CACFP and Head Start Food Services Regulations

Rhonda Kobylecky
Director of Food Services
Acelero Learning
NCA Board Member
Why are we here?

- **Purpose:** To learn more about the Head Start Performance Standards that govern the food program and how they align with the CACFP Regulations.
Learning Objectives

- Where do we find the Head Start regulations that govern the food program?
- How do they align with the CACFP Regulations?
Head Start Performance Standards

- These standards can be located by going to [https://eclkc.ohs.acf.hhs.gov/policy](https://eclkc.ohs.acf.hhs.gov/policy) here you will find all the performance standards.

- The standards that govern the food services program can be found in section 1302.44 and 1302.31

- Your state agency should be able to provide you with a CACFP Administrative Manual that will help you align the performance standards and USDA regulations.
Nutrition Regulations

- There are really only a very few regulations... but they pack a lot of requirements in a very few sentences... so let's unpack this suitcase a little bit!
Nutrition Services Requirements:

- Head Start Performance Standard: 1302.44 (a)
  - Design and implement a nutrition service that is culturally and developmentally appropriate, meets the nutritional needs of and accommodates the feeding requirements of EACH child including children with special dietary needs and children with disabilities.

- What does this mean: your program must be conscious of your client demographic and ensure that the food that you are serving is culturally appropriate.

- Let’s share examples of how this looks in our programs?

- Is there a right and a wrong way to be culturally appropriate?
Nutrition service requirements cont.

- Your program must be developmentally appropriate
  - How does this look?
  - Foods should be served in a manner that is age and developmentally appropriate for them to eat... for example- apple slices, not a whole apple for a young child, peeled eggs for toddlers, but older children can peel their own.
Nutrition Service Requirements

- Head Start Performance Standard: 1302.44 (a)
  - Design and implement a nutrition service that is culturally and developmentally appropriate, meets the nutritional needs of and accommodates the feeding requirements of EACH child including children with special dietary needs and children with disabilities.

- Accommodate the feeding requirements of each child. How do you individualize in your program?
  - Special Diets
  - Disabilities
Family style meal service

- This is another regulation that is packed full of goodies!
- Break it down, here is where you can incorporate the fun stuff!
  - Family Style Meals are encouraged as described in 1302.31(e)(2)
    - A program must implement snack and meal times in ways that support development and learning. Snack and meal times must be structured and used as learning opportunities that support teaching staff-child interactions and foster communications and conversations that contribute to a child’s learning, development, and socialization. Programs are encouraged to meet this requirement with family style meals when developmentally appropriate. A program must also provide sufficient time for children to eat, not use food as reward or punishment, and not force children to finish their food.
Nutrition Service Requirements

- Family Style Meals are encouraged as described in 1302.31(e)(2)
  - A program must implement snack and meal times in ways that support development and learning. Snack and meal times must be structured and used as learning opportunities that support teaching staff-child interactions and foster communications and conversations that contribute to a child’s learning, development, and socialization.

- What does this mean?
- Meal time should be educational, relaxed and fun.
Nutrition Service Requirements

- Family Style Meals are encouraged as described in 1302.31(e)(2)
- In **family style dining**, all **food** is placed in serving bowls on the table and children are encouraged to serve themselves or serve themselves with help from an adult. ... Children and child care givers practice good manners in a pleasant mealtime setting. The Child and Adult Care **Food** Program (CACFP)
Educational: support development and learning,
Language: foster communications and conversations that contribute to a child’s learning, development, and socialization

- When sitting at the table, engage in conversation with the children about what they are eating and have them compare and identify like colors:
  - Example: Teacher “Today we are eating carrots”, “what color are carrots?”
  - Children: “ orange/anaranjado”
  - Teacher: “Yes, very good, what other foods are orange?”
- Always leave the question open-ended to allow for thought process
Nutrition Service Requirements

- Programs are encouraged to meet this requirement with family style meals when developmentally appropriate. A program must also provide sufficient time for children to eat, not use food as reward or punishment, and not force children to finish their food.
Specifically a program MUST:

- Ensure each child in a program that operates for **fewer than six** hours per day receives meals and snacks that provide one third to one half of the child’s daily nutritional needs:
  - How do we accomplish this?
    - Less than six hours provide a breakfast and morning snack or lunch and afternoon snack
    - During a federal review you will be asked how do ensure that your program meets these requirements?
    - Describe the meals that you serve, and if you are following the CACFP Meal Pattern Guidelines will have accomplished this requirement.
Specifically a program MUST:

- Ensure each child in a program that operates for more than six hours per day receives **meals and snacks** that provide one half to two thirds of the child’s daily nutritional needs:

- Providing a breakfast, lunch and snack that meet the CACFP meal pattern will accomplish this. You do not have to provide the snack, but depending on the amount of time the child is in care they might become hungry.
Specifically a program MUST:

- Serve three to five year olds meals and snacks that conform to USDA requirements in 7 CFR parts 210, 220 and 226 and that are high in nutrients and low in fat, sugar and salt.
  - Follow the CACFP Meal Pattern for children 3-5
  - Use foods that are lower in fat, sugar and salt
  - Do not add excessive fats, sugar or salts to foods being cooked on site
  - Keep accurate production records, if required, and menus showing what was offered to the children.
## USDA Meal Pattern CACFP

### Breakfast Meal Patterns

<table>
<thead>
<tr>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-19</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Vegetables, fruit, or both</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>% serving</td>
<td>% cup</td>
</tr>
</tbody>
</table>

*Meal and fruit alternates may be used to substitute the entire grains component a maximum of three times per week, or as one equivalent at any meal.*

*Yogurt may be used to fulfill the fluid milk requirement for adults once per day, when yogurt is not used as a meal alternate in the same meal.*

### Lunch and Supper Meal Patterns

<table>
<thead>
<tr>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-19</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Meat and Meat Alternatives</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>% serving</td>
<td>% serving</td>
</tr>
</tbody>
</table>

*Meal of milk is not required at supper meal for adults.*

*Yogurt may be used to fulfill the fluid milk requirement for adults once per day, when yogurt is not used as a meal alternate in the same meal.*

### Snack Meal Patterns

<table>
<thead>
<tr>
<th>Ages 3-5</th>
<th>Ages 6-12 &amp; 13-19</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Milk</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Meat and Meat Alternatives</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Vegetables</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Fruits</strong></td>
<td>% cup</td>
<td>% cup</td>
</tr>
<tr>
<td><strong>Grains</strong></td>
<td>% serving</td>
<td>% serving</td>
</tr>
</tbody>
</table>

*Select two of the five components for snacks.*

**Note:** All serving sizes are minimum amounts of the food components that are required to be served. Current tables in the suggested serving sizes have been updated from USDA requirements prior to 1995 and are effective October 1, 2007. Beginning October 1, 2009, the component milk was removed to designate the quantity of non-ambulatory grain.
Specifically a program MUST:

- Feed infants and toddlers according to their individual developmental readiness and feeding skills as recommended in USDA requirements outline in 7 CFR parts 210, 220 and 226, and ensure infants and young toddlers are fed on demand to the extent possible.

- New rule provides for two different age groups, not three, 0-5 month 6-11 months. This allows for almost exclusive breastfeeding for the first 5 months.

- Federal Rule: Final Rule states Solid foods are introduced at 6 months of age with the flexibility to introduce solid foods before and after 6 months when requested by a parent or guardian. (not implemented yet)
Specifically a program MUST:

- Ensure bottle-fed infants are never laid down to sleep with a bottle.

- **The performance standards state:** A program must implement snack and meal times in ways that support development and learning, for bottle-fed infants, this approach must include holding infants during feeding to support socialization.
Specifically a program MUST:

- Serve all children in morning center-based setting who have not received breakfast upon arrival at the program a nourishing breakfast.
  - You must provide breakfast for a child if they have not eaten, even if the meal time is over.
  - You do not have to provide a complete reimbursable breakfast but it must be nourishing.
  - You cannot claim reimbursement as it is a Head Start regulation not a CACFP requirement.
Specifically a program MUST:

- Provide appropriate healthy snacks and meals to each child during group socialization activities in the home-based option.
  - Give some examples of how this is achieved in your program.
  - This is a good way to work nutrition training into the parent component of home-based services.
Specifically a program MUST:

- Promote breastfeeding, including providing facilities to properly store and handle breast milk and make accommodation, as necessary, for mothers who wish to breastfeed during program hours, and if necessary, provide referrals to lactation consultants or counselors.
Best Practice Optional:

- Federal Registry Final Rule: Best Practice (optional) Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offering a quiet, private area that is comfortable and sanitary in which mothers who come to the center or day care home can breastfeed. Encourage and support breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the daycare center or home and directly breastfeeds her infant;
Specifically a program MUST:

- Make safe drinking water available to children during the program day.

- Federal Registry USDA Updated: Final Rule states
  - Potable drinking water to be “offered” to children throughout the day and available to children upon their request.

- How are you “offering” water to children in your Head Start?
Specifically a program MUST:

- Payment Sources: A program must use funds from USDA Food, Nutrition and Consumer Services child nutrition programs as the primary source of payment for meal services. Early Head Start and Head Start funds may be used to cover those allowable costs not covered by the USDA.
What role does the nutrition/food services play in Head Start?

- NO CACFP... NO HEAD Start!
Recap  What did we learn?

- Culturally and

- Developmentally appropriate foods
Recap  What did we learn?

- Support teaching staff-child interactions
- Foster Communication
- Children’s Development
- Family Style Meals
Recap What did we learn?

- Infants:
- New Meal Pattern:
  - 2 instead of 3 age groups - to encourage breastfeeding and delaying solid foods until developmentally ready
  - Reimbursable meals if mom breastfeeds on site
  - Hold baby during feeding - never lay baby down with a bottle
  - Provide quiet place for mom to breastfeed or express milk
Recap  What did we learn?

- Head Start programs must:
  - Provide appropriate healthy snacks and meals during socialization in the home based setting
  - Must provide breakfast to a late arriving child
  - Must allow adequate time for children to eat
  - Must not use food as a reward or punishment
  - Must ensure that children are receiving either 1/3 or ½ of the daily requirements depending on their program option.
  - MUST have the CACFP program in order to qualify for and operate a Head Start Program.
Questions?