



October 2018

# New Meal Pattern: Ensuring Compliance

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## CACFP Meal Pattern Documentation Checklist

Hello Child Care Providers! Fall is officially here and so is the new 2018-2019 Program Year.

Last year was an exciting year full of new changes that included the implementation of the **New CACFP Meal Pattern**. This was the first major update of the CACFP meal patterns since the program's inception in 1968. To help implement the updated CACFP meal pattern requirements that became effective October 1, 2017, the U.S. Department of Agriculture (USDA) issued a transition policy for the first year of the updated meal pattern, and throughout the year you received training and technical assistance to minimize the impact. We are now at the end of the transition period and it is time to put policy into practice!

Young children in CACFP child care settings will now receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats, and you as a provider are at the forefront of this big new change! You should be proud of yourselves, because we definitely are proud of you!

To provide continued support in ensuring that the new meal pattern is implemented and to avoid fiscal impact, take the time to review the check list to ensure your compliance with CACFP policy. Check (✓) all requirements which are currently met. Make a plan to meet the remaining requirements. If the requirement is not applicable, mark NA.

✓	NA	Requirements
		Daily menus include the required meal or snack requirements
		The daily Whole Grain ( <b>WG</b> ) food item on the menu is clearly identified. WG food items meet the USDA criteria for WG. WG products ingredient labels are at hand for consultants to verify
		Deep-fat fried foods are not prepared in Day Care Home
		Grain-based desserts cannot be served as a grain because they are not creditable
		Meat/meat alternatives maybe substituted for grains at breakfast three times per week or less
		Milk has the appropriate fat content per age group, and complies with USDA milk requirements
		Breakfast cereals contain no more than 6 grams of sugar per dry ounce and are fortified or made from enriched or whole grain
		Tofu is commercially prepared, easily recognizable as a meat substitute, and contain at least 5 grams of protein per 2.2 ounces
		Yogurt contains no more than 23 grams of sugar per 6 ounces
		Juice is used to meet the vegetable or fruit requirement at only ONE meal or snack per day. Juice is pasteurized and full strength, 100% Juice. <b>INFANT ONLY:</b> Juice is not creditable
		Parent/guardians request nondairy milk substitutes in writing and the product package with the Nutrition Facts label is available to document that the items served are creditable
		<b>Building for Future, License, and Meal pattern</b> are required to be visibly posted in Day Care Home
<b>Meal Modifications for Children with Disability</b>		
		A signed <b>medical statement</b> is kept on file when the CACFP meal pattern is not met and at least one meal component is offered by the provider
		<b>Reasonable food substitutions</b> are made to accommodate disabilities

*\*List is not all inclusive*

# Program Reminders/ Updates and Announcements

**An administrative Review by the state will be occurring in November.** During the administrative review, the reviewer will look at your menus for that month only, to ensure that all food components for reimbursable meal and snack are offered. Program reviewer will also check:

- The type of milk for each age group is indicated on the menu
- Nondairy milk substitutes served to children must be nutritionally equivalent to milk and be requested in writing by the child's parent/guardian
- Infant formula served must contain at least 1 milligram of iron per 100 calories
- At least one food item per day, on the menu is identified as Whole Grain (WG)
- Meat/Meat Alternative are not substituted for the grain component at breakfast more than 3x's/week
- Vegetable or fruit juice is only used to meet the vegetable or fruit requirement once per day
- Deep-fat fried foods are not on the menu as part of a reimbursable meal or snack if meals are prepared in Day Care Home
- Grain-based desserts are not on the menu as part of a reimbursable meal or snack
- Providers must provide CN labels for processed foods, if applicable
- Product's must include the Nutrition Facts label, ingredient list, or any other information that verifies compliance with the meal pattern requirements (Product labels are not required **IF** there are other means to verify the food component or food item is creditable, i.e., a breakfast cereal is listed in any WIC authorized food list shopping guide)

**\*\*Also, please follow your mealtime schedule, as the unannounced visit will occur during your set mealtime\*\***



## Roasted Squash and Garlic Soup

Serves 6 (1 cup servings)

### Ingredients:

- 1 large or 2 small butternut squash
- 10 garlic cloves, peeled
- 2 Tbsps. vegetable oil
- ¼ cup water
- 4 cups (32 oz.) low-sodium chicken broth
- 1 ½ cups 1% low-fat milk
- 1 Tbsp. lemon juice ( about ½ lemon)

### Directions

1. Preheat oven to 400°F.
2. Cut the squash in half and remove seeds and fibers. Using a vegetable peeler, peel off the squash skin and cut the squash into 1-inch thick slices.
3. Place the squash and garlic cloves in a roasting pan. Sprinkle with salt and pepper. Drizzle with oil and toss with a spoon until well coated. Pour in the water. Put the pan in the oven.
4. Roast the squash and garlic, about 45 minutes. Check the squash while its cooking, if the pan looks dry, add water. The squash is done if a fork slides easily into it. Remove it from the oven and set aside to cool for 5 minutes.
5. Place about half of the roasted squash and garlic with 1 cup of chicken broth in a blender. Puree until smooth. Transfer the puree to a large soup pan. Process the rest of the squash and garlic the same way. Stir in the remaining soup stock, milk, and lemon juice.
6. To serve, warm soup and ladle into bowls.

## Free Workshops

We are offering free workshops to providers interested in gaining more skills to better help run their day care. Please select from the following workshops you'd like to attend:

### 1. Go Paperless--Training on KidKare

*Wanting to switch over to online claiming but do not know where to start? This workshop will teach you how to claim online so that you will never go back to paper menus.*

### 2. Meet-and-Greet

*Join us for an evening and get to know the staff of CACFP.*

### 3. Introducing Solid Foods to Infants

*Learn about the FIVE signs that indicate infant is developmentally ready for solid foods.*

**Please cut out and mail back to CACFP office at:  
18 West Lake Ave., Suite R., Watsonville, CA 95076**

**Visit us online:** [www.cbridges.org](http://www.cbridges.org)

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