

## CACFP Updated Meal Pattern Early Adoption Request

Institution Name: \_\_\_\_\_ Name of Contact: \_\_\_\_\_

Final implementation of the updated CACFP meal pattern requirements is required by 10/01/2017; however, USDA encourages early implementation. Institutions wanting to implement the updated meal pattern requirements in their entirety can complete the following request after completing meal pattern training by the state office. Institutions may implement the full meal pattern (including infants, if applicable) early after obtaining approval to do so from the state agency.

Use this form to apply for approval to implement the full meal pattern early. Please indicate your intent to implement the full meal pattern early (if desired) and your agreement to fully implement these provisions, by reviewing the list and certifying below. By checking below the institution agrees to implement all applicable provisions of the updated meal patterns, provide training to staff on the updated meal pattern changes and monitor all of the updated meal pattern requirements. Upon receipt and approval of the early adoption request, CDPHE-CACFP will email notice of approval. For institutions who elect early implementation, CDPHE-CACFP Nutrition Consultants will evaluate compliance during scheduled reviews. Consultants will provide technical assistance when non-compliance is identified but no meals will be deducted prior to 10/1/2017. Early adoption request forms can be emailed to [CDPHE\\_CACFP\\_MEAL\\_PATTERNS@state.co.us](mailto:CDPHE_CACFP_MEAL_PATTERNS@state.co.us), faxed to 303-756-9926, or mailed to 4300 Cherry Creek Drive South A-4 Denver, CO 80246.

Note: This form is not required if you don't intend to implement the full meal pattern early, or if you only intend to implement a few, but not all the provisions the state agency has released in the blast communications.

### Full Meal Pattern implementation:

<b>Child and Adult Care</b>
Serve breakfast cereals with no more than 6 grams of sugar per dry ounce.
Serve at least one whole grain-rich food per day (identify whole grain-rich foods on menus and food production records).
Serve fruits and vegetables as separate components at lunch, supper, and snack.
Allow juice to fulfill the entire vegetable <b>or</b> fruit component (but still limited to one serving per day).
Limit juice to no more than 1 serving per day.
Serve yogurt with no more than 23 grams of sugar per six ounces.
Do not serve grain-based desserts as creditable grain components.
Prohibit deep-fat frying on-site.
If served to children 6 years old and older and adults, flavored milk must fat free (record type of milk served on menus).
Serve skim or 1% milk only to participants over age 2 (record type of milk served on menus).
Restrict parents/guardians to provide 1 creditable meal component for participants w/ non-disability medical or special dietary needs.
Meat and meat alternates may be served in place of the entire breakfast grain component no more than 3 times per week.
Tofu and soy yogurts may be served as meat alternates if desired. 2.2 oz. or ¼ c tofu, or ½ c soy yogurt = 1 oz. meat alternate
<b>Child Care Only</b>
Prohibit flavored milk for children 5 years of age and under.
Serve whole unflavored milk to toddlers age 1 to 2 years of age (record type of milk served on menus).
Make water available throughout the day and during mealtimes.
<b>Infant Care Only</b>
Follow two age groups (instead of three): 0 through 5 month olds and 6 through 11 month olds.
Solid foods are gradually introduced around 6 months of age, as developmentally appropriate.
Only breastmilk and infant formula are served to infants 0 through 5 month olds.
Prohibit cheese food and cheese spread for infants.
Prohibit serving juice to infants.
Require a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months old.
Reimburse infant meals when the mother breastfeeds on-site (document on infant meal documentation).
Parents are limited to providing one reimbursable food for an infant's meal in order to claim for reimbursement.
Allow yogurt, whole eggs, and ready-to-eat cereals (snack only) to be served to infants.
<b>At-Risk Program Only</b>
Extend offer versus serve to at-risk afterschool meals and snack (n/a for child care only centers).
Add an age group for 13-18 year olds.
<b>Adult Care Only</b>
Yogurt may be used to fulfill the fluid milk requirement no more than once per day for adults. ¾ cup or 6 oz. = 1 serving of milk

**To be approved for full meal pattern implementation, you must confirm by checking the boxes below you will:**

- Implement all changes described above in the Full Meal Pattern implementation chart.
- Provide training on the updated meal pattern requirements to staff.
- Monitor compliance with the updated meal pattern requirements.

Implementation Date: \_\_\_\_\_

Institution Request by \_\_\_\_\_ (Authorized Representative Signature) \_\_\_\_\_ (Date)

State Agency Approval by \_\_\_\_\_ (CDPHE-CACFP, Representative Signature) \_\_\_\_\_ (Date)

## CACFP Updated Meal Pattern Implementation Plan

- 1) Who (name/title) has completed meal pattern training (live webinar, recorded webinar, or in-person training) presented by the state office?
  - a) What date was this completed?
  
- 2) How will the institution complete training for other food service staff, teachers, assistant director, etc. (Will institution staff be required to watch the recorded webinar, will the director train the staff, was a in-service training held, etc.)
  - a) When will this training take place?
  
- 3) Who (name/title) will be responsible for monitoring the new meal pattern requirement once they are implemented?
  
- 4) Who (name/title) is responsible for updating the menus to meet the meal pattern requirements?
  
- 5) Who (name/title) is responsible for purchasing creditable foods which meet the meal pattern requirements (ex. sugar limits in cereal, sugar limits in yogurt, etc.)?