



# CACFP Meal Pattern Changes

**The New Federal CACFP Meal Patterns go into effect on October 1, 2017.**

## New Infant Meal Patterns

### Encourage and Support Breastfeeding

- Providers can receive reimbursement for meals when a breast feeding mother comes to the childcare home and directly breastfeeds her infant
- Only breast milk or infant formula is required to be served to infants 0-5 month old, but solid foods may be introduced during this time when requested by the parent.

### Developmentally Appropriate Meals

- There will be only 2 infant age groups: 0-5 months and 6-11 months
- Solid foods may be gradually introduced around 6 months of age or as developmentally appropriate and requested by the parent.

**What does developmentally appropriate mean?** Solid food served to infants must be of a texture and consistency that is safe for the age and development of the infant being fed.

### More Nutritious Meals for Infants

- **No** juice, cheese food, or cheese spread is allowed to be served to infants under 1 year old
- In addition to breast milk or formula, a **vegetable or fruit** must be served at snack for infants 6-11 months old, as soon as developmentally appropriate.
- Breakfast cereals, such as Cheerios, can be served at snack for infants 6-11 months old, as soon as developmentally appropriate
- Breakfast cereals must contain no more than **6 grams of sugar** per 1 oz. serving
- Yogurt, cheese, cottage cheese, and both parts of eggs can be served as a meat alternate to infants 6-11 months old, as soon as developmentally appropriate
- Yogurt must contain no more than **23 grams of sugar** per 6 oz. serving

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## New Child Meal Patterns

### General Food Preparation Change

- On-site deep frying of foods **cannot** be served to children as part of a CCFP meal
- Definition of “deep frying” is immersing a food into hot oil as a way of cooking

### Vegetables and Fruits

- 100% juice can be served **only once per day** (breakfast or snack only)
- Minimum serving sizes are: ages 1 yr-5yr = ½ cup (4 oz.) ages 6yr-12yr = ¾ cup (6 oz.)
- Lunch and dinner must contain at least 1 serving of a vegetable. Providers have the option of serving 2 different vegetables or 1 vegetable and 1 fruit at these meals, **but 2 different fruits cannot be served** at lunch or dinner

### Grains and Breads

- 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 serving
- Grain-based desserts **cannot** be served as part of a CACFP reimbursable meal or snack

**Grain-based dessert can no longer be served and include, but are not limited to:**

Cookies	Brownies	Cakes	Poptarts
Coffee	Dessert pies	Granola bars	Sweet rolls
cakes	Fruit grain bars	Danishes	Cupcakes

### Meat/ Meat Alternate

- Meat/meat alternate may be served in place of the entire grains component at Breakfast a **maximum of 3 times per week**
- Tofu is allowable as a meat alternate
- Yogurt must contain no more than 23 grams of sugar per 6 oz.
- **No** cheese food, cheese food product, or cheese spread can be served as part of a CACFP meal or snack

### Milk Requirements

- 1-2 year olds must be served **unflavored** whole milk
- 2-5 year olds must be served **unflavored** low-fat (1%) or fat-free (skim) milk
- 6 years and older must be served unflavored low fat (1%), unflavored skim, or flavored skim milk
- Non-dairy milk substitutes must be nutritionally equivalent to milk to be served in CACFP. **Only soy milk or Lactaid meet this requirement.** Parent written request is required.