



201 Harrison Ave. Coeur d'Alene, ID 83814
Center Newsletter
June 2016



Just A Heads Up

Listed below are some of the changes that are headed our way and must be implemented by October 1, 2017.

As we receive instructions and clarification from the SDE on how to implement these changes, we will communicate those to you. We will cover the new meal pattern in the fall workshop in September.

NEW Child and Adult Care Food Program Meal Patterns



USDA recently revised the CACFP meal patterns to ensure children and adults have access to healthy, balanced meals throughout the day. Under the new child and adult meal patterns, meals served will include a greater variety of vegetables and fruit, more whole grains, and less added sugar and saturated fat. The changes made to the meal patterns are based on the Dietary Guidelines for Americans, scientific recommendations from the National Academy of Medicine, and stakeholder input. CACFP centers and day care homes must comply with the new meal patterns by October 1, 2017.



New Child and Adult Meal Patterns

Greater variety of vegetables and fruits:

- *The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- * Juice is limited to once per day.



More whole grains:

- * At least one serving of grains per day must be whole grain-rich;
- * Grain-based desserts no longer count towards the grains component; and
- * Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).

More protein options:

- *Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- *Tofu counts as a meat alternate.

Less added sugar:

- * Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- * Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Making every sip count:

- * Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years old; and unflavored low-fat, unflavored fat-free, or flavored fat-free milk must be served to children 6 years old and older and adults;



- * Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs; and

Additional improvements:

- * Frying is not allowed as a way of preparing foods on-site.