**CACFP Proposed Meal Pattern**

**January 12, 2015**

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| **Infant Meal Pattern** |
| **Proposed Rule Language** | **Details/Clarification** | **Comments** | **Recommended Changes** |
| Two age groups 0 through 5 months, 6 through 11 months | Breastmilk or formula only for infants up to 6 months, with gradual introduction of solid foods after 6 months (when developmentally appropriate) |  |  |
| Prohibit service of juice to infants through 11 months |  |  |  |
| Require fruit or vegetable in the snack meal pattern for the 6 through 11 month age group. | Creates an additional requirement for the snack. Juice is currently optional. |  |  |
| Allow reimbursement for meals to infants under 6 months of age when the mother directly breastfeeds at the facility | Preamble says “under 6 months.” General explanation does not give an age limit. |  |  |
| Allow ready-to-eat cereal as a grain for infants in the 6 through 11 month age group. |  | . |  |
| Eliminate the option of serving cheese, cottage cheese, cheese food or cheese spread and yogurt to infants under 1 year of age. | USDA does not support the service of cow’s milk to children under the age of 1 year, therefore, the proposed rule also eliminates cow’s milk products for infants. |  |  |
| **Child Meal Pattern** |
| **Proposed Rule Language** | **Details/Clarification** | **Comments** | **Recommended Changes** |
| Fourth age group for children 13-18 | Quantities for 13 to 18 are the same for children in the 6 to 12 age group, but allow for future accommodations through policy guidance. |  |  |
| Divide fruits and vegetables into separate components for lunch/supper and snack. | Amounts have not changed to remain cost neutral. For breakfast, providers may choose to serve a fruit component, a vegetable component, or a combination of both. For lunch/supper, provider must serve a fruit and a vegetable. |  |  |
| Juice (fruit or vegetable) may comprise the entire fruit or vegetable component for all meals. | Fruit and vegetable juice may not be served at the same meal. Only one beverage (milk, fruit juice or vegetable juice) allowed at snack. |  |  |
| One serving per day of whole grain or whole-grain rich foods, across all eating occasions. | Whole grain food may be served at breakfast, lunch/supper or snack. |  |  |
| Grain-based desserts excluded from the grain/bread requirement | Grain-based desserts to be defined by USDA during implementation. |  |  |
| Tofu creditable as a meat/meat alternate | May be used to meet all or part of the meat/meal alternate requirement. |  |  |
| Unflavored whole milk required for children 12 through 23 months |  |  |  |
| 1 percent or fat-free milk to children and adults over 2 years of age | Already enacted in policy |  |  |
| Flavored milk served to children over 2 years of age must be fat-free | This is consistent with the NSLP and SBP requirements. |  |  |
| Allow non-dairy milk substitutions that are nutritionally equivalent to milk be served in lieu of fluid milk for participants with medical or special dietary needs. | Already enacted in policy |  |  |
| Yogurt may be used to meet the fluid milk requirement for adults only, no more than once per day. |  |  |  |
| Frying not allowed as a method of on-site preparation | Purchased foods that are pre-fried, flash-fried or par-fried by the manufacturer may be served, but must be reheated using a method other than frying. Prohibiting these would lead to increased food and preparation costs. |  |  |
| Drinking water available throughout the day for self-service or on request, including during the meal service. |  |  |  |
| Parents are allowed to provide one component towards the meal for children with non-disability medical or special dietary needs. |  |  |  |
| **Breakfast Specific Requirements:** |  |  |  |
| Meat or meal alternate may be served in lieu of up to ½ of the grain/bread requirement at breakfast. |  |  |  |
| Breakfast cereals meet the WIC cereal guidelines for iron, sucrose and other sugars, whole grains, low saturated fat, low cholesterol, trans fat, and total fat. | Consistency with other CNP programs |  |  |
| **Not in Proposed Rule:** |  |  |  |
| No limits on processed meats | Difficulty involved in clearly defining processed meats |  |  |
| No provision for an enhanced snack | Not cost neutral |  |  |
| No weekly meal/menu requirements | Adds unnecessary complexity to the requirements |  |  |
| **Adult Meal Pattern** |
| **Proposed Rule Language** | **Details/Clarification** | **Comments** | **Recommended Changes** |
| Yogurt may be substituted for the fluid milk requirement no more than one time per day |  |  |  |
| **Alternative Proposals** |
| **Proposed Rule Language** | **Details/Clarification** | **Comments** | **Recommended Changes** |
| Alternative A1: prohibit the service of flavored milk to children 2 through 4 years of age.Alternative A2: require flavored milk serviced to children 2 through 4 years of age contain no more than 22 grams of sugar per 8 ounce serving. | USDA seeking additional comments on the proposed alternatives. |  |  |
| Alternative B1: require flavored milk served to children 5 years and older contain no more than 22 grams of sugar per 8 fluid ounces.Alternative B2: require flavored milk served to children 5 years and older contain no more than 22 grams of sugar per 8 fluid ounces. This would be a best practice – providers would be encouraged to adhere to the recommendation, but not required to do so. | USDA seeking additional comments on the proposed alternatives. |  |  |
| Alternative C1: Require yogurt contain no more than 30 grams of sugar per 6 ounce serving.Alternative C2: Require yogurt contain no more than 30 grams of sugar per 6 ounce serving. This would be a best practice – providers would be encouraged to adhere to the recommendation, but no required. | USDA seeking additional comments on the proposed alternatives. |  |  |
| **Best Practice Recommendations** |
| **Proposed Rule Language** | **Comments** | **Recommended Changes** |
| Providers support and encourage breastfeeding by providing mothers access to breastfeeding materials and educational opportunities, encouraging mothers to supply breastmilk for their infants while in care, and providing mothers a quiet, private place to breastfeed in the facility. |  |  |
| Offer at least one serving each of dark green, red or orange vegetables and legumes once per week. |  |  |
| Limit the consumption of fruit juice to no more than once per day for children. |  |  |
| Make at least one of the two required components at snack a fruit or a vegetable. |  |  |
| Limit all fried and pre-fried foods to no more than once per week across all eating occasions. |  |  |
| Serve only unflavored milk to all children, regardless of age. |  |  |
| Prepare and serve at least two servings of whole grain-rich grains each day. |  |  |
| Serve breakfast cereals that contain no more than 6 grams of sugar per serving. |  |  |
| Serve only lean meats, legumes, and nuts; serve only natural cheese; limited process meets to no more than one time per week across all eating occasions; limit fried and pre-fried foods to no more than once per week across all eating occasions. |  |  |

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| **Seeking Additional Comments On** |
| Separate meal pattern for centers and homes. | Requesting comments on the reasonableness of this. |  |  |

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| **Proposed Miscellaneous Changes** |
| **Proposed Rule Language** | **Comments** | **Recommended Changes** |
| Redefine the CACFP as a program authorized to provide aid to child and adult care providers and family or group day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth and development of young children, and the health and wellness of older adults and chronically impaired disabled persons. |  |  |
| The minimal nutrition requirement must not prohibit provide from substituting foods to accommodate the medical or other special dietary needs of individual participants. |  |  |
| Emergency shelters may request a waiver from the meal pattern requirements if the proposed rule poses a particular challenge. |  |  |
| Restricts the use of food as reward or punishment. |  |  |
| Drinking water must be available throughout the day, including during the meal service. |  |  |
| Allows reimbursement for meals that contain up to one component that has been provided by a parent or guardian. |  |  |
| Codifies family style meal service as set forth in Instruction 783-9, Revision 2. |  |  |
| Exends the option of offer versus serve to at-risk after school programs. |  |  |