



September 2017

New Meal Pattern Reminders

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Please review the below summary of the meal pattern updates effective October 1, 2017.

Updated 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 grain 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.



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

Source: https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_MealBP.pdf

Program Reminders/ Meal Pattern Updates

Transition Period: Ongoing training and technical assistance will be available during the transition period. Please review the complete training material handed out at the annual workshop; if after reviewing the training material you still have questions, please contact your program consultant.

New Program Consultant: To allow for variation in our caseloads, a new program consultant will be assigned to you, starting 10/01/2017. Official notice will be sent out soon.

Annual Training: If you did not to take the Mandatory Provider Training in-person or online, please contact your program consultant.