



Summary of Child and Adult Care Food Program Meal Pattern Revision: Infants Meals

USDA is proposing to revise the CACFP Meal Patterns to ensure children will have access to healthy, balanced meals throughout the day. The proposed changes to the infant meal patterns, which are outlined below, support breastfeeding and the consumption of fruits and vegetables without added sugars. These changes are based on the scientific recommendations from the Institute of Medicine and stakeholder input.

Proposed Revisions

Two age groups, instead of the current three, are proposed:

- * 0 through 5 months, and
- * 6 through 11 months.

To better meet the nutritional needs of infants, the proposed rule would:

- * Allow service of only breastmilk and/or infant formula through 5 months of age;
- * Allow the introduction of additional meal components at 6 months of age, as developmentally appropriate;
- * Allow providers to receive reimbursement when the mother comes to the day care center or home and directly breastfeeds her infant and no additional meal component is provided; and
- * Restrict service of fruit juice and cheese/cheese products.

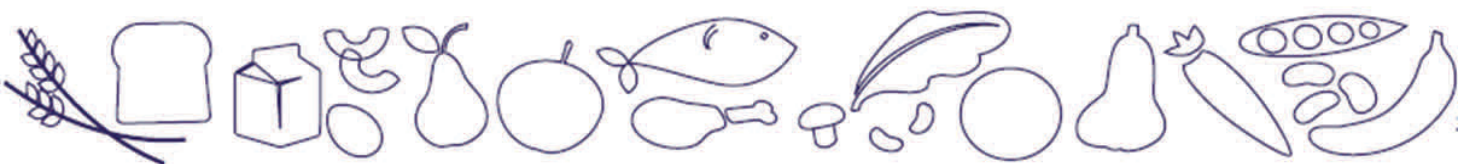
Best Practices

The best practices highlight areas where centers and day care homes may choose to take additional steps towards meeting nutrition and wellness standards. Centers and day care homes with infant participants are encouraged to:

- * Adopt practices that support and encourage breastfeeding of infants, such as providing mothers with a quiet, private area to breastfeed and encouraging mothers to supply breastmilk for their infants in care; and
- * Provide materials and other educational opportunities to breastfeeding mothers.

Tell Us What You Think

We want to hear from you! Please visit www.fns.usda.gov/cacfp/federal-register-documents to learn how to provide comments on these proposed changes.



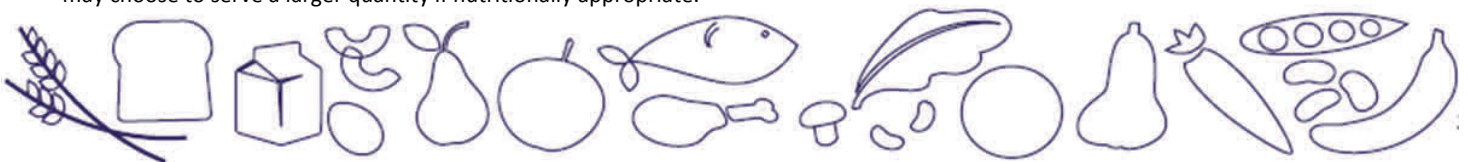


Current and Proposed Infant Meal Patterns: Let's Compare

Infant Meal Patterns*

	Current			Proposed	
	0 – 3 months	4 - 7 months	8 - 11 months	0 - 5 months	6- 11 months
Breakfast	4-6 oz. breastmilk/ formula	4-8 oz. breastmilk/ formula 0-3 tbsp infant cereal	6-8 oz. breastmilk/ formula 2-4 tbsp infant cereal, and 1-4 tbsp fruit, vegetable or both	4-6 oz. breastmilk/ formula	6-8 oz. breastmilk/ formula 1-4 tbsp infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or dry peas or any combination of the above 1-2 tbsp fruit, vegetable or combination of both
Lunch/ Supper	4-6 oz. breastmilk/ formula	4-8 oz. breastmilk/ formula 0-3 tbsp infant cereal, and 0-3 tbsp fruit, vegetable or both	6-8 oz. breastmilk/ formula 2-4 tbsp infant cereal, and/or 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas, or ½-2 oz. cheese, or 1-4 oz. cottage cheese, or 1-4 oz. cheese food or cheese spread, and 1-4 tbsp fruit, vegetable or both	4-6 oz. breastmilk/ formula	6-8 oz. breastmilk/ formula 1-4 tbsp infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or dry peas or any combination of the above 1-2 tbsp fruit, vegetable or combination of both
Snack	4-6 oz. breastmilk/ formula	4-6 oz. breastmilk/ formula	2-4 oz. breastmilk/ formula or fruit juice, and 0-½ slice bread, or 0-2 crackers	2-4 fluid oz. breastmilk/ formula	2-4 fluid oz. breastmilk/ formula ¼-½ oz bread, cracker, or ready-to-eat breakfast cereal 1-2 tbsp fruit, vegetable or combination of both

*All serving sizes are minimum quantities of the food components that are required to be served. Centers and day care homes may choose to serve a larger quantity if nutritionally appropriate.





Summary of Child and Adult Care Food Program Meal Pattern Revision: Child and Adult Meals

USDA is proposing to revise the CACFP Meal Patterns to ensure children and adults will have access to healthy, balanced meals throughout the day. Under the proposed meal patterns, meals served would include a greater variety of vegetables and fruits, more whole grains, and less sugar and fat. The proposed changes, which are outlined below, are based on the Dietary Guidelines for Americans, scientific recommendations from the Institute of Medicine, and stakeholder input.

Proposed Revisions

The proposed child and adult meal pattern revision includes:

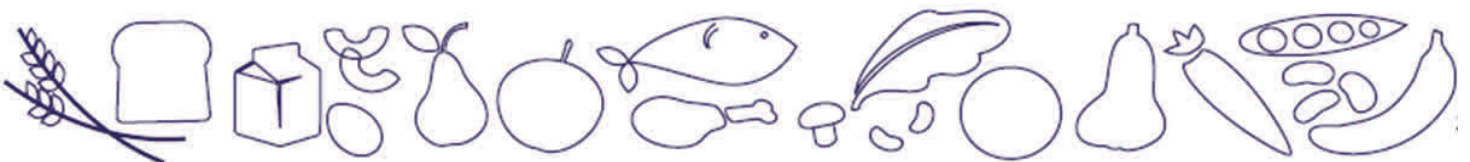
- * A new age group to address the needs of older children ages 13 through 18 years old;
- * Dividing the vegetable and fruit component into a separate fruit component and vegetable component;
- * Requiring breakfast cereals conform to WIC limits on sugar content and other nutrient requirements;
- * Requiring at least one serving per day of grains be whole grain-rich;
- * Disallowing grain-based desserts from counting towards the grain component;
- * Allowing a meat or meat alternate to substitute up to one-half of the required grains at breakfast meals;
- * Allowing tofu as a meat alternate;
- * Requiring unflavored whole milk be served to children one year of age, and 1 percent or fat-free milk be served to children two and older and adults;
- * Requiring flavored milk to be fat-free only;
- * Allowing non-dairy milk substitutions that are nutritionally equivalent to milk to be served if requested in writing by a child's parent or guardian or an adult participant;
- * Allowing yogurt to be used as a fluid milk alternate up to one time per day across all eating occasions, *for adults only*; and
- * Disallowing frying as a way of preparing food onsite.

Additional Changes

The proposed meal pattern revisions also require that centers and day care homes make water available throughout the day to all children upon their request, allow parents or guardians to provide up to one component of the reimbursable meal (at their discretion), and extend offer versus serve to institutions participating in the at-risk afterschool component of the CACFP.

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Current and Proposed Meal Patterns: Let's Compare

Breakfast Meals*- 13 to 18 year old age group for proposed meal pattern only

	1—2 years		3—5 years		6—12 yrs & 13—18 yrs		Adults	
	Current	Proposed	Current	Proposed	Current	Proposed	Current	Proposed
Fruits/ Vegetables	1/4 c	1/4 c	1/2 c	1/2 c	1/2 c	1/2 c	1/2 c	1/2 c
Grains	1/2 serv	1/2 serv**	1/2 serv	1/2 serv**	1 serv	1 serv**	2 serv	2 serv**
Milk	1/2 c	1/2 c	3/4 c	3/4 c	1 c	1 c	1 c	1 c

Lunch and Supper Meals*- 13 to 18 year old age group for proposed meal pattern only

	1—2 yrs		3—5 yrs		6 – 12 yrs & 13 – 18 yrs		Adults	
	Current	Proposed	Current	Proposed	Current	Proposed	Current	Proposed
Fruits	1/4 c	1/8 c	1/2 c	1/4 c	3/4 c	1/4 c	1 c	1/2 c
Vegetables		1/8 c		1/4 c		1/2 c		
Grains	1/2 serv	1/2 serv	1/2 serv	1/2 serv	1 serv	1 serv	2 serv	2 serv
Meat/Meat Alternates	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
Milk	1/2 c	1/2 c	3/4 c	3/4 c	1 c	1 c	1 c***	1 c***

Snacks*- 13 to 18 year old age group for proposed meal pattern only

	1 – 2 years		3 – 5 years		6 – 12 yrs & 13 – 18 yrs		Adults	
	Current	Proposed	Current	Proposed	Current	Proposed	Current	Proposed
Fruits	1/2 c	1/2 c	1/2 c	1/2 c	3/4 c	3/4 c	1/2 c	1/2 c
Vegetables		1/2 c		1/2 c		3/4 c		
Grains	1/2 serv	1/2 serv	1/2 serv	1/2 serv	1 serv	1 serv	1 serv	1 serv
Meat/Meat Alternates	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
Milk	1/2 c	1/2 c	1/2 c	1/2 c	1 c	1 c	1 c	1 c

*All serving sizes are minimum quantities of the food components that are required to be served. **A meat/meat alternate may be used to substitute up to 1/2 of the grain requirements. ***A serving of milk is not required at the supper meal.

