

New Proposed Healthier CACFP Meal Standards: What You Need to Know



January 29, 2015



Need for Good Nutrition in Child Care & Afterschool

2

- High rates of food insecurity in families with children
- High prevalence of overweight & obesity in children
- Good nutrition in child care & afterschool settings can support good health, a healthy weight, & a lifetime of healthy habits



Need for Good Nutrition in Child Care & Afterschool

3

- High rates of food insecurity in families with children:
 - 19.5 percent of households with children
- (Food Security Data, 2012, USDA 2013)*



Negative Consequences of Food Insecurity

4

- Poor early child development outcomes
- Poor education outcomes
- Poor child health outcomes
- Higher risk of obesity



Need for Good Nutrition in Child Care & Afterschool

5

- 31.8 percent of children & adolescents are overweight or obese
- 26.7 percent of children aged 2-5 years are overweight or obese



Overweight & Obesity: Consequences

6

Children who are overweight or obese are more likely to have:

- social & emotional problems,
- poorer academic performance, &
- health problems including asthma, sleep apnea, type 2 diabetes, & risk factors for cardiovascular disease.



CACFP Supporting Good Nutrition

7

- The Child & Adult Care Food Program (CACFP) can play a key role in reducing both hunger & obesity
- The Healthy, Hunger-Free Kids Act strengthens that role by directing USDA to revise the meal pattern



CACFP in Child Care & Afterschool

8



- CACFP served 1.96 billion meals & snacks in child care last year
- CACFP served 3.5 million children each day



USDA Proposed Rule

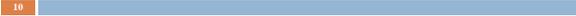
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"Child & Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010" revises the meal patterns for:

- The Child & Adult Care Food Program in Head Start, child care centers, family child care homes, afterschool programs, emergency shelters & adult day care; &
- School meal programs in school-based PreK & afterschool programs.



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What You Need to Know



Speakers:

- Kevin Concannon, Undersecretary for Food, Nutrition, and Consumer Services, USDA
- Laura Carroll, Child Nutrition Division, USDA



CNR: Putting the Act into Action

Kevin Concannon

Under Secretary for Food, Nutrition & Consumer Services,
United States Department of Agriculture





**Proposed Rule to Update Meal
Patterns in the Child and Adult
Care Food Program**

USDA Food & Nutrition Service
Child Nutrition Programs





Proposed Rule Resources

- CACFP Meal Pattern webpage:
 - <http://www.fns.usda.gov/cacfp/meals-and-snacks>
 - Proposed rule
 - One-page summaries
 - CACFP Meal Pattern Proposed Rule Webinar
 - How to comment

13



Proposed Rule

- Title: Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010
- Publication Date: January 15, 2015
- Docket #: FNS-2011-0029
- Review and comment at <http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001>
- 90-day comment period: April 15, 2015

14



Webinar Overview

- Background
- Proposed infant meal pattern
- Proposed child and adult meal pattern
- Best practices
- Additional proposed revisions
- Proposed changes to other Child Nutrition Programs
- Public comments

15



Background



16



Background

- Healthy, Hunger-Free Kids Act (HHFKA) requires USDA to:
 - Update the CACFP meal patterns
 - Align the meal patterns with:
 - The most recent version of the Dietary Guidelines for Americans
 - Most recent and relevant nutrition science
 - Recommendations from an authorized scientific agency or organization

17



Background

- IOM recommendations
 - Released *Child and Adult Care Food Program: Aligning Dietary Guidance For All* report in November 2010
 - Report can be accessed at: www.iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx
- 2010 Dietary Guidelines for Americans
- Stakeholder input

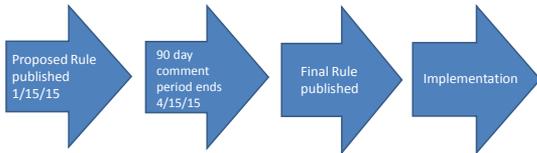
18

Child Nutrition Programs

- Child and Adult Food Care Program
- National School Lunch Program
- School Breakfast Program
- Special Milk Program

19

Regulation Process



20

Proposed Infant Meal Pattern



21



Proposed Infant Meal Pattern

- New age groups:
 - 0 through 5 months, 6 through 11 months
- Delays introduction of solid foods until 6 months
- Allows reimbursement when a mother breastfeeds her child onsite
- Requires fruit or vegetable at snack for 6 -11 month age group
- Prohibits fruit juice, cheese/cheese products
- Allows ready-to-eat cereal to count towards grain component at snack

22



Proposed Infant Meal Pattern

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces of breastmilk or formula	6-8 fluid ounces of breastmilk or formula
		1-4 tbsp of infant cereal, meat, fish, poultry, egg yolk, cooked dry beans or peas, or a combination of all 1-2 tbsp of vegetable, fruit or a combination of both
Snack	2-4 fluid ounces of breastmilk or formula	2-4 fluid ounces of breastmilk or formula
		¼ to ½ ounce of bread, cracker, or ready-to-eat cereal 1-2 tbsp vegetable, fruit, or a combination of both

23



Proposed Child and Adult Meal Patterns



24

Age Groups

- Establishes a fourth age group for children:
 - 1 through 2 years
 - 3 through 5 years
 - 6 through 12 years
 - **13 through 18 years (new)**

25

Fruits and Vegetables

- Fruits and vegetables are 2 separate components for lunch, supper and snack
- Allows fruit or vegetable juice to comprise entire fruit or vegetable component
 - Does not allow fruit and vegetable juice to be served at the same meal
 - Allows only one beverage to be served at snack



26

Grains

- At least one serving per day must be whole grain or whole grain-rich
- Breakfast cereal must meet WIC requirements
- Disallows grain-based desserts



27

Meat and Meat Alternates

- Allows a meat/meat alternate to be served in place of up to ½ of the grain component at breakfast
- Tofu is allowed as a meat alternate



28

Fluid Milk

- Allows only low-fat or fat-free milk to children 2 years of age and older and adults
- Allows only unflavored whole milk for children 1 year of age
- Requires flavored milk to be fat-free only



29

Fluid Milk

- Allows non-dairy substitutes that are nutritionally equivalent to cow's milk for participants with medical or special dietary needs
- Yogurt may serve as a fluid milk alternate once per day for adults only



30



Proposed Child and Adults: Breakfast

Food Component	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Fluid Milk	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Vegetables, Fruits, or a combination	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains*	½ serving	½ serving	1 serving	1 serving	2 servings

*A meat/meat alternate may be used to meet 50% of the grains requirement.

31



Proposed Child and Adults: Lunch and Supper

Food Component	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Fluid Milk	4 fl. oz	6 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Meat/ Meat Alternate	1 oz	1 ½ oz	2 oz	2 oz	2 oz
Vegetables	¼ cup	¼ cup	½ cup	½ cup	½ cup
Fruits	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup
Grains	½ serving	½ serving	1 serving	1 serving	2 servings

32



Proposed Child and Adults: Snacks (serve 2 of the 5 components)

Food Component	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18	Adults
Fluid Milk	4 fl. oz	4 fl. oz	8 fl. oz	8 fl. oz	8 fl. oz
Meat/ Meat Alternate	½ oz	½ oz	1 oz	1 oz	1 oz
Vegetables	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains	½ serving	½ serving	1 serving	1 serving	1 serving

33



Additional Proposed Revisions





Additional Proposed Revisions

- Prohibits frying as a method of onsite preparation
- Water must be available to drink when requested
- Parent/guardian may provide 1 component for medical or special dietary needs
- Family style meals practices
- Extends offer versus serve to at-risk afterschool sites

35



Additional Proposed Revisions

- Flavored milk served to children 2 through 4 years of age
 - A1: Prohibit the service of flavored milk OR
 - A2: Require flavored milk to contain no more than 22 grams of sugar per 8 fluid ounce serving

36

Additional Proposed Revisions

- Flavored milk served to children 5 years and older
 - B1: Flavored milk must contain no more than 22 grams of sugar per 8 fluid ounce serving OR
 - B2: Sugar limit is a best practice
- Yogurt (all age groups)
 - C1: Yogurt served must contain no more than 30 grams of sugar per 6 ounce serving OR
 - C2: Sugar limit is a best practice

37

Best Practices



38

Best Practices: Breastfeeding

- Support and encourage breastfeeding by:
 - Providing materials and other educational opportunities to breastfeeding mothers
 - Encouraging mother to supply breastmilk to their infants while in care
 - Providing mothers with a quiet, private area to breastfeed

39

Best Practices: Fruits & Vegetables

- Limit consumption of fruit juice to no more than 1 serving per day
- Make at least 1 of the 2 required components of every snack a fruit or vegetable
- Provide at least 1 serving each of dark green vegetables, red/orange vegetables and legumes per week



40

Best Practices: Grains

- Provide at least 2 servings of whole grain-rich grains per day
- Serve breakfast cereals that contain no more than 6 g of sugar per serving



41

Best Practices: Fluid Milk

- Serve only unflavored milk to all participants regardless of age



42

Best Practices: Meat and Meat Alternates

- Serve only lean meat, nuts and legumes
- Avoid or limit serving processed meats to no more than once per week
- Serve only natural cheese



43

Best Practices: Preparation

- Avoid or limit serving fried or pre-fried foods to no more than once per week



44

Proposed Changes to Other Child Nutrition Programs



45



Other Child Nutrition Programs

School Breakfast Program	National School Lunch Program	Special Milk Program
Follow proposed CACFP breakfast meal patterns for infants and children 1 through 4 years of age	Follow proposed CACFP lunch and snack meal patterns for infants and children 1 through 4 years of age	Follow proposed CACFP milk requirements
Eliminate offer versus serve option for children under 5	Eliminate offer versus serve option for children under 5	

46



Public Comments



47



How to Submit Comments

- Online (preferred method)
 - Visit the Federal eRulemaking Portal at www.regulations.gov
 - <http://www.regulations.gov/#!documentDetail;D=FNS-2011-0029-0001>
- Mail
 - 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
- Emails will not be accepted

48



Public Comments

- Comment period open for 90 days: April 15, 2015
- Written comments should:
 - Be specific and confined to issues pertinent to the proposed rule
 - Explain the reasons and/or provide supporting information for any recommended changes or provisions you oppose
- Reference the section or paragraph of the proposal you're addressing, when possible

49

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- Wrap up
- Next steps