup (8 oz) of fluid milk



## OVS at Lunch & Supper

- Offer at least one food item from each of the five food components
  - Milk
  - Meat/meat alternate
  - Vegetable
  - Fruit
  - Grain

# Reimbursable OVS Lunch or Supper

- Participants must take at least three food components
- Sample option
  - 2 ounces Parmesan Chicken
  - ½ cup fruit salad
  - ¼ cup broccoli
  - 1 cup pasta
  - 1 cup (8 oz) of fluid milk



**Activity: OVS: Is It Reimbursable?**

# Reward & Punishment

- Negative effect on development & socialization
- Rewards may lead to cavities & weight gain
- Punishment may cause overeating
- Not allowed in CACFP facilities

# Forcing Children to Eat

- Causes children to eat more than they need
- Fail to listen to hunger cues
- Increases risk of being overweight
- Not allowed in CACFP facilities





## **Activity: Meal Service Tips**

# Lesson Review

- Approved methods for preparing food
- Meal services
  - Family Style Meals
  - Offer Versus Serve



Put Your

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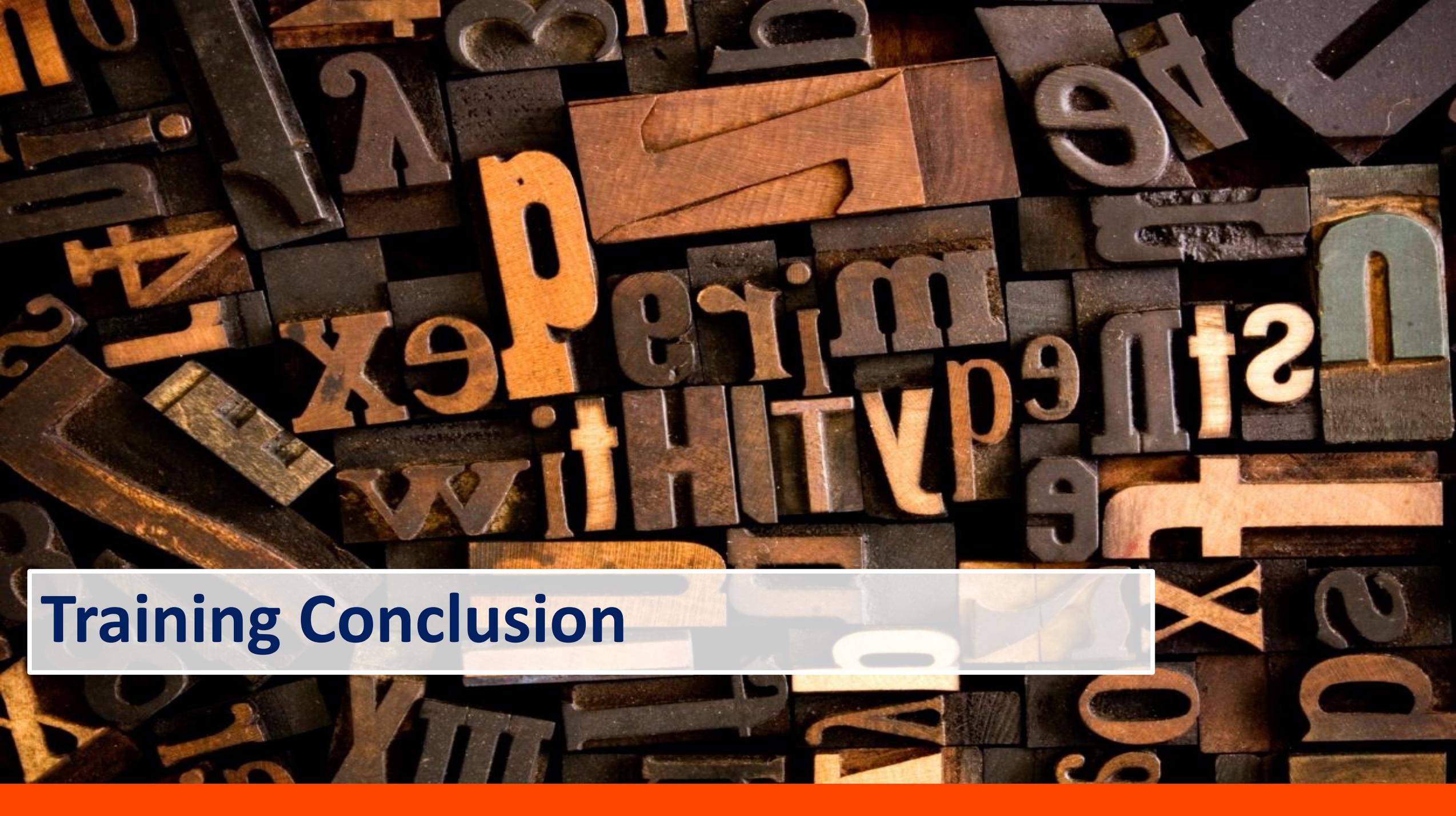
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**Activity: Apply in Three**



# Post-Assessment



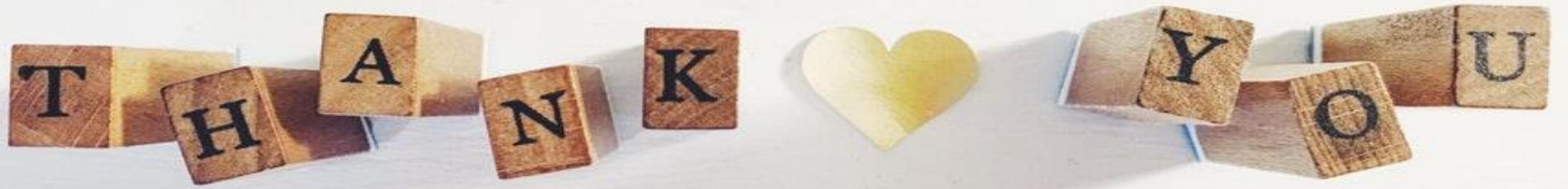
# Training Conclusion



# Training Summary

- CACFP Meal Pattern Updates
  - Components
  - Meal Service
- Apply in Three: Action plans for implementation





**Post-Assessments, Evaluations, & Certificates**



I N S T I T U T E O F

*child nutrition*

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