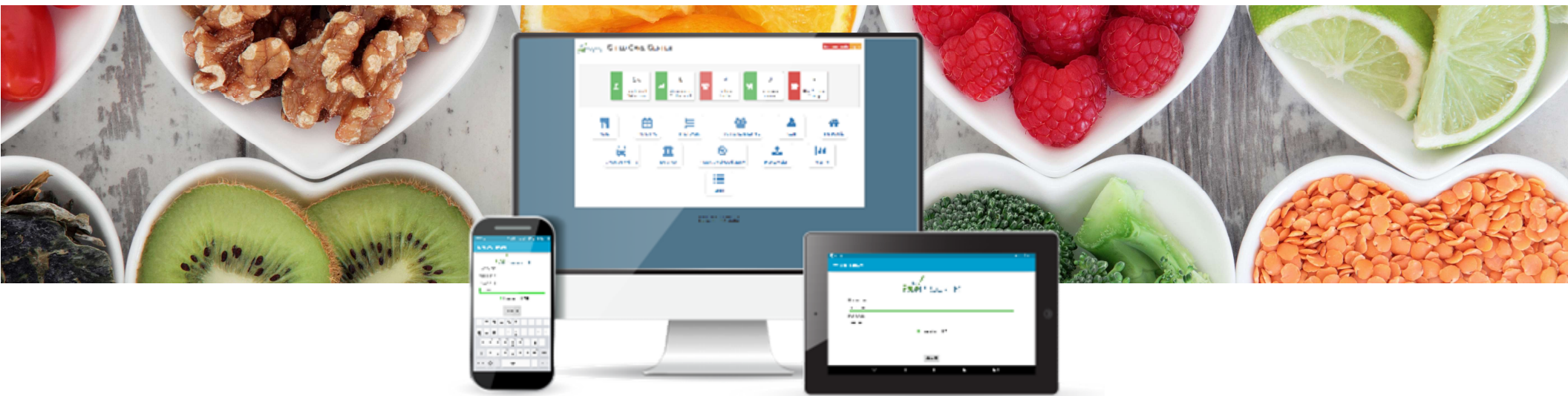


MY PROGRAM



New Meal Pattern Training

presented by: Christine Twait, MS, RD, LD

Agenda



Overall changes

- Infants

- Whole grain-rich once each day

- Sugar limits

- Juice limits

- Grain-based desserts

- Milk

Let's talk breakfast

- Meat/meat alternate instead of grain

Let's talk lunch

- Must serve a vegetable

- No deep-fat frying at the center

Let's talk snack



I will email you the slides and a certificate of attendance!

What's Changed with Infants?



Two age groups

Solids required when developmentally-ready

Breastfeeding at the facility counts for reimbursement

Parents can only provide one component

Infants need a fruit or vegetable at snack

Cold cereal is OK at snack

Breakfast Lunch and Supper	
Birth through 5 months	6 through 11 months
4-6 fl oz. breastmilk or formula	6-8 fl oz. breastmilk or formula; and 0-4 T infant cereal, meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 oz. of cheese; or 0-4 oz. (volume) of cottage cheese; or 0-4 oz. or ½ cup of yogurt; or a combination of the above; and 0-2 T vegetable or fruit, or a combination of both

Snack	
Birth through 5 months	6 through 11 months
4-6 fl oz. breastmilk or formula	2-4 fl oz. breastmilk or formula; and 0-½ slice bread; or 0-2 crackers; or 0-4 T infant cereal or ready-to-eat breakfast cereal; and 0-2 T vegetable or fruit, or a combination of both

Whole Grain-Rich Once Each Day



④ WAYS TO IDENTIFY WHOLE GRAIN-RICH

- ① The label says “100% Whole Grain” or “100% Whole Wheat”
- ② There is a health claim on the box:



Whole Grain-Rich Once Each Day

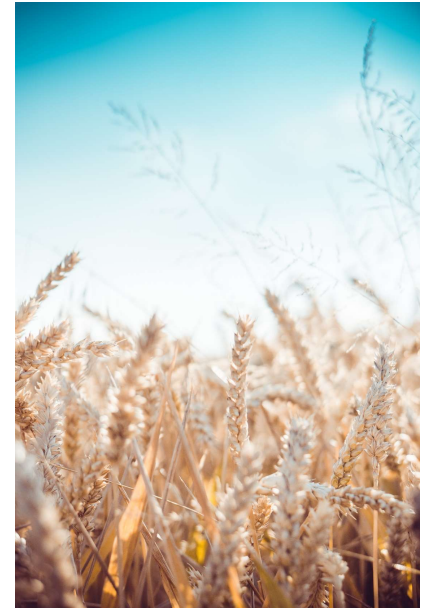


④ WAYS TO IDENTIFY WHOLE GRAIN-RICH

③ Ask for a product formulation statement from the manufacturer

④ Read the ingredient list. Find the first three grain ingredients.

- The first grain ingredient has to be a whole grain
- The second and third grain ingredients have to be enriched or whole grains unless they are 2% or less of the weight



Whole Grain-Rich Once Each Day



Q: Do I have to make sure every child gets a whole grain-rich food?

A: Nope! Just put one on your menu once each day.

Q: I only serve snack. Do my grains have to be whole grain-rich?

A: Yes! If you serve a grain, it has to be whole grain-rich.

Q: Are there lists of foods that are whole grain-rich?

A: Yes. Check the state agency that administers the CACFP. You might also check with your local WIC office.

Q: Where else can I get help on identifying a whole grain-rich food?

A: You can always contact your state agency, your sponsor or I am happy to help!

Sugar Limits



Cold Cereal



Hot Cereal



Yogurt

































Sugar Limits: Hot & Cold Cereal



Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
0-2 grams	0 grams
3-7 grams	1 gram
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

Sugar Limits: Hot & Cold Cereal



									
Plain		Plain	GF	GF	Almonds	Cinnamon	Honey Roasted Not "Just Bunches"	Vanilla	Honey Crunch
									
	Plain		Plain	Plain	Plain	Brown Sugar	Cinnamon	Simple Granola	Almond Crunch
						HOT CEREALS <ul style="list-style-type: none"> Any size, except individual cups     			
Plain	Plain	Plain	Big-Bite	Little-Bites	Plain any store brand				
									
Original	GF	Plain		Plain any store brand	Bite size plain frosting only any store brand				
					Store brands: Only the following: Best Choice, Centrella, Clear Value, Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kiggins, Kroger, Market Pantry, Meijer, Our Family, Roundy's, Schnucks, Shurtline, ValuTime				
Banana Nut	Plain	Plain		Plain any store brand					
					Store brands: Only the following: Essential Everyday, Food Club, Great Value, Hytop, Hy-Vee, IGA, Kroger, Meijer, Our Family, Roundy's, Schnucks, Shurtline				

Sugar Limits: Yogurt



Sugar Limits on Yogurt

Yogurt should have 23 grams of sugar *or less* per 6 ounces. Use the chart below, or send me the nutrition facts panel.

If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g



Sugar Limits: Yogurt



If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Nutrition Facts			
Serving Size 1 tube (64g)			
Servings Per Container 8			
Amount Per Serving			
Calories			60
Calories from Fat			5
% Daily Value*			
Total Fat 0.5g			1%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol less than 5mg			1%
Sodium 30mg			1%
Potassium 90mg			3%
Total Carbohydrate 12g			4%
Dietary Fiber 0g			0%
Sugars 9g			
Protein 2g			4%
Vitamin A 8% • Vitamin C 0%			
Calcium 10% • Iron 0%			
Vitamin D 10% • Riboflavin 4%			
Phosphorus 6%			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



Sugar Limits: Yogurt



If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Nutrition Facts

Serving Size 1 container (113g)
Servings Per Package 4

Amount Per Serving

Calories 120 **Calories from Fat** 15

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 65mg **3%**

Potassium 160mg **5%**

Total Carbohydrate 22g **7%**

Sugars 19g

Protein 4g **8%**

Calcium 15% • Vitamin D 10%

Not a significant source of Dietary Fiber,
Vitamin A, Vitamin C and Iron.

*Percent Daily Values are based on a 2,000 calorie diet.



Sugar Limits: Yogurt



If the serving size is:		Sugars must not be more than:
2.25 oz	64 g	9 g
3.5 oz	99 g	13 g
4 oz	113 g	15 g
5.3 oz	150 g	20 g
6 oz	170 g	23 g
8 oz	227 g	31 g

Nutrition Facts			
Serving Size 1 container (170g)			
Servings Per Carton 8			
Amount Per Serving			
Calories			150
Calories from Fat			15
		% Daily Value*	
Total Fat	2g		3%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	10mg		3%
Sodium	95mg		4%
Total Carbohydrate	25g		8%
Sugars 18g			
Protein	6g		12%
Vitamin A 15% • Calcium 20%			
Vitamin D 20% • Phosphorus 15%			
Not a significant source of dietary fiber, vitamin C and iron.			
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



Juice Limits



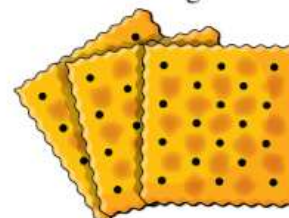
Juice

- Juice cannot be served to any child under 12 months
- Juice can only be served at one meal or snack each day
- Juice has to be “100% Juice”



Grain-Based Desserts

Grain-Based Desserts (Not Reimbursable in the CACFP):	Not Grain-Based Desserts (Reimbursable in the CACFP):
<ul style="list-style-type: none"> • Brownies • Cakes, including coffee cake and cupcakes • Cereal bars, breakfast bars, and granola bars • Cookies, including vanilla wafers • Doughnuts, any kind • Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies • Gingerbread • Ice cream cones • Marshmallow cereal treats • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscotti, such as those made with fruits, chocolate, icing, etc. • Sweet croissants, such as chocolate-filled • Sweet pita chips, such as cinnamon-sugar flavored • Sweet rice puddings • Sweet scones, such as those made with fruits, icing, etc. • Sweet rolls, such as cinnamon rolls • Toaster pastries 	<ul style="list-style-type: none"> • Banana bread, zucchini bread, and other quick breads • Cereals that meet the sugar limit and are whole grain-rich, enriched, and/or fortified • Cornbread • Crackers, all types • French Toast • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain croissants • Plain or savory pita chips • Savory biscotti, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Teething biscuits, crackers, and toasts • Tortillas and tortilla chips • Waffles



Age Group	Allowed Milk Types
Under 12 months	Breastmilk or Formula
12-23 months	Whole, unflavored milk
24-25 months	Whole, 2%, 1% or skim unflavored milk
25 months – 5 years	1% or skim unflavored milk
6 years and older	1% or skim unflavored or skim flavored milk

What's Changed at Breakfast?



Meat/Meat Alternate up to
three times per week at
breakfast

Breakfast cereals must meet
sugar limits

No “grain-based desserts”



Breakfast: Meat/Meat Alternate instead of Grain/Bread



Breakfast Substitutions

You can serve a meat/meat alternate *instead of* a grain up to three times per week. You can serve a meat/meat alternate *in addition to* a grain as many times as you'd like.

Example 1

Cottage Cheese, Peaches, Milk

Does it Credit?



Does it Count Toward Your Weekly Substitution Limit?



Example 2

Yogurt, Granola, Strawberries, Milk



Example 3

Scrambled Eggs, Toast, Milk



Grain-Based Desserts at Breakfast



DOES NOT CREDIT

Cinnamon Rolls
Donuts
Coffee Cake
Cereal Bars
Toaster Pastries
Granola Bars

DOES CREDIT

Muffins
Pancakes
French Toast
Waffles
Banana Bread and other
Quick Breads

What's Changed at Lunch?



You must serve a vegetable at lunch. You can then offer a second vegetable or a fruit. Remember that corn and potatoes are vegetables, not grains

No deep-fat frying at the facility



Reminder: CN Labels & Product Formulation Statements



CN Labels & Product Formulation Statements

The following items need documentation of how much meat/meat alternate they provide:

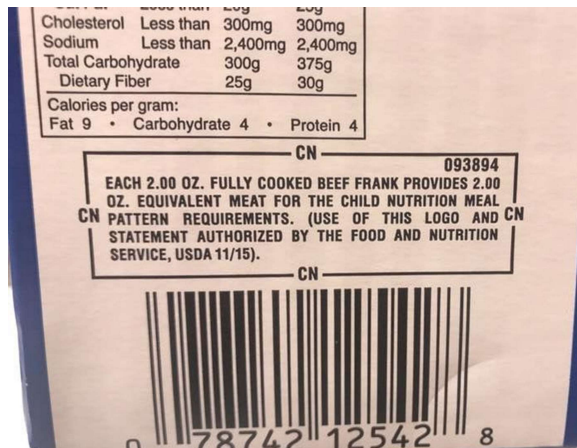
- Chicken nuggets
- Chicken tenders
- Chicken patties
- Fish sticks
- Hot dogs
- Corn dogs
- Hummus
- Bologna
- Turkey bacon
- Filled pastas like ravioli & tortellini
- Entrees like egg rolls, lasagna, pot pies, meatballs, Salisbury steak



Reminder: CN Labels & Product Formulation Statements



CN Label from the package
Actual label or photo of label!



Product Formulation Statement
From the manufacturer

Tyson Product Formulation Statement

Tyson

Product Name: FC, WG, Portioned Golden Crispy, Breaded CKN Bst Filets with Rib Meat Code No: 070302-0928
Manufacturer: Tyson Foods, Inc. Case/Pack/Count/Portion/Size: 30 94 LB / 132 / (3.75 oz.) Pattie

I. Meat/Meat Alternate
Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate:

Description of Food Buying Guide	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield	Creditable Amount *
Chickens BONELESS CHICKEN W/SKIN IN NATURAL PROPORTION	2.5683638	X	0.70	1.79785466
Total				1.79785466

* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG Yield Information

II. Alternate Protein Product (APP)
If the product contains APP, please fill out the chart below to determine the creditable amount of APP. If APP is used, you must provide documentation as described in Attachment A for each APP used.

Description of APP, Manufacturer's name, and Code Number	Soy Type	Ounces Dry APP Per Portion	Multiply	% of Protein As-Is *	Divide by 18 **	Creditable Amount APP ***
APP Profan 955, ADM	Isolate	0.0423779	X	86	- by 18	0.2024721
Total Creditable APP Amount						0.2024721

* Percent of Protein As-Is is provided on the attached APP documentation.
** 18 is the percent of protein when fully isolated.
*** Creditable amount of APP equals ounces of Dry APP multiplied by the percent of protein as-is divided by 18.
† Total Creditable Amount must be rounded down to the nearest 0.25oz (1.49 would round down to 1.25 oz meat equivalent). Do not round up. If you are crediting MMA and APP, you do not need to round down in box A (Total Creditable MMA Amount) until after you have added the Total Creditable APP Amount from box B to box C.

Total weight (per portion) of product as purchased 3.75 oz.
Total creditable amount of product (per portion) 2.00 oz.

(Reminder: Total creditable amount cannot count for more than the total weight of product.)

I certify that the above information is true and correct and that a 1.25 ounce serving of the above product (ready for serving) contains 2.00 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Tammy Roughton Nutrition Specialist
Signature Title
Tammy Roughton 7/31/2018 (479)290-4941
Printed Name Date Phone Number

What's Changed at Snack?



One fruit and one vegetable counts as a creditable snack

No grain-based desserts

DOES NOT CREDIT

Cookies
Cakes/Cupcakes
Pie
Brownies
Cereal Bars
Granola Bars
Rice Krispie Treats

DOES CREDIT

Animal Crackers
Graham Crackers
Crackers
Tortilla Chips

Snacks are an easy time to serve whole grain-rich



Easy Ways to Add Whole Grain-Rich at Snack:

Crackers
Chips
Cereal
Bread
Buns
Tortillas



What's Wrong with this Menu?



MY Foo PROGRAM				
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Yogurt, Peaches, Milk	Scrambled Eggs, Grapes, Milk	Bagels, Peanut Butter, Bananas, Milk	Plain Cheerios, 100% Apple Juice, Milk	Cottage Cheese, Apple Slices, Milk
AM Snack	AM Snack	AM Snack	AM Snack	AM Snack
100% Apple Juice, Banana Slices	Cheese and Ritz Crackers	Animal Crackers, 100% Apple Juice	Vanilla Wafers, Milk	Honey Nut Cheerios, Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Spaghetti with Meatballs, Green Beans, Oranges, Milk	Black Beans & Brown Rice, Green Pepper Strips, Pineapple, Milk	Hamburger on Whole Grain Bun, French Fries, Mandarin Oranges, Milk	Baked Chicken Breast, Mashed Potatoes, Corn, Milk	Fried Fish, Green Salad, Rice Pilaf, Milk
PM Snack	PM Snack	PM Snack	PM Snack	PM Snack
Apple Slices and Peanut Butter	Cookies, Milk	Pretzels, Water	100% Grape Juice, Whole Grain Crackers	Whole Grain Bagel and Cream Cheese

Missing Components

- Mon AM Snack
- Wed PM Snack
- Fri PM Snack
- Thurs Lunch
- Fri Lunch

Whole Grain-Rich

- Monday

Sugar Limits

- Friday AM Snack
- Mon Breakfast?

Juice Limits

- Thursday

Grain-Based Desserts

- Tues PM Snack
- Thurs AM Snack



Try out our software!

<https://www.myfoodprogram.com/demo-sites>

Contact Information

christine@myfoodprogram.com or 651-433-7345