

# New CACFP Meal Pattern



## CACFP Short Course

April 22, 2014

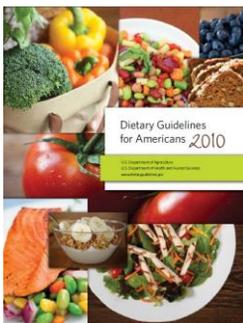
Bureau of Nutrition and Health Services

Robin Holz



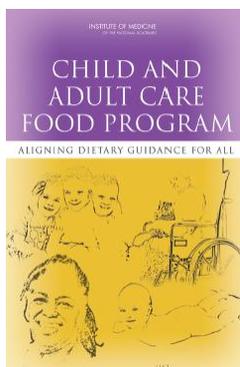
# The New Meal Pattern

Align with 2010 Dietary Guidelines and MyPlate



## The New Meal Pattern

### Institute of Medicine Recommended Changes



## The New Meal Pattern

### 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



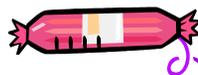
## Already Required

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



## All Guidance

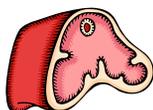
- Salt and Sodium
  - Less!
  - Fewer Processed Foods



## All Guidance

- Solid Fats

– Less!



## Healthier CACFP Meals



## 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?



# CACFP Menu Success

## Practical Tips and How To's



# CACFP Menu Success

## 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**

