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DATE: January 23, 2015  
 TO: Child and Adult Care Food Program (CACFP) Center Organizations  
 FROM: Robin Holz, Lead CACFP Consultant - Centers  
 Bureau of Nutrition and Health Services  
 SUBJECT: New Proposed Healthier CACFP Meal Pattern

USDA's proposed new healthier meal pattern for the Child and Adult Care Food Program (CACFP) and related programs has been released. The proposed rule was published in the January 15, 2015 Federal Register at:  
[http://www.cacfp.org/files/8614/2133/9215/proposed\\_rule2015-00446.pdf](http://www.cacfp.org/files/8614/2133/9215/proposed_rule2015-00446.pdf)

An easier to read version of the proposed rule can be found at:  
<http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001>  
 (If clicking the link does not work, copy and paste it into your browser.)

### Free Webinar

All CACFP participants are invited to join Food Research and Action Center (FRAC) and USDA for a free webinar on the proposed rule. The webinar will be 12:30 -1:30 PM (Central Time) on Thursday, January 29, 2015.

The webinar will cover USDA's recently proposed rule, "Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010," including the revised meal patterns and nutrition standards for:

- The CACFP in Head Start, child care centers, family child care homes, afterschool programs, emergency shelters and adult day care; and
- School meal programs in school-based Pre-K and afterschool programs.

To register for the free webinar, click on the following link:  
<https://frac.peachnewmedia.com/store/seminar/seminar.php?seminar=33968>

A certificate of attendance will be issued. The webinar will fulfill one hour of required CACFP training for center and home providers.

### Summary of Proposed Meal Pattern Changes

#### Infant Meal Pattern Changes

- Revise the infant age groups from three age groups to two age groups
- Introduce solid foods to infants beginning at 6 months of age
- Eliminate the service of fruit juice to infants of any age
- Allow reimbursement for infant meals when the mother directly breastfeeds her child at the child care facility
- Require a fruit or vegetable serving in the snack meal pattern for the 6 to 11 month infant age group
- Allow additional grain options for infant snacks

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### **One Year and Older Meal Pattern Changes**

- Separate the fruit and vegetable component for children and adults
- Require that at least one grain serving per day, across all eating occasions, be whole grain or whole grain-rich
- Require breakfast cereals to conform to WIC requirements
- Prevent grain-based desserts from counting towards the grains component
- Allow an optional meat or meat alternate to be served at breakfast in lieu of some grains
- Allow tofu to be counted as a meat alternate
- Allow yogurt to be used to meet the fluid milk requirement for adults only, no more than once per day
- Disallow frying as an onsite preparation method for day care institutions and facilities
- Add a fourth age group (13 through 18 years) to the meal pattern for children.
- Prohibit flavored milk to children 2 through 4 years
- Allow flavored milk to children 2 through 4 years with no more than 22 grams per 8 fluid ounces
- Limit sugar content for yogurt to 30 grams per 6 ounce serving

Both proposed meal pattern charts are attached.

### **How to Submit Comments**

USDA is strongly encouraging comments on the proposed rule. They are especially interested in how to make the proposed rule easier to understand and how to make the Program effective and practical. Comments submitted will be taken into consideration when writing the final rule.

1. USDA prefers that comments on the proposed rule be made online at:  
<http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001>  
(If clicking the link does not work, copy and paste it into your browser.)  
Select the blue box (Comment Now!) on the right side of the screen to write and submit your comments.
2. Comments may also be sent by mail to:  
Tina Namian  
Branch Chief, Policy and Program Development Division  
Child Nutrition Programs,  
Food and Nutrition Service, Department of Agriculture  
P.O. Box 66874  
St. Louis, MO 63166
3. USDA will not accept comments sent by email, voice mail or other medium.

### **Comment Guidelines**

Following are guidelines to use when writing comments:

1. Comments must be submitted by Wednesday, April 15, 2015.
2. Comments should be specific and confined to the issues pertinent to the proposed rule.
3. Explain the reason(s) and/or provide supporting information for any recommended changes or provisions you oppose.
4. When possible, reference the section or paragraph of the proposed rule you are addressing.

Email [robin.holz@iowa.gov](mailto:robin.holz@iowa.gov) or call (515-281-3484) if you have questions.

Attachments