



Oregon Department of Education

Kate Brown, Governor

Office of Student Services
255 Capitol St NE, Salem, OR 97310
Voice: 503-947-5600
Fax: 503-378-5156

December 14, 2016

To: Sponsors of Child and Adult Care Food Program

RE: **CACFP New Meal Pattern – Effective October 1, 2017**
Vegetable and Fruit Requirements in the Child and Adult Care Food Program;
Questions and Answers
CACFP 25-2016

The Oregon Department of Education Child Nutrition Programs (ODE CNP) received guidance from USDA on Nutrition Requirements for Vegetable and Fruit requirements in the Child and Adult Care Food Program for the current meal pattern and the new meal pattern to be implemented October 1, 2017.

ODE CNP recognizes that many sponsors prefer to begin implementing the new meal pattern requirements as soon as possible. ODE CNP will not provide an option for sponsors for early implementation of the new meal pattern requirements. Implementing currently unallowable foods and practices to the meal pattern early will result in non-reimbursable meals. ODE CNP will be reviewing menus based on the current meal pattern until October 1, 2017.

Background

This memorandum explains the vegetable and fruit requirements established in the final rule, including the requirements in the infant meal patterns and the child and adult meal patterns. CACFP centers and day care homes must comply with these requirements beginning **October 1, 2017**. Meals that meet the current CACFP meal pattern requirements may not be disallowed until the updated meal pattern requirements take effect on October 1, 2017.

I. INFANT MEAL PATTERN

Vegetables and Fruit

The updated CACFP infant meal pattern requires that centers and day care homes serve vegetables and fruit (cooked, mashed, or pureed, as needed to obtain the appropriate texture and consistency) at snack for infants age 6 through 11 months old, if the infant is developmentally ready to accept them. This requirement was developed in an effort to help young children establish healthy eating habits as early as possible. Recent studies have found that dietary habits are fairly established by two years of age and that a substantial proportion of infants do not consume any vegetables and fruit in a given day. The American Academy of Pediatrics recommends serving infants a variety of foods, including an increased amount of vegetables and fruits.

Juice

Starting **October 1, 2017**, the updated infant CACFP meal pattern also prohibits child care centers and day care homes from providing juice to infants as part a reimbursable meal. This prohibition is consistent with the recommendations of the National Academy of Medicine and American Heart Association of no juice before the age of one.

II. CHILD AND ADULT MEAL PATTERN

Separate Vegetable and Fruit Components

Vegetables and fruits prepared without added solid fats, added sugars, refined starches, and sodium are nutrient-dense foods and, according to the Dietary Guidelines, are under consumed by Americans. In the updated CACFP meal pattern, there is now a separate vegetable component and fruit component at lunch, supper, and snack. This change means children and adults are offered a serving of vegetables and a serving of fruit at lunch and supper. In addition, a snack with a vegetable and fruit in the appropriate minimum serving sizes is now reimbursable. Separate vegetable and fruit components will help increase the variety of vegetables and fruits served and consumed by children and adults.

To increase flexibility in menu planning, centers and day care homes may choose to serve two vegetables at lunch and supper, rather than a serving of vegetables and a serving of fruit. This means that the fruit component at lunch and supper may be substituted by an additional vegetable. The substituted vegetable must be at least the same serving size as the fruit component it replaced. To be consistent with the Dietary Guidelines' recommendation that all Americans should eat a variety of vegetables, when two vegetables are served at lunch or supper, they must be two different kinds of vegetables. Please note that vegetables do not need to be from different vegetable subgroups (e.g., dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas (legumes), or other vegetables). See the table below for examples of reimbursable lunch or supper meals featuring a fruit and a vegetable, or two vegetables, in lieu of fruit. Centers and day care homes cannot serve two fruits at lunch or supper meals under the updated meal patterns.

Required components	Sample menu, fruit and vegetable (Ages 3-5)	Sample menu, two vegetables (Ages 3-5)	Sample menu, fruit and vegetable (Ages 6-12)	Sample Menu, two vegetables (Ages 6-12)
Meat/meat alternates	1.5 oz. chicken salad	1.5 oz. chicken salad	2 oz. chicken salad	2 oz. chicken salad
Vegetables	¼ cup green beans	¼ cup cauliflower	½ cup broccoli	½ cup sweet potato
Fruit	¼ cup diced peaches	¼ cup carrots	¼ cup apple slices	¼ cup zucchini
Grain	½ whole wheat pita	½ whole wheat pita	1 whole wheat pita	1 whole wheat pita
Milk	¾ cup unflavored, low-fat milk	¾ cup unflavored, low-fat milk	1 cup unflavored, low-fat milk	1 cup unflavored, low-fat milk

Along with granting the menu planner greater flexibility, allowing centers and day care homes to serve two different vegetables at lunch and supper meals will help increase children and adults' exposure to and consumption of vegetables. The Dietary Guidelines found that few young children and adults consume the recommended amount of vegetables, while the majority of young children meet the recommended intake for fruit.

Consistent with the School Breakfast Program, vegetables and fruit are combined into one component at breakfast meals. Centers and day care homes can continue to serve vegetables, fruits, or a combination of both at breakfast.

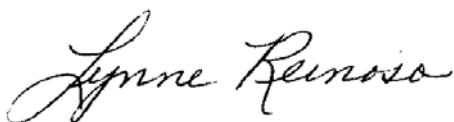
Juice

Under the updated children and adult meal patterns, fruit juice or vegetable juice may only be used to meet the vegetable or fruit requirement **at one meal or snack per day**. This limitation is based on the Dietary Guidelines' recommendation that at least half of the fruits consumed per day should come from whole fruits (fresh, canned, frozen, or dried). While 100 percent juice can be part of a healthful diet, it lacks the dietary fiber found in whole fruits and vegetables and when consumed in excess can contribute to extra calories.

If a center or day care home serves fruit or vegetable juice at more than one meal (including snack), the meal with the lowest reimbursement rate containing juice would be disallowed.

If you have questions, please contact your assigned Child Nutrition Specialist.

Sincerely,



Lynne Reinoso
Manager, Community Nutrition
Child Nutrition Programs
Office of Student Services