

Child and Adult Meal Pattern Requirements



Charity Blair - March 2, 2020

“Welcome to the Child and Adult Meal Pattern Requirements Training!”





Child & Adult Meal Pattern Requirements Overview

- Wider varieties of protein options
- Greater varieties of vegetables and fruits
- More whole grains
- Less added sugar and saturated fat

Lesson: Milk Component Updates



A hand in a pink sleeve is reaching for a white milk carton on a grocery store shelf. The shelf is filled with many other similar milk cartons, some with different colored caps (red, blue, orange). The background is slightly blurred, showing more shelves in the store.

Milk Component Overview

- More defined age groups for milk
- Yogurt is a substitute for milk (Adults Only)
- Non-dairy milk substitutes for those with medical/special dietary needs

Breastmilk Past 12 Months

- May be served to children of any age
- Reimbursable:
 - If a parent/guardian provides expressed breastmilk
 - A mother breastfeeds her child onsite

Breastmilk Past 12 Months (cont.)

- May be served in combination with other milk types
- Example: Mother brings $\frac{1}{4}$ cup for 1 year old, provider would supply $\frac{1}{4}$ cup whole unflavored milk for a total of $\frac{1}{2}$ cup serving
- Breastmilk and whole milk do not need to be mixed

One Year Olds

- Most one year olds need whole milk
 - Provides higher fat content
- Whole unflavored milk is required at breakfast, lunch, and supper
 - Optional at snack
- Serve 4 fl oz ($\frac{1}{2}$ cup) of unflavored whole milk



Transition Period

- One-month transition period is allowable
- 12 months to 13 months
 - Switch from infant formula to whole milk
- 24 months to 25 months
 - Switch from whole milk to low-fat(1%) or fat free (skim) milk
 - May serve whole milk or reduced-fat (2%) milk



Two to Five Year Olds

- Serve unflavored low-fat (1 percent) milk or fat-free (skim) milk
- Minimum serving sizes
 - 2 years, 4 fl oz or $\frac{1}{2}$ cup
 - 3-5 years, 6 fl oz or $\frac{3}{4}$ cup
- Flavored milk is not reimbursable



Six Years and Older

- Minimum serving sizes
 - 8 fl oz or 1 cup
- Creditable types
 - Low-fat (1 percent) or fat-free (skim) milk
 - Flavored or unflavored
- Flavored milk options
 - Commercially prepared
 - Flavored milk powder, syrup, or straws



Milk Substitutions

- Allowed for non-disability medical or special dietary need
- Medical statement is not required if nutritionally equivalent to cow's milk
- Request must be made in writing

Water

- Must be offered *and* made available throughout the day
- May not be served in place of milk
- May be offered alongside milk at meals or at snack



Flavoring Water

- Fruits, vegetables, and herbs for added flavor
- Plain, potable water must be available
- Commercially flavored water is not allowed
- Flavoring foods are not creditable for any food component



Lesson: Meat and Meat Alternates Component Updates



Meat/Meat Alternates (M/MA) Overview

- Optional: At breakfast, serve M/MA a maximum of three times per week
- Tofu and soy yogurt credits as a meat alternate
- Yogurt sugar limit: 23 grams of sugar per 6 ounces



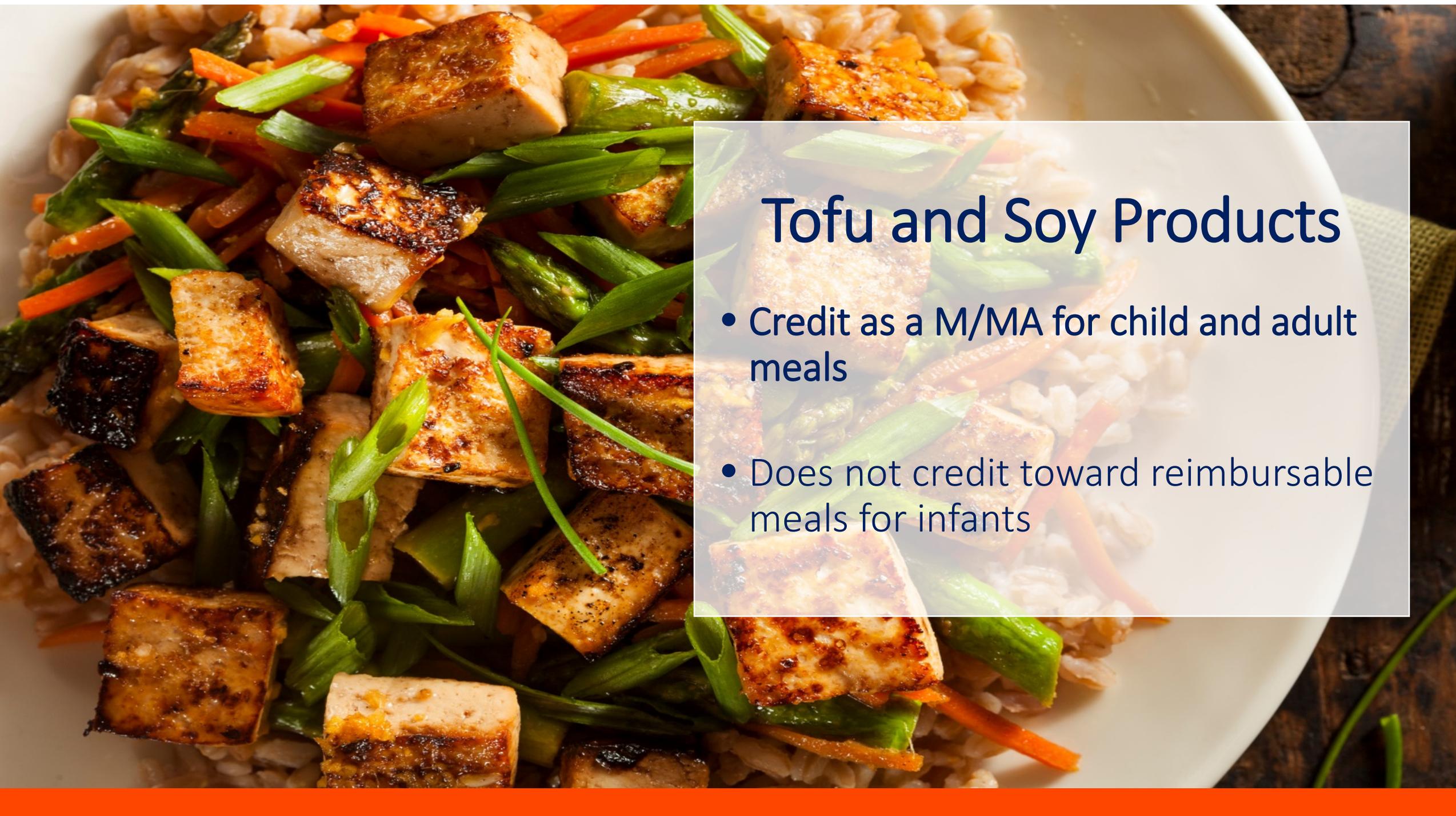
M/MA at Breakfast

- Breakfast: May be served in place of the grains component a maximum of three times per week
- Menu Example:
 - Cheese Omelet (Credits as the M/MA)
 - Fruit
 - Milk
- Increases variety in the menus

Crediting Guidelines

- Serving M/MA in place of grains:
 - 1 oz of M/MA credits as 1 serving of grains



A close-up photograph of a white bowl filled with a stir-fried meal. The dish features several pieces of golden-brown, pan-fried tofu cubes, vibrant green bell peppers, sliced green onions, and thin strips of orange carrots. The ingredients are served over a bed of white rice. The bowl is set on a dark wooden surface.

Tofu and Soy Products

- Credit as a M/MA for child and adult meals
- Does not credit toward reimbursable meals for infants

Recognized As Meat Substitutes

CREDITABLE

- Tofu links and tofu sausages
- Tofu pieces in a salad
- Tofu cubes in a stir fry
- Tofu omelets
- Tofu miso soup

NOT CREDITABLE

- Tofu noodles: Credit as a grain component
- Smoothies with soft or silken tofu: Adds texture
- Baked desserts with soft or silken tofu: Adds texture

Sample CN Label



The Child Nutrition (CN) Label product will always contain the following information:

- The CN Label, which has a distinctive border
- The meal pattern contribution statement
- A unique 6-digit product identification number (assigned by FNS) appearing in the upper right hand corner of the CN logo
- The USDA/FNS authorization statement
- The month and year of final FNS approval appearing at the end of the authorization statement
- Remaining required label features:
 - Product name
 - Inspection legend
 - Ingredients
 - USDA statement
 - Signature/address line
 - Net weight

Yogurt

- Some have higher sugar content than others
- Must contain **no more than 23 grams of total sugars per 6 oz**
 - Applies to all age groups



Table Method: Yogurt

Yogurt Sugar Limits		
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limit
2.25 ounces	64 grams	0-9 grams
3.5 ounces	99 grams	0-13 grams
4 ounces	113 grams	0-15 grams
5.3 ounces	150 grams	0-20 grams
6 ounces	170 grams	0-23 grams
8 ounces	227 grams	0-31 grams

Using Yogurt

- Use commercial yogurt products only
- **Soy yogurt is a dairy-free option**
- 4 oz credits as 1 oz of meat alternate
- Adults only:
 - Yogurt may be used as a milk substitute or meat alternate



Non-Creditable Yogurt Products

- Frozen yogurt
- Drinkable yogurt
- Homemade yogurt
- Yogurt flavored products
- Yogurt bars
- Yogurt covered fruits & nuts
- Yogurt in commercially prepared smoothies



Lesson: Fruit and Vegetable Component(s) Updates





Vegetable & Fruit Component Overview

- Findings:
 - Most do not eat enough vegetables and fruits
 - Often are prepared with added salt, sugar, solid fat, and refined starch
- Separates vegetable and fruit component into two components
- Limits the serving of juice to once per day

Separation of Vegetable & Fruit

- Breakfast: One food component
- Lunch and Supper: Two food components
- Snack: Optional
 - Two food components



Increase Vegetable Consumption

- Lunch and Supper: A vegetable may be used to meet the entire fruit component
- Must be at least the same serving size as the fruit component it replaced





Two Vegetable Types

- Must offer two different types of vegetables
 - e.g., two servings of carrots would not credit, but corn and green beans would
- Selecting based on vegetable sub-groups is not required





Juice

- Great source of essential nutrients
- Lacks dietary fiber
- May be served at one meal or snack per day
 - Extra item, but not encouraged

Juice & Different Groups

Served to only **1**
group

Morning Group
AM Snack

Afternoon Group
PM Snack

Juice & Different Shifts

Serve to all participants
at a **single meal or snack**

Shift: 1:30

Shift: 2:00

Shift: 2:30

Lesson Conclusion

- Fruit and vegetable component
 - Single component at breakfast
 - Separate components at lunch, supper, and snack
- Juice is limited to once per day



Lesson: Grains Component Updates



Grains Overview

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz
- Grain-based desserts no longer credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains starting October 1, 2021



“Whole Grain-Rich (WGR)

100% whole grains, or at least 50% whole grains, & the remaining grains are enriched...”

WGR Foods at Meals & Snacks

- Each day, at least one meal or snack must include a whole grain-rich food
- Option to choose between breakfast, lunch, or snack
- Exception: If serving **snacks only**, no whole grain-rich food is required, unless a grain is served
 - E.g, At-risk afterschool programs

Documentation & WGR Foods

- Document whole grain-rich foods on menu
 - “Whole wheat” bread
 - “Whole grain-rich” English muffins
 - English muffins “whole grain-rich”
- Check with your state agency or sponsor for additional requirements



Reviews & WGR Foods

- Review menus, labels, and product information
- When a whole grain-rich food is not served:
 - The meal or snack containing a grain with the lowest reimbursement will be disallowed
 - i.e., no whole grain-rich food was served for breakfast, lunch, or snack, the snack would be disallowed

Determining WGR Products Methods

- WIC-Approved Whole Grain Food
- Labeled as “Whole Wheat” and has a FDA Standard of Identity
- FDA Whole Grain Health Claim
- Meets the FNS Rule of Three
- Meets the Whole Grain-rich criteria for the NSLP
- Proper documentation from a manufacturer or a standardized recipe



Breakfast Cereals



- Source of added sugar
- Types: Ready-to-eat, instant, and regular hot cereal
- Must contain no more than 6 grams of total sugar per dry oz

Selecting Creditable Breakfast Cereal Methods

WIC-Approved Breakfast Cereals List
Table Method



Grain-Based Desserts

- Source of added sugars & saturated fats
 - Increases risk of chronic illnesses
- Not creditable towards the grain component



Exhibit A: Grain Requirements for Child Nutrition Programs

- Superscripts 3 & 4:
 - Grain-based dessert – not creditable
 - E.g., Breakfast bars, Brownies, Cakes, Cereal bars, Cookies, etc.
- Superscript 5:
 - Sweet cookies – graham crackers and animal crackers
 - Creditable



EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red | Ounce Equivalence (Oz EQ), Minimum Serving Size (MSS)

Group A		Oz Eq for Group A	MSS for Group A
<ul style="list-style-type: none"> Bread-type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) 	<ul style="list-style-type: none"> Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing 	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B		Oz Eq for Group B	MSS for Group B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads – all (for example sliced, French, Italian) 	<ul style="list-style-type: none"> Buns (hamburger and hot dog) Sweet Crackers⁵ (graham crackers – all shapes, animal crackers) 	<ul style="list-style-type: none"> Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) 	<ul style="list-style-type: none"> Rolls Tortillas Tortilla chips Taco shells
<ul style="list-style-type: none"> 1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25 oz 		<ul style="list-style-type: none"> 1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz 	
Group C		Oz Eq for Group C	MSS for Group C
<ul style="list-style-type: none"> Cookies³ (plain – includes vanilla wafers) Cornbread Corn muffins Croissants 	<ul style="list-style-type: none"> Pancakes Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) Waffles 	<ul style="list-style-type: none"> 1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz 	<ul style="list-style-type: none"> 1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D		Oz Eq for Group D	MSS for Group D
<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars⁴ (plain) 	<ul style="list-style-type: none"> Muffins (all, except corn) Sweet roll⁴ (unfrosted) Toaster pastry⁴ (unfrosted) 	<ul style="list-style-type: none"> 1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz 	<ul style="list-style-type: none"> 1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz
Group E		Oz Eq for Group E	MSS for Group E
<ul style="list-style-type: none"> Cereal bars, breakfast bars, granola bars⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies³ (with nuts, raisins, chocolate pieces and/or fruit purees) 	<ul style="list-style-type: none"> Doughnuts⁴ (cake and yeast raised, frosted or glazed) French toast Sweet roll⁴ (frosted) Toaster pastry⁴ (frosted) 	<ul style="list-style-type: none"> 1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz 	<ul style="list-style-type: none"> 1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F		Oz Eq for Group F	MSS for Group F
<ul style="list-style-type: none"> Cake³ (plain, unfrosted) Coffee cake⁴ 		<ul style="list-style-type: none"> 1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz 	<ul style="list-style-type: none"> 1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz

Group G		Oz Eq for Group G	MSS for Group G
<ul style="list-style-type: none"> Brownies³ (plain) Cake³ (all varieties, frosted) 		1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H		Oz Eq for Group H	MSS for Group H
<ul style="list-style-type: none"> Cereal grains (barley, quinoa, etc.) Breakfast cereals (cooked)^{6,7} Bulgur or cracked wheat Macaroni (all shapes) 	<ul style="list-style-type: none"> Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice 	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I		Oz Eq for Group I	MSS for Group I
<ul style="list-style-type: none"> Ready-to-eat breakfast cereal (cold, dry)^{6,7} 		1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

¹ In NSLP and SBP (grades K–12), all grains served must meet whole grain-rich criteria. For information on flexibilities, please contact your State agency. For all other child nutrition programs, grains are whole grain or enriched or made with enriched or whole grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and in NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

² For NSLP and SBP (grades K–12), grain quantities are determined using ounce equivalents (oz eq). All other child nutrition programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2019, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §5226.20(a)(4) and 210.10.

⁴ Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K–12) as specified in §210.10. May count toward the grain component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grain component in the CACFP and NSLP/SBP infant and preschool meals, as specified in §5226.20(a)(4) and 210.10.

⁵ Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10. May count towards the grain component in SBP (grades K12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

⁶ Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁷ In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.



“Exhibit A is not a complete list of grain-based desserts...”

Lesson Conclusion

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz
- Grain-based desserts no longer credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains starting October 1, 2021

“Welcome to the
INFANT MEAL PATTERN
REQUIREMENTS Training!”



Infant Meal Pattern Requirements Overview

- Meals are reimbursable when a mother breastfeeds on-site
- Features two age groups: Birth–5 months & 6–11 months
- Provides more nutritious meals and snacks



Changes in Age Groups

Previous Age Groups

- Birth–3 months
- 4–7 months
- 8–11 months

Updated Age Groups

- Birth–5 months
- 6–11 months





Birth through the End of Five Months

- Breastmilk or infant formula is the only meal component required
- Benefits of breastmilk
 - Generally the best source of nutrients
 - Protects against illnesses and chronic diseases
- Serve a minimum of 4–6 fluid ounces of expressed breastmilk or infant formula

Serving Sizes

0-2 oz.

0-4 tbsp.

- Food components begin with “zero”
 - Recognizes that all infants are not ready for solid foods at 6 months
- By 7 or 8 months, infants should be consuming solid foods from all food groups

Allows More Nutritious Foods

- Foods from all food components
- Breakfast, Lunch, and Supper
 - Breastmilk or iron-fortified infant formula
 - Infant cereal, meat/meat alternates, or a combination of both
 - Vegetable or fruit, or a combination of both
- Snack
 - Breastmilk or iron-fortified infant formula
 - Grains
 - Vegetable or fruit, or a combination of both

Review of Changes

- What are the two age groups?
- What is the only required food or beverage for infants between the ages of birth through the end of five months?
- When can infants be introduced to solid foods?
- When infants are first introduced to solid foods, which food components are not allowed for a reimbursable meal or snack?



Breastmilk & Infant Formula

- Promote breastfeeding by allowing reimbursement when:
 - A parent/guardian supplies expressed milk
 - Milk that is produced and expelled from the breast
 - A mother breastfeeds her infant on-site





Serving Expressed Milk

- Breastfed infants may not consume the entire serving
- **Reimbursable:**
 - Offer less than the minimum serving size of breastmilk
 - Offer additional breastmilk later, if infant will consume more
- Feed on demand



Iron-Fortified Infant Formula

- Best supplement for breastmilk
- Supports healthy brain development & growth
- Reimbursable meals may include:
 - Iron-fortified formula
 - Breastmilk
 - Combination of both

Supplying Formula

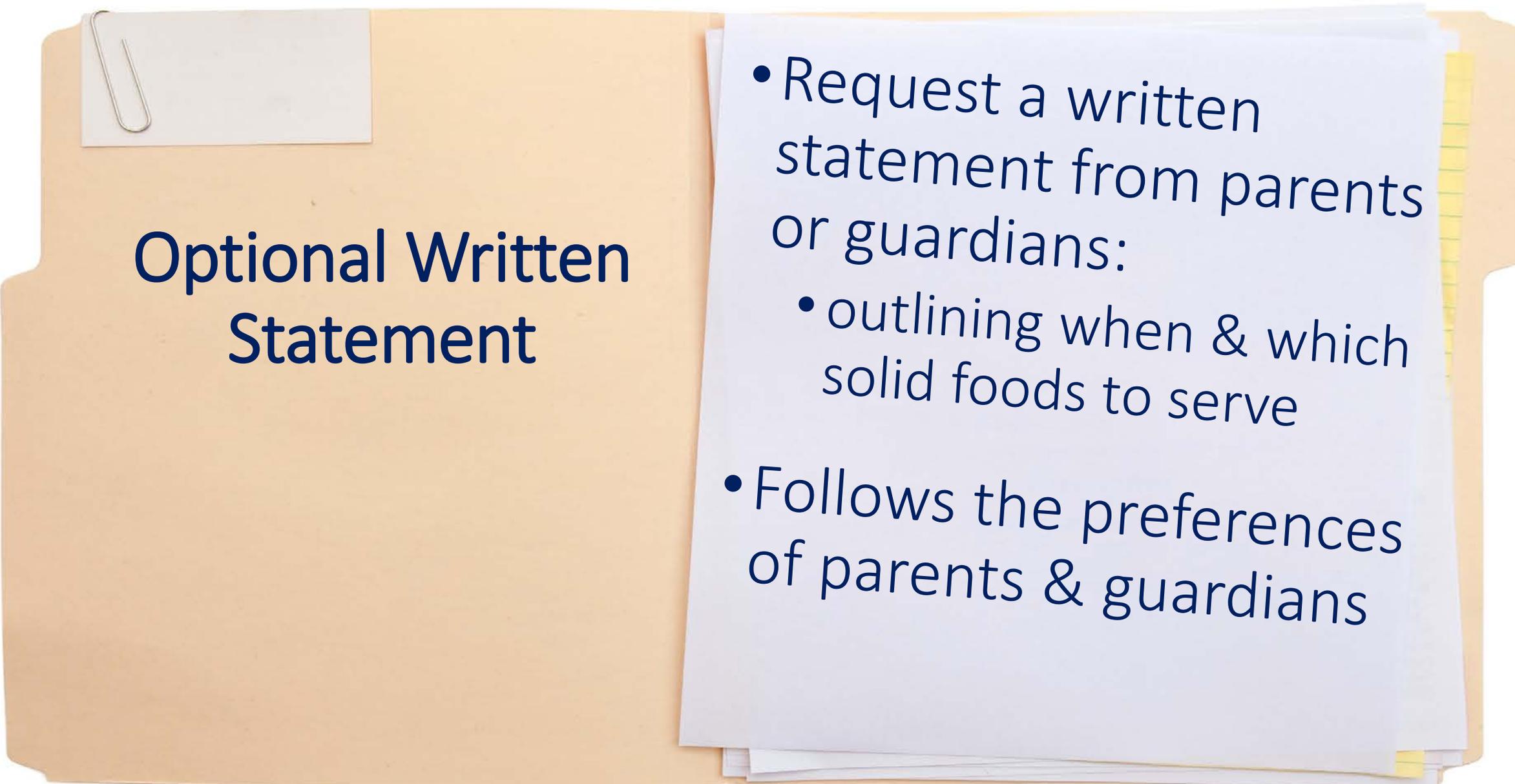
- Offer a minimum of 1 type of iron-fortified infant formula
- Formula must be regulated by FDA
 - It credits if marketed or purchased in the U.S.
 - May not credit if purchased outside U.S.



Importance of Developmental Readiness

- Serve solid foods when infants are developmentally ready
- Before, at, or after 6 months of age



A brown folder is shown with a silver paperclip on the top left. A white note is attached to the folder, containing a list of bullet points. The folder has a tab on the right side.

Optional Written Statement

- Request a written statement from parents or guardians:
 - outlining when & which solid foods to serve
- Follows the preferences of parents & guardians

Food Components

- Parents/guardians may provide only one creditable food component for a reimbursable meal
 - i.e., provide breastmilk = 1 component
- Operators must provide remaining components



Single Food Component

- Must be creditable and in the minimum serving size
- Not creditable if parent or guardian provides
 - two or more components
 - less than the minimum serving sizes
 - a non-creditable food item





Introducing Solid Food(s)

- Solid foods must be offered after
 - developmentally ready AND communicated with parents
- Gradually introduce solid foods
 - One at a time
 - Over the course of a few days

Serving More Nutritious Foods

- Serve a vegetable or fruit at snack
- Juice, cheese food, and cheese spreads are no longer creditable items
- Yogurt and whole eggs credits as meat alternates
- Deep-fat frying is not allowed when cooking foods on-site

Vegetables & Fruits

- Great source of essential nutrients
 - i.e., fiber & vitamin C
- Minimum serving size: 0-2 tbsp.
- Required at all meals & snacks
 - Serve vegetable, fruit, or a combination of both
 - Increases consumption & allows for better acceptance later in life



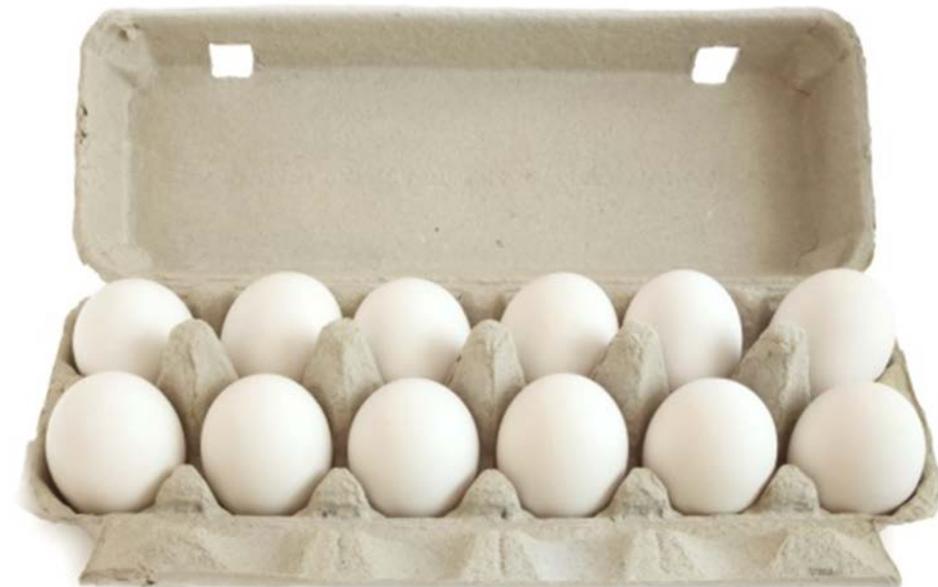


Juice

- Lacks dietary fiber found in other forms of fruits & vegetables
- No longer credits toward a reimbursable meal for infants

Whole Eggs

- AAP found no convincing evidence to delay foods considered major food allergens
- **Whole eggs are now creditable for infant meals**
- Minimum serving size: 0-4 tbsp.



Cheese

- Minimum serving size: 0-2 oz
- Cheese & cottage cheese
- Common examples
 - Shredded or sliced Swiss, Colby, & Monterey Jack





**Cheese foods & cheese spreads
are disallowed for infant meals
& snacks...**

Non-Creditable Cheese Foods

- Product packaging states:
 - “Imitation cheese”
 - “Cheese food”
 - “Cheese product”
- Common items
 - Cheese whips
 - Cheese with pimento
 - Cream cheese



Grains

- Great source of essential nutrients
- Serve at meals & snacks when infants are developmentally ready
- Minimum serving size: 0-4 tbsp.



Snack Meals Only

- Breads, crackers, & ready-to-eat breakfast cereals
- Ready-to-eat breakfast cereals
 - No more than 6 grams of sugar per dry oz
- Grains must be enriched, fortified, or whole grain-rich



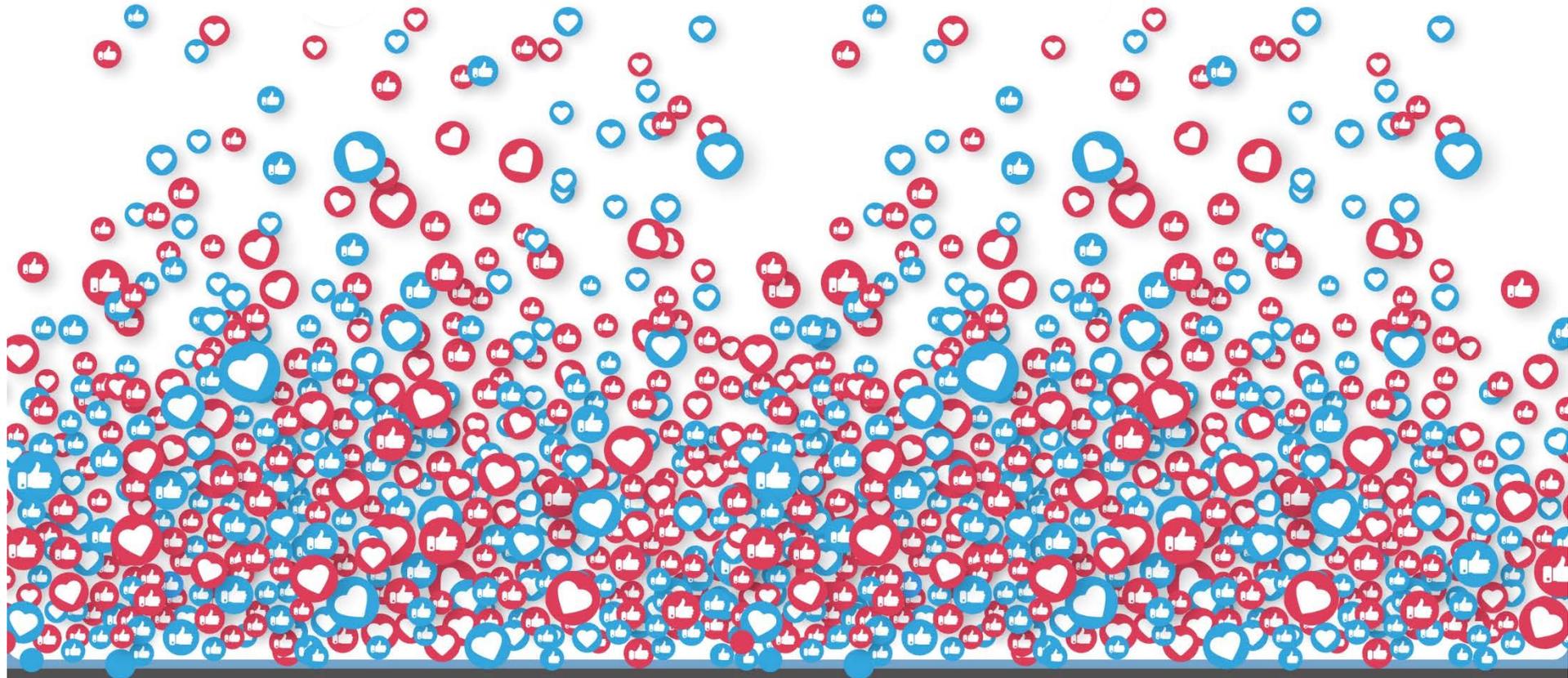


Training Review

- Two age groups: Birth–5 months & 6–11 months
- Encourages breastfeeding by allowing reimbursement for on-site feeding
- Promotes developmental readiness
- Provides more nutritious meals and snacks



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child nutrition

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