



CACFP Short Course
May 3, 2016
9:00 am – 5:00 pm
McCreary Center
Perry, Iowa



Timely Topics

Goals and Objectives:

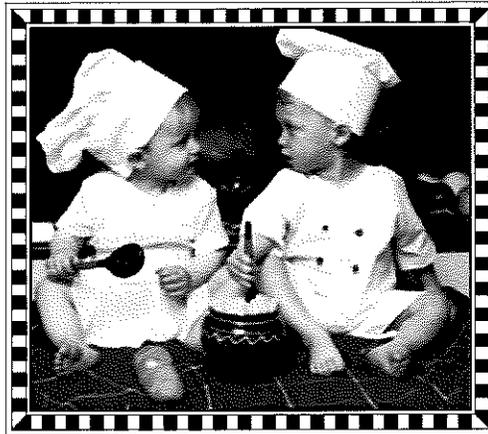
- Become familiar with the new meal pattern and other developments in the CACFP
- Learn practical ideas to implement the new meal pattern
- Understand CACFP rules and requirements for diet modifications
- Gain understanding of new purchasing requirements
- Learn about new Team Nutrition resources

Day 1– May 3 , 2016

		Presenter
8:00 - 9:00 AM	Registration & Breakfast from Perry High School— McCreary Center’s Senior Room	
9:00 - 9:15 AM	Welcome and Introductions	Ann Feilmann Robin Holz
9:15 - 10:00 AM	CACFP Hot Topics Featuring the New Meal Pattern	Robin Holz
10:00 -10:30 AM	Snack Potluck & Sharing Ideas	Jaci Graves
10:30 -11:45 AM	Implementing the New Meal Pattern—Cooking & Buying Tips Lunch—On Your Own	Carrie Scheidel and DE Staff
12:00 – 1:30 PM	(Map of Perry and list of restaurants in packet)	
1:30 - 2:15 PM	CACFP Shopping	Keerti Patel
2:15 - 2:45 PM	Snack Potluck and Sharing Ideas	
2:45 - 3:45 PM	Diet Modifications in CACFP	Lisa Robinson
3:45 - 4:45 PM	Smarter Mealtime Scorecard and Team Nutrition Resources	Carrie Scheidel and Patti Delger
4:45 - 5:00 PM	Wrap Up (Questions, Evaluations, Certificates)	Robin Holz
6:00 PM	Tour of Rooms at Hotel Pattee—Hotel Lobby	Ann Feilmann



"Hot Topics"



Resource List:

CACFP Memos and Updates

<https://www.educateiowa.gov/cacfp-memos-and-updates>

IowaCNP

<https://cnp.ed.iowa.gov/CNP/>

New CACFP Meal Pattern

<http://www.fns.usda.gov/cacfp/meals-and-snacks>

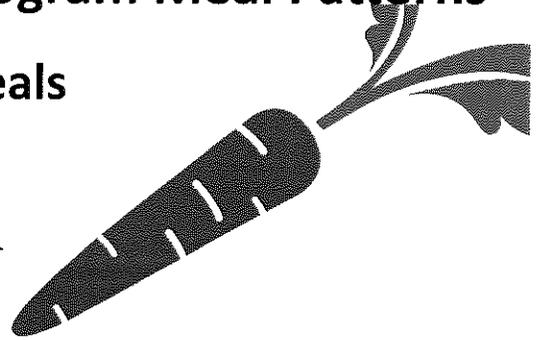
Twist and Sprout

<http://www.providerschoice.com/twistandsprout>



NEW Child and Adult Care Food Program Meal Patterns

Child and Adult Meals



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.

* * * * *

New Child and Adult Meal Patterns

Greater variety of vegetables and fruits:

- * The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- * Juice is limited to once per day.

More whole grains:

- * At least one serving of grains per day must be whole grain-rich;
- * Grain-based desserts no longer count towards the grains component; and
- * Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More protein options:

- * Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- * Tofu counts as a meat alternate.

Age appropriate meals:

- * A new age group to address the needs of older children 13 through 18 years old.

Less added sugar:

- * Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- * Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Making every sip count:

- * Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;
- * Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and
- * Yogurt may be served in place of milk once per day for adults only.



Additional improvements:

- * Extends offer versus serve to at-risk afterschool programs; and
- * Frying is not allowed as a way of preparing foods on-site.



See a side-by-side comparison of the old and new child and adult meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>.



Old and New Child and Adult Meal Patterns: Let's Compare



Breakfast Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup
Vegetables, fruit, or both	¼ cup	¼ cup	½ cup	½ cup	½ cup	½ cup	½ cup	½ cup
Grains	½ serving	½ oz eq*	½ serving	½ oz eq*	1 serving	1 oz eq*	2 servings	2 oz eq*

*Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
Oz eq = ounce equivalents

Lunch and Supper Meal Patterns

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	¾ cup	¾ cup	1 cup	1 cup	1 cup	1 cup*
Meat and meat alternates	1 oz	1 oz	1 ½ oz	1 ½ oz	2 oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	⅝ cup	½ cup	¾ cup	¾ cup	½ cup	1 cup	½ cup
Fruit		⅝ cup		¾ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	2 servings	2 oz eq

*A serving of milk is not required at supper meals for adults
Oz eq = ounce equivalents

Snack Meal Pattern

	Ages 1-2		Ages 3-5		Ages 6-12 & 13-18		Adults	
	Old	New	Old	New	Old	New	Old	New
Milk	½ cup	½ cup	½ cup	½ cup	1 cup	1 cup	1 cup	1 cup
Meat and meat alternates	½ oz	½ oz	½ oz	½ oz	1 oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	½ cup	½ cup	¾ cup	¾ cup	½ cup	½ cup
Fruit		½ cup		½ cup		¾ cup		½ cup
Grains	½ serving	½ oz eq	½ serving	½ oz eq	1 serving	1 oz eq	1 serving	1 oz eq

Select 2 of the 5 components for snack.
Oz eq = ounce equivalents

Note: All serving sizes are minimum quantities of the food components that are required to be served.

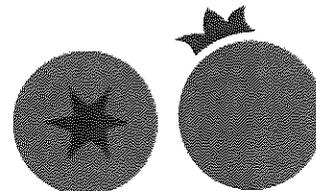


NEW Child and Adult Care Food Program Meal Patterns

Infant Meals

USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars. These changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.

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New Infant Meal Pattern

Encourage and support breastfeeding:

- * Providers may receive reimbursement for meals when a breastfeeding mother comes to the day care center or home and directly breastfeeds her infant; and
- * Only breastmilk and infant formula are served to infants 0 through 5 month olds.

Developmentally appropriate meals:

- * Two age groups, instead of three: 0 through 5 month olds and 6 through 11 month olds; and
- * Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

More nutritious meals:

- * Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old;
- * No longer allows juice or cheese food or cheese spread to be served; and
- * Allows ready-to-eat cereals.



See a side-by-side comparison of the old and new infant meal patterns on the other side. For more information on the new CACFP meal patterns visit: <http://www.fns.usda.gov/cacfp/meals-and-snacks>.

For more information on infant development and nutrition, check out Team Nutrition’s Feeding Infants Guide: <http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs>



Old and New Infant Meal Patterns: Let's Compare

	Old			New	
	0-3 months	4-7 months	8-11 months	0-5 months	6-11 months
Breakfast	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Lunch or Supper	4-6 fl oz breastmilk or formula	4-8 fl oz breastmilk or formula 0-3 tbsp infant cereal 0-3 tbsp vegetable, fruit or both	6-8 fl oz breastmilk or formula 2-4 tbsp infant cereal 1-4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½-2 oz cheese; or 1-4 oz (volume) cottage cheese; or 1-4 oz (weight) cheese food or cheese spread; or a combination 1-4 tbsp vegetable, fruit or both	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole egg, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-8 oz yogurt; or a combination* 0-2 tbsp vegetable, fruit or both*
Snack	4-6 fl oz breastmilk or formula	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-¼ bread slice or 0-2 crackers	4-6 fl oz breastmilk or formula	2-4 fl oz breastmilk or formula 0-½ bread slice; or 0-2 crackers; or 0-4 tbsp infant cereal or ready-to-eat cereal* 0-2 tbsp vegetable, fruit or both*

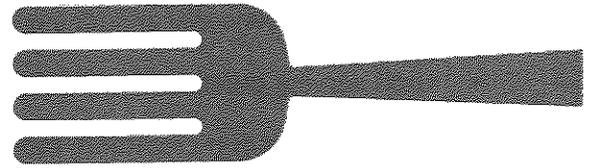
All serving sizes are minimum quantities of the food components that are required to be served. Centers and day care homes may choose to serve a larger quantity if nutritionally appropriate.

*Required when infant is developmentally ready.

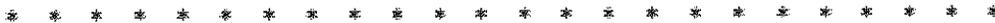


Child and Adult Care Food Program Meal Pattern Revision:

Best Practices



The new CACFP meal patterns lay the foundation for a healthy eating pattern for children and adults in care. USDA also developed optional best practices that build on the meal patterns and highlight areas where centers and day care homes may take additional steps to further improve the nutritional quality of the meals they serve. The best practices reflect recommendations from the Dietary Guidelines for Americans and the National Academy of Medicine to further help increase participants' consumption of vegetables, fruits, and whole grains, and reduce the consumption of added sugars and saturated fats.



CACFP Best Practices

USDA highly encourages centers and day care homes to implement these best practices in order to ensure children and adults are getting the optimal benefit from the meals they receive while in care:

Infants

- * Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.

Vegetables and Fruit

- * Make at least 1 of the 2 required components of a snack a vegetable or a fruit. 
- * Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.
- * Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. 

Grains

- * Provide at least two servings of whole grain-rich grains per day. 

See the reverse side for **Additional Best Practices and Resources.**

Meat and Meat Alternates

- * Serve only lean meats, nuts, and legumes.
- * Limit serving processed meats to no more than one serving per week.
- * Serve only natural cheeses and choose low-fat or reduced fat-cheeses.

Milk

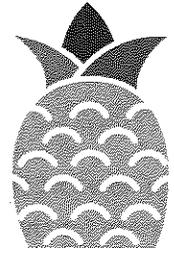
- * Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available. 
- * Serve water as a beverage when serving yogurt in place of milk for adults. 



CACFP Best Practices Continued

Additional Best Practices

- * Incorporate seasonal and locally produced foods into meals.
- * Limit serving purchased pre-fried foods to no more than one serving per week.
- * Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
- * Adult day care centers should offer and make water available to adults upon their request, throughout the day.



* * * * *

Resources

Find useful tips and strategies to help you incorporate the best practices into your every day meal service:

Nutrition and Wellness Tips for Young Children (<http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>)

Child care providers can use these tips to incorporate key recommendations and best practices into their menus and daily schedules.

Feeding Infants (<http://www.fns.usda.gov/tn/feeding-infants-guide-use-child-nutrition-programs>)

This guide presents information on infant development, nutrition for infants, breastfeeding and formula feeding, feeding solid foods, sanitary food preparation, safe food handling, and much more!

Healthy Meals Resource System (<https://healthymeals.nal.usda.gov/>)

CACFP centers and day care homes will find more menu planning tools, recipe ideas, and additional tips and ideas to help implement the new meal patterns and best practices, such as hosting taste tests to help introduce and get children excited about new foods and menus.

Team Nutrition Resource Library (<http://www.fns.usda.gov/tn/resource-library>)

Visit the Team Nutrition Resource Library for free nutrition education materials to further reinforce and complement the nutrition messages taught by serving healthful foods.

MyPlate (<http://www.choosemyplate.gov/>)

Resources found on the MyPlate website can help CACFP centers and day care homes identify healthier options to ensure menu choices contain the most nutrients children need to grow.

ICN Education and Training Resources (<http://nfsmi.org/Templates/TemplateDivision.aspx?qs=cEIEPTc=>)

The Institute of Child Nutrition's resources provide education and training opportunities to help provide nutritious meals in CACFP homes and day care settings.





Infant Meal Pattern

Breakfast	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit ³ or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-8 ounces or 1 cup of yogurt ⁴ ; or a combination of the above ⁵ ; and 0-2 tablespoons vegetable or fruit ³ or a combination of both ^{5,6}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

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⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ A serving of this component is required when the infant is developmentally ready to accept it.

⁶ Fruit and vegetable juices must not be served.

Infant Meal Pattern

Snack	
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,5,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{6,7}

¹ Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

² Infant formula and dry infant cereal must be iron-fortified.

³ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁴ A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

⁵ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

⁶ A serving of this component is required when the infant is developmentally ready to accept it.

⁷ Fruit and vegetable juices must not be served.



ADULT MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items¹	Minimum Quantities
Fluid Milk²	8 fluid ounces
Vegetables, fruits, or portions of both³	½ cup
Grains (oz eq)^{4,5,6}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

² Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

³ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁴ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁵ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁶ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁷ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

⁸ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.

ADULT MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)	
Food Components and Food Items¹	Minimum Quantities
Fluid Milk^{2,3}	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product ⁴	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁵	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
Vegetables⁶	½ cup
Fruits^{6,7}	½ cup
Grains (oz eq)^{8,9}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	1 cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk participants.

² Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

³ A serving of fluid milk is optional for suppers served to adult participants.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.

⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.

⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.

¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

ADULT MEAL PATTERN

Snack (Select two of the five components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk²	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product ³	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁴	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables⁵	½ cup
Fruits⁵	½ cup
Grains (oz eq)^{6,7}	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults. For adult participants, 6 ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

³ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁴ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁵ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁶ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

⁹Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; $\frac{3}{4}$ cup for children 6-12; and 1 $\frac{1}{2}$ cups for adults.

**CHILD MEAL PATTERN**

Food Components and Food Items¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18² (at-risk afterschool programs and emergency shelters)
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅓ cup	⅓ cup	¼ cup	¼ cup

¹ Must serve all three components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

² Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.

⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁵ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

⁷ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

⁹ Beginning October 1, 2019, the minimum serving size specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is ¼ cup for children ages 1-2; 1/3 cup for children ages 3-5; ¾ cup for children 6-12; and 1 ½ cups for adults.

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products ⁴	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables⁶	⅛ cup	¼ cup	½ cup	½ cup
Fruits^{6,7}	⅛ cup	¼ cup	¼ cup	¼ cup
Grains (oz eq)^{8,9}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ¹⁰ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

¹ Must serve all five components for a reimbursable meal. Offer versus serve is an option for only adult and at-risk afterschool participants.

- ² Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.
- ³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.
- ⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.
- ⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
- ⁷ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
- ⁸ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
- ⁹ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of the creditable grain.
- ¹⁰ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

CHILD MEAL PATTERN

Snack (Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
Vegetables⁶	½ cup	½ cup	¾ cup	¾ cup
Fruits⁶	½ cup	½ cup	¾ cup	¾ cup
Grains (oz eq)^{7,8}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁹ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{9,10}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

¹ Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

² Larger portion sizes than specified may need to be served to children 13 through 18 year olds to meet their nutritional needs.

³ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), or flavored fat-free (skim) milk for children six years old and older and adults.

⁴ Alternate protein products must meet the requirements in Appendix A to Part 226.

⁵ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

⁶ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

⁷ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

⁸ Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.

⁹ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).

¹⁰ Beginning October 1, 2019, the minimum serving sizes specified in this section for ready-to-eat breakfast cereals must be served. Until October 1, 2019, the minimum serving size for any type of ready-to-eat breakfast cereals is $\frac{1}{4}$ cup for children ages 1-2; $\frac{1}{3}$ cup for children ages 3-5; $\frac{3}{4}$ cup for children 6-12; and 1 $\frac{1}{2}$ cups for adults.



Diet Modification Request Form

Description: The United States Department of Agriculture (USDA) reimburses home day care providers, child and adult care centers, summer food service sponsors, schools, residential child care institutions, preschools, and Head Start for meals served to participants that meet USDA requirements. The Child Nutrition Program participating home provider or organization is listed below for meals served in their program. If a participant needs to avoid specific foods for a medical reason, a prescribing licensed medical professional must document the diet modifications and sign this form.

Please complete this form and return to your organization or provider: _____
(Name of home provider or organization)

Participant's Name: _____ Birth Date: _____ Grade: _____

Parent/Guardian's Name: _____

1) Does the participant have a disability? <input type="checkbox"/> No <input type="checkbox"/> Yes (identify)	
If yes, describe the major life activity or functions affected by the disability (see link for definitions of disability http://www.eeoc.gov/laws/statutes/adaaa_info.cfm)	
If yes, explain why the disability restricts the participant's diet:	
If no, identify the medical condition that does not rise to the level of a disability:	
2) Food(s) or Formula to Omit:	Food(s) or Formula to Substitute:
3) Texture modifications:	
Infants must receive iron-fortified infant formula or breast milk unless an allergy/exception statement is on file.	
The back of this form includes additional descriptions <input type="checkbox"/> No <input type="checkbox"/> Yes	

Licensed prescribing medical professional*: _____
Name (Print or Type) Title

*In Iowa licensed prescribing medical professionals include Medical Doctor (MD), Doctor of Osteopathic Medicine (DO), Physician's Assistant (PA), or Advanced Registered Nurse Practitioner (ARNP).

Signature of medical professional Date

If the participant has a disability, the provider must offer to supply the food substitutions unless doing so would be a documented financial hardship. If the participant does not have a disability, the provider is not required to supply the food substitutions.

The parent/guardian may request a nutritionally equivalent substitute for fluid milk without medical professional direction. This site chooses to offer this nutritionally-equivalent product: _____. Check here if you would like to request the soy milk listed in place of fluid milk and list the reason for the request. _____

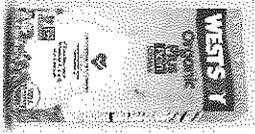
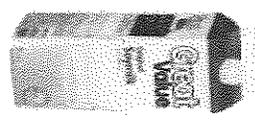
USDA allows a parent/guardian to supply substitute foods. Check here if you wish to provide the substitute foods:

Parent/Guardian signature: _____ Date: _____
(To document choices and for permission to release information)

Check the box in front of food groups that should NOT be served and list the foods to be served instead.

<p>Lactose/milk – Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fluid milk as a beverage or on cereal? ¼ cup of fluid milk to be used on cereal? __yes __no <input type="checkbox"/> Milk based desserts such as ice cream and pudding <input type="checkbox"/> Hot entrees with cheese as a prime ingredient such as grilled cheese, cheese pizza, or macaroni & cheese <input type="checkbox"/> Cheese baked in products such as a casserole or on meat pizza <input type="checkbox"/> Cold cheese such as string cheese or sliced cheese on a sandwich <input type="checkbox"/> Milk in food products such as breads, mashed potatoes, cookies or graham crackers 	<p>SERVE THESE ITEMS INSTEAD:</p>
<p>Soy - Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Protein products extended with soy <input type="checkbox"/> Processed items cooked in soy oil <input type="checkbox"/> Food products with soy as one of the first three ingredients <input type="checkbox"/> Food products with soy listed as the fourth ingredient or further down the list 	<p>SERVE THESE ITEMS INSTEAD:</p>
<p>Egg - Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Cooked eggs such as scrambled eggs or hard cooked eggs served hot or cold <input type="checkbox"/> Eggs used in breading or coating of products <input type="checkbox"/> Baked products with eggs such as breads or desserts 	<p>SERVE THESE ITEMS INSTEAD:</p>
<p>Seafood – Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Fish <input type="checkbox"/> Shrimp <input type="checkbox"/> Crab <input type="checkbox"/> Oysters <input type="checkbox"/> Other: _____ 	<p>SERVE THESE ITEMS INSTEAD:</p>
<p>Peanuts – Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Peanuts, individually or as an ingredient <input type="checkbox"/> Foods containing peanut oil <input type="checkbox"/> Foods items identified as manufactured in a plant that also handles peanuts 	<p>SERVE THESE ITEMS INSTEAD:</p>
<p>Tree nuts – Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> All nuts <input type="checkbox"/> Food items identified as manufactured in a plant that also handles nuts <input type="checkbox"/> Other: _____ 	<p>SERVE THESE ITEMS INSTEAD:</p>
<p>Wheat – Do not serve the items checked below:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Foods containing wheat <input type="checkbox"/> Foods containing gluten <input type="checkbox"/> Other: _____ 	<p>SERVE THESE ITEMS INSTEAD:</p>

Non-Dairy Beverages Meeting USDA Substitution Criteria

								
Product Name	WESTSOY® Organic Plus Plain & Vanilla	Sunrich Naturals Plain or Vanilla Soy milk	Silk Original Soy milk	8th Continent Original or Vanilla Soy milk	Kirkland Signature™ Organic Plain Soy milk	Pacific Natural Ultra Soy milk Plain or Vanilla	PEARL Organic Smart Soy milk Original, Creamy Vanilla, or Chocolate	Great Value Original Soy Milk
Possible Vendors	Dillon's Hy-Vee Whole Foods online Walmart	Sysco-special order	Dillon's Hy-Vee Target Walmart	Dillon's Hy-Vee Safeway Walmart	Costco	amazon.com Hy-Vee Green Acres-Wichita	http://kirkkoman.ellsstore.com EVCO Sysco US Foods	Walmart
Container Size/ Packaging	32 oz. 64 oz.	8 oz. carton (24/case)	Quart, Half Gallon, Twin Pack, or Three Pack	Half gallon or 8 oz. carton (12 or 40/case)	32 oz. container or 12-pack	8.25 oz. carton (24/case) or 32 oz. carton	8.25 oz. boxes (24/case)	64 oz. carton
Shelf Stable	No	Yes	Yes, until date on carton	No	Yes	Yes	Yes, 1 year unopened	No
Storage Tips	Refrigerate before serving	24 month shelf life from production date	Refrigerate before serving	Refrigerate & use within 7-10 days. 8 oz. has refrigerated shelf life of 30 days.	Refrigerate & use within 7-10 days after opening.	Refrigerate after opening	Refrigerate after opening	Refrigerate
Web Site for More Information	http://westsoy.ellsstore.com/shop/subcategory.aspx?category_id=2501&subcategory_id=2501&storeId=515677683&BC94017BD71B&B57764170587	http://www.sunrich.com/pdfs/soymilk.pdf	http://silk.com/products/original-soymilk	http://www.8thcontinent.com/products/original-ucis/original/	http://www.costco.com/weststore/0.com/weststore/CostcoUSBCat/alogAssetStore/Attachment/49100-Nutritional Information.pdf	http://www.pacificfoods.com/food/non-dairy-beverages/soy-beverages/all-natural-ultra-soy-original	http://www.kirkkomanusa.com/foodservice/product/s/products/ps_sulp_list.php?dept=2&fam=211	http://www.walmart.com/ip/Great-Value-Original-Soy-milk-1.89-l/19500254

USDA is an equal opportunity provider and employer.

Updated 2/12/15

Fluid Milk Substitutions in Child Nutrition Programs

USDA Criteria for Required Nutrient Levels to Qualify as Non-Dairy Beverage Substitute		
Nutrient	Required Amount Per Cup	Label
Calcium	276 mg	30%
Protein	8 grams	8 grams
Vitamin A	500 IU	10%
Vitamin D	100 IU	25%
Magnesium	24 mg	8%
Phosphorus	222 mg	25%
Potassium	349 mg	11%
Riboflavin	.44 mg	25%
Vitamin B12	1.1 mcg	15%

The following list of **Non-Dairy Beverages Meeting USDA Substitution Criteria** is subject to change and not all inclusive. Please consult the actual product label to compare current nutrition information and verify it contains the required nutrients listed above. Questions? Contact your area Child Nutrition Consultant or call Child Nutrition & Wellness 785-296-2276.

USDA is an equal opportunity provider and employer.

Updated 2/12/15

CACFP Wellness Modules

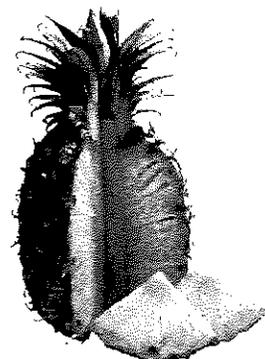
Supporting Healthy Habits

- Farm to CACFP
- Opportunities for Active Play
- Meaningful Mealtimes
- Nutrition Education
- Trying New Foods
- Healthy Menu Makeover



How Do I Access the Modules?

- Visit: <http://ilopd.iowa.gov>
- Create an account on Iowa Learning Online
(if you have an account already, you can skip this step!)
- How do I set up an account?
 - You will need to create a username and password. The Moodle system will send a confirmation email to verify your account.
- Forgot your password?
 - Utilize the password reminder link
- Locate "CACFP Wellness Modules - Supporting Healthy Habits"
- Enrollment key: pineapple
- Certificates are available after completion





Team Nutrition Order Form



E-mail: carrie.scheidel@iowa.gov Fax: 515-242-5988

Title:	Quantity:
Discover MyPlate: Kindergarten Nutrition Education Lessons	
MyPlate Poster	
Eat Smart to Play Hard Poster	
Make Today a Try Day Blue Stickers 1 pkg = 200 stickers	
Launch Your Day with Breakfast Stickers 1 pkg = 200 stickers	
Two Bite Club Book	
Grow It! Try It! Like It! Preschool Curriculum	
Nutrition and Wellness Provider Handbook for CACFP	

Organization Name:	Street Address:
Contact Name:	City, State, Zip:
E-mail:	

Roasted Chickpeas - makes 3 ¼ cups after roasting

- 4 - 15 oz cans no salt added chickpeas (garbanzo beans) = 6 cups drained
- 3 Tablespoons olive oil
- 2 teaspoons Moroccan Spice Mix (see below)
- ¼ teaspoon salt

Preheat the oven to 400 degrees. Drain and rinse the chickpeas until foam stops. Let drain for 5- 10 minutes and then dry the chick peas between clean cloth or paper towels. Gently mix half the olive oil with the chickpeas. Pour the chick peas onto two rimmed cookie sheets lined with parchment paper and spread out in a single layer. Bake approximately 45 minutes, stirring twice during baking. When they are crispy and roll around like marbles (this is where the rims on the pans come in handy) remove from the oven.

Mix the remainder of the oil, the spice mix, and salt together in a large bowl. Add the chickpeas and stir gently to cover the peas with the spice mixture. Return to the oven for 5 - 10 more minutes. Cool and store in an airtight container or bag. Try other spice mixes - maybe Italian or pumpkin pie spice.

Moroccan Spice Mix

Inspired from Fine Cooking Magazine and posted on KalynsKitchen.com

- 2 teaspoon ground cumin
- ½ teaspoon chili powder
- ½ teaspoon ground cinnamon
- ½ teaspoon ground ginger
- 1 teaspoon ground coriander
- ½ teaspoon sweet paprika
- ¼ teaspoon ground allspice
- 1/8 teaspoon cayenne pepper

Mix together and store in an airtight container. This makes more than needed for the recipe above. Try it also on cooked carrots, winter squash or chicken.

Banana Bread

Oven: 300, low fan

Yield: 5, 9x5 loaves, 16 slices each

Serving size: 2 slices, 1 slice for 3-5 yrs. old

Prepare loaf pans, spray generously

Ingredient:	Amount:	Directions:
Vegetable Oil	2 1/2 c.	Mix oil and sugar. Add egg and mix well.
Sugar	1 qt. 1 c.	
eggs	10, or 2 1/2c.	
Whole wheat flour	1 lb. 10 oz.	In a separate container, combine dry ingredients . Stir into egg mixture.
All-Purpose flour	1 lb. 8 oz.	
baking soda	1 T. 2 t.	
salt	1 1/4 t.	
Vanilla	2 1/2 t.	Add vanilla and bananas. Stir just until combined.
Mashed Ripe Bananas	7 c.	

Divide into prepared pans. Each loaf weighs approx. 2 lbs. 13 1/2 oz.

Bake for 55-65 min. or until tests done with toothpick.

Variation: Blueberry Bread

Instead of bananas, add 6 c. frozen or fresh blueberries and 5 c. applesauce.

Take off mixer. Stir in blueberries by hand.

Basic Muffins

Oven: 350* Convection

Prepare pans with spray or paper liners

Portion size: 2 grains

Ingredient:	Yield:24	36	48	96	192 Method
All-purpose flour	11 oz	1 lb. 2 oz.	1 lb. 9 oz.	3 lbs.	6 lbs.
Whole wheat flour	14 oz	1 lb. 3 1/2 oz.	1 lb. 10 oz.	3 lb. 6 oz.	6 lbs. 12 oz.
Baking powder	2 T.	3 T.	1/4 c.	1/2 c.	1 c.
Baking soda	1 t.	1 1/2 t.	2 t.	1 T. 1 t.	2 T. 2 t.
Salt	1 t.	1 1/2 t.	2 t.	1 T. 1 t.	2 T. 2 t.
Sugar	3 c.	4 1/2 c.	1 1/2 qt	3 qt.	1 gal. 2 qt.
Vegetable Oil	1 1/2 c.	2 1/4 c.	3 c.	1 qt. 2 c.	3 qt.
Eggs, lg. or liquid	6 or 1 1/2 c.	9 or 2 1/4 c.	12 or 3 c.	24 or 6 c.	48 or 3 qt.
Vanilla	1 t.	1 1/2 t.	2 t.	1 T. 1 t.	3 T.
Yogurt, plain	1 qt.	1 1/2 qt.	2 qt.	1 gal.	2 gal.

Variations:

Chocolate Chips 1 1/2 c. 2 1/4 c. 3 c. 1 1/2 qt. 3 qt.

Blueberry, tossed with one tablespoon flour per cup. Reconstitute dried.

2 c. 3 c. 1 qt. 2 qt 1 gal.

Peaches, diced 2 c. 3 c. 1 qt. 2 qt. 1 gal.

Apple-cinnamon

Diced Apple 2 c. 3 c. 1 qt. 2 qt. 1 gal.

Or Applesauce 1 c. 1 1/2 c. 2 c. 1 qt. 2 qt.

plus Cinnamon 1 T. 1 1/2 t. 2 T. 1/4 c. 1/2 c.

Banana Nut-Note: Substitute Brown sugar for granulated

Bananas, mashed 3 c. 4 1/2 c. 1 qt. 2 c. 3 qt. 1 gal. 2 qt.

Walnuts or pecans 1 1/2 c. 2 1/4 c. 3 c. 6 c. 3 qt.

Carrot Raisin: Nuts 1 1/2 c. 2 1/4 c. 3 c. 6 c. 3 qt.

Grated Carrots 2 c. 3 c. 1 qt. 2 qt. 1 gal.

Raisins 3/4 c. 1 1/8 c. 1 1/2 c. 3 c. 1 qt.

Coconut 3/4 c. 1 1/8 c. 1 1/2 c. 3 c. 1 qt.

Cinnamon 1 T. 1 1/2 T. 2 T. 3 T. 1/4 c.

1. Stir together flours, baking powder, baking soda, and salt.
2. Put sugar in bowl with paddle attachment. Add oil and mix well on medium speed, about 2 minutes.
3. Add eggs one at a time, mixing well after each, or pour liquid egg in slowly while mixer is going on slow speed. After it is incorporated, scrap bowl down. Add vanilla. Continue mixing on medium speed 2 more minutes.
4. Add dry ingredients alternately with yogurt, starting and ending with dry ingredients. Mix well after each addition.
5. Take off mixer. Add chocolate chips (or variation) by hand.

Use a #8 scoop (1/2 c.) to divide batter evenly into pans.
 Bake until golden brown, 25-30 minutes.

Granola

Ingredient	9 cups	1 gallon 2 cups	Instructions
	36 servings	72 servings	
	1 pan	2 full sheet pans	
Rolled Oats	7 cups	14 cups	
Vegetable Oil	1/2 c.	1 cup	
Salt	1 t.	2 t.	
Honey	3/4 cup	1 1/2 cup	
Brown sugar	3/4 cup	1 1/2 cup	
Vanilla	1 T.	2 T.	
Cinnamon	2 t.	1 T. 1 t.	
Nuts- almonds walnuts or pecans	1 1/2 cup	3 cup	
Coconut	1 1/2 cup	3 cup	
Sunflower Seeds or sesame seeds	1/2 cup	1 cup	
Dried Fruit	1 1/2 cup	3 cup	

1. Bake oats and salt in preheated 350 degree oven until oats are light golden brown, about 20 min. Stir twice during baking.
2. Meanwhile, heat honey and brown sugar until sugar is fully dissolved, stirring. Stir in vanilla and cinnamon. Set aside.
3. Remove oats from oven and lower temp. to 275 degrees. Transfer oats to a large bowl and toss with honey mixture. Stir in nuts, coconut, and seeds.
4. Spray sheet pan(s) with vegetable spray. Bake for 20 minutes. Stir lightly. Bake for 20 more minutes.
5. Add dry fruit. Mix lightly.
6. Let cool completely before storing in tightly covered container.

Recipe Name: Hummus _____ Center: Iowa Department of Education _____ Submitted by: Keerti Patel _____

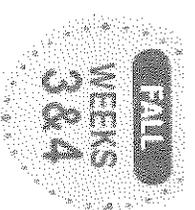
Ingredients	For _____ 25 _____ Servings	For _____ 50 _____ Servings	Directions: Include <i>step by step instructions</i> .		
	Weight	Measure		Weight	Measure
Canned garbanzo beans or chickpeas, drained	1 lbs 1 oz	2 1/2 cup	2 lb 2 oz	5 1/4 cup (1/2 No. 10 can)	<ol style="list-style-type: none"> Combine all ingredients in a food processor and puree to a smooth consistency. CCP: Chill to 41° F or lower within 4 hours. Cover. Refrigerate until service. Portion with #30 scoop (1/8 cup).
Frozen lemon juice concentrate, reconstituted		3/8 cup		3/4 cup	
Tahini	3 oz	3/8 cup	6 oz	5/8 cup	
Garlic cloves, peeled	1/2 oz (2 cloves)	1/8 cup	1 oz (4 cloves)	1/4 cup	
Water		3/8 cup		3/4 cup	
Ground black or white pepper		3/8 tsp		3/4 tsp	

Serving Size 1/8 cup Pan Size _____ Oven Temperature & Baking Time (if applicable):
 Temperature _____ Minutes _____

Yield about 3 lb 7 oz Number of Pans _____
 Conventional _____
 Convection _____

Meal Pattern Contribution (Based on Serving Size):

- 1/2 oz Meat/Meat Alternative
- _____ Fruit/Vegetable
- _____ Grain/Bread
- _____ Milk



Basketball Biscuits

Ingredients 6 Servings 12 Servings 24 Servings 48 Servings

Sweet potatoes	2	4	8	16
Flour, whole wheat	1/4 cup	1/2 cup	1 cup	2 cups
Flour, white, enriched	1/2 cup	1 cup	2 cups	4 cups
Baking powder	1/4 tsp	1/2 tsp	1 tsp	2 tsp
Sugar, granulated	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
Baking soda	2 Tbsp	1/4 cup	1/2 cup	1 cup
Applesauce, unsweetened	1 Tbsp	2 Tbsp	1/4 cup	1/2 cup
1% (low-fat) milk	1/4 cup	1/2 cup	1 cup	2 cups
Cinnamon	1/2 Tbsp	1 Tbsp	2 Tbsp	1/4 cup

Directions:

1. Wash and dry potatoes, poke holes in top. Microwave on high 5 to 7 minutes, turning occasionally. Let cool.
2. Peel and mash until all lumps are gone.
3. Preheat oven to 400°F.
4. Line cookie sheet with parchment paper.
5. Combine flour, baking powder, cinnamon, sugar and baking soda in medium bowl. Add applesauce and stir. Add sweet potatoes and milk. Stir until mixture holds together.
6. Transfer mixture to lightly floured surface. Roll out dough to 3/4" thickness. Cut with biscuit cutter (about 2-1/2" size). Transfer circles to cookie sheet.
7. Bake at 400°F about 10 to 15 minutes, until golden. Let cool before serving.

Food For Thought These biscuits are a great way to eat sweet potatoes which are full of vitamin A.

CACFP Crediting For 2-5 year olds: Breakfast. Must serve all of the following:

- Grain/Bread
- Fruit/Vegetable
- Milk

Nutrition Facts

Serving size: 1 biscuit (53g)
 Servings Per Recipe: 24

Amount Per Serving	Cal. from Fat 3
Calories 88	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Cholesterol 1mg	0%
Sodium 43mg	2%
Total Carbohydrate 19g	6%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 60%	Vitamin C 0%
Calcium 4%	Iron 6%

Recipe adapted from Nickel Website.
<http://www.nickel.com/recipes/fall-showers/healthy-recipes/fall-ages/index.html>
 Accessed May 24, 2010.

Recipe Name: Muddy Muck – Sticks and Stones in the Mud (Ranch flavored Refried and Whole Black Beans with Cheese)

Ingredients	For <u>25 -1/8 cup</u> Servings		For <u>50-1/8 cup</u> Servings		Directions: Include step by step instructions.
	Weight	Measure	Weight	Measure	
Refried Black Beans-canned 300 can-16 oz	1 lb.	1- 16 oz	2 lb.	2- 16 oz cans	1. Drain canned whole beans. 2. Mix refried beans, whole canned beans, sour cream, and ranch powder together in a bowl. 3. Place each 25 serving mixture into a pan (9" x 13" x 2") which has been lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans. 4. Bake: Conventional oven: 350° F for 30 minutes Convection oven: 300° F for 20 minutes CCP: Heat to 165° F or higher. CCP: Hold at 140° F or warmer 5. Sprinkle with cheese after removing from oven. 6. Serve with tortilla strip chips on the side This recipe is calculated for Snack. If this is served for lunch the serving sizes would be: 1/4 cup for 1 to 5 year olds for the dip 3/8 cup for 6-12 year olds for the dip Chips 1/2 oz Tortilla Chip Strips for 3 to 5 year olds 1 oz Tortilla Chip Strips for 6 to 12 year olds
Black Beans canned and drained 300 can-16 oz	1 lb.	1- 16 oz. Cans-drained	2 lbs.	2- 16 oz. Cans-drained	
Sour Cream (Fat Free)	2 oz	1/4 cup	4 oz	1/2 cup	
Cheese-Shredded Reduced Fat	8 oz.	1 cup	16 oz.	2 cups	
Ranch Seasoning (powder)	1 oz packet	1-1oz packet	2 oz	2-1 oz packets	
Tortilla Chip Strips- whole grain corn 1/2 Bread/Grain serving	12.5 oz	25- 1/2 oz	25 oz	50- 1/2 oz	

Serving Size- 1/8 cup Dip and 1/2 oz serving chips for **Snack** for 1 to 5 year olds
 1/4 cup Dip and 1oz serving chips for **Snack** for 6-12 year olds
 Yield 25 or 50 – 1/8 cup servings Number of Pans: 1 or 2- 9 x 13 x 2

Meal Pattern Contribution (Based on Serving Size):

Meat/Meat Alternative	x
Fruit/Vegetable	x
Grain/Bread	x
Milk	

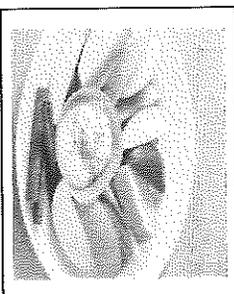
Oven Temperature & Baking Time

Temperature	Minutes
Conventional 350° F	30 minutes
Convection 300° F	20 minutes

Cinnamon Maple Yogurt Dip

Category: Meat Alternate for Snack

HACCP Process: X 1 – No Cook



Ingredients

	25 Servings		50 Servings		Directions: Include step by step instructions, the critical control points (CCP-specific points at which a hazard can be reduced, eliminated or prevented) and critical limit (time and/or temperature that must be achieved to control a hazard).
	Weight	Measure	Weight	Measure	
Greek Low Fat Yogurt- plain or vanilla – 32 oz container	3.12 lb	1 ½ – 32 oz container	6.25 lb	3 1/8 - 32 oz container	<p>Mix the yogurt, cinnamon, and maple flavoring together in a bowl. Refrigerate at 40 degrees or below until serving.</p> <p>Serve with apple slices</p> <p>Note: For 25 -1/4 cup serving purchase 2- 32 oz containers For 50- ¼ cup servings purchase 4-32 oz containers</p>
Cinnamon Powder		2 tsp		1 ½ T	
Maple Flavoring		1 tsp		2 tsp	

Serving Size 1/4 cup

Yield 25 or 50 – ¼ cup servings

Meal Pattern (Based on Serving Size): ¼ cup = 1 Meat Alternate Snack for 3-5 year olds
½ cup = 1 Meat Alternate Snack for 6-12 year olds

Recipe Name: Sunny Salsa _____

Center: _____

Submitted by: West Virginia _____

Ingredients	For _____	Servings	For _____ 24 _____	Servings	Directions: Include step by step instructions.
	Weight	Measure	Weight	Measure	
Mandarin Oranges, chopped				4 cups	1. Chop mandarin oranges, pineapple chunks, onions, and green bell pepper into small pieces. 2. In large bowl, combine all ingredients. 3. Portion using 1/2 cup measure.
Pineapple chunks, fresh or canned				4 cups	
Onions, chopped				2 cups	
Green bell pepper, chopped				2 cups	
Chives, optional				1/4 cup	

Serving Size: 1/2 cup _____

Pan Size _____

Oven Temperature & Baking Time (if applicable):
Temperature _____ Minutes

Yield: 24 _____

Number of Pans _____

Conventional _____
Convection _____

Meal Pattern Contribution (Based on Serving Size):

Meat/Meat Alternative _____

Fruit/Vegetable _____

Grain/Bread _____

Milk _____

1/2 cup _____

Recipe Name: Super Seed Crackers

Center: _____

Submitted by: Robin Holz

Ingredients	For _____	Servings	For <u>25</u>	Servings	Directions:
	Weight	Measure	Weight	Measure	
ground flaxseed	84 gm	½ cup			<ol style="list-style-type: none"> In a blender or food processor, pulse sunflower seeds until broken up into smaller bits. Alternatively chop up using a knife (I just find the blender easier). In a large bowl combine all seeds, spices, salt and water. Stir to combine. Set aside for 1 hour to absorb liquid. Mixture will thicken up. Preheat oven to 350. Line a baking sheet with parchment paper. Spread out mixture on parchment, ensuring the mixture covers every inch of the baking sheet. Mixture will be thick so it may take a few minutes to spread. Bake for 30 minutes. Turn oven off and let crackers sit in oven for 1 hour. Remove from oven and let sit until completely cool. Break up into desired cracker size. Store in an airtight bag for up to one week. Use any spice blend; try cracked black pepper and rosemary.
brown or golden whole flaxseeds	60 gm	½ cup			
sesame seeds	72 gm	½ cup			
raw sunflower seeds	70 gm	½ cup			
bagel spice		1 T			
sea salt		¼ tsp			
water		1 ¼ cup			
Bagel Spice: poppy seeds dried onion dried garlic	2.8 gm	1 tsp 1 tsp 1 tsp			

Serving Size 1 oz Pan Size _____

Oven Temperature & Baking Time (if applicable):

Temperature _____ Minutes _____

Yield 10 Number of Pans _____

Conventional 350 _____
Convection _____

Meal Pattern Contribution (Based on Serving Size):

- 1 oz Meat/Meat Alternative
- _____ Fruit/Vegetable
- _____ Grain/Bread
- _____ Milk

Smarter Mealtime Scorecard

\$250 Sub-Grant Award Application

Sub-Grant Requirements:

- ✓ All activities and expenses must support Smarter Mealtime Scorecard activities
- ✓ Application must be completed electronically. Gray boxes expand, please be thorough.

- ⌚ Applications are due: **May 13, 2016**
- ⌚ Announcement of grantees: **May 20, 2016**
- ⌚ Final report due: **July 8, 2016**

Name of CACFP Center:

Address:

City:

State: IA

Zip Code:

Contact Name:

Position:

Contact E-mail:

Contact Phone:

TEAM NUTRITION  IOWA™

Please submit completed application to:

Patti Delger – patti.delger@iowa.gov
Grimes State Office Building
400 E. 14th St. - Des Moines, Iowa 50319
515.281.5676 (phone) - 515.242.5988 (fax)

Please put checkmarks by the activities your Center is interested in implementing, as a part of this Smarter Mealtime Scorecard sub-grant (check all that apply):

- Taste testing of healthy foods
- Signage, posters, parent communication, nutrition education materials
- Items to promote and support family-style meals
- Farm to School efforts: school garden, taste test of local foods
- Staff time reimbursement for planning and implementing of Smarter Mealtime activities
- Other: _____

1. Describe the proposed activities that will take place. (10 points)

2. What benefits/outcomes does your Center expect to see from this sub-grant? (10 points)

BUDGET (20 points)

Please estimate the cost of implementation of your plan and include items planned for expenditures and rationale. (Centers will be reimbursed after a reimbursement request and final activity report are submitted.)

	Description of Item(s)	Cost	Rationale
Promotional/Educational Materials			
Taste Test Supplies (Samples of healthy foods and paper products)			
Items for family-style meals			
Other			
TOTAL			

Additional Information you would like to include:

I understand that as a condition of our Center receiving this sub-grant, I will submit a brief description of the activity funded by the grant and submit receipts and documentation for payment of expenses.

Signature of Contact for Sub-grant: _____

Date:



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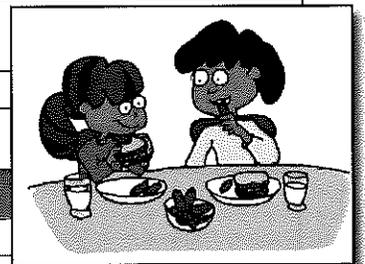
Smarter Mealtime Scorecard for CACFP

Name of Center/Provider/Classroom _____

- Indicate whether the “Best Practice” statement is true by checking the box to the left
- Total the number of checked boxes and write the number at the bottom
- The unchecked boxes are areas to work on and implement in the future

Assess your practices for Menu Planning and Parent Communication Sections for the past month:

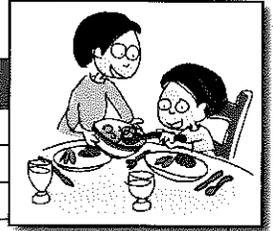
Menu Planning	
	Foods served at breakfast and lunch have a variety of colors
	Fresh fruit or vegetable is served once daily
	Fruits and vegetables are served in kid-friendly ways <i>(e.g. caterpillar kabobs, delicious dippers, or cut in small pieces)</i>
	Vegetable options have been given creative or descriptive names
	Locally sourced foods are served at least once per month
	Menu includes culturally relevant meals and snacks based on the childcare population
	Higher fat meats and entrees that are processed are served no more than once per week <i>(e.g. hot dogs or chicken nuggets)</i>
	Different entrees are served each day of the week
	Type, texture, and consistency of food is appropriate to decrease choking risk
	Whole grain foods are served at least half the time
	Legumes are served one or more times per week <i>(e.g. black beans, hummus, or baked beans)</i>
	The menu is shared with children as part of daily routine



Parent Communication and Involvement	
	Menus are posted and available
	Special celebrations are limited to non-food items brought from home <i>(e.g. child's birthday or holiday party)</i>
	Recipes, information, or activities are shared to promote new foods at home
	Invited to participate in the mealtime experience
	Have opportunity to share child's mealtime preference
	Have the opportunity to provide input on menu items

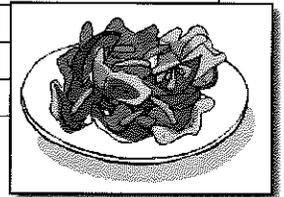
Assess the mealtime experience, environment and provider involvement in your childcare setting at lunch today.

Mealtime Experience	
	Children have enough time to eat without being rushed
	Children decide if and how much to eat
	Children are involved with mealtime set up and clean up routine



Mealtime Environment	
	Meals are served family-style
	Serving utensils are age appropriate
	Eating utensils are age appropriate
	Eating utensils are suitable for the meal being served
	The dining area is bright, colorful, and free of clutter
	Tables are washed and sanitized before and after meals
	All food is on the table or plate at the beginning of the mealtime
	Posters or pictures promoting healthy food and physical activity, including children's art work are visible in the dining area
	Hand washing takes place before and after the meal
	Drinking water is available at the table

Provider Involvement and Support	
	Greet children with a smile
	Sit at the table with the children and eat the same food
	Model appropriate mealtime behaviors
	Encourage children to try new foods without pressure
	Lead pleasant conversation with children during mealtime
	Avoid making comments about how much or how little food is eaten



Smarter Mealtime Score: _____ Date: _____

Create an action plan for the top three areas to work on and implement:

Changes to Work On	Action Items to Complete	Date Completed:

