

## Options for Early Implementation of New Infant Meal Pattern

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

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

The chosen option applies to **all age groups** enrolled at the CACFP institution. CACFP child care center sponsors with multiple centers must choose the **same option** for all centers. Family day care home sponsors must choose the **same option** for all family day care home providers. For more information, see CSDE [operational memo 13C-16 and 13H-16](#).

#### Meal Pattern for Infants (0-11 Months)

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

1. Reimburses infant meals when the mother breastfeeds on site.
2. Allows yogurt, whole eggs, and ready-to-eat cereals with no more than 6 grams of sugar per dry ounce for developmentally ready infants.
3. Requires a vegetable or fruit, or both, to be served at snack for infants ages 6-11 months.
4. Eliminates fruit juice as a creditable component in the infant meal pattern.
5. Eliminates cheese food and cheese spread as creditable components in the infant meal pattern.

**OPTION 2 – Entire Meal Pattern:** *These three provisions of the updated CACFP infant meal pattern requirements are inconsistent with the current CACFP infant pattern. CACFP child care institutions and family day care home sponsors may request approval from the CSDE to implement the **entire** updated infant meal pattern requirements (provisions 1-8) prior to October 1, 2017, including the five provisions of option 1 and the three provisions of option 2.*

6. Requires breast milk and infant formula for infants from birth through 5 months.
7. Requires two age groups instead of three: 0-5 months and 6-11 months.
8. Requires solid foods to be gradually introduced around 6 months of age, as developmentally appropriate.

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

*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](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576)

Nutrition Policies and Guidance for CACFP Child Care (CSDE): [www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326](http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326)

*Child and Adult Care Food Program Meal Pattern Revision: Best Practices* (USDA): [www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](http://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](http://www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf)

*NEW Child and Adult Care Food Program Meal Patterns: Infant Meals* (USDA): [www.fns.usda.gov/sites/default/files/cacfp/CACFP\\_infantmealstandards.pdf](http://www.fns.usda.gov/sites/default/files/cacfp/CACFP_infantmealstandards.pdf)

Nutrition Standards for CACFP Meals and Snacks (USDA): [www.fns.usda.gov/cacfp/meals-and-snacks](http://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](http://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](http://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/earlyimpoptinf.pdf](http://www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptinf.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](mailto:program.intake@usda.gov).

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