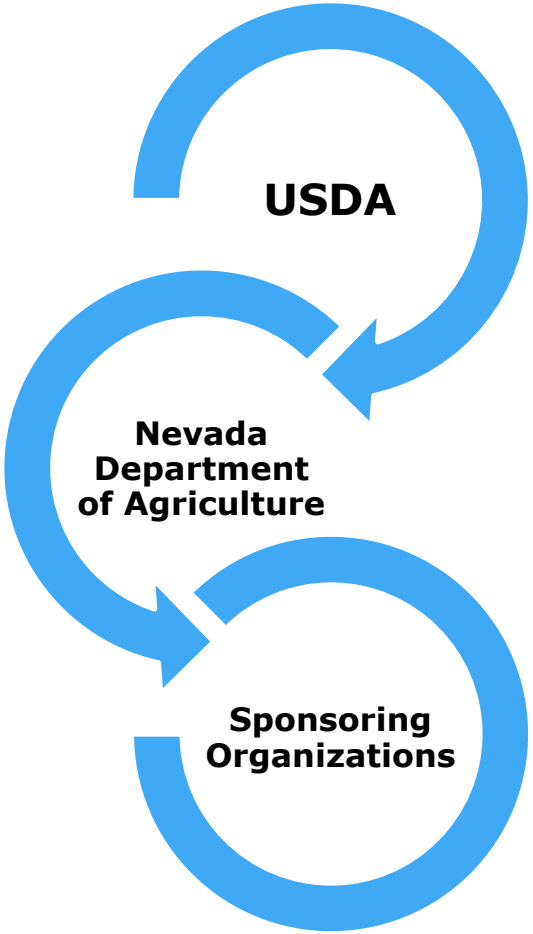
Nutrition 101

Child and Adult Care Food Program (CACFP)

July 21, 2022

NDA
Nevada Department of Agriculture

What is CACFP?



Child and Adult Care Food Program (CACFP)

The purpose of the CACFP is to provide meal reimbursement for serving nutritious meals and snacks to eligible participants in childcare centers, day care homes, Head Start programs, afterschool programs, emergency homeless shelters, and adult day care centers.

- CACFP is a Federal program funded by the US Department of Agriculture (USDA)
- The Nevada Department of Agriculture (NDA) administers and monitors the program to ensure the center follows program rules and requirements

Objectives

This presentation will provide information on the following topics:

- **Meal Service Process**
- **Meal Pattern**
- **Medical Statements**
- **Child Nutrition Labels and Product Formulation Statements**
- **Menu Development**
- **Meal Counts/Point of Service**
- **Infant Forms**

Meal Service Process

Approved Mealtimes

Breakfast	No longer than two hours, from 6:00AM-10:00AM
Lunch	No longer than two hours, from 11:00AM-1:30PM
Supper	No longer than two hours, from 4:30PM-8:00PM
Snacks	In between meal service, no longer than one hour

- **If your institution requires a meal service to start before the customary meal times a meal service waiver must be submitted to NDA for approval**
- **If significant food waste is observed by NDA because of incorrectly projecting the number of participants, NDA may request the time between meals to be increased or the number of approved meals or snacks be reduced. Note: see next slide for information on split shifts**
- **One and a half hours between the end of a snack and the beginning of a meal is recommended**

Meal Service Process

Shifts

- If a center serves meals to children in shifts and does not violate the authorized licensed capacity during each shift, reimbursement for the meals is allowed
- Serving meals in shifts must be clearly indicated on the site application in NDA's Nutrition Programs System (NPS) and be approved on the center's agreement
- Thirty minutes must be in-between the shifts
- *Example: An institution has a PM Snack from 3:00PM to 3:30PM and 4:00PM-4:30PM*

Meal Service Process

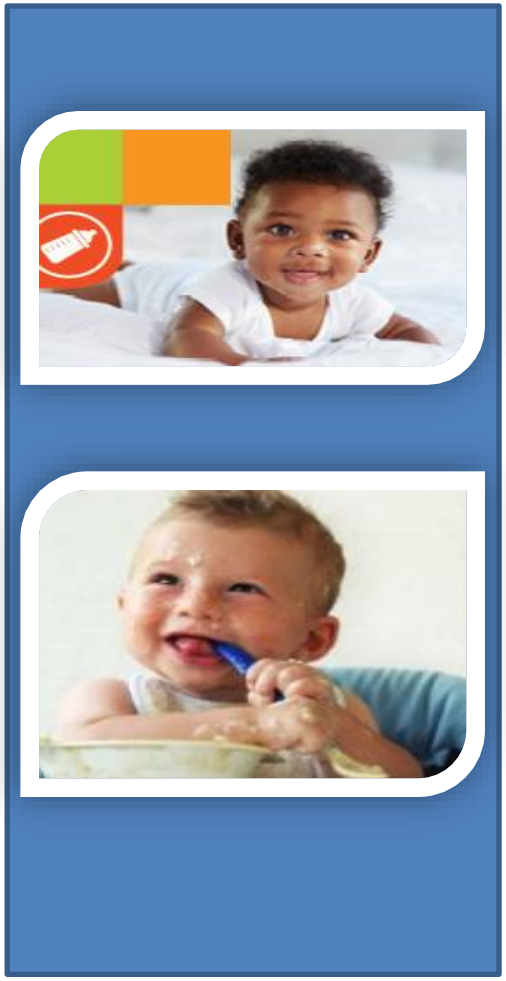
Meal Preparation Systems

Onsite	Purchasing from a School Food Authority (SFA)	Purchasing from a Food Service Management Company (FSMC)	Purchasing from a Commercial Vendor
Meals are prepared at the same location where they are to be served. This option may decrease food costs. An institution conducting food preparation for service to children must conform to all applicable food service rules and regulations regarding food protection and sanitation practices as set forth in the current health district.	Meals may be purchased from a school district that participates in NSLP, either in bulk or as individual packed units. An institution that chooses to purchase meals from a school district must enter into a written agreement to furnish meals or food items with that school. Signing an agreement with the school does not relieve the institution of its program responsibilities.	Meals that are prepared and delivered. An institution must enter an agreement or contract with the FSMC and must be submitted to NDA for approval. Proper procurement methods must be followed. Signing an agreement with the FSMC does not relieve the institution of its program responsibilities.	Meals provided by public organizations, or private commercial enterprises. An institution must enter a contract with an approved Nevada Commercial Vendor and must be submitted to NDA for approval. Proper procurement methods must be followed. Signing an agreement with the FSMC does not relieve the institution of its program responsibilities.

Meal Service Process

- Meals must be served at their approved time
- All components must be served at the same time
- If participating in family-style meal service, a **full** serving of each component must be available on the table for each participant
- If staff is assisting 1–2-year-olds, the full 4 ounces of milk must be poured in their glass

Meal Pattern: Infant



Encourages & supports breastfeeding

Promotes developmentally appropriate meals

Provides more nutritious meals

Meal Pattern: Infant Age Groups

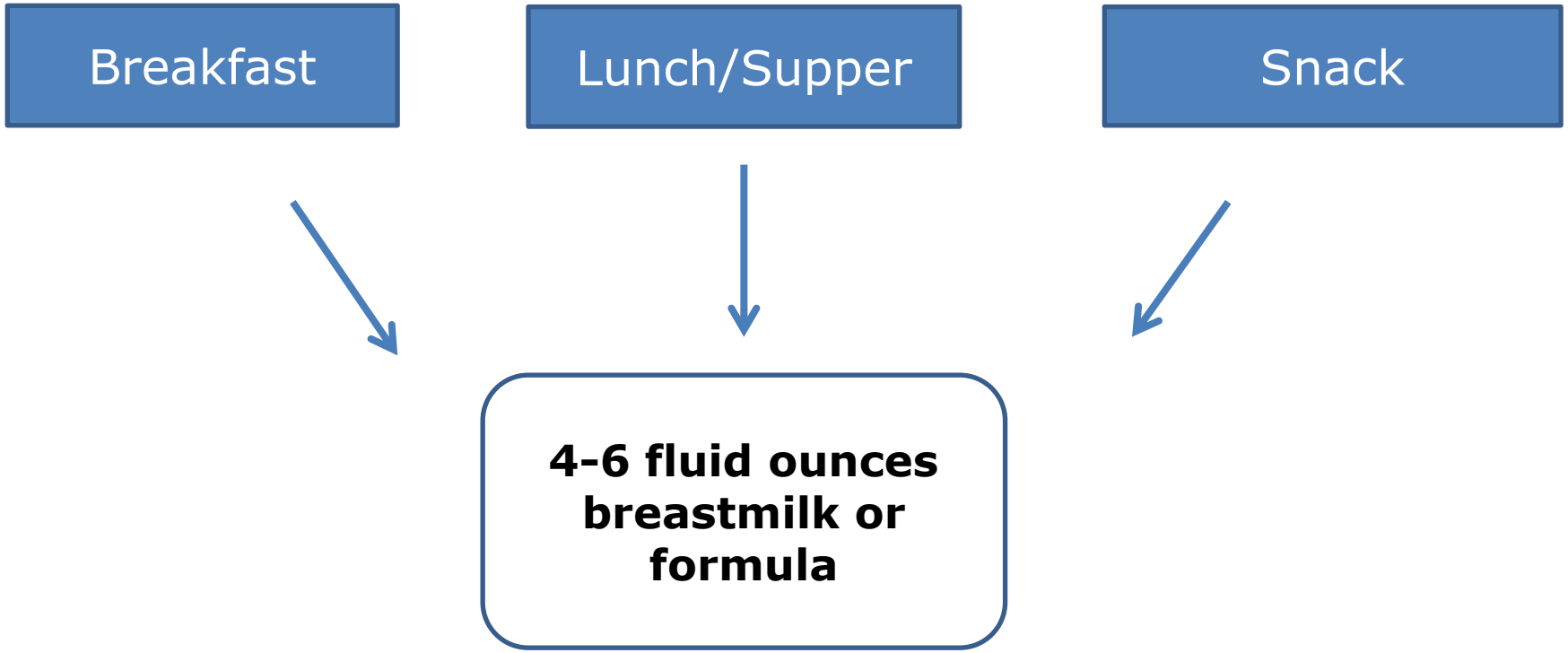
Infant Age Groups:

- Birth-5 months
- 6-11 months

Advantages of Age Groups:

- Encourages exclusive breastfeeding
- Most infants are not ready to consume solid foods until midway through the 1st year
- Introducing solid foods too soon increases risk of obesity

Meal Pattern: Birth-5 Months



Meal Pattern: Birth-5 Months

- Reimbursement for breastfeeding mother **directly feeding** baby
- Only breastmilk or iron-fortified formula is served 0-5 months of age **(no foods)**
- **BEST PRACTICE**-Provide a private, sanitary and comfortable setting for nursing mothers

Meal Pattern: Birth-5 Months

Documenting On-site Breastfeeding

- **It is NOT required to record the total amount of ounces a mother breastfeeds**
- **Acceptable ways to document on infant meal record form:**
  - "Breastfed on-site"
  - "Mother breastfed on-site"

Meal Pattern: Infants

Iron-Fortified Infant Formula

- **Best supplement for breastmilk**
- **Supports healthy brain development and growth**
- **Reimbursable meals may include:**
  - Iron-fortified formula
  - Breastmilk
  - Combination of both

Meal Pattern: Infants

Supplying Formula

- **Offer at least 1 type of iron-fortified infant formula**
- **Formula must be regulated by FDA**
  - Manufactured in the U.S.

Meal Pattern: Infants

Serving Expressed Breastmilk or Formula

- **Feed infants on demand**
  - Avoid strict schedules and forced feeding
- **A smaller amount of breastmilk than the minimum serving size may be served**
  - Leftovers should be properly stored

Meal Pattern: Infants

Developmental Readiness

- **Introducing solid food too early**
  - Can cause choking
  - Can cause infant to consume less breastmilk or infant formula, affecting growth
- **Serve solid foods to infants only when they are developmentally ready**
- **Food components beginning with "zero"**
  - Recognizes not all infants are ready at 6 months
  - Allows for gradual introduction of solid foods
    - One at a time
    - Over the course of a few days

Meal Pattern: Infants

Developmental Readiness

Signs of Readiness

- Good head control while sitting in a highchair, feeding seat, or infant seat
- Opens mouth for food
- Moves food from spoon into throat
- Doubled birth weight

Additional Resources

- American Academy of Pediatrics
- USDA Website
- Feeding Infants Guide from USDA

Meal Pattern: Infants

Parent Communication

- **Working with parents helps to:**
  - Ensure newly introduced foods are most ideal
  - Be consistent with eating habits
  - Support developmental readiness

- **Always consult with parents/guardians before first serving solid foods**

Meal Pattern: 6-11 Months

Breakfast, Lunch or Supper for infants:

6-8 fluid ounces breastmilk or formula; and

0-4 tablespoon infant cereal, meat/meat alternate
OR 0-2 ounces cheese
OR 0-4 ounces (volume) cottage cheese
OR 0-4 ounces yogurt
OR COMBINATION; and

0-2 tablespoon vegetable, fruit, or *both*

Meal Pattern: 6-11 months

Snack for infants:

2-4 fluid ounces breastmilk or formula; and

0-1/2 slice of bread;
<u>OR</u> 0-2 crackers;
<u>OR</u> 0-4 tablespoon infant cereal or ready to eat cereal; and

0-2 tablespoon vegetable, fruit, or *both*

Meal Pattern: 6-11 months

Provide Nutritious Meals

- No juice, cheese food, or cheese product
- Yogurt must contain 0-15 grams of sugar per 4 ounces(23g of sugar per 6 oz.)
- Grains must be enriched meal or enriched flour
- Breakfast or Dry Cereal cannot contain more than 6 grams of sugar per dry ounce

Meal Pattern: Infant

- **If your organization is serving infants, you must create an infant menu**
- **Infant meal pattern should specify:**
  - Birth-5 months and 6-11 months
  - List what is being served (i.e., bananas, green beans, rice cereal, etc.), not just the name of the component (i.e., fruit, vegetable, grain, meat)
- **Infant resources available in NPS, download forms:**
  - Checklist Infant Meal Pattern
  - Meal Template for Infants
  - Infant Meal Pattern
  - Infant Feeding Preference Form

Meal Pattern: Ages 1-18 & Adults

- **Variety of Fruits and Vegetables**
- **More Whole Grains**
- **More Protein Options**
- **Age-Appropriate Meals**
- **Less Added Sugar and Saturated Fat**
- **Must serve the correct portion size or more per age group**

Meal Pattern: Breakfast

Breakfast Meal Patterns				
Component	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adults
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, Fruit, or both	¼ cup	½ cup	½ cup	½ cup
Grains (ounces eq.)	½ ounces eq*	½ ounces eq*	1-ounce eq*	2 ounces eq*

***Meat and meal alternates may be used to substitute the entire grains component a maximum of three times per week**

Meal Pattern: Lunch and Supper

Lunch and Supper Meal Patterns				
Components	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adult
Fluid Milk	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat and meat alternates	1 ounce	1 ½ ounces	2 ounces	2 ounces
Vegetables	1/8 cup	¼ cup	½ cup	½ cup
Fruits	1/8 cup	¼ cup	¼ cup	½ cup
Grains	**½ ounce eq**	**½ ounce eq**	**1-ounce eq**	**2-ounce eq**

***A serving of milk is not required at supper meals for adults**

Meal Pattern: Snack

Snack Meal Pattern				
Components	Ages 1-2	Ages 3-5	Ages 6-12 & 13-18	Adult
Fluid Milk	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat and meat alternates	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables	½ cup	½ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	½ cup
Grains	½ ounce eq	½ ounce eq	1-ounce eq	1-ounce eq

***Select 2 of the 5 components for snack**

Meal Pattern: Meal Components

Separate Components

- Fruit Component
- Vegetable Component

Two <u>different</u> vegetables can be served at Lunch, Supper and Snack but two Fruits are **<u>never</u>** allowed

Pasteurized, 100% juice limited to serve **1 time** per day

Meal Pattern: Meal Components

Grain Ounce Equivalents

Definition: A method of measurements for the grains and meat/meat alternate components in the Child Nutrition Programs

Grain Ounce Equivalent (Oz Eq)= the amount of grains in a portion of food

- Must be used to determine serving size per age group
  - For example, 20 cheese crackers (1” by 1”) = 1 oz. eq.
  - 1 Slice of bread or 28 grams

* Review NDAs Grain Ounce Equivalent training located in NPS>>Applications>>Download Forms>>Training

Separate Components: Lunch & Supper

Are the Fruit & Vegetable Components Being Met?

- Example: Ages 3-5

- ❑ **¼ cup Strawberries + ¼ cup Bananas**
- ❑ **½ cup Sweet Potatoes**
- ❑ **¼ cup Blueberries + ¼ cup Green Beans**
- ❑ **¼ cup Broccoli + ¼ cup Carrots**
- ❑ **Chicken Noodle Soup**
- ❑ **Garden Salad (lettuce, cucumber, tomato)**

Separate Components: Lunch & Supper

Are the Fruit & Vegetable Components Being Met?

- Example: Ages 3-5

(Those with an ✖ do not meet the criteria)

- ✖ **¼ cup Strawberries + ¼ cup Bananas**
- ✖ **½ cup Sweet Potatoes**
- ❑ **¼ cup Blueberries + ¼ cup Green Beans**
- ❑ **¼ cup Broccoli + ¼ cup Carrots**
- ✖ **Chicken Noodle Soup**
- ✖ **Garden Salad (lettuce, cucumber, tomato)**

Separate Components Snack

Is this snack reimbursable?

- **Example: Ages 1-2**

- ❑ **1 Serving Meat + 1 Serving Fruit**
  - ❑ 1 String Cheese (1 oz.) + ½ cup Apple Slices
- ❑ **2 Servings of the Same Fruit**
  - ❑ 1 cup Watermelon
- ❑ **2 Servings of Different Fruits**
  - ❑ ½ cup Pineapple + ½ cup peaches
- ❑ **1 Serving Vegetable + 1 Serving Fruit**
  - ❑ ½ cup cucumber slices + ½ cup blueberries
- ❑ **1 Serving Grain + 1 Serving Meat**
  - ❑ ½ Whole Grain English Muffin + ½ Hardboiled Egg (Slices)

Separate Components Snack

Is this snack reimbursable?

- **Example: Ages 1-2**

❑ **1 Serving Meat + 1 Serving Fruit**
  - ❑ 1 String Cheese (1 oz.) + ½ cup Apple Slices

✖ **2 Servings of the Same Fruit**
  - ❑ 1 cup Watermelon

✖ **2 Servings of Different Fruits**
  - ❑ ½ cup Pineapple + ½ cup peaches

❑ **1 Serving Vegetable + 1 Serving Fruit**
  - ❑ ½ cup cucumber slices + ½ cup blueberries

❑ **1 Serving Grain + 1 Serving Meat**
  - ❑ ½ Whole Grain English Muffin + ½ Hardboiled Egg (Slices)

Meal Pattern

Providing Food Components

- **Parents/guardians may provide only <u>ONE</u> creditable food component for a reimbursable meal**
  - The guardian provides breastmilk = 1 component
  - Childcare center must provide the remaining components

Medical Statements

NDA requires a **Medical Plan of Care for Special Diets Form** to be completed when a participant has a disability that calls for a non-dairy beverage that is **not** nutritionally equivalent to cow's milk.

Medical Plan of Care for Special Diets Form

- **CACFP programs must make reasonable substitutions to meals and/or snacks on a case-by-case basis for participants**
- **For a milk substitution non-disabling special dietary needs only**
  - Parents can complete the form (Part 1, 2 and 5); count the meal to be claimed only if the milk is lactose-free or a pictured allowable substitution; higher fat milks require Part 4
- **Form to be completed by Physician/Medical Authority if Participant has a Disability including details**
  - List of alternate food/milk items
- **If the participant does NOT have a disability, Part 4 may be completed by a registered dietitian, registered nurse, physician assistant or nurse practitioner**

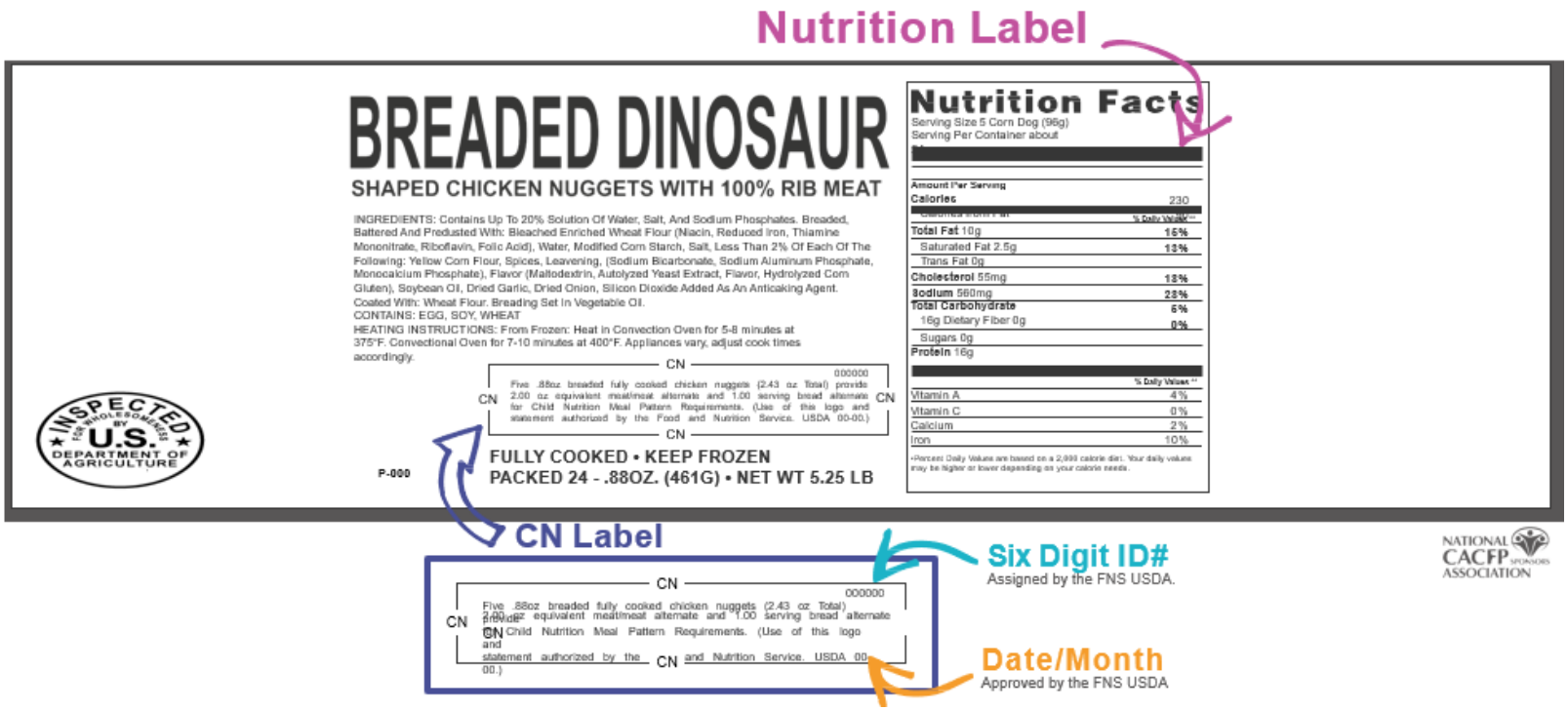
Child Nutrition Label and Product Formulation Statement

A Child Nutrition (CN) label or a Product Formulation Statement (PFS) provides meal pattern contribution information for commercially prepared, combination food items.

- For example, CN labels are available that contribute to the meat/meat alternate and grain component of the meal pattern. E.g., Chicken Tenders
- Some commercially prepared, combination foods may not have a CN label
- If a commercially prepared, combination food item does not have a CN label, contact the manufacturer for a PFS

Child Nutrition Label

The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.



Child Nutrition Label

Identify CN label:

- **CN logo, with a distinct border**
- **Meal pattern contribution statement**
- **Six-digit product identification number**
- **USDA's Authorization and**
- **Month and year of approval**
- **Keep documents of CN labels:**

CN

XXXXXX*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX**.)

CN CN CN

Product Formulation Statement

A Product Formulation Statement (PFS) provides crediting information for processed products that do not have a CN Label.

A PFS always contains:

- Manufacturer's letterhead
- Name of product and product code number
- Math calculations showing how the manufacturer determined the meal pattern contribution
- Crediting statement
- Signed and dated by an official of the manufacturer

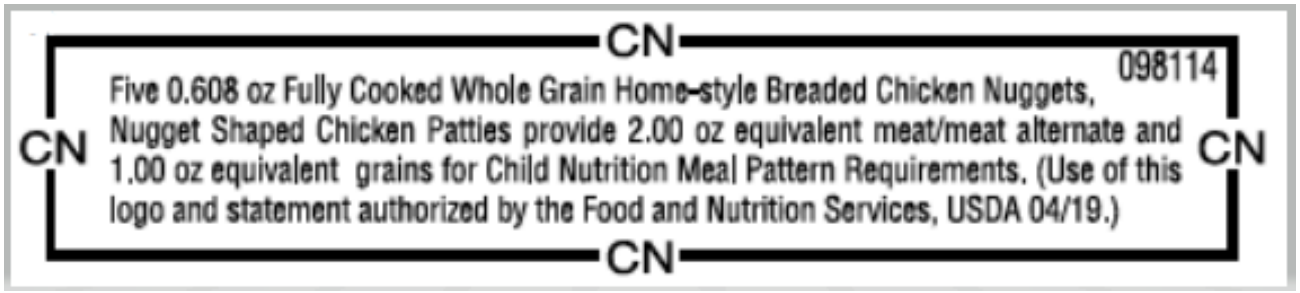
To determine if a product has a PFS, contact the manufacturer

- Explain that you need the child nutrition information for the commercially prepared product. They may ask for the Universal Product Code (UPC) number so have this information available as well

Combination Items

- If you serve combination items such as chicken nuggets, you must keep a current Child Nutrition (CN) Label or a Product Formulation Statement on file

- They **<u>expire 5 years after their issue date</u>**, the example below was issued on 04/19 and expires on 04/24



Fruits and Vegetables

Best Practices:

- **At least 1 fruit or vegetable at <u>every snack</u>**
- **Serve a variety of fruits**
- **Choose whole fruits more often than juice**
- **Incorporate seasonal and locally grown produce into meals**

Every week, serve at least one serving of:

- Dark green vegetables
- Red and Orange vegetables
- Starchy vegetables
- Legumes
- Other vegetables

Grains

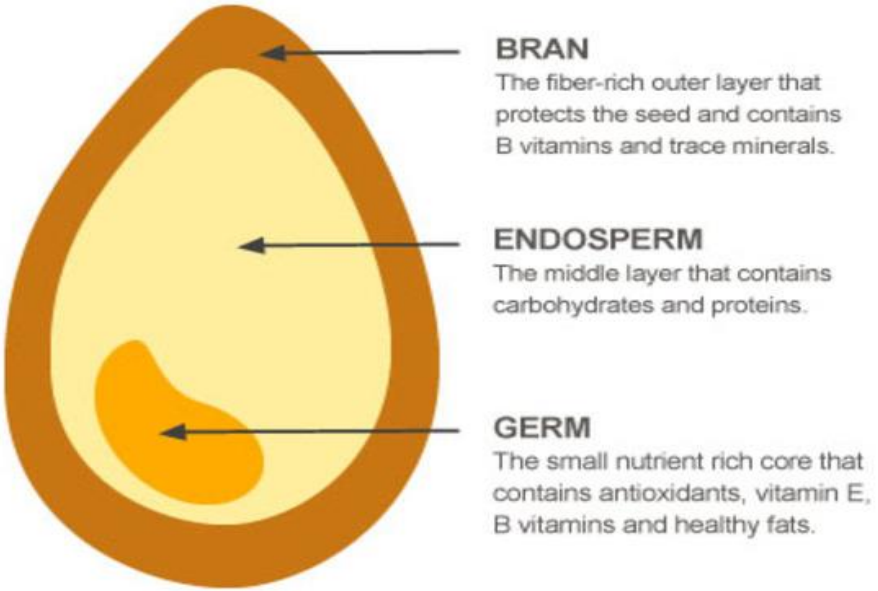
- Each day, **<u>at least one</u> of the grain components of a meal or snack must be <u>"whole grain rich"</u>**
- Whole grain rich food items must be offered at least once per day, not once per meal/snack
  - If a childcare center only serves breakfast, the grain must be whole grain-rich
  - If the center serves breakfast, lunch, and snack, choose which meal(s) to serve the whole grain-rich food
- All other grain items must be enriched

- **BEST PRACTICE:** Serve at least 2 servings of whole grain rich grains/day

Whole Grains

Whole Grain Ingredients:

- Cracked wheat / crushed wheat
- Whole-wheat flour
- Bromated whole-wheat flour
- Whole durum wheat flour
- Rolled oats and oatmeal



Whole Grains

Whole Grain Ingredients:

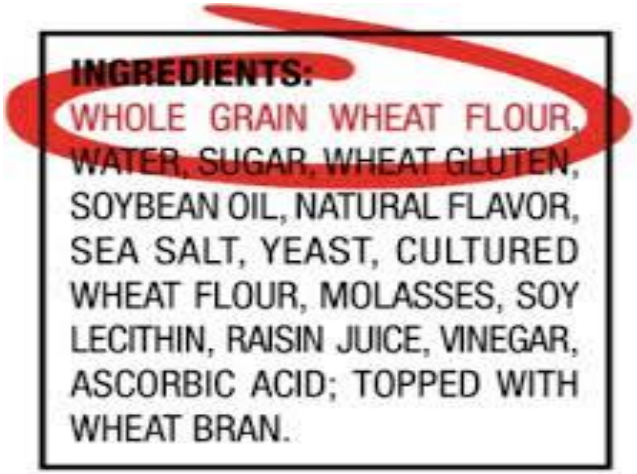
- Graham flour
- Entire-wheat flour
- Amaranth
- Millet flakes
- Quinoa
- Brown & wild rice
- Bulgur or whole grain barley
- Whole wheat pasta
- Soba noodles

Non-creditable Grains or Flours

- Barley malt/malted barley flour
- Bean flour (such as soy flour, chickpea flour, lentil flour, etc.)
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Nut/seed flour (almond flour, peanut flour, sesame flour)
- Potato flour
- Rice flour
- Semolina
- Oat fiber
- Wheat flour
- White flour
- Yellow corn meal
- Yellow corn flour

Whole Grain Rich Criteria

- **Whole grains are the primary ingredient by weight**
- **Food package lists an FDA approved whole-grain health claims**



Whole Grain Stamp

- Each stamp shows how many grams of whole grain ingredients are in a serving
- Wide range of gram amounts, reflecting the whole grain content of a serving of that specific product
- If a product contains large amounts of whole grain (23g, 37g, 41g, etc.) **but also contains extra bran, germ, or refined flour**, it will use the 50%+ Stamp or the Basic Stamp

Whole Grain Stamp

- If looking at the Whole Grain Stamp to verify if a product is Whole Grain, you must find the Stamp that indicates the product is 100% Whole Grain

Whole Grain Stamp

100% OF THE GRAIN IS WHOLE GRAIN

50% OR MORE OF THE GRAIN IS WHOLE GRAIN

EAT 48g OR MORE OF WHOLE GRAIN DAILY

THE 100% STAMP	THE 50%+ STAMP	THE BASIC STAMP
For products where ALL of the grain is whole grain.	For products where at least 50% of the grain is whole grain.	For products that contain a significant amount of whole grain, but which contain primarily refined grain.*
Minimum requirement: 16g (16 grams) whole grain per serving. (a full serving of whole grain)	Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)	Minimum requirement: 8g (8 grams) whole grain per serving. (one half serving of whole grain)

Knowledge Check

What would this product qualify as?

a) All of the grains are whole grain
b) At least 50% of the grain is whole grain
c) Significant amount of whole grain, but primarily refined grain

Answer

What would this product qualify as?

a) All of the grains are whole grain

- ✓ This product would qualify for the 100% Stamp, 22g or more
- ✓ All its grains are whole grain, and it contains more than 16g of whole grain

Knowledge Check

What would this product qualify as?

a) All of the grains are whole grain
b) At least 50% of the grain is whole grain
c) Significant amount of whole grain, but primarily refined grain

Answer

What would this product qualify as?

b)At least 50% of the grain is whole grain

- ✓ This cereal would also qualify for the 50%+ Stamp, 15g or more
- ✓ All its grain is whole grain, *but it doesn't meet the minimum of 16g* of whole grain required for the 100% Stamp

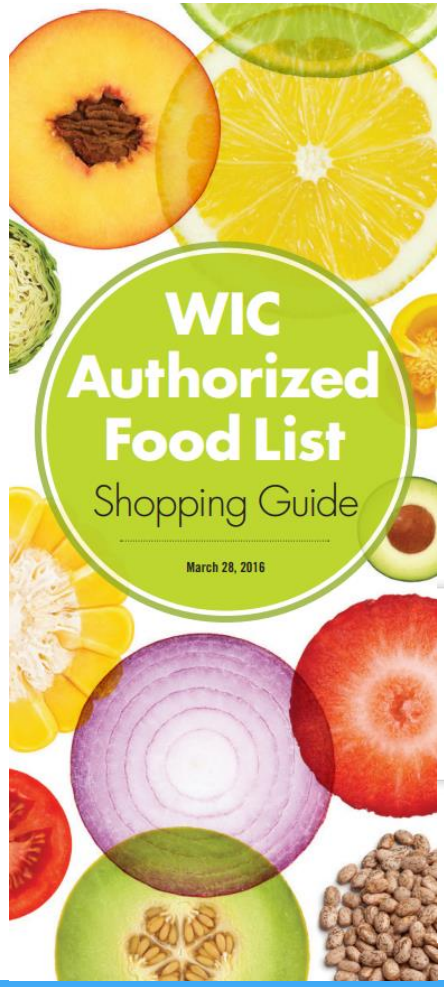
Whole Grain Rich Approved

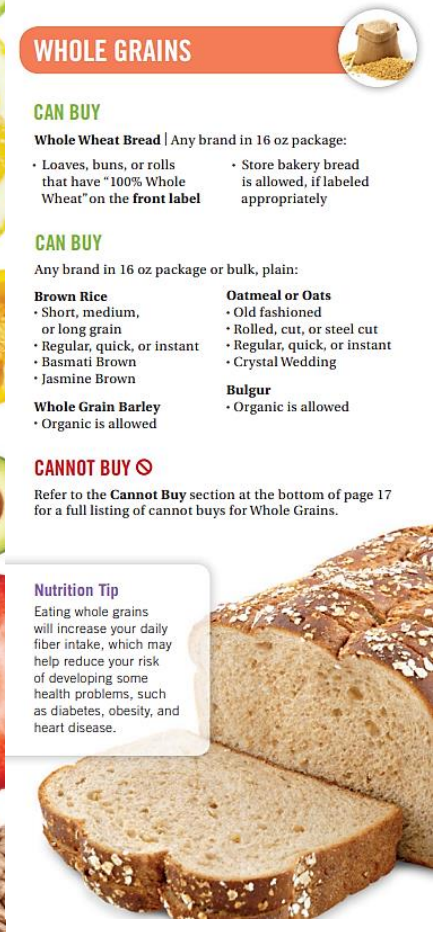
Foods are Whole Grain Rich in the CACFP if…

- The food is found on any State agency's WIC-approved whole grain food list

OR

- There are certain foods listed as "whole wheat" "entire wheat" or "graham" including:
  - Whole/entire/graham wheat rolls, bread, or buns (examples: whole wheat rolls, entire wheat bread, graham buns)
  - Whole wheat macaroni, macaroni product, spaghetti or vermicelli





Whole Grain Rich Approved

- The food has an FDA-approved whole-grain health claim

OR

- The food meets the whole grain-rich criteria for the National School Lunch or School Breakfast Programs

OR

- If you have proper documentation from a manufacturer, or a standardized recipe that shows whole grains are the main ingredients by weight

Grain Dishes

Non-Mixed:

- Breads and cereals
- First ingredient is a whole grain
- First ingredient is water, and the second ingredient is a whole grain

Mixed:

- Pizza and burritos
- Whole grains primary ingredient by weight
- Proper documentation is required

Whole Grain Rich: Rule of Three

- **Rule of Three:** the first ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ
- **If the food meets the criteria listed in the *Rule of Three*, then it is Whole Grain Rich**

Ingredients: Whole Grain Wheat, Wheat Bran, Enriched Corn Flour, Sugar, Salt, Tripotassium Phosphate, Wheat Starch, Vitamin E.

Vitamins and Minerals: Calcium Carbonate, Iron, Zinc, Vitamin C, Vitamin B6, Vitamin A

Whole Grain Rich: Rule of Three

1. Start by finding the Ingredient List

Single Item Foods

- For foods that are single items, look at the entire ingredient list to see if the only meal component in the food is grains

- Examples include:
  - bread
  - pastas
  - bagels
  - pancakes
  - breakfast cereals

Whole Grain Rich: Rule of Three

- **Foods with One Grain Ingredient that is a whole grain ingredient means the food is whole grain rich**

Ingredients: Whole Grain Wheat Flour, Soybean Oil, Sugar, ~~Cornstarch~~, Malt Syrup, Salt, Refiner's Syrup, Leavening, Vegetable Color

This item only has one grain ingredient, and it is a whole-grain ingredient

STOP HERE

Whole Grain Rich: Rule of Three

Using the Ingredient List: Combination Foods

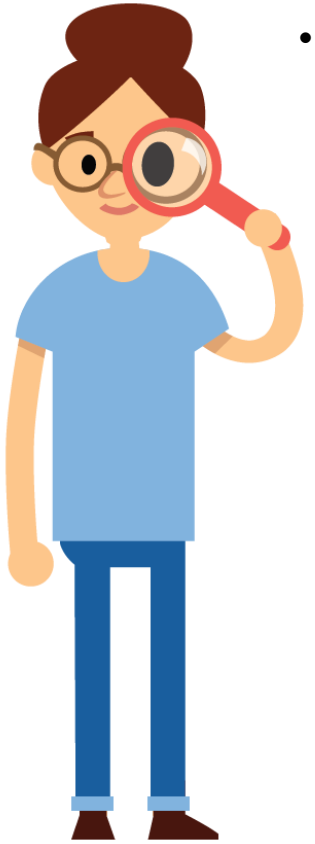
- For combination foods, look at the ingredients in the grain portion of the food

- Examples:
  - the tortilla in a burrito
  - wild rice in a chicken and wild rice soup
  - the crust of a pizza

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning; modified food starch.

Whole Grain Rich: Rule of Three

Using the Ingredient List: Combination Foods



- Review the parts of the ingredient list for the crust, since that is the part of the pizza that will credit towards the grain component

INGREDIENTS: **Crust:** Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, water, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives. **Shredded mozzarella cheese:** Pasteurized part skim milk, cheese, cultures, salt, enzymes. **Sauce:** Water, tomato paste, pizza seasoning; modified food starch.

Whole Grain Rich: Rule of Three

2. Simplify the Ingredient List

Disregarded Ingredients when using rule of three:

- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- **Water**
- Wheat dextrin
- Wheat gluten
- Wheat starch
- **Any ingredients that appear after the phrase "Contains 2% or less of…"**

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

This ingredient list shows some ingredients that can be crossed out to simplify the list.

Whole Grain Rich: Rule of Three

3. Look at the First Grain Ingredient.

Possible Grain Ingredients:

- Flour
- Wheat
- Grain
- Bran
- Oat
- Germ
- Rice

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Knowledge Check

What is the first grain ingredient?

- ❑ Whole-wheat flour
- ❑ Enriched flour
- ❑ Yeast

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Answer

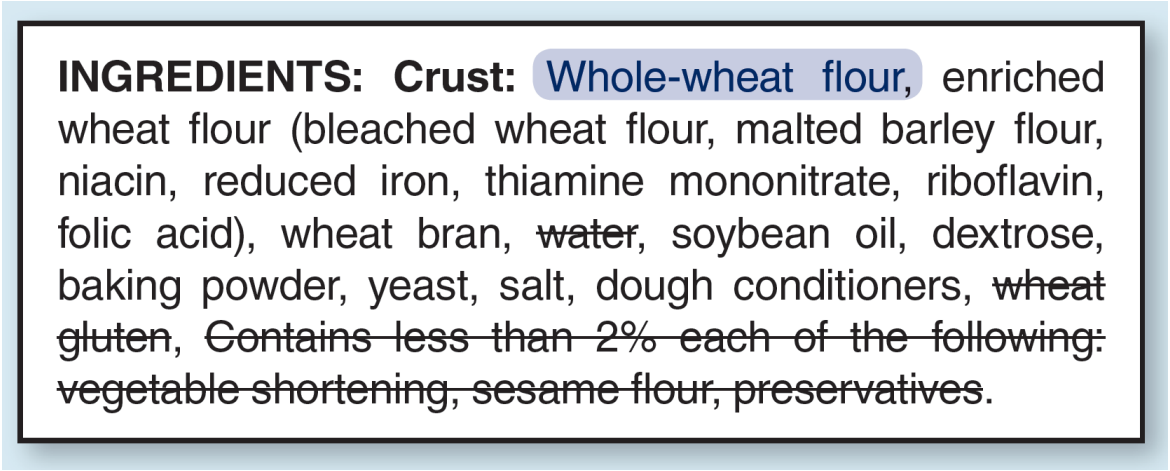
Whole Wheat Flour

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Knowledge Check

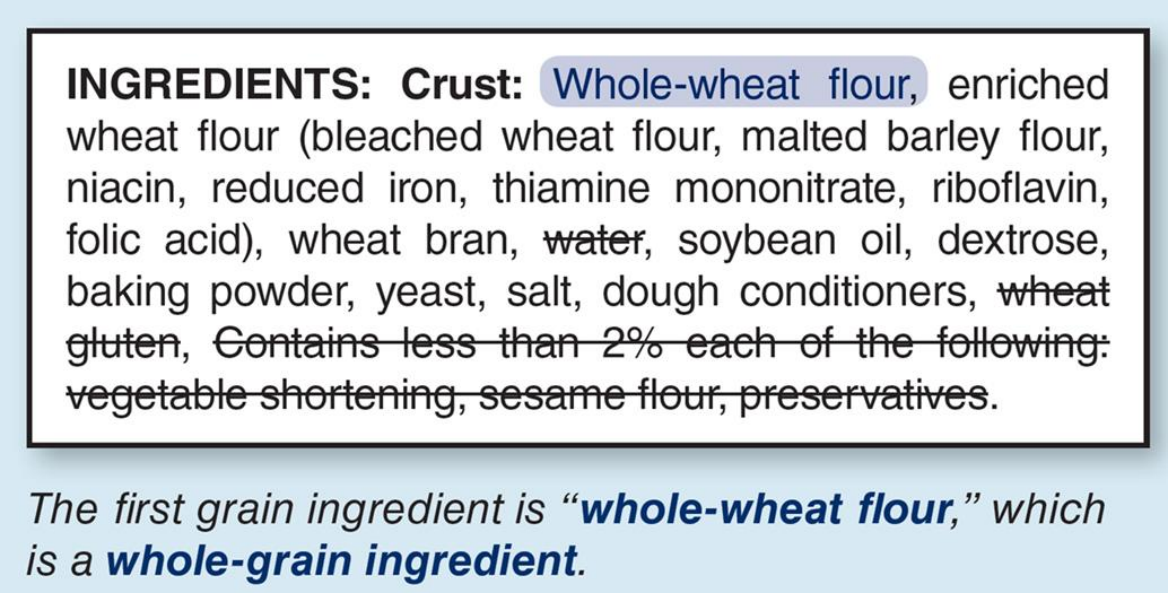
Is the first grain ingredient whole-grain?

- ❑ Yes
- ❑ No



Answer

Yes, Whole-wheat flour



Whole Grain Rich: Rule of Three

4. Look for the second Grain Ingredient

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Whole Grain Rich: Rule of Three

- **Make sure the second grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include:**
  - Enriched Wheat Flour
  - Enriched Corn flour
  - Enriched Durum flour
  - Enriched Rice flour
  - Enriched Rye flour
  - Enriched White flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ

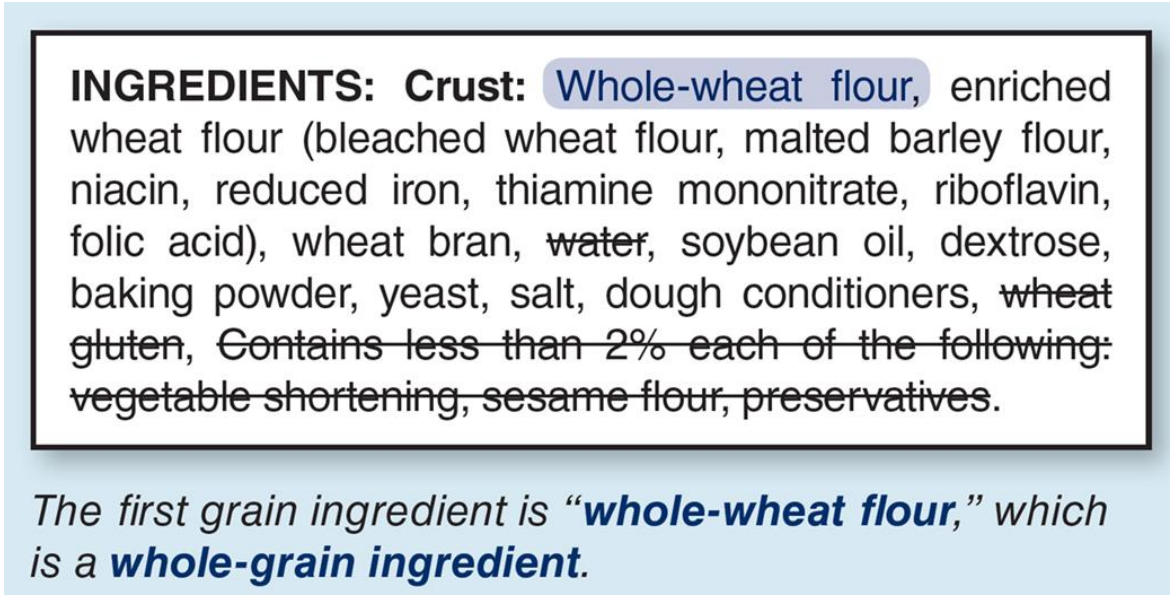
INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

*The first grain ingredient is "**whole-wheat flour**," which is a **whole-grain ingredient**.*

Knowledge Check

What is the second grain ingredient?

- ❑ Whole-grain
- ❑ Enriched, bran, or germ
- ❑ None of the above



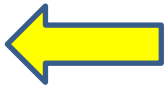
Answer

Enriched wheat flour

- **Make sure the second grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include:**
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ

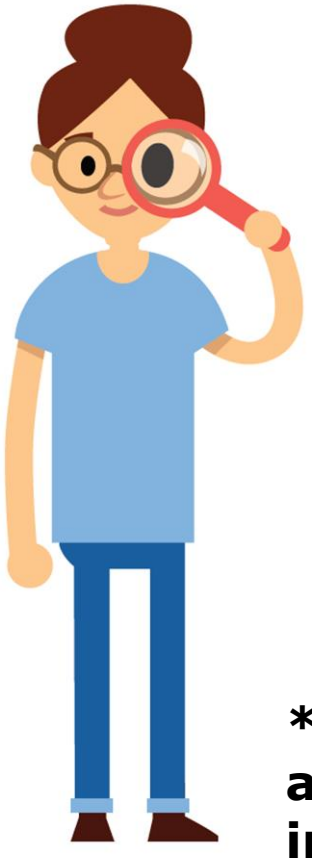


INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

*The second grain ingredient is "**enriched wheat flour**," which is an **enriched** grain ingredient.*

Whole Grain Rich: Rule of Three

Second grain ingredient



INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten. Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

***When using the rule of three, the enriched wheat flour and <u>everything</u> in the parenthesis count as ONE grain ingredient**

Whole Grain Rich: Rule of Three

- **Make sure the third grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**

- **Common <u>enriched</u> ingredients include:**
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour

- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ

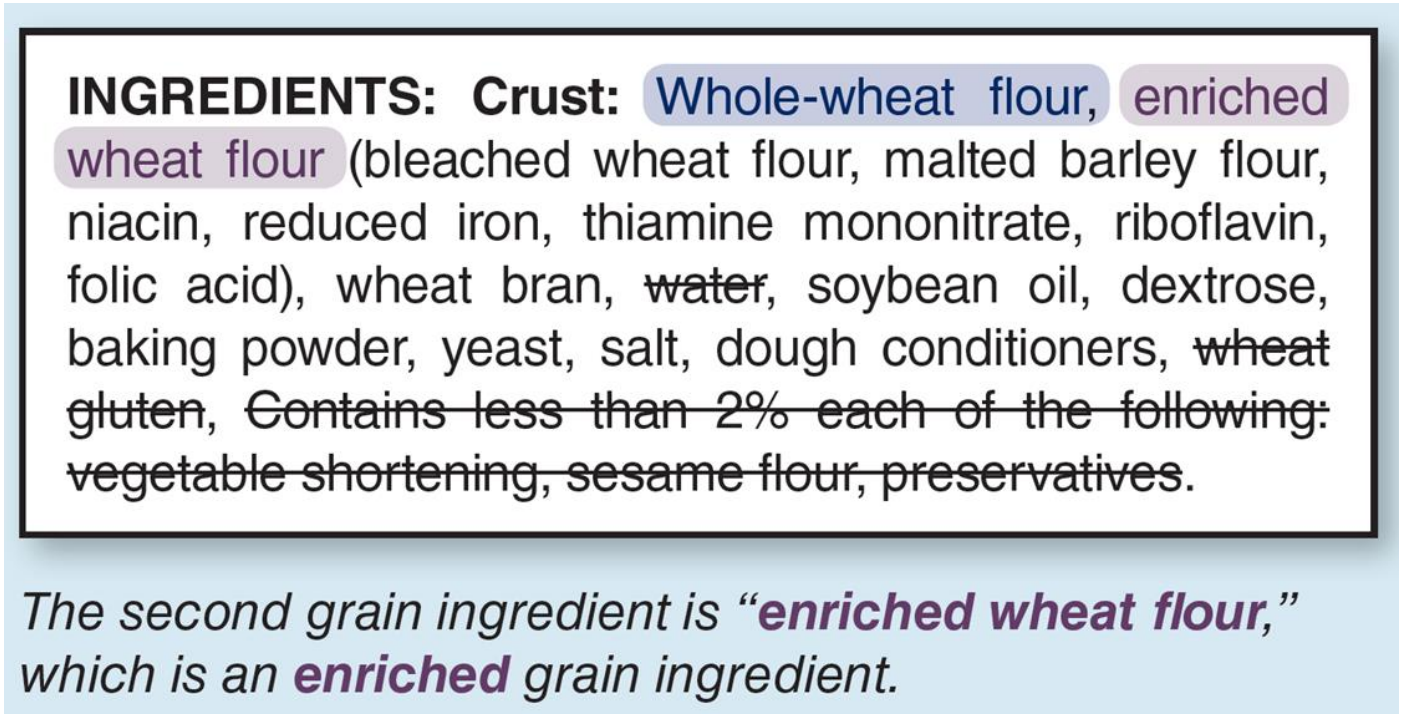
Look at the third grain ingredient

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Knowledge Check

What is the third grain ingredient?

- ❑ **Whole-grain**
- ❑ **Enriched, bran, or germ**
- ❑ **None of the above**



Answer

Wheat Bran

- **Make sure the third grain ingredient is <u>whole-grain</u>, <u>enriched</u>, or <u>bran</u> or <u>germ</u>**
- **Common <u>enriched</u> ingredients include:**
  - Enriched wheat flour
  - Enriched corn flour
  - Enriched durum flour
  - Enriched rice
  - Enriched rice flour
  - Enriched rye flour
  - Enriched white flour
- **Common <u>bran</u> and <u>germ</u> ingredients include:**
  - Corn/oat/rice/rye/wheat bran
  - Wheat germ

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

*The third grain ingredient is "**wheat bran**," which is a type of **bran**.*

Knowledge Check

Rule of Three:

1st ingredient must be **whole-grain**

2nd ingredient must be **whole-grain**, **enriched**, **bran** or **germ**

3rd ingredient must be **whole-grain**, **enriched**, **bran** or **germ**

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Is this pizza crust whole grain-rich?

- ❑ **Yes**
- ❑ **No**

Answer

Rule of Three:

- ✓ 1st ingredient must be whole-grain: **whole-wheat flour**
- ✓ 2nd ingredient must be whole-grain, enriched, bran or germ: **enriched wheat flour**
- ✓ 3rd ingredient must be whole-grain, enriched, bran or germ: **wheat bran**

Yes, the pizza crust is whole grain rich

INGREDIENTS: Crust: Whole-wheat flour, enriched wheat flour (bleached wheat flour, malted barley flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), wheat bran, ~~water~~, soybean oil, dextrose, baking powder, yeast, salt, dough conditioners, ~~wheat gluten~~, ~~Contains less than 2% each of the following: vegetable shortening, sesame flour, preservatives~~.

Knowledge Check

Looking at these menus, which one(s) meet the CACFP requirement for whole grain-rich?

Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

Breakfast: Chopped strawberries, whole grain-rich waffles, 1% milk
Lunch: Baked chicken, 1% milk, broccoli, orange wedges, white rice
Snack: Apple slices and string cheese

Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip)

Menu 3

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter

Answer

Menu 1

Served at a child care center that serves one group of children in the morning and another in the afternoon

Breakfast: Chopped strawberries, whole grain-rich waffles, 1% milk
Lunch: Baked chicken,1% milk, broccoli, orange wedges, white rice
Snack: Apple slices and string cheese

 **Correct**

Menu 2

Served at an at-risk afterschool center that only serves snack

Snack: Enriched pretzels and hummus (bean dip) 

Menu 3

Served at an at-risk afterschool center that only serves snack

Snack: Celery sticks and sunflower seed butter  **Correct**

Adding Whole Grains to Your Menu

- Although there are no Federal CACFP requirements that you label which foods are whole grain-rich on your menu, **NDA requires** this indication on the menu and a readily available copy of the food label for the item

Writing "Whole Grain" ("WG") or "Whole Grain Rich" ("WGR") in front of an item on a menu

Adding a grain icon or picture next to the whole grain foods

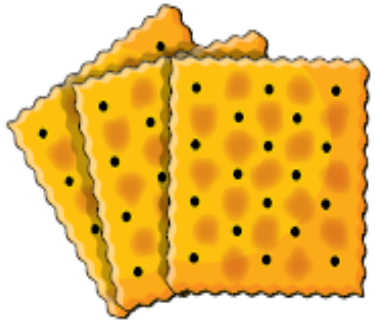
Grain Based Desserts

Grain based desserts are not creditable.

Graham and Animal crackers are creditable.

Grain-Based Desserts

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
• Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers	• Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips



Grain-Based Desserts

Why Make the Change?

- **Dietary Guidelines for Americans**
  - **Limit consumption of added sugars**
    - Added sugars, such as sweeteners and syrups are added when foods or beverages are processed or prepared
  - **Limit consumption of solid fats**
    - Fats that are solid at room temperature

Grain-Based Desserts

- **Menu planners should consider the common *perception* of the food item and whether it is generally considered to be a dessert or sweet item**

Explore Your Options

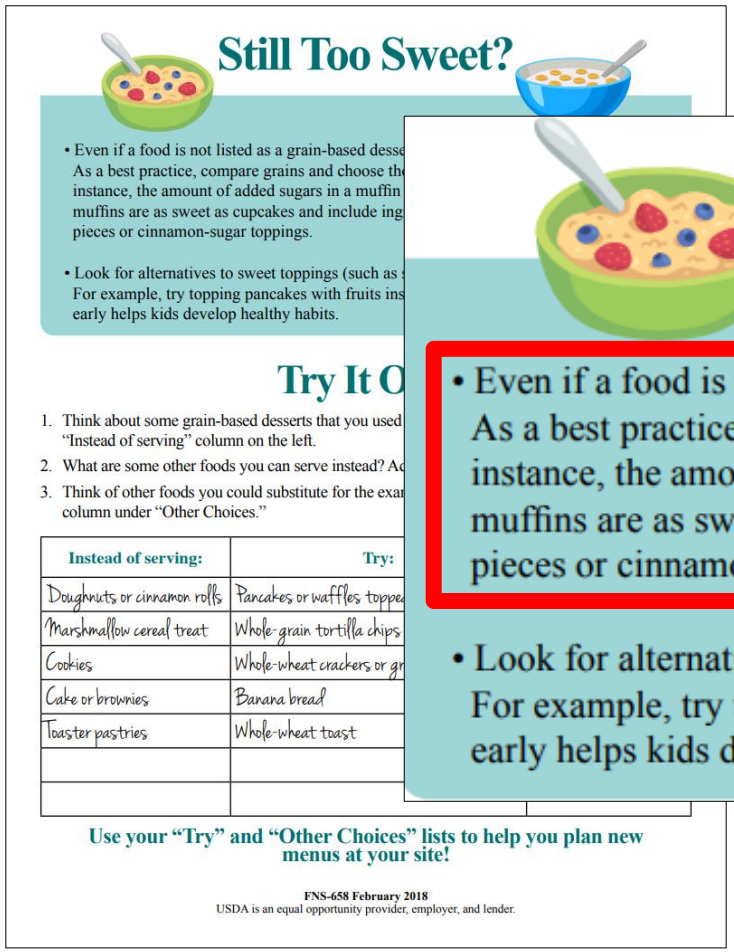
Baking Powder Biscuits

Maple Baked French Toast Squares

Pancakes

https://www.fns.usda.gov/usda-standardized-recipe

Best Practices



Still Too Sweet?

- Even if a food is not listed as a grain-based desse
  As a best practice, compare grains and choose th
  instance, the amount of added sugars in a muffin
  muffins are as sweet as cupcakes and include ing
  pieces or cinnamon-sugar toppings.

- Look for alternatives to sweet toppings (such as
  For example, try topping pancakes with fruits ins
  early helps kids develop healthy habits.

Try It O

1. Think about some grain-based desserts that you used
   "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Ac
3. Think of other foods you could substitute for the exa
   column under "Other Choices."

Instead of serving:	Try:
Doughnuts or cinnamon rolls	Pancakes or waffles toppe
Marshmallow cereal treat	Whole-grain tortilla chips
Cookies	Whole-wheat crackers or gr
Cake or brownies	Banana bread
Toaster pastries	Whole-wheat toast

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

FNS-658 February 2018

Still Too Sweet?

- Even if a food is not listed as a grain-based dessert, it can still be high in added sugars. As a best practice, compare grains and choose those that are lower in sugars. For instance, the amount of added sugars in a muffin can vary from recipe to recipe. Some muffins are as sweet as cupcakes and include ingredients such as candy and chocolate pieces or cinnamon-sugar toppings.

- Look for alternatives to sweet toppings (such as syrups, honey, and cinnamon sugars). For example, try topping pancakes with fruits instead of syrup. Starting these practices early helps kids develop healthy habits.

Try It Out With your Menus!

Still Too Sweet?

- Even if a food is not listed as a grain-based dessert, it can still be h
  As a best practice, compare grains and choose those that are lower
  instance, the amount of added sugars in a muffin can vary from rec
  muffins are as sweet as cupcakes and include ingredients such as c
  pieces or cinnamon-sugar toppings.
- Look for alternatives to sweet toppings (such as syrups, honey, and
  For example, try topping pancakes with fruits instead of syrup. Sta
  early helps kids develop healthy habits.

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them
   "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try
3. Think of other foods you could substitute for the examples listed below.
   column under "Other Choices."

Instead of serving:	Try:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit
Marshmallow cereal treat	Whole-grain tortilla chips or fruit
Cookies	Whole-wheat crackers or graham crackers
Cake or brownies	Banana bread
Toaster pastries	Whole-wheat toast

Use your "Try" and "Other Choices" lists to help menus at your site!

FNS-658 February 2018

Try It Out!

1. Think about some grain-based desserts that you used to serve. Add them to the "Instead of serving" column on the left.
2. What are some other foods you can serve instead? Add them to the "Try" column in the middle.
3. Think of other foods you could substitute for the examples listed below. Add them to the right column under "Other Choices."

Instead of serving:	Try:	Other Choices:
Doughnuts or cinnamon rolls	Pancakes or waffles topped with sliced fruit	
Marshmallow cereal treat	Whole-grain tortilla chips or fruit	
Cookies	Whole-wheat crackers or graham crackers	
Cake or brownies	Banana bread	
Toaster pastries	Whole-wheat toast	

Use your "Try" and "Other Choices" lists to help you plan new menus at your site!

Sugar Limit for Cereal

- **Breakfast cereal must contain no more than 6 grams of sugar per dry ounce**
- You can use any cereal that is listed on any State agency's WIC-approved cereal list
- You can find cereals that meet the sugar limit by using the "Choose Breakfast Cereals That Are Lower in Added Sugars" worksheet

Sugar Limit for Cereal

- **To calculate sugar limits in cereal using a worksheet, please click on the link below:**

- **Choose Breakfast Cereals That Are Lower in Sugar (azureedge.us)**

Meat & Meat Alternates (MA)

- **Meat & MA** can be served in place of the entire grains component at Breakfast
  - Up to 3x per week
  - Must serve 1 oz, equivalent to 1 oz of grain
- Breakfast Menu Example:

Breakfast	Component
Cheese Omelet	Grain/Meat
Strawberries	Fruit
Milk	Milk

Meat & Meat Alternatives

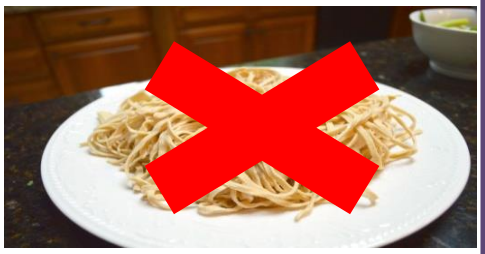
Meat:

- Lean meat
- Poultry
- Fish

Meat Alternatives:

- Tofu
- Soy Products
- Yogurt
- Cheese
- Eggs
- Beans & Peas
- Nuts, Seeds, & Nut Butters

Tofu



Creditable Tofu:

- Firm & Extra Firm
- 2.2 ounce (1/4 cup) and 5 grams of Protein
- CN Label is required

Non-creditable Tofu:

- Soft & Silken
- Tofu Noodle
- Non-Commercial/Non-Standardized

Yogurt & Soy Yogurt

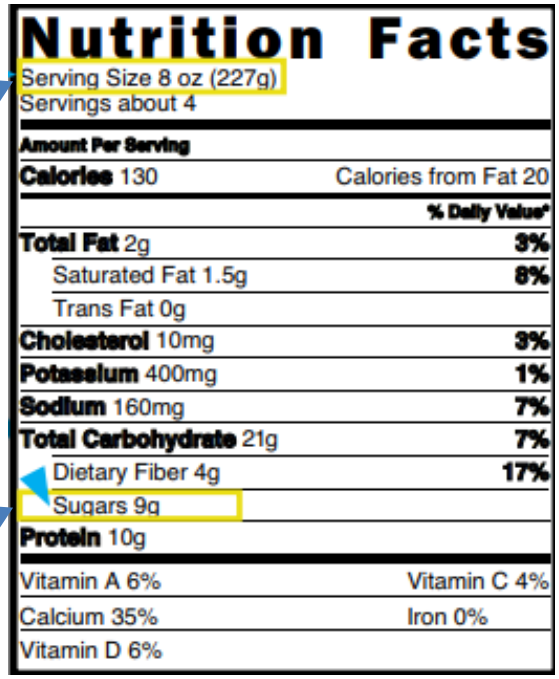
- **Commercial yogurt/soy yogurt products only**
- **Non creditable yogurt products:**
  - Frozen yogurt
  - Drinkable yogurt
  - Homemade yogurt
  - Yogurt flavored products
  - Yogurt bars
  - Yogurt covered fruits & nuts

Sugar Limit for Yogurt

Must contain **no more than 23 grams of total sugars per 6 oz**

Find the serving size in grams or ounces

Find grams of sugar



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%

=

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

Sugar Limit For Yogurt

- **To determine sugar limits in yogurt using a worksheet, please click on the link below:**

- **Calculating Sugar Limits for Yogurt in the Child and Adult Care Food Program (azureedge.us)**

Nuts, Seeds, & Nut Butter

- **Nuts & Seeds meet ½ of the Meat/MA requirements**

- **Must be paired with another Meat/MA**
  - No acorns, chestnuts or coconuts
  - Spreads are not creditable
  - Nut Butter meets part or all of the Meat/MA
    - 1 oz=2 Tbsp

Beans & Peas

- Beans and Peas can meet Meat/MA or Vegetable requirements, but not both in the same meal

Best Practice: Meat/Meat Alternate

- Limit serving processed meats to one serving per week
- Serve only natural cheese that is low-fat or reduced fat
- Serve only lean meats, nuts, and legumes

Fluid Milk

Milk Type Based on Age

- **1 Year olds**
  - 4 ounces
  - Unflavored whole milk
  - Breastmilk
- **2–5-Year-olds**
  - Unflavored low-fat or fat-free
- **6+ Years**
  - Unflavored low-fat or fat-free
  - Flavored fat-free
    - Contains added sugars

Milk Substitutions

Nutrients Required and Picture Guide

Nutrients per Cup

- 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

Form located in NPS>>Download Forms>>Meal Patterns

Knowledge Check

Is this creditable?

Lunch Menu

Susan cares for 3–5-year olds. She has chosen to only offer vegetables with lunch, and not give any fruit.

¼ cup steamed carrots
¼ cup steamed broccoli

Answer

YES

Two different vegetables can be offered instead of one vegetable & one fruit *at lunch, supper, and snack.*

Child and Adult Menu Development

Include all 5 components of the meal pattern

- Child and Adult Menu Planner Template

Child Menu Planner 7 Day

Dates:						Name of Site:								
Meal & Snack Pattern as Required By USDA	Date: Monday	Serving Size for ages: 1-2	3-5	6-12	13-18[1]	Date: Tuesday	Serving Size for ages: 1-2	3-5	6-12	13-18[1]	Date: Wednesday	Serving Size 1-2	3-5
Breakfast: Milk Whole age 1 1% or nonfat 2yr+[2]													
Fruit or Vegetable[3]													
Grain/Bread[4,5,6,7]													
Meat/Meat Alternate[7,8]													
Other Foods Extra to Meal Pattern													
AM Snack Any two: Milk Whole age 1 1% or nonfat 2yr+[2]													
Fruit or Vegetable[3]													
Vegetable[3]													
Grain/Bread[4]													
Meat/Meat Alternate[8]													
Other Foods Extra to Meal Pattern													
Lunch: Milk Whole age 1 1% or nonfat 2yr+[2]													
Fruit or Vegetable[3]													
Vegetable[3]													
Grain/Bread[4]													
Meat/Meat Alternate[8]													
Other Foods Extra to Meal Pattern													

Adult Menu Planner 5 day
23 Oct 2017 vlg

Offer Versus Serve (OVS) ☐ Yes ☐ No

Week of:_____

Menu Planner Name: _____

Phone number:_____

Meal Component	Min. Serving Size	Day of Week: Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	***OVS: Decline 1 of 4 items***					
Fluid Milk*	1 c. (8 fl. oz.)					
Bread/Alternate	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle					
Fruit/Vegetable	½ c.					
Lunch/Supper	***OVS: Decline 2 of 6 items (Lunch) 2 of 5 items (Supper)***					
Fluid Milk*†	1 c. (8 fl. oz.)					
Bread/Alternate	2 slices, 1-1/2 c. dry cereal, or 1 c. cooked grain/noodle					
Meat/Alternate	2 oz.**					
Vegetable or Fruit	1 c. total					
Vegetable						
Other (optional)						
Snack – Must contain 2 of the 4 components	***OVS not allowed***					
Fluid Milk*	1 c. (8 fl. oz.)					
Bread/Alternate	1 slice, ¾ c. dry, or ½ c cooked grain/noodle					
Meat/Alternate	1 oz.**					
Fruit/Vegetable	½ c.					
Other (optional)						

- Include variety for each component

Child and Adult Menu Development

Menu Checklist

- Child and Adult menus should be reviewed with the checklist

- Checklist location:
  NPS>>Applications>>
  Download Forms>>
  Menu Planning>>
  Menu Checklist Adults

Milk	Yes/No
Whole milk is served to children ages 12-23 months.	
1% or skim milk unflavored milk is served to children ages 2 – 5 years of age.	
1% or skim milk unflavored milk or flavored fat-free milk is served to children ages 6 – 18 years of age.	
Type of milk is identified on the menu. *Note: a statement at the bottom of the menu listing the types of milk served for different ages is acceptable*	
Grains/Breads	**Yes/No**
At least one whole grain-rich serving is served per day when grain is part of the meal pattern.[1]	
No grain-based desserts (such as brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served[2]	
Cereals have 6 grams or less of sugar per ounce.[3]	
Type of cereal is identified on the menu. (*For example, Cheerios® or Kix®*)	
Whole grain-rich foods are identified on menu. (*For example, "turkey sandwich on whole grain-rich bread," "whole wheat pasta," "brown rice, "oatmeal." The abbreviations "WW" and "WG" for whole wheat and whole grain are acceptable)*	
Fruits/Vegetables	**Yes/No**
Juice is limited to one serving or less per day on menus.	
A separate fruit and separate vegetable are offered at lunch and supper. (Note: two different vegetables are allowed at lunch and supper)	
Meat/Meat Alternate	**Yes/No**
Yogurt contains less than 23 grams of sugar per 6 ounce serving.	
Tofu, if used, is commercially prepared, contains 5 grams of protein per 2.2 ounces by weight and is easily recognizable as a meat substitute.	
No deep-fat frying of foods on-site occurs.	
Optional: Meat and meat alternates may be served in place of the grains component at breakfast a maximum of three times per week.	

Meal Counts

- If you serve more than two meals and one snack you must take a face to name point of service
- Attendance does not guarantee that a child received a reimbursable meal
- When serving infants, the type of food and amount offered must be documented on the individual infant meal record

Point of Service Instructions

- Point of service must be taken before the participant leaves the table
- A director or administrator should conduct an edit check and indicate which meals should be claimed for reimbursement
- Best Practice: Transfer these weekly meal counts to the monthly Meal Count Summary Sheet
- You cannot claim or be reimbursed for program adult meals, USDA has asked that these meals be recorded per 7 CFR 226.7(m)(2)

Infant Menu Template

- **Include required meal and snack components for infant's menu**

DATE: _____TO:_____ WEEKLY MENU TEMPLATE for Infants

	BREAKFAST / LUNCH / SUPPER	AM / PM SNACK
INFANT MEAL PATTERN CHART ***(each bullet point is a required component)***	0-5 months: • 4-6 FL- oz breastmilk[1] or formula[2] 6-11 months: • 6-8 FL- oz breastmilk[1] or formula[2]; and • 0-4 TBSP infant cereal[2,3], 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[4]; or a combination of the above[5]; and • 0-2 TBSP vegetable or fruit or a combination of both[5,6]	0-5 months: • 4-6 FL- oz breastmilk[1] or formula[2] 6-11 months: • 2-4 FL-oz breastmilk or formula; and • 0-1/2 slice bread or 0-2 crackers or 0-4 TBSP infant cereal or ready-to-eat breakfast cereal[5]; and • 0-2 TBSP vegetable or fruit or a combination of both[5,6,7]

BREAKFAST	**Monday**	**Tuesday**	**Wednesday**	**Thursday**	**Friday**
0-5 MONTHS					
6-11 MONTHS					
AM SNACK					
0-5 MONTHS					
6-11 MONTHS					
LUNCH					
0-5 MONTHS					
6-11 MONTHS					
PM SNACK					
0-5 MONTHS					
6-11 MONTHS					
SUPPER					
0-5 MONTHS					
6-11 MONTHS					

Infant Menu Checklist

- Infant menus should be reviewed with the checklist
- Checklist location:
  - NPS>>Applications>>
  - Download Forms>>
  - Menu Planning-Infants>>
  - Checklist Infant Meal Pattern

Breastmilk or Infant Formula and Support of Breastfeeding	Yes/No
The menu for infants ages 0-5 months contains only breastmilk or formula.	
When a parent or guardian provides breastmilk or formula and the infant is consuming solid foods, the center supplies all other required meal components, for the meal to be reimbursable.	
Cereal is not served in bottles, unless supported by a medical statement.	
Optional: Reimbursement is claimed when a mother directly breastfeeds her infant on-site.	
Optional: Meals containing expressed breastmilk are claimed for reimbursement.	
Developmental Readiness for Solids	**Yes/No**
Introduction of solid foods, of the appropriate texture and consistency, begins at 6 months of age, as developmentally appropriate.	
The center or day care home has a policy or procedure for how parents or guardians communicate their infants' readiness for solids to care providers. NOTE: As best practice, parents or guardians can request in writing when a center or day care home should begin serving solids to infants in care.	
Grains/Breads	**Yes/No**
No grain-based desserts (brownies, cakes, cereal bars, coffee cakes, cookies, doughnuts, granola bars, pie crusts for dessert pies, sweet rolls, and toaster pastries) are served.[5]	
Bread, Crackers and Ready-to-eat cereals are only offered at snack and not at meals. NOTE: If these items are served at breakfast, lunch or supper they are not creditable toward a reimbursable meal.	
Breakfast cereals (e.g. ready-to-eat, instant, and regular hot) have 6 grams or less of sugar per ounce.[6]	
Cereal type is identified on the menu. (*For example, puffed rice, granola, Cheerios® or Kix®*)	
Fruits/Vegetables	**Yes/No**
Juice is not served to infants.	
A separate fruit and separate vegetable or a combination of both are offered at snack when infant is developmentally ready.	
Meat/Meat Alternate	**Yes/No**
Cheese food and/or cheese spread are not served.	
Yogurt contains less than 23 grams of sugar per 6 oz. serving. Soy yogurt is not creditable for reimbursement in the infant meal pattern.	
Infant menus do not contain tofu.	
No deep-fat frying of foods on-site occurs.	
Optional: Whole eggs are served as a meat/meat alternate component.	
Optional: Meat and meat alternates may be served in place of the grains component at breakfast a maximum of three times per week.	

*New CACFP Meal Patterns are effective October 1, 2017. See Important notes below

Infant Feeding-Meal Record

Nevada Department of Agriculture
09/27/2017 vlg

Individual Infant Meal Record
Child and Adult Care Food Program

Infant Formula Type: Similac
Breastmilk ☐ Yes ☒ No Formula Form on File ☒ Yes ☐ No
Allergies according to medical statement: none

Child's Name: Andre Adams
Age 6 (Months) Date of birth 01/22/19
Center/Provider: Diane's Busy Bees

Plan to serve the component(s) and amount(s) appropriate for the age of each infant. Place "P" by each item the parent brings

	Food Components	0-5 mo.	6-11 mo.	Date: 7/15/19	Date: 7/16/19	Date: 7/17/19	Date: 7/18/19	Date: 7/19/19
Breakfast	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	6-8 fluid oz.	IFF 7oz	IFF 6oz	IFF 7oz	IFF 7oz	IFF 6oz
	Infant Cereal or meat, or fish, or poultry, or whole egg or cooked dry beans or cooked dry peas or cheese or cottage cheese or yogurt or combination of above		0-4 tbsp. 0-4 tbsp. 0-4 tbsp. 0-2oz 0-4oz ½ cup	IFC 2TBSP	(P) cottage cheese 2TBSP	(P) cottage cheese 2TBSP	IFC 2TBSP	IFC 2TBSP
	Fruit or vegetable or both		0-2 tbsp.	banana 1TB	Peaches 2TB	banana 2TB	Peaches 1TB	Banana 1TB
Lunch	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	6-8 fluid oz.	IFF 7oz	IFF 8oz	IFF 6oz	IFF 7oz	IFF 8oz
	Infant Cereal or meat, or fish, or poultry, or whole egg or cooked dry beans or cooked dry peas or cheese or cottage cheese or yogurt or combination of above		0-4 tbsp. 0-4 tbsp. 0-4 tbsp. 0-2oz 0-4oz ½ cup	egg 3TBSP	IFC 2TBSP	chicken 2TBSP	egg 3TBSP	(P) cottage cheese 3TBSP
	Fruit or vegetable or both		0-2 tbsp.	peas 1TB	carrots 1TB	peas 1TB	carrots 1TB	peas 1TB
Supper	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	6-8 fluid oz.					
	Infant Cereal or meat, or fish, or poultry, or whole egg or cooked dry beans or cooked dry peas or cheese or cottage cheese or yogurt or combination of above		0-4 tbsp. 0-4 tbsp. 0-4 tbsp. 0-2oz 0-4oz ½ cup					
	Fruit or vegetable or both		0-2 tbsp.					
Snack	Iron Fortified Formula or Breastmilk	4-6 fluid oz.	2-4 fluid oz.					
	Grain slice of bread crackers Infant cereal or ready to eat breakfast cereal		1-1/2 slice bread 1-2 crackers 0-4 tbsp. 0-4tbsp					
	Fruit or vegetable or both		0-2 tbsp.					

*Parent may only supply one meal item (per meal service) for a reimbursable meal to be claimed

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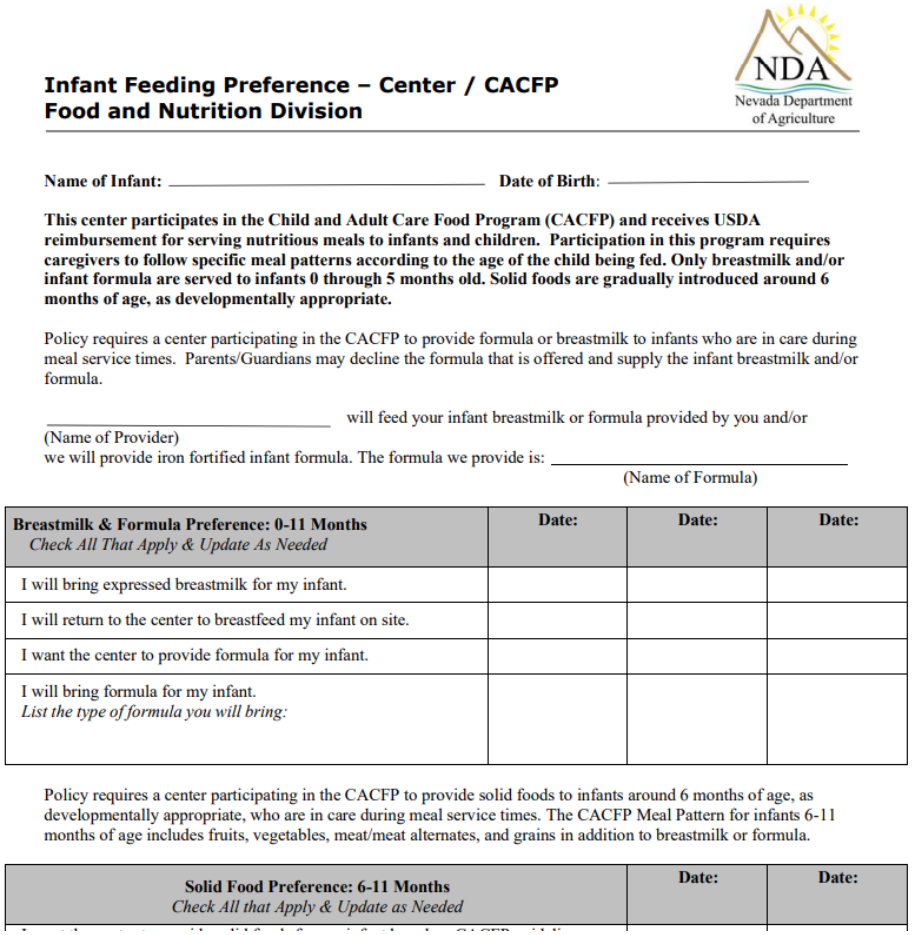
Infant Parent Form

Infant Feeding Preference Form

- Work with the parent to identify needs of the child



Infant Feeding Preference – Center / CACFP
Food and Nutrition Division

NDA
Nevada Department of Agriculture

Name of Infant: _____ **Date of Birth:** _____

This center participates in the Child and Adult Care Food Program (CACFP) and receives USDA reimbursement for serving nutritious meals to infants and children. Participation in this program requires caregivers to follow specific meal patterns according to the age of the child being fed. Only breastmilk and/or infant formula are served to infants 0 through 5 months old. Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

Policy requires a center participating in the CACFP to provide formula or breastmilk to infants who are in care during meal service times. Parents/Guardians may decline the formula that is offered and supply the infant breastmilk and/or formula.

_____ will feed your infant breastmilk or formula provided by you and/or
(Name of Provider)
we will provide iron fortified infant formula. The formula we provide is: _____
(Name of Formula)

Breastmilk & Formula Preference: 0-11 Months *Check All That Apply & Update As Needed*	**Date:**	**Date:**	**Date:**
I will bring expressed breastmilk for my infant.			
I will return to the center to breastfeed my infant on site.			
I want the center to provide formula for my infant.			
I will bring formula for my infant. *List the type of formula you will bring:*			

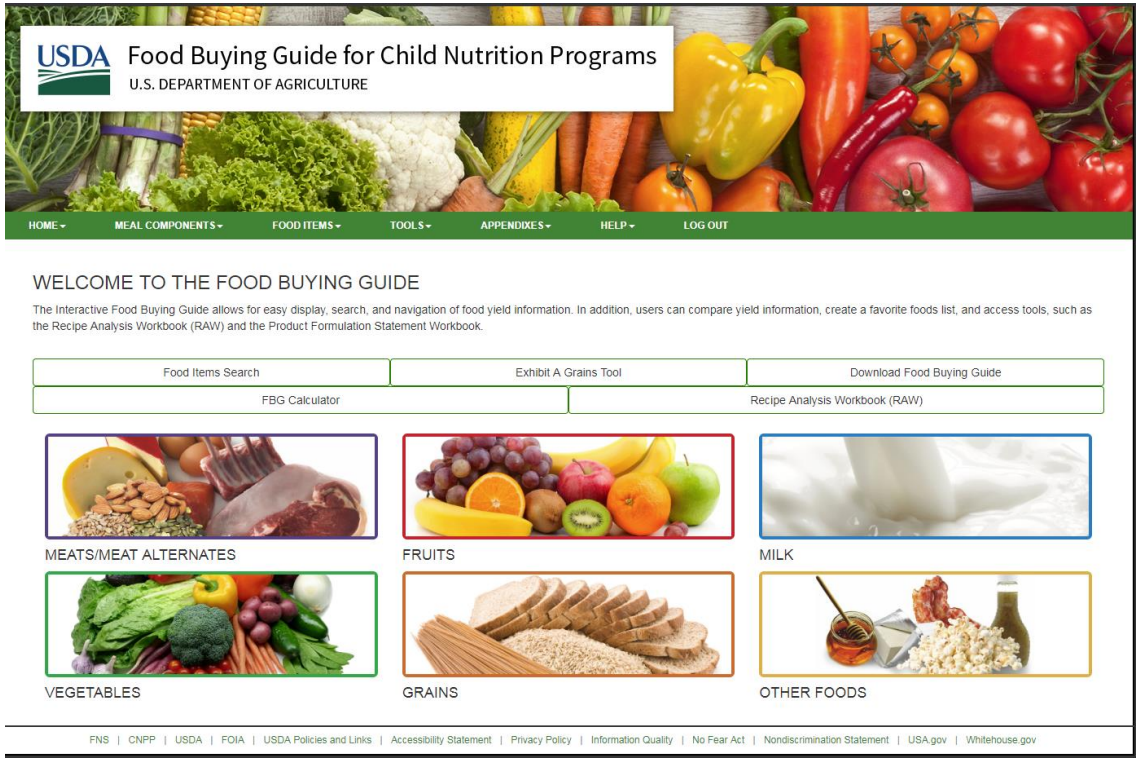
Policy requires a center participating in the CACFP to provide solid foods to infants around 6 months of age, as developmentally appropriate, who are in care during meal service times. The CACFP Meal Pattern for infants 6-11 months of age includes fruits, vegetables, meat/meat alternates, and grains in addition to breastmilk or formula.

Solid Food Preference: 6-11 Months *Check All that Apply & Update as Needed*	**Date:**	**Date:**

Food Buying Guide

Access the Food Buying Guide Resources:

- The FBG Calculator
- Exhibit A Grains tool
- Recipe Analysis Workbook (RAW)
- Product Formulation Statement Workbook



https://foodbuyingguide.fns.usda.gov/Home/Home

Resources

- **Food Buying Guide (FBG) Interactive Web-based Tool and Mobile App.**
  - Select desired serving size per meal contribution for fruits and vegetables
  - Enter in information from the nutrition facts label into the Food Buying Guide for Grains Tool

- **Team Nutrition Webinars and Training**

- **View Regulations and Handbooks: Program Operator | USDA-FNS**

- **ICN Home - Institute of Child Nutrition**

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mail:
U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

fax:
(833) 256-1665 or (202) 690-7442; or

email:
program.intake@usda.gov

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05/05/2022