



Begins October 1, 2017

In April 2016, the United States Department of Agriculture (USDA) published the final rule for the Child and Adult Care Food Program (CACFP) Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010.

This is the first major revision of the CACFP meal patterns since the program's inception in 1968 and will require meals and snacks provided through the CACFP to better reflect the Dietary Guidelines for Americans and the nutritional issues facing young children and adults today. These changes are a meaningful first step in improving CACFP participants' access to nutritious foods.

INFANTS

- ▶ Vegetable or fruit, or both, required to be served at snack for infants 6 through 11 months old.
- ▶ Juice or cheese food or cheese spread are no longer allowed to be served.
- ▶ Allows ready-to-eat cereals at snack.

CHILDREN

- ▶ The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- ▶ At least one serving of grains per day must be whole grain-rich.
- ▶ Grain-based desserts no longer count towards the grain component (sweet crackers allowed).
- ▶ Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.
- ▶ Yogurt must contain no more than 23 grams of sugar per 6 ounces.
- ▶ 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.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- ▶ Frying is not allowed as a way of preparing foods on-site.
- ▶ Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).
- ▶ Tofu counts as a meat alternate.
- ▶ Juice is limited to once per day.

BREAKFAST MEAL PATTERNS - Serve Milk, Grains*, Vegetables or Fruit



* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
VEGETABLES, FRUIT OR BOTH	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

oz eq = ounce equivalents

LUNCH & SUPPER MEAL PATTERNS - Serve all 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup*
MEAT & MEAT ALTERNATES	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
VEGETABLES	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/2 cup	1 cup	1/2 cup
FRUIT		1/8 cup		1/4 cup		1/4 cup		1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 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 - Select 2 of the 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
MEAT & MEAT ALTERNATES	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
VEGETABLES	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
FRUIT		1/2 cup		1/2 cup		3/4 cup		1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	1 serving	1 oz eq

oz eq = ounce equivalents

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USDA New Meal Pattern Posters



New Meal Patterns Begin October 1st, 2017

According to the USDA, since the inception of CACFP, the most prevalent nutrition-related health problems among participants have shifted from malnutrition to overconsumption, including calories, saturated fats, added sugar, and sodium. Vulnerable populations also tend to under consume fiber and other essential nutrients.

The new CACFP meal patterns are the building blocks for teaching healthy eating habits to children and adults who are in care facilities. By increasing the serving size of fruits, vegetables and whole grains, this allows more options to provide healthier meals served to young children and adults. Cost and practicality were also taken into consideration with the updated standards. CACFP providers should actually save money while implementing the new, healthier meal patterns.

The new meal patterns strengthen the nutrition providers can offer by addressing the dietary needs of all individuals as well as serving increasingly diverse and culturally appropriate foods. USDA understands that major transitions can be difficult for everyone

involved and have shown a fierce commitment to providing ample time to train everyone on proper implementation of the new regulations. We appreciate the attentiveness the USDA Food and Nutrition Service has shown to State Agencies, sponsoring organizations, and providers in acknowledging the difficulties some may have in implementation of the new meal patterns.

To counter the difficulties anyone may have, technical assistance must be offered during the first year of meal pattern implementation instead of punitive action. Meals cannot be disallowed as long as providers are acting in good faith. However, as currently required, fiscal action will be taken if a meal is missing one or more required food components.

Check with your Sponsor for additional information.