Child and Adult Meal Pattern Requirements

A CACFP Meal Pattern Requirements Supplemental Training

Instructor’s Manual

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www.theicn.org/cacfpmp

2021
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Improve the operation of child nutrition programs through research, education and training, and information dissemination.

MISSION
Provide relevant research-based information and services that advance the continuous improvement of child nutrition programs.

VISION
Lead the nation in providing research, education, and resources to promote excellence in child nutrition programs.
Institute of Child Nutrition  
The University of Mississippi

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INTRODUCTION

Background Information
The CACFP Meal Pattern Requirements training was developed based on the updated Child and Adult Care Food Program (CACFP) meal pattern requirements, published on April 25, 2016. This training included an introductory lesson and four core-content lessons: (1) Infant Meal Pattern Requirements, (2) Child and Adult Meal Pattern Requirements, (3) Child and Adult Meal Service, and (4) Optional Best Practices.

To better meet the needs of those in the field, the CACFP Meal Pattern Requirements materials now feature the following supplemental trainings:

- Infant Meal Pattern Requirements
- Child and Adult Meal Pattern Requirements
- Optional Best Practices

Training Overview
This Child and Adult Meal Pattern Requirements training features the updated requirements for serving nutritious meals and snacks to child and adult participants, as outlined in the latest CACFP meal patterns. Through this comprehensive six-hour or individual training lessons, participants will explore the updates to the child and adult meal patterns, as well as tips and strategies for implementation.

Intended Audience
This training is designed specifically for individuals operating the CACFP. Intended audiences may include, but are not limited to, the following program types:

- Child Care Centers
- Family Child Care Homes
- Adult Day Care Centers
- At-Risk Afterschool Programs
- Emergency Shelters
- Pre-K Meals in the National School Breakfast and National School Lunch Programs

Affiliates, such as sponsoring organizations and State agencies, may also find this training useful when managing or assisting these program types.
Training Components

This Child and Adult Meal Pattern Requirements training includes four components: Instructor’s Manual, Participant’s Workbook, Assessments, and a PowerPoint Presentation. When planning to train, it is critical to review all components to establish a clear understanding of the content, learning activities, and all other aspects of this training.

The Instructor’s Manual features the following components:

- Training-at-a-Glance
- Preparation Checklist
- Individual Lesson Plans and Scripts
- Learning Objectives
- Handouts and Worksheets
- Activities and Answer Keys
- Reference Pages

The Participant’s Workbook is a separate manual that accompanies the Instructor’s Manual. It includes the following components:

- Training Introduction
- Handouts and Worksheets
- Reference Pages

The Assessments are separate handouts that accompany the training materials. There is a Pre-Assessment, Post-Assessment, and answer key. The purpose of the assessments is to measure what the participants know at the beginning of the training and what they learned after completing the training.

When indicated in the Instructor’s Manual, distribute the Pre-Assessment at the beginning of the training and the Post-Assessment at the end of the training. However, if offering this training in individual lessons, distribute the Pre-Assessment at the beginning of each lesson and the Post-Assessment at the end of each lesson as indicated in the Instructor’s Manual.

If this training is administered by the Institute of Child Nutrition, collect all assessments and return them to the Institute along with the evaluations.

The PowerPoint Presentation is a separate file that supports the facilitation of this training. It is designed to be used in conjunction with the Instructor’s Manual. Although the presentation features the Instructor’s Manual’s training script, it does not feature the handouts and the answer keys. It is recommended that training instructors do not rely solely on the PowerPoint for delivering this training.
Instructor’s Manual Training Script

When delivering this training, strive to follow the script and model the program provided in this Instructor’s Manual. This script features the following prompts for transitioning between topics, slides, activities, and other aspects of this training:

- **SHOW SLIDE:** This prompt indicates when to show a specific PowerPoint slide.
- **SAY:** This prompt indicates what to say to the participants.
- **DO:** This prompt explains what you and/or the participants should do.
- **ASK:** This prompt indicates when you should ask the participants a question. If the question warrants feedback, the FEEDBACK prompt will follow the ASK prompt. If there are questions that you do not know the answer to, refer the participants to their State agency or the Institute of Child Nutrition’s Help Desk by phone at 800-321-3054 or by email at helpdesk@theicn.org.
- **FEEDBACK:** This prompt ensures certain elements are covered in discussions, and it will state information for reviewing activities.
- **NOTE TO INSTRUCTOR:** This prompt features information for reference purposes only; avoid sharing any information noted for this prompt with the participants. It is helpful to read each note when preparing for this training to reduce the time of transitions.

It is important to become familiar with the meaning of these prompts when preparing for this training.

Group Size and Classroom Arrangement

The recommended group size is 35 participants or fewer. This size allows for optimum knowledge and skill development. In addition, it reduces the risk of exceeding the time assigned for this training. Moreover, if this training has more than 35 participants, additional trainers are needed to maintain the integrity of the training’s content.

Ideally, the classroom should be arranged in a grouping of large, round tables with chairs for 4–5 participants to sit comfortably. If the training consists of 12 or fewer participants, an open U-arrangement is ideal for group interaction.

When setting up the training room, there are a few key things to include for presenting this training. First, the training room should have the capability to provide a computer, projector, and a projection screen. Position the projection screen in a location that provides a clear view for all participants. If needed, position the speaker’s podium with the microphone to one side of the room to allow for a clear view of the participants and the projection screen(s). Last, include a small table to the side of the podium to provide space for the instructor’s materials.
Training Delivery Recommendations

Prior to beginning this training, complete the following tasks:

- Ensure you have the Instructor’s Manual, PowerPoint presentation, Pre- and Post-Assessments, and any other items needed for delivering this training, such as supplies for each activity.
- Welcome participants as they enter the training room.
- Distribute a Participant’s Workbook to each participant.
- Circulate the sign-in sheet(s) and request that participants print and sign their name to the sheet.
- Locate and distribute the table tents to each participant. Ask them to write their name on the table tent and place it at their seat.
- Post a piece of chart paper on a nearby wall and title it “Bike Rack.” This chart will serve as a tool for participants to post posing questions.
- Post the following ground rules around the room using the painter’s tape or any other method that works for the room where the training is being conducted:
  - Be a team player.
  - Be respectful of everyone.
  - Share ideas with the class.
  - Be on time for all sessions.
  - Stand up when your mind goes on vacation.
  - Always ask for clarification if you do not understand.
  - Turn your mind on and your electronic devices to silent or off.

Functional Area and Competencies

The Institute of Child Nutrition’s Competencies, Knowledge, and Skills for Child Care Providers in CACFP Operations establishes the foundation for providing nutritious meals to all CACFP participants as well as creating an environment supportive to learning healthy eating behaviors. This training focuses on the following competencies for Functional Area #5: Nutrition and Meal Management.

- Competency 5.1: Assures appropriate implementation of meal planning, food purchasing, and meal management that meets CACFP meal pattern requirements.
- Competency 5.3: Develops procedures to collaborate with CACFP stakeholders to ensure goals for healthy eating and menu planning are met.

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<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
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<tbody>
<tr>
<td><strong>Training Introduction</strong></td>
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<tr>
<td>20 minutes</td>
<td>• Purpose of the Change</td>
<td>• Define Training Success</td>
<td>• PowerPoint Presentation</td>
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<tr>
<td></td>
<td>• Previous vs. Updated Meal Pattern Requirements</td>
<td>• Comprehensive Pre-Assessment</td>
<td>• Participant’s Workbook</td>
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<td>• Age Groups</td>
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<td>• Comprehensive Pre-Assessment</td>
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<td></td>
<td>• Training Overview</td>
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<td>• Pens or Pencils</td>
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<td>• Comprehensive Pre-Assessment</td>
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<td>• Chart Paper</td>
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<td>• Markers</td>
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<tr>
<td><strong>Milk Component Updates</strong></td>
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<tr>
<td>60 minutes</td>
<td>• Milk Requirements Review</td>
<td>• Lesson Pre-Assessment*</td>
<td>• Lesson Pre-/Post-Assessment</td>
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<td></td>
<td>• Milk Types</td>
<td>• Team Quiz</td>
<td>• PowerPoint Presentation</td>
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<td>• Milk Substitutions</td>
<td>• Milk Component Requirements</td>
<td>• Participant’s Workbook</td>
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<td>• Water</td>
<td>• Revisiting Medical Statements</td>
<td>• Pens or Pencils</td>
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<td>• Video Review</td>
<td>• Video: 7 Ideas to Help Kids Drink Water</td>
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<td>• Apply in Three</td>
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<td>• Lesson Post-Assessment*</td>
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<td><strong>Meats and Meat Alternates Component Updates</strong></td>
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<tr>
<td>60 minutes</td>
<td>• Meat and Meat Alternates at Breakfast</td>
<td>• Lesson Pre-Assessment*</td>
<td>• Lesson Pre-/Post-Assessment</td>
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<td>• Tofu and Soy Products</td>
<td>• Sticky Bank</td>
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<td>• Creditable Yogurt</td>
<td>• Breakfast Ideas with Meat and Meat Alternates</td>
<td>• Participant’s Workbook</td>
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<td>• What Is Tofu?</td>
<td>• Pens or Pencils</td>
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<td>• Serving Tofu and Soy Products</td>
<td>• Markers</td>
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<td>• Yogurt, Is It Creditable?</td>
<td>• Chart Paper</td>
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<td>• Apply in Three</td>
<td>• Sticky Note Pads</td>
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<td>• Lesson Post-Assessment*</td>
<td>• Video: What Is Tofu?</td>
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<td><strong>Vegetable and Fruit Component(s) Updates</strong></td>
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<tr>
<td>50 minutes</td>
<td>• Separation of Vegetable Component</td>
<td>• Lesson Pre-Assessment*</td>
<td>• Lesson Pre-/Post-Assessment</td>
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<td>• Serving Juice</td>
<td>• Recall That Phrase</td>
<td>• PowerPoint Presentation</td>
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<td>• Juice, Does It Comply?</td>
<td>• Participant’s Workbook</td>
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<td>• Video: What Is Tofu?</td>
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<td>Grains Component Updates</td>
<td>90 minutes</td>
<td>Whole Grain-Rich Requirements</td>
<td>Lesson Pre-Assessment*</td>
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<td>Methods for Determining Whole Grain-Rich Products</td>
<td>Discussion: Whole Grain-Rich Requirement</td>
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<td>Creditable Breakfast Cereals</td>
<td>Rule of Three – Is It Whole Grain-Rich?</td>
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<td>Grain-Based Desserts and Exhibit A</td>
<td>Breakfast Cereal, Is It Creditable?</td>
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<td>Speed Grains</td>
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<tr>
<th>Child and Adult Meal Service Updates</th>
<th>60 minutes</th>
<th>Food Preparation Methods</th>
<th>Lesson Pre-Assessment*</th>
<th>Lesson Pre-/Post-Assessment</th>
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<td>CACFP Meal Service</td>
<td>Preparing Nutritious Foods</td>
<td>PowerPoint Presentation</td>
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<td>Family Style Meal Service</td>
<td>Discussion: Shout It Out: Family Style Meal Service</td>
<td>Participant’s Workbook</td>
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<td>Offer Versus Serve</td>
<td>OVS: Is It Reimbursable?</td>
<td>Pens or Pencils</td>
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<td>Avoiding Force and Bribery at Mealtimes</td>
<td>Meal Service Tips</td>
<td>Chart Paper</td>
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<td>Apply in Three</td>
<td>Markers</td>
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<td>Lesson Post-Assessment*</td>
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<tr>
<th>Training Conclusion</th>
<th>20 minutes</th>
<th>Training Summary</th>
<th>Comprehensive Post-Assessment</th>
<th>Pens or Pencils</th>
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<td></td>
<td>Comprehensive Post-Assessment</td>
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<td>Comprehensive Post-Assessment</td>
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**Time: 360 minutes (6 hours)**

*Total time does not include lesson assessments. When including the lesson assessments, allow for an additional 10–15 minutes for each lesson.*
**Preparation Checklist**

**Instructions:** The preparation checklist lists the essential tasks for gathering materials before presenting this training. Within 4 to 6 weeks of the training date, assign each task to a specific person and determine a date to complete each task. Keep track of the progress by placing a checkmark by each task as it is completed.

<table>
<thead>
<tr>
<th>Task</th>
<th>Person Responsible</th>
<th>Completion Date</th>
<th>✓</th>
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</thead>
<tbody>
<tr>
<td><strong>Gather presentation equipment and supplies</strong></td>
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<td>Microphone (If necessary, preferably wireless)</td>
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<td>Computer and Internet</td>
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<td>Projector and Projector Screen</td>
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<td><strong>Locate general training materials (provided by ICN)</strong></td>
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<tr>
<td>Instructor’s Manual</td>
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<tr>
<td>Participant’s Workbook (1 per participant)</td>
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<tr>
<td>PowerPoint Presentation</td>
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<td>Participant Sign-In Sheet(s)</td>
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<td>Ground Rules</td>
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<td>Training Evaluations</td>
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<tr>
<td>Pre-Assessment(s) and Post-Assessment(s)</td>
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<tr>
<td>Certificates of Completion</td>
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<tr>
<td><strong>Locate activity materials (provided by ICN)</strong></td>
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<tr>
<td>Sticky Note Pads (1 per 5 participants)</td>
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<tr>
<td>Painter’s Tape (1 roll)</td>
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<td>Pens or Pencils (1 per participant)</td>
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<td>Chart Paper (1–2 Charts)</td>
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<td>Table Tents (1 per participant)</td>
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<td>Markers (1 pack per 5 participants)</td>
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<td>Index Card (1 per participant)</td>
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<tr>
<td>Grain-Based Dessert Posters: Cakes, Cookies, Sweet pie crusts, Doughnuts, Granola bars, and Sweet rolls</td>
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<td>Timer/Watch</td>
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<td>Bell or Sound Maker</td>
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</tbody>
</table>
Videos:

- 7 Ideas to Help Kids Drink More Water - https://www.youtube.com/watch?v=QFSGMt1-baE
- What Is Tofu? https://www.youtube.com/watch?v=M80wOarJ5Vc
## Training Introduction

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes</td>
<td><strong>Introduction</strong></td>
<td><strong>Define Training Success</strong></td>
<td><strong>PowerPoint Presentation</strong></td>
</tr>
<tr>
<td></td>
<td>• Purpose of the Change</td>
<td></td>
<td><strong>Participant’s Workbook</strong></td>
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<td></td>
<td>• Previous vs. Updated Meal</td>
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<td><strong>Pens or Pencils</strong></td>
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<td></td>
<td>Pattern Requirements</td>
<td></td>
<td><strong>Markers</strong></td>
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<tr>
<td></td>
<td>• Age Groups</td>
<td></td>
<td><strong>Chart Paper</strong></td>
</tr>
<tr>
<td>10 minutes</td>
<td><strong>Conclusion</strong></td>
<td><strong>Comprehensive Pre-Assessment</strong></td>
<td><strong>PowerPoint Presentation</strong></td>
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<tr>
<td></td>
<td>• Training Overview Summary</td>
<td></td>
<td><strong>Participant’s Workbook</strong></td>
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<td>• Lesson Pre-Assessment</td>
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<td><strong>Pens or Pencils</strong></td>
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<td><strong>Comprehensive Pre-Assessment</strong></td>
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**Total Time: 20 minutes**
TRAINING SCRIPT

Lesson Plan:

INTRODUCTION:

SHOW SLIDE: Child and Adult Meal Pattern Requirements Training

DO:
Confirm participants have printed and signed their names on the sign-in sheet(s), and encourage them to make sure it is legible. Confirm that they have all the necessary materials for this training (e.g., Participant’s Workbook, pens or pencils, and activity supplies).

Begin training by advancing to the next slide.

SHOW SLIDE: Welcome

SAY:
Welcome to the Child and Adult Meal Pattern Requirements training. The Institute of Child Nutrition would like to thank you for providing us with the opportunity to offer this CACFP Meal Pattern Requirements Supplemental training. It is our hope that you will gain the knowledge and skills for implementing the updated Child and Adult Care Food Program (CACFP) meal patterns regulations.

NOTE TO INSTRUCTOR: If this training is not sponsored by the Institute of Child Nutrition, provide information regarding the host organization.

SHOW SLIDE: Lesson Overview

SAY:
In this introduction lesson, we are going to cover some general information before exploring each meal pattern component updates. We will focus on these three tasks:

- Complete participant and trainer introductions
- Review the purpose and some general changes to the CACFP meal patterns
- Explore the training topics and today’s schedule

Let’s begin by getting to know each other.

DO:
Introduce yourself and other special guests. Be sure to state your name, title/credentials, and your experience in child care, CACFP, and other child nutrition programs.
SHOW SLIDE: Activity: Define Training Success

DO:

(Activity): Define Training Success

The purpose of this activity is to allow participants to network with their peers as well as identify their expectations for this training. This activity will also help the trainer to identify ways to meet the needs of each participant.

Materials Needed: Chart Paper (1 piece of paper per group) and markers

Time: 10 minutes

Instructions:

1. **DO:** Divide the class into groups of 3–5 participants, and distribute a piece of chart paper and a marker(s) to each group. Ask participants to move to their group space, taking their things with them. They should remain in these groups throughout the course of this training.

2. **SAY:** Let’s begin by thinking about the benefits of attending this training and your overall expectations for what you would like to learn today. In your groups, introduce yourself and state one or two key points to complete the sentence: “This training will be a success for me, if____.” For example, this training will be a success for me, if everyone learns how to implement the updated infant meal pattern requirements. After everyone has shared within your group, use your chart paper to create a list of each of your responses.

3. **DO:** Allow participants 5 minutes to complete this activity. Then, request that each group share their responses with the large group and post their chart paper in the training area.

FEEDBACK: If the training size is not conducive to large group sharing, discuss the following general training expectations and allow the participants to add any additional comments:

- Learn how to implement all requirements
- Learn more about the whole grains requirements
- Gain a better understanding of meeting the sugar limit requirements
- Learn more about the separation of the fruit and vegetable component

SHOW SLIDE: Logistics

**SAY:**

To help ensure this training is a success, there are a few key things to keep in mind.

- The ground rules are posted (state location) and featured in your Participant’s Workbook. Please take a moment to review them.
- We will take a minimum of three breaks during this training. Please be sure to return on time, as starting and ending breaks on time will allow us to cover all the training information and activities within the time allotted. If you should need to stretch or attend to a need at a different time, please feel free to do so. All that I ask is that you leave and return without disturbing the training.
- The restrooms are located (state location).
• Last, I have posted a chart paper with the title “Bike Rack” (the former parking lot concept) (state location). Feel free to write any questions on a sticky note and post it to the “Bike Rack.” I will aim to answer all questions and share the information with the class before the end of this training. Although I will try to answer questions throughout the training, some questions may require research or a longer answer than time allows. Any questions I cannot answer, I will forward to the ICN for further assistance.

Now that we have reviewed some basic logistical information, let’s shift our focus to the CACFP and the purpose for the updates to the meal patterns.

SHOW SLIDE: CACFP in the Last 50 Years
SAY:
Since 1968, the CACFP has helped to ensure participants receive nutritious meals and snacks while attending child care and later, those attending adult care. Over the years, however, the nutritional needs and the eating habits of children and adults have shifted from those when the program first began.

In particular, the overall health status of this country has shifted from deficiencies in essential nutrients, such as a lack of vitamins A and C, to chronic diseases, such as hypertension, heart disease, type 2 diabetes, and even some forms of cancer.

SHOW SLIDE: Purpose of the Update
SAY:
Understanding the shifts, the Healthy, Hunger-Free Kids Act of 2010 called for USDA to review and revise the CACFP meal pattern requirements to better align with the Dietary Guidelines for Americans (DGA) and to address the current health status of children and adults.

Ultimately, the updated meal pattern requirements enhance the overall nutritional quality of meals and snacks served in CACFP settings. Additionally, these improvements help young children develop healthy eating habits early and safeguard the overall wellness of adult participants.

You can learn more about these changes by referring to the handouts, CACFP in the Last 50 Years, the 2020–2025 Dietary Guidelines for Americans, and the Child and Adult Meal Patterns in your Participant’s Workbook.
Since 1968, the Child and Adult Care Food Program (CACFP) has been one of the most rewarding federally funded programs available. In fact, it serves nutritious meals and snacks to over 4 million children and nearly 120,000 adults each day as part of the care received in facilities operating this program. Not only has it provided nutritious meals, but this program has also contributed to the overall health and wellness of young children and adults. However, the nutritional needs and the eating habits of children and adults are quite different today from those when the program first started.

According to the *Dietary Guidelines for Americans* (DGA), the overall health status of this country has shifted from deficiencies in essential nutrients, such as a lack of vitamins A and C, to chronic diseases, such as hypertension, heart disease, type 2 diabetes, and even some forms of cancer. In addition, there has been a shift in eating habits with diets being low in vegetables, fruits, and dairy. The DGA reports many Americans are eating diets high in added sugars, saturated fats, and sodium. Additionally, about 40% of children are overweight or obese, which is often due to poor eating habits and lack of physical activity.

Because of these shifts, Congress called for United States Department of Agriculture to review and revise the CACFP meal pattern requirement to better align with the DGA and to address the current health status of children and adults. Following this call to action, USDA published the new nutritional standards featuring the updated meal pattern requirements in April 2016, with implementation by October 1, 2017.

The updated meal pattern requirements enhance the overall nutritional quality of meals and snacks served in CACFP settings. Additionally, these improvements help young children develop healthy eating habits early and safeguard the overall wellness of adult participants.
<table>
<thead>
<tr>
<th>Handout: 2020-2025 Dietary Guidelines for Americans</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1. Follow a healthy dietary pattern at every life stage.</strong> At every life stage—infancy, toddlerhood, childhood, adolescence, adulthood, pregnancy, lactation, and older adulthood—it is never too early or too late to eat healthfully.</td>
</tr>
<tr>
<td><strong>2. Customize and enjoy nutrient-dense food and beverage choices to reflect personal preferences, cultural traditions, and budgetary considerations.</strong> A healthy dietary pattern can benefit all individuals regardless of age, race, or ethnicity, or current health status. The Dietary Guidelines provides a framework intended to be customized to individual needs and preferences, as well as the foodways of the diverse cultures in the United States.</td>
</tr>
<tr>
<td><strong>3. Focus on meeting food group needs with nutrient-dense foods and beverages, and stay within calorie limits.</strong> Nutritional needs should be met primarily from foods and beverages—specifically, nutrient-dense foods and beverages. Nutrient-dense foods provide vitamins, minerals, and other health-promoting components and have no or little added sugars, saturated fat, and sodium. A healthy dietary pattern consists of nutrient-dense forms of foods and beverages across all food groups, in recommended amounts, and within calorie limits.</td>
</tr>
<tr>
<td><strong>4. Limit foods and beverages higher in added sugars, saturated fat, and sodium, and limit alcoholic beverages.</strong> At every life stage, meeting food group recommendations—even with nutrient-dense choices—requires most of a person’s daily calorie needs and sodium limits. A healthy dietary pattern doesn’t have much room for extra added sugars, saturated fat, or sodium—or for alcoholic beverages. A small amount of added sugars, saturated fat, or sodium can be added to nutrient-dense foods and beverages to help meet food group recommendations, but foods and beverages high in these components should be limited.</td>
</tr>
</tbody>
</table>
# CHILD AND ADULT MEAL PATTERN REQUIREMENTS

## Handout: Child Meal Pattern: Breakfast
(Select all three components for a reimbursable meal)

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1–2</th>
<th>Ages 3–5</th>
<th>Ages 6–12</th>
<th>Ages 13–18</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid milk</td>
<td>4 fluid ounces</td>
<td>6 fluid ounces</td>
<td>8 fluid ounces</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td>Vegetables, fruits, or portions of both</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread</td>
<td>½ slice</td>
<td>½ slice</td>
<td>1 slice</td>
<td>1 slice</td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin</td>
<td>½ serving</td>
<td>½ serving</td>
<td>1 serving</td>
<td>1 serving</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Flakes or rounds</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Puffed cereal</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>1 ¼ cup</td>
<td>1 ¼ cup</td>
</tr>
<tr>
<td>Granola</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

1. Must serve all three components for a reimbursable meal. Offer Versus Serve is an option for at-risk afterschool participants.
2. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3. Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.
4. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
5. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
6. Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.
7. Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Ages 1–2</th>
<th>Ages 3–5</th>
<th>Ages 6–12</th>
<th>Ages 13–18</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Fluid milk</td>
<td></td>
<td></td>
<td>(at-risk afterschool programs and emergency shelters)</td>
</tr>
<tr>
<td></td>
<td>4 fluid ounces</td>
<td>6 fluid ounces</td>
<td>8 fluid ounces</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td>Meats/meat alternates</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1 ounce</td>
<td>1 ½ ounce</td>
<td>2 ounces</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Tofu, soy product, or alternate protein products</td>
<td>1 ounce</td>
<td>1 ½ ounce</td>
<td>2 ounces</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
<td>1 ½ ounce</td>
<td>2 ounces</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Large egg</td>
<td>½</td>
<td>¾</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or other nut or seed butters</td>
<td>2 tbsp</td>
<td>3 tbsp</td>
<td>4 tbsp</td>
<td>4 tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored unsweetened or sweetened</td>
<td>4 ounces or ½ cup</td>
<td>6 ounces or ¾ cup</td>
<td>8 ounces or 1 cup</td>
<td>8 ounces or 1 cup</td>
</tr>
</tbody>
</table>

The following may be used to meet no more than 50% of the requirement:
- Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meats/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)
- ½ ounce = 50%
- ¾ ounce = 50%
- 1 ounce = 50%
- 1 ounce = 50%

<p>| Vegetables | ⅛ cup | ⅛ cup | ½ cup | ½ cup |
| Fruits | ⅛ cup | ⅛ cup | ¼ cup | ¼ cup |
| Grains (oz eq) | ½ slice | ½ slice | 1 slice | 1 slice |
| Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin | ½ serving | ½ serving | 1 serving | 1 serving |
| Whole grain-rich, enriched or fortified cooked breakfast cereal | ¼ cup | ¼ cup | ½ cup | ½ cup |</p>
<table>
<thead>
<tr>
<th>Number</th>
<th>Requirement</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Must serve all five components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool participants.</td>
</tr>
<tr>
<td>2</td>
<td>Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.</td>
</tr>
<tr>
<td>3</td>
<td>Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.</td>
</tr>
<tr>
<td>4</td>
<td>Alternate protein products must meet the requirements in Appendix A to Part 226.</td>
</tr>
<tr>
<td>5</td>
<td>Yogurt must contain no more than 23 grams of total sugars per 6 ounces.</td>
</tr>
<tr>
<td>6</td>
<td>Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.</td>
</tr>
<tr>
<td>7</td>
<td>A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.</td>
</tr>
<tr>
<td>8</td>
<td>At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.</td>
</tr>
<tr>
<td>9</td>
<td>Beginning October 1, 2021, ounce equivalents are used to determine the quantity of the creditable grain.</td>
</tr>
<tr>
<td>10</td>
<td>Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).</td>
</tr>
<tr>
<td>Food Components and Food Items</td>
<td>Ages 1-2</td>
</tr>
<tr>
<td>-------------------------------</td>
<td>----------</td>
</tr>
<tr>
<td>Fluid Milk&lt;sup&gt;3&lt;/sup&gt;</td>
<td>4 fluid ounces</td>
</tr>
<tr>
<td>Meats/meat alternates</td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>½ ounce</td>
</tr>
<tr>
<td>Tofu, soy product, or alternate protein products&lt;sup&gt;4&lt;/sup&gt;</td>
<td>½ ounce</td>
</tr>
<tr>
<td>Cheese</td>
<td>½ ounce</td>
</tr>
<tr>
<td>Large egg</td>
<td>½</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>½ cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or other nut or seed butters</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored unsweetened or sweetened&lt;sup&gt;5&lt;/sup&gt;</td>
<td>2 ounces or ¼ cup</td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts, or seeds</td>
<td>½ ounce</td>
</tr>
<tr>
<td>Vegetables&lt;sup&gt;6&lt;/sup&gt;</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruits &lt;sup&gt;6&lt;/sup&gt;</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains (oz eq)&lt;sup&gt;7,8&lt;/sup&gt;</td>
<td></td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread</td>
<td>½ slice</td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin</td>
<td>½ serving</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified cooked breakfast cereal&lt;sup&gt;9&lt;/sup&gt;, cereal grain, and/or pasta</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)&lt;sup&gt;9&lt;/sup&gt;</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

2 Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
3 Must be unflavored whole milk for children age one. Must be unflavored low-fat (1 percent) or unflavored fat-free (skim) milk for children two through five years old. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk for children six years old and older.
4 Alternate protein products must meet the requirements in Appendix A to Part 226.
5 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
6 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
7 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
8 Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.
9 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
### Handout: Adult Meal Pattern: Breakfast
(Select all three components for a reimbursable meal)

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Minimum Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Fluid Milk</strong>$^2$</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td><strong>Vegetables, fruits, or portions of both</strong>$^3$</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Grains (oz eq)</strong>$^{4,5,6}$</td>
<td></td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread</td>
<td>2 slices</td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin</td>
<td>2 servings</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified cooked breakfast cereal$^7$, cereal grain, and/or pasta</td>
<td>1 cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold)$^7$</td>
<td></td>
</tr>
<tr>
<td>Flakes or rounds</td>
<td>2 cups</td>
</tr>
<tr>
<td>Puffed cereal</td>
<td>2 ½ cups</td>
</tr>
<tr>
<td>Granola</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

$^1$ Must serve all three components for a reimbursable meal. Offer versus serve is an option for adult participants.

$^2$ Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

$^3$ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

$^4$ At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

$^5$ Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains.

$^6$ Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

$^7$ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
### Handout: Adult Meal Pattern: Lunch and Supper
(Select all five components for a reimbursable meal)

<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Minimum Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk&lt;sup&gt;2,3&lt;/sup&gt;</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td>Meats/meat alternates</td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Tofu, soy product, or alternate protein product&lt;sup&gt;4&lt;/sup&gt;</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Cheese</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Large egg</td>
<td>1</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>½ cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or another nut or seed butter</td>
<td>4 tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored, sweetened or unsweetened&lt;sup&gt;5&lt;/sup&gt;</td>
<td>8 ounces or 1 cup</td>
</tr>
<tr>
<td>The following may be used to meet no more than 50% of the requirement:</td>
<td></td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meats/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)</td>
<td>1 ounce = 50%</td>
</tr>
</tbody>
</table>

| Vegetables<sup>6</sup> | ½ cup |
| Fruits<sup>6,7</sup>   | ½ cup |
| Grains (oz eq)<sup>8,9</sup> |        |
| Whole grain-rich or enriched bread | 2 slices |
| Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin | 2 servings |
| Whole grain-rich, enriched or fortified cooked breakfast cereal<sup>10</sup>, cereal grain, and/or pasta | 1 cup |

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1. Must serve all five components for a reimbursable meal. Offer versus serve is an option for adult participants.
2. Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
3. A serving of fluid milk is optional for suppers served to adult participants.
4. Alternate protein products must meet the requirements in Appendix A to Part 226.
5. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
6. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
7. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
8. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards the grains requirement.
9. Beginning October 1, 2021, ounce equivalents are used to determine the quantity of the creditable grain.
10. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
<table>
<thead>
<tr>
<th>Food Components and Food Items</th>
<th>Minimum Quantities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluid Milk ^2</td>
<td>8 fluid ounces</td>
</tr>
<tr>
<td>Meats/meat alternates</td>
<td></td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Tofu, soy product, or alternate protein product ^3</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Cheese</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Large egg</td>
<td>½</td>
</tr>
<tr>
<td>Cooked dry beans or peas</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Peanut butter or soy nut butter or another nut or seed butter</td>
<td>2 tbsp</td>
</tr>
<tr>
<td>Yogurt, plain or flavored, sweetened or unsweetened ^4</td>
<td>4 ounces or ½ cup</td>
</tr>
<tr>
<td>Peanuts, soy nuts, tree nuts, or seeds</td>
<td>1 ounce</td>
</tr>
<tr>
<td>Vegetables ^5</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruits ^5</td>
<td>½ cup</td>
</tr>
<tr>
<td>Grains (oz eq) ^6,7</td>
<td></td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread</td>
<td>1 slice</td>
</tr>
<tr>
<td>Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin</td>
<td>1 serving</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified cooked breakfast cereal ^8, cereal grain, and/or pasta</td>
<td>½ cup</td>
</tr>
<tr>
<td>Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^8</td>
<td></td>
</tr>
<tr>
<td>Flakes or rounds</td>
<td>1 cup</td>
</tr>
<tr>
<td>Puffed cereal</td>
<td>1 ¼ cup</td>
</tr>
<tr>
<td>Granola</td>
<td>¼ cup</td>
</tr>
</tbody>
</table>

1 Select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

2 Must be unflavored low-fat (1 percent), unflavored fat-free (skim), flavored fat-free (skim), or flavored low-fat (1%) milk. Six ounces (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 ounces of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.

3 Alternate protein products must meet the requirements in Appendix A to Part 226.

4 Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

5 Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.

6 At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.

7 Beginning October 1, 2021, ounce equivalents are used to determine the quantity of creditable grains.

8 Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).
Ultimately, the updated meal pattern requirements enhance the overall nutritional quality of meals and snacks served in CACFP settings. Specifically, the changes provide a:

- wider varieties of protein options,
- greater varieties of vegetables and fruits,
- more whole grains, and
- less added sugar and saturated fat.

**NOTE TO INSTRUCTOR:** This slide provides an overview of the content in the training. If there are questions regarding the information, explain that you will provide additional information on each of the requirements throughout this training.

**SHOW SLIDE: Meal Pattern: Previous vs. Updated**

As in the previous meal pattern, the updated meal pattern requirements continue to reflect the different nutritional needs for each age group, such as specific amounts of foods and minimum serving sizes for nutritious and reimbursable meals. However, there are a few general changes worth noting before exploring each food component.

Turn to the **Previous vs. Updated Child and Adult Meal Pattern Requirements** handout in your Participants Workbook. Take a few minutes to review the changes to the meal pattern for the age groups in your care.

**DO:**

Allow 3–5 minutes for participants to review the charts.
### Handout: Previous vs. Updated Child and Adult Meal Pattern Requirements

<table>
<thead>
<tr>
<th>Component</th>
<th>Age 1–2</th>
<th>Age 3–5</th>
<th>Age 6–12 &amp; 13–18</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Vegetable, fruit, or both</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Grain</strong></td>
<td>½ serving</td>
<td>½ oz eq</td>
<td>½ serving</td>
<td>½ oz eq</td>
</tr>
<tr>
<td><strong>Lunch and Supper</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td><strong>Meat &amp; meat alternate</strong></td>
<td>1 oz</td>
<td>1 oz</td>
<td>1 ½ oz</td>
<td>2 oz</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td><strong>Grain</strong></td>
<td>½ serving</td>
<td>½ oz eq</td>
<td>½ serving</td>
<td>½ oz eq</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Milk</strong></td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Meat &amp; meat alternate</strong></td>
<td>½ oz</td>
<td>½ oz</td>
<td>½ oz</td>
<td>1 oz</td>
</tr>
<tr>
<td><strong>Vegetable</strong></td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td><strong>Fruit</strong></td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td><strong>Grain</strong></td>
<td>½ serving</td>
<td>½ oz eq</td>
<td>½ serving</td>
<td>½ oz eq</td>
</tr>
</tbody>
</table>

1. All serving sizes are minimum quantities of the food components that are required to be served.
2. Meat and meat alternates may be used to substitute the entire grains component a maximum of three times per week.
3. Oz eq = ounce equivalents.
4. Select 2 of the 5 components for snack.
5. A serving of milk is not required at supper meals for adults.

**SHOW SLIDE: How Many Food Components?**

**ASK:**

Now that you have had the opportunity to review the chart, let’s discuss the general changes.

First, how many food components are there?

**DO:**

Allow the participants to respond.

**SHOW SLIDE: Meals and Food Components**

**SAY:**

As you just mentioned, there are now five food components instead of four: milk, meats/meat alternates, vegetables, fruits, and grains. Looking at the chart, the fruit and vegetable component is now separated into two components at lunch, supper, and snack. During breakfast, it remains a single component.
As previously mentioned, food components must continue to be served in the minimum required sizes to receive reimbursement for each meal or snack served. We will cover this update more in depth in the Vegetable and Fruit Component Update(s) lesson.

**SHOW SLIDE: Grains Component**

**ASK:**
What changes did you notice to the grains component?

**DO:**
Allow the participants to respond.

**SHOW SLIDE: Grains Component**

**SAY:**
As you just mentioned, this component was previously called breads and grains; however, it is now simply called grains.

Another change to the grains component is the serving size. Beginning October 1, 2021, the serving size will change from servings to ounce equivalents. This update will be an operational change. Therefore, additional time is permitted for implementation.

**SHOW SLIDE: Age Groups**

**SAY:**
The last general update to the meal pattern focuses on the age groups. The 13 through 18-year-old age group is an addition to the meal pattern requirements. This age group was added to better reflect the characteristics of the populations served in the CACFP, specifically those in the at-risk afterschool programs and emergency shelters. Therefore, only operators of at-risk afterschool programs and emergency shelters may use this age group.

**SHOW SLIDE: Training Overview**

**SAY:**
In today’s training, we will highlight some of the previously implemented policies to show the connections, but spend most of our time exploring the requirements that went into effect October 1, 2017. In particular, we will explore the Federal regulations and policies for the meal pattern, focusing on each food component, where to locate additional information, and some key strategies for implementation.

The great news about today’s training is many of the updates expand on those previously implemented. Keep this in mind as we focus on each update.
SHOW SLIDE: Comprehensive Pre-Assessment

DO:

<table>
<thead>
<tr>
<th>Comprehensive Pre-Assessment</th>
</tr>
</thead>
<tbody>
<tr>
<td>The purpose of this Comprehensive Pre-Assessment is to determine current knowledge of the updated meal pattern requirements.</td>
</tr>
<tr>
<td>Materials Needed: Comprehensive Pre-Assessment and pen or pencil</td>
</tr>
<tr>
<td>Time: 10 minutes</td>
</tr>
</tbody>
</table>

Instructions:

1. **SAY:** Before we begin exploring the first topic, let’s assess what you already know about the updated meal pattern requirements by completing a Pre-Assessment.

2. **DO:** Distribute the Comprehensive Pre-Assessment.

3. **SAY:** Now that you have the Pre-Assessment, begin by placing a four-digit number in the box at the top of the first page. Make a note of this number in your materials, as you will use it again when completing the Post-Assessment. Then, read each question carefully and select the best answer. When you have finished, place your assessment in the center of the table (or in a specified location).

4. **DO:** Allow 10 minutes for participants to complete the Pre-Assessment. Remind them to list the four-digit number at the top of the first page and to make a note of it for the Post-Assessment. Then, collect each assessment and set them aside.

**NOTE TO INSTRUCTOR:** If the Institute of Child Nutrition (ICN) sponsors this training, collect the Pre-Assessments and return them along with the evaluations to ICN.
Milk Component Updates

## Lesson-at-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Introduction</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 minutes</td>
<td>Introduction to Milk Component</td>
<td>• Lesson Pre-Assessment*</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td>• Lesson Objectives</td>
<td></td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td>• Lesson Pre-Assessment</td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Lesson Pre-Assessment</td>
</tr>
<tr>
<td></td>
<td><strong>Objective 1: Participants will be able to classify the milk component requirements for each age group.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>20 minutes</td>
<td>Milk Requirements Review</td>
<td>• Team Quiz</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td>• Unflavored and Flavored Milk Updates</td>
<td>• Milk Component Requirements</td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td><strong>Objective 2: Participants will be able to identify the key requirements for meeting the milk substitutions requirements.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>15 minutes</td>
<td>Milk Substitutions</td>
<td>• Revisiting Medical Statements</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td>• Medical statements</td>
<td></td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td><strong>Objective 3: Participants will be able to recall the requirement for serving water in CACFP settings.</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Updated Water Requirements</td>
<td>• Video Review</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Video: 7 Ideas to Help Kids Drink More Water</td>
</tr>
<tr>
<td></td>
<td><strong>Conclusion</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10 minutes</td>
<td>Lesson Summary</td>
<td>• Apply in Three</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td>• Lesson Post-Assessment</td>
<td>• Lesson Post-Assessment*</td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Lesson Post-Assessment</td>
</tr>
<tr>
<td></td>
<td><strong>Total Time: 60 minutes</strong>*</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*The total time does not include lesson assessments. When including the lesson assessments, allow for an additional 10–15 minutes.*
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TRAINING SCRIPT

Lesson Plan

INTRODUCTION:

SHOW SLIDE: Lesson: Milk Component Updates
DO:
To begin this training, advance to the next slide.

SHOW SLIDE: Milk Component Overview
SAY:
There are three key updates to the milk component for the Child and Adult Care Food Program (CACFP):

- More defined age groups for each milk type
- Yogurt may be served in place of milk once per day for adults only
- Nondairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs

SHOW SLIDE: Updates and Benefits
SAY:
There are a number of benefits for incorporating these updates. For example, they aim to provide all participants with the right type and amount of milk. They also promote the development of healthy eating habits in young children, as well as they foster healthy habits for all CACFP participants.

ASK:
What are some other benefits of the three changes to the milk component?

DO:
Allow participants to respond, and then advance to the next slide.

FEEDBACK: A potential response may include preventing obesity by ensuring children and adults are receiving the right types and amounts of milk.

SHOW SLIDE: Lesson Objectives
SAY:
Throughout this lesson, we will explore the following objectives:

- classifying the milk component requirements for each age group,
- summarizing the two ways for managing milk substitutions based on the updated requirements, and
- recalling the requirement for serving water in CACFP settings.

At the end of this lesson, you should know the latest updates, as well as some key strategies for implementation. For your reference, refer to the Fluid Milk Basics handout in your Participant’s Workbook.

<table>
<thead>
<tr>
<th>Handout: Fluid Milk Basics</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ages and Milk Requirements</strong></td>
</tr>
<tr>
<td><strong>Age 1 year</strong></td>
</tr>
<tr>
<td>- Unflavored whole milk</td>
</tr>
<tr>
<td></td>
</tr>
<tr>
<td><strong>Ages 2–5 years</strong></td>
</tr>
<tr>
<td>- Unflavored low-fat (1%)</td>
</tr>
<tr>
<td>- Unflavored fat-free (skim)</td>
</tr>
<tr>
<td><strong>Ages 6 years and older, and adults</strong></td>
</tr>
<tr>
<td>- Unflavored low-fat (1%)</td>
</tr>
<tr>
<td>- Unflavored fat-free (skim)</td>
</tr>
<tr>
<td>- Flavored fat-free (skim)</td>
</tr>
<tr>
<td>- Flavored low-fat (1%)</td>
</tr>
<tr>
<td><strong>Adults (Only)</strong></td>
</tr>
<tr>
<td>- Yogurt may be served in place of fluid milk for adults once per day.</td>
</tr>
<tr>
<td>- A serving of milk is optional at supper.</td>
</tr>
<tr>
<td><strong>Nondairy Milk Substitute</strong></td>
</tr>
<tr>
<td>- Nondairy milk substitutes that are nutritionally equivalent to cow’s milk, may be served to children or adults with special dietary needs.</td>
</tr>
<tr>
<td>- Nondairy beverages must meet the nutritional standards found in cow’s milk as outlined in 7 CFR 226.20(g)(3).</td>
</tr>
<tr>
<td>- Parents, guardians, adult participants, or a person on behalf of the adult participant, may request in writing that a nondairy milk substitute that meets the nutrition standards be served in place of milk.</td>
</tr>
<tr>
<td>- A medical statement signed by a State recognized medical authority is only required for non dairy substitutions due to a disability that does not meet the nutritional standards of cow’s milk as described in 7 CFR 226.20(g)(3).</td>
</tr>
<tr>
<td>- State agencies administering the CACFP have the option to identify nondairy beverages that meet these requirements. Contact your State agency to see if they maintain a list of creditable nondairy beverages.</td>
</tr>
</tbody>
</table>
| * Breast milk may be served as part of a reimbursable meal to children past the age of one.
NOTE TO INSTRUCTOR: If this training is offered in the comprehensive 6-hour version, skip the lesson Pre-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Pre-Assessment.

SHOW SLIDE: Pre-Assessment

DO:

Pre-Assessment

The purpose of this Pre-Assessment is to determine current knowledge of the updated meal pattern requirements.

Materials Needed: Pre-Assessment and pen or pencil

Time: 5–10 minutes

Instructions:

1. **SAY:** Before we begin objective 1, let’s assess what you already know by completing a Pre-Assessment.
2. **DO:** Distribute the Pre-Assessment.
3. **SAY:** Now that you have the Pre-Assessment, begin by placing a four-digit number in the box at the top of your assessment. Make a note of this number, as you will use it again when completing the Post-Assessment. Then, read each question carefully and select the best answer. When you have finished, place your assessment in the center of the table (or in a specified location).
4. **DO:** Allow a minimum of 5–10 minutes for participants to complete the Pre-Assessment. Remind them to list a non-identifier and to make a note of it for the Post-Assessment. Then, collect each assessment and set them aside.

NOTE TO INSTRUCTOR: If the Institute of Child Nutrition (ICN) sponsors this training, collect the Pre-Assessments and return them along with the evaluations to ICN.

OBJECTIVE 1: Participants will be able to classify the milk component requirements for each age group.

SHOW SLIDE: Activity: Team Quiz

DO:

(Activity): Team Quiz

The purpose of this activity is to determine participants’ knowledge on the current policies.

Materials Needed: Quiz Questions, True/False Double-Sided Poster (1 per group)

Time: 5 minutes

Instructions:

1. **SAY:** Prior to implementing the updated meal pattern requirements, a few changes were implemented for the milk component. Let’s see how well you know these changes. At your tables, you should have a mini poster with TRUE on one side and FALSE on the other side. I will state a few statements. In your
groups, discuss each statement and decide if it is true or false. Then, hold up the ‘True’ poster if you believe the statement is true, or the ‘False’ poster if you believe the statement is false. Are you ready?

2. **DO:** Read each statement. Allow each group to discuss the statements, and then ask for their response. If time permits, allow participants to correct the false statements. Otherwise, review the responses with the participants, and explain that the latest changes build on these previously implemented requirements.

- **Question #1:** Milk served to children 2 years old must be low-fat or fat-free. True or False? **True.**
  
  *Older children and adults must also be served pasteurized low-fat or fat-free fluid milk.*

- **Question #2:** Almond milk is a creditable fluid milk option for child and adult meals. True or False? **False.**
  
  *Almond milk is not an allowable fluid milk option for child and adult meals. Some common examples of creditable fluid milk options include fat-free or low-fat lactose reduced, lactose free, buttermilk, or acidified milk for children 2 years old and older, and adult meals.*

- **Question #3:** Nondairy beverages that are nutritionally equivalent to cow’s milk may NOT be served in place of milk. True or False? **False.**
  
  *If a child or adult cannot have fluid milk due to a non-disability special dietary need, nondairy beverages may be served in its place without a medical statement. However, the nondairy beverage must be nutritionally equivalent to cow’s milk. In addition, a parent or guardian, an adult participant, or a person on behalf of an adult participant must request the substitution in writing.*

  
  *A medical statement is required when a child or adult has a disability that requires a nondairy beverage that is not nutritionally equivalent to cow’s milk. The medical statement must be signed by a licensed physician or licensed health care professional that is authorized to write medical prescriptions.*

**SAY:**

Upon completion of the game, thank everyone for participating and state that this activity was an opportunity to review some of the previously implemented requirements that build on the content in this lesson.

**SHOW SLIDE: Breast Milk Past 12 Months**

**SAY:**

Now that we have reviewed the previously implemented requirements, let’s explore those that went into effect October 1, 2017, the basis for the changes, and key ways to implement each requirement.

The first change focuses on breast milk past the age of one. Breast milk may be served to children older than 12 months of age. This update allows operators to claim reimbursement when a mother chooses to breastfeed in the facility, or if she or a guardian provides expressed breast milk to be fed to their child.
SHOW SLIDE: Breast Milk Past 12 Months (cont.)

SAY:
For a reimbursable meal or snack containing expressed breast milk, a parent or guardian must supply the age-appropriate minimum serving size for their child. If a parent or guardian provides less than the minimum serving size, you must make up the difference by serving milk. For example, a parent brings ¼ cup of breast milk for her 1-year-old child. The minimum serving size for this age group is ½ cup; therefore, you would need to provide an additional ¼ cup of whole unflavored milk for a total of ½ cup to make up the difference for the meal to be reimbursable. Always check with parents or guardians to ensure they are aware of this requirement.

Another key point is breast milk and whole milk do not need to be mixed, they can be served separately.

SHOW SLIDE: 1 Year Olds

SAY:
The next change focuses on 1 year olds. According to the American Academy of Pediatrics (AAP), most children between the ages of 1 year and 23 months need whole milk because it provides a higher fat content, which promotes healthy growth and development. The updated requirements call for children age 1 year through the end of 23 months to be served a minimum of 4 fluid ounces or ½ cup of unflavored whole milk at breakfast, lunch, and supper; and it is optional at snack time.

Serving whole milk to 1 year olds is already required in many states; and now, it is a requirement for all CACFP-operated facilities.

SHOW SLIDE: Transition Period

SAY:
During the early years, making an immediate switch in milk can be challenging for some children. Some children will need time to get adjusted to the new milk. Therefore, a one-month transition period is allowed for children between the ages of 12 months to 13 months and 24 months to 25 months to switch milk types. This means you may serve iron-fortified formula to children between the ages of 12 months to 13 months. Also, you may serve children 24 months to 25 months whole milk or reduced-fat milk (2%).

SHOW SLIDE: 2 to 5 Year Olds

SAY:
Currently, children between the ages 2–5 years old, must be served unflavored low-fat (1%) milk or fat-free (skim) milk. These requirements remain the same for the updated meal pattern. Continue to serve children 2 years old a minimum of 4 ounces (½ cup) of milk and children 3–5 years a minimum of 6 ounces (¾ cups).

It is important to note, flavored milk of any sort is not allowed for children below the age of 6. Specifically, flavored milk or milk with added flavorings (such as syrup) may not be served to children below the age of 6 as part of a reimbursable meal.
When working with children ages 6 years and older, and adults, there are some additional options for the milk component. First, you may continue to serve a minimum of 8 fluid ounces (1 cup) of unflavored low-fat (1%) milk or fat-free (skim) milk.

You may also serve fat-free or low-fat flavored milk. This update allows you to add syrup, flavored milk powder, and flavored straws to fat-free or low-fat plain milk for these age groups only.

Yogurt is a great source of calcium and can offer greater flexibility to the menu planner when planning meals for adult participants. One way, in particular, is the updated requirements now allow 6 ounces (¾ cup) of yogurt to meet the fluid milk requirement once per day for adult participants. The 6 ounces (¾ cup) of yogurt is equivalent to 8 fluid ounces (1 cup) of milk.

When serving yogurt to adult participants, there are some key requirements to remember.

- Yogurt may not be substituted for fluid milk for children of any age.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Yogurt may only credit for one food component in a single meal. Therefore, it may not credit as milk and as a meat alternate in the same meal.

The purpose of this activity is to ensure participants understand the changes to the milk component.

Materials Needed: Milk Component Requirements worksheet and pen or pencil

Time: 10 minutes

Instructions:

1. **SAY:** Now that we have explored the new requirements for the milk component, let’s complete an activity. Turn to the Milk Component Requirements worksheet in your Participant’s Workbook. This handout consists of two parts.

   - Part 1: There are four milk types approved for child and adult meals and one milk substitute approved for adult meals only. In the space provided, list the required milk or milk substitute for each age. Remember, there can be more than one option for each age group.
   - Part 2: Read the following statements. Determine if each statement is true or false. Take 5–10 minutes to complete the worksheet, and then review your answers with those in your group.

2. **DO:** Allow 5–10 minutes for participants to complete this activity, and then review the answers with the participants using the following Answer Key: Milk Component Requirements.
## Answer Key: Milk Component Requirements

### Part 1: Milk Types and Ages

**Instructions:** In the space provided, list the required milk for each age. Remember, there can be more than one option for each age group.

<table>
<thead>
<tr>
<th>Age</th>
<th>Required Milk Type</th>
</tr>
</thead>
<tbody>
<tr>
<td>Age 2</td>
<td>Unflavored low-fat (1%) and unflavored fat-free (skim)</td>
</tr>
<tr>
<td>Age 12</td>
<td>Unflavored low-fat (1%), unflavored fat-free (skim), flavored fat-free (skim), and flavored low-fat (1%)</td>
</tr>
<tr>
<td>Age 1</td>
<td>Unflavored whole milk</td>
</tr>
<tr>
<td>Age 68</td>
<td>Unflavored low-fat (1%), unflavored fat-free (skim), flavored fat-free (skim), yogurt, and flavored low-fat (1%)</td>
</tr>
<tr>
<td>Age 5</td>
<td>Unflavored low-fat (1%) and unflavored fat-free (skim)</td>
</tr>
<tr>
<td>Age 16</td>
<td>Unflavored low-fat (1%), unflavored fat-free (skim), flavored fat-free (skim), and flavored low-fat (1%)</td>
</tr>
<tr>
<td>Age 3</td>
<td>Unflavored low-fat (1%) and unflavored fat-free (skim)</td>
</tr>
</tbody>
</table>

### Part 2: Requirements for Milk

**Instructions:** Read the following statements. Determine if each statement is true or false.

<table>
<thead>
<tr>
<th>Statement</th>
<th>True or False</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Six year olds and older may have reduced-fat milk (2%) with flavored syrup.</td>
<td>False</td>
</tr>
<tr>
<td>Correct statement: Reduced-fat milk is not reimbursable for 6 year olds and older.</td>
<td></td>
</tr>
<tr>
<td>2. Milk served to 1 year olds must be unflavored whole milk or fat-free milk.</td>
<td>False</td>
</tr>
<tr>
<td>Correct statement: Milk served to 1 year old children must be unflavored whole milk.</td>
<td></td>
</tr>
<tr>
<td>3. Flavored milk, including flavored nondairy beverages, cannot be served to children 1 through 3 years old only.</td>
<td>False</td>
</tr>
<tr>
<td>Correct statement: Flavored milk, including flavored nondairy beverages, cannot be served to children 1 through 5 years old.</td>
<td></td>
</tr>
<tr>
<td>4. Yogurt may be served in place of fluid milk for children 13 years old and older, and adults once per day.</td>
<td>False</td>
</tr>
<tr>
<td>Correct statement: Yogurt may be served in place of fluid milk for adults once per day.</td>
<td></td>
</tr>
<tr>
<td>5. Breast milk may be served to children of any age as part of a reimbursable meal or snack.</td>
<td>True</td>
</tr>
</tbody>
</table>
OBJECTIVE 2: Participants will be able to identify the key requirements for meeting the milk substitutions requirements.

SHOW SLIDE: Milk Substitutions

SAY:
As we previously covered during the team quiz, if a child or adult participant cannot have fluid milk due to a special dietary need that is not a disability, you may serve nondairy beverages in its place without a medical statement. However, the nondairy beverage must be nutritionally equivalent to cow’s milk. In addition, a parent or guardian, an adult participant, or a person on behalf of an adult participant must request the substitution in writing.

SHOW SLIDE: Medical Statements

SAY:
On the other hand, if a participant has a disability that requires a nondairy beverage that is not nutritionally equivalent to cow’s milk, you must have a medical statement on file. In these cases, it is important to know when you need it and what to look for when reviewing the form.

You can find a Sample Medical Statement in your Participant’s Workbook. This handout indicates some of the key information featured on a medical statement. However, always refer to your State agency for the best form, as each State’s medical statement will vary.
Instructor’s Manual

Handout: Sample* Medical Statement

1. Institution Name
2. Institution Address
3. Name of Participant
4. Age or Date of Birth
5. Name of Parent or Guardian
6. Telephone Number

7. Check One:
   - Participant has a disability or a medical condition and requires a special meal or accommodation. (Refer to instructions on reverse side of this form.) Institutions participating in Federal nutrition programs must comply with requests for special meals and any adaptive equipment. A State recognized medical authority must sign this form. A State recognized medical authority is a State licensed health care professional who is authorized to write medical prescriptions under State law.
   - Participant does not have a disability, but is requesting a special meal or accommodation due to food intolerance(s) or other medical reasons. Institutions participating in Federal nutrition programs are encouraged to accommodate reasonable requests.
   - Participant does not have a disability, but is requesting a special accommodation for meals. Institutions participating in Federal nutrition programs are encouraged to accommodate reasonable requests.

8. Disability or medical condition requiring special meals or accommodations:

9. Special meals and/or accommodation: (Describe in detail to ensure proper implementation. Use attachments as needed)

10. Signature of Parent or Guardian
11. Printed Name
12. Telephone Number
13. Date

14. Signature of Medical Authority
15. Printed Name
16. Telephone Number
17. Date

*This handout is simply a sample medical statement. CACFP operators should refer to their State agency or sponsoring organization for the appropriate medical statement form.

SHOW SLIDE: What to Look For?
SAY:
When requesting and accepting a medical statement, it should feature the following:

- Detailed information about the participant’s disability to allow a greater understanding of how it affects their diet
- List alternate food items to ensure you know what to serve the participant
- Prescribed and signed by a State recognized medical authority, such as a physician, who is authorized to write medical prescriptions under State law (State recognized medical authority)
Once you receive a medical statement, review it carefully to make sure that it provides the previously mentioned information. If not, request additional information to ensure you can best meet the needs of those requiring substitutions. In addition, always keep medical statements on file in your facility.

For additional information on how to provide meal accommodations to participants of any age, refer to the policy memo, CACFP 14-2017 Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program. The link to this memo is featured on the Training Resources handout in the Appendix of your Participant’s Workbook.

**SHOW SLIDE: Activity: Revisiting Medical Statements**

**DO:**

(Activity): Revisiting Medical Statements

The purpose of this activity is to review participants’ knowledge on when a medical statement is required for milk substitutions.

Materials Needed: Revisiting Medical Statements worksheet, pen or pencil

Time: 5–10 minutes

**Instructions:**

1. **SAY:** Now that we have explored the key requirements for medical statements, let’s revisit and summarize what you learned. Turn to the Revisiting Medical Statements worksheet in your Participant’s Workbook, and answer the four questions. Once you have finished, stand up.

2. **DO:** Allow 3–5 minutes for participants to complete this activity, and then review the questions and answers found in the Answer Key: Revisiting Medical Statements.

**Answer Key: Revisiting Medical Statements**

**Instructions:** In the space provided, answer each question on using medical statements in CACFP facilities.

1. What is a medical statement? A medical statement defines a participant’s disability or other special nutritional need, specific steps for meeting the needs, and it is signed by a State recognized medical authority.

2. When do you need it? A CACFP operator must have a medical statement on file when a disability requires a nondairy beverage or other food item that does not comply with the meal pattern. In the case of milk, if the nondairy beverage is not nutritionally equivalent to cow’s milk, a medical statement must be on file.

3. What are the three things to look for?

   1) Detailed information on the participant’s disability and how it affects their diet
   2) List of alternate food items to serve the participant
   3) Prescribed and signed by a State recognized medical authority, such as a physician, who is authorized to write medical prescriptions under State law (State recognized medical authority)
4. Where can you locate additional information? In addition to referring to the State agency or the sponsoring organization, CACFP operators can refer to the policy memo, CACFP 14-2017 Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program for additional information.

OBJECTIVE 3: Participants will be able to recall the requirement for serving water in CACFP settings.

SHOW SLIDE: Water
SAY:
The last update we will cover in this lesson is water. Starting in 2011, child care programs participating in the CACFP were required to make water available to children upon their request throughout the day, including mealtimes. In the updated requirements, you must now make water available to children and offer it to them throughout the day.

There are few key requirements for serving water. First, water is not a part of a reimbursable meal, and there is no requirement for serving water during meal service.

Next, it cannot be served in place of milk. However, you may offer it alongside milk or during snack when there are no other beverages. For example, you serve fat-free string cheese and celery at snack; you could serve water as a beverage.

SHOW SLIDE: Flavoring Water
SAY:
Last, the updated requirements allow for flavoring water with fruits, vegetables, and herbs as long as plain, potable water is available. It is important to note that commercially flavored water is not allowed, nor can the fruits or vegetables used to flavor the water credit towards the fruit or vegetable component(s).

For more information on serving water, refer to the USDA policy memo, CACFP 20-2016: Water Availability in the Child and Adult Care Food Program. The link to this memo is featured on the Training Resources handout in the Appendix of your Participant’s Workbook.

SHOW SLIDE: Tips for Drinking More Water
SAY:
Now that we’ve covered the key requirements, let’s watch a quick video on tips for serving water.

DO:
Show the video: 7 Ideas to Help Kids Drink More Water. At the conclusion of the video, ask for some ideas the participants might use to help children to drink more water.

**FEEDBACK:** You can find the video at https://www.youtube.com/watch?v=QFSGMt1-baE if it does not immediately start.

**CONCLUSION:**

**SHOW SLIDE:** Lesson Conclusion

**SAY:**
Throughout this lesson, we covered the key topics for meeting the updated meal pattern requirements for the milk component. In particular, we explored:

- the requirements for each age group
- two ways for managing milk substitutions
- the new requirements for serving water

**ASK:**
At this time, are there any questions before we move to the last activity in this lesson?

**DO:**
Answer any questions, and then begin the next activity.

**NOTE TO INSTRUCTOR:** If there are questions that you are unable to answer, refer the participant(s) to their State agency or the ICN Help Desk.

**SHOW SLIDE:** Activity: Apply in Three

**DO:**

(Activity): Apply in Three

The purpose of this activity is to ensure participants identify an action plan for implementing the milk component updated requirements.

Materials Needed: Apply in Three worksheet, pen or pencil

Time: 5–10 minutes

**Instructions:**

1. **SAY:** Turn to the Apply in Three worksheet in your Participant’s Workbook. Write at least three things you learned about the milk component, how you will apply this information, and the estimated date on which you would like to have completed each action item. Once you have finished, stand up and find someone from a different group, and share your responses.
2. **DO:** Allow 3–5 minutes for participants to complete this activity. Then, request volunteers to share their responses.

**FEEDBACK:** There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following **Answer Key: Apply in Three.**

### Answer Key: Apply in Three

**Instructions:** Write at least three things you learned about the milk component, how you will apply this information, and the estimated date on which you would like to have completed each action item.

<table>
<thead>
<tr>
<th>What did you learn?</th>
<th>How will you apply it?</th>
<th>When will you apply it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Flavored fat-free milk is only allowed for children ages 6 and older, and adults.</td>
<td>• Update lunch and snack menus to reflect the specific milk requirements.</td>
<td>• Menu changes – within 5 business days</td>
</tr>
<tr>
<td></td>
<td>• Train all staff on the new requirements.</td>
<td>• Train staff – within 2 weeks and every quarter</td>
</tr>
<tr>
<td></td>
<td>• Conduct a quarterly refresher training on the topic.</td>
<td></td>
</tr>
<tr>
<td>2. A medical statement is required when a participant has a disability that requires a nondairy beverage that is not nutritionally equivalent to cow’s milk.</td>
<td>• Request a medical statement when a participant has a disability that requires a nondairy beverage that is not nutritionally equivalent to cow’s milk.</td>
<td>• When parents or guardians request nondairy beverages that do are not nutritionally equivalent to cow’s milk</td>
</tr>
<tr>
<td>3. Adults may have yogurt in place of milk once per day.</td>
<td>• Plan breakfast menus to include yogurt as an alternative to milk once per week.</td>
<td>• Menu changes – within 5 business days</td>
</tr>
</tbody>
</table>

**NOTE TO INSTRUCTOR:** If this training is offered in the comprehensive 6-hour version, skip the lesson Post-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Post-Assessment.
SHOW SLIDE: Post-Assessment

DO:

Post-Assessment

The purpose of the Post-Assessment is to determine what the participants learned throughout the training.

Materials Needed: Post-Assessment, Training Evaluation, and pen or pencil

Time: 10 minutes

Instructions:

1. **DO:** Distribute the Post-Assessment and the Training Evaluation.

2. **SAY:** The Post-Assessment is designed to assess what you have learned during this training. Begin by placing a four-digit number in the box at the top of your assessment. Then, complete the Post-Assessment by reading each question carefully and selecting the best answer. Upon completion, please complete the training evaluation.

3. **DO:** Allow a minimum of 10 minutes for participants to complete the Post-Assessment. Remind them to list the identifier they used on the Pre-Assessment. Following, collect the Post-Assessments and the Training Evaluations, and return them to the ICN. Then, dismiss the participants from the training.

**NOTE TO INSTRUCTOR:** If this training is not sponsored by the ICN, allow the participants to keep their assessments. Review the answers with them using the Answer Key in the Appendix section. Then, dismiss the participants from the training.
# Meats and Meat Alternates Component Updates

## Lesson-at-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>10 minutes</td>
<td>Introduction to Meats and Meat Alternates Component Updates</td>
<td>PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lesson Pre-Assessment*</td>
<td>Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lesson Pre-Assessment*</td>
</tr>
<tr>
<td><strong>Objective 1:</strong> Participants will be able to select meats or meat alternates to serve in place of the grains component for breakfast.</td>
<td>20 minutes</td>
<td>Meats and Meat Alternates at Breakfast</td>
<td>PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sticky Bank</td>
<td>Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Breakfast Ideas with Meats and Meat Alternates</td>
<td>Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Markers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chart paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Sticky Note Pads</td>
</tr>
<tr>
<td><strong>Objective 2:</strong> Participants will be able to recall the three requirements for using tofu and soy yogurt in the CACFP.</td>
<td>20 minutes</td>
<td>Tofu and Soy Products</td>
<td>PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>What Is Tofu?</td>
<td>Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Serving Tofu and Soy Products</td>
<td>Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Markers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Chart Paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Video: What Is Tofu?</td>
</tr>
<tr>
<td><strong>Objective 3:</strong> Participants will be able to select yogurt products that meet the CACFP sugar limit requirements.</td>
<td>10 minutes</td>
<td>Yogurt</td>
<td>PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Yogurt, Is It Creditable?</td>
<td>Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pens or Pencils</td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td>10 minutes</td>
<td>Lesson Summary</td>
<td>PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Apply in Three</td>
<td>Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Lesson Post-Assessment*</td>
<td>Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lesson Post-Assessment*</td>
</tr>
<tr>
<td><strong>Total Time:</strong> 60 minutes</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

*The total time does not include lesson assessments. When including the lesson assessments, allow for an additional 10–15 minutes.*
TRAINING SCRIPT

Lesson Plan:

INTRODUCTION:

SHOW SLIDE: Lesson: Meats and Meat Alternates Component Updates

DO:
To begin this training, advance to the next slide.

SHOW SLIDE: Meats and Meat Alternates (M/MA) Overview

SAY:
Meat and meat alternates are essential for good health because they contain protein, and this nutrient is the building block for strong bones, muscles, and healthy skin.

The great news is the updated meal pattern requirements aim to provide more protein options for planning nutritious meals and snacks. These three updates allow operators to serve:

- a M/MA in place of the entire grains component at breakfast, a maximum of three times per week,
- tofu, and
- soy yogurt.

Additionally, the updated requirements aim to reduce sugar by requiring yogurt to contain no more than 23 grams of sugars per 6 ounces.

SHOW SLIDE: Lesson Objectives

SAY:
Throughout this lesson, we will explore the following objectives:

- Select M/MA to serve in place of the grains component for breakfast meals.
- Recall the three requirements for using tofu and soy yogurt in the CACFP.
- Select yogurt products that meet the CACFP sugar limit requirements.

At the end of this lesson, you should know the latest updates, as well as some key strategies for implementation. For your reference, refer to the Meats and Meat Alternates Basics handout in your Participant’s Workbook.
Handout: Meats and Meat Alternates Basics

<table>
<thead>
<tr>
<th>Meats</th>
<th>Meat Alternates</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Meat options include lean meat, poultry, or fish.</td>
<td>• Meat alternates, such as cheese, eggs, yogurt, and nut butters may be used to meet all or a portion of the meats/meat alternates component.</td>
</tr>
<tr>
<td>• The creditable quantity of meats/meat alternates must be the edible portion.</td>
<td></td>
</tr>
</tbody>
</table>

Tofu and Soy Products

- Commercial tofu may be used to meet all or part of the meats/meat alternates component in accordance with FNS guidance.
- Non-commercial and non-standardized tofu and soy products are not creditable.
- Commercial tofu must be easily recognized as a meat alternate. For example, tofu sausage would credit as a meat alternate because it is easily recognized as a meat. However, tofu noodles would not credit as a meat alternate because it looks like a grain instead of a meat.
- Commercial tofu must contain 5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meat/meat alternate.
- For processed tofu products such as links and sausages, the tofu ingredient must contain the required 5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meats/meat alternate, which is not shown on a nutrition facts label. Therefore, the most appropriate way to ensure that the product meets the requirements outlined in this memorandum is to request that the product be manufactured under the Child Nutrition Labeling Program, Product Formulation Statements (PFS).
- To find additional information on meeting the tofu requirements refer to the policy memo, SP 53-2016, CACFP 21-2016, Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program.

Yogurt

- Yogurt may be plain or flavored, unsweetened or sweetened.
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- Non-commercial or non-standardized yogurt products are not creditable food items. Some common examples include frozen yogurt, drinkable yogurt products, homemade yogurt, yogurt bars, and yogurt covered fruits or nuts.
- For adults, yogurt may be used as a meat alternate only when it is not being used to meet the milk component in the same meal.

Beans and Peas (Legumes)

- Cooked dry beans and peas may be used to meet all or part of the meats/meat alternates component. Beans and peas include black beans, garbanzo beans, lentils, kidney beans, mature lima beans, navy beans, pinto beans, and split peas.
- Beans and peas may be credited as either a meat alternate or as a vegetable, but not as both in the same meal.

Nuts, Seeds, and Nut Butters

- For lunch and supper, nuts and seeds may be used to meet half (½) of the meats/meat alternates component. They must be combined with other meats/meat alternates to meet the full requirement for a reimbursable meal.
- Nut and seed butter may be used to meet the entire meats/meat alternates requirement.
- Nut and seed meal or flour may be used only if they meet the requirements for alternate protein products.
- Acorns, chestnuts, and coconuts are non-creditable meat alternates because of their low protein and iron content.

**NOTE TO INSTRUCTOR:** If this training is offered in the comprehensive 6-hour version, skip the lesson Pre-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Pre-Assessment.

**SHOW SLIDE:** Pre-Assessment

**DO:**

### Pre-Assessment

The purpose of this Pre-Assessment is to determine current knowledge of the updated meal pattern requirements.

Materials Needed: Pre-Assessment and pen or pencil

Time: 5–10 minutes

**Instructions:**

1. **SAY:** Before we begin objective 1, let’s assess what you already know by completing a Pre-Assessment.
2. **DO:** Distribute the Pre-Assessment.
3. **SAY:** Now that you have the Pre-Assessment, begin by placing a four-digit number in the box at the top of your assessment. Make a note of this number, as you will use it again when completing the Post-Assessment. Then, read each question carefully and select the best answer. When you have finished, place your assessment in the center of the table (or in a specified location).
4. **DO:** Allow a minimum of 5–10 minutes for participants to complete the Pre-Assessment. Remind them to list a non-identifier and to make a note of it for the Post-Assessment. Then, collect each assessment and set them aside.

**NOTE TO INSTRUCTOR:** If the Institute of Child Nutrition (ICN) sponsors this training, collect the Pre-Assessments and return them along with the evaluations to ICN.
OBJECTIVE 1: Participants will be able to select meats or meat alternates to serve in place of the grains component for breakfast.

SHOW SLIDE: Activity: Sticky Bank

DO:

(Activity): Sticky Bank

The purpose of this activity is to identify meats and meat alternates for determining current knowledge on the varied options for this food component.

Materials Needed: Sticky note pads, marker, chart paper, pen or pencil

Time: 5-10 minutes

Instructions:

1. **SAY:** Take a few minutes to think about M/MA commonly served in your facility. Then, use sticky notes to write some of these items.

2. **DO:** Allow 2–3 minutes for participants to complete this activity. As they complete this portion of the activity, post a chart paper and title it M/MA Examples. Once the participants finish, ask them to call out their examples and place them on the chart paper, making certain to include items that have not been called. Following, encourage participants to take note of any new M/MA they wish to incorporate in their menus.

FEEDBACK: There are no right or wrong answers for this activity. However, some potential responses might include:

- Nuts and nut butters
- Yogurt
- Cheese
- Eggs
- Dry beans and peas
- Poultry
- Beef
- Fish
- Seafood

SHOW SLIDE: M/MA at Breakfast

SAY:

Now that we have identified some M/MA, let’s shift our focus to the first update.

Previously, serving M/MA at breakfast was optional and it did not credit as part of a reimbursable meal. For greater variety and flexibility when planning the breakfast menu, the updated requirements now allow M/MA to be served in place of grains at breakfast up to three times per week.
For example, a cheese omelet with fruit and milk – the omelet credits as a M/MA, and it may be used to meet the entire grains component requirement for the breakfast meal. No additional grain is needed for this reimbursable breakfast meal.

As a reminder, you may continue to serve a M/MA as an additional item to the three required breakfast components: milk, vegetable/fruit, and grain.

**SHOW SLIDE: Crediting Guidelines**
**SAY:**
When serving a M/MA in place of grains at breakfast, 1-ounce of M/MA credits as 1 serving of grains. For example, an operator serves 2 year olds ¼ ounce of cheddar cheese as part of breakfast. This amount is only a portion of the grains component at breakfast because ½ ounce is equal to half a serving of grains for children between the ages of 1 to 2 years.

**SHOW SLIDE: Ounce Equivalent**
**SAY:**
Beginning October 1, 2021, a 1-ounce equivalent of M/MA is equal to 1-ounce equivalent of grains. Ounce equivalents are a way to measure amounts of food. For example, in the CACFP, 1-ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1-ounce of lean meat, poultry, or fish. Refer to the Serving Meats and Meat Alternates at Breakfast handout in your Participant’s Workbook for more information on meeting the ounce equivalents.

Remember, if you want to serve M/MA more than 3 days a week, you must offer them as additional foods, which do not count towards the reimbursable meal.

---

**Handout: Serving Meats and Meat Alternates at Breakfast**

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meats and/or meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here’s how to include meats or meat alternates as part of a reimbursable breakfast meal:

- Substitute **1-ounce equivalent** of meat/meat alternate for 1 serving of grains, OR
- Substitute **1-ounce equivalent** of meat/meat alternate for 1-ounce equivalent of grains.

**Ounce equivalents** are a way to measure amounts of food. In the CACFP, 1-ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, ½ of a large egg, or 1-ounce of lean meat, poultry, or fish. If you want to serve meats/meat alternates more than 3 days a week, you must offer them as additional foods, which do not count towards the reimbursable meal.

---

**A Closer Look at Menu Planning**
If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of grains. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

<table>
<thead>
<tr>
<th>Minimum amount when served instead of grains at breakfast</th>
<th>Ages 1 — 2 years &amp; 3–5 years</th>
<th>Ages 6–12 years &amp; 13–18 years</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>½ ounce equivalent</td>
<td>1 ounce equivalent</td>
<td>2 ounce equivalents</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Item</th>
<th>is equal to:</th>
<th>is equal to:</th>
<th>is equal to:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans or peas (cooked)</td>
<td>⅛ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Natural or processed cheese</td>
<td>½ ounce</td>
<td>1 ounce</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Cottage or ricotta cheese</td>
<td>⅛ cup (1 ounce)</td>
<td>¼ cup (2 ounces)</td>
<td>½ cup (4 ounces)</td>
</tr>
<tr>
<td>Eggs</td>
<td>¼ large egg</td>
<td>½ large egg</td>
<td>1 large egg</td>
</tr>
<tr>
<td>Lean meat, poultry, or fish</td>
<td>½ ounce</td>
<td>1 ounce</td>
<td>2 ounces</td>
</tr>
<tr>
<td>Peanut butter, soy nut butter, or other nut or seed butters</td>
<td>1 tablespoon</td>
<td>2 tablespoons</td>
<td>4 tablespoons</td>
</tr>
<tr>
<td>Tofu (store-bought or commercially prepared)</td>
<td>⅛ cup (1.1 ounces) with at least 2.5 grams of protein</td>
<td>¼ cup (2.2 ounces) with at least 5 grams of protein</td>
<td>½ cup (4.4 ounces) with at least 10 grams of protein</td>
</tr>
<tr>
<td>Yogurt (including soy yogurt)</td>
<td>¼ cup (2 ounces)</td>
<td>½ cup (4 ounces)</td>
<td>1 cup (8 ounces)</td>
</tr>
</tbody>
</table>

**Mix It Up at Breakfast**

You can serve a meat or meat alternate as a standalone item, such as eggs, yogurt, cottage cheese, turkey sausage, and ham. As a best practice, choose foods that are lower in saturated fat and sodium. Meats and meat alternates can be served together, such as eggs (a meat alternate) and ham (a meat). Meats and meat alternates can also be served in a dish mixed with other foods, such as apple slices spread with peanut butter, yogurt topped with fruit, or a tofu scramble with vegetables.

Bacon, imitation bacon products, scrapple, and salt pork are not creditable in the CACFP.

Turkey bacon, Canadian bacon, and some types of sausage are creditable only if the product has a Child Nutrition label, or if you have a Product Formulation Statement (PFS) signed by the manufacturer. Please see the *Crediting Handbook for the CACFP* and the *Food Buying Guide for Child Nutrition Programs* at [https://www.fns.usda.gov/tn](https://www.fns.usda.gov/tn) for more information on crediting foods in the CACFP.

**For Adult Day Care Only:** You can serve 6 ounces of yogurt in place of 8 ounces of milk once per day when yogurt is not served as a meat alternate in the same meal. If you serve yogurt to adults as a meat alternate at breakfast, you must also serve fluid milk.

**Answer Key:** Try It Out!
1. Your adult day care center is open 4 days a week. How many times per week may you serve meat and meat alternatives in place of grains at breakfast? Three days
2. Your child care home is open 7 days per week. How many times per week may you serve meat and meat alternatives in place of grains at breakfast? Three days
You want to serve yogurt at breakfast to your 3–5 year olds once per week. If you are serving the yogurt in place of a grain, what’s the minimum amount you must serve to this age group to meet the meal pattern requirement? ¼ cup of yogurt (2 ounces)

SHOW SLIDE: Activity: Breakfast Ideas with Meats and Meat Alternates

DO:

(Activity): Breakfast Ideas with Meats and Meat Alternates

The purpose of this activity is to identify meats and meat alternates for breakfast and methods for serving them.

Materials Needed: Meats/Meat Alternates for Breakfast worksheet, chart paper, markers, pen or pencil
Time: 10 minutes

Instructions:

1. SAY: Now that we have explored the update for serving M/MA at breakfast, we are going to identify some ideas to use when you return to your facility. In your groups, identify six different ways to serve M/MA at breakfast. If you need some ideas, feel free to use the list of M/MA or the entrée ideas featured on Breakfast Ideas with Meats and Meat Alternates worksheet in your Participant’s Workbook.
2. DO: Allow 3–5 minutes for participants to complete this activity. Then, ask the groups to share their responses. List the responses on a piece of chart paper and post in the training room.

FEEDBACK: There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following Answer Key: Breakfast Ideas with Meats and Meat Alternates chart.

Answer Key: Breakfast Ideas with Meats and Meat Alternates

Instructions: Identify six breakfast options using meat and meat alternates.

<table>
<thead>
<tr>
<th>Meats/Meat Alternates</th>
<th>Entrée Ideas</th>
<th>Method Ideas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ham</td>
<td>Burritos</td>
<td>1. Ham Burrito</td>
</tr>
<tr>
<td>Bacon</td>
<td>Frittatas</td>
<td>2. Sausage Frittatas</td>
</tr>
<tr>
<td>Chicken</td>
<td>Sandwiches</td>
<td>3. Bacon and Egg Quiche</td>
</tr>
<tr>
<td>Turkey</td>
<td>Quiche</td>
<td>4. Turkey Stir Fry</td>
</tr>
<tr>
<td>Sausage</td>
<td></td>
<td>5. Turkey and Egg Muffin</td>
</tr>
<tr>
<td>Roast Salmon</td>
<td></td>
<td>6. Tofu Casserole</td>
</tr>
<tr>
<td>Tuna</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tofu</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
OBJECTIVE 2: Participants will be able to recall the three requirements for using tofu and soy yogurt in the CACFP.

SHOW SLIDE: Tofu and Soy Products
SAY:
The next topic is tofu and soy products and the three requirements for using it in the CACFP.

In the past, tofu and soy yogurt did not credit as part of the M/MA component. These two foods now credit for all or part of the M/MA component for child and adult meals only. Tofu is not creditable for infant meals.

ASK:
By show of hands, how many eat or have ever tried tofu or soy yogurt? What were your experiences?

DO:
Allow participants to respond, and then advance to the next slide.

SAY:
It appears that some of you [have or have not] tried tofu [and/or] soy yogurt. Focusing specifically on tofu, let’s watch a video to learn more about it.

SHOW SLIDE: What Is Tofu?
DO:
Show the video: What Is Tofu?

FEEDBACK: You can find the video at https://www.youtube.com/watch?v=M80wOarJ5Vc if it does not immediately start.

DO:
Review the basics of the video:
- Tofu is made of soybeans
- A great source of protein and iron
- Available in silken, soft, medium, firm, and extra firm forms
- A great substitute for meat

SHOW SLIDE: Tofu C.E.F.
SAY:
There are three requirements for using tofu and soy yogurt. A great way to remember the requirements is through the acronym: C.E.F.
- Commercially prepared
CHILD AND ADULT MEAL PATTERN REQUIREMENTS

Instructor’s Manual

MEAT AND MEAT ALTERNATES COMPONENT UPDATES

- Easily recognized as a meat substitute
- Five grams of protein

Let’s review each of these requirements. Please feel free to use the Tofu and Soy Product Requirement worksheet in your Participant’s Workbook.

NOTE TO INSTRUCTOR: The Tofu and Soy Product Requirements worksheet follows the next activity. Participants will complete the activity, followed by selecting two recipes. After this activity, review the entire handout with the participants.

SHOW SLIDE: **Commercially Prepared**

SAY:
First, when using tofu and soy products, it must be commercially prepared. Those products that are non-commercial or non-standardized are not creditable. For example, preparing or purchasing homemade tofu would not credit because it is not commercially prepared.

SHOW SLIDE: **Recognized as Meat Substitutes**

SAY:
Second, tofu must be easily recognized as a meat substitute to credit as a meat alternate. A good way to apply this requirement is to think about it from a child’s perspective. Children should be able to easily recognize the tofu item as a meat product.

Some allowable ways to use this item might include:
- Tofu links and tofu sausages
- Tofu pieces in a salad
- Tofu cubes in a stir-fry
- Tofu omelets
- Tofu miso soup

However, if tofu mimics another food group or is used to add texture, it is not creditable because it is not easily recognized as a meat alternate. Some examples might include the following:
- Tofu noodles: Mimics a grain
- Smoothies with soft or silken tofu: Adds texture
- Baked desserts with soft or silken tofu: Adds texture

SHOW SLIDE: **Five Grams of Protein**

SAY:
The third requirement is tofu and soy yogurt must contain 5 grams of protein per 2.2 ounces (¼ cup) to credit as 1 ounce of the M/MA. In plain unprocessed tofu, you can find the total amount of protein by reading the Nutrition Facts label on the back of the product. However, if it were a processed tofu product, such as links and sausages...
made from tofu, a Nutrition Facts label would not provide enough information to determine if the item meets the minimum requirement.

In these cases, you will need a Child Nutrition (CN) Label or product formulation statement to verify the food item contains the minimum protein requirement. If you purchase from your local grocery store, you may find that CN Labels are not commonly available for food items. Therefore, you may need to contact the manufacturer to request a product formulation statement.

**DO:**
Ask participants to turn to the Sample CN Label handout in their Participant’s Workbook. Then, review the basics of the handout.

**FEEDBACK:** The purpose of reviewing the handout is to give the participant insight on what the CN Label looks like and what it contains. Allow participants to respond, and then advance to the next slide.

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The Child Nutrition (CN) Label product will always contain the following information:

- The CN Label, which has a distinctive border
- The meal pattern contribution statement
- A unique 6-digit product identification number (assigned by FNS) appearing in the upper right-hand corner of the CN logo
- The USDA/FNS authorization statement
- The month and year of final FNS approval appearing at the end of the authorization statement
- Remaining required label features:
  - Product name
  - Inspection legend
  - Ingredients
  - USDA statement
  - Signature/address line
  - Net weight
SHOW SLIDE: Activity: Serving Tofu and Soy Products

(Activity): Serving Tofu and Soy Products

The purpose of this activity is to identify the requirements for serving tofu in CACFP-operated facilities.

Materials Needed: CACFP Tofu Recipe Guide handout, Tofu and Soy Product Requirement worksheet, pen or pencil

Time: 5–10 minutes

Instructions:

1. SAY: Now that we have explored the requirements for serving tofu and other soy products, let’s review them using the C.E.F. acronym.

2. DO: Review the Answer Key: Tofu and Soy Product Requirements with the participants.

3. SAY: Please turn to the CACFP Tofu Recipe Guide in your Participant’s Workbook. Take a couple of minutes and select one or two recipes you could incorporate in your program. List the titles in the space provided on the Tofu and Soy Product Requirement worksheet.

4. DO: Allow 3–5 minutes for participants to complete this activity. Then, request a few volunteers to share their selected recipes.

Answer Key: Tofu and Soy Product Requirement (C.E.F)

Instructions: List the key requirements for serving tofu and soy products based on C.E.F.

Commercially prepared
- Tofu and soy products must be commercially prepared
- Non-commercial or non-standardized tofu and soy products are not creditable

Easily recognized as meat substitute
- Tofu must be easily recognized as a meat substitute to credit as a meat alternate
- Some creditable examples might include the following examples:
  - Tofu sausages
  - Tofu pieces in a salad
  - Tofu cubes in a stir fry
  - Tofu omelets
  - Tofu miso soup
- Tofu mimicking other food groups or those using it to add texture are not creditable

Five grams of protein
- Tofu and soy yogurt must contain 5 grams of protein per 2.2 ounces (¼ cup) to equal 1 ounce of the meat/meat alternate
- Use the plain Nutrition Facts label for plain unprocessed tofu
- Use the CN Label or contact the manufacturer for processed tofu products

Recipes to Try

1. Name: __________________________________________________ Page: ______
2. Name: __________________________________________________ Page: ______
# Baked Barbecue Tofu

**Crediting Information**  
Number of servings: 6  
CACFP Meal Pattern: Each 1/4 cup or 2.2-ounce serving is equivalent to 1-ounce M/MA.

**Ingredients**
- 14-ounce package extra firm tofu
- 1/2 cup barbecue sauce

**Directions**
- **Step 1:** Press tofu for 30 minutes. Cut into 1/2-inch thick slices, and then quarter each slice.  
- **Step 2:** Pour barbecue sauce into an 8-inch square baking dish. Place tofu in dish and gently toss to coat. Let tofu marinate in sauce for 1 hour (or more), turning occasionally.  
- **Step 3:** Preheat oven to 400 degrees. Spray a rimmed baking sheet with oil or cooking spray. Place tofu on baking sheet (do not discard barbecue sauce) and bake for 20 minutes. After 20 minutes, turn tofu over and brush with additional barbecue sauce. Bake 20 minutes more or until tofu is browned on edges. Toss tofu in remaining barbecue sauce and serve.

# Crispy Tofu Dippers

**Crediting Information**  
Number of servings: 6  
CACFP Meal Pattern: Each serving is equivalent to 1-ounce M/MA.

**Ingredients**
- 14-ounce package extra firm tofu, pressed and drained, cut into bite-sized pieces  
- 2 tablespoons cornstarch  
- 1/4 cup grated Parmesan cheese  
- Olive oil  
- Dipping sauce: Marinara, Ketchup, or Barbeque

**Directions**
- **Step 1:** Whisk together cornstarch, cornmeal, and Parmesan cheese.  
- **Step 2:** Place tofu pieces in the mixture and toss to coat well.  
- **Step 3:** Heat 1–2 tablespoons of olive oil in a skillet over medium-high heat. Toss coated tofu pieces in the hot pan. Cook on all sides until crispy and brown. Serve with desired sauce.

# Pesto Penne with Baked Tofu Bites

**Crediting Information**  
Number of servings: 8  
CACFP Meal Pattern: Each serving is equivalent to 1-ounce M/MA and provides 1/2 cup pasta (GR/B).

**Ingredients**
- 1/2 lb. Penne Pasta, dry  
- 1/4 cup Prepared Pesto  
- 2 Roma Tomatoes, seeded and chopped  
- 16-ounce package (2 cups) Extra Firm Tofu  
- Grated parmesan cheese (optional)

**Directions**
- **Step 1:** Preheat oven to 400 °F. Place drained and pressed tofu on a baking sheet. Spray with cooking spray. Place in the oven for 20 minutes, turning pieces halfway through.  
- **Step 2:** While the tofu is cooking, boil and drain pasta according to package directions.  
- **Step 3:** Place your cooked noodles in a pan with the pesto and tomatoes.  
- **Step 4:** After 20 minutes check tofu. If it looks brown and slightly crispy it is ready. It can be cooked up to 40 minutes, if needed.
**Crispy Salt and Pepper Tofu**

**Crediting Information**
Number of servings: 6  
CACFP Meal Pattern: Each 2.2-ounces tofu slice or 1/4 cup is equivalent to 1-ounce M/MA.

**Ingredients**
- 14-ounce package extra firm tofu
- 1/4 cup vegetable or canola oil
- 1/4 cup cornstarch
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly-ground black pepper (or to taste)
- Additional salt and pepper to taste

**Directions**
- **Step 1:** Press tofu to remove excess moisture. To do so, line a plate with several paper towels. Place tofu on paper towels and top with two or three more paper towels. Place three or four more plates on top of the tofu. Drain for 20–30 minutes.
- **Step 2:** Remove tofu from paper towels and cut into bite-sized pieces.
- **Step 3:** Add the vegetable or canola oil to a large skillet over medium-high heat.
- **Step 4:** Add the cornstarch, 1/2 teaspoon salt, and 1/4 teaspoon pepper to a large plate or shallow baking dish. Mix.
- **Step 5:** Working in batches, dredge the tofu in the corn starch mixture, turning to coat evenly. Carefully add tofu to hot oil in skillet. Cook over medium-high for about 10 minutes, turning occasionally to brown all sides. Remove tofu from pan and place on several paper towels, blotting to remove excess oil. Can be eaten alone or added to another dish.

**Mustard-Crusted Tofu**

**Crediting Information**
Number of servings: 6  
CACFP Meal Pattern: Each 2.2-ounce tofu slice or ¼ cup is equivalent to 1-ounce M/MA.

**Ingredients**
- 14-ounce package firm tofu
- 1/2 cup whole grain Dijon mustard
- 2 tablespoons vegetable oil, divided

**Directions**
- **Step 1:** Cut tofu into 6 slices. Arrange on paper towels; drain 10 minutes. Spread both sides of each slice with mustard.
- **Step 2:** Heat 2 tablespoons of oil in another large nonstick skillet over medium heat. Add tofu; cover and cook until heated through and crisp, about 2 minutes per side.

**Barbecue Pizza with Tofu**

**Crediting Information**
Number of servings: 8  
CACFP Meal Pattern: Each slice is equivalent to 1-ounce M/MA and provides 2 servings GR/B.

**Ingredients**
- 1 large (16 ounces) store-bought or homemade pizza crust
- 1 cup barbecue sauce
- 2 cups baked tofu
- 8 ounces (3 cups) mozzarella cheese, shredded
- Kosher salt
- Handful of fresh cilantro, coarsely chopped (optional)
Directions

- **Step 1**: Preheat oven to 400 °F. Roll/pull/flatten the pizza crust dough to about 14 inches in diameter. Brush a cookie sheet with a little olive oil and carefully lay the pizza crust(s) on the cookie sheet.
- **Step 2**: Spread 1/2 cup of the barbecue sauce onto the dough, leaving about a 1/2-inch border around the edges.
- **Step 3**: Add tofu to a small bowl and add remaining barbecue sauce. Carefully toss and evenly place pieces over pizza crust. Lay sliced red onions and shredded cheese over the top.
- **Step 4**: Bake for about 10 minutes until the crust is golden brown, and the cheese is completely melted. Remove from the oven and sprinkle a pinch of kosher salt and the fresh cilantro over the top.

**Tofu Scramble**

**Crediting Information**

- Number of servings: 6
- CACFP Meal Pattern: Each serving is equivalent to 1 oz. M/MA. Serve with ½ of 6” tortilla for 1–5 year olds or 1 full 6” tortilla for 6–12 year olds to meet GR/B requirements.

**Ingredients**

- 1/2 cup red onion, finely chopped
- 1/4 cup red bell pepper, finely chopped
- 1 clove garlic, minced
- 14-ounce package extra firm tofu
- Salt to taste
- 2 teaspoons extra virgin olive oil (divided)
- 2 tablespoons nutritional yeast flakes (optional)
- 2 tablespoons chicken style seasoning
- 1/8 teaspoon turmeric

**Directions**

- **Step 1**: Place your chopped onion, bell pepper, and garlic in a skillet/frying pan with 1 teaspoon of olive oil and sauté on the stove on medium-high heat. Remove from heat when the onions are beginning to change color. Set aside.
- **Step 2**: In a bowl, cube or crumble the tofu and mix in your seasonings. Pour 1 teaspoon of olive oil into a frying pan/skillet and heat over medium-to-medium high heat. Pour the tofu on top of the olive oil and stir. Continue stirring every minute or so until the tofu begins to become firm around the edges.
- **Step 3**: Gently fold the onion/pepper mixture into the tofu. Serve hot and enjoy! Can also be served in whole wheat tortillas and with or without salsa.

OBJECTIVE 3: Participants will be able to select yogurt products that meet the CACFP sugar limit requirements.

NOTE TO INSTRUCTOR: If this lesson is taught in combination with the Infant Meal Pattern Requirements Training, skip forward to the lesson conclusion, as this information was previously covered.

SHOW SLIDE: Yogurt

SAY:
Yogurt is a great source of protein; this macronutrient provides energy, builds and maintains muscle, and promotes a healthy metabolism. However, some yogurts have significantly more sugar than others do. Exposing young children to high amounts of sugar early on can have a negative influence on their eating habits.

As a result, the updated meal pattern requirements limit the sugar in creditable yogurts to no more than 23 grams of sugar per 6 ounces.

SHOW SLIDE: Nutrition Facts Label

SAY:
The first step in determining yogurt products that meet the sugar limit is to know exactly what to look for on the Nutrition Facts label. This step is helpful in identifying nutritious foods that align with the updated meal pattern requirements. Please turn to the Nutrition Fact Label handout in your Participant’s Workbook.

As you can see on this handout, there are two labels. The FDA recently changed the label to make it easier for you and other consumers to make informed food choices. Manufacturers will eventually be required to change the labels to the new format, and some have already adopted the new format. Therefore, you may see changes when reading Nutrition Facts labels on packaged food. Knowing exactly what to look for on both layouts is essential.

SHOW SLIDE: Key Terms

SAY:
When reading Nutrition Facts labels to determine if it meets the sugar requirements, there are two key terms to look for: Serving Size and Sugars or Total Sugars. The serving size is the number of servings in a food package, in which the serving size is provided in units, such as ounces, cups, or container. It is also provided in grams in parenthesis.

The Sugars (original label) or Total Sugars (new label) state the amount of sugar in grams per serving. It is important to note that the new label lists total sugars and added sugars instead of just “sugars.” This change shows the total amount of natural sugars and added sugars the product contains. However, when reading new labels for yogurt, always use the number beside Total Sugars.
According to the Food and Drug Administration (FDA), the original Nutrition Facts label is over 20 years old. As a result, the FDA updated the label to make sure consumers have access to more recent and accurate nutrition information about the foods they are eating. Also, the FDA expects the new label to make it easier for consumers to make better-informed choices when shopping. Manufacturers will eventually be required to update their packages to reflect the new label, and some are already using the new label. Therefore, consumers may see the new label on food packages.

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

**Table Method**

**Example #1: Serving Size in Ounces**

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: 6 ounces
- **Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars. Write it here: 19 grams
- **Step 3:** Find the serving size, identified in Step 1, in the table below.

**Sugar Limits Table**

<table>
<thead>
<tr>
<th>Serving Size Ounces (oz)</th>
<th>Serving Size Grams (g) (Use when the serving size is not listed in ounces)</th>
<th>Sugar Limit</th>
<th>Serving Size Ounces (oz)</th>
<th>Serving Size Grams (g) (Use when the serving size is not listed in ounces)</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the serving size is:</td>
<td>Sugars must not be more than:</td>
<td></td>
<td>If the serving size is:</td>
<td>Sugars must not be more than:</td>
<td></td>
</tr>
<tr>
<td>1 oz</td>
<td>28 g</td>
<td>4 g</td>
<td>4.75 oz</td>
<td>135 g</td>
<td>18 g</td>
</tr>
<tr>
<td>1.25 oz</td>
<td>35 g</td>
<td>5 g</td>
<td>5 oz</td>
<td>142 g</td>
<td>19 g</td>
</tr>
<tr>
<td>1.5 oz</td>
<td>43 g</td>
<td>6 g</td>
<td>5.25 oz</td>
<td>149 g</td>
<td>20 g</td>
</tr>
<tr>
<td>1.75 oz</td>
<td>50 g</td>
<td>7 g</td>
<td>5.3 oz</td>
<td>150 g</td>
<td>20 g</td>
</tr>
<tr>
<td>2 oz</td>
<td>57 g</td>
<td>8 g</td>
<td>5.5 oz</td>
<td>156 g</td>
<td>21 g</td>
</tr>
<tr>
<td>2.25 oz</td>
<td>64 g</td>
<td>9 g</td>
<td>5.75 oz</td>
<td>163 g</td>
<td>22 g</td>
</tr>
<tr>
<td>2.5 oz</td>
<td>71 g</td>
<td>10 g</td>
<td>6 oz</td>
<td>170 g</td>
<td>23 g</td>
</tr>
<tr>
<td>2.75 oz</td>
<td>78 g</td>
<td>11 g</td>
<td>6.25 oz</td>
<td>177 g</td>
<td>24 g</td>
</tr>
<tr>
<td>3 oz</td>
<td>85 g</td>
<td>11 g</td>
<td>6.5 oz</td>
<td>184 g</td>
<td>25 g</td>
</tr>
<tr>
<td>3.25 oz</td>
<td>92 g</td>
<td>12 g</td>
<td>6.75 oz</td>
<td>191 g</td>
<td>26 g</td>
</tr>
<tr>
<td>3.5 oz</td>
<td>99 g</td>
<td>13 g</td>
<td>7 oz</td>
<td>198 g</td>
<td>27 g</td>
</tr>
<tr>
<td>3.75 oz</td>
<td>106 g</td>
<td>14 g</td>
<td>7.25 oz</td>
<td>206 g</td>
<td>28 g</td>
</tr>
<tr>
<td>4 oz</td>
<td>113 g</td>
<td>15 g</td>
<td>7.5 oz</td>
<td>213 g</td>
<td>29 g</td>
</tr>
<tr>
<td>4.25 oz</td>
<td>120 g</td>
<td>16 g</td>
<td>7.75 oz</td>
<td>220 g</td>
<td>30 g</td>
</tr>
<tr>
<td>4.5 oz</td>
<td>128 g</td>
<td>17 g</td>
<td>8 oz</td>
<td>227 g</td>
<td>31 g</td>
</tr>
</tbody>
</table>

- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

**Is it creditable?** Yes, this yogurt meets the sugar limit requirement because 19 grams of sugar is within the sugar limit of 23 grams for a Serving Size of 6 oz.
Example #2: Serving Size in Grams

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: 85 grams
- **Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars. If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container. Write it here: 19 grams
- **Step 3:** Find the serving size, identified in Step 1, in the table below.

<table>
<thead>
<tr>
<th>Serving Size Ounces (oz)</th>
<th>Serving Size Grams (g) (Use when the serving size is not listed in ounces)</th>
<th>Sugar Limit</th>
<th>Serving Size Ounces (oz)</th>
<th>Serving Size Grams (g) (Use when the serving size is not listed in ounces)</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 oz</td>
<td>28 g</td>
<td>4 g</td>
<td>4.75 oz</td>
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<td>85 g</td>
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<td>17 g</td>
<td>8 oz</td>
<td>227 g</td>
<td>31 g</td>
</tr>
</tbody>
</table>

- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

Is it creditable? No, **this yogurt does not meet the sugar limit requirement because 19 grams of sugar exceeds the sugar limit of 11 grams for a Serving Size of 85 grams.**

SHOW SLIDE: **Table Method: Yogurt**

**SAY:**

There many ways to determine if a yogurt meets the sugar limit requirements. Today, we will explore the table method for yogurt, as it is the easiest and the fastest way for determining if a yogurt item meets the sugar limit requirement. This method features a table with common sizes of yogurt and the pre-calculated sugar limit for each size. For your reference, you can find this method on the [Yogurt and Sugar Guide](#) handout, as well as a link to the USDA’s training worksheets, in your Participant’s Workbook.
As you can see in this table, there are three major columns.

- The left column, Serving Sizes (Ounces) is used when a yogurt’s Nutrition Fact Label lists the serving size in ounces, such as 6 ounces or 8 ounces.
- The middle column, Serving Sizes (Grams), is used when the Nutrition Fact Label’s serving size is not in ounces, but in cups, containers, or other units. In situations such as these, you can use the number in parenthesis, the grams, to determine if the yogurt is within the sugar limit.
- The right column lists the sugar limits for each serving size.

The table method was adapted from the USDA Team Nutrition’s training worksheet “Choose Yogurts That Are Low in Added Sugar.” You can find a link to this resource on the Training Resources handout in the Appendix of your Participant’s Workbook.

**SHOW SLIDE: Table Method Steps**

**SAY:**

This method features four steps.

- First, use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. In this case, the Serving Size is 6 ounces.
- Next, look at the number next to Sugars. There are 19 grams of sugar in this package per serving.
- Then, locate the yogurt’s Serving Size in the “Serving Size in Ounces” column on the “Sugar Limits Table.” In this case, it is 6 ounces.

**SHOW SLIDE: Table Method Steps (cont.)**

**SAY:**

Last, look at the number to the right of the serving size amount, under the “Sugar Limit” column in the table. If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

**DO:**

Encourage participants to look at the Sugar Limits Table to determine if the yogurt is within the sugar limit requirements. Then ask, is this yogurt creditable?

**SHOW SLIDE: Is It Creditable?**

**SAY:**

According to the table, for a 6-ounce serving, the sugar limit is 23 grams of total sugars. Therefore, this item is creditable because the sugar amount, 19 grams, is between the sugar limit of 0 and 23 grams.

**SHOW SLIDE: Serving Size in Grams**

**SAY:**

As mentioned, sometimes you may find yogurts that do not list the serving size in ounces, but in cups or containers. For instance, this yogurt label lists “1 container (170 grams)” as the serving size and “19 grams” for
Sugar. Using the middle column in the Yogurt Sugar Limits Table, this product would be creditable because 19 grams of sugar is within the sugar limit requirements of 0–23 grams for a product with 170 grams per serving size.

As previously mentioned, some yogurts may list the serving size as one container and not list ounces and grams on the Nutrition Facts label. In these cases, refer to the front of the package, to see how many ounces or grams are in the container.

**NOTE TO INSTRUCTOR:** The following Yogurt Sugar Limits Table highlights the second example used in this slide. This table is listed at the bottom of the Yogurt and Sugar Guide handout and is meant to be used as a reference only.

**SHOW SLIDE:** Activity: Yogurt, Is It Creditable?

**DO:**

(Activity): Yogurt, Is It Creditable?

The purpose of this activity is to provide an opportunity to practice identifying yogurt products that meet the sugar limit requirements for the CACFP.

Materials Needed: Yogurt, Is It Creditable? worksheet, pen or pencil

Time: 10–15 minutes

**Instructions:**

1. **SAY:** Please turn to the Yogurt, Is It Creditable? worksheet in your Participant’s Workbook. Use the Sugar Limits Table to determine if the yogurt is creditable.

2. **DO:** Allow 5–10 minutes for the participants to complete the assignment. Then, use the Answer Key: Yogurt, Is It Creditable? to review the answers with the participants.

**Answer Key: Yogurt, Is It Creditable?**

**Instructions:** Review each label. Then, follow the steps to determine if the yogurt is creditable.

**Greek Yogurt with Banana**

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt.
  
  Write it here: **5.3 ounce**

- **Step 2:** Find the amount for Sugars.
  
  Write it here: **14 grams**

- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.

- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. Is it creditable? **Yes, because 14 grams of sugar is between the sugar limits of 0–23 grams of sugar.**

---

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

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: **8 ounces**
- **Step 2:** Find the amount for Sugars. Write it here: **9 grams**
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. Is it creditable? **Yes, because 9 grams of sugar is between the sugar limits of 0–30 grams of sugar**

### Raspberry Yogurt

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: **6 ounces**
- **Step 2:** Find the amount for Sugars. Write it here: **25 grams**
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. Is it creditable? **No, because 25 grams of sugar is beyond the sugar limit of 23 for a 6 ounce serving size**

### Yogurt with Mixed Berry

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: **2.5 ounces**
- **Step 2:** Find the amount for Sugars. Write it here: **19 grams**
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your yogurt in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. Is it creditable? **No, because 19 grams of sugar is beyond the sugar limit of 10 for a 2.5 ounce serving size**
### Sugar Limits Table

If the serving size is:  
If the serving size is:

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Serving Size</th>
<th>Sugar Limit</th>
<th>Serving Size</th>
<th>Serving Size</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ounces (oz)</td>
<td>Grams (g)</td>
<td>Ounces (oz)</td>
<td>Grams (g)</td>
<td>Ounces (oz)</td>
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<tr>
<td>1 oz</td>
<td>28 g</td>
<td>4 g</td>
<td>4.75 oz</td>
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</table>

SHOW SLIDE: **Using Yogurt**

**SAY:**

When incorporating yogurt in your menus, there are some additional points to note. As previously mentioned, soy yogurt now credits as a dairy-free option for children and adult meals. In addition, 4 ounces of yogurt, including soy yogurt, credits as 1 ounce of meat alternate.

In addition, yogurt may credit as a meat alternate or as a milk substitute for adults only. However, it may not credit for the milk component and the meat alternates components in the same meal. Also, yogurt may only be served as a milk substitute once per day.

SHOW SLIDE: **Non-Creditable Yogurt Products**

**SAY:**

Lastly, when purchasing yogurt items, you may find a variety of options. However, some of these items are not creditable in the CACFP, such as:

- frozen yogurt,
- drinkable yogurt,
- homemade yogurt,
- yogurt flavored products,
- yogurt bars,
• yogurt covered fruits and nuts, and
• yogurt in commercially prepared smoothies.

For reimbursable meals and snacks, always choose plain or flavored, sweetened or unsweetened commercially prepared yogurt.

SHOW SLIDE: Other M/MA
SAY:
It is important to note that nuts and seeds, dry beans, peas, eggs, and cheese may continue to be used to meet all or part of the M/MA component. Please refer to the Child and Adult Meal Pattern Requirements handout in your Participant’s Workbook for examples of M/MA and specific serving sizes for each food type.

CONCLUSION:

SHOW SLIDE: Lesson Conclusion
SAY:
Throughout this lesson, we explored three key topics for meeting the updated meal pattern requirements.

• M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week.
• Tofu counts as a meat alternate.
• Credit yogurt must meet the sugar limit requirement of no more than 23 grams of sugar per 6 ounces.

At this time, are there any questions before we move to the last activity in this lesson?

DO:
Answer any questions, and then begin the next activity.

NOTE TO INSTRUCTOR: If there are questions that you are unable to answer, refer the participant(s) to their State agency or to the ICN Help Desk.
SHOW SLIDE: Activity: Apply in Three

DO:

(Activity): Apply in Three

The purpose of this activity is to ensure participants identify an action plan for implementing the M/MA component requirements.

Materials Needed: Apply in Three worksheet, pen or pencil

Time: 5–10 minutes

Instructions:

1. **SAY:** Turn to the Apply in Three worksheet in your Participant’s Workbook. Write at least three things you learned about the M/MA component, how you will apply this information, and the estimated date in which you would like to have completed each action item. Once you have finished filling in the worksheet, stand up, find someone from a different group, and share your responses.

2. **DO:** Allow 3–5 minutes for participants to complete this activity. Then, request volunteers to share their responses.

**FEEDBACK:** There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following **Answer Key: Apply in Three**.

### Answer Key: Apply in Three

**Instructions:** Write at least three things you learned about the M/MA component, how you will apply this information, and the estimated date in which you would like to have completed each action item.

<table>
<thead>
<tr>
<th>What did you Learn?</th>
<th>How will you apply it?</th>
<th>When will you apply it?</th>
</tr>
</thead>
</table>
| 1. Yogurt, including soy yogurt, counts as a meat alternate.                     | • Serve yogurt that meets the sugar limit requirements – 23 grams of sugar per 6 ounces.  
• Train all staff on the new requirements.                                    | • Menu changes – within 5 business days  
• Train staff – within 2 weeks and every quarter                               |
|                                                                                 | • Conduct a quarterly refresher training on the topic.                                |                                                             |
| 2. M/MA may be served in place of the entire grains component at breakfast a maximum of three times per week. | • Plan menus to include at least one M/MA at breakfast for each week.  
• Conduct a quarterly refresher training on the topic.                         | • Menu changes – within 5 business days                                             |
| 3. Tofu counts as a meat alternate.                                              | • Incorporate tofu in the menu at least once every 2 weeks.  
• Pursue additional resources or training on incorporating tofu on the menu.   | • Menu changes – within 5 business days  
• Pursue additional training within next 3 months                               |
NOTE TO INSTRUCTOR: If this training is offered in the comprehensive 6-hour version, skip the lesson Post-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Post-Assessment.

SHOW SLIDE: Post-Assessment
DO:

Post-Assessment

The purpose of the Post-Assessment is to determine what the participants learned throughout the training.

Materials Needed: Post-Assessment, Training Evaluation, and pen or pencil

Time: 5–10 minutes

Instructions:

1. **DO:** Distribute the Post-Assessment and the Training Evaluation.
2. **SAY:** The Post-Assessment is designed to assess what you have learned during this training. Begin by placing a four-digit number in the box at the top of your assessment. Then, complete the Post-Assessment by reading each question carefully and selecting the best answer. Upon completion, please complete the training evaluation.
3. **DO:** Allow a minimum of 5–10 minutes for participants to complete the Post-Assessment. Remind them to list the identifier they used on the Pre-Assessment. Following, collect the Post-Assessments and the Training Evaluations, and return them to the ICN. Then, dismiss the participants from the training.

NOTE TO INSTRUCTOR: If this training is not sponsored by the ICN, allow the participants to keep their assessments. Review the answers with them using the Answer Key in the Appendix section. Then, dismiss the participants from the training.
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# Vegetable and Fruit Component(s) Updates

## Lesson-at-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
</table>
| **Introduction** | 5 minutes                                                            | • Introduction to Vegetable and Fruit Component  
• Lesson Objectives        | • Lesson Pre-Assessment*                  | • PowerPoint Presentation  
• Participant’s Workbook  
• Pens or Pencils  
• Lesson Pre-Assessment   |
| **Objective 1:** Participants will be able to recall the requirements for separating the vegetable and fruit component. | 20 minutes                                                            | • Separation of vegetables and fruit  
• Serving two vegetables        | • Recall That Phrase                  | • PowerPoint Presentation  
• Participant’s Workbook  
• Pens or Pencils   |
| **Objective 2:** Participants will be able to describe the meaning of limiting juice to once per day. | 15 minutes                                                            | • Serving Juice Once Per Day  
• Juice and Groups  
• Juice and Shifts         | • Juice, Does It Comply?                  | • PowerPoint Presentation  
• Participant’s Workbook  
• Pens or Pencils   |
| **Conclusion** | 10 minutes                                                            | • Lesson Summary                        | • Apply in Three  
• Lesson Post-Assessment*          | • PowerPoint Presentation  
• Participant’s Workbook  
• Pens or Pencils  
• Lesson Post-Assessment |

**Total Time: 50 minutes**

*The total time does not include lesson assessments. When including the lesson assessments, allow for an additional 10–15 minutes.*
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 TRAINING SCRIPT

Lesson Plan:

INTRODUCTION:

SHOW SLIDE: Lesson: Vegetable and Fruit Component(s) Updates

DO:
To begin this training, advance to the next slide.

SHOW SLIDE: Vegetable and Fruit Component(s) Overview

SAY:
According to the Dietary Guidelines for Americans, most Americans do not consume enough vegetables and fruits. Also, when people do eat them, they are often prepared with added salt, sugar, solid fat, and refined starch. Therefore, the updated meal pattern requirements focus on increasing nutritious vegetables and fruits in the diet by:

- separating the vegetable and fruit component, and
- limiting juice to once per day.

SHOW SLIDE: Lesson Objectives

SAY:
Throughout this lesson, we will explore the following objectives:

- Recall the requirements for separating the vegetable and fruit component.
- Describe the meaning of limiting juice to once per day.

At the end of this lesson, you should know the latest updates, as well as some key strategies for implementation. For your reference, refer to the Vegetable and Fruit Basics handout in your Participant’s Workbook.

Handout: Vegetable and Fruit Basics

Vegetables

- Vegetables may be served fresh, frozen, canned, or as 100% pasteurized vegetable juice.
- Pasteurized, full-strength, 100% vegetable juice (or fruit juice) may be served at only one meal, including snacks, per day.
- Cooked dry beans and peas may credit as either a vegetable or as a meat alternate, but not as both in the same meal.
- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different types of vegetables must be served.
VEGETABLE AND FRUIT COMPONENT(S) UPDATES

- When crediting vegetables, they are credited based on volume, except 1-cup raw leafy greens credits as ½ cup vegetable.

**Fruits**

- Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice.
- Pasteurized, full-strength, 100% fruit juice (or vegetable juice) may be served at one meal, including snack meals, per day.
- When crediting fruits, credit based on volume, except ¼ cup of dried fruit counts as ½ cup of fruit.

**NOTE TO INSTRUCTOR:** If this training is offered in the comprehensive 6-hour version, skip the lesson Pre-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Pre-Assessment.

**SHOW SLIDE: Pre-Assessment**

**DO:**

**Pre-Assessment**

The purpose of this Pre-Assessment is to determine current knowledge of the updated meal pattern requirements.

Materials Needed: Pre-Assessment and pen or pencil

Time: 5–10 minutes

**Instructions:**

1. **SAY:** Before we begin objective 1, let’s assess what you already know by completing a Pre-Assessment.
2. **DO:** Distribute the Pre-Assessment.
3. **SAY:** Now that you have the Pre-Assessment, begin by placing a four-digit number in the box at the top of your assessment. Make a note of this number, as you will use it again when completing the Post-Assessment. Then, read each question carefully and select the best answer. When you have finished, place your assessment in the center of the table (or in a specified location).
4. **DO:** Allow a minimum of 5–10 minutes for participants to complete the Pre-Assessment. Remind them to list a non-identifier and to make a note of it for the Post-Assessment. Then, collect each assessment and set them aside.

**NOTE TO INSTRUCTOR:** If the Institute of Child Nutrition (ICN) provides this training, collect the Pre-Assessments and return them along with the evaluations to ICN.
OBJECTIVE 1: Participants will be able to recall the requirements for separating the vegetable and fruit component.

SHOW SLIDE: Separation of Vegetable and Fruit
SAY:
Let’s begin by exploring the separation of the vegetable and fruit component. The updated meal pattern requirements separate the vegetable and fruit component into two components at lunch, supper, and snack. This means one fruit and one vegetable must be served during lunch and supper meals, and a reimbursable snack may consist of a vegetable and a fruit.

Vegetables and fruits are still a combined component at breakfast. This means vegetables, fruits, or a combination of both may be served at breakfast to meet the fruit and vegetable component.

SHOW SLIDE: Increase Vegetable Consumption
SAY:
To increase the amount of vegetables eaten by CACFP participants and to provide greater flexibility to the menu planner, a vegetable may be used to meet the entire fruit component for lunch and supper. For example, a serving of broccoli and a serving of carrots would credit towards a reimbursable lunch.

This change allows a vegetable and fruit, or two vegetables at lunch or supper. However, serving two fruits at mealtimes is not creditable in the updated meal pattern requirements. Also, the vegetable substitute must be at least the same serving size as the fruit component it replaced.

Refer to the Fruits and Vegetables Components handout for a sample menu, reflecting the separation of the fruit and vegetable component.
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.

<table>
<thead>
<tr>
<th>Required Component</th>
<th>Fruit and Vegetable</th>
<th>Two Vegetables</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ages 3 – 5 Years</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/Meat Alternate</td>
<td>1 ½ oz chicken</td>
<td>1 ½ oz chicken</td>
</tr>
<tr>
<td>Vegetable</td>
<td>¼ cup green beans</td>
<td>¼ cup cauliflower</td>
</tr>
<tr>
<td>Fruit</td>
<td>¼ cup diced peaches</td>
<td>¼ cup carrots</td>
</tr>
<tr>
<td>Grain</td>
<td>½ whole wheat pita</td>
<td>½ whole wheat pita</td>
</tr>
<tr>
<td>Milk</td>
<td>¼ cup unflavored, low-fat milk</td>
<td>¼ cup unflavored, low-fat milk</td>
</tr>
<tr>
<td><strong>Ages 6 –12 Years</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meat/Meat Alternate</td>
<td>2 oz chicken</td>
<td>2 oz chicken</td>
</tr>
<tr>
<td>Vegetable</td>
<td>½ cup broccoli</td>
<td>½ cup sweet potato</td>
</tr>
<tr>
<td>Fruit</td>
<td>¼ cup apple slices</td>
<td>¼ cup zucchini</td>
</tr>
<tr>
<td>Grain</td>
<td>1 whole wheat pita</td>
<td>1 whole wheat pita</td>
</tr>
<tr>
<td>Milk</td>
<td>1 cup unflavored, low-fat milk</td>
<td>1 cup unflavored, low-fat milk</td>
</tr>
</tbody>
</table>


**SHOW SLIDE: Two Vegetable Types**

**SAY:**

When using this option, it is important to note that for a reimbursable meal, you must offer two different types of vegetables. For example, a serving of roasted carrots and a serving of steamed carrots would not credit towards a reimbursable meal because the meal only includes one type of vegetable.

The two different types of 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). For example, you could serve tomatoes and carrots, which are both from the red/orange group, and count it towards a reimbursable meal.

**SHOW SLIDE: Juice Blends and Purees**

**SAY:**

Because of the separation of the vegetable and fruit component, 100% juice blends and purees now credit as either a fruit or a vegetable. Juice blends and purees will contribute to the food component with the highest ingredient. For example, if the juice blend or puree contains more fruits than vegetables, the beverage would contribute to the fruit component. If it has more vegetables than fruit, it would contribute to the vegetable component.
SHOW SLIDE: Activity: Recall That Phrase

DO:

Activity: Recall That Phrase

The purpose of this activity is to ensure participants understand the changes for separating the vegetable and fruit component.

Materials Needed: Recall That Phrase worksheet and pen or pencil

Time: 5–10 minutes

Instructions:

1. **SAY:** Now that we have explored the updated requirements for separating the vegetable and fruit component, let’s complete an activity. Turn to the *Recall That Phrase* worksheet in your Participant’s Workbook. Complete each sentence using those featured in the Phrases column. Then, select a few items to complete each menu. Once you have finished, stand up.

2. **DO:** Allow 5 minutes for participants to complete this activity, and then review the sentences with the participants using the following **Answer Key: Recall That Phrase**.

---

**Answer Key: Recall That Phrase**

Instructions: Using the words in the Phrases column, complete each sentence by filling in the missing portion.

<table>
<thead>
<tr>
<th>Vegetable and Fruit Component Statement</th>
<th>Phrases</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. The updated child and adult meal pattern separates the vegetable and fruit component at <strong>lunch, supper, and snack</strong>.</td>
<td>• lunch, supper, and snack</td>
</tr>
<tr>
<td>2. The vegetable and fruit component is a single component at <strong>breakfast only</strong>.</td>
<td>• juice blends and purees</td>
</tr>
<tr>
<td>3. Two fruits for any meal or snack are <strong>not creditable</strong> in the CACFP.</td>
<td>• vegetable and fruit</td>
</tr>
<tr>
<td>4. A snack with a <strong>vegetable and fruit</strong>, in the appropriate minimum serving sizes, is <strong>reimbursable</strong>.</td>
<td>• reimbursable</td>
</tr>
<tr>
<td>5. It is optional to serve two <strong>vegetables</strong> at lunch and supper, but they must be <strong>two different types</strong>.</td>
<td>• two different types</td>
</tr>
<tr>
<td>6. When serving two vegetables at lunch or supper, a reimbursable meal consists of <strong>two different types of vegetables</strong>.</td>
<td>• breakfast only</td>
</tr>
<tr>
<td>7. <strong>Juice blends and purees</strong> will contribute to the food component with the <strong>highest ingredient</strong>.</td>
<td>• two vegetables</td>
</tr>
</tbody>
</table>

---
OBJECTIVE 2: Participants will be able to describe the meaning of limiting juice to once per day.

SHOW SLIDE: Juice

SAY:
The next update focuses on juice. Pasteurized, 100% juice can be a source of essential nutrients. However, it lacks the dietary fiber found in other forms of fruit. Also, juice is often a major source of sugar in which some juices can contain almost the same amount of sugar as soft drinks.

To reduce the amount of sugar in the diets of young children, the updated requirements limit the service of juice to one meal or snack per day for child and adult participants. If you should claim fruit or vegetable juice at more than one meal, including snack, the meal with the lowest reimbursement rate containing juice would be disallowed.

As a reminder, juice is not allowed under the infant meal pattern for those of you who have infants in your care.

SHOW SLIDE: Juice and Different Groups

ASK:
How many of you serve different meals to different groups, such as a morning group and an afternoon group?

DO:
Allow participants to respond.

SAY:
If you have two different groups, such as a morning group and an afternoon group, and you serve different meals to each group, you may serve juice to only one of the groups as part of a reimbursable meal. Reason being, the juice limit requirement applies to the facility and not the individual child or adult participant. Therefore, serving juice to both groups would not comply with the latest updated requirements.

SHOW SLIDE: Juice and Different Shifts

ASK:
How many of you serve one meal in two shifts, such as serving lunch to 3 year olds at 11:30 am and 4 year olds at 12:30 pm?

SAY:
Often times, spacing, licensing requirements, or other measures may call for operators to serve each meal or snack in shifts. For example, an operator serves snack to two years olds at 1:30 pm, three year olds at 2:00 pm, and four year olds at 2:30 pm. In this and similar situations, it is reimbursable to serve juice to all participants because juice is being used to meet the vegetable component or fruit component for a single meal or snack.
However as previously mentioned, juice may not be used to meet the vegetable component or fruit component at _two distinctly different meals or snacks._

**SHOW SLIDE: Activity: Juice, Does It Comply?**

**DO:**

(Activity): Juice, Does It Comply?

The purpose of this activity is to ensure participants understand the changes for separating the vegetable and fruit component.

Materials Needed: Juice, Does It Comply? worksheet and pen or pencil

Time: 5–10 minutes

**Instructions:**

1. **SAY:** Now that we have explored the updated requirements for serving juice, let’s complete an activity. Turn to the _Juice, Does It Comply?_ worksheet in your Participant’s Workbook. Determine if the scenarios comply with the juice requirement. Once you have finished, stand up.

2. **DO:** Allow 3–5 minutes for participants to complete this activity, and then review the sentences with the participants using the following _Answer Key: Juice, Does It Comply_

**Feedback:** The menu for two vegetables should contain two different types of vegetables.

<table>
<thead>
<tr>
<th>Instructions: Read each sentence, and then determine if it complies with the juice requirement.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Sara</strong> serves juice at breakfast, milk at lunch, and water at snack. Does this comply with the juice requirement? Yes. Juice is limited to once per day.</td>
</tr>
<tr>
<td><strong>Dave</strong> serves juice at snack and breakfast. Does this comply with the juice requirement? <strong>No. Juice is limited to once per day.</strong></td>
</tr>
<tr>
<td><strong>Sam</strong> serves meals in shifts because of limited space. Today, he served juice at lunch and snack. Does this comply with the juice requirement? <strong>No. Juice is limited to once per day.</strong></td>
</tr>
<tr>
<td>On Mondays, <strong>Shayla</strong> serves juice to two different groups during lunch. Does this comply with the juice requirement? <strong>Yes. Juice may be served in shifts to two different groups at one distinct meal (including snack).</strong></td>
</tr>
<tr>
<td><strong>Tyrone</strong> serves juice as an extra item at snack. Does this comply with the juice requirement? <strong>Yes. Juice may be served as an additional item at meals and snacks.</strong></td>
</tr>
<tr>
<td><strong>LeeAnn</strong> serves juice at breakfast to the morning group and again at playtime. Does this comply with the juice requirement? <strong>Maybe. Additional information is necessary to determine if LeeAnn meets the juice requirements.</strong></td>
</tr>
</tbody>
</table>
SHOW SLIDE: **Lesson Conclusion**

**SAY:**
Throughout this lesson, we explored the updated requirements for the vegetable and fruit component(s). In particular, we explored the requirements for:

- separating the vegetables and fruit component at lunch, supper, and snack; and
- limiting juice to once per day.

**ASK:**
At this time, are there any questions before we complete the last activity in this lesson?

**DO:**
Answer any questions, and then begin the next activity.

**NOTE TO INSTRUCTOR:** If there are questions that you are unable to answer, refer the participant(s) to their State agency or the ICN Help Desk.

SHOW SLIDE: **Activity: Apply in Three**

**DO:**

(Activity): Apply in Three

The purpose of this activity is to ensure participants identify an action plan for implementing key vegetable and fruit component(s) requirements.

**Materials Needed:** Apply in Three worksheet and pen or pencil

**Time:** 5–10 minutes

**Instructions:**

1. **SAY:** Turn to the Apply in Three worksheet in your Participant’s Workbook. Write at least three things you learned about the vegetable and fruit component(s), how you will apply this information, and the estimated date in which you would like to have completed each action item. Once you have finished, stand up and find someone from a different group, and share your responses.

2. **DO:** Allow 3–5 minutes for participants to complete this activity. Then, request volunteers to share their responses.

**FEEDBACK:** There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following Answer Key: Apply in Three.
**Answer Key: Apply in Three**

**Instructions:** Write at least three things you learned about the vegetable and fruit component(s), how you will apply this information, and the estimated date in which you would like to have completed each action item.

<table>
<thead>
<tr>
<th>What did you learn?</th>
<th>How will you apply it?</th>
<th>When will you apply it?</th>
</tr>
</thead>
</table>
| 1. The combined vegetable and fruit component is now a separate vegetable component and a separate fruit component at lunch, supper, and snack. | • Update lunch and snack menus to feature a vegetable and a fruit.  
• Train all staff on the new requirements.  
• Conduct a quarterly refresher training on the topic. | • Menu changes – within 5 business days  
• Train staff – within 2 weeks and every quarter |
| 2. Vegetables and fruits may be served as one component for breakfast. | • Continue planning and serving breakfast meals that feature a fruit, vegetable, or a combination of both. | • Train staff – every quarter |
| 3. Pasteurized, 100% juice is limited to once per day for child and adult participants. | • Plan menus that feature juice only once a day for the children in my care. | • Menu changes – within 5 business days  
• Train staff – within 2 weeks and every quarter |

**NOTE TO INSTRUCTOR:** If this training is offered in the comprehensive 6-hour version, skip the lesson Post-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Post-Assessment.

**SHOW SLIDE: Post-Assessment**

**DO:**

**Post-Assessment**

The purpose of the Post-Assessment is to determine what the participants learned throughout the training.

Materials Needed: Post-Assessment, Training Evaluation, and pen or pencil

Time: 5–10 minutes

**Instructions:**

1. **DO:** Distribute the Post-Assessment and the Training Evaluation.
2. **SAY:** The Post-Assessment is designed to assess what you have learned during this training. Begin by placing a four-digit number in the box at the top of your assessment. Then, complete the Post-Assessment by reading each question carefully and selecting the best answer. Upon completion, please complete the training evaluation.
3. **DO:** Allow a minimum of 10 minutes for participants to complete the Post-Assessment. Remind them to list the identifier they used on the Pre-Assessment. Following, collect the Post-Assessments and the Training Evaluations, and return them to the ICN. Then, dismiss the participants from the training.

**NOTE TO INSTRUCTOR:** If this training is not sponsored by the ICN, allow the participants to keep their assessments. Review the answers with them using the Answer Key in the Appendix section. Then, dismiss the participants from the training.
# Grains Component Updates

## Lesson-at-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td>5 minutes <strong>• Introduction to Grains Component</strong>  <strong>• Lesson Objectives</strong></td>
<td><strong>• Lesson Pre-Assessment</strong></td>
<td><strong>• PowerPoint Presentation</strong>  <strong>• Participant’s Workbook</strong> <strong>• Pens or Pencils</strong> <strong>• Lesson Pre-Assessment</strong></td>
</tr>
<tr>
<td><strong>Objective 1:</strong> Participants will be able to describe the requirements for serving a whole grain-rich item as part of a reimbursable meal.</td>
<td>15 minutes <strong>• Whole Grain-Rich Requirements</strong>  <strong>• Documentation</strong>  <strong>• Reviews</strong></td>
<td><strong>• Discussion: Whole Grain-Rich Requirement</strong></td>
<td><strong>• PowerPoint Presentation</strong>  <strong>• Participant’s Workbook</strong> <strong>• Pens or Pencils</strong></td>
</tr>
<tr>
<td><strong>Objective 2:</strong> Participants will be able to recall four ways to determine if a grain product meets the whole grain-rich criteria.</td>
<td>20 minutes <strong>• Methods for Determining Whole Grain-Rich Products</strong>  <strong>• WIC Lists</strong>  <strong>• FDA Standard of Identify</strong>  <strong>• Whole Grain Health Claims</strong>  <strong>• Rule of Three</strong></td>
<td><strong>• Rule of Three – Is It Whole Grain-Rich?</strong></td>
<td><strong>• PowerPoint Presentation</strong>  <strong>• Participant’s Workbook</strong> <strong>• Pens or Pencils</strong></td>
</tr>
<tr>
<td><strong>Objective 3:</strong> Participants will be able to use two methods for selecting breakfast cereals that contain no more than 6 grams of sugar per dry ounce.</td>
<td>20 minutes <strong>• Breakfast Cereals &amp; Sugar Limits</strong>  <strong>• WIC-Approved Breakfast Cereals List</strong>  <strong>• Table Method</strong></td>
<td><strong>• Breakfast Cereal, Is It Creditable?</strong></td>
<td><strong>• PowerPoint Presentation</strong>  <strong>• Participant’s Workbook</strong> <strong>• Pens or Pencils</strong></td>
</tr>
<tr>
<td><strong>Objective 4:</strong> Participants will be able to recall at least five creditable alternatives to grain-based desserts.</td>
<td>20 minutes <strong>• Grain-Based Desserts</strong>  <strong>• Exhibit A</strong>  <strong>• Grain-Based Desserts and Special Occasions</strong></td>
<td><strong>• Speed Grains</strong></td>
<td><strong>• Lesson Pre/Post-Assessment</strong>  <strong>• PowerPoint Presentation</strong>  <strong>• Participant’s Workbook</strong>  <strong>• Pens or Pencils</strong> <strong>• Grain-Based Dessert Posters</strong> <strong>• Painter’s tape</strong> <strong>• Bell/Timer/Watch</strong> <strong>• Markers</strong> <strong>• Chart Paper</strong> <strong>• Sticky Note Pads</strong></td>
</tr>
</tbody>
</table>

## Conclusion
## GRAINS COMPONENT UPDATES

**Total Time: 90 minutes**

*The total time does not include lesson assessments. When including the lesson assessments, allow for an additional 10–15 minutes.*

<table>
<thead>
<tr>
<th>10 minutes</th>
<th>Lesson Summary</th>
<th>Apply in Three</th>
<th>PowerPoint Presentation</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>Lesson Post-Assessment</td>
<td>Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Lesson Post-Assessment</td>
</tr>
</tbody>
</table>
TRAINING SCRIPT

Lesson Plan:

INTRODUCTION

SHOW SLIDE: Lesson: Grains Component Updates
DO:
To begin this training, advance to the next slide.

SHOW SLIDE: Grains Component Overview
SAY:
As we all know, a grain is a required component at breakfast, lunch, and supper, and is an optional component at snack. The updated requirements feature some key changes to enhance the overall variety and nutrient quality of meals and snacks. In particular, the four updates state:

- At least one serving of grains per day must be whole grain-rich.
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.
- Grain-based desserts no longer count towards the grain component.
- Ounce equivalents (oz eq) will be used to determine the amount of creditable grains beginning October 1, 2021.

SHOW SLIDE: Ounce Equivalents Requirement
SAY:
Although this training does not go into how to implement ounce equivalents, there are three key points to note:

- Ounce equivalents do not go into effect until October 1, 2021, for the Child and Adult Care Food Program.
- State agencies have the option (and are encouraged) to early implement ounce equivalents before October 1, 2021.
- During early implementation, State agencies must provide technical assistance if CACFP professionals make mistakes when implementing ounce equivalents. No meals or snacks can be disallowed during this time for ounce equivalents errors.

For additional information on meeting the ounce equivalents requirements, refer to:

- Your State agency or sponsoring organization
- USDA’s Using Ounce Equivalents for Grains in the CACFP Training Worksheet
SHOW SLIDE: Lesson Objectives

SAY:
Throughout this lesson, we will explore the updates through the following objectives:

• Describe the requirements for serving a whole grain-rich item as part of a reimbursable meal.
• Recall four ways to determine if a grain product meets the whole grain-rich criteria.
• Use two methods for selecting breakfast cereals that contain no more than 6 grams of sugar per dry ounce.
• Recall at least five creditable alternatives to grain-based desserts.

At the end of this lesson, you should know the latest updates, as well as some key strategies for implementation. For your reference, refer to the Grains Basics handout in your Participant’s Workbook.

Handout: Grains Basics

Whole Grain-Rich Items

• At least one serving of grains per day must be whole grain-rich.
• Whole grain-rich foods are those that contain 100% whole grains, or at least 50% whole grains, and the remaining grains in the food are enriched.
• Common and usual names for whole grains include:
  o “Whole” listed before grain (e.g., whole wheat and whole corn)
  o Berries or groats
  o Rolled oats and oatmeal

Breakfast Cereals

• Breakfast cereals include ready-to-eat, instant, and regular hot cereals.
• Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams of sucrose and other sugars per 100 grams of dry cereal).

Grain-Based Desserts

• Grain-based desserts do not count towards the grain requirement.
  Grain-based desserts are identified in Exhibit A in the memorandum CACFP 02-2017 “Grain Requirements in the Child and Adult Care Food Program; Questions and Answers.” These items have a superscript 3 or 4 to indicate they are a grain-based dessert. Some common examples include the following items:
  o Cakes
  o Cookies
  o Sweet pie crusts
  o Doughnuts
  o Granola bars
  o Sweet rolls
  o Brownies
Graham Crackers and Animal Crackers

- Sweet crackers, such as graham crackers (in all shapes) and animal crackers, are creditable. On Exhibit A, they are shaded in blue and have a superscript 5. CACFP operators may serve them as part of a reimbursable meal or snack.

NOTE TO INSTRUCTOR: If this training is offered in the comprehensive 6-hour version, skip the lesson Pre-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Pre-Assessment.

SHOW SLIDE: Pre-Assessment

DO:

Pre-Assessment

The purpose of this Pre-Assessment is to determine current knowledge of the updated meal pattern requirements.

Materials Needed: Pre-Assessment, pen or pencil

Time: 5–10 minutes

Instructions:

1. SAY: Before we begin objective 1, let’s assess what you already know by completing a Pre-Assessment.
2. DO: Distribute the Pre-Assessment.
3. SAY: Now that you have the Pre-Assessment, begin by placing a four-digit number in the box at the top of your assessment. Make a note of this number, as you will use it again when completing the Post-Assessment. Then, read each question carefully and select the best answer. When you have finished, place your assessment in the center of the table (or in a specified location).
4. DO: Allow a minimum of 5–10 minutes for participants to complete the Pre-Assessment. Remind them to list a non-identifier and to make a note of it for the Post-Assessment. Then, collect each assessment and set them aside.

NOTE TO INSTRUCTOR: If the Institute of Child Nutrition (ICN) sponsors this training, collect the Pre-Assessments and return them along with the evaluations to ICN.

OBJECTIVE 1: Participants will be able to describe the requirements for serving a whole grain-rich item as part of a reimbursable meal.

SHOW SLIDE: Whole Grain-Rich

SAY:

The first update for the grain component focuses on whole grain-rich foods. At least one serving of grains per day must be whole grain-rich. These foods contain 100% whole grains, or at least 50% whole grains, and the remaining grains in the food are enriched.
It is important to note that this requirement only applies to meals served to children and adults; it does not apply to infant meals.

**SHOW SLIDE: Key Terms – Grains**

**SAY:**

To meet the whole grain-rich requirement, there are few key terms to highlight. The first term is *whole grain*. Whole grains are the most nutritious when compared to other grains because they contain all three parts of the kernel: the bran, the germ, and the endosperm. This means they naturally contain the fiber, iron, and other essential nutrients for good health.

*Refined grains* are milled, which is a process that removes the bran and the germ. During processing, essential dietary nutrients found in whole grains are removed. When a grain is *enriched*, however, it means the nutrients were added back to the refined grain(s).

The last major term is *fortified*, and it is commonly associated with breakfast cereals or infant formula. Fortified simply means that vitamins and minerals were added to the product that weren’t originally in the food.

Cereal in particular will list the added vitamins and minerals near the bottom of the Nutrition Facts label. However, those that are not fortified will not list any added vitamins and minerals.

This information can be found on the *Grains Key Terms* handout in your Participant’s Workbook.

**Handout: Grains Key Terms**

- **FNS whole grain-rich criteria**: Contains 100% whole grains, or at least 50% whole grains, and the remaining grains in the food are enriched.
- **Whole grains**: Whole grains consist of the entire cereal grain seed or kernel.
- **Kernel**: The three parts of a kernel include the bran, the endosperm, and the germ.
- **Bran**: The bran is the outer layer of the kernel. The bran contains fiber, B vitamins, trace minerals, and other health-promoting substances called phytochemicals.
- **Endosperm**: The endosperm is found in the inner layer of the kernel. The large, starchy endosperm of the grain kernel contains complex carbohydrates, protein, and smaller amounts of B vitamins.
- **Germ**: The germ is a small area found in the inner area of the kernel. The germ provides nourishment for the seed and contains B vitamins, vitamin E, trace minerals, healthy fats, antioxidants, and phytochemicals.
Instructor’s Manual

CHILD AND ADULT MEAL PATTERN REQUIREMENTS

GRAINS COMPONENT UPDATES

- Enriched Grains: Enriched is a process that adds nutrients back to a refined grain product. The nutrients that are usually added back in the process are iron and four B vitamins (thiamin, riboflavin, niacin, and folic acid).
- Refined Grains: Refined grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients.
- Fortified Grains: Fortified means vitamins and minerals were added to a food that were not originally in the food.

SHOW SLIDE: Whole Grain-Rich Foods at Meals and Snacks

SAY:
As previously mentioned, one grain served per day must be whole grain-rich. As an operator, you can choose which meal or snack to serve the whole grain-rich food. For instance, an operator served a whole grain-rich food at breakfast, a refined grain food at lunch, and did not serve a grain at snack. In this case, the menu complies with the requirement because at least one grain served was whole grain-rich. On the other hand, if the operator served lunch and no other meals or snacks, this meal must include a whole grain-rich food because a grain is required at lunch.

There are some variations on how to apply this requirement based on the meals or snacks served. Take those that only serve snack, such as in an at-risk afterschool program. As we all know, a reimbursable snack consists of two of the five components. If an at-risk afterschool program should serve a fruit and a vegetable or any other non-grain combination, it is not necessary to serve a whole grain-rich food. However, if they serve a grain as part of the snack, it must be a whole grain-rich item.

SHOW SLIDE: Documentation and Whole Grain-Rich Foods

SAY:
Another key factor to meeting the whole grain-rich requirement is documentation. There are several ways to demonstrate compliance with this requirement. For example, you can list which grain items are whole grain-rich directly on the menu by writing one of the following:

- “Whole wheat” in front of “bread” so that the menu item reads “whole wheat bread”
- “Whole grain-rich” in front of a food item, such as “whole grain-rich English muffins”

It’s important to note that State agencies have the authority to determine other types of acceptable recordkeeping documents required to demonstrate compliance. For example, a State agency may require operators to keep meal production records in addition to their menus. Therefore, always check with your State agency or sponsoring organization to learn the best way to demonstrate compliance with the whole grain-rich requirement within your state.
SHOW SLIDE: Reviews and Whole Grain-Rich Foods

SAY:
When State agency or sponsoring organization staff conducts a review, they will need to check your menus, labels, and product information to ensure that the whole grain-rich items being served meets FNS whole grain-rich criteria.

When these foods are not served, the meal with the lowest reimbursement from that day will be disallowed. For example, last Tuesday you served grains at breakfast, lunch, and snack; however, none of the items were whole grain-rich. In this case, the snack would be disallowed because it is the meal with the lowest reimbursement rate containing a grain.

On the other hand, if you only served grains during breakfast and lunch, and none of the grain items were whole grain-rich, the breakfast would be disallowed because it is the meal with the lowest reimbursement rate containing a grain.

For additional information, refer to the Whole Grain-Rich Foods and Disallowed Meals handout in the reference section of this course.

NOTE TO INSTRUCTOR: For spacing and graphic purposes, the following handout is slightly different from the handout in the Participant’s Workbook.

---

**Handout: Whole Grain-Rich Foods and Disallowed Meals**

Requirement: Each day, one whole grain-rich food must be served. When whole grain-rich foods are not served in a given day, the meal (or snack) with the lowest reimbursement that contains a grain will be disallowed as illustrated in the examples below.

<table>
<thead>
<tr>
<th>Friday’s Menu</th>
<th>Tuesday’s Menu</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Breakfast</strong></td>
<td><strong>Breakfast</strong></td>
</tr>
<tr>
<td>Diced peaches</td>
<td><em>Banana slices</em></td>
</tr>
<tr>
<td>Blueberry pancake</td>
<td><em>Multi-grain waffle</em></td>
</tr>
<tr>
<td>Milk</td>
<td><em>Milk</em></td>
</tr>
<tr>
<td><strong>Lunch</strong></td>
<td><strong>Lunch</strong></td>
</tr>
<tr>
<td>Macaroni and cheese</td>
<td>Chicken stir-fry</td>
</tr>
<tr>
<td>Cornbread</td>
<td>Broccoli</td>
</tr>
<tr>
<td>Okra</td>
<td>Carrots</td>
</tr>
<tr>
<td>Tropical fruit</td>
<td>White rice</td>
</tr>
<tr>
<td>Milk</td>
<td>Milk</td>
</tr>
<tr>
<td><strong>Snack</strong></td>
<td><strong>Snack</strong></td>
</tr>
<tr>
<td>Cheddar cheese slices</td>
<td>Yogurt</td>
</tr>
<tr>
<td>Crackers</td>
<td>Apple slices</td>
</tr>
<tr>
<td>Water</td>
<td>Water</td>
</tr>
</tbody>
</table>

*Friday’s menu does not contain a whole grain-rich food. Therefore, the Snack meal is disallowed because it is the meal with the lowest reimbursement that contains a grain.*

*Tuesday’s menu does not contain a whole grain-rich food, and a grain was not served during Snack. Therefore, the Breakfast meal is disallowed because it is the meal with the lowest reimbursement that contains a grain.*
SHOW SLIDE: **Revisit the Whole Grain-Rich Requirement**

**DO:**

(LEGAL GROUP DISCUSSION): Revisit the Whole Grain-Rich Requirement

**Instructions:**

1. **DO:** Review the key concepts for meeting the whole grain-rich requirement by asking them the following questions:
   - What is the whole grain-rich requirement? *One grain served per day must be whole grain-rich.*
   - If you only serve snacks in your program, what is the requirement for serving whole grain-rich foods? *A whole grain-rich item is not required if you do not serve a grain. However, if you serve a grain, it must be whole grain-rich.*
   - What happens if you do not serve a whole grain-rich food? *The meal with the lowest reimbursement will be disallowed.*
   - What is one other requirement you learned in this portion of the lesson?

**OBJECTIVE 2:** Participants will be able to recall four ways to determine if a grain product meets the whole grain-rich criteria.

SHOW SLIDE: **Determining Whole Grain-Rich Products Methods**

**SAY:**

Now that we have explored the key requirements for serving whole grain-rich items, let’s explore some ways for determining items that meet the FNS whole grain-rich criteria. There are six ways to determine if a grain product is whole grain-rich:

- WIC-Approved Whole Grain Food
- Breads and Pastas are labeled as “Whole Wheat” and have an FDA Standard of Identity
- FDA Whole Grain Health Claim
- Meets the FNS Rule of Three
- Meets the Whole Grain-rich criteria for the National School Lunch Program (NSLP)
- Proper documentation from a manufacturer or a standardized recipe

*Any of these six ways* can be used to determine if a grain product meets the whole grain-rich criteria.

Let’s review four of these methods and how to apply them when identifying whole grain-rich foods. For additional ways to identify whole grains, refer to the **Methods for Identifying Whole Grain-Rich Foods** handout in your Participant’s Workbook.
**Handout: Methods for Identifying Whole Grain-Rich Foods**

Each day, at least one grain served must be whole grain-rich. Foods that meet the whole grain-rich criteria contain at least 50 percent whole grains, and the remaining grains are enriched or are 100 percent whole grain. The great news is there are six ways to determine if a product meets the whole grain-rich requirement. Therefore, if the food meets at least one of the following ways, it is considered whole grain-rich.

1. **WIC-Approved List**
   The product is found on any State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Visit [www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts) for a list of WIC State agency contacts.

2. **Meets the NSLP Whole Grain-Rich Criteria**
   CACFP child care programs and at-risk afterschool programs operated in school settings may use the same whole grain-rich criteria as the National School Lunch Program (NSLP). The NSLP whole grain-rich criteria applies for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

3. **Proper Documentation**
   Documentation from a manufacturer or a standardized recipe demonstrates that whole grains are the primary grain ingredient by weight. When a grain product (such as bread) has a first ingredient that is not whole grain, the primary ingredient by weight may still be whole grain if there are multiple whole grain ingredients and the combined weight of those whole grains is more than the weight of the other grain ingredients. When the grain portion of a mixed product (like a beef enchilada) is not entirely whole grain, it may be whole grain-rich depending upon the proportion of whole grains to other grain ingredients.

4. **FDA Whole-Grain Health Claim**
   The product features one of the following two FDA health claims on the package:
   - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
   - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

5. **Rule of Three**
   To meet the Rule of Three as a whole grain-rich product, the first ingredient (or second after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives (by-products of grains) may be disregarded. Any non-creditable grain ingredients (e.g., flours that are not enriched or whole) that are labeled as 2 percent or less of product eight are considered insignificant and may also be disregarded (see below for a list of these ingredients).

   Mixed Dishes (e.g., pizza crust and tortillas for burritos): Use the “grain portion” of the ingredients label to determine if the first ingredient is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If it meets the criteria, it is whole grain-rich.
Breakfast Cereal: If the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria.

6. FDA Standard of Identity

The product is labeled as “whole wheat” and has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA). This method only applies to breads and pastas with the following exact product names.

- Breads: whole wheat bread, entire wheat bread, graham bread, whole wheat rolls, entire wheat rolls, graham rolls, whole wheat buns, entire wheat buns, graham buns
- Pastas: whole wheat macaroni product, whole wheat macaroni, whole wheat spaghetti, whole wheat vermicelli

It’s important to note that items with the following names/claims do not meet the Federal requirements: “whole grain,” “made with whole grains,” “made with whole wheat,” or “contains whole grains.”


SHOW SLIDE: Use WIC-Approved Grains Food List

SAY:

First, use any State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved whole grain food list. Each State’s WIC agency provides food lists for identifying nutritious foods for pregnant women, infants, and children. Therefore, any whole grain food featured on these lists will meet the whole grain-rich requirements.

To locate your state’s contact information, refer to the Women, Infants, and Children - State Contact Information for Whole Grain-Rich Foods in your Participant’s Workbook. There you will find the phone number and abbreviated web links for each state’s website. Simply enter the web address as indicated on the page in the address bar. Likewise, you can check other States’ websites to identify a variety of other options.

NOTE TO INSTRUCTOR: The abbreviated web address for the main website is tiny.cc/WIC. This shortened link will take the user to the following address: www.fns.usda.gov/wic/wic-contacts
Handout: Women, Infants, and Children – State Contact Information for Whole Grain-Rich Foods

**Instructions:** Identify whole grain-rich foods using WIC’s food list. Use the abbreviated web links* or the phone numbers to contact your State’s office for additional information.

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<th>Phone Number</th>
<th>Web Link</th>
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<tbody>
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<td>1-888-942-4673</td>
<td>tiny.cc/WICAL</td>
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<tr>
<td>Alaska</td>
<td>(907) 465-3100</td>
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<td>Puerto Rico</td>
<td>(787) 766-2805</td>
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*Main Page - Other Offices tiny.cc/WIC
NOTE TO INSTRUCTOR: The following screen will provide step-by-step directions for locating whole grain foods. You do not have to visit the website. This slide features the screenshots for each step as outlined below. Simply explain the steps as you advance through each animation.

SHOW SLIDE: Website Illustration

SAY:
To illustrate how to locate a state’s WIC whole grain foods list, let’s visit the WIC website for the State of California. Tiny.cc/WICCA is the abbreviated address.

DO:
Enter the web link into the address bar: tiny.cc/WICCA. Then, explain the following information: Once you arrive to the main page, you will need to conduct a simple search for the WIC Foods, Approved Food Lists, or similar list names. For example, California calls for you to select WIC Foods, followed by selecting their WIC Authorized Food List Shopping Guide. Then, select the guide, and scroll down to pages 13–17. This list features whole grains you can and cannot buy, while other lists may simply list the approved items. Although not a requirement, operators should consider printing the approved list for documentation purposes. Most importantly, always refer to their state regarding documentation requirements.

SHOW SLIDE: FDA Standard of Identity

SAY:
The second method is designed specifically for breads and pastas only. The FDA established a Standard of Identity for whole wheat breads and pastas. These rules identify the grain ingredients manufacturers must include to legally label certain products as “whole wheat.”

Turn to the FDA Standard of Identity and Whole Grain-Rich Breads and Pastas handout in your Participant’s Workbook.

DO:
Allow participants to turn to the handout.

SAY:
As you can see on this handout, there are specific products under both columns for breads and pastas. To be considered as whole grain-rich using this method, the product must list the exact product name as indicated in the chart.

ASK:
Looking at the list, are whole wheat buns whole grain-rich?
DO:
Allow participants to respond.

SAY:
[As you just mentioned,] yes – whole wheat buns are whole grain-rich using this method.

However, if it were whole grain buns, it would not credit as whole grain-rich because “whole grain” is not an FDA Standard of Identity for breads and pastas. You may still be able to credit the whole grain buns as whole grain-rich. However, you would need to use one of the other methods.

<table>
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<th>Breads</th>
<th>Pastas</th>
</tr>
</thead>
<tbody>
<tr>
<td>Whole wheat bread</td>
<td>Whole wheat macaroni product</td>
</tr>
<tr>
<td>Entire wheat bread</td>
<td>Whole wheat macaroni</td>
</tr>
<tr>
<td>Graham bread</td>
<td>Whole wheat spaghetti</td>
</tr>
<tr>
<td>Whole wheat rolls</td>
<td>Whole wheat vermicelli</td>
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<td>Entire wheat rolls</td>
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<td>Graham rolls</td>
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<td>Whole wheat buns</td>
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<td>Entire wheat buns</td>
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</tr>
<tr>
<td>Graham buns</td>
<td></td>
</tr>
</tbody>
</table>

**Handout: FDA Standard of Identity and Whole Grain-Rich Breads and Pastas**

One way to identify whole grain-rich *breads and pastas* is to look for products labeled “whole wheat” and that have a Food and Drug Administration (FDA) Standard of Identity. The FDA provides a Standard of Identity for certain whole wheat bread and pasta products. Therefore, items with the labels under both featured on this handout meet the FDA requirements and can be considered whole grain-rich.

**Additional Information is Needed**

The following terms do not meet the FDA Standard of Identity requirements:

- “Whole grain”
- “Made with whole grains”
- “Made with whole wheat”
- “Contains whole grains”

Therefore, any bread or pasta with these four claims will require an additional method to determine if they meet the whole grain-rich criteria.
SHOW SLIDE: **Products Without a Standard of Identify**

**SAY:**
There are two factors to keep in mind when using this method to identify whole grain-rich foods. First, this method may not be used on products without a Standard of Identity, regardless if they are labeled “whole wheat.” These items include crackers, tortillas, bagels, and biscuits; this method must be used for breads and pastas only.

Second, some product labels will have similar, yet tricky wording, such as:
- “whole grain,”
- “made with whole grains,”
- “made with whole wheat,” or
- “contains whole grains.”

**ASK:**
How many of you have seen these labels on packages?

**DO:**
Allow participants to respond, and then click mouse slide animation.

**SAY:**
These terms do not meet the FDA Standard of Identity requirements. Therefore, you must use one of the other methods to determine if items with these labels meet the whole grain-rich criteria.

SHOW SLIDE: **Whole Grain Health Claims**

**SAY:**
The next way to determine if a product is whole grain-rich is to look for a whole grain health claim on the packaging. A food contains at least 51% whole grains if it has one of these two FDA-approved whole grain health claims on the package:
- “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
- “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

It is important to note that the health claims may not be used for documentation purposes in the school meal programs.

SHOW SLIDE: **Rule of Three**

**SAY:**
The next method for identifying whole grain-rich items is called the Rule of Three. This method calls for a three-step process for identifying whole grain-rich foods using the product’s ingredients label. Using this method, a
product is whole grain-rich if the first ingredient (or second after water) is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, brans, or germs.

To be successful in using this method, it is important to know the following three categories:

- Creditable
- Ingredients to disregard
- Non-creditable grains or flours

Let’s take a minute to review these items. Please turn to the Rule of Three: Choosing Creditable Grains handout in your Participant’s Workbook.

**DO:**

Explain that this handout is ideal for determining food items that meet the Rule of Three criteria. Then, review the components of the handout with the participants. Pay special attention to the following two types of grains they should disregard when reviewing a product using this method:

- Those that follow the wording “contains 2% or less” because there are only small amounts in the package
- Grain derivatives because they are often small or trace amounts of by-products of grains

Also, explain that if the product has any of the non-creditable grains or flours indicated in the list, the product does not meet the whole grain-rich criteria.

Lastly, explain that this handout is not an exhaustive list of grains. Therefore, if they have additional questions about other grains, they should refer to their sponsoring organization or State agency.

### Handout: Rule of Three: Choosing Creditable Grains

#### CREDITABLE GRAINS

**Whole Grains**

- Amaranth
- Amaranth flour
- Brown rice
- Buckwheat
- Buckwheat flour
- Buckwheat groats
- Bulgur
- Cracked wheat
- Graham flour
- Instant oatmeal
- Millet
- Millet flour
- Oat groats
- Old fashioned oats
- Quick cooking oats
- Quinoa
- Rye groats
- Sorghum
- Sorghum flour
- Spelt berries
- Sprouted brown rice
- Sprouted buckwheat
- Sprouted einkorn
- Sprouted spelt
- Sprouted whole rye
- Sprouted whole wheat
- Steel cut oats
- Teff
- Teff flour
- Triticale
- Triticale flour
- Wheat berries
- Wheat groats
- Whole corn
- Whole durum flour
- Whole einkorn berries
- Whole grain corn
- Whole grain corn flour
- Whole grain einkorn flour
- Whole grain oat flour
- Whole grain spelt flour
- Whole grain wheat flakes
- Whole rye flour
- Whole wheat flour
## Brans and Germs

- Corn bran
- Oat bran
- Rice bran

## Enriched Grains

- Rye bran
- Wheat bran
- Wheat germ
- Enriched bromated flour
- Enriched corn flour
- Enriched durum flour
- Enriched durum wheat flour
- Enriched rice

- Wild rice

### INGREDIENTS TO DISREGARD

Disregard any ingredients after the words "contains 2% or less" as indicated below.

**INGREDIENTS:** WHOLE WHEAT FLOUR, FLAXSEED, HONEY, RYE, SOYBEAN OIL, **CONTAINS 2% OR LESS OF:** GLUTEN, CALCIUM SULFATE, SALT, BUTTER, SOY LECITHIN, AND ENZYMES. **CONTAINS: WHEAT.**

Disregard any grain derivative ingredient, which is generally presented in only small amounts, such as:

- Corn dextrin
- Corn starch
- Modified food starch
- Rice starch
- Tapioca starch
- Wheat dextrin
- Wheat gluten
- Wheat starch

### NON-CREDITABLE GRAINS OR FLOURS

The following ingredients are not whole or enriched and cannot be one of the first 3 grain ingredients:

- Any bean flour
- Any nut flour
- Barley malt
- Bromated flour
- Corn
- Corn fiber
- Degerminated corn meal
- Durum flour
- Farina
- Malted barley flour
- Oat fiber
- Potato flour
- Rice flour
- Semolina
- Wheat flour
- White flour
- Yellow corn flour
- Yellow corn meal

SHOW SLIDE: **English Muffins**

**SAY:**

Using the Applying the Rule of Three worksheet in your Participant’s Workbook, let’s review three examples for applying this method.

The first example is an English muffin. The ingredients label lists “whole wheat flour, water, enriched wheat flour, wheat starch, yeast, sugar, and salt.” The first ingredient (whole wheat flour) is a whole grain, and the second grain ingredient (enriched wheat flour) is an enriched grain. The only other grain is wheat starch, and it is a grain derivative; therefore, it does not count as a grain ingredient in CACFP.

As a result, this product meets the Rule of Three criteria for whole grain-rich, based on the first two-grain ingredients.
The Rule of Three is a three-step process for identifying whole grain-rich products. This method is ideal for CACFP operators, as they tend to have different needs than those operating school meal programs, such as shopping in local retail environments.

Using this method, a product is whole grain-rich if the first ingredient (or second after water) is a whole grain, and the next two grain ingredients (if any) are whole grains, enriched grains, brans, or germs.

**Whole wheat flour**

First Ingredient is a whole grain

**Enriched wheat flour**

Second GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Third GRAIN Ingredient is a whole grain, enriched grain, bran, or germ

Yes

**Mixed Dishes:** (e.g., pizza crust and tortillas for burritos): Use the “grain portion” of the ingredients label to determine if the first ingredient is a whole grain and the next two grain ingredients (if any) are whole grains, enriched grains, bran, or germ. If it meets the criteria, it is whole grain-rich.

**Breakfast Cereal:** If the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria.

**Examples**

**English Muffin**

INGREDIENTS: WHOLE WHEAT FLOUR, WATER, ENRICHED WHEAT FLOUR, WHEAT STARCH, YEAST, SUGAR, AND SALT.

Is it whole grain-rich based on the Rule of Three Criteria? __________________________________________
**Corn Chips**

INGREDIENTS: WHOLE CORN, VEGETABLE OIL, SALT, CHEDDAR CHEESE, MALTODEXTRIN, WHEAT FLOUR, ROMANO CHEESE, WHEY PROTEIN CONCENTRATE.

Is it whole grain-rich based on the Rule of Three Criteria? __________________________________________

**Cheese Pizza Crust**

INGREDIENTS: MOZZARELLA CHEESE, PARMESAN CHEESE, WHITE WHOLE WHEAT FLOUR, BROWN RICE FLOUR, ENRICHED FLOUR, NON-FAT MILK, WATER, TOMATO PASTE, YEAST.

Is it whole grain-rich based on the Rule of Three Criteria? __________________________________________

**SHOW SLIDE: Corn Chips**

**SAY:**

Let’s try another one together. A corn chip’s ingredient list reads: “whole corn, vegetable oil, salt, cheddar cheese, maltodextrin, wheat flour, Romano cheese, whey protein concentrate.”

**ASK:**

Looking at this ingredient’s list, is it whole grain-rich based on the Rule of Three criteria?

**DO:**

Allow time for participants to review the ingredients and respond if it is whole grain-rich.

**SAY:**

[As you just mentioned,] this item is not whole grain-rich based on the Rule of Three criteria. Although the first ingredient is a whole grain (whole corn), the next grain ingredient (wheat flour) is unenriched wheat flour. You may still serve this item to meet the grain component; however, it would not credit for the whole grain-rich requirement.

**SHOW SLIDE: Mixed Dishes**

**SAY:**

When working with mixed dishes, such as pizza crusts or tortillas for burritos, there is a slightly different approach to identifying if the item is whole grain-rich. In this case, the *first grain ingredient* must be a whole grain, and the next two grain ingredients (if any) must be whole grain, enriched grain, bran, or germ.

For example, this cheese pizza’s ingredients list reads “mozzarella cheese, parmesan cheese, white whole wheat flour, brown rice flour, enriched flour, non-fat milk, water, tomato paste, yeast.”

**ASK:**

Can you identify if the whole grain ingredients, as well as if this product is whole grain-rich based on the Rule of Three criteria?
DO:
Allow time for participants to review the ingredients and respond if it is whole grain-rich.

SAY:
The grain ingredients are white whole wheat flour, brown rice flour, and enriched flour. This product is whole grain-rich based on the Rule of Three criteria because the first and second grain ingredients are whole grains and the third grain ingredient is enriched.

SHOW SLIDE: Whole Grain-Rich Cereal
SAY:
Similar to mixed dishes, there is a slightly different approach for identifying whole grain-rich breakfast cereals. In this case, if the first grain ingredient is a whole grain and the cereal is fortified, the product meets the whole grain-rich criteria.

ASK:
How do you identify fortified breakfast cereals?

DO:
Allow participants to respond.

SAY:
[As you just mentioned], fortified cereals are those that have added vitamins and minerals not originally in the product. You can determine if a product is fortified if it has a list of vitamins and minerals on the back of the Nutrition Facts Label.

SHOW SLIDE: Activity: Rule of Three – Is It Whole Grain-Rich?
DO:
(Activity): Rule of Three – Is it Whole Grain-Rich?
The purpose of this activity is to ensure participants are able to read an ingredients list to determine if an item is whole grain-rich based on the Rule of Three criteria.
Materials Needed: Rule of Three – Is It Whole Grain-Rich? worksheet, pen or pencil
Time: 5–10 minutes

Instructions:
1. SAY: Now that we have reviewed a few examples for determining whole grain-rich foods based on the Rule of Three criteria, let’s complete an activity to practice what you learned. Turn to the Rule of Three – Is It Whole Grain-Rich? worksheet in your Participant’s Workbook. Read each ingredients list to determine if the food item is whole grain-rich based on the Rule of Three criteria.
2. DO: Allow 5–10 minutes for participants to complete this activity. Then review the answers using the following answer key with the participants.
Answer Key: Rule of Three – Is it Whole Grain-Rich?

**Instructions**: Read each ingredient list to determine if the food item is whole grain-rich based on the Rule of Three criteria.

1. **French Bread Sticks**

   **INGREDIENTS**: *ENRICHED UNBLEACHED FLOUR* (WHEAT FLOUR, Malted BARLEY FLOUR, NIacin, FERROUS SULFATE, THIAMIN MONONITRATE, RIBOFLAVIN, FOLIC ACID, POTASSIUM BROMATE), WATER, SALT, YEAST, DEXTROSE, SUGAR, SOY OIL, CORN STARCH, MONO-DIGLYCERIDES, SOY FLOUR, POTASSIUM BROMATE, ASCORBIC ACID, L. CYSTEINE, ENZYME.

   Is this product whole grain-rich based on the Rule of Three criteria? **No. The first ingredient (enriched unbleached flour) is not a whole grain.**

2. **Garlic Bread**

   **INGREDIENTS**: *ALL-PURPOSE FLOUR*, WATER, ENRICHED SEMOLINA (WHEAT FLOUR, NIacin, FERROUS SULFATE, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS OF EACH OF THE FOLLOWING: YEAST, SALT, NATURAL FLAVOR (WHEAT), SOYBEAN OIL, MINCED GARLIC, WHEAT GLUTEN, CALCIUM SULFATE, ENZYMES (WHEAT), AND ASCORBIC ACID.

   Is this product whole grain-rich based on the Rule of Three criteria? **No. The first ingredient (all-purpose flour) is not a whole grain.**

3. **Wheat Breadsticks**

   **INGREDIENTS**: *WHOLE WHEAT FLOUR* WATER, *ENRICHED UNBLEACHED WHEAT FLOUR* (WHEAT FLOUR, Malted BARLEY FLOUR, NIacin, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), *WHEAT STARCH*, YEAST, SUGAR, WHEAT GLUTEN. CONTAINS LESS THAN 2% OF THE FOLLOWING: SOYBEAN OIL, SALT, OAT FIBER, HONEY, SODIUM STEAROYL LACTYLATE, DATEM, ACESULFAME POTASSIUM, ASCORBIC ACID, ENZYME. MAY CONTAIN MILK, SOY, EGG, AND SESAME.

   Is this product whole grain-rich based on the Rule of Three criteria? **Yes. The ingredient statement for this product lists a whole grain first (whole-wheat flour). The second grain (enriched unbleached wheat flour) is enriched. The third grain (wheat starch) is a derivative ingredient; therefore, it is disregarded.**

4. **Cheese Pizza Crust**

   **INGREDIENTS**: *FLOUR BLEND [WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR* (BLEACHED WHEAT FLOUR, Malted BARLEY FLOUR, NIacin, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), WATER, SOYBEAN OIL, DEXTROSE, BAKING POWDER, YEAST, SALT, DOUGH CONDITIONERS [WHEAT FLOUR, SALT, SOY OIL, ASCORBIC ACID], WHEAT GLUTEN.
Is this product whole grain-rich? Yes. The first grain ingredient (whole wheat flour) is a whole grain, and the second grain ingredient (enriched wheat flour) is an enriched grain.

5. Ready-to-Eat Cereal

INGREDIENTS: WHEAT FLOUR, SUGAR, BROWN RICE FLOUR, OATS, HONEY, CANOLA OIL, MALTODEXTRIN, SALT, CORN SYRUP, CINNAMON, BARLEY MALT SYRUP, BARLEY MALT EXTRACT, COLOR ADDED, SOY LECITHIN, ARTIFICIAL FLAVOR, BAKING SODA, TRISODIUM PHOSPHATE, VITAMIN E (MIXED TOCOPHEROLS) AND BHT ADDED TO PRESERVE FRESHNESS.

Is this product whole grain-rich? No. The first ingredient (wheat flour) is not a whole grain.

SHOW SLIDE: Whole Grain Stamps

ASK:
Raise your hand, if you are familiar with the Whole Grain Stamps?

DO:
Allow participants to respond.

SAY:
Often you will find Whole Grain Stamps on packages to indicate the total amount of whole grains in a product. Although this is great information, sometimes the product may contain non-enriched refined flour.

To ensure you are purchasing products that meet FNS whole grain-rich criteria, it is best to always read the ingredients listed on the ingredient’s statement. You can find additional information on the Whole Grain Stamps handout in your Participant’s Workbook.
### Handout: Whole Grain Stamps

<table>
<thead>
<tr>
<th>Basic Stamp</th>
<th>100% Stamp</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>DOES NOT MEET FNS WHOLE GRAIN-RICH CRITERIA</strong></td>
<td><strong>MAY MEET FNS WHOLE GRAIN-RICH CRITERIA, BUT NEEDS ADDITIONAL DOCUMENTATION</strong></td>
</tr>
</tbody>
</table>

The Basic Stamp indicates that a product contains a minimum of 8 grams of whole grains. However, food items labeled with the Basic Stamp may contain non-enriched refined grains. Therefore, *just because a product has the Basic Stamp, does not mean it meets FNS whole grain-rich criteria.* Operators must still look at the list of ingredients to determine if the product meets the whole grain-rich criteria.

The 100% Stamp (on the right) indicates that all the grain ingredients in a product are whole grain and that the product does not contain refined grains. However, products with the 100% Whole Grain Stamp may also contain some non-creditable grains (such as bran or germ), which do not meet the grains criteria for child nutrition programs. Therefore, *food items with the 100% Whole Grain Stamp may still meet FNS whole grain-rich criteria, but operators will need to look at the list of ingredients to determine if the product contains non-creditable grains.*


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**OBJECTIVE 3:** Participants will be able to use two methods for selecting breakfast cereals that contain no more than 6 grams of sugar per dry ounce.

**SHOW SLIDE:** Breakfast Cereals

**SAY:**

The next major update to the grains component focuses on breakfast cereals. Both children and adults commonly enjoy breakfast cereal. Yet, some cereals are filled with added sugar, and as we’ve already learned, too much sugar can cause a number of health challenges.
Therefore, to help reduce the amount of added sugar consumed by children and adults, all breakfast cereals, including ready-to-eat, instant, and regular hot cereal; must contain no more than 6 grams of total sugar per dry ounce.

**SHOW SLIDE: Selecting Creditable Breakfast Cereals**

**SAY:**

The great news is there are two easy ways to identify creditable breakfast cereals:

- WIC-Approved Breakfast Cereals List
- Table Method

Each of these methods is a valid way of determining if a cereal meets the sugar limit. Therefore, if a cereal falls within the sugar limit using at least one of these methods, it is considered to be within the sugar limit and can be creditable.

Let’s review both methods to identify which one is best for you and your program. Turn to the Breakfast Cereal and Sugar Guide handout in your Participant’s Workbook.

**NOTE TO INSTRUCTOR:** The handout was separated into two sections to align with the script.

**SHOW SLIDE: Use WIC-Approved Breakfast Cereal Lists**

**SAY:**

The first method calls for you to use WIC-Approved breakfast cereal list. Similar to the CACFP, all WIC-approved breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams). Therefore, if you choose a breakfast cereal from any approved WIC cereal list, it will meet the sugar limit requirements for breakfast cereals. To locate WIC-approved food lists for each state, visit the following website: [www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts). However, it is important to note that WIC-approved yogurt does not meet the sugar requirements; therefore, you should not use it as a source for finding creditable yogurt items.

**Handout: Breakfast Cereal and Sugar Guide**

Requirement: Starting October 1, 2017, breakfast cereals served in CACFP must contain no more than 6 grams of sugar per dry ounce.

**WIC-Approved Breakfast Cereals List**

Use any State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list for creditable breakfast cereals. Similar to CACFP, all WIC-approved breakfast cereals must contain no more than 6 grams of sugar per dry ounce (21.2 grams of sugar per 100 grams).

Website: [www.fns.usda.gov/wic/wic-contacts](http://www.fns.usda.gov/wic/wic-contacts)
SHOW SLIDE: Table Method: Breakfast Cereal

SAY:
The next way for determining if a breakfast cereal meets the sugar limit requirement is to use the table method. Similar to determining yogurt products that meet the sugar limit, this method uses a table to help identify breakfast cereals that meet the sugar limit requirements.

It features pre-calculated sugar limits for common serving sizes for breakfast cereals. In addition to finding this method on the Breakfast Cereal and Sugar Guide handout, you can also find it on the USDA Team Nutrition’s training worksheet “Choose Breakfast Cereals That Are Low in Added Sugar.” The link to this memo is listed on the Training Resources handout in the Appendix of your Participant’s Workbook.

Take 1–2 minutes to review the Breakfast Cereal and Sugar Guide handout.

DO:
Allow 1–2 minutes for participants to review the handout, and then review the steps with the participants. After you have completed this task, ask if there are any questions before advancing to the next slide.
**Table Method**

- **Step 1:** Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal. Write it here: **30 grams**
- **Step 2:** Find the Sugars line. Look at the number of grams (g) next to Sugars. Write it here: **5 grams**
- **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limits Table.
- **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugar Limit” column. If your breakfast cereal has that amount of sugar or less, it meets the sugar requirement. Is it creditable? **Yes, this breakfast cereal is creditable because 5 grams of sugar is below the sugar limit of 6 grams for a serving size of 30 grams.**

### Sugar Limits Table

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td>0–2 grams</td>
<td>0 grams</td>
</tr>
<tr>
<td>3–7 grams</td>
<td>1 gram</td>
</tr>
<tr>
<td>8–11 grams</td>
<td>2 grams</td>
</tr>
<tr>
<td>12–16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>17–21 grams</td>
<td>4 grams</td>
</tr>
<tr>
<td>22–25 grams</td>
<td>5 grams</td>
</tr>
<tr>
<td><strong>26–30 grams</strong></td>
<td><strong>6 grams</strong></td>
</tr>
<tr>
<td>31–35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>36–40 grams</td>
<td>8 grams</td>
</tr>
<tr>
<td>41–44 grams</td>
<td>9 grams</td>
</tr>
<tr>
<td>45–49 grams</td>
<td>10 grams</td>
</tr>
</tbody>
</table>

### Nutritional Facts

- **Serving Size:** 3/4 cup (30g)
- **Servings Per Container:** 15

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calorie % Daily Value*</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>100</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>5</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.5g 1%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g 0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>140mg 6%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>22g 7%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>3g 12%</td>
</tr>
<tr>
<td>Sugars</td>
<td>5g</td>
</tr>
<tr>
<td>Protein</td>
<td>140g 280%</td>
</tr>
</tbody>
</table>

*Percent Daily Values are based on a 2,000 calorie diet.
SHOW SLIDE: Activity: Breakfast Cereal, Is It Creditable?

DO:

(Activity): Breakfast Cereal, Is It Creditable?

The purpose of this activity is to determine if each cereal meets the breakfast cereal guidelines for the CACFP meal pattern requirements.

Materials Needed: Breakfast Cereal, Is It Creditable? worksheet, pen or pencil

Time: 5–10 minutes

Instructions:

1. SAY: Please turn to the Breakfast Cereal, Is It Creditable? worksheet in your Participant’s Workbook. Review each label. Then, use the table method (sugar limits table) to determine if the breakfast cereal contains no more than 6 grams of sugar per dry ounce.

2. DO: Allow 5–10 minutes for the participants to complete the assignment. Then, review the answers with the participants using the following answer key.

Answer Key: Breakfast Cereal, Is It Creditable?

Instructions: Review each label. Then, use the table method to determine if the breakfast cereal is within the sugar limit.

Multi-Color Rounds

- Step 1: Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here: 32 grams
- Step 2: Find the amount for Sugars. Write it here: 10 grams
- Step 3: Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
- Step 4: In the table, look at the number to the right of the serving size amount, under the “Sugars” column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement. Is it creditable? No, because 10 grams of sugar is higher than the sugar limit of 7 grams for this cereal’s Serving Size

Nutrition Facts

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 120</th>
<th>Calories from Fat 15</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Saturated Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Trans Fat 0g</td>
<td>0%</td>
<td></td>
</tr>
<tr>
<td>Sodium 160mg</td>
<td>7%</td>
<td></td>
</tr>
<tr>
<td>Total Carbohydrate 27g</td>
<td>9%</td>
<td></td>
</tr>
<tr>
<td>Dietary Fiber 1g</td>
<td>4%</td>
<td></td>
</tr>
<tr>
<td>Sugars 10g</td>
<td>2%</td>
<td></td>
</tr>
</tbody>
</table>

1500 calorie diet **

25**

*Percent Daily Values are based on a 2,000 calorie diet
### Honey Frosty O’s

1. **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here: **28 grams**
2. **Step 2:** Find the amount for Sugars. Write it here: **9 grams**
3. **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
4. **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement. Is it creditable? **No, because 9 grams of sugar is higher than the sugar limit of 6 grams for this cereal’s Serving Size.**

### Rice Puffs

1. **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal. Write it here: **30 grams**
2. **Step 2:** Find the amount for Sugars. Write it here: **12 grams**
3. **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
4. **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement. Is it creditable? **No, because 12 grams of sugar is higher than the sugar limit of 6 grams for this cereal’s Serving Size.**

### Champion Flakes

1. **Step 1:** Use the Nutrition Facts label to find the Serving Size on the cereal. Write it here: **33 grams**
2. **Step 2:** Find the amount for Sugars. Write it here: **3 grams**
3. **Step 3:** Use the serving size identified in Step 1 to find the serving size of your cereal in the Sugar Limit Table.
4. **Step 4:** In the table, look at the number to the right of the serving size amount, under the “Sugars” column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement. Is it creditable? **Yes, because 3 grams of sugar is less than the sugar limit of 7 grams for this cereal’s Serving Size.**
### Sugar Limits Table

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Sugar Limit</th>
<th>Serving Size</th>
<th>Sugar Limit</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Sugars cannot be</td>
<td>50–54 grams</td>
<td>11 grams</td>
</tr>
<tr>
<td></td>
<td>more than:</td>
<td>(11 grams)</td>
<td></td>
</tr>
<tr>
<td>0–2 grams</td>
<td>0 grams</td>
<td>55–58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>3–7 grams</td>
<td>1 gram</td>
<td>59–63 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>8–11 grams</td>
<td>2 grams</td>
<td>64–68 grams</td>
<td>14 grams</td>
</tr>
<tr>
<td>12–16 grams</td>
<td>3 grams</td>
<td>69–73 grams</td>
<td>15 grams</td>
</tr>
<tr>
<td>17–21 grams</td>
<td>4 grams</td>
<td>74–77 grams</td>
<td>16 grams</td>
</tr>
<tr>
<td>22–25 grams</td>
<td>5 grams</td>
<td>78–82 grams</td>
<td>17 grams</td>
</tr>
<tr>
<td>26–30 grams</td>
<td>6 grams</td>
<td>83–87 grams</td>
<td>18 grams</td>
</tr>
<tr>
<td>31–35 grams</td>
<td>7 grams</td>
<td>88–91 grams</td>
<td>19 grams</td>
</tr>
<tr>
<td>36–40 grams</td>
<td>8 grams</td>
<td>92–96 grams</td>
<td>20 grams</td>
</tr>
<tr>
<td>41–44 grams</td>
<td>9 grams</td>
<td>97–100 grams</td>
<td>21 grams</td>
</tr>
<tr>
<td>45–49 grams</td>
<td>10 grams</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**OBJECTIVE 4:** Participants will be able to recall at least five creditable alternatives to grain-based desserts.

**SHOW SLIDE:** Grain-Based Desserts

**SAY:**

The next major update to the grains component focuses on grain-based desserts. According to the Dietary Guidelines for Americans (DGA), grain-based desserts are sources of added sugars and saturated fats. Eating too much sugar and saturated fat may increase the risk of heart disease, stroke, and other chronic illnesses. Because of these findings, grain-based desserts are no longer creditable towards the grains component in the CACFP.

**SHOW SLIDE:** Exhibit A: Grain Requirements for Child Nutrition Programs

**SAY:**

Turn to the Exhibit A: Grain Requirements for Child Nutrition Programs handout in your Participant’s Workbook. USDA revised this chart to be consistent with other child nutrition programs and to provide an easy identifier for grain-based desserts.

- breakfast bars,
- brownies,
- cakes,
- cereal bars,
- cookies,
- doughnuts,
- granola bars,
- sweet piecrusts,
- sweet rolls, and
- toaster pastries.

There is one exception to note, and it is indicated with a superscript 5. Sweet crackers, consisting of graham crackers in all shapes and animal crackers are creditable as part of a reimbursable meal or snack.
<table>
<thead>
<tr>
<th>Group A</th>
<th>Oz Eq for Group A</th>
<th>MSS for Group A</th>
</tr>
</thead>
<tbody>
<tr>
<td>Croutons</td>
<td>1 oz eq = 22 gm or 0.8 oz</td>
<td>1 serving = 20 gm or 0.7 oz</td>
</tr>
<tr>
<td>Pretzels (hard)</td>
<td>3/4 oz eq = 17 gm or 0.6 oz</td>
<td>3/4 serving = 15 gm or 0.5 oz</td>
</tr>
<tr>
<td>Stuffing (dry)</td>
<td>1/2 oz eq = 11 gm or 0.4 oz</td>
<td>1/2 serving = 10 gm or 0.4 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 6 gm or 0.2 oz</td>
<td>1/4 serving = 5 gm or 0.2 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group B</th>
<th>Oz Eq for Group B</th>
<th>MSS for Group B</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg roll skins</td>
<td>1 oz eq = 28 gm or 1.0 oz</td>
<td>1 serving = 25 gm or 0.9 oz</td>
</tr>
<tr>
<td>English muffins</td>
<td>3/4 oz eq = 21 gm or 0.75 oz</td>
<td>3/4 serving = 19 gm or 0.7 oz</td>
</tr>
<tr>
<td>Pita bread</td>
<td>1/2 oz eq = 14 gm or 0.5 oz</td>
<td>1/2 serving = 13 gm or 0.5 oz</td>
</tr>
<tr>
<td>Pizza crust</td>
<td>1/4 oz eq = 7 gm or 0.25 oz</td>
<td>1/4 serving = 6 gm or 0.2 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group C</th>
<th>Oz Eq for Group C</th>
<th>MSS for Group C</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pancakes</td>
<td>1 oz eq = 34 gm or 1.2 oz</td>
<td>1 serving = 31 gm or 1.1 oz</td>
</tr>
<tr>
<td>Pie crust (dessert pies, cobbler, fruit turnovers, and meat/meat alternate pies)</td>
<td>3/4 oz eq = 26 gm or 0.9 oz</td>
<td>3/4 serving = 23 gm or 0.8 oz</td>
</tr>
<tr>
<td>Waffles</td>
<td>1/2 oz eq = 17 gm or 0.6 oz</td>
<td>1/2 serving = 16 gm or 0.6 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 9 gm or 0.3 oz</td>
<td>1/4 serving = 8 gm or 0.3 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group D</th>
<th>Oz Eq for Group D</th>
<th>MSS for Group D</th>
</tr>
</thead>
<tbody>
<tr>
<td>Muffins (all, except corn)</td>
<td>1 oz eq = 55 gm or 2.0 oz</td>
<td>1 serving = 50 gm or 1.8 oz</td>
</tr>
<tr>
<td>Sweet roll (unfrosted)</td>
<td>3/4 oz eq = 42 gm or 1.5 oz</td>
<td>3/4 serving = 38 gm or 1.3 oz</td>
</tr>
<tr>
<td>Toaster pastry (unfrosted)</td>
<td>1/2 oz eq = 28 gm or 1.0 oz</td>
<td>1/2 serving = 25 gm or 0.9 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 14 gm or 0.5 oz</td>
<td>1/4 serving = 13 gm or 0.5 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group E</th>
<th>Oz Eq for Group E</th>
<th>MSS for Group E</th>
</tr>
</thead>
<tbody>
<tr>
<td>Doughnuts (cake and yeast raised, frosted, or glazed)</td>
<td>1 oz eq = 69 gm or 2.4 oz</td>
<td>1 serving = 63 gm or 2.2 oz</td>
</tr>
<tr>
<td>French toast</td>
<td>3/4 oz eq = 52 gm or 1.8 oz</td>
<td>3/4 serving = 47 gm or 1.7 oz</td>
</tr>
<tr>
<td>Sweet roll (frosted)</td>
<td>1/2 oz eq = 35 gm or 1.2 oz</td>
<td>1/2 serving = 31 gm or 1.1 oz</td>
</tr>
<tr>
<td>Toaster pastry (frosted)</td>
<td>1/4 oz eq = 18 gm or 0.6 oz</td>
<td>1/4 serving = 16 gm or 0.6 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group F</th>
<th>Oz Eq for Group F</th>
<th>MSS for Group F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cake (plain, unfrosted)</td>
<td>1 oz eq = 82 gm or 2.9 oz</td>
<td>1 serving = 75 gm or 2.7 oz</td>
</tr>
<tr>
<td>Coffee cake</td>
<td>3/4 oz eq = 62 gm or 2.2 oz</td>
<td>3/4 serving = 56 gm or 2 oz</td>
</tr>
<tr>
<td></td>
<td>1/2 oz eq = 41 gm or 1.5 oz</td>
<td>1/2 serving = 38 gm or 1.3 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 21 gm or 0.7 oz</td>
<td>1/4 serving = 19 gm or 0.7 oz</td>
</tr>
</tbody>
</table>
# Grains Component Updates

<table>
<thead>
<tr>
<th>Group G</th>
<th>Oz Eq for Group G</th>
<th>MSS for Group G</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brownies[^{3}] (plain)</td>
<td>1 oz eq = 125 gm or 4.4 oz</td>
<td>1 serving = 115 gm or 4 oz</td>
</tr>
<tr>
<td>Cake[^{3}] (all varieties, frosted)</td>
<td>3/4 oz eq = 94 gm or 3.3 oz</td>
<td>3/4 serving = 86 gm or 3 oz</td>
</tr>
<tr>
<td></td>
<td>1/2 oz eq = 63 gm or 2.2 oz</td>
<td>1/2 serving = 58 gm or 2 oz</td>
</tr>
<tr>
<td></td>
<td>1/4 oz eq = 32 gm or 1.1 oz</td>
<td>1/4 serving = 29 gm or 1 oz</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group H</th>
<th>Oz Eq for Group H</th>
<th>MSS for Group H</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cereal grains (barley, quinoa, etc.)</td>
<td>1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry</td>
<td>1 serving = 1/2 cup cooked or 25 gm dry</td>
</tr>
<tr>
<td>Breakfast cereals (cooked)[^{3,6,7}]</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bulgur or cracked wheat</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macaroni (all shapes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Noodles (all varieties)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pasta (all shapes)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Ravioli (noodle only)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Rice</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Group I</th>
<th>Oz Eq for Group I</th>
<th>MSS for Group I</th>
</tr>
</thead>
<tbody>
<tr>
<td>Ready-to-eat breakfast cereal (cold, dry)[^{3,6,7}]</td>
<td>1 oz eq = 1 cup or 1 ounce for flakes and rounds</td>
<td>1 serving = 3/4 cup or 1 oz, whichever is less</td>
</tr>
<tr>
<td></td>
<td>1 oz eq = 1.25 cups or 1 ounce for puffed cereal</td>
<td></td>
</tr>
<tr>
<td></td>
<td>1 oz eq = 1/4 cup or 1 ounce for granola</td>
<td></td>
</tr>
</tbody>
</table>

---

1. In NSLP and SBP (grades K–12), all grains served must meet whole grain-rich criteria. For information on flexibilities, please contact your State agency. For all other child nutrition programs, grains are whole grain or enriched or made with enriched or whole grain meal and/or flour, bran, and/or germ. Under CACFP child and adult meal patterns, and in NSLP/SBP preschool meals, at least one grain serving per day must meet whole grain-rich criteria.

2. For NSLP and SBP (grades K–12), grain quantities are determined using ounce equivalents (oz eq). All other child nutrition programs determine grain quantities using grains/bread servings. Beginning Oct. 1, 2021, grain quantities in CACFP and NSLP/SBP infant and preschool meals will be determined using oz eq. Some of the following grains may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

3. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grain component in CACFP or NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

4. Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K–12) as specified in §210.10. May count toward the grain component in SBP (grades K–12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grain component in the CACFP and NSLP/SBP infant and preschool meals, as specified in §§226.20(a)(4) and 210.10.

5. Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K–12) as specified in §210.10. May count towards the grain component in SBP (grades K–12), CACFP, NSLP/SBP infant and preschool meals, and SFSP.

6. Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

7. In the NSLP and SBP, cereals must list a whole grain as the first ingredient and be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For CACFP and SFSP, cereals must be whole grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.
SHOW SLIDE: Exhibit A
SAY:
It is important to note that although the Exhibit A chart lists specific grain-based desserts, it is not an exhaustive list. For example, sweet scones, sweet bread pudding, and rice pudding are grain-based desserts, while savory scones and savory bread pudding are not.

SHOW SLIDE: Exhibit A (cont.)
SAY:
Also, some foods are advertised in a way that may not be easily identified as a grain-based dessert. For example, a cookie may be labeled a “breakfast round.”

When planning menus and searching for creditable grains, always ask the question, “Is this food thought of as a dessert?” If so, then it is likely a grain-based dessert. If you are unsure about a food item, always work with your sponsoring organization or State agency to determine if a food item is a grain-based dessert.

SHOW SLIDE: Grain-Based Desserts and Special Occasions
SAY:
Often, grain-based desserts are served during special occasions, such as an annual festival, birthday celebrations, end-of-year bash, or other special events. Therefore, you have the flexibility to serve grain-based desserts as additional items; however, these items are not reimbursable.

SHOW SLIDE: Activity: Speed Grains
DO:
(Activity): Speed Grains
The purpose of this activity is to identify at least five creditable alternatives to grain-based desserts.
Materials Needed: Grain-Based Dessert posters (Cakes, Cookies, Sweet pie crusts, Doughnuts, Granola bars, and Sweet rolls), Grain-Based Dessert Alternatives worksheet, painter’s tape, bell, timer/watch, pen or pencil
Time: 10 minutes
Instructions:
1. **DO:** Post the Grain-Based Dessert posters throughout the room. Ask the participants to turn to the Grain-Based Dessert Alternatives worksheet in their Participant’s Workbook.
2. **SAY:** We are going to complete an activity identifying alternatives to grain-based desserts, called Speed Grains. Around the room, you will find six posters with grain-based desserts. In your groups, identify a minimum of three options to serve in place of each grain-dessert. These items can be other grains or non-grain items. You will have exactly 1 minute to identify alternatives for each poster. I will ring the bell when you are to start and stop. Please stand up and find your first poster.
3. **DO:** Announce when to start. Then, every minute ask each group to switch. After everyone has finished, ask if there are any questions.
FEEDBACK: There are no right or wrong answers for this activity, with the exception that all alternatives should not be a grain-based dessert. For some examples for each grain-based dessert, refer to the Answer Key: Grain-Based Dessert Alternatives.

### Answer Key: Grain-Based Dessert Alternatives

**Instructions:** Identify at least three alternatives for each grain-based dessert.

#### Cakes
- **Cornbread**
- **Carrot muffins with applesauce**
- **Rice cake with fruit or vegetable topping**

#### Cookies
- **Whole wheat savory crackers**
- **Whole grain biscuit**
- **Pretzels**

#### Sweet Pie Crusts
- **Tortilla**
- **Quiche crust**
- **Cauliflower crust**

#### Doughnuts
- **Bagels**
- **Muffins**
- **Apple slices with sunflower seed butter**

#### Granola Bars
- **Toast with cinnamon and strawberries**
- **Whole wheat goldfish crackers**
- **Dry cereal with dried mixed fruit**

#### Sweet Rolls
- **Toast with nutmeg and cinnamon**
- **Fresh fruit**
- **Whole wheat bread with nut butter and bananas**

### CONCLUSION

**SHOW SLIDE:** Lesson Conclusion

**SAY:**
Throughout this lesson, we explored three key topics for meeting the updated meal pattern requirements. In particular, we explored these four updates:

- At least 1 serving of grains per day must be whole grain-rich
- Breakfast cereals must contain no more than 6 grams of sugar per dry oz
- Grain-based desserts no longer credit toward the grain component
- Use ounce equivalents (oz eq) to determine the amount of creditable grains starting October 1, 2021

**ASK:**
At this time, are there any questions before we move to the last activity in this lesson?

**DO:**
Answer any questions, and then begin the next activity.

**NOTE TO INSTRUCTOR:** If there are questions that you are unable to answer, refer the participant(s) to their State agency or the ICN Help Desk.
SHOW SLIDE: Activity: Apply in Three

DO:

(Activity): Apply in Three

The purpose of this activity is to ensure participants identify an action plan for implementing the M/MA component requirements.

Materials Needed: Apply in Three worksheet, pen or pencil

Time: 5–10 minutes

Instructions:

1. **SAY:** Turn to the **Apply in Three** worksheet in your Participant’s Workbook. Write at least three things you learned about the M/MA component(s), how you will apply this information, and the estimated date in which you would like to have completed each action item. Once you have finished, stand up, find someone from a different group, and share your responses.

2. **DO:** Allow 3–5 minutes for participants to complete this activity. Then, request volunteers to share their responses.

FEEDBACK: There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following **Answer Key: Apply in Three**.

<table>
<thead>
<tr>
<th>What did you learn?</th>
<th>How will you apply it?</th>
<th>When will you apply it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>At least 1 serving of grains per day must be whole grain-rich.</td>
<td>Check the grains that I currently serve to determine which items meet the whole grain-rich requirements.</td>
<td>Menu changes – within 5 business days</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Train staff – within 2 weeks and every quarter</td>
</tr>
<tr>
<td>Breakfast cereals must contain no more than 6 grams of sugar per dry oz.</td>
<td>Use the table method to ensure all cereals meet the sugar limit requirement.</td>
<td>Menu changes – within 5 business days</td>
</tr>
<tr>
<td>Grain-based desserts no longer credit toward the grain component.</td>
<td>Use Exhibit A to identify grain-based desserts.</td>
<td>Menu changes – within 5 business days</td>
</tr>
<tr>
<td></td>
<td>If it appears to be a grain-based dessert, avoid use unless it is a special occasion.</td>
<td>Pursue additional training within the next 3 months</td>
</tr>
</tbody>
</table>

**NOTE TO INSTRUCTOR:** If this training is offered in the comprehensive 6-hour version, skip the lesson Post-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Post-Assessment.
SHOW SLIDE: Post-Assessment

DO:

Post-Assessment

The purpose of the Post-Assessment is to determine what the participants learned throughout the training.

Materials Needed: Post-Assessment, Training Evaluation, and pen or pencil

Time: 5–10 minutes

Instructions:

1. DO: Distribute the Post-Assessment and the Training Evaluation.

2. SAY: The Post-Assessment is designed to assess what you have learned during this training. Begin by placing a four-digit number in the box at the top of your assessment. Then, complete the Post-Assessment by reading each question carefully and selecting the best answer. Upon completion, please complete the training evaluation.

3. DO: Allow a minimum of 5–10 minutes for participants to complete the Post-Assessment. Remind them to list the identifier they used on the Pre-Assessment. Following, collect the Post-Assessments and the Training Evaluations, and return them to the ICN. Then, dismiss the participants from the training.

NOTE TO INSTRUCTOR: If this training is not sponsored by the ICN, allow the participants to keep their assessments. Review the answers with them using the Answer Key in the Appendix section. Then, dismiss the participants from the training.
# Child and Adult Meal Service Updates

## Lesson-at-a-Glance

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Introduction</strong></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5 minutes</td>
<td>• Implementation of Standards</td>
<td>• Lesson Pre-Assessment*</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td>• Lesson Objectives</td>
<td></td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Lesson Pre-Assessment*</td>
</tr>
<tr>
<td><strong>Objective 1: Participants will be able to list at least four cooking methods for preparing nutritious meals.</strong></td>
<td>10 minutes</td>
<td>• Food Preparation Methods</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Preparing Nutritious Foods</td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Chart Paper</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Markers</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td><strong>Objective 2: Participants will be able to summarize two types of meal services for serving meals in the CACFP.</strong></td>
<td>25 minutes</td>
<td>• CACFP Meal Service</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Family Style Meal Service</td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Offer Versus Serve</td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• OVS: Is It Reimbursable?</td>
</tr>
<tr>
<td><strong>Objective 3: Participants will be able to identify at least three strategies for creating positive mealtime experiences.</strong></td>
<td>10 minutes</td>
<td>• Avoiding Force and Bribery at Mealtimes</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Meal Service Tips</td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td><strong>Conclusion</strong></td>
<td></td>
<td>• Apply in Three</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td>10 minutes</td>
<td></td>
<td></td>
<td>• Participant’s Workbook</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Lesson Post-Assessment*</td>
<td>• Pens or Pencils</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• Lesson Post-Assessment*</td>
</tr>
</tbody>
</table>

**Total Time: 60 minutes***

*The total time does not include lesson assessments. When including the lesson assessments, allow for an additional 10–15 minutes.*
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Lesson Plan:

INTRODUCTION:

SHOW SLIDE: Child and Adult Meal Service Update

DO:
To begin this lesson, advance to the next slide.

SHOW SLIDE: Meal Service Overview

SAY:
The updated requirements feature three key major updates preparing and serving nutritious meals and snacks:
- Deep-fat frying is not allowed as a way of preparing foods onsite.
- The guidelines for serving meals family style.
- Offer versus serve (a type of meal service) is extended to at-risk afterschool programs.

SHOW SLIDE: Lesson Objectives

SAY:
Throughout this lesson, we will explore the major updates through the following objectives:
- List at least four cooking methods for preparing nutritious meals
- Summarize two types of meal services for serving meals in the CACFP
- Identify at least three strategies for avoiding rewards and punishment during meal times

At the end of this lesson, you should know the latest updates, as well as some key strategies for implementation.

NOTE TO INSTRUCTOR: If this training is offered in the comprehensive 6-hour version, skip the lesson Pre-Assessment. However, if this training is offered in individual lesson-form, follow the instructions below to complete the Pre-Assessment.
SHOW SLIDE: Pre-Assessment

DO:

Pre-Assessment

The purpose of this Pre-Assessment is to determine current knowledge of the updated meal pattern requirements.

Materials Needed: Pre-Assessment and pen or pencil

Time: 5–10 minutes

Instructions:

1. **SAY:** Before we begin objective 1, let’s assess what you already know by completing a Pre-Assessment.
2. **DO:** Distribute the Pre-Assessment.
3. **SAY:** Now that you have the Pre-Assessment, begin by placing a four-digit number in the box at the top of your assessment. Make a note of this number, as you will use it again when completing the Post-Assessment. Then, read each question carefully and select the best answer. When you have finished, place your assessment in the center of the table (or in a specified location).
4. **DO:** Allow a minimum of 5–10 minutes for participants to complete the Pre-Assessment. Remind them to list a non-identifier and to make a note of it for the Post-Assessment. Then, collect each assessment and set them aside.

**NOTE TO INSTRUCTOR:** If the Institute of Child Nutrition (ICN) sponsors this training, collect the Pre-Assessments and return them along with the evaluations to ICN.

OBJECTIVE 1: Participants will be able to list at least four cooking methods for preparing nutritious meals.

SHOW SLIDE: Deep-Fat Frying

**SAY:**
Let’s begin by discussing approved cooking methods.

**ASK:**
How many of you are aware of the cooking method, deep-fat frying?

**DO:**
Allow participants to respond.
Say:
Deep-fat frying simply means to cook a food by submerging it in hot oil or other fat. Often this method is used when cooking foods such as fried chicken, French fries, and even potato chips. Not only can it be dangerous, eating too many deep-fat fried foods can contribute to chronic illnesses, such as heart disease, stroke, and even some forms of cancer because of the large amounts of calories and saturated fat.

As a result, the updated requirements no longer allow deep-fat frying as a way to prepare foods onsite. This update also applies to central, satellite kitchens, in which they may not deep-fat fry foods and then deliver them to a center or home to be claimed for reimbursement.

Show slide: Foods Fried Off-Site

Say:
Foods that are pre-fried, flash-fried, par-fried, or deep-fat fried by a commercial manufacturer may be purchased and served in a reimbursable meal. Similarly, CACFP facilities that vend meals may claim vended meals that contain deep-fat fried foods as long as the food was prepared by the vendor offsite. These pre-fried items must be reheated by a method other than deep-fat frying.

Refer to the Cooking Methods handout in your Participant’s Workbook for some alternative ways to deep-fat frying.

Handout: Cooking Methods

Roasting or Baking

- Roasting or baking involves cooking meat, poultry, fish, or vegetables in the oven without any liquid and no cover on the cooking vessel.
- When roasting or baking meat or poultry, remove all visible fat from poultry or beef.
- Add appropriate seasonings and flavorings to replace flavor lost when fat is removed. Since salt penetrates meat only about an inch and delays browning, most recipes suggest adding salt at the end of cooking. Do not add salt unless the recipe calls for it.
- If a meat thermometer is used, place it in the thickest part of the meat, away from bone or fat.
- Place in the cooking dish/pan. Do not cover, and do not add any liquid for meat or poultry. Place meat on a rack when appropriate so fat will drain and hot air can circulate on all sides.
- For meats, roast or bake following the recipe for the oven temperature until the food reaches the appropriate internal temperature (the temperature specified in the recipe).
- Remove from the oven and serve. For large pieces of meat, like a turkey or a large roast, allow the meat to sit in a warm place for about 15 minutes before carving or slicing. This makes the meat firmer, juicier, and easier to slice. Meats should be sliced across the grain.
- Hold cooked meat and poultry the correct way. If the meat or poultry will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator. Never hold a meat product at room temperature.
Sautéing

- Sautéing uses high heat and a small amount of fat to rapidly cook vegetables, meat, poultry, and fish. Searing and stir-frying are also sautéing techniques.
- Prepare the meat or poultry by making sure it is dry. If a marinade has been used, drain it thoroughly and pat the food dry. Food with a lot of moisture will steam rather than sauté.
- Add oil to the pan according to recipe. Measure the oil carefully.
- Heat the oil; add the meat, poultry, or fish. The meat, poultry, or fish pieces should be added to the pan in a single layer. If the pieces are touching, the product will steam, not sauté.
- Cook the meat by gently turning until browned on all sides andcooked evenly. Some recipes suggest that the cooked meat be removed from the pan and the remaining flavored juices are used to make a sauce. Follow the recipe.
- Sautéed meals should be cooked in batches just-in-time for service. Covering a sautéed food during holding causes it to steam, and the advantages of the sauté technique are lost. Serve immediately. Never hold a meat product at room temperature.

Braising and Stewing

- Braising and stewing are a combination of dry-heat and moist-heat cooking used for less tender cuts of meat. Braising is used for large cuts of meat. The same technique is called stewing when used for bite-sized pieces of meat, poultry, or fish.
- Trim fat and prepare meat according to the recipe.
- Sear the meat on all sides. Searing meat before braising or stewing adds color and flavor. Follow the recipe to use a small amount of oil or preferably, no oil. Brown the meat on all sides in a hot pan. For large pieces of meat, use a pan in the oven or a steam jacketed kettle. For smaller pieces, use a grill, or brown in a hot oven.
- Remove the meat from the pan and add any vegetables or seasonings called for in the recipe.
- Add the seared meat back to the cooking pan along with the liquid for cooking.
- Cover tightly and simmer until tender. Follow the recipe for the temperature and time for the equipment being used. Do not allow the liquid to boil. The size of the cut of meat and the kind of meat will also influence the cooking time. Braised or stewed meats are done when they are tender.
- Remove the meat from the cooking liquid. Some recipes suggest the cooking liquid be cooked an additional time to reduce the volume and concentrate the flavor. The cooking liquid may also be thickened with a roux.
- Hold cooked meat and poultry the correct way. If the meat, poultry, or fish will not be served immediately, it should be covered and kept in a warmer at the correct temperature or chilled in the refrigerator.
SHOW SLIDE: Preparing Nutritious Foods

DO:

(Activity): Preparing Nutritious Foods

The purpose of this activity is to provide opportunities for participants to identify ways for preparing nutritious foods.

Materials Needed: Chart paper, markers, and pen or pencil

Time: 5 minutes

Instructions:

1. **SAY:** Now that we have reviewed the requirements for deep-fat frying, let’s explore some ways for preparing nutritious foods onsite. In your groups, discuss some ways for preparing nutritious foods for child or adult participants. For example, roasting chicken instead of frying it or using a specific herb instead of sugar or salt. Then, use your chart paper to list your ideas.

2. **DO:** Distribute chart paper to each group. Allow a minimum of 2-3 minutes for participants to complete this activity. Ask each group to share their ideas with the class. If this is a large group, request that each group only share one idea.

**FEEDBACK:** There are no right or wrong answers for this activity. However, the answers should focus on good practices for preparing nutritious meals with limited sugar, fat, and sodium. Some examples might include:

- Preparing recipes from scratch to control the ingredients
- Serve lean meats
- Use olive oil instead of butter
- Serve more fresh fruits than those canned in syrup
- Use brown rice instead of white rice

**OBJECTIVE 2:** Participants will be able to summarize two types of meal services for serving meals in the CACFP.

SHOW SLIDE: Types of Meal Service in the CACFP

ASK

Let’s take a minute to think about meal service in a restaurant. When you receive poor meal service, the portion sizes are too large or too small, or if there are other issues such as food safety; how does this affect your overall meal experience? Are you able to eat the meals comfortably?

DO:

Allow participants to respond.
SAY:
Just like our experiences as adults, the way meals are served can have an impact on all participants eating meals and snacks while in our care. Therefore, the updated requirements focus on providing positive experiences and serving nutritious meals through two types of meal services: Family style meal service and Offer Versus Serve (OVS).

It is important to note that both of these meal services are optional; you may also choose to serve meals pre-plated in your facility.

Let’s begin with exploring family style meal service.

NOTE TO INSTRUCTOR: Disregard discussing Offer Versus Serve if there are no participants from at-risk afterschool programs or adult day care programs.

SHOW SLIDE: Family Style Meal Service
SAY:
Family style meal service (FSMS) is a meal service that allows children and adults to serve themselves from common serving bowls and platters of food with the assistance of supervising adults, if needed.

SHOW SLIDE: Benefits of FSMS
SAY:
FSMS is highly encouraged in both child care and adult care settings for many reasons. For example, young children benefit from FSMS because it:
- promotes the development of social, emotional, and motor skills;
- encourages children to try new foods; and
- provides children with control over their eating.

Adults also benefit from meals served family style because it gives them more control over their serving sizes. Also, adults are generally accustomed to eating meals family style.

SHOW SLIDE: Meal Pattern Requirements and FSMS
SAY:
Although FSMS is highly encouraged and offers many benefits to young children and adults, it may not be appropriate for some CACFP settings or age groups. For example, younger children, such as 1 year olds, may first need to develop the necessary skills for passing, pouring, and serving themselves before beginning FSMS.

Also, you may find that you may need to begin with allowing young children to serve themselves one food component, followed by one meal or snack.
Therefore, the updated meal pattern requirements encourage, but do not require, meals to be served family style. If you should choose to serve meals family style, there are some key requirements outlined in the updated meal pattern.

SHOW SLIDE: FSMS Guidelines
SAY:
First, enough food must be placed on each table to provide the minimum serving sizes for each food component for children and adults and to accommodate supervising adults that are eating with the participants.

For example, there are three children between the ages of 3–5 years old and 1 supervising adult seated at the table for lunch. The minimum serving size for fruit is ¼ cup for 3–5 year olds. In order for all children and the supervising adult to have the minimum serving size, place 1 cup of sliced apples in the serving bowl. In this example, each participant and the supervising adult would serve themselves ¼ cup to meet the minimum requirement for the fruit component.

This requirement also applies when you choose to serve only one or two food component(s) family style to allow children to grow accustomed to FSMS. You must provide the minimum serving size.

SHOW SLIDE: Juice and Milk
SAY:
Children and adults must be allowed to serve the food components themselves, with milk or juice being the exception. Supervising adults may serve juice or milk to participating children and adults. If a CACFP facility chooses to have the supervising adult serve the beverages to the children and adults, they must serve the required minimum quantity to each child and adult.

SHOW SLIDE: Portion Amount
SAY:
Children and adults may take smaller portions than required. In that situation, providers are responsible for actively encouraging children and adults to take the full serving size. Every child and adult should initially be offered and encouraged, but never forced to take the full serving size of each meal component required for his or her age group. If a child or adult does not take a component or the full serving size of a component, the meal is still reimbursable as long as all the food components are offered.
SHOW SLIDE: Supervising Adults and FSMS

SAY:
Eating meals with children is one of the most important ways of promoting healthy eating habits. When children see you eating a variety of nutritious foods, they are more likely to try them. Although meals for supervising adults are not reimbursable, the cost of adult meals is an allowable expense. Refer to your State agency for additional information on allowable meal costs for supervising adults.

SHOW SLIDE: Shout It Out: FSMS

DO:
(Large Group Discussion): Shout It Out: FSMS

Instructions:
1. **ASK:** For those of you using family style meal service, shout out some steps you have taken to implement it?
2. **DO:** Encourage participants to share their insight. Refer participants to the Discussion Highlights: Family Style Meal Service worksheet in their Participant’s Workbook to list any key points noted during the discussion. Then, recommend participants refer to the Support Family Style Meals handout in your Participant’s Workbook and the full version of this handout in the Nutrition and Wellness Tips for Young Children: Provider Handbook for the CACFP for additional ways to serve meals family style. They can find a link to this resource on the Training Resource handout.

FEEDBACK: There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following Answer Key: Family Style Meal Service.

---

**Answer Key: Family Style Meal Service**

**Instructions:** Use the space below to list any key points noted during the group discussion.

- *Create a family style meal service policy and train program staff to ensure everyone knows what is expected at each meal.*
- *Start slow. Gradually work up to serving the entire meal family style by starting with one component served in a shared bowl or platter and continue adding additional components as skills are increased.*
- *Use age-appropriate dishes and utensils during all meals.*
- *Allow children to practice the motions and skills needed to serve themselves by offering opportunities for pouring liquids, picking items up with tongs, scooping items from bowls (etc.) outside of mealtime and prior to implementation.*
- *Eat with the children and set a good example.*
Family style meals provide many benefits to both children and child care providers. In family style meal service, food and beverages for the meal are placed in common serving bowls, plates, dishes, pitchers, and containers on the table. Foods are passed around the table and children serve themselves how much and what they would like to eat, with the help of an adult when needed. Children are encouraged to try each food and can take more food during the meal if it is available.

Because family style meals allow children to have control over how much or how little food they want to eat, this type of meal service can help children develop independence, build self-esteem and confidence, and develop healthy eating behaviors, such as trying new foods and making healthy food choices. Children will also learn and improve their social skills, language skills, and table manners.

### How can I prepare for family style meals?

**Set a start date.** Look at the calendar and think about when you would like to start serving family style meals in your child care program. Once you have a date in mind, work backwards and decide on dates and deadlines for buying supplies, holding training, and educating parents and children on family style meals.

**Buy equipment.** Most serving ware and dishes are designed for adults and may be too big or heavy for young children to easily handle. If possible, try to buy supplies that are child-sized, unbreakable, stain-, odor-, and scratch-resistant, and convenient (dishwasher and microwave safe).

**Provide training.** If you have other staff or helpers, organize a meeting to introduce and teach about family style meals. You may want to include detailed instructions about helping children serve themselves, determining portion sizes, and encouraging children to eat based on their hunger and fullness.

Talk about things to expect, and possible challenges and solutions. If possible, role-play serving meals family style to increase awareness of some of the challenges that might come up.

**Educate parents, caregivers, and other family members.** Send the message home and put the “family” into family style meals! You may wish to hold a meeting, tell parents and other caregivers during drop-off or pick-up time, or send a letter home letting them know you will be starting family style meals on a certain date. Describe and explain what family style meals are, highlight the benefits to the children, and ask them to talk to their children about this change. If some families serve meals family style, ask them to share their experience with the rest of the group.

**Educate children.** Explain to the children that there will be some changes at mealtime and snack time. Have them practice some of the skills they will need, such as pouring water into cups, passing empty serving dishes, and scooping dried beans from a large bowl into a smaller one. As their skills develop, allow them to
Serve themselves one item during snack time or mealtime and continue to add more items until children are serving all foods to themselves.


NOTE TO INSTRUCTOR: Skip the next slides on offer versus serve if there are no participants from at-risk afterschool programs or adult day care programs.

SHOW SLIDE: Offer Versus Serve
SAY:
The next meal service we will discuss is Offer Versus Serve (OVS). This meal service is distinctly different from family style meal service. Specifically, it is only allowed in adult day care centers and at-risk afterschool programs.

Child care centers or homes may not serve meals through OVS. Reason being, young children are learning about new tastes and textures and developing eating habits. They rely on those around them, including their providers, parents, and other children, to introduce them to new foods. OVS may limit their exposure to new foods. Therefore, this meal service is only allowed for adults and older children attending adult day care centers and at-risk afterschool programs.

SHOW SLIDE: Benefits of Using OVS
SAY:
There several reasons to implement OVS in your adult day care center or at-risk afterschool program. Specifically, it allows participants to decline some food items offered in a reimbursable meal, while choosing those that appeal to them. Giving adults and older children food choices, not only reduces food waste, but it also supports the idea that they are more likely to select and eat the foods they enjoy. In addition, you may serve meals pre-portioned or directly to the participant. Therefore, OVS is a great option for reducing food cost, while providing nutritious and reimbursable meals.

SHOW SLIDE: OVS Key Terms
SAY:
Before planning to incorporate OVS in your adult day care center or at-risk afterschool program, there are three key terms you should know to ensure your meals are reimbursable.

- Food component: A food component is one of the five food categories that make up a reimbursable meal. All meals must contain the minimum food components and in the minimum serving size for reimbursement.
• Food item: A food item is a specific food offered within the food components making up a reimbursable meal. For example, separate ½ cup servings of broccoli and carrots are two food items that make up the vegetable component.

• Combination Food: A combination food contains more than one food item from different food components that cannot be separated, such as soups, prepared sandwiches, burritos, and pizzas. For example, a vegetable pizza contains three food items from three different food components: a serving of grains (crust), a serving of vegetables (vegetable toppings), and a serving of meat alternate (cheese).

SHOW SLIDE: Serving Meals OVS
SAY:
When serving OVS meals, you may only serve them at breakfast, lunch, and supper. It is not allowed at snack because there are only two required components.

Let’s review each meal to identify the basic requirements for OVS meals.

SHOW SLIDE: OVS at Breakfast
SAY:
When using OVS at breakfast, you must offer four different food items, in the minimum serving sizes. These items must come from the following components:

- Milk
- Vegetable and fruit
- Grain
- One food item from the meat/meat alternate component or one additional item from the fruit and vegetable component or grains component

SHOW SLIDE: Reimbursable OVS Breakfast
SAY:
Participants must take at least three different food items from any of those offered. For example, at breakfast you offered:

- ½ cup bananas,
- ½ cup strawberries,
- 1 serving whole grain pancakes, and
- 1 cup (8 oz) of fluid milk.

The child or adult participant selects bananas, pancakes, and milk; or bananas, strawberries, and milk. These selections will credit as a reimbursable breakfast meal because they selected three different items in the minimum serving sizes.
SHOW SLIDE: OVS at Lunch and Supper

SAY:
When using OVS at lunch and supper, you must offer at least one food item, in the minimum serving sizes, from each of the five food components. This means you must offer:

- Milk
- Meat/meat alternate
- Vegetable
- Fruit
- Grain

SHOW SLIDE: Reimbursable OVS Lunch or Supper

SAY:
Participants must take at least three food components in the minimum serving sizes for a reimbursable meal. For example, at lunch you offered:

- 2 ounces Parmesan Chicken,
- ¼ cup fruit salad,
- ½ cup broccoli,
- 1 cup pasta, and
- 1 cup (8 oz) of fluid milk.

The child or adult participant may take 2 ounces of parmesan chicken, ½ cup of broccoli, and 1 cup of milk as a reimbursable meal. It is important to note that milk is optional for supper in adult day care centers, and it does not need to be offered when serving an OVS supper.

For additional information on OVS, refer to the policy memo, *CACFP 05-2017 Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program*. The link to this memo is included on the Training Resource handout in the reference section of your Participant’s Workbook.
SHOW SLIDE: Activity: OVS: Is It Reimbursable?

DO:

(Activity): OVS: Is It Reimbursable?

The purpose of this activity is to ensure participants understand the basic requirements of OVS at breakfast, lunch, and supper.

Materials Needed: Offer Versus Serve in the Child and Adult Care Food Program handout and the OVS in the CACFP Review worksheet, pen or pencil

Time: 5 minutes

Instructions:

1. **SAY:** Now that we have reviewed the basics for serving meals OVS, let’s complete an activity. Please turn to the Offer Versus Serve in the Child and Adult Care Food Program handout and the OVS in the CACFP Review worksheet in your Participant’s Workbook. Take a few minutes to read the scenario to determine if each meal or snack is reimbursable.

2. **DO:** Allow 3–5 minutes for participants to complete this activity. Then, review the answers using the following Answer Key: OVS in the CACFP Review.
Offer Versus Serve in the Child and Adult Care Food Program

If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks or in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

Understanding OVS: Know the Terms

- **Food component**—the name of a group of foods in a reimbursable meal. **Food components** include milk, vegetables, fruits, grains, and meats and meat alternates. At breakfast only, vegetables and fruits are one combined component. This means you can serve vegetables, fruits, or a combination of both to meet this requirement.

- **Food item**—foods that are part of a **food component**. For example, broccoli is a **food item** in the vegetables **food component**.

**How to Use OVS at Meals**

<table>
<thead>
<tr>
<th>OVS at Breakfast</th>
<th>OVS at Lunch and Supper</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Offer these 3 <strong>food components</strong> at breakfast:</td>
<td>1. Offer these 5 <strong>food components</strong> at lunch and supper:</td>
</tr>
<tr>
<td>- Milk</td>
<td>- Milk*</td>
</tr>
<tr>
<td>- Vegetables and/or Fruits</td>
<td>- Vegetables</td>
</tr>
<tr>
<td>- Grains</td>
<td>- Fruits</td>
</tr>
<tr>
<td>2. Offer at least 4 different <strong>food items</strong> at breakfast, at least 1 from each <strong>food component</strong> above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.</td>
<td>2. Offer at least one <strong>food item</strong> from each component.</td>
</tr>
<tr>
<td>3. Ask the child or adult to choose at least 3 different <strong>food items</strong>.</td>
<td>3. Ask the child or adult to choose <strong>food items</strong> from 3 or more <strong>food components</strong>.</td>
</tr>
</tbody>
</table>

*For Adult Participants Only: Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.*

Note: The 4th food item can be selected as well.

Note: The child or adult can select food from all 5 components. Foods from at least 3 components are needed for a reimbursable meal.
1. Your adult day care center uses OVS at breakfast and offers low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses milk, oatmeal, and apple slices, and took the full minimum serving size of each item. Is Karen’s breakfast reimbursable? Why or why not?

Yes, Karen’s breakfast is reimbursable. For OVS at breakfast, the operator is required to offer at least 4 food items that include: 1 item from the milk component (low-fat (1%) milk), 1 item from the vegetable/fruits component (apple slices), 1 item from the grains component (oatmeal), and 1 additional food item from grains, meats/meat alternates, or vegetables/fruit component (bananas). To make a reimbursable breakfast, a participant must choose 3 or more of the items offered and must take at least the full minimum serving size of each item. Because Karen chose 3 of the items offered (milk, oatmeal, and apple slices), and took the full minimum serving size of each item, this breakfast is reimbursable.

2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?

No, David’s supper is not reimbursable. For OVS at supper for at-risk afterschool sites, the operator is required to offer at least 1 food item from the following 5 components: milk (non-fat (skim) milk), meat and meat alternates (roasted turkey), vegetables (roasted broccoli and steamed carrots), fruits (fruit salad), and grains (whole-wheat rolls). In all cases, the participant must choose food items from at least 3 different components in order to make a reimbursable supper and must take at least the minimum serving size of each. Because the roasted broccoli and the steamed carrots are both in the vegetables component, David’s supper only has 2 components (meats/meat alternates and vegetables) and needs food from another component to make up a reimbursable supper. He should add the minimum serving size of fruit salad, whole-wheat rolls, and/or milk, to make a reimbursable supper.

3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?

If Anna takes only half of the minimum serving size of each food offered, her supper would not be reimbursable. The full minimum serving size of items from at least three different components must be taken in order to make up a reimbursable supper.

OBJECTIVE 3: Participants will be able to identify at least three strategies for creating positive mealtime experiences.

SHOW SLIDE: Reward and Punishment
SAY:
The last update for meal services focuses on rewarding and punishment. Using food as a reward for good behavior or punishment for less pleasing behaviors may have a negative effect on children’s development and socialization. For example, providing children sweet treats after they put away their toys may cause them to develop unhealthy eating habits, and these habits may cause cavities, weight gain, and other health problems.

SHOW SLIDE: Forcing Children to Eat
SAY:
Another example is forcing children to eat all of their food before they can leave the table. This method can cause children to eat more than they need and not listen to their hunger cues, increasing their risk of becoming overweight or obese. Therefore, the updated meal pattern requirements do not allow the use of food and beverage as a punishment or reward.

SHOW SLIDE: Activity: Meal Service Tips
DO:
(Activity): Meal Service Tips

The purpose of this activity is to identify ways for creating positive mealtime experiences for all participants.
Materials Needed: Chart paper, markers, and pen or pencil
Time: 10 minutes

Instructions:
1. SAY: Think about mealtimes and the importance of positive mealtime experiences, free of rewarding and punishing participants. In small groups of three or four, create a list of tips for creating positive mealtimes for all participants.
2. DO: Allow 5–10 minutes for participants to complete this activity. Then, ask each group to share their responses. For some additional ways for creating positive mealtime experiences for young children, refer to the “Supplement D: Create a Positive Meal Environment” from Tips for Young Children: Provider Handbook for the CACFP. The link to this resource is listed on the Training Resource handout in the Appendix in your Participant’s Workbook.

FEEDBACK: Some potential responses may include the following examples.
- Serve meals family style so participants can choose the amount of food they want to eat.
- Food and beverages are at the table at the start of each meal.
- Supervising adults eat lunch with participants.
- Supervising adults make positive remarks about the food and show enjoyment in eating.
- Meal areas are away from major walkways to reduce distractions.
CONCLUSION:

SHOW SLIDE: Lesson Review

SAY:
In this lesson, we discussed some strategies for preparing and serving nutritious foods in CACFP settings. We focused on key ways for preparing nutritious foods and on strategies for serving meals through family style meal service and offer versus serve.

ASK:
At this time, are there any questions before we move to the last activity in this lesson?

DO:
Answer any questions, and then begin the next activity.

NOTE TO INSTRUCTOR: If there are questions that you are unable to answer, refer the participant(s) to their State agency or the ICN Help Desk.

SHOW SLIDE: Activity: Apply in Three

DO:
(Activity): Apply in Three

The purpose of this activity is to ensure participants identify an action plan for implementing meal service requirements for children and adults.

Materials Needed: Apply in Three worksheet and pen or pencil

Time: 5–10 minutes

Instructions:
1. **SAY:** Turn to the Apply in Three worksheet in your Participant’s Workbook. Write at least three things you learned about the latest requirements for meal services, how you will apply this information, and the estimated date in which you would like to have completed each action item. Once you have finished, stand up and find someone from a different group, and share your responses.
2. **DO:** Allow 3–5 minutes for participants to complete this activity. Then, request volunteers to share their responses.

FEEDBACK: There are no right or wrong answers for this activity. However, some potential responses might include those noted in the following Answer Key: Apply in Three.
Instructions: Write at least three things you learned about the requirements for serving meals in the CACFP, how you will apply this information, and the estimated date in which you would like to have completed each action item.

<table>
<thead>
<tr>
<th>What did you learn?</th>
<th>How will you apply it?</th>
<th>When will you apply it?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Family style meal service is optional, but highly encouraged.</td>
<td>Train staff, using the policy requirements for serving meals family style.</td>
<td>Over the next three months</td>
</tr>
<tr>
<td>OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper.</td>
<td>Ensure that my current practices align with the latest requirements, utilizing the policy handout.</td>
<td>Immediately</td>
</tr>
<tr>
<td>Never reward and punish children for their meal preferences.</td>
<td>Train staff on the importance of not rewarding or punishing children for their meal preferences.</td>
<td>Immediately</td>
</tr>
</tbody>
</table>

NOTE TO INSTRUCTOR: If this training is offered in the comprehensive 6-hour version, complete the comprehensive Post-Assessment. However, if this training is offered in individual lesson-form, complete the lesson Post-Assessment.

SHOW SLIDE: Post-Assessment

DO:

Post-Assessment

The purpose of the Post-Assessment is to determine what the participants learned throughout the training.

Materials Needed: Post-Assessment, Training Evaluation, and pen or pencil

Time: 5–10 minutes

Instructions:

1. **DO:** Distribute the Post-Assessment and the Training Evaluation.
2. **SAY:** The Post-Assessment is designed to assess what you have learned during this training. Begin by placing a four-digit number in the box at the top of your assessment. Then, complete the Post-Assessment by reading each question carefully and selecting the best answer. Upon completion, please complete the training evaluation.
3. **DO:** Allow a minimum of 10 minutes for participants to complete the Post-Assessment. Remind them to list the identifier they used on the Pre-Assessment. Following, collect the Post-Assessments and the Training Evaluations, and return them to the ICN. Then, dismiss the participants from the training.
NOTE TO INSTRUCTOR: If this training is not sponsored by the ICN, allow the participants to keep their assessments. Review the answers with them using the Answer Key in the Appendix section. Then, dismiss the participants from the training.
Training Conclusion

<table>
<thead>
<tr>
<th>Time</th>
<th>Topic</th>
<th>Activity</th>
<th>Materials</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 minutes</td>
<td><strong>Introduction</strong></td>
<td></td>
<td>• Training Summary</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td>15 minutes</td>
<td><strong>Conclusion</strong></td>
<td>• Comprehensive Post-Assessment</td>
<td>• PowerPoint Presentation</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Comprehensive Post-Assessment</td>
<td>• Training Evaluations</td>
</tr>
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<td>• Training Certificates</td>
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<td>• Pens or Pencils</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>• Comprehensive Post-Assessments</td>
</tr>
</tbody>
</table>

**Total Time: 20 minutes**
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TRAINING SCRIPT

Lesson Plan:

INTRODUCTION:

SHOW SLIDE: Training Conclusion
DO: To begin this lesson, advance to the next slide.

SHOW SLIDE: Training Summary
SAY: In today’s training, we explored the updated CACFP meal pattern requirements. We focused on each of the meal component updates as well as the requirements for serving meals in CACFP settings. Most importantly, we identified ways to use this information when you return to your facility through a variety of different activities, such as the Apply in Three.

ASK: Are there any questions that we have not covered today?

DO: Answer any posing questions and check the “bike rack” to confirm there are no posing questions there.

CONCLUSION:

SHOW SLIDE: Post-Assessments, Evaluations, and Certificates
SAY: I would like to thank you for attending this training and actively participating in the learning activities. Before we end today, the last activities involve the assessment, course evaluation, and training certificates.

DO: 
Post-Assessment
The purpose of the Post-Assessment is to determine what the participants learned throughout the training.
Materials Needed: Post-Assessment, Training Evaluation, Training Certificates, and pen or pencil
Time: 10–15 minutes

Instructions:
1. DO: Distribute the Post-Assessment and the Training Evaluation.
2. **SAY:** The Post-Assessment is designed to assess what you have learned during this training. Begin by placing the same four-digit number used on the Pre-Assessment in the box at the top of your assessment. Then, complete the Post-Assessment by reading each question carefully and selecting the best answer. Upon completion, please complete the training evaluation.

3. **DO:** Allow a minimum of 10–15 minutes for participants to complete the Post-Assessment. Remind them to list the identifier they used on the Pre-Assessment. Following, collect the Post-Assessments and the Training Evaluations and set them aside to be returned to ICN. Distribute Training Certificates, and dismiss the participants from the training.
Appendix

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# Training Resources

**USDA REGULATIONS AND POLICY MEMOS***

| 7 CFR Parts 210, 215, 220, and 226 | Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements |
| SP 18-2018, CACFP 13-2018 | Child Nutrition Programs’ Flexibilities for School Year 2018-2019 |
| CACFP02-2018 | Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers |
| CACFP 09-2018 | Grain Requirements in the Child and Adult Care Food Program; Questions and Answers |
| CACFP 09-2017 | Vegetable and Fruit Requirements in CACFP: Q&As |
| CACFP 17-2017 | Documenting Meals in the Child and Adult Care Food Program |
| CACFP05-2017 | Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program |
| CACFP08-2017 | Questions and Answers on the Updated Meal Pattern Requirements for the Child and Adult Care Food Program |
| CACFP 13-2017 | Transition Period for the Updated Child and Adult Care Food Program Meal Patterns and the Updated Meal National School Lunch Program and School Breakfast Program Infant and Preschool Meal Patterns |
| CACFP 14-2017 | Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program |
| CACFP 16-2017 | Grain-Based Desserts in the Child and Adult Care Food Program |
| CACFP 15-2016 | Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern Requirements |
| CACFP 17-2016 | Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the Child and Adult Care Food Program |
| CACFP 20-2016 | Water Availability in the Child and Adult Care Food Program |
| SP 53-2016, CACFP 21-2016 | Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program |
| SP42 CACFP14-2016 | Early Implementation of the Updated CACFP Meal Pattern Requirements and the *

*All policy memos can be found at the following website: [https://www.fns.usda.gov/cacfp/policy](https://www.fns.usda.gov/cacfp/policy)

**RESOURCES**

<table>
<thead>
<tr>
<th>Resource</th>
<th>URL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Using Ounce Equivalents for Grains in the CACFP</td>
<td><a href="https://icn.ms/cacfpTW">https://icn.ms/cacfpTW</a></td>
</tr>
</tbody>
</table>
### Key Terms

<table>
<thead>
<tr>
<th>Key Terms</th>
<th>Definition</th>
</tr>
</thead>
<tbody>
<tr>
<td>Dietary Guidelines for Americans</td>
<td>The nation’s trusted resource for evidence-based nutrition recommendations. This resource provides policy makers and professionals with the information they need to help the public make informed choices about their diets at home, school, work, and within their communities.</td>
</tr>
<tr>
<td>Expressed milk</td>
<td>Milk that is produced and expelled from the breast, bottled, and served to the infant.</td>
</tr>
<tr>
<td>Deep-fat frying</td>
<td>To cook a food by submerging it in hot oil or other fat.</td>
</tr>
<tr>
<td>Enriched Grains</td>
<td>Enriched is a process that adds nutrients back to a refined grain product. The nutrients that are usually added back in the process are iron and four B vitamins (thiamin, riboflavin, niacin, and folic acid).</td>
</tr>
<tr>
<td>Family style meal service</td>
<td>A type of meal service that allows children and adults to serve themselves from common platters of food with assistance of supervising adults.</td>
</tr>
<tr>
<td>Grain-based desserts</td>
<td>Grain-based desserts are those items in USDA’s <em>Food Buying Guide for Child Nutrition Programs</em> that are denoted as desserts with superscripts 3 and 4. This definition of grain-based desserts includes cakes, cookies, sweet piecrusts, fruit turnovers, doughnuts, cereal, breakfast, and granola bars, toaster pastries, sweet rolls, and brownies.</td>
</tr>
<tr>
<td>Food components</td>
<td>Food categories that make up a reimbursable meal, including fluid milk, vegetables, fruits, grains, and meats/meat alternates.</td>
</tr>
<tr>
<td>Fortified Grains</td>
<td>Fortified means vitamins and minerals were added to a food that were not originally in the food.</td>
</tr>
<tr>
<td>Meal pattern</td>
<td>A specific template with meal components and minimum serving sizes for different age groups that must be followed in order for the meal to be reimbursed. The template is customized for breakfast, lunch, supper, and snacks.</td>
</tr>
<tr>
<td>Offer Versus Serve (OVS)</td>
<td>OVS is a concept that applies to menu planning and the menu service. OVS allows participants to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS is not allowed for snacks and can only be used in at-risk afterschool programs and adult day care centers.</td>
</tr>
<tr>
<td>Refined Grains</td>
<td>Refined grains have been processed to remove the bran and germ, which removes dietary fiber, iron, and other nutrients.</td>
</tr>
<tr>
<td>Reimbursable meal</td>
<td>Meals that meet all applicable meal pattern requirements.</td>
</tr>
<tr>
<td>Whole grains</td>
<td>Whole grains consist of the entire cereal grain seed or kernel.</td>
</tr>
<tr>
<td>Whole grain-rich</td>
<td>Foods that contain 100% whole grains, or at least 50% whole grains and any remaining grains are enriched.</td>
</tr>
</tbody>
</table>
Answer Key

Comprehensive Assessment
1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breast milk
2. B. False
3. A. more than one food item, from different food components that cannot be separated
4. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
5. A. four different food items
6. B. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
7. B. three
8. C. 23 grams, 6 ounces
9. C. No, operators may not serve juice at two different meals or snacks in a single day.
10. D. 6–12
11. A. one
12. D. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
13. A. one
14. C. six
15. B. False

Milk Component Updates
1. C. whole, reduced-fat (2%), low-fat (1%), fat-free, and breast milk
2. B. False
3. D. 6–12
4. B. one
5. A. True

Meat and Meat Alternates Component Update
1. C. 23 grams, 6 ounces
2. A. Commercially prepared, easily recognized as a meat substitute, and it contains five grams of protein
3. D. All of the above
4. C. one

Vegetable and Fruit Component(s) Updates
1. C. two different types of vegetables, such as roasted asparagus and baked sweet potato slices
2. B. False
3. A. breakfast
4. C. No, operators may not serve juice at two different meals or snacks.
5. D. The meal or snack with the lowest reimbursement rate that contains juice

Grains Component Updates
1. C. English muffin
2. A. one
3. C. six
4. C. 3 and 4
5. A. True

Child and Adult Meal Service Updates
1. B. False
2. D. four different food components
3. A. True
4. D. No, central kitchens may not deep-fat fry foods and then deliver them to any CACFP site.
References


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