

# OREM CHILD CARE NUTRITION PROGRAM

## CACFP New Meal Pattern Quick Reference

### Milk Requirements



- Milk Claimed for 1 year olds must be unflavored whole milk
- Milk claimed for children 2 through 5 years old must be unflavored low-fat (1%) or fat free
- Milk claimed for children 6 years and older must be unflavored low-fat (1%), unflavored fat-free, or flavored fat free
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be claimed in place of cow's milk to children with medical or special dietary needs with a Milk Substitution Form

### Grain/Bread Requirements

- At least 1 serving of grains per day must be 100% whole grain or whole grain rich
- Grain Based desserts can no longer be claimed as a grains/bread component

Grain Based Desserts include but are not limited to:

Breakfast/Cereal Bars

Brownies

Cakes

Cookies

Doughnuts

Granola Bars

Pop Tarts

Sweet Rolls

Rice Krispies



- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed.

### Vegetables/ Fruits Requirements



- Claiming 100% juice is limited to once per day in place of the vegetable/fruit component
- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.

### Meat/Meat Alternate Requirements

- Meat/Meat Alternates may be claimed in place of the entire grains component at breakfast a maximum of three times per week
- Tofu if allowable as a meat alternate/ cheese food or cheese spread is not allowed
- Yogurt must contain no more than 23 grams of sugar per 6 ounces when claimed



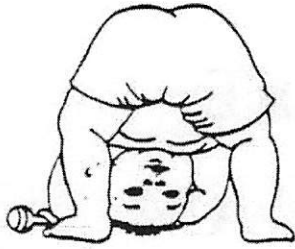
### Other Changes

- On-site deep frying is not allowed as a way of preparing claimed foods

## The New CACFP Meal Patterns go into Effect on October 1, 2017

If you have any questions please call us at 801-224-2143

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# CACFP New Infant Meal Pattern

## Quick Reference

### Encourage and Support Breastfeeding

- Providers may now receive reimbursement for meals when a breastfeeding mother comes to the child care center or home and directly breastfeeds her infant
- Only breastmilk and /or infant formula are served to infants 0 through 5 months old.

### Developmentally Appropriate Meals

- There are two infant age groups instead of three: 0 through 5 months old and 6-11 months old
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate

#### **What does it mean to be developmentally appropriate?**

Foods in reimbursable meals for infants must be a texture and consistency that is appropriate for the age and development of the infant being fed. Make sure parents, health care providers and the provider are all on the same page of what is developmentally appropriate for each child.

### More Nutritious Meals

- Requires a vegetable or fruit, or both, to be served at claimed snacks for infants 6-11 months old, as developmentally appropriate
- Juice, cheese food, and cheese spread cannot be claimed for infants
- Breakfast cereals can be claimed for infants 6-11 months old at snack, as developmentally appropriate
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed
- Yogurt can be claimed for infants 6-11 months old, as developmentally appropriate
- Yogurts must contain no more than 23 grams of sugar per 6 ounces when claimed
- Whole eggs can be claimed for infants 6– 11 months old , as developmentally appropriate

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