

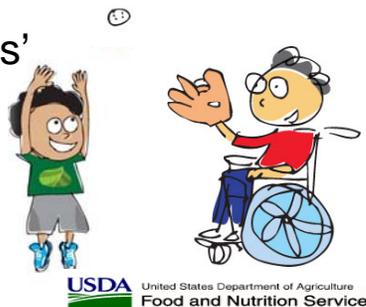
Child and Adult Care Food Program

Meal Pattern Recommendations



Overview

- Background and legislation
- Institute of Medicine's report: "Aligning Dietary Guidance for All"
- USDA's next steps
- Listening session: States' questions and concerns



Why?

- Nutritional science has evolved, yet meal patterns remain the same
- The Institute of Medicine successfully reviewed the National School Lunch Program meal patterns and the WIC food packages



Healthy, Hunger Free Kids Act of 2010

Requires USDA to:

- Update the CACFP meal patterns by June 2012
- Align the meal patterns with the Dietary Guidelines and the most recent scientific knowledge



“Aligning Dietary Guidance for All”

A copy of the Institute of Medicine’s CACFP report can be found at:

<http://www.iom.edu/Reports/2010/Child-and-Adult-Care-Food-Program-Aligning-Dietary-Guidance-for-All.aspx>



Age Grouping Recommendations

- Infants
 - 0-5 months
 - 6-11 months
- Children
 - 1 year
 - 1-4 years
 - 5-13 years
 - 14-18 years
- Adults
 - 19 years and older



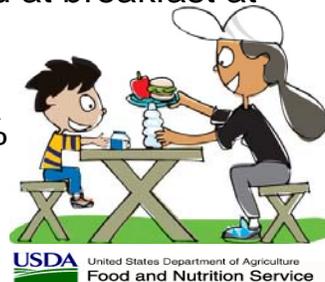
Meal Patterns Recommendations

- Infants
 - Delayed introduction of solids until 6 months of age
 - No juice or milk
- Children and Adults
 - A fruit and two different vegetables at lunch/supper
 - Limits on juice served per week
 - Weekly meal patterns
 - Half of all grains served during lunches and suppers must be whole grain



Meal Patterns Recommendations

- Children and Adults
 - Limits on the amount of solid fats, added sugars, trans fats, and sodium that can be served in meals/snacks
 - Meat/meat alternative served at breakfast at least three times per week
 - Food specifications (ex., milk served must be 1% or fat-free for adults and children 2 years old and up)



Enhanced Snack Recommendation

- The enhanced snack would:
 - Have the same requirements as two smaller snacks
 - Be reimbursed at the rate of two smaller snacks



Implementation Recommendations

- Research
- Stakeholder's Meeting
- A phased-in approach



Next Steps

- Stakeholder consultation
- Issue guidance on changes required by the Healthy, Hunger Free Kids Act of 2010
- Publish proposed meal pattern regulation by summer 2012
- Phased approach to regulations



What States Can Do Now

- Encourage providers to make some changes now (but don't disallow meals)
- Provide technical assistance and nutrition education on making healthy choices



States' Listening Session

- Input
- Ideas
- Thoughts
- Questions

