

Growing a Healthier Future with the CACFP: USDA updated Meal Patterns

June-September 2017

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UPDATED CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS:

CHILD AND ADULT MEALS



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the updated child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the updated meal patterns by October 1, 2017.

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



Making Every Sip Count

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- Yogurt may be served in place of milk once per day for adults only.



Additional Improvements

- Extends offer versus serve to at-risk afterschool programs; and
- Frying is not allowed as a way of preparing foods on-site.

Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅛ cup	½ cup	¼ cup	¾ cup	½ cup	1 cup	½ cup
Fruits		⅛ cup		¼ cup		¼ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1oz eq	1 servings	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.

USDA CACFP New Meal Pattern Feeding Infants



This handout provides information about offering the CACFP to infants and claiming infant meals. The term *Program* refers to all facility types: group child care centers, family day care homes, and emergency shelters.



New Requirements Effective October 1, 2017

Updated Infant Age Groups*

- Birth through 5 months
- 6 months through 11 months

**This change cannot be implemented before October 1, 2017.*

Additional Infant Meal Pattern Changes:

- Meals are reimbursed when a mother breastfeeds on-site. This includes meals when an infant is only consuming breastmilk.
- Yogurt and whole eggs are allowable meat alternates
- Ready-to-eat cereals may be served at snack
- Requires a vegetable or fruit, or both, be served at snack for infants 6-11 months old when developmentally ready.
- Juice, cheese food or cheese spread are not creditable
- Parents/guardians may provide only **one** meal component

What can you start doing now?

Items listed under **Additional Infant Meal Pattern Changes**, above, may be implemented now.



Q&A

Why are parents/guardians no longer allowed to provide more than one of the meal components for infants in the updated infant meal patterns?

This change was made to help maintain the integrity of the CACFP, and help ensure the Programs are not encouraging or requiring parents/guardians to supply the food in order to reduce costs.

Offering Infant Meals

All infants enrolled for care at a participating CACFP Program must be offered meals that comply with the CACFP infant meal pattern requirements.

Creditable Infant Formulas

- Programs must offer at least one type of iron-fortified infant formula.
- Parents/guardian may, at their discretion, decline the infant formula offered by the program and provide expressed breastmilk or a creditable infant formula instead

Recordkeeping Requirements



Recording the total amount a mother breastfeeds her infant is not required. Acceptable ways to document is by listing Mother on-site (MOS) or breastfed on-site (BOS) on the infant menus.

Parent Provided Foods

Parents or guardians may provide **only one** of the meal components in the updated CACFP infant meal patterns.

- Parent/guardian provides breastmilk = 1 component. Childcare providers must provide the remaining required components.
- Parent/guardian provided a solid food component. The program must provide all the other required meal components, including IFIF, in order for the meal to be reimbursable.



Solid Food

Introduction of Solid Foods

The updated infant age groups will help delay the introduction of solid foods until around 6 months of age.

- Most infants are typically not physically developed to consume solid foods until midway through the first year of life.

Developmentally Ready

Infants develop at different rates- meaning some infants may not be ready to consume solid foods before 6 months of age and others may be ready after 6 months of age.

- Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, Programs are required to offer solids to the infant.**



Summary of Component Changes

Component	Change
Vegetables and Fruits	Vegetable, fruit, or a combination of both must be served at snack for infants developmentally ready to accept them. Juice cannot be served to infants.
Grains	Ready-to-eat cereals can be served at snack for infants developmentally ready to accept them. Cereals must contain no more than 6 grams of sugar per dry ounce.
Meat and Meat Alternates	Yogurt and whole eggs can be served for infants developmentally ready to accept them. Yogurt must contain no more than 23 grams of sugar per 6 ounces. Cheese food or cheese spread cannot be served to infants.

Q&A

Are foods that are considered to be a major food allergen (milk, egg, fish, shellfish, tree nuts, peanuts, wheat, and soybeans), or foods that contain these major food allergens, allowed for infant meals?

Yes, foods that contain one or more of the major food allergens are appropriate for infants and can be part of a reimbursable meal. With this in mind, it is good practice to check with parents/guardians to learn about any concerns of possible allergies and their preference on how solid foods are introduced.

Updated Infant Age Groups

Breakfast Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fl oz. breastmilk or formula	6-8 fl oz. breastmilk or formula; and 0-4 T infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-8 oz. or 1 cup of yogurt; or a combination of the above; and 0-2 T vegetable or fruit, or a combination of both

Snack	
Birth through 5 months	6 through 11 months
4-6 fl oz. breastmilk or formula	2-4 fl oz. breastmilk or formula; and 0-½ slice bread; or 0-2 crackers; or 0-4 T infant cereal or ready-to-eat breakfast cereal; and 0-2 T vegetable or fruit, or a combination of both

For More Information

Refer to USDA Policy Memo: [CACFP 23-2016](#)



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USDA CACFP New Meal Pattern Meat/Meat Alternates (M/MA) Component



This handout provides information about the new meat/meat alternate requirements for children 1 year and older. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, and afterschool programs.



New Requirements Effective October 1, 2017

- Meat/meat alternate (M/MA) may be served in place of the entire grains component at breakfast a maximum of three times per week.
- Tofu credits as a meat alternate.
- Yogurt, including soy yogurt, credits as a meat alternate.
- Deep-fat frying and submerging foods in hot oil or other fat may not be used to prepare meals on-site.

What can you start doing now?

Serve yogurt that contain no more than 23 grams of total sugars per 6 ounces. Find alternative cooking methods to replace deep-fat frying.



Pop Quiz

Can tofu, such as soft or silken, be used to add texture or enhance nutrients in foods?

The answer is listed at the bottom of the next page...



Using Tofu

- Commercial tofu & soy products (i.e. links and sausages) credit as a M/MA for children over the age of 1. **It does not credit toward a reimbursable meal for infants.**



Creditable	Not Creditable
Commercially prepared tofu	Non-commercial tofu
Firm or Extra Firm	Silken or Soft tofu
Tofu products (links, sausages) with a Child Nutrition (CN) label or *PFS from the manufacturer	Tofu noodles
	Tofu incorporated into drinks, such as smoothies, or other dishes to add texture (i.e. in baked desserts)

*Product Formulation Statement

- Commercially prepared tofu
 - o Must be easily recognized as meat substitute
 - o Must meet protein requirement:
 - 2.2 ounces of tofu by weight (1/4 cup), containing at least 5 g of protein = 1 oz. M/MA
 - Request a CN label or Product Formulation Statement (PFS) when needed (i.e. sausage links made with tofu)

Q&A

Can cooked dry beans and peas be used to meet all or part of the meat/meat alternates component?

Beans and peas may be credited as either a meat alternate or as a vegetable, but not as both in the same meal.

Yogurt

- Yogurt may be plain or flavored, unsweetened or sweetened.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Non-commercial or non-standardized yogurt products are not creditable food items. **Non-Creditable Yogurt Products include:**
 - Frozen yogurt
 - Drinkable yogurt (bottles)
 - Homemade yogurt
 - Yogurt flavored products
 - Yogurt bars
 - Yogurt covered fruits & nuts
 - Yogurt in commercially prepared smoothies

Q&A

How much soy yogurt do I need to serve?

½ cup (4.0 fluid ounces) of soy yogurt is creditable as 1.0 ounce equivalent meat alternate. This is consistent with the crediting of dairy yogurt while allowing schools, centers, and homes to provide a non-dairy alternative.

Meat/Meat Alternate at Breakfast

- May be served in place of the grains component a maximum of 3 times per week.
 - Increase variety on the menus
 - Allows more flexibility when planning menus
- Serving M/MA in place of grains:
 - 1 oz. equivalent of M/MA is equal to 1 oz. equivalent of grains

Menu example: Cheese omelet (credits as the M/MA), Fruit, and Milk

Nuts, Seeds, and Nut Butters

- For lunch and supper, nuts and seeds may be used to meet half (1/2) of the M/MA component. They must be served with a different M/MA to meet the full requirement for a reimbursable meal.
- Nut and seed butter may be used to meet the **entire** M/MA requirement.
- Nut and seed meal or flour may be used only if they meet the requirements for alternate protein products.
- Acorns, chestnuts, and coconuts are non-creditable meat alternates because of their low protein and iron content.

Recordkeeping Requirements



When considering processed tofu products such as links and sausages made from tofu as meat alternates for the reimbursable meal a Child Nutrition (CN) label or a Product formulation Statement PFS from the manufacturer must be on file.

In addition, review breakfast menus to ensure no more than 3 breakfasts each week have a M/MA replacing the grain component. If more than 3 breakfasts within a week have a M/MA replacing the grain component, the additional breakfasts exceeding 3 per week cannot be claimed.



For More Information

Refer to USDA Policy Memo: [CACFP 21-2016](#)

Pop Quiz Answer:

The answer is . . .

Tofu must be easily recognized as a meat substitute. By combining soft tofu into dishes to enhance the nutrients of the food makes it unrecognizable therefore, is not creditable.



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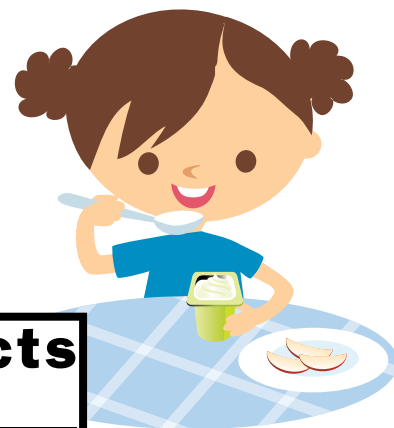


NORTH DAKOTA DEPARTMENT OF
PUBLIC INSTRUCTION

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



1

Use the Nutrition Facts Label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2

Find the **Sugars** line. Look at the number of grams (g) next to Sugars.

3

Use the serving size identified in Step 1 to find the serving size of your yogurt in the table below.

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars Grams (g)
If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column.

If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings about 4	
Amount Per Serving	
Calories 130	Calories from Fat 20
% Daily Value*	
Total Fat 2g	3%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 10mg	3%
Potassium 400mg	1%
Sodium 160mg	7%
Total Carbohydrate 21g	7%
Dietary Fiber 4g	17%
Sugars 9g	
Protein 10g	
Vitamin A 6%	Vitamin C 4%
Calcium 35%	Iron 0%
Vitamin D 6%	

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars : _____

☐ Yes ☐ No



*Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





Try It Out!

Use the “Sugar Limits in Yogurt” table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the “Yogurts To Serve in the CACFP” list. You can use this as a shopping list when buying yogurts to serve in your program.



Sugar Limits in Yogurt

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g
1.25 oz	35 g	5 g
1.5 oz	43 g	6 g
1.75 oz	50 g	7 g
2 oz	57 g	8 g
2.25 oz	64 g	9 g
2.5 oz	71 g	10 g
2.75 oz	78 g	11 g
3 oz	85 g	11 g
3.25 oz	92 g	12 g
3.5 oz	99 g	13 g
3.75 oz	106 g	14 g
4 oz	113 g	15 g
4.25 oz	120 g	16 g
4.5 oz	128 g	17 g

Serving Size Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:
4.75 oz	135 g	18 g
5 oz	142 g	19 g
5.25 oz	149 g	20 g
5.3 oz	150 g	20 g
5.5 oz	156 g	21 g
5.75 oz	163 g	22 g
6 oz	170 g	23 g
6.25 oz	177 g	24 g
6.5 oz	184 g	25 g
6.75 oz	191 g	26 g
7 oz	198 g	27 g
7.25 oz	206 g	28 g
7.5 oz	213 g	29 g
7.75 oz	220 g	30 g
8 oz	227 g	31 g

Yogurts To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Sugars (g):
Yummy Yogurt	Vanilla	6 oz	13

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, 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.

Answer to “Test Yourself” activity on page 1: This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.

USDA CACFP New Meal Pattern Grains Component



This handout provides information about the new grains requirements for children 1 year and older. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, and afterschool programs.



New Requirements Effective October 1, 2017

- 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 no longer credit toward reimbursable meal.

What can you start doing now?

All new grain requirements may start being implemented now.



Q&A

If a program only serves snacks, would all the grains served at snack have to be whole grain-rich?

Yes, if the snack includes a grain, such as crackers with apples, the grain must be whole grain-rich starting October 1, 2017. However, programs that only serve snack, such as an at-risk afterschool program, are not required to serve a grain at snack because it is not a required component at snack. A program may offer a reimbursable snack with a fruit and vegetable, milk and fruit, a meat alternate and vegetable, and so forth. Conversely, if a center or day care home only serves one meal (breakfast, lunch or supper) per day then the grain served at that meal must be whole grain-rich.

Pop Quiz

If you serve breakfast, lunch, and snack, and a grain was served at all meals, but none of the grains were whole grain-rich, which meal would be disallowed?



The answer is listed at the bottom of the next page...

Whole Grain-Rich Items

- At least one serving of grains per day must be whole grain-rich.
- Whole grain-rich foods are those that contain:
 - o 100% whole grains, or
 - o at least 50% whole grains and the remaining grains in the food are enriched



The chart below lists some examples of whole grains and grains that are not whole grains. This is not a comprehensive list.

Whole Grains	NOT Whole Grains
Brown rice	All-purpose flour
Buckwheat	Bread flour
Cracked wheat	Bromated flour
Crushed wheat	Cake flour
Millet	Corn
Oatmeal including old-fashioned, rolled oats, quick-cooking, and instant	Cornmeal
Quinoa	Degerminated cornmeal
Whole corn	Durum flour
Whole cornmeal	Enriched flour
Whole durum wheat flour	Enriched wheat flour
Whole grain barley	Ground corn
Whole rye or whole rye flour	Long-grain rice
Whole wheat flour	Pearled barley
Whole wheat pasta	Rice flour
White whole wheat flour	Self-rising flour
Wild rice	Unbleached flour
	White flour

Recordkeeping Requirements



Whole grain-rich (WGR) items **must** be documented on menus and production records whenever a whole grain-rich food is served. For example: "peanut butter and jelly sandwich on WGR bread". If you do not serve a WGR item on a

given day, **the meal or snack with the lowest reimbursement where a grain was served will be disallowed.**

Breakfast Cereals

- Breakfast cereals include ready-to-eat, instant, and regular hot cereals
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).
- Choose breakfast cereal from WIC approved cereal lists
 - All WIC cereals meet the sugar limit for CACFP
 - For a list of WIC approved cereals click here: [ND WIC](#)

Grain-Based Desserts

Grain-based desserts are filled with added sugar and saturated fat and are **not** creditable at meals or snacks.

- Homemade and commercially prepared grain-based desserts cannot count towards the grain component.

Grain-Based Desserts	NOT Grain-Based Desserts
Brownies	Croissants
Sweet biscotti and scones made with fruits, icing, etc.	Savory biscotti and scones made with cheese, herbs, vegetables, etc.
Cake, including coffee cake	
Cereal bars, breakfast bars, granola bars	Granola cereal that meets cereal sugar limits
Cookies, including vanilla wafers	Savory bread pudding made with cheese, herbs, vegetables
Doughnuts	Pancakes
Gingerbread	French toast
Pie crusts of dessert pies, cobblers, and fruit turnovers	Pie crusts of savory pies (i.e. vegetable pot-pie or quiche)
Rice pudding	Bagels
Sweet bread puddings	Muffins
Sweet crackers (i.e. animal crackers, graham crackers)	Quick breads (banana, zucchini, and others)
Sweet rolls, such as cinnamon rolls	Teething biscuits, crackers, toasts
Toaster pastries	Waffles



Q&A

Can centers and day care homes serve cake or another grain-based dessert for special celebrations, such as a birthday?

Centers and day care homes may choose to serve grain-based desserts, such as cakes or cookies, during celebrations or other special occasions as an additional food item that is not reimbursable. An "extra". FNS recognizes that there may be times when a center or day care home would like to serve foods or beverages that are not reimbursable. FNS encourages centers and day care homes to use their discretion when serving non-reimbursable foods and beverages, which may be higher in added sugar, saturated fats, and sodium, to ensure children's nutritional needs are met. "Extras" may not be purchased using USDA dollars.

For More Information

Refer to USDA Policy Memo: [CACFP 02-2017](#)



Pop Quiz Answer:

The answer is . . .

The snack would be disallowed. This is because the snack is the meal with the lowest reimbursement rate that contained a grain. Conversely, if a grain was not served at snack and the grain at breakfast is not whole grain-rich, then the breakfast meal would be disallowed. In that situation, the breakfast meal is the meal with the lowest reimbursement rate that contained a grain.



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CACFP Approved Cereal Shopping Guide

Effective **October 1, 2017**, all breakfast cereals claimed on the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce of cereal (21.2 grams of sugar per 100 grams of cereal) including ready-to-eat, instant, and hot cereals.

Is it creditable?

Are you trying to figure out whether a cereal is creditable? Follow these steps. It's as easy as 1, 2, 3!

- 1 Check out the list of cereals in this handout. NDDPI has taken the time to research a quick list of creditable cereals. Many other cereals are creditable too!
- 2 Look for cereals approved for the WIC program. Any WIC- approved cereal in any state meets the CACFP sugar requirements. Many grocery stores post WIC shelf labels.
- 3 Look at the Nutrition Facts label. Do a quick calculation by dividing the number of **grams of sugar per serving** by the number **grams of cereal per serving**. If the result is 0.212 or less, the cereal is creditable. Alternatively, check out the handy chart below.



$$\frac{\text{Grams of sugar per serving}}{\text{Grams of cereal per serving}} = \underline{\hspace{2cm}}$$

Is it 0.212 or less?

If yes, it is creditable!

Nutrition Facts	
Serving Size 1/2 cup (40g)	
Servings Per Container About 7	
Amount Per Serving	
Calories 160	Calories From Fat 60
% Daily Value*	
Total Fat 7g	10%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Potassium 320mg	9%
Total Carbohydrate 16g	5%
Dietary Fiber 5g	19%
Sugars 5g	
Protein 14g	
Vitamin A 0%	Vitamin C 0%
Calcium 4%	Iron 10%

		Grams of cereal per serving							
		20-23g	24-28g	29-33g	34-37g	38-42g	43-47g	48-51g	52-55g
Grams of sugar per serving	4g	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	5g	X	Yes	Yes	Yes	Yes	Yes	Yes	Yes
	6g	X	X	Yes	Yes	Yes	Yes	Yes	Yes
	7g	X	X	X	Yes	Yes	Yes	Yes	Yes
	8g	X	X	X	X	Yes	Yes	Yes	Yes
	9g	X	X	X	X	X	Yes	Yes	Yes
	10g	X	X	X	X	X	X	Yes	Yes
	11g	X	X	X	X	X	X	X	Yes
	12g	X	X	X	X	X	X	X	X

The following page contains a list of cereals that meet the CACFP sugar limit at the time this resource was developed.

Store brand versions may also be eligible. Be sure to complete the calculation described above to determine whether or not the cereal is creditable.

Disclosure: This list is for informational purposes and does not imply endorsement by NDDPI or the USDA.



ND Department of Public Instruction Child Nutrition and Food Distribution Programs

600 E Boulevard Ave., Dept. 201
Bismarck, ND 58505-0440

Bismarck office phone: 701-328-2294 (1-888-338-3663)
Mayville office phone: 701-788-8901 (1-888-788-8901)





Cheerios
Original



Cheerios
Multi Grain



Chex
Corn



Chex
Rice



Chex
Wheat



Total
Whole Grain



Kix
Original



Wheaties
Original



Corn Flakes
Plain



Crispix



All-Bran
Wheat Flakes



Special K
Original



Rice Krispies
Original



Mini Wheats
Original



Mini Wheats
Unfrosted



Mini Wheats
Bite Size



Mini Wheats
Harvest Delights
Cranberry



Mini Wheats
Harvest Delights
Blueberry



Grape Nuts
Original



Grape Nuts
Flakes



Cascadian Farm
Ancient Grains



Cascadian Farm
Dark Chocolate
Almond



Cascadian Farm
Honey Oat
Crunch



Cascadian Farm
Honey Almond



Cascadian Farm
Hearty Morning



Cascadian Farm
Multi Grain
Squares



Cascadian Farm
Purely O's



Great Grains
Banana Nut
Crunch



Alpha-Bits



Bran Flakes



Honey Bunches
of Oats
Almonds



Honey Bunches
of Oats
Honey Roasted



Honey Bunches
of Oats
Pecan & Maple
Brown Sugar



Honey Bunches
of Oats
Cinnamon Bunches



Honey Bunches
of Oats
Almond Crunch



Honey Bunches
of Oats
Honey Crunch



Shredded Wheat
Original



Shredded Wheat
Original Big
Biscuit



Shredded Wheat
Honey Nut



Shredded Wheat
Wheat 'n Bran



Life
Original



Oatmeal
Squares
Brown
Sugar



Oatmeal
Squares
Cinnamon



Oatmeal
Squares
Golden
Maple



Oatmeal
Squares
Honey Nut

Symbol Key:



= Whole Grain-Rich
(WGR)

USDA CACFP New Meal Pattern Fruits and Vegetables Components



This handout provides information about the new fruit and vegetable requirements for children 1 year and older. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, and afterschool programs.



New Requirements Effective October 1, 2017

- Separates the vegetable and fruit components for lunch, supper, and snack.
- Limits juice to only one meal per day, including snacks.
- ¼ cup dried fruits credits for ½ cup.
- 1 cup raw leafy greens counts as ½ cup.

What can you start doing now?

Limiting juice to once per day and serving a fruit and a vegetable at lunch and supper.



Q&A

With separate vegetable and fruit components at lunch, supper, and snack in the updated CACFP meal patterns how do food items that are mixtures of vegetables and fruit, such as a carrot-raisin salad, credit?

Food items that are mixtures of vegetables and fruits, such as a carrot-raisin salad, can only credit towards the vegetable component or the fruit component, not both.

Recordkeeping Requirements



If serving a vegetable in place of the fruit component at Lunch or Supper, this must be clearly documented on your menus and in your production record.

Separation of Vegetables & Fruits

- Breakfast: 1 food component
- Lunch & Supper: 2 food components
- Snack: Optional



Increase Vegetable Consumption

- Programs may choose to serve two vegetables at lunch and supper in place of the entire fruit component.
 - Must be at least the same serving size as the fruit component it replaced.
 - Must offer two different types of vegetables.
 - i.e., two servings of carrots would not credit.



Pop Quiz

For the CACFP program, are tomatoes and avocados considered fruits or vegetables?

The answer is listed at the bottom of the next page...



Juice

- **May be served at one meal per day, including snacks**
 - Increase variety on the menus
 - Allows more flexibility when planning menus
- **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.

Vegetables

- Vegetables may be served fresh, frozen, canned, or as 100% pasteurized vegetable juice.
- Pasteurized, 100% juice (vegetable or fruit juice) may be served only at only one meal, including snacks, per day.
- Cooked dry beans and peas may credit as either a vegetable or as a meat alternate, but not as both in the same meal.
- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different types of vegetables must be served.
- When crediting vegetables, they are credited based on volume, except 1 cup raw leafy greens credits as ½ cup vegetable.



Fruits

- Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice.
- Pasteurized, 100% juice (fruit or vegetable juice) may be served only at one meal, including snack meals, per day.
- When crediting fruits, they are credited based on volume, except ¼ cup of dried fruit counts as ½ cup of fruit.



Q&A

Can two servings of broccoli be served at lunch to fulfill the vegetable component and fruit component?

No, two servings of broccoli to meet the vegetable component and fruit component would not be reimbursable under the updated lunch and supper meal patterns. While programs may serve two servings of vegetables at lunch and supper, the two servings of vegetables must be different.

For More Information

Refer to USDA Policy Memo: [CACFP 25-2016](#)



Pop Quiz Answer:

The answer is . . .

Both tomatoes and avocados are considered vegetables. CACFP centers and day care homes can refer to the [Food Buying Guide for School Meal Programs](#), which provides a list of creditable vegetables and list of creditable fruits.



Centers may also reference ChooseMyPlate.gov to determine if a food is a vegetable or a fruit. The website includes a list of vegetables, including vegetable subgroups, and a list of fruits.

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USDA CACFP New Meal Pattern Milk Component



This handout provides information about the new milk requirements for children 1 year and older. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, and afterschool programs.



New Requirements Effective October 1, 2017

- Milk served to one year olds must be unflavored whole milk.
- Flavored milk, including flavored non-dairy beverages, **cannot** be served to children 1 through 5 years old.
- Fat-free flavored milk and flavored non-dairy beverages **can** be served to children 6 years and older.

What can you start doing now?

All new milk requirements may start being implemented now.



Q&A

If one year old and two year old children sit together for the same meal, must they be served different types of milk?

Yes, starting October 1, 2017, children 2 years old and older must be served unflavored low-fat or fat-free milk and children one year of age must be served unflavored whole milk. The fluid milk requirements are based on age to ensure that children are receiving the nutrients they need for growth and development. Programs must ensure that children of various ages seated together receive the appropriate type of milk.

Recordkeeping Requirements

All Programs **must** document the type of milk served on their menu. This includes listing the fat content (e.g. whole, low-fat or 1%, and fat-free or skim) **and** if the milk is flavored for ages 6 years and older.



Flavored Milk & Syrup

Children 1 through 5 years old

- Flavored milk is not allowed as part of a reimbursable meal.
- Syrup (including zero calorie and sugar-free syrups) cannot be added to unflavored milk because this turns the beverage into flavored milk.



Children ages 6 years and older

- If served, flavored milk must be fat-free.
- Syrup (including zero calorie and sugar-free syrups) may only be added to fat-free (skim) milk.

Why Can't Flavored Milk be served to Children under 6 Years Old?

Research indicates that flavor and food preferences are shaped early in life and that the more sweet foods children consume, the more they prefer sweet foods. It is important to establish in young children the habit of drinking unflavored milk as they develop their taste preferences.

Pop Quiz

True or False:

Sugar-free syrups may be added to milk for children ages 1 through 5 years old.



The answer is listed at the bottom of the next page...

Promote Breastfeeding

Breastmilk is an allowable fluid milk to serve children past 1 year of age, for as long as the mother chooses to breastfeed.



Non-Dairy Beverages

Participants who cannot consume cow's milk for a medical reason or life-style choice may be served a non-dairy beverage that is nutritionally equivalent to milk.

- When served for life-style choice, the parent/guardian must provide a written request for serving the non-dairy beverage; a medical statement is not required.
- Non-dairy beverages that **are not** nutritionally equivalent to cow's milk are only reimbursable when a medical statement is on file.
- Programs may claim the meal for reimbursement when either the Program or a parent/guardian supplies a non-dairy beverage nutritionally equivalent to cow's milk.
- Non-dairy beverages served to children 1 through 5 years old must be unflavored.
- Non-dairy beverages are nutritionally equivalent to cow's milk if they meet the nutrient standards listed in the chart below:

Nutrient	Amount
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

Q&A

If a parent provides a non-dairy beverage because of a lifestyle choice and not a medical reason, and brings in one that is not nutritionally equivalent to milk, can the Program serve it and still receive reimbursement?

If a non-dairy beverage is served that is **not nutritionally equivalent** to milk, and there is no medical statement on file, then the meal is **not reimbursable**.

Programs should inform parents or guardians about the types of creditable non-dairy beverages.

Reimbursable Milk Types

Reimbursable milks for children 2 years old and older:

- Low-fat (1%) or fat-free (skim) milk
- Low-fat (1%) or fat-free (skim) lactose reduced milk
- Low-fat (1%) or fat-free (skim) lactose free milk
- Low-fat (1%) or fat-free (skim) buttermilk
- Low-fat (1%) or fat-free (skim) acidified milk

Milk Requirements Summary

Age	Milk Requirement
1 year	Unflavored whole milk
2-5 years	Unflavored low-fat (1%) Unflavored fat-free (skim)
6 years and older	Unflavored low-fat (1%) Unflavored fat-free (skim) Flavored fat-free (skim)

For More Information

Refer to USDA Policy Memo: [CACFP 17-2016](#)



Pop Quiz Answer:

The answer is false.

Syrup (including zero calorie and sugar-free syrups) may be added to fat-free milk for children ages **6 years old and older only**. Adding syrup to unflavored milk turns the beverage into flavored milk, which is not creditable for children ages 1 through 5.



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