

Options for Early Implementation of New Adult Meal Pattern

FOR CHILD AND ADULT CARE FOOD PROGRAM (CACFP) ADULT DAY CARE CENTERS

USDA Final Rule *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*

CACFP adult day care center sponsors with multiple centers must choose the **same option** for all centers. For more information, see CSDE [operational memo 11A-16](#).

Meal Pattern for Adults

OPTION 1 – Specific Provisions: *These ten provisions of the updated CACFP adult meal pattern requirements are consistent with the current CACFP adult meal pattern, and can be implemented at any time prior to October 1, 2017, whenever feasible for the CACFP adult day care center. CACFP adult day care centers can choose to implement **any or all** of the ten provisions of option 1.*

1. Allows fat-free flavored milk.
Note: USDA best practice recommends serving only unflavored milk.
2. Requires at least one daily serving of whole grain-rich foods. *
3. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week.
4. Allows tofu and soy yogurt to credit as meat alternates. **
5. Eliminates grain-based desserts from the grains component. ***
6. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce.
7. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.
8. Allows yogurt to meet the fluid milk requirement for adult participants once per day.
9. Limits juice to no more than one meal per day, including snack.
10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.

OPTION 2 – Entire Meal Pattern: *These provisions of the updated adult meal pattern requirements are inconsistent with the current CACFP adult meal pattern. CACFP adult day care centers may request approval from the CSDE to implement the **entire** updated meal pattern requirements (provisions 1-12) prior to October 1, 2017, including the ten provisions of option 1 and the two provisions of option 2.*

11. Allows juice to fulfill the entire vegetable component or fruit component.
12. Permits participants' families to provide one meal component for participants with nondisability medical or special dietary needs.

OPTION 3 – No Changes: *Continue to implement the current CACFP adult meal pattern without any changes through September 30, 2017, and begin full implementation of the new CACFP adult meal pattern (all 12 provisions of options 1 and 2) on October 1, 2017.*

* Whole grain-rich foods are grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula.

** Tofu must meet the requirements outlined in USDA Memo [SP 53-2016](#) and [CACFP 21- 2016](#).

*** Grain-based desserts are those items in USDA's [Food Buying Guide for Child Nutrition Programs](#) Exhibit A, which are denoted as desserts with superscripts 3 and 4. This includes cakes, cookies, sweet pie crusts, fruit turnovers, doughnuts, granola bars, grain-fruit bars, cereal bars, toaster pastries, sweet rolls, and brownies.

Additional crediting guidance will be provided at the CSDE workshops beginning in fall 2016.

MEAL PATTERN RESOURCES

Child and Adult Care Food Program (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576

Nutrition Policies and Guidance for CACFP Adult Centers (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694

Child and Adult Care Food Program Meal Pattern Revision: Best Practices (USDA):
www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf

Final Rule: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA):
www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf

NEW Child and Adult Care Food Program Meal Patterns: Child and Adult Meals(USDA):
www.fns.usda.gov/sites/default/files/cacfp/CACFP_childadultmealstandards.pdf

New Meal Pattern for Adults (USDA):
www.fns.usda.gov/sites/default/files/cacfp/CACFP_adultmealpattern.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA): www.fns.usda.gov/cacfp/meals-and-snacks

USDA Memo CACFP 14-2016: *Early Implementation of the Updated CACFP Meal Pattern Requirements and the NSLP and SBP Infant and Preschool Meal Patterns*:
www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool

USDA Memo CACFP 15-2016: *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern*: www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern



For more information contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptadult.pdf.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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