



Child and Adult Care Food Program Summary of Proposed Meal Pattern Changes

USDA is revising the CACFP Meal Patterns to align them with the 2010 Dietary Guidelines. Under the proposed changes, meals served would include a greater variety of vegetables and fruits, whole grains, and less sugar and fat.

Provide Comments

It is important to let USDA know what you think of the proposed changes. Visit:

<https://www.federalregister.gov/articles/2015/01/15/2015-00446/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act> **before April 15, 2015** to provide comments. The USDA needs to hear how the proposed changes will improve the program and/or be a burden to participation.

Proposed Revisions: These changes are not being applied yet. They are only proposed at this time.

INFANTS:

- Two age groups, instead of three: 0 through 5 months and 6 through 11 months;
- Allow reimbursement when the mother comes to the child care facility and directly breastfeeds her child on-site;
- Allow service of only breastmilk and/or infant formula through 5 months of age;
- Allow the introduction of solid foods at 6 months of age, as developmentally appropriate;
- Require a grain and fruit or vegetable serving in the snack meal pattern for a 6 to 11 month old; and
- Eliminate the service of fruit juice and cheese/cheese products to infants.

ONE YEAR AND OLDER:

- Require unflavored whole milk be served to children one year of age;
- Divide the combined fruit and vegetable component into a separate fruit component and vegetable component;
- Require a fruit and vegetable at lunch and supper;
- Allow a fruit and vegetable to be served as a reimbursable snack (ex. apples and carrots) ;
- Require at least one grain serving per day to be whole grain-rich;
- Require breakfast cereals to conform to WIC requirements including limits on sugar content;
- Remove grain-based desserts from counting towards the grain component;
- Allow tofu to be counted as a meat alternate;
- For children two years and older, require flavored milk to be fat-free only
- Disallow frying as a way of preparing food on-site; and
- Require the service of juice to be only pasteurized, full strength juice.