

Meal Pattern Life in 3D: Knowing our Guidelines

MODULE ONE

TRAINING OUTLINE

1 Hour Continuing Education Credit (CACFP Professionals Certification Specialties 1 or 2)

At the completion of training, participants will:

- 1) Be more familiar with New Meal Pattern requirements.
- 2) Walk away with solutions and answers to their concerns regarding implementation of the New Meal Patterns.
- 3) Be able to find the New Meal Patterns in the 2021 NCA Nutrition Calendar.

TIME	ACTIVITY	MATERIALS NEEDED
5 minutes	Intro game: on a blank sheet of paper, ask participants to either work individually or with a partner to list as many of the New Meal Pattern requirements as they can in 3 minutes. After the specified amount of time, read the actual requirements. Whoever gets the most correct wins a prize.	<ul style="list-style-type: none">• Blank Paper• Meal Pattern Information• Small Prize for Winner(s)
5 minutes	Discuss the New Meal Patterns. Make sure that everyone is familiar with the guidelines. This should be a review and not an introductory training.	<ul style="list-style-type: none">• New Meal Pattern Requirements• Meal Pattern Information
40 minutes	Carousel Activity	<ul style="list-style-type: none">• New Meal Patterns: Carousel Activity Instructions• Chart Paper• Markers• Meal Pattern Information• 2021 NCA Nutrition Calendar
10 minutes	Conclusion <ol style="list-style-type: none">1. What are your expectations as a provider/sponsor?2. Questions?	

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The Child and Adult Care Food Program (CACFP) was established in 1968. Since its inception there have been no major changes to the original meal pattern requirements until the Healthy, Hunger Free Kids Act of 2010. The purpose of CACFP is to ensure that children and adults have access to healthy, balanced meals and snacks throughout the day. As an effort to continue with this purpose and to align with updated scientific research and suggestions by the American Academy of Pediatrics, and new best practices, the New Meal Pattern requirements were updated and became effective October 1, 2017.

NEW MEAL PATTERNS: COMMUNITY MAP KEY

INFANTS

- 1 | Two age groups instead of three: 0-5 months and 6-11 months.
- 2 | Only breastmilk or formula is served through 5 months, solid foods are gradually introduced as developmentally appropriate, starting at 6 months.
- 3 | A vegetable or fruit or both is required to be served at snack as developmentally appropriate starting around 6 months.
- 4 | Cheese and cottage cheese are allowable. Cheese food and spreads are not.
- 5 | Ready to eat cereals are allowable for snacks around 6 months of age as developmentally appropriate, but must meet sugar requirement (no more than 6 grams sugar per dry ounce).

CHILDREN/ADULTS

- 1 | Vegetables and fruits are now separate components at lunch/supper and snack; vegetables and fruits are combined at breakfast.
- 2 | Juice (100%, pasteurized) is limited to once per day.
- 3 | Eat at least one whole grain-rich serving per day across all eating occasions.
- 4 | Ounce equivalents are used to determine the amount of creditable grains (October 1, 2021).
- 5 | Grain based desserts are no longer allowed.
- 6 | Meat/meat alternates may be served in place of the grain requirement at breakfast no more than three times/week.
- 7 | Tofu (firm) counts as a meat alternate.
- 8 | Serve breakfast cereals and yogurts within required sugar limits (cereals are no more than 6 grams per dry ounce and yogurts no more than 23 grams per 6 ounce).

THE ACTS WORK TOGETHER

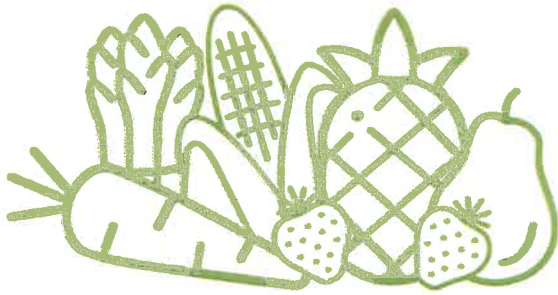
Each month the 2021 NCA Nutrition Calendar highlights one of the New Meal Pattern requirements. Along with the requirement, snack suggestions and recipes are provided for all twelve months.

Take a look at the highlighted meal pattern for December. As a best practice, we know that we should be striving to provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. The meal pattern also adds that two vegetables may be served at lunch or supper rather than a serving of fruit and a serving of vegetables. The nutrition note gives us information to help think beyond serving only green vegetables. This information is tied together with a yummy recipe for Roasted Roots.

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HEALTHY COMMUNITY FABULOUS FOUR



FRUITS AND VEGETABLES are superfoods packed with essential vitamins and minerals. By eating a diet rich in fruits and vegetables, many diseases such as heart disease, type II diabetes, high blood pressure and certain types of cancer can be prevented.

The New Meal Pattern components separate the categories of fruits and vegetables. While these can be combined at breakfast, they must remain separate components at both lunch and snack.

IS IT A FRUIT OR A VEGETABLE?

This is an age-old question, but with the new guidelines, quite important. The New Meal Patterns will be based on the culinary definition which is defined by whether the food is typically used in a savory or sweet dish. Savory will be counted as a vegetable, while sweet will be considered a fruit. Tomatoes and avocados, based on this, would be a vegetable.

VEGGIE AND FRUIT TIPS

- 1) Serve a variety of fruits and veggies. When seasonal fresh fruits and vegetables are not an option, choose canned, frozen, or dried.
- 2) When purchasing canned fruits, look for canned in water or 100% juice.
- 3) Be aware of added sugars in canned, frozen, and dried fruits and vegetables.
- 4) Involve children. Whether it is growing fruits and vegetables in the garden or asking kids to help prepare food in the kitchen, when children are involved they are more willing to try new foods.
- 5) Make fruits and vegetables available and easy for children to eat.

NOTES

Check out January, February, August, and December in the 2021 Nutrition Calendar for recipes focused on fruits and vegetables.

FRUITS & VEGGIES

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CAROUSEL ACTIVITY

OBJECTIVE Participants will be able to question, find solutions and give ideas for each New Meal Pattern.

MATERIALS New Meal Patterns Carousel Activity instruction sheet, chart paper, markers (one color per group), Meal Pattern Information Sheet, 2021 NCA Nutrition Calendar

INSTRUCTIONS

- 1) On separate sheets of chart paper write a New Meal Pattern requirement at the top. Try to choose requirements that your providers might consider more difficult.
- 2) Draw the following graphic organizer on each chart paper below the listed meal pattern. The columns will be labeled 1 question, solution suggestion, 1 recipe idea.
- 3) Divide your participants into groups. Ideally you would like as many groups/partners as you have chart papers. If you have less groups, you will just do more rotations. Assign each group a starting poster.
- 4) Each group will have a different color marker. When they get to their poster, they will have a couple of minutes to discuss and write their answers to fill in the chart. They can comment or make emojis for previous answers. They can use the 2021 NCA Nutrition Calendar and information sheet as tools. The first group may or may not have a suggestion for the question they write. Following groups will add suggestions to the previous questions.
- 5) Teams rotate to all of the posters, adding to what was written by previous teams. Play music during each rotation for more fun.
- 6) When finished, participants can do a gallery walk or go over as a group. Take a photo of your chart to take back and share with your team.
- 7) For debrief, ask participants what their favorite suggestion was, address the most common questions, ask what they found the most interesting or what they are still concerned about.

MEAL PATTERN REQUIREMENT		
1 Question	Suggestion	1 Recipe

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ADDITIONAL ACTIVITIES



HEALTHY RECIPE SWAP

Everyone can bring in their favorite creditable, healthy recipe that follows the New Meal Patterns and have a recipe swap.

HELPFUL RESOURCE
page 14

HOME GARDEN

Fruits and vegetables are always a priority in a healthy diet and they are now separate components in the New Meal Patterns. Many providers grow home gardens. Ask them to share their stories of creating a home garden or have a garden expert come in and help get your providers started on a garden of their own.

Don't have a lot of room for a garden?

Try growing snap peas along your fence line or tomatoes in 5 gallon buckets. Here are some more small garden ideas:

- | | |
|-------------------|----------------|
| Raised Garden Bed | Window Box |
| Wall Planters | Planter Boxes |
| Strawberry Pots | Garden Ladder |
| Hanging Baskets | Teepee Trellis |

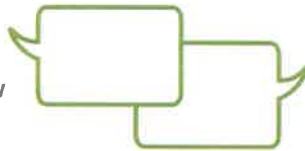


BRAINSTORM

Brainstorm a variety of whole grain-rich breakfast, lunch, supper, and snack ideas. Work together to plan a menu for a whole week or month that meets the whole grain-rich requirement of one serving per day. You can repeat for fruits, vegetables, and meat/meat alternate.

OPEN DISCUSSION

Discuss with your providers their biggest concerns regarding the New Meal Patterns. Ask how you, as a sponsor, can help.



NOTES

QUIZ Meal Pattern Life in 3D: Knowing our Guidelines

1. How many age groups are there for infants? _____

What are the age groups? _____

2. TRUE OR FALSE? You can serve juice at meal times instead of milk as much as you would like throughout the day as long as it is 100% juice .

_____ TRUE _____ FALSE

3. When looking for a whole grain-rich food, what should be the first ingredient listed on the food label? Examples are?

4. TRUE OR FALSE? If product packaging says multigrain or made with whole grains, the product is always considered whole grain-rich.

_____ TRUE _____ FALSE

5. TRUE OR FALSE? A whole grain-rich item must be served daily at dinner.

_____ TRUE _____ FALSE

6. Why should we encourage diets rich in fruits and vegetables?

7. Can vegetables and fruits be combined to meet separate meal pattern requirements for serving guidelines?

8. What are examples of meat and meat alternates you can serve?

9. What are other names for sugar on a nutrition label? _____

10. What is one way to avoid sugary snacks? _____

CACFP is an indicator of quality child care.

How to identify if a cereal is within the Sugar Limit:

Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.

1 WIC Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

* confirm with your states WIC approved cereal list.

2 Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar." The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams ✓
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams

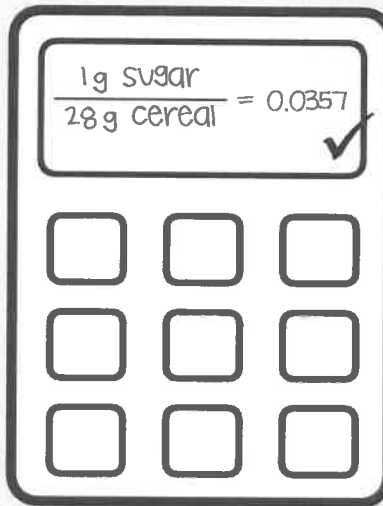
(<https://www.fns.usda.gov/>)

3 Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.

2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



GRAMS OF SUGAR PER SERVING if ≤ 0.212
GRAMS OF CEREAL PER SERVING it is creditable

Example Cereal

Nutrition Facts

Serving Size 1 cup (28g)
Children Under 4 - ½ cup (21g)
Amount Per Container about 20

Amount Per Serving	Dry	with ½ cup skim milk	Cereal for Children Under 4
Calories	100	150	80
Calories from Fat	15	20	10

	% Daily Values **		
Total Fat 2g*	3%	3%	1.5g
Saturated Fat 0.5g	3%	3%	0g
Trans Fat 0g			0g
Polyunsaturated Fat 0.5g			0.5g
Monounsaturated Fat 0.5g			0.5g
Cholesterol 0mg	0%	1%	0mg
Sodium 140 mg	6%	8%	105mg
Potassium 180 mg	5%	11%	135g
Total			
Carbohydrate 20g	7%	9%	15g
Dietary Fiber 3g	11%	11%	2g
Sugars 1g			1g
Other Carbohydrate 16g			12g
Protein 3g			2g

	% Daily Values **		
Protein	-	-	9%
Vitamin A	10%	15%	10%
Vitamin C	10%	10%	10%
Calcium	10%	25%	8%
Iron	45%	45%	50%
Vitamin D	10%	25%	6%
Thiamin	25%	30%	35%
Riboflavin	2%	10%	2%
Niacin	25%	25%	35%
Vitamin B6	25%	25%	45%
Folic Acid	50%	50%	60%
Vitamin B12	25%	30%	30%
Phosphorus	10%	20%	8%
Magnesium	8%	10%	10%
Zinc	25%	30%	30%

* Amount in cereal. A Serving of cereal plus skim milk provides 2g total fat, less than 5mg cholesterol, 200mg sodium, 380mg potassium, 26g total carbohydrate (7g sugars), and 8g protein.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g

Disclosure: The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, 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. All cereals served must be whole grain-rich, enriched or fortified.

CACFP is an indicator of quality child care.



Helpful Tools

Use these recipe cards to write down and share all the great recipe ideas that meet the New Meal Patterns and are CACFP Creditable.



recipe _____

ingredients

directions



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recipe _____

ingredients

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