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*Welcome! We will begin shortly.*

# **CACFP MEAL PATTERN WEBINAR:** ***What Californians Need to Know to Comment***

*Hosted by:*



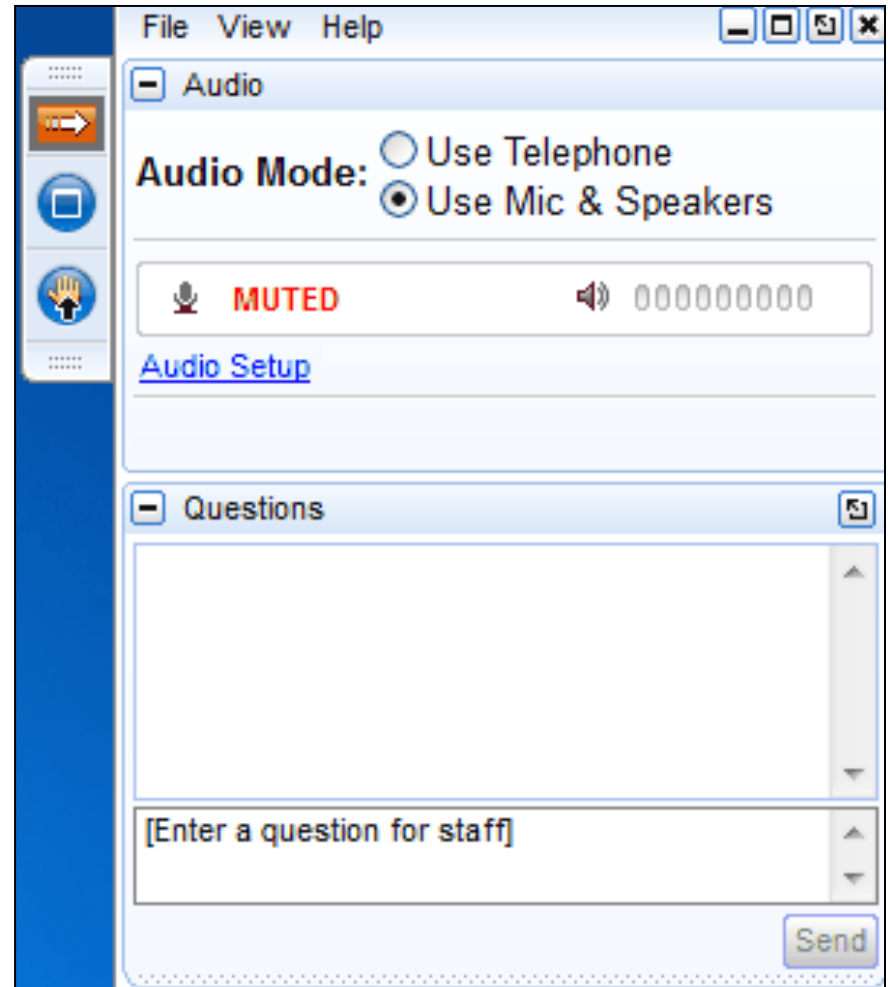
*With support from:*

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FOUNDATION



# WEBINAR LOGISTICS

- Telephone or speakers
- Everyone's muted
- Submit a question
- Webinar recording & materials will be posted at:  
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# PRESENTERS

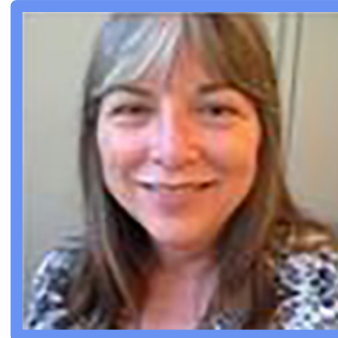
## Lorrene Ritchie, PhD, RD

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California Food  
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# Early Childhood Nutrition & California's Healthy Beverages in Childcare Law

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Director & CE Specialist



University of California  
Agriculture and Natural Resources




# Reasons to Celebrate!



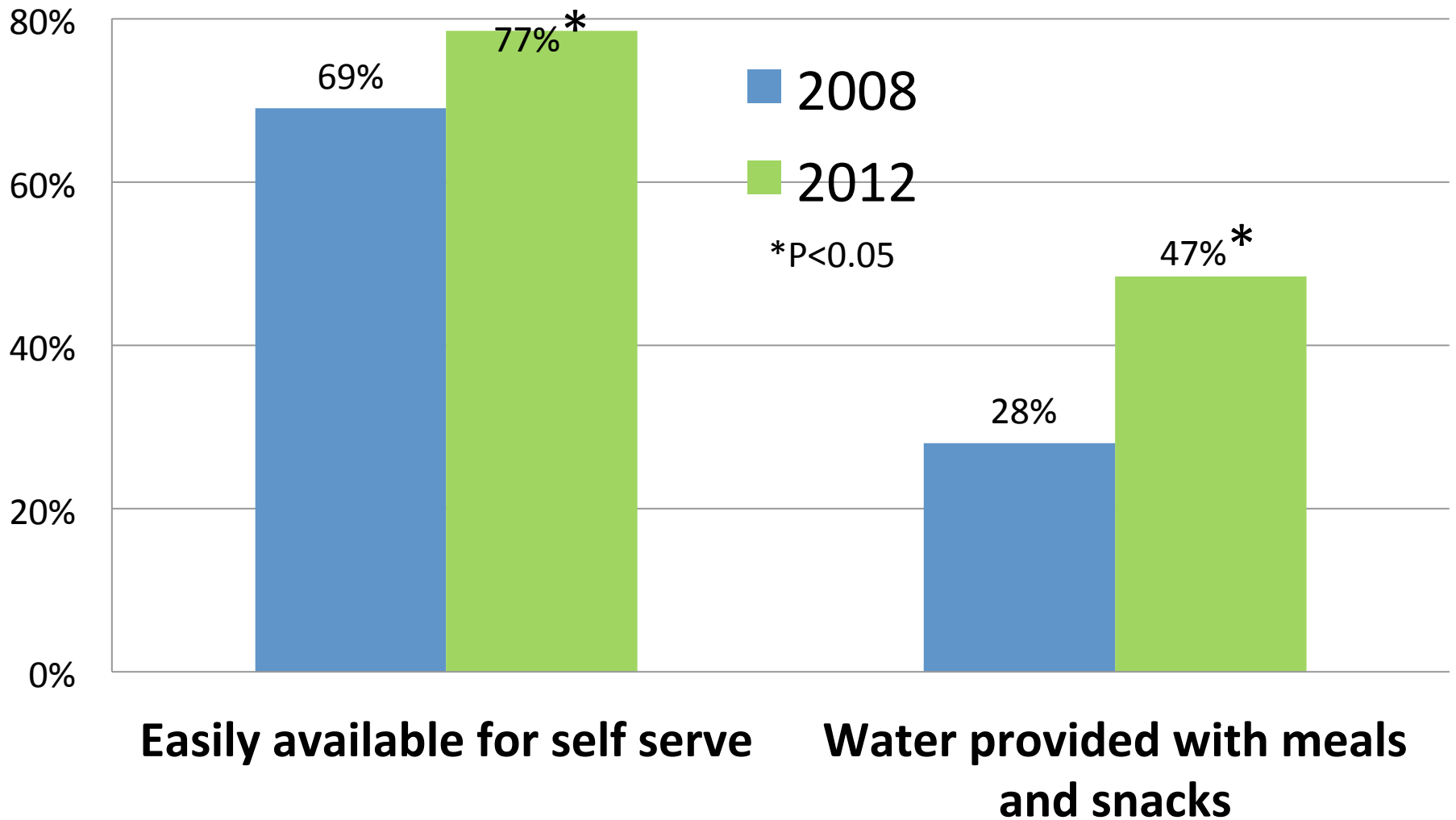
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# 2010 California Legislation

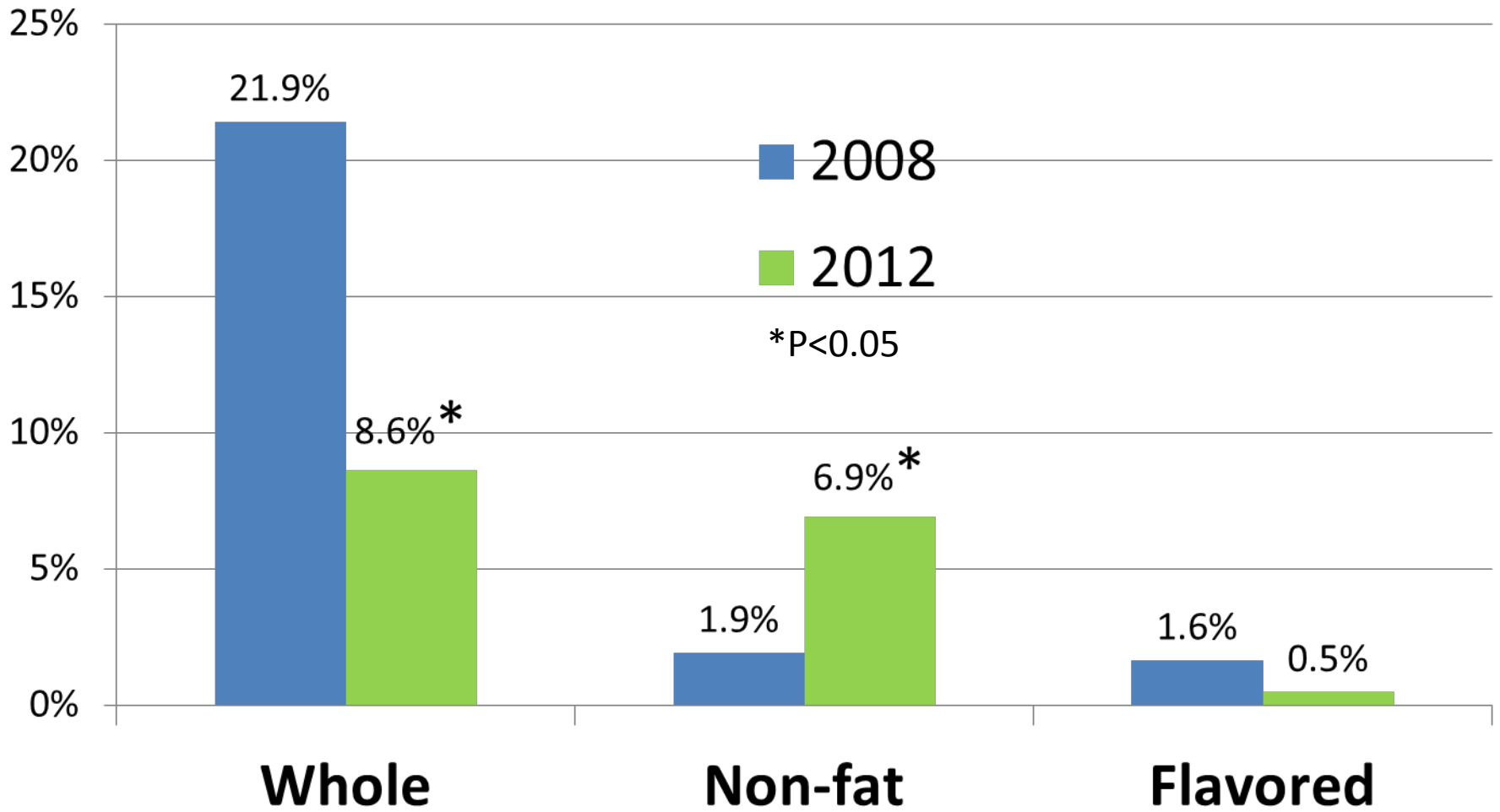
## Healthy Beverages in Childcare Law (AB 2084)

Milk	Juice	Water	Sugary Drinks
Only 1% or non-fat (2 yrs +)	$\leq 1$ svg/day	Available at all times	None!
			

# Water Access Improves

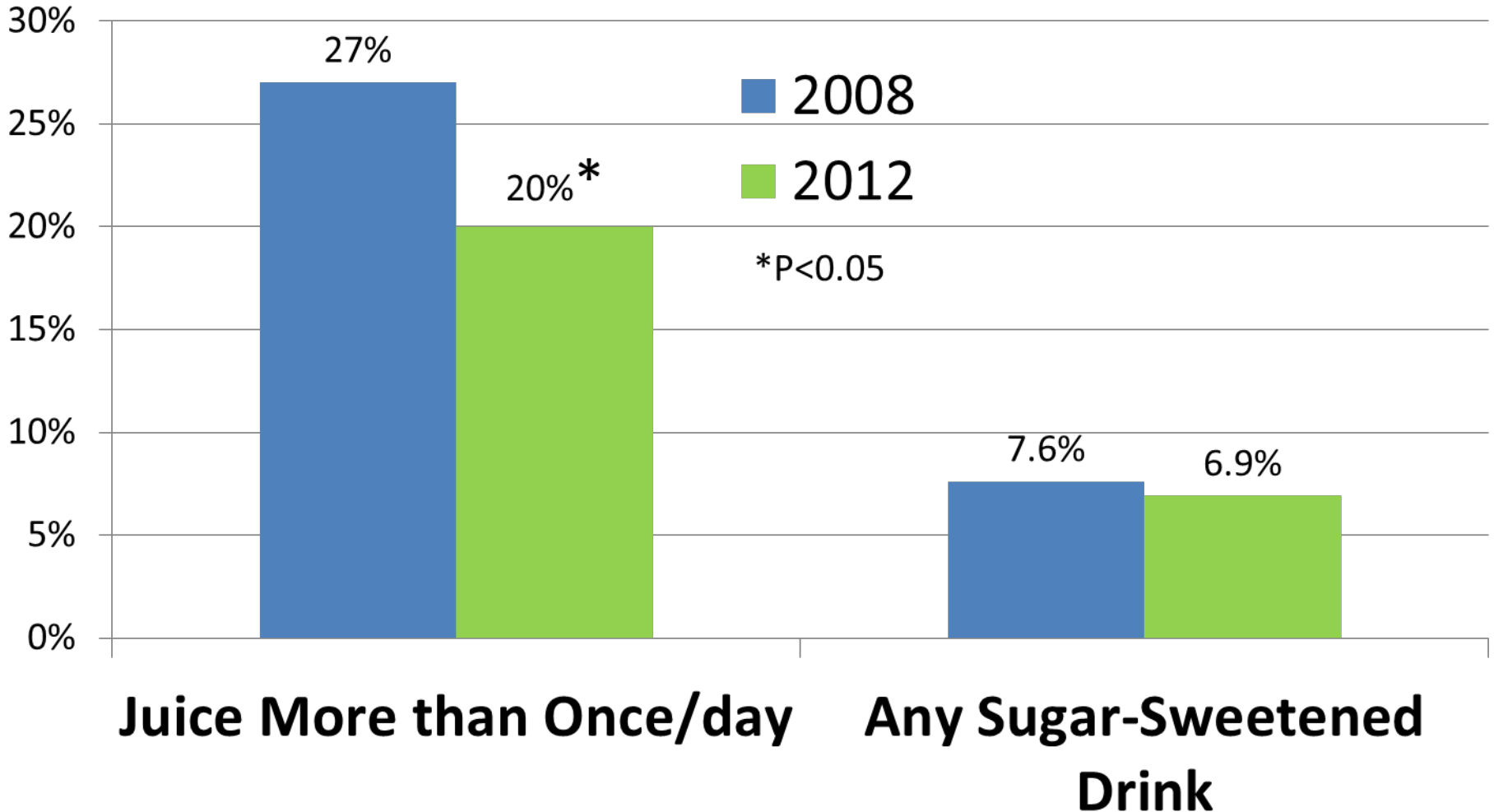


# Milk Type Improves





# Improvement in Other Beverages

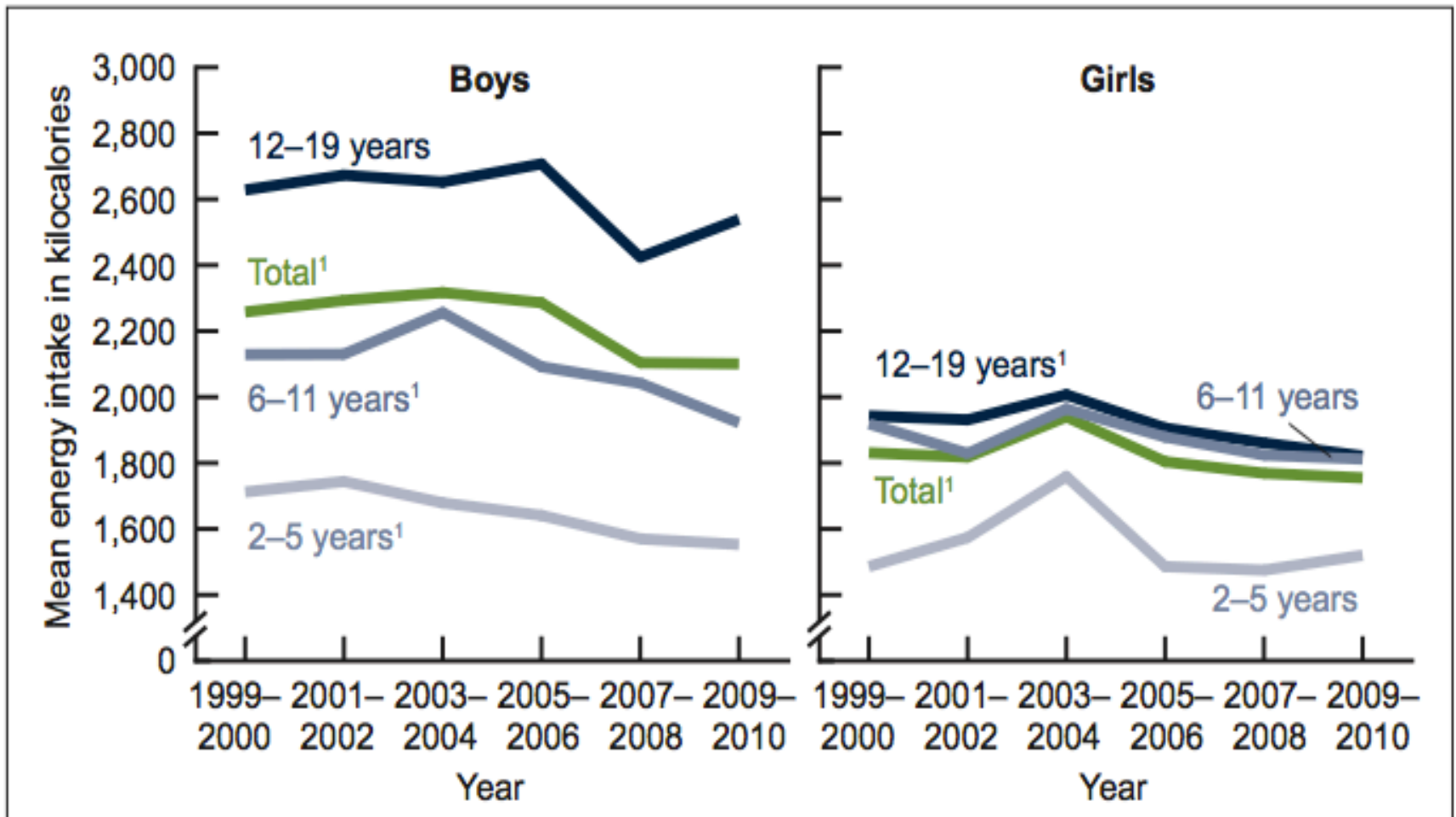


# Barriers to Serving Healthy Beverages?



# Energy Intake Decreasing in Some Children in the U.S.

Figure 1. Mean energy intake for children and adolescents aged 2–19 years, by sex and age group, 1999–2010



\*Significant linear trend.

SOURCE: CDC/NCHS, National Health and Nutrition Examination Survey.

**But We Can and Must Do Better!**



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# Energy Intake

**WHERE WE WANT TO BE**

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1000 calories/day  
sedentary, younger



1600 calories/day  
active, older

# Fruits and Vegetables

## WHERE WE WANT TO BE

**Fruit:** 1 to 1.5 cups/day

(depending on age)

**Vegetables:** 1 to 1.5 cups/day

**33% of 1-3 yr olds**  
**41% of 4-8 yr olds**

**13% of 1-3 yr olds**  
**5% of 4-8 yr olds**

# Grains



## WHERE WE WANT TO BE

Total grains: 3-5 oz/day

**5 oz**

Whole grains: half or more

**< 1 oz**

# Added Sugar



**WHERE WE WANT TO BE**

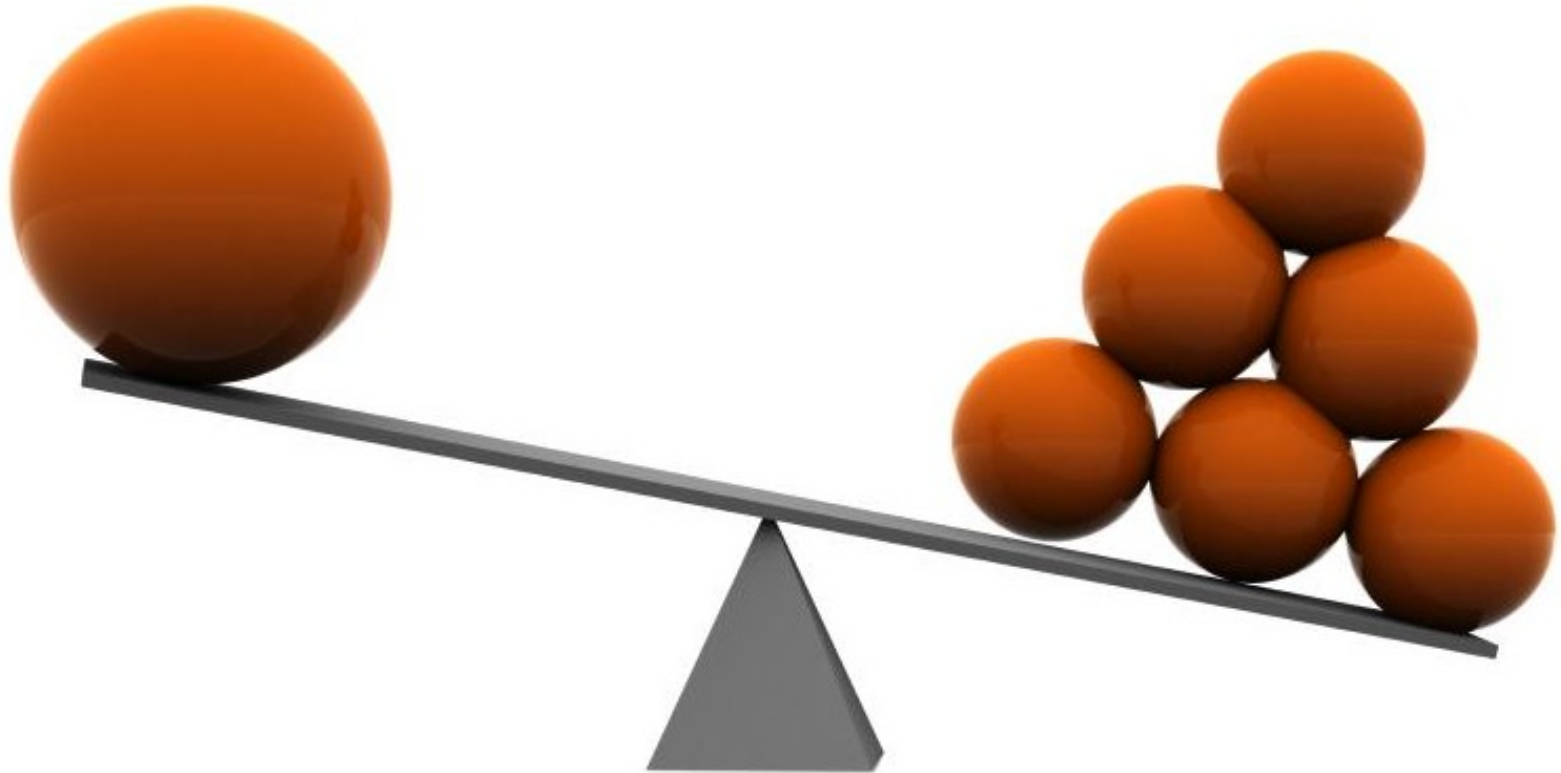
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< 10% of calories

**16%**



# Best Bet: Nutrition Education + Environment



**THANK YOU!**



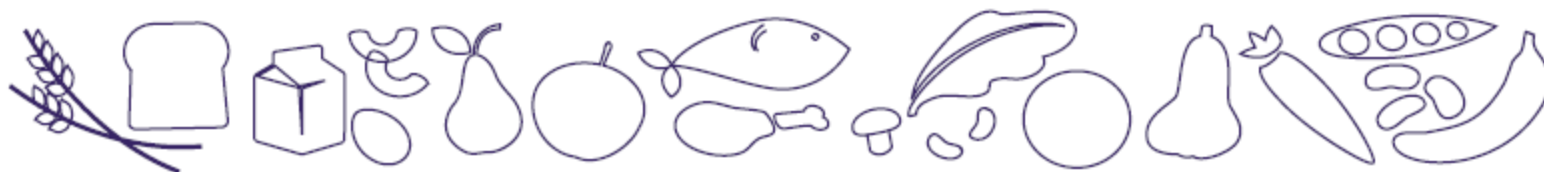
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For more information: [Lorrene.Ritchie@ucop.edu](mailto:Lorrene.Ritchie@ucop.edu)

# Proposed Rule to Update Meal Patterns in the Child and Adult Care Food Program\*

Kelley Knapp, MS RD  
 California Department of Education  
 Nutrition Services Division

\*Adapted from the USDA FNS Child and Nutrition Division's January 2015 Presentation



# Proposed Rule Overview

- Background
- Proposed infant meal pattern
- Proposed child and adult meal pattern
- Additional proposed revisions
- Best practices
- Proposed changes to other Child Nutrition Programs

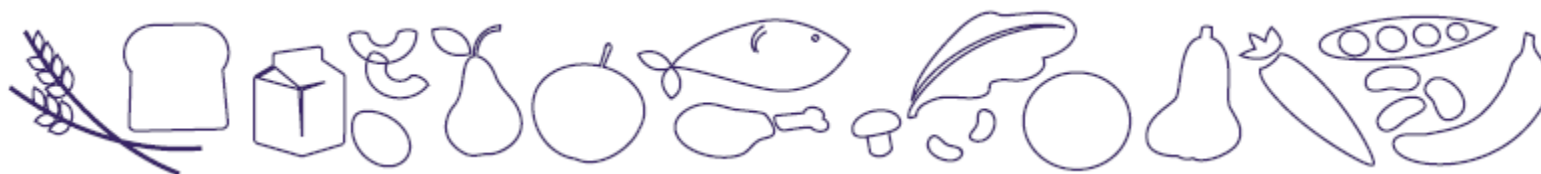
# Background



# Background

- IOM recommendations
- 2010 Dietary Guidelines for Americans
- Stakeholder input

# Proposed Infant Meal Pattern



# Proposed Infant Meal Pattern

- New age groups:
  - 0 through 5 months, 6 through 11 months
- Delays introduction of solid foods until 6 months
- Allows reimbursement when a mother breastfeeds her child onsite
- Requires fruit or vegetable **at snack** for 6 -11 month age group
- Prohibits fruit juice, cheese/cheese products
- Allows ready-to-eat cereal to count towards grain component **at snack**



# Proposed Infant Meal Pattern

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces of breastmilk or formula	6-8 fluid ounces of breastmilk or formula
		1-4 tbsp of infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or peas, or a combination of all
		1-2 tbsp of vegetable, fruit or a combination of both
Snack	2-4 fluid ounces of breastmilk or formula	2-4 fluid ounces of breastmilk or formula
		¼ to ½ ounce of bread, cracker, or ready-to-eat cereal
		1-2 tbsp vegetable, fruit, or a combination of both

# Proposed Child and Adult Meal Patterns



# Age Groups

- Establishes a fourth age group for children:
  - 1 through 2 years
  - 3 through 5 years
  - 6 through 12 years
  - **13 through 18 years (new)**

# Fruits and Vegetables

- Fruits and vegetables are 2 separate components for lunch, supper and snack
- Allows fruit or vegetable juice to comprise entire fruit or vegetable component
  - Does not allow fruit and vegetable juice to be served at the same meal
  - Allows only one beverage to be served at snack



# Grains

- At least one serving per day must be whole grain or whole grain-rich
- Breakfast cereal must meet WIC requirements
- Disallows grain-based desserts



# Meat and Meat Alternates

- Allows a meat/meat alternate to be served in place of up to  $\frac{1}{2}$  of the grain component at breakfast
- Tofu is allowed as a meat alternate



# Fluid Milk

- Allows only low-fat or fat-free milk to children 2 years of age and older and adults
- Allows only unflavored whole milk for children 1 year of age
- Requires flavored milk to be fat-free only



# Fluid Milk

- Allows non-dairy substitutes that are nutritionally equivalent to cow's milk for participants with medical or special dietary needs
- Yogurt may serve as a fluid milk alternate once per day for adults only





# Proposed Child and Adults: Breakfast

Food Component	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Fluid Milk	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Vegetables, Fruits, or a combination	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains*	½ serving	½ serving	1 serving	1 serving	2 servings

\*A meat/meat alternate may be used to meet 50% of the grains requirement.

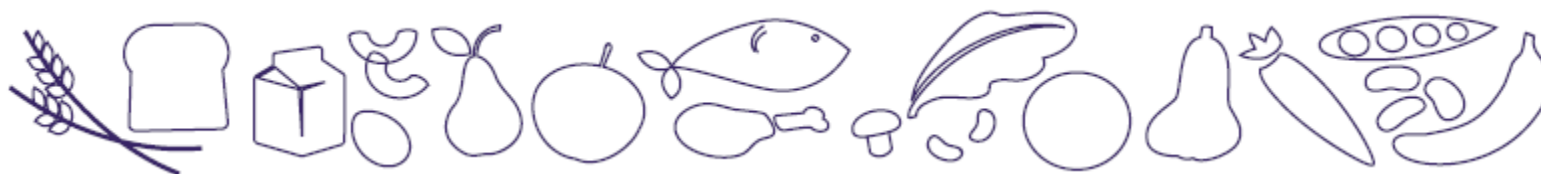
# Proposed Child and Adults: Lunch and Supper

Food Component	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Fluid Milk	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Meat/ Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	2 oz
Vegetables	⅛ cup	¼ cup	½ cup	½ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup	¼ cup	½ cup
Grains	½ serving	½ serving	1 serving	1 serving	2 servings

## Proposed Child and Adults: Snacks (serve 2 of the 5 components)

Food Component	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Fluid Milk	4 fl. oz	4 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Meat/ Meat Alternate	½ oz	½ oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains	½ serving	½ serving	1 serving	1 serving	1 serving

# Additional Proposed Revisions



# Additional Proposed Revisions

- Prohibits frying as a method of onsite preparation
- Water must be available to drink when requested
- Parent/guardian may provide 1 component for medical or special dietary needs
- Family style meals practices
- Extends offer versus serve to at-risk afterschool sites

# Additional Proposed Revisions

- Flavored milk served to children 2 through 4 years of age
  - A1: Prohibit the service of flavored milk OR
  - A2: Require flavored milk to contain no more than 22 grams of sugar per 8 fluid ounce serving

# Additional Proposed Revisions

- Flavored milk served to children 5 years and older
  - B1: Flavored milk must contain no more than 22 grams of sugar per 8 fluid ounce serving OR
  - B2: Sugar limit is a best practice
- Yogurt (all age groups)
  - C1: Yogurt served must contain no more than 30 grams of sugar per 6 ounce serving OR
  - C2: Sugar limit is a best practice

# Best Practices





# Best Practices: Breastfeeding

- Support and encourage breastfeeding by:
  - Providing materials and other educational opportunities to breastfeeding mothers
  - Encouraging mother to supply breastmilk to their infants while in care
  - Providing mothers with a quiet, private area to breastfeed

# Best Practices: Fruits & Vegetables

- Limit consumption of fruit juice to no more than 1 serving per day
- Make at least 1 of the 2 required components of every snack a fruit or vegetable
- Provide at least 1 serving each of dark green vegetables, red/orange vegetables and legumes per week



# Best Practices: Grains

- Provide at least 2 servings of whole grain-rich grains per day
- Serve breakfast cereals that contain no more than 6 g of sugar per serving



# Best Practices: Fluid Milk

- Serve only unflavored milk to all participants regardless of age



# Best Practices: Meat and Meat Alternates

- Serve only lean meat, nuts and legumes
- Avoid or limit serving processed meats to no more than once per week
- Serve only natural cheese

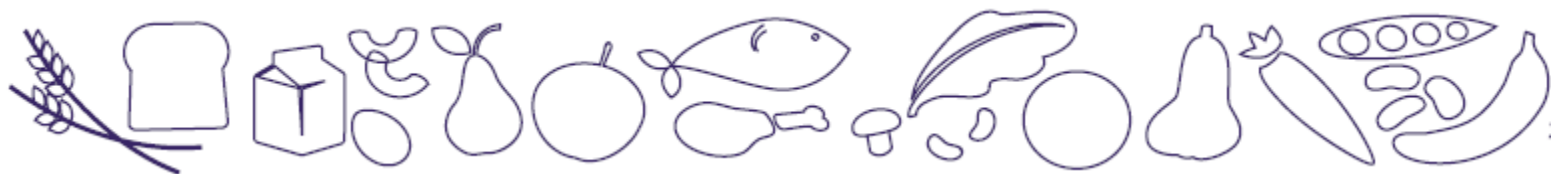


# Best Practices: Preparation

- Avoid or limit serving fried or pre-fried foods to no more than once per week



# Proposed Changes to Other Child Nutrition Programs



# Other Child Nutrition Programs

<p><b>School Breakfast Program</b></p>	<p><b>National School Lunch Program</b></p>	<p><b>Special Milk Program</b></p>
<p>Follow proposed CACFP breakfast meal patterns for infants and children 1 through 4 years of age</p>	<p>Follow proposed CACFP lunch and snack meal patterns for infants and children 1 through 4 years of age</p>	<p>Follow proposed CACFP milk requirements</p>
<p>Eliminate offer versus serve option for children under 5</p>	<p>Eliminate offer versus serve option for children under 5</p>	



# Thank you!



# Participation in CACFP

Why is it important?



## Supports Healthy Meals

- Children that participate in CACFP have an opportunity to have access to healthier meals while in child care
- Good Nutrition is promoted for infants and children through 12 years old



## Supports Families

- Nutritious meals and snacks provided for children in child care can make it easier for working parents because they don't have to prepare and bring meals
- CACFP resources are available to families about healthy eating



## Supports Providers and Centers

- CACFP meal reimbursement supports child care providers and child care centers so they can provide healthier meals
- The reimbursement supplements the cost of food and provides some financial support to providers and centers



# Meal Preparation & Mealtime Environment in Child Care Programs

Child care programs want to participate in the CACFP, serve healthy meals and provide happy experiences at mealtime. What are the challenges?



## CHALLENGES – Meal Preparation

- Supervision of Children
  - First priority
  - Challenging when trying to prepare a meal; especially foods that require lengthy preparation time. No separate cook.
- Special Considerations
  - food allergies and special meals based on parent preferences (religion, diet)
- Disruptions and distractions
  - ex. baby crying, telephone
- Purchasing
  - train shopper on program requirements



## CHALLENGES – Meal Service

- Different Age Groups – amount of time different to serve
  - ex. infant 30-45 minutes feeding time
- Different Schedules
  - mornings, afterschool, late arrivals
  - having to change meal times and routines
- Disruptions and distractions
  - ex. baby crying, longer naptime, parent drops in, doorbell

KEY: Balance nutrition standards with practical view and reasonableness of implementation and environment





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# USDA NEEDS TO HEAR FROM YOU!

## *Commenting on the Proposed CACFP Meal Pattern*

Elyse Homel Vitale, MPH

Nutrition Policy Advocate

California Food Policy Advocates



# WHY You Should Comment

- 3 million under age of 5
- 25% live in poverty
- Nutrition habits and preferences developing
- Poor nutrition affects ability to learn and grow
- CACFP essential component of our child care system
- USDA needs your comments



# WHO Should Comment



## All childhood stakeholders!

Unique opportunity to share your thoughts and ideas to benefit our youngest children in California and across the nation.

## Comments accepted until **April 15, 2015**

Two methods for submit comments:

1. Online: <http://www.regulations.gov/>
  - Search for Docket No. FNS-2011-0029
2. Or postal mail at:

Docket Number FNS-2011-0029  
Attention: Tina Namian, Branch Chief  
Policy and Program Development Division  
Child Nutrition Programs  
Food and Nutrition Service  
Department of Agriculture  
Post Office Box 66874  
St. Louis, Missouri 63166

# HOW to Comment

- Include:
  - ✓ Your name & address
  - ✓ FNS-2011-0029
  - ✓ Specific section
  - ✓ Reasoning
- Your comments will be included in the record & reviewed by the USDA



- CFPA's website: <http://cfpa.net/proposed-cacfp-meal-pattern-changes>
- NPI's website: [npi.ucanr.edu/water/CACFP\\_Rule/](http://npi.ucanr.edu/water/CACFP_Rule/)
- CCFP Roundtable's website: <http://www.ccfproundtable.org/Advocacy.aspx>

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# Questions?

Enter your question in the  
GoToWebinar Control Panel  
and click submit.

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# Thank you!

For more information, please visit:  
<http://cfpa.net/proposed-cacfp-meal-pattern-changes>

**Contact:**  
elyse@cfpa.net

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