

Eating Through Meal Patterns

Child and Adult Care Food Program

Menu Makeovers



What is the difference between a meal that meets the new CACFP meal patterns and one that does not?
The three example meals and snacks below compare the current and updated CACFP meal patterns.
Notably, the updated menu has five fewer teaspoons of added sugar and 200 fewer calories!

EXAMPLE 1: CHILD BREAKFAST (AGE 3-5)		
CURRENT MENU	UPDATED MENU	EXPLANATION
Frosted flakes ☹️ 100% apple juice ➡️ Low-fat plain milk	Corn flakes ☹️ Apple slices ➡️ Low-fat plain milk	☹️ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce when claimed ➡️ Claiming juice is limited to once per day
EXAMPLE 2: CHILD LUNCH (AGE 3-5)		
CURRENT MENU	UPDATED MENU	EXPLANATION
Chicken breast 100% grape juice ☹️ Sliced peaches ☹️ White bread ➡️ Low-fat chocolate milk ➡️	Chicken breast Sliced peaches ☹️ Broccoli ☹️ Whole grain bread ➡️ Low-fat plain milk ➡️	☹️ One vegetable & one fruit or two vegetables must be served at lunch/dinner ➡️ At least one serving of grains per day must be whole grain-rich ➡️ Milk for 1-5 year olds must be unflavored
EXAMPLE 3: CHILD SNACK (AGE 3-5)		
CURRENT MENU	UPDATED MENU	EXPLANATION
Brownies ☹️ High-sugar yogurt ➡️	Banana bread ☹️ Low-sugar yogurt ➡️	☹️ Grain-based desserts can no longer be claimed as a grains/breads component ➡️ Yogurts must contain no more than 23 grams of sugar per 6 ounces when claimed
NUTRITION FACTS (FOR THE BREAKFAST, LUNCH, AND SNACK LISTED ABOVE)		
CURRENT MENU	UPDATED MENU	EXPLANATION
Calories: 670 calories Added Sugar: 29 grams Saturated fat: 6 grams Fiber: 3 grams	Calories: 470 calories Added sugar: 7 grams Saturated fat: 5 grams Fiber: 5 grams	Healthy menus provide children with the energy to grow to a healthy weight. They have less added sugar and saturated fat and more vitamins, minerals, and fiber.



The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

ONE
BITE
AT A TIME

6 Handy Meal Makeover



1 Take the New CACFP Meal Patterns Self-Assessment.

This assessment will help you know which of the new CACFP meal pattern requirements you are already meeting and identify where there is room for improvement. Find it on our website at www.acdkids.org and click on "CACFP meal pattern changes" under the Nutrition tab.

2 Dive deeper into your menus.

Be careful not to assume that menus meet the new meal patterns without taking a closer look. Review your menus, and look closely at the nutrition facts labels if you are not sure. This is especially true with the requirements for sugar in cereal and yogurt and whole grain-rich grains. Reach out to ACD if you have questions about your menus.

3 Create an action plan.

Some providers think it is easier to introduce the changes gradually, and others want to tackle them all at once. Whatever approach you take, it may help to create a plan including a timeline so that October 1, 2017 doesn't sneak up on you!

4 Start as soon as you can! Start today!

Many (but not all) of the CACFP meal pattern changes can be implemented now. Start making changes and introducing new foods as soon as you can.

5 Teach children about new foods through fun lessons!

The more familiar children are with foods, the more likely they are to eat them during meals and snacks. Taste testing, food games, cooking, and learning about where food comes from and how it's grown are just a few of the ways that you can encourage new foods.

6 Most of all, have a positive attitude!

Children look to child care providers to know whether foods taste good. Children are most likely to try new foods when child care providers have a positive attitude about them.

Children are most likely to try new foods when child care providers have a positive attitude!

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