

Serving Juice in Child Care

**CACFP iTrain
Simple Lesson Plan**

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EXECUTIVE DIRECTOR
Aleshia Hall-Campbell, PhD. MPH



Intended Audience: CACFP personnel and other child care staff

Description: This lesson explains the requirements for serving juice to infants and children in the CACFP.

2021

Institute of Child Nutrition The University of Mississippi

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service, through an agreement with the Institute of Child Nutrition at the University of Mississippi. The content of this publication does not necessarily reflect the view or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. Government.

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2. Fax: (202) 690-7442; or
3. Email: program.intake@usda.gov

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Contributing Content Specialists

Danielle Barrett, EdD, RD
ICN ET Specialist

Lutina Cochran, MS, PDS
Assistant Director of Education

L. Janae Owens, MS, CHES
ICN ET Specialist

Lesson-at-a-Glance

Time	Topic	Activity	Materials
Introduction			
5 minutes	▶ Introduction and Overview		▶ PowerPoint Presentation ▶ Computer ▶ Projector (if available) ▶ Pens or Pencils
Objective: Recall the requirements for serving juice to infants and children.			
15 minutes	▶ Juice Requirements for Infants and Children	▶ Scenarios	▶ Worksheet: Scenario Cards
Conclusion			
10 minutes	▶ Lesson Summary ▶ Training Evaluation	▶ Speed Action Planning ▶ Training Evaluation (Optional)	▶ Worksheet: Speed Action Planning ▶ Optional: Training Evaluation & Training Certificate
Total Time: 30 minutes			

References

- Jenco, M. (2016, August 23). *AHA: Limit children's sugar consumption to 6 teaspoons per day*. <https://www.aappublications.org/news/2016/08/23/Sugar082316>
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- U.S. Department of Agriculture, Food and Nutrition Service. (2016). *Vegetable and fruit requirements in the Child and Adult Care Food Program; questions and answers*. <https://www.fns.usda.gov/resources?f%5B05D=program%3A9088>
- U.S. Department of Agriculture, Food and Nutrition Service. (2017, March 10). *Questions and answers on the updated meal pattern requirements for the Child and Adult Care Food Program*. <https://www.fns.usda.gov/resources?f%5B05D=program%3A9088>
- U.S. Department of Agriculture, Food and Nutrition Service. (2018). *Child meal pattern*. <https://www.fns.usda.gov/resources?f%5B05D=program%3A9088>
- U.S. Departments of Agriculture and Health and Human Services. (2020, December 29). *USDA and HHS just released the Dietary Guidelines for Americans, 2020–2025*. <https://health.gov/news/202012/usda-and-hhs-just-released-dietary-guidelines-americans-2020>

Internet Resources

- ▶ Institute of Child Nutrition: www.theicn.org
- ▶ USDA's Team Nutrition: <https://www.fns.usda.gov/tn>

Supplemental Resources

- For information on crediting juice in the CACFP, participants can review the USDA Crediting Handbook for the Child and Adult Care Food Program. https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS_Crediting_Handbook.pdf

Preparation Checklist

Instructions: Use the Preparation Checklist to prepare for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
Gather Materials	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Computer and Projector Screen
<input type="checkbox"/>	▶ Worksheets and Handouts: <ul style="list-style-type: none"> • Scenario Cards
<input type="checkbox"/>	▶ Pens or pencils (one per participant)
<input type="checkbox"/>	▶ Optional: Training Certificate/Evaluation/Feedback Form (one per participant)
Prepare for Lesson	
Before the training day:	
<input type="checkbox"/>	▶ Review the training script and research any relevant State or local requirements. <ul style="list-style-type: none"> • The content reflects the Federal regulations and/or national best practices or standards. However, it's essential to include any additional State or local requirements when presenting this training.
<input type="checkbox"/>	▶ Make enough copies of the handouts for each participant.
<input type="checkbox"/>	▶ Test the PowerPoint on the computer and projector screen.
<input type="checkbox"/>	▶ Optional: Develop and print a session certificate/evaluation/feedback form (one per participant)
On the training day:	
<input type="checkbox"/>	▶ Place pens or pencils on tables (one per participant).
<input type="checkbox"/>	▶ Distribute materials to each participant.
On the instructor's table:	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Instructor's copy of handouts and/or worksheets
<input type="checkbox"/>	▶ Optional: Session Evaluation/Feedback Forms

Training Script

Instructor’s Note: Each section below has an accompanying slide(s). Review and share the content for each PowerPoint slide.

<p>Introduction</p>
<p>Welcome!</p> <p>Complete the following tasks:</p> <ul style="list-style-type: none"> ▶ Distribute handouts to the participants. ▶ Welcome the participants to the training. ▶ Introduce yourself to the participants. Allow the participants to introduce themselves by sharing their name and one thing they would like to get from this training.
<p>Amount of Added Sugar Consumed Everyday</p> <p>Share core content: According to the American Academy of Pediatrics, children in the U.S. consume 19 teaspoons of added sugar every day from foods like cookies and juice.</p>
<p>Overview</p> <p>Share core content: In today’s training, we will discuss the requirements for serving juice to infants and children in the Child and Adult Care Food Program (CACFP) and how they align with the <i>Dietary Guidelines</i>.</p> <p>At the end of this training, you will know the requirements for serving juice to each age group.</p>
<p>Objective: Recall the requirements for serving juice to infants and children.</p>
<p>Dietary Guidelines for Americans</p> <p>Share core content: The <i>Dietary Guidelines for Americans</i> (DGAs) provides science-based advice on what to eat and drink to promote health, reduce risk of chronic disease, and meet nutrient needs. The DGAs recommends serving whole (unprocessed or minimally processed) fruits and vegetables more often.</p> <p>To better align with the DGAs, the CACFP meal pattern does not allow juice to be served to infants as part of a reimbursable meal.</p> <p>Although juice does not provide the same nutritional benefits as whole fruits and vegetables, it can still be part of a healthy diet. Therefore, the meal pattern does allow for juice to be served to children but limits how often it is served.</p>

<p>Juice Requirements for Infants</p> <p>Share core content: You may be wondering, why not allow juice for infants. Juice often contains a high amount of sugar and lacks the dietary fiber found in whole fruits and vegetables. Research shows that infants who consume too much juice are likely to have cavities and may develop a preference for juice instead of whole fruits and vegetables.</p> <p>Therefore, juice servings are not allowed in the infant meal pattern as part of a reimbursable meal or snack. When an infant is developmentally ready for solid foods, mashed or pureed whole fruit and vegetables can be served.</p>
<p>Serving Juice to Children</p> <p>Share core content: As previously mentioned, juice is allowed for children one year and older. There are two important factors for serving juice to children: serving and type.</p> <p>Juice may only be served (offered) once per day to children. This means that if you serve juice at breakfast, you cannot serve it as part of a reimbursable lunch or snack.</p> <p>If you serve juice more than once per day, the meal with the lowest reimbursement rate in which juice was served will be disallowed. For example, if you serve juice at breakfast and lunch, the breakfast meal will be disallowed because it is the meal with the lowest reimbursement.</p>
<p>Types of Juice Offered to Children</p> <p>Share core content: When serving juice as part of a reimbursable meal or snack, it must be pasteurized and full strength. Words that may indicate a juice is full strength include:</p> <ul style="list-style-type: none"> • Full-strength juice • Single-strength juice • 100% juice, and reconstituted juice, and juice concentrate
<p>Different Groups and Shifts</p> <p>Share core content: When serving meals to different groups of children, it is important to remember that the juice limit does not apply to individual children but to the child care facility as a whole. For example, a child care center has a morning program and an afternoon program with two different groups of children. If they serve juice at breakfast to one group of children, they cannot serve juice at snack during the afternoon program to a different group of children.</p> <p>In some cases, child care programs offer meals and snacks in shifts. For example, lunch might be served at 11:00 a.m., 11:30 a.m., and 12:00 p.m. In this situation, you may serve juice to all children, regardless of the shift. As long as the juice is meeting the vegetable component or fruit component in a single meal it is reimbursable.</p>
<p>Juice Blends</p> <p>Share core content: Juice blends must be a combination of full-strength (100%) fruit juices, full-strength vegetable juices, or full-strength fruit and vegetable juices. Fruit and vegetable juice blends credit based on the first juice ingredient listed on the Nutrition Facts label.</p> <p>If the first juice ingredient is fruit juice, the product contributes to the fruits component. If the first juice ingredient is vegetable juice, the product contributes to the vegetables component.</p>

<p>Activity: Scenarios Time: 5–10 minutes</p> <ul style="list-style-type: none"> ▶ Purpose: The purpose of this activity is to understand when juice can be served as part of a reimbursable meal. ▶ Materials Needed: Cards with scenarios ▶ Instructions: Gather the cards with scenarios. Then, read aloud various scenarios and ask participants to respond to the questions.
<p>Conclusion</p> <p>Lesson Conclusion</p> <p>Share core content: The juice requirements in the CACFP meal patterns were developed to help serve more nutritious meals to the infants and children in your care. Children can be served juice at one meal per day; however, it is not allowed for infants.</p> <p>Ask posing question: Does anyone have any questions about serving juice to infants and children in the CACFP?</p>
<p>Activity: Speed Action Planning Time: 5 minutes</p> <ul style="list-style-type: none"> ▶ Purpose: This purpose of this activity is to establish future steps for applying the information in their workplace. ▶ Materials Needed: Speed Action Planning worksheet, Planner or Cell Phone Calendar App, and Pencil/Pen ▶ Instructions: Distribute the Speed Action worksheet. Inform participants that it is important to develop a plan for using the training's information. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan. <ul style="list-style-type: none"> • What did you learn in this training? • How will you apply this information in your current or future role? • When will you apply this information? <p>Once participants have finished, encourage them to save this goal to a planner, calendar app, or other sources to ensure they follow through with their plan. Following this activity, dismiss participants from the training.</p>
<p>Thank You!</p> <p>Complete the following tasks:</p> <ul style="list-style-type: none"> ▶ Conclude the training. ▶ Refer participants to the Institute of Child Nutrition for additional information at helpdesk@theicn.org or 800-321-3054. ▶ Distribute any certificates or evaluations.

Activity: Scenario Cards

Scenario #1

Carol, a family child care home provider, is planning a menu. She decides to serve 100% fruit juice every Friday at breakfast and snack to children ages 2–5 years. Would this be allowable in the meal pattern?

Answer: No. Juice can only be served at one meal or snack per day.

Scenario #2

Parents are enrolling their 10-month-old son into a child care center. The parents mention to the director that they have started offering him vegetable juice once or twice a day. They ask the director if they can bring juice to the center and have it served to their child at mealtime. Can the juice provided by the parents be offered as part of a reimbursable meal?

Answer: No. Juice cannot be served to infants as part of a reimbursable meal. If the parents insist that juice be served, the meal that is served cannot be claimed in the CACFP.

Scenario #3

A child care center serves and claims breakfast, lunch, and supper for reimbursement. The children at the center are ages 2–12 years. They are served fruit juice in place of whole fruit at lunch. This is the only meal during the day that includes fruit juice. Did the center meet the meal pattern requirements for serving juice to children?

Answer: Yes. The center only offered juice at one meal per day.

Speed Action Planning

Instructions: Today's training featured key information on the requirements for serving juice to infants and children in the CACFP. Answer the following three questions to establish a plan for using the information.

1. What did you learn in this training?

2. How will you apply this information in your current or future roles?

3. When will you apply this information (e.g., one week, one month, six months, etc.)?



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