

Building Better Meals The New Meal Pattern for the Child and Adult Care Food Program

The CACFP is rolling out its first major meal pattern improvements since the Program's inception in 1968! The updated CACFP nutrition standards include a greater variety of vegetables and fruit, more whole grains and less added sugar and saturated fat. In addition, the standards encourage breastfeeding and better align the CACFP with other child nutrition programs. The new meal pattern will help ensure children have access to healthy, balanced meals and snacks throughout the day. Child care providers, in particular, have a powerful opportunity to instill healthy habits in young children that serve as a foundation for healthy choices in life.

These healthy meal changes will take effect **October 1, 2017**.

New Infant Meal Pattern Highlights

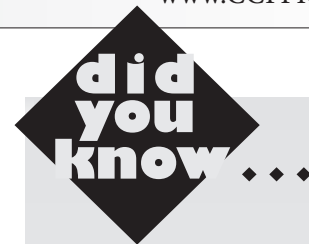
The changes to the infant meal pattern support breastfeeding and the consumption of vegetables and fruit without added sugars.



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.
- Only breast milk and infant formula are offered to infants 0–5 months old.

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The new CACFP meal pattern is a healthy change because...

- ▶ Grain based desserts are not a reimbursable meal component, even if they are homemade.
- ▶ Graham crackers, animal crackers and vanilla wafers, are considered grain based desserts and are not reimbursable.
- ▶ At least one vegetable must be served at lunch and supper. Two fruits are not reimbursable.
- ▶ A fruit and a vegetable served together are a reimbursable snack.
- ▶ Commercially prepared tofu, containing at least 5 grams of protein in a 2.2 ounce (¼ cup) serving is creditable as 1 ounce of meat alternate.
- ▶ One serving of meat/meat alternate can be used to replace one entire serving of grains at breakfast, a maximum of three times per week.
- ▶ Yogurt with more than 23 grams of sugar in a 6 ounce serving is not reimbursable.
- ▶ Soy yogurt can replace dairy yogurt for children over 1 year of age.
- ▶ Juice cannot be served to infants under 1 year old.
- ▶ Infants must be served a whole egg instead of the yolk only, as a meat alternate.

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Building Better Meals

— Continued from front page

Developmentally appropriate meals

- Infants are divided into two age groups, instead of three: 0–5 month olds and 6–11 month olds.
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.

More nutritious meals

- A vegetable or fruit is required to be served at snack for older infants when they are developmentally ready.
- Ready-to-eat cereals, low in sugar, are allowed for older infants at snack time when they are developmentally ready.
- Whole egg and yogurt (not soy yogurt), are allowed for older infants as a meat alternate when they are developmentally ready.
- Juice is no longer allowed for infants.
- Cheese food and cheese spread are no longer allowed for infants.

New Child Meal Pattern Highlights

Under the new child meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains and less added sugar and saturated fat.

Greater variety of vegetables and fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component.
- A vegetable is required at lunch and supper, providers can serve either a fruit and a vegetable or 2 vegetables.
- A vegetable and fruit may be served as the only two components of a reimbursable snack.
- 100% juice is limited to one 2–6 ounce serving per day.

More whole grains

- At least one serving of grains per day must be whole grain or whole grain-rich.
- Grain-based desserts no longer count towards the grains component. This includes homemade cookies and sweet crackers such as animal crackers, graham crackers and

vanilla wafers. This also includes sweet scones, rice and bread puddings.

- Ounce equivalents (oz. eq.) will be 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.
- Tofu is reimbursable as a meat alternate.
- Soy yogurt may be served in place of dairy yogurt.

Less added sugar

- Yogurt, including soy yogurt, must contain no more than 23 grams of sugar per 6 ounces.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Making every sip count

- Unflavored whole milk is served to 1 year olds.
- Unflavored low-fat or fat-free milk is served to children 2–5 years old.
- Unflavored low-fat, unflavored fat-free or flavored fat-free milk is served to children 6 years and older.
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children with medical or special dietary needs.

Additional improvements

- Frying is not allowed as a method of preparing foods on-site.
- Water must be offered to children throughout the day.

These new, improved nutrition standards, for meals and snacks, are based on scientific research and are expected to enhance the quality of meals served in CACFP and to help children adopt healthy eating habits early in their lives.

— USDA

KIDS' HEALTH & SAFETY

Pack a Safe and Healthy Picnic

PACKING A SAFE, HEALTHY PICNIC can be challenging but don't let that stop you from experiencing the joy of eating outdoors. Just follow these simple suggestions to make preparing and eating outside both safe and fun.

Prepare a variety of fresh fruits and vegetables to take on your picnic. A variety of colorful, prepared produce is a healthy alternative to chips and other snack foods high in fat and salt. Wash fruit before packing. Wash, trim, peel and slice vegetables and pack them in re-sealable baggies.

Sandwiches can be made ahead and packed in small baggies. Choose sandwich fillings that stay safe longer in warm weather such as nut spreads and avoid highly perishable foods such as egg salad and lunch meat. A healthy lunch can be made with cheese and crackers as the base. Hard cheeses such as cheddar, Colby and Swiss are safe without refrigeration, however, they are best kept in the cooler if the day is warm. For a vegetarian sandwich, layer roasted vegetables with hummus. This combination works especially well in a pita pocket or on a flour tortilla as a wrap.

Nutritious picnic snacks that do not need to be kept cold include: raisins and other dried fruit, whole grain crackers, whole grain mini muffins, pretzels, roasted chick peas, nuts and cereal/trail mixes. For a healthy, simple, homemade trail mix combine raisins, nuts, seeds and a low-sugar cereal such as plain cheerios.

Plenty of cold water should be available at a picnic and milk can also be served when it is packed in lots of ice and kept cold until poured. Alternatively, shelf stable milk is a good choice if keeping food cold might be an issue.

If two coolers are available, pack one with less perishable items such as water, fruit and raw vegetables. This



cooler can be opened more frequently without worrying about raising food temperatures, leading to food-borne illnesses. Both coolers should be packed with plenty of ice or ice packs. A full cooler will maintain its cold temperature longer than a partially full cooler. Transport the coolers in the passenger section of the car rather than the hot trunk, if possible. When you arrive at your destination take the coolers out of the car and put them in a shady place.

Keep in mind that perishable foods left out of refrigeration for over two hours (or over one hour when the temperature is above 90°F), are not safe and should be tossed out.

Pack two bags, one for trash and one for recycle.

Pack a clean tablecloth to eat on. It can be thrown over a picnic table, or spread out on the ground.

Pack hand wipes or hand sanitizer if there will be no soap and water for you and the children to wash up in before eating.

— Catherine Stafford

Zucchini Mini-Muffins

Whole wheat flour.....	1 2/3 cups	Maple syrup.....	1/2 cup
Baking powder.....	1 tsp	Milk.....	1/2 cup
Baking soda.....	1 tsp	Vegetable oil.....	1/4 cup
Cinnamon, ground.....	1 tsp	Vanilla extract.....	1 tsp
Salt.....	1/2 tsp	Zucchini, grated.....	1 1/2 cups
Egg.....	1	Oats.....	1/3 cup

1. Preheat oven to 350°F. Prepare 24 cup mini-muffin pan by either greasing with cooking spray or lining the cups with paper liners. Set aside.
2. In a large bowl, stir together flour, baking powder, baking soda, cinnamon and salt. Set aside. In a separate bowl whisk together egg, maple syrup, milk, oil and vanilla extract until combined. Pour this mixture into the dry ingredients and mix with a spoon until just combined. Stir in zucchini and oats until just combined.
3. Spoon batter evenly into the 24 baking cups. Bake for 10–15 minutes.
4. Serve muffins warm or let them cool to room temperature, then store in a sealed container for up to 2 days or freeze.

Yield: 12 servings – 2 mini-muffins per serving

Meets requirement for whole grains

— *gimmesomeoven.com*

Spinach Salad with Fresh Fruit

Baby spinach, fresh.....	6 cups	HONEY VINAIGRETTE	
Fresh fruit.....	3 cups	Balsamic vinegar.....	1/3 cup
(blueberries, strawberries, raspberries, mangoes or nectarines)		Honey.....	2 Tbsp
Almonds, sliced, toasted.....	1/2 cup	Dijon mustard.....	1 Tbsp
Feta cheese.....	1/2 cup	Salt.....	1/2 tsp
		Pepper.....	1/2 tsp
		Olive oil.....	2/3 cup

1. Wash the spinach thoroughly and spin dry. Rinse and slice fruit.
2. Prepare vinaigrette by whisking together the vinegar, honey, mustard, salt and pepper. Add olive oil in a slow, steady stream, whisking constantly until smooth.
3. Toss greens and fruit with a enough vinaigrette to lightly dress. Top with almonds and feta.

Yield: 12 servings

Meets requirement for fruit and vegetable

— *Adapted from Two Peas and Their Pod*

Activity Corner

I AM GROWING!

Baby Photo Guessing Game

Ask each parent to bring in a baby photo. Display the photos and have children try to guess who's who. At circle time have each child reveal their photo. Talk about how they have changed in size and ability. Be sure to attribute children's mental and physical growth to eating a variety of healthy foods and exercising. Talk about foods they ate when they were babies and what they eat now.

Growing Game

Have children crouch down on the floor. Instruct them to “grow” a little bit whenever you call out a food item that helps them grow. If a non-food is called, the children should remain still. For example, call out “cheese” (children “grow” a little), “chair” (children remain still), “apples” (children grow a little), “airplanes” (children remain still), etc. Repeat until all of the children have “grown” as high as they can reach.

— *Dannon Institute*

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Food Funny Q: What do you call a rabbit eating a pepper in the hotel lobby?
A: The bell-hop!