

Ask USDA: Meal Pattern Questions & Answers

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Agenda

- Meal Pattern Policy Memos
- Top 10 FAQs
- Reverse Q&A
- Structured Q&A





Policy Memos



Revised Feeding Infant Requirements



- Issued October 19, 2017
- CACFP 02-2018
- Includes
 - Clarification on **documenting** compliance
 - Updated guidance on **meal accommodations**
 - New and updated **questions and answers**

Milk Requirements

- Issued July 14, 2016
- CACFP 17-2016
- Updated
 - Fat-free (skim) **flavored milk** can only be served to ages 6+
 - **Non-dairy beverages** may be served based on dietary need and written request



Revised Vegetable & Fruit Requirements.....



- Issued March 23, 2017
- CACFP 09-2017
- Updated
 - **Crediting of mixed vegetables & fruit**
 - New **questions & answers**

Revised Grain Requirements



- Issued October 19, 2017
- CACFP 01-2018
- Updates
 - Identifying **creditable grains**, including whole grain-rich grains
 - **Identifying cereals** within the sugar limit
 - **Documenting** compliance
 - Exhibit A
 - Questions and answers

Grain-Based Desserts

- Issued June 30, 2017
- CACFP 16-2017
- Updates
 - Crediting of **sweet crackers** (animal and graham crackers)



Tofu and Soy Yogurt



- Issued August 8, 2016
- SP 53-2016, CACFP 21-2016

1 ounce equivalent meat alternate =	2.2 oz (1/4 cup) commercially prepared tofu with at least 5g protein
	4.0 fl. oz (1/2 cup) soy yogurt

Water Availability



- Issued August 5, 2016
- CACFP 20-2016
- Explains
 - Providers **must offer water** to children throughout the day
 - Water does **not** have to be served alongside the meal

Offer vs. Serve & Family Style Meals



- Issued December 9, 2016
- CACFP 05-2017
- Outlines the use of:
 - **OVS in adult day care and at-risk** afterschool programs
 - **Family style** meals in CACFP

Q&As on Updated Meal Patterns



- Issued March 10, 2017
- CACFP 08-2017
- Covers **frequently asked questions** on:
 - Milk
 - Grains
 - Meat/meat alternates
 - Frying
 - Water
 - Implementation

Transition Period

- Issued May 10, 2017
- CACFP 13-2017
 - Provides a transition period provided for **Fiscal Year 2018**
 - Will receive **technical assistance** for violations related to the updated requirements
 - Meals disallowed when **missing a component**



Documenting Meals

- Issued June 30, 2017
- CACFP 17-2017
- Explains
 - Centers and day care homes must keep **records of menus**
 - State agencies have discretion to determine **other types of acceptable recordkeeping** documents





Top 10 Frequently Asked Questions



Top 10 FAQs



- Do you have to document serving sizes on menus?

Top 10 FAQs



- Do you have to document **serving sizes** on menus?
 - Centers and day care homes must **demonstrate compliance** and **maintain menus**. State agencies have the **discretion** to set requirements regarding menus or food service records. State agencies are encouraged to **continue the same recordkeeping requirements**

Top 10 FAQs



- How should meals be documented when a mother **breastfeeds on-site**?

Top 10 FAQs



- How should meals be documented when a mother **breastfeeds on-site**?
 - There **are various ways** to document meals when a mother breastfeeds on-site. May write **“breastfed”** or **“mom”** on menu. State agencies have the discretion to **determine what is acceptable.**

Top 10 FAQs



- If an 8 month old is not being served **solid foods**, should those meals be disallowed?

Top 10 FAQs



- If an 8 month old is not being served **solid foods**, should those meals be disallowed?
 - **Not necessarily.** Infants develop at different rates. If the meal is **developmentally appropriate** for the infant, it is reimbursable. Monitors should **talk with the provider** to understand why the infant is not being served solid foods.

Top 10 FAQs



- If an infant **rejects a food** they ate before, does something else need to be offered?

Top 10 FAQs



- If an infant **rejects a food** they ate before, does something else need to be offered?
 - **It depends.** Must **follow the eating habits** of the infant. If an infant no longer eats mashed banana but eats other fruits/vegetables, another fruit/vegetable must be offered.

Top 10 FAQs



- Can parents **provide food components** for a child that **does not have a disability**?

Top 10 FAQs



- Can parents **provide food components** for a child that **does not have a disability**?
 - **Yes.** The updated meal patterns allows parent/guardian, adult participant, or person on behalf of the adult participant to provide **one component** for non-disability reasons.

Top 10 FAQs



- Can a parent request their child be served almond milk?

Top 10 FAQs



- Can a parent request their child be served almond milk?
 - **Non-dairy beverages** that are **nutritionally equivalent** to cow's milk may be requested in writing by parents or guardians and be part of a reimbursable meal. At this time, only some **soy milks** meet these nutrition standards.

Top 10 FAQs



- What is a **cheese food**?

Top 10 FAQs



- What is a **cheese food**?
 - Cheese food is also known as a processed cheese. It is **mixed with seasonings and other ingredients** not common in cheese. Any item labeled with the wording **“imitation” cheese** or **cheese “product”** is **not creditable** towards the infant, child or adult meal pattern requirements.

Top 10 FAQs



- If a grain has a **Whole Grain Council stamp** on the label, is it whole grain-rich?

Top 10 FAQs



- If a grain has a **Whole Grain Council stamp** on the label, is it whole grain-rich?
 - Maybe. Some products with a Whole Grain Council stamp have **high amounts of non-creditable grains**. Providers must still look at the ingredient list and use the **rule of three** to determine if it meets the whole grain-rich criteria

Top 10 FAQs



- If a **granola bar** only contains 5 grams of sugar can it be served in a reimbursable meal?

Top 10 FAQs



- If a **granola bar** only contains 5 grams of sugar can it be served in a reimbursable meal?
 - Grain-based desserts are **defined by categories**, not nutrient standards. The nutrient profile of a granola bar, or any other grain-based dessert, cannot exempt it and make it creditable.

Top 10 FAQs



- Sometimes the chart and calculation for the **breakfast cereal sugar limit** provide different answers. Which one is right?

Top 10 FAQs



- Sometimes the chart and calculation for the **breakfast cereal sugar limit** provide different answers. Which one is right?
 - **Both!**



Reverse Q&A



Reverse Q&A

- Create groups of **4-5 people** with your neighbors
- **Discuss** the questions for 5 minutes
- **Share!**



Reverse Q&A

- Questions:
 - What has **gone well** in the first few weeks of implementation?
 - What have been some of the **challenges**?



Reverse Q&A

- Questions:
 - How are children, adult participants, parents/guardians **reacting**?
 - What do you **need from FNS**?





Structured Q&A



Structured Q&A

5-10 minutes of Q&A on each of the following topics:

- Infants
- Grains
- Transition Period
- Miscellaneous





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What are your questions about infants?



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What are your questions about grains?





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What are your questions about the transition period?



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**What are your questions about
miscellaneous?**



THANK YOU!!



United States Department of Agriculture