

# Meal Pattern Food for a Healthy Community

## MODULE ONE

### TRAINING OUTLINE

1 Hour Continuing Education Credit (CACFP Professionals Certification Specialties 1 and 2)

At the completion of training, participants will:

- 1) Be more familiar with New Meal Pattern requirements.
- 2) Walk away with solutions and answers to their concerns regarding implementation of the New Meal Patterns.
- 3) Be able to find the New Meal Pattern in the 2019 NCA Nutrition Calendar.



TIME	ACTIVITY	MATERIALS NEEDED
5 minutes	Intro game: on a blank sheet of paper, ask participants to either work individually or with a partner to list as many of the New Meal Pattern requirements as they can in 3 minutes. After the specified amount of time, read the actual requirements. Whoever gets the most correct wins a prize.	<ul style="list-style-type: none"><li>• Blank paper</li><li>• Meal Pattern Information</li><li>• Small prize for winner(s)</li></ul>
5 minutes	Discuss the New Meal Pattern. Make sure that everyone is familiar with the guidelines. This should be a review and not an introductory training.	<ul style="list-style-type: none"><li>• New Meal Pattern Requirements</li><li>• Meal Pattern Information</li></ul>
40 minutes	Carousel Activity	<ul style="list-style-type: none"><li>• New Meal Pattern: Carousel Activity Instructions</li><li>• Chart paper</li><li>• Markers</li><li>• New Meal Pattern Information Sheet</li><li>• 2019 NCA Nutrition Calendar</li></ul>
10 minutes	Conclusion <ol style="list-style-type: none"><li>1. What are your expectations as a provider/sponsor?</li><li>2. Questions?</li></ol>	

# Meal Pattern Food for a Healthy Community

## MODULE ONE

The Child and Adult Care Food Program (CACFP) was established in 1968. Since its inception there have been no major changes to the original meal requirements until the Healthy, Hunger Free Kids Act of 2010. The purpose of CACFP is to ensure that children and adults have access to healthy, balanced meals and snacks throughout the day. As an effort to continue with this purpose and to align with new best practices, updated scientific research and suggestions by the American Academy of Pediatrics, the new meal pattern guidelines have been updated and became effective October 1, 2017.

### NEW MEAL PATTERNS: COMMUNITY MAP KEY

#### INFANTS

- 1 | Two age groups instead of three: 0-5 months and 6-11 months.
- 2 | Only breastmilk or formula is served through 5 months, solid foods are gradually introduced as appropriate starting at 6 months.
- 3 | A vegetable or fruit or both is required to be served at snack as developmentally ready starting around 6 months.
- 4 | Cheese and cottage cheese are allowable, cheese food and spreads are not.
- 5 | Ready to eat cereals are allowable for snacks around 6 months of age as developmentally appropriate, but must meet sugar requirement (no more than 6 grams sugar per dry ounce).



#### CHILDREN/ADULTS

- 1 | Vegetables and fruits are now separate components at lunch/supper and snack, vegetables and fruits are combined at breakfast.
- 2 | Juice (100%, pasteurized) is limited to once per day.
- 3 | Eat at least one whole grain-rich serving per day across all eating occasions.
- 4 | Ounce equivalents are used to determine the amount of creditable grains (October 1, 2019).
- 5 | Grain based desserts are no longer allowed.
- 6 | Meat/meat alternates may be served in place of the grain requirement at breakfast no more than three times/week.
- 7 | Tofu (firm) counts as a meat alternate.
- 8 | Serve breakfast cereals and yogurts within required sugar limits (cereals are no more than 6 grams per dry ounce and yogurt no more than 23 grams per 6 ounce).

#### THE BUILDING PLAN

Each month the 2019 NCA Nutrition Calendar highlights one of the New Meal Pattern requirements. Along with the requirement, snack suggestions and recipes are provided for all twelve months.

Let's look at the highlighted meal pattern for October. As a best practice, we know that lean meats, nuts, and legumes should be served to meet the meat and meat alternatives requirements. The nutrition note tells us about the importance of iron in the body which comes from protein. This information is tied together with a protein rich meal recipe for lunch or dinner and snack suggestions including protein such as: boiled eggs, turkey and hummus.

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### HEALTHY COMMUNITY FABULOUS FOUR



**WHOLE GRAIN** eaten as part of a healthy diet has been shown to reduce different types of chronic diseases such as coronary heart disease and constipation. In addition, they provide important nutrients like fiber, B vitamins and minerals. The New Meal Pattern requirements state that providers must serve a whole grain-rich item at least once throughout all eating occasions every day.

Knowing what to look for on the label is the first step in meeting the new requirement. Whole grain should be listed as the primary ingredient or the second ingredient, only after water. Examples of whole grain ingredients include: whole wheat, brown rice, wild rice, oatmeal, bulgur, whole grain corn, and quinoa. Products that are listed as 100% whole grain are definitely good choices, but remember labels can be deceiving. Even if a label says multigrain or made with whole grains, it still may not contain enough whole grain to be considered whole grain-rich.

Providers have the option to serve the whole grain-rich item at any meal or snack throughout the day. It does not always have to be at the same time. In one week, a provider could serve a whole grain-rich snack, the next day serve a whole grain-rich cereal at breakfast, and the following a whole grain-rich pasta at lunch. This allows for providers to serve whole grain-rich with variety for the children. In March, April, and August on the 2019 NCA Nutrition Calendar, you can find serving suggestions for whole grain-rich items.

#### WHOLE GRAIN TIPS

- 1) For homemade recipes, combine white flour with whole wheat flour until the children are fully accustomed to the new taste of whole grain. When cooking with corn meal, swap out for whole corn meal. You can also use white whole wheat flour with the same nutrients as whole wheat flour, but with the lighter color that children may prefer.
- 2) Experiment and have taste tests with the children. Try different brands and serving suggestions for whole grain-rich products and recipes. What do the children like the best?
- 3) Include learning about whole grains in your lesson plans at meal times and during games and activities.

#### NOTES

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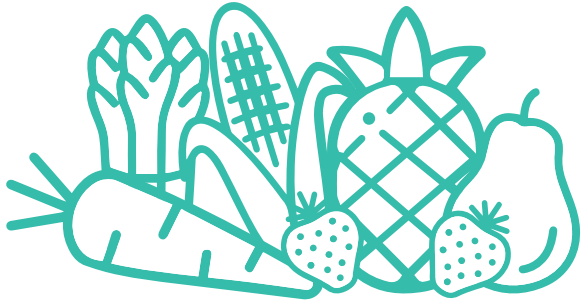
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WHOLE GRAIN

# Meal Pattern Food for a Healthy Community

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### HEALTHY COMMUNITY FABULOUS FOUR



**FRUITS AND VEGETABLES** are superfoods packed with essential vitamins and minerals. By eating a diet rich in fruits and vegetables, many diseases such as heart disease, type II diabetes, high blood pressure and certain types of cancer can be prevented.

The New Meal Pattern components separate the categories of fruits and vegetables. However, they can be combined at breakfast but must remain separate components at both lunch and snack.

### IS IT A FRUIT OR A VEGETABLE?

This is an age-old question, but with the new guidelines, quite important. The New Meal Pattern will be based on the culinary definition which is defined by whether the food is typically used in a savory or sweet dish. Savory will be counted as a vegetable, while sweet will be considered a fruit. Tomatoes and avocados based on this, would be a vegetable.

### VEGGIE AND FRUIT TIPS

- 1) Serve a variety of fruits and veggies. When seasonal fresh fruits and vegetables are not an option, choose canned, frozen or dried.
- 2) When purchasing canned fruits, look for canned in water or 100% juice.
- 3) Be aware of added sugars in canned, frozen, and dried fruits and vegetables.
- 4) Involve the children. Whether it is growing fruits and vegetables in the garden or asking kids to help prepare food in the kitchen, when children are involved they are more willing to try new foods.
- 5) Make fruits and vegetables available and easy for children to eat.

### NOTES

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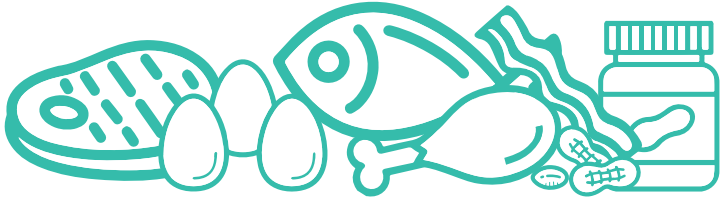
Find lots of recipes throughout the 2019 Nutrition Calendar that are focused on fruits and vegetables.

FRUITS & VEGGIES

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### HEALTHY COMMUNITY FABULOUS FOUR



# PROTEIN

Eating a variety of meats will provide children with protein, B vitamins, and minerals helping their bodies grow and protect the brain, heart, and nervous systems. There are so many varieties of meats to choose from and even more ways to prepare the dishes. If a child does not like one thing, there are many other options to try!

Often if we ask children to be involved in the process and try to make food fun, there will be more success of having the children eat the food we are serving. Where developmentally appropriate, ask the children to help in the kitchen. You can create silly, fun names for different dishes with the children and ask them what their favorites are. Check out the months of June and October in the NCA Nutrition Calendar for a tasty, protein packed recipe.

Serve one of these options either grilled, roasted, baked, poached, boiled or broiled:

Meat	Beef, ham, pork, lean luncheon meats
Poultry	Chicken, duck, goose, turkey
Seafood	Catfish, tilapia, salmon, flounder, tuna, halibut, shellfish
Meat/ Meat Alternates	Eggs, yogurt, cheese, cottage cheese, dry beans and peas, certified soy products, nuts and seeds

### NOTES

# Meal Pattern Food for a Healthy Community

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### HEALTHY COMMUNITY FABULOUS FOUR

# LESS SUGAR

While sugar is a natural substance found in healthy foods like fruit, milk, yogurt, and cheese, we should limit the amount of added sugar we serve and consume. Added sugars are often consumed in beverages, desserts, and the jams and syrups we use at breakfast.

When considering the food you are serving, always look at the ingredients first. If you see items such as corn syrup, nectars,

**HELPFUL WORKSHEET**  
on page 51

brown sugar, high fructose corn syrup, and dextrose try to find an alternative, healthier item to serve. Remember, yogurt cannot have more than

23 grams of sugar per 6 ounce serving and cereal cannot have more than 6 grams of sugar per dry ounce.

Birthdays and special occasions are often celebrated with foods that have added sugar and if consumed in minimal amounts, it is always a delicious added treat. However, you can make daily substitutions when it is not a special occasion. Try these suggestions and check out the month of January for more tips.

INSTEAD OF...	TRY...
Sodas, Sweetened Beverages	Water or low-fat, fat-free milk, 100% fruit juice
Dessert	Fruit
Sweetened Snacks, Packaged Foods	Plain yogurt, unsweetened applesauce, frozen fruit, 100% fruit bars
Sweetened Cereals	Cereals with little or no added sugar, whole grain-rich cereals, oatmeal with fruit
Jam or Jelly	100% fruit spread
Fruit Snacks	Raisins or other low sugar dried fruit

### NOTES

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### MEAL PREP

One of the keys to healthy eating and a way to avoid quick, but sugar-heavy snacks is to plan your menu and prep ahead of time. Buy healthy foods in bulk and make single serving snack containers that are easy to grab and go. This can become the “go to” instead of the easy, but unhealthy, sugary snacks.

# Meal Pattern Food for a Healthy Community

## CAROUSEL ACTIVITY

**OBJECTIVE** Participants will be able to question, find solutions and give ideas for each New Meal Pattern.

**MATERIALS** New Meal Pattern Carousel Activity Instruction Sheet, chart paper, markers (one color per group), Meal Pattern Information Sheet, 2019 NCA Nutrition Calendar

### INSTRUCTIONS

- 1) On separate sheets of chart paper write a New Meal Pattern requirement at the top. Try to choose requirements that your providers might consider more difficult.
- 2) Draw the following graphic organizer on each chart paper below the listed meal pattern. The columns will be labeled 1 question, solution suggestion, 1 recipe idea.
- 3) Divide your participants into groups. Ideally you would like as many groups/partners as you have chart papers. If you have less groups, you will just do more rotations. Assign each group a starting poster.
- 4) Each group will have a different color marker. When they get to their poster, they will have a couple of minutes to discuss and write their answers to fill in the graphic organizer. They can comment or make emojis for previous answers. They can use the 2019 NCA Nutrition Calendar and information sheet as tools. The first group may or may not have a suggestion for the question they write. Following groups will add suggestions to the previous questions.
- 5) Teams rotate to all of the posters, adding to what was written by previous teams. Play music during each rotation for more fun.
- 6) When finished, participants can do a gallery walk or go over as a group. Take a photo of your chart to take back and share with your team.
- 7) For debrief, ask participants what their favorite suggestion was, address the most common questions, ask what they found the most interesting or what they are still concerned about.

MEAL PATTERN REQUIREMENT		
1 Question	Suggestion	1 Recipe

**NOTES** \_\_\_\_\_  
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\_\_\_\_\_  
\_\_\_\_\_

# Meal Pattern Food for a Healthy Community

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### ADDITIONAL ACTIVITIES



#### HEALTHY RECIPE SWAP

Everyone can bring in their favorite creditable, healthy recipe that follows the New Meal Patterns and have a recipe swap.

HELPFUL TOOL  
on page 52



#### BRAINSTORM

Brainstorm a variety of whole grain-rich breakfast, lunch, supper, and snack ideas. Work together to plan a menu for a whole week or month that meets the whole grain-rich requirement of one serving per day. You can repeat for fruits, vegetables, and meat/meat alternate.

#### OPEN DISCUSSION

Discuss with your providers their biggest concerns regarding the New Meal Patterns. Ask how you, as a sponsor, can help.



#### HOME GARDEN

Fruits and vegetables are always a priority in a healthy diet and they are now separate components in the New Meal Pattern. Many providers grow home gardens. Ask them to share their stories of creating a home garden or have a garden expert come in and help get your providers started on a garden of their own.

**Don't have a lot of room for a garden?** Try some growing snap peas along your fence line or tomatoes in 5 gallon buckets. Here are some more small garden ideas:



- |                   |                |
|-------------------|----------------|
| Raised Garden Bed | Window Box     |
| Wall Planters     | Planter Boxes  |
| Strawberry Pots   | Garden Ladder  |
| Hanging Baskets   | Teepee Trellis |

### NOTES

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# QUIZ Meal Pattern Food for a Healthy Community

1. TRUE OR FALSE? Cottage cheese, cheese food and spreads are NOT allowable under the new meal patterns.

\_\_\_\_\_ TRUE      \_\_\_\_\_ FALSE

2. What are three of the new meal patterns listed for children and adults?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

3. Why are whole grain-rich foods important?

\_\_\_\_\_

4. What should the first ingredient be when looking at a label for whole grain-rich?

\_\_\_\_\_

5. TRUE OR FALSE? A provider must serve the whole grain-rich at lunch or dinner every day.

\_\_\_\_\_ TRUE      \_\_\_\_\_ FALSE

6. Please list three examples of acceptable meat alternates.

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

7. Which month has a recipe with a fruit or vegetable as the main ingredient?

\_\_\_\_\_

8. TRUE OR FALSE? The fruit and vegetable component can be combined at any meal or snack during the day.

\_\_\_\_\_ TRUE      \_\_\_\_\_ FALSE

9. What is an acceptable substitute for sweetened snacks or packaged foods listed in the training module?

\_\_\_\_\_

10. What is a snack suggestion that is #cacfpcreditable in June?

\_\_\_\_\_

# CERTIFICATE OF COMPLETION

2019 COMMUNITY HELPERS: GOOD PEOPLE EVERYWHERE TRAINING



This certifies that

\_\_\_\_\_  
Provider Name

Has studied the following training module of the NCA 2019 Nutrition Calendar  
and has completed the training quiz for

**Meal Pattern Food for a Healthy Community**

Total Training Time \_\_\_\_\_

(Quiz must be completed for certificate to be valid.)

\_\_\_\_\_  
Executive Director

\_\_\_\_\_  
Sponsoring Agency

\_\_\_\_\_  
Date of Completion

\_\_\_\_\_  
Workshop Location

## How to identify if a cereal is within the Sugar Limit:

Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.

### 1 WIC Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

\* confirm with your states WIC approved cereal list.

### 2

Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar." The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

#### ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
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
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams

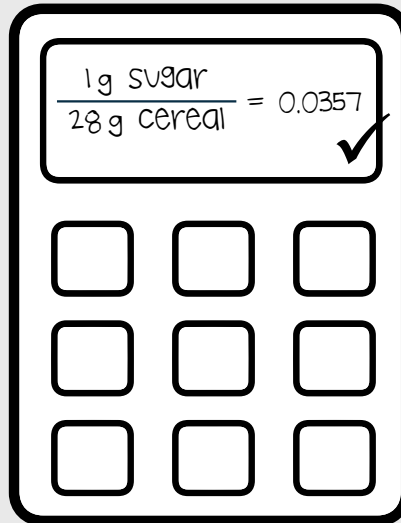
(<https://www.fns.usda.gov>)

### 3

Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

- 1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
- 2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



**GRAMS OF SUGAR PER SERVING** if  $\leq 0.212$   
**GRAMS OF CEREAL PER SERVING** it is creditable

### Example Cereal

#### Nutrition Facts

Serving Size 1 cup (28g)  
 Children Under 4 - 1/2 cup (21g)  
 Serving Per Container about 20

Amount Per Serving	Dry	with 1/2 cup skim milk	Cereal for Children Under 4
<b>Calories</b>	100	150	80
Calories from Fat	15	20	10
% Daily Values **			
<b>Total Fat 2g*</b>	3%	3%	1.5g
Saturated Fat 0.5g	3%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
<b>Cholesterol 0mg</b>	0%	1%	0mg
<b>Sodium 140 mg</b>	6%	8%	105mg
<b>Potassium 180 mg</b>	5%	11%	135g
<b>Total Carbohydrate 20g</b>	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Soluble Fiber 1g			0g
Sugars 1g			1g
Other Carbohydrate 16g			12g
<b>Protein 3g</b>			2g

	% Daily Values **		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	2%	10%	2%
Niacin	25%	25%	35%
Vitamin B <sub>6</sub>	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B <sub>12</sub>	25%	30%	30%
Phosphorus	10%	20%	8%
Magnesium	8%	10%	10%
Zinc	25%	30%	30%

\* Amount in cereal. A Serving of cereal plus skim milk provides 2g total fat, less than 5mg cholesterol, 200mg sodium, 380mg potassium, 26g total carbohydrate (7g sugars), and 8g protein.

\*\* 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	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.




# Helpful Tools

Use these recipe cards to write down and share all the great recipe ideas that meet the New Meal Patterns and are CACFP Creditable.




recipe \_\_\_\_\_

ingredients	directions	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

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recipe \_\_\_\_\_

ingredients	directions	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	
_____	_____	

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# QUIZ Meal Pattern Food for a Healthy Community

1. TRUE OR FALSE? Cottage cheese, cheese food and spreads are NOT allowable under the new meal patterns.

TRUE  FALSE

2. What are three of the new meal patterns listed for children and adults?

- a. *Answers will vary* \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_

3. Why are whole grain-rich foods important?

*Reduce chronic diseases such as heart disease and constipation, provide fiber, B vitamins and minerals*

4. What should the first ingredient be when looking at a label for whole grain-rich?

*Whole grain or second only after water*

5. TRUE OR FALSE? A provider must serve the whole grain-rich at lunch or dinner every day.

TRUE  FALSE

6. Please list three examples of acceptable meat alternates.

- a. \_\_\_\_\_ *Any of the following answers are acceptable: Eggs,*
- b. \_\_\_\_\_ *yogurt, cheese, cottage cheese, dry beans and peas,*
- c. \_\_\_\_\_ *certified soy products, nuts and seeds*

7. Which month has a recipe with a fruit or vegetable as the main ingredient?

*February, April, June, July, September or August*

8. TRUE OR FALSE? The fruit and vegetable component can be combined at any meal or snack during the day.

TRUE  FALSE

9. What is an acceptable substitute for sweetened snacks or packaged foods listed in the training module?

*Plain yogurt, unsweetened applesauce, frozen fruit, 100% fruit bars*

10. What is a snack suggestion that is #cacfpcreditable in June?

*Answers will vary, see June calendar page*