The New Meal Pattern

Align with 2010 Dietary Guidelines and MyPlate
The New Meal Pattern

Institute of Medicine Recommended Changes

Concerns

• Acceptance
• Cost
• Complexity
The New Meal Pattern

USDA Said

“The New CACFP Meal Patterns…
• High priority
• Well under development
• Lengthy clearance process
• Out “soon”

The New Meal Pattern

USDA Said

“Schools that embraced the new meal pattern early, have been successful implementing it within the reimbursement available. They key is careful menu planning.”
New CACFP Meal Patterns

- Exact changes unknown
- Educated guess
  - 2010 DG’s
  - IOM recommendations
  - School meal pattern
  - Wellness Handbook

Wellness Handbook & School Meal Pattern

- Fruit and vegetables
  - Separate groups
  - Subgroups by color
  - More!
Wellness Handbook & School Meal Pattern

• Variety of Protein
  – More cooked, dried beans and split peas!
  – More seafood!
  – Low in sodium & solid fat

All Guidance

• Whole grains
  – More!
  – Look for whole grain as first ingredient
Already Required

- Skim or 1% Milk
  - Already required for children over age 2
  - May 2011 memo

All Guidance

- Salt and Sodium
  - Less!
  - Fewer Processed Foods
Nutrition and Wellness Tips for Young Children:
Provider Handbook for the
Child and Adult Care Food Program

All Guidance

• Solid Fats
  – Less!

Healthier CACFP Meals

USDA Food and Nutrition Service
www.teamnutrition.usda.gov
State Agency Process

New CACFP Meal Patterns

- Notify Authorized Representative
- 90 day comment period
- Procedure for comments
- USDA evaluation of comments
- Final meal pattern

Questions?
Practical Tips and How To’s

Seven Stations – Look at the dot on your nametag
- Red/orange vegetables
- Dark Green vegetables
- Dry Beans and Split Peas
- Starchy and Other Vegetables
- Whole grains - labels
- Homemade chicken nuggets and fish sticks
- CN labeled products, product formulation statements

Rotate every 8 minutes