

PARTICIPANT'S WORKBOOK



# INFANT MEAL PATTERN REQUIREMENTS

A CACFP Meal Pattern Requirements  
Supplemental Training





# Infant Meal Pattern Requirements

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Requirements Supplemental Training

Participant's Workbook



PROJECT COORDINATOR

Lutina Cochran, MS, PDS

EXECUTIVE DIRECTOR

Aleshia Hall-Campbell, PhD, MPH

[www.theicn.org/cacfpmp](http://www.theicn.org/cacfpmp)

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# Institute of Child Nutrition

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The mission of the Institute of Child Nutrition is to provide information and services that promote the continuous improvement of child nutrition programs.

### VISION

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# Table of Contents

Introduction .....	1
Training Overview and Objectives .....	1
Ground Rules .....	2
Training-At-A-Glance .....	3
Handouts and Worksheets .....	5
CACFP in the Last 30 Years .....	5
Summaries of the Updated Meal Standards .....	6
Handout: Infant Meal Pattern .....	7
Previous vs. Updated Infant Meal Pattern Requirements .....	11
Breastfeeding Friendly Child Care Environment.....	13
Creditable Infant Formula .....	14
Pair and Share .....	15
Developmental Readiness .....	16
Apply in Three .....	17
Nutrition Facts Label .....	18
Yogurt and Sugar Guide.....	19
Yogurt, Is it Creditable? .....	21
Breakfast Cereal and Sugar Guide .....	23
Breakfast Cereal, Is it Creditable?.....	25
Cooking Methods .....	27
Key Points to Remember .....	29
Appendix .....	31
Answer Keys .....	33
Training Resources .....	39
Key Terms.....	40
References.....	41

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# INTRODUCTION

## Background Information

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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 eight-hour training includes an introduction 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 and Objectives

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This *Infant Meal Pattern Requirements* training features the updated requirements for serving infants based on their growth and development. Through this two-hour training, participants will explore each update to the infant meal pattern, as well as provide tips and strategies for implementation.

At the end of this training, participants will be able to:

- recall at least four changes to the updated infant meal pattern charts,
- summarize at least two requirements for serving breastmilk and infant formula based on the updated meal pattern,
- state three strategies that support infants and their developmental readiness for solid foods, and
- identify at least four new requirements for serving more nutritious solid foods to infants.

## Target Audience

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This training is designed specifically for individuals operating the CACFP in a child care setting. Target audiences may include, but are not limited to, the following program types:

- Child Care Centers
- Family Child Care Homes

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

## Functional Area and Competencies

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The core competencies, knowledge, and skills, represented in Functional Area #5: Nutrition and Meal Management, in 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. Therefore, this training focuses on the following competencies:

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.

Source: Institute of Child Nutrition. (2015). *Competencies, knowledge and skills for child care providers in CACFP operations*. Retrieved from <http://www.theicn.org/ResourceOverview.aspx?ID=579>

## Ground Rules

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To help this training run smoothly and allow all participants to benefit from the course, please refer to the ground rules below.

- 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.

You can also find these rules on the ICN website at [http://theicn.org/Resource Overview.aspx?ID=267](http://theicn.org/ResourceOverview.aspx?ID=267)

# TRAINING-AT-A-GLANCE

## Introduction

- Infant Meal Pattern Requirements Major Themes
- Training Overview
- Define Training Success
- Pre-Assessment

**Objective 1:** Participants will be able to recall at least four changes to the updated infant meal pattern charts.

- Previous vs. Updated Meal Pattern Requirements
- Age Groups

## BREAK 1

**Objective 2:** Participants will be able to summarize at least two requirements for serving breastmilk and infant formula based on the updated meal pattern.

- Breastmilk
- Infant Formula
- Meal Accommodations

**Objective 3:** Participants will be able to state three strategies that support infants and their developmental readiness for solid foods.

- Developmental Readiness
- The American Academy of Pediatrics (AAP) developmental readiness guidelines
- Optional written statement
- Approved food components

## BREAK 2

**Objective 4:** Participants will be able to identify at least four new requirements for serving more nutritious solid foods to infants.

- Meals and Snack Requirements
- Nutritious Food Choices

## Conclusion

- Training Summary
- Post-Assessment

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## HANDOUTS AND WORKSHEETS

### CACFP in the Last 30 Years



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. The DGA reports many Americans are eating diets high in added sugars, saturated fats, and sodium. In addition, about 75% of Americans' diets are low in vegetables, fruits, and dairy. Last, about one in three 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 on Monday, April 25, 2016.

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

## Summaries of the Updated Meal Standards

USDA recently revised the CACFP meal pattern requirements to ensure infants, children, and adults have access to healthy, balanced meals throughout the day. The changes to the infant meal pattern requirements support breastfeeding and the consumption of vegetables and fruits without added sugars. In addition, these changes are based on the scientific recommendations from the National Academy of Medicine, the American Academy of Pediatrics and stakeholder's input.

### Encourage and support breastfeeding

- In addition to serving expressed breastmilk provided by a parent or guardian, providers may also receive reimbursement for meals when a breastfeeding mother comes to the child care setting and directly breastfeeds her infant.
- Only breastmilk and infant formula are served to infants, birth through the end of 5 months, as developmentally appropriate.

### Developmentally appropriate meals

- There are now two age groups, instead of three: birth through the end of 5 months and 6 months through the end of 11 months.
- Solid foods are gradually introduced around 6 months, as developmentally appropriate.

### More nutritious meals

- The updated meal pattern requirements:
  - Requires a vegetable or fruit, or both, to be served at snack for infants 6 through 11 months
  - No longer allows juice, cheese food, or cheese spread to be served
  - Allows ready-to-eat cereals for snack only

*Adapted Source: USDA, (2016). Updated Child and Adult Care Food Program Meal Patterns: Infant Meals. Retrieved from <http://bit.ly/2lylarF>.*



## Handout: Infant Meal Pattern



Breakfast		
Component	Birth through 5 months	6 through 11 months
Breastmilk or Iron-fortified infant formula	4–6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6–8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and
Infant cereal, Meat/meat alternates, or A combination		0–½ ounce equivalent infant cereal <sup>2</sup> , 0–4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0–2 ounces of cheese; or 0–4 ounces (volume) or cottage cheese; or 0–4 ounces or ½ cup of yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and
Vegetable, Fruit, or A combination of both		0–2 tablespoons vegetable or fruit or a combination of both <sup>5</sup>

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit and vegetable juices must not be served.



**Lunch and Supper**

Component	Birth through 5 months	6 through 11 months
<b>Breastmilk or Iron-fortified infant formula</b>	4–6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	6–8 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and
<b>Infant cereal, Meat/meat alternates, or A combination</b>		0–½ ounce equivalent infant cereal <sup>2</sup> , 0–4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0–2 ounces of cheese; or 0–4 ounces (volume) or cottage cheese; or 0–4 ounces or ½ cup of yogurt <sup>3</sup> ; or a combination of the above <sup>4</sup> ; and
<b>Vegetable, Fruit, or A combination of both</b>		0–2 tablespoons vegetable or fruit or a combination of both <sup>5</sup>

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

<sup>4</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>5</sup> Fruit and vegetable juices must not be served.



## Snack

Component	Birth through 5 months	6 through 11 months
<b>Breastmilk or Iron-fortified infant formula</b>	4–6 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup>	2–4 fluid ounces breastmilk <sup>1</sup> or formula <sup>2</sup> ; and
<b>Grains</b>		0–½ ounce equivalent slice bread <sup>3</sup> ; or 0–¼ ounce equivalent crackers <sup>3</sup> ; or 0–½ ounce equivalent infant cereal <sup>2,3</sup> or 0–¼ ounce equivalent Ready-to-eat breakfast cereal <sup>3,4,5</sup> ; and
<b>Vegetable, Fruit, or A combination of both</b>		0–2 tablespoons vegetable or fruit or a combination of both <sup>5,6</sup>

<sup>1</sup> Breastmilk or formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.

<sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.

<sup>3</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour.

<sup>4</sup> 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).

<sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.

<sup>6</sup> Fruit and vegetable juices must not be served.

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## Previous vs. Updated Infant Meal Pattern Requirements

	PREVIOUS			UPDATED	
	0–3 MONTHS	4–7 MONTHS	8–11 MONTHS	0–5 MONTHS	6–11 MONTHS
BREAKFAST	4–6 fl oz breastmilk or formula	4–8 fl oz breastmilk or formula; and	6–8 fl oz breastmilk or formula; and	4–6 fl oz breastmilk or formula	6–8 fl oz breastmilk or formula; and
		0–3 tbsp infant cereal	2–4 tbsp infant cereal; and		0–½ oz eq infant cereal, 0–4 tbsp, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz cheese; or 0–4 oz (volume) cottage cheese; or 0–4 oz yogurt; or a combination*; and
			1–4 tbsp vegetable, fruit or both		0–2 tbsp vegetable, fruit or both*
LUNCH OR SUPPER	4–6 fl oz breastmilk or formula	4–8 fl oz breastmilk or formula; and	6–8 fl oz breastmilk or formula	4–6 fl oz breastmilk or formula	6–8 fl oz breastmilk or formula; and
		0–3 tbsp infant cereal; and	2–4 tbsp infant cereal; and/or 1–4 tbsp meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½ –2oz cheese; or 1–4 oz (volume) cottage cheese; or 1–4 oz (weight) cheese food or cheese spread; or a combination; and		0–½ oz eq infant cereal, 0–4 tbsp meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0–2 oz cheese; or 0–4 oz (volume) cottage cheese; or 0–4 oz yogurt; or a combination*; and
		0–3 tbsp vegetable, fruit or both	1–4 tbsp vegetable, fruit or both		0–2 tbsp vegetable, fruit or both*

SNACK	4–6 fl oz breastmilk or formula	4–6 fl oz breastmilk or formula	2–4 fl oz breastmilk, formula, or fruit juice; and	4–6 fl oz breastmilk or formula	2–4 fl oz breastmilk or formula; and
			0–½ bread slice or 0–2 crackers		0–½ oz eq bread slice; or 0–¼ oz eq crackers; or 0–½ oz eq infant cereal or 0–¼ oz eq ready-to-eat cereal*; and
					0–2 tbsp vegetable, fruit or both*

\*Required when infant is developmentally ready.

All serving sizes are minimum quantities of the food components that are required to be served.

## Breastfeeding Friendly Child Care Environment

Establishing a breastfeeding friendly environment is one of the most essential ways to show your commitment to infants and their healthy growth and development. Although there are a number of ways to complete this rewarding task, keep these tips and strategies in mind as you move forward.

### Essential Items for Breastfeeding Area

The basic items for establishing a breastfeeding area may include:

- A private area with a door, wall, or curtain
- Appropriate signage identifying the area as a breastfeeding space
- Comfortable chair and small table
- Access to running water and soap
- Electrical outlets

### Establishing Breastfeeding Area Checklist

- Designate an individual or group to be responsible for development and implementation of the 10 Steps.
- Establish a supportive breastfeeding policy and require that all staff are aware of and follow the policy.
- Establish a supportive worksite policy for staff members who are breastfeeding.
- Train all staff so that they are able to carry out breastfeeding promotion and support activities.
- Create a culturally appropriate breastfeeding friendly environment.
- Inform expectant and new families and visitors about your breastfeeding friendly policies.
- Provide appropriate learning activities for children to learn about breastfeeding.
- Provide a comfortable place for mothers to breastfeed or pump their milk in privacy, if desired. Educate families and staff that a mother may breastfeed her child wherever they have a legal right to be.
- Establish and maintain connections with your local breastfeeding coalition or other community resources.
- Maintain an updated resource file of community breastfeeding services and resources in an accessible area for families.

For additional tips and strategies, refer to the Wisconsin Department of Health Services, *10 Steps to Breastfeeding Friendly Child Care Centers Resource Kit*, the original source of this document, at <https://www.dhs.wisconsin.gov/publications/p0/p00022.pdf>.

## Creditable Infant Formula

The Food and Drug Administration (FDA) regulates infant formulas marketed in the U.S. These infant formulas meet specific nutrient standards and safety requirements, making them creditable for reimbursement in the CACFP. However, a formula purchased outside the U.S. is not likely to be regulated by the FDA, and therefore, not creditable in the CACFP.



When selecting infant formula, it is important to choose those that meet the criteria for a reimbursable meal. Iron-fortified infant formula must:

- state “Infant Formula with Iron” or a similar statement on the front of the package. All iron-fortified infant formulas must have this type of statement on the package.
- list 1 milligram of iron per 100 calories on the Nutrition Facts Label.
- not be a Food and Drug Administration (FDA) Exempt Infant Formula. These types of formulas are specifically for infants who have inborn errors of metabolism, lower birth weight, or other special dietary needs.

For additional information on feeding infants, refer to the *CACFP 06-2017 Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers*.

## Pair and Share

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**Purpose:** The purpose of this activity is to ensure participants have the opportunity to summarize key requirements for applying the information.

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

## Developmental Readiness

Developmental readiness for solid foods is one of the most important times for infants, parents, and guardians. However, when is an infant ready for solid foods? This question is very important because of the significance of the associated health challenges of introducing solid foods to infants too early.



According to the American Academy of Pediatrics (AAP), introducing solid foods to infants before they are ready increases an infant's risk of weight gain during the early years and being overweight later in life. In addition, when infants are not physically ready to accept solid foods, they are at a higher risk of choking because they have not developed the necessary skills for eating solid foods. Another major challenge of serving solid foods too early is infants may consume less breastmilk or iron-fortified formula and not get enough essential nutrients for proper growth and development. Therefore, it is important to introduce solid foods to infants around six months when they are developmentally ready to accept them.

There is no single, direct signal to determine when an infant is developmentally ready to accept solid foods. An infant's readiness depends on his or her rate of development. The AAP provides the following guidelines to help determine when an infant is developmentally ready to accept solid foods:

- The infant is able to sit in a high chair, feeding seat, or infant seat with good head control;
- The infant opens his or her mouth when food comes his or her way. He or she may watch others eat, reach for food, and seem eager to be fed;
- The infant can move food from a spoon into his or her throat; and
- The infant has doubled his or her birth weight.

As an early childhood professional working in a Child and Adult Care Food Program (CACFP) setting, it is important to maintain constant communication with infants' parents or guardians about when and what solid foods should be served while the infant is in care. You may find it useful when talking to parents and guardians to use the AAP guidelines to help determine if an infant is developmentally ready to begin eating solid foods. Another great way to ensure you are meeting the needs of the infant is to request in writing when you should start serving solid foods to their infant.

For additional information on developmental readiness, refer to the following resources:

- American Academy of Pediatrics' Infant Food and Feeding
- CACFP 06-2017: Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers
- Feeding Infants: A Guide for Use in the Child Nutrition Programs

## Apply in Three

**Purpose:** The purpose of this activity is to identify the most important information from this section of the training and methods for applying it in a CACFP setting.

**Instructions:** Write at least three things you learned about supporting developmental readiness and some ways in which you can apply this information in your CACFP setting. Once you have finished, find someone from a different group, and share your responses.

1. What did I learn?	How can I apply it in my CACFP setting?
2. What did I learn?	How can I apply it in my CACFP setting?
3. What did I learn?	How can I apply it in my CACFP setting?

## Nutrition Facts Label

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 certain 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.

SIDE-BY-SIDE COMPARISON

### Original Label

### New Label

<b>Nutrition Facts</b>	
Serving Size 2/3 cup (55g) Servings Per Container About 8	
<b>Amount Per Serving</b>	
<b>Calories</b> 230	Calories from Fat 72
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>12%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 4g	<b>16%</b>
Sugars 12g	
<b>Protein</b> 3g	
Vitamin A	10%
Vitamin C	8%
Calcium	20%
Iron	45%
<small>* Percent Daily Values are based on a 2,000 calorie diet. Your daily value may be higher or lower depending on your calorie needs.</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	<small>Less than 65g 80g</small>
Sat Fat	<small>Less than 20g 25g</small>
Cholesterol	<small>Less than 300mg 300mg</small>
Sodium	<small>Less than 2,400mg 2,400mg</small>
Total Carbohydrate	<small>300g 375g</small>
Dietary Fiber	<small>25g 30g</small>

<b>Nutrition Facts</b>	
8 servings per container	
<b>Serving size</b>	<b>2/3 cup (55g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>230</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 8g	<b>10%</b>
Saturated Fat 1g	<b>5%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 37g	<b>13%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 12g	
Includes 10g Added Sugars	<b>20%</b>
<b>Protein</b> 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 235mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

**Note:** The images above are meant for illustrative purposes to show how the new Nutrition Facts label might look compared to the old label. Both labels represent fictional products. When the original hypothetical label was developed in 2014 (the image on the left-hand side), added sugars was not yet proposed so the “original” label shows 1g of sugar as an example. The image created for the “new” label (shown on the right-hand side) lists 12g total sugar and 10g added sugar to give an example of how added sugars would be broken out with a % Daily Value.

Source: U.S. Food and Drug Administration (2016, August 3). Changes to the nutrition facts label. Retrieved from <http://bit.ly/2kRaDUh>.

# Yogurt and Sugar Guide

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																					
<b>Example #1: Serving Size in Ounces</b>																					
<ul style="list-style-type: none"> <li><b>Step 1:</b> Use the Nutrition Facts Label to find the Serving Size, in ounces (oz) or grams (g), on the yogurt. Write it here: <u>6 ounces</u></li> <li><b>Step 2:</b> Find the Sugars line. Look at the number of grams (g) next to Sugars. Write it here: <u>19 grams</u></li> <li><b>Step 3:</b> Find the serving size, identified in Step 1, in the table below.</li> </ul>	<div style="border: 1px solid black; padding: 5px;"> <h3 style="text-align: center; margin: 0;">Nutrition Facts</h3> <p style="margin: 0;">Serving Size 6 oz (170g) Servings Per Container 1</p> <hr/> <p style="margin: 0;"><b>Amount Per Serving</b></p> <p style="margin: 0;"><b>Calories</b> 150</p> <hr/> <table style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th style="width: 80%;"></th> <th style="text-align: right; font-weight: normal;">% Daily Value*</th> </tr> </thead> <tbody> <tr> <td><b>Total Fat</b> 2g</td> <td style="text-align: right;"><b>3%</b></td> </tr> <tr> <td style="padding-left: 20px;">Saturated Fat 1g</td> <td style="text-align: right;"><b>5%</b></td> </tr> <tr> <td style="padding-left: 20px;">Trans Fat 0g</td> <td></td> </tr> <tr> <td><b>Cholesterol</b> 10mg</td> <td style="text-align: right;"><b>3%</b></td> </tr> <tr> <td><b>Sodium</b> 90mg</td> <td style="text-align: right;"><b>4%</b></td> </tr> <tr> <td><b>Total Carbohydrate</b> 25g</td> <td style="text-align: right;"><b>8%</b></td> </tr> <tr> <td style="padding-left: 20px;">Dietary Fiber 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> <tr> <td style="padding-left: 20px;"><b>Sugars</b> 19g</td> <td></td> </tr> <tr> <td><b>Protein</b> 0g</td> <td style="text-align: right;"><b>0%</b></td> </tr> </tbody> </table> <p style="font-size: small; margin-top: 5px;">*Percent Daily Values are based on a 2,000 calorie diet.</p> </div>		% Daily Value*	<b>Total Fat</b> 2g	<b>3%</b>	Saturated Fat 1g	<b>5%</b>	Trans Fat 0g		<b>Cholesterol</b> 10mg	<b>3%</b>	<b>Sodium</b> 90mg	<b>4%</b>	<b>Total Carbohydrate</b> 25g	<b>8%</b>	Dietary Fiber 0g	<b>0%</b>	<b>Sugars</b> 19g		<b>Protein</b> 0g	<b>0%</b>
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Sugar Limits Table					
Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugar Limit	Serving Size Ounces (oz)	Serving Size Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugar Limit
If the serving size is:		Sugars must not be more than:	If the serving size is:		Sugars must not be more than:
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g

- 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.

Nutrition Facts	
Serving Size 1/2 cup (85g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b>	100
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 5mg	2%
<b>Sodium</b> 65mg	3%
<b>Total Carbohydrate</b> 21g	7%
Dietary Fiber 0g	0%
<b>Sugars</b> 19g	
<b>Protein</b> 0g	0%

\*Percent Daily Values are based on a 2,000 calorie diet.

**Sugar Limits Table**

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

- **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.

## Yogurt, Is it Creditable?

**Purpose:** The purpose of this activity is to determine if each yogurt meets the sugar limit requirements for the CACFP.

**Instructions:** Review each label and then, use the Sugar Limits Table 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: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **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?** \_\_\_\_\_

Nutrition Facts	
Serving Size 5.3 oz (150g)	
Servings Per Container 1	
<b>Amount Per Serving</b>	
<b>Calories</b> 130	
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 11g	<b>22%</b>

\*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: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **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?** \_\_\_\_\_

Nutrition Facts	
Serving Size 8 oz (227g)	
Servings Per Container 4	
<b>Amount Per Serving</b>	
<b>Calories</b> 220	
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein</b> 20g	<b>40%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**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: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **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?** \_\_\_\_\_

Nutrition Facts	
Serving Size 6 oz	
Servings Per Container 1	
Amount Per Serving	
<b>Calories</b> 160	
	% Daily Value*
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 25g	
<b>Protein</b> 8g	<b>16%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**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: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **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?** \_\_\_\_\_

Nutrition Facts	
Serving Size 2.5 oz (70g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 120	
	% Daily Value*
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Breakfast Cereal and Sugar Guide

As of October 1, 2017, breakfast cereals served in CACFP must contain no more than 6 grams of sugar per dry ounce. There are many types of breakfast cereals that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.

### 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)

### 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.

Nutrition Facts	
Serving Size 3/4 cup (30g)	
Servings Per Container 15	
Amount Per Serving	
<b>Calories</b> 100	Calories from Fat 5
% Daily Value*	
<b>Total Fat</b> 0.5g	<b>1%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 140mg	<b>6%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 3g	<b>12%</b>
<b>Sugars</b> 5g	
<b>Protein</b> 140g	<b>280%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Sugar Limits Table

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

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## Breakfast Cereal, Is it Creditable?

**Purpose:** The purpose of this activity is to determine if each food item meets the breakfast cereal guidelines for the CACFP meal pattern.

**Instructions:** and then, use the Sugar Limits Table to determine if the breakfast cereal is creditable.

### Multi-Color Rounds

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars  
Write it here: \_\_\_\_\_
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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?** \_\_\_\_\_

### Nutrition Facts

Amount Per Serving		% Daily Value*
Serving Size 9 cups (32g) Servings Per Container 1		
<b>Calories</b> 130	Calories from Fat 1.5	
<b>Total Fat</b> 0g		<b>0%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 27g		<b>9%</b>
Dietary Fiber 1g		<b>4%</b>
Sugars 10g		
<b>Protein</b> 1g		<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

### Honey Frosty O's

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars  
Write it here: \_\_\_\_\_
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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?** \_\_\_\_\_

### Nutrition Facts

Amount Per Serving		% Daily Value*
Serving Size 3/4 cup (28g) Servings Per Container 12		
<b>Calories</b> 110	Calories from Fat 15	
<b>Total Fat</b> 1.5g		<b>2%</b>
Saturated Fat 0g		<b>0%</b>
Trans Fat 0g		
<b>Sodium</b> 160mg		<b>7%</b>
<b>Total Carbohydrate</b> 22g		<b>7%</b>
Dietary Fiber 2g		<b>8%</b>
Sugars 9g		
<b>Protein</b> 2g		<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Rice Puffs

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal.  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars.  
Write it here: \_\_\_\_\_
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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?** \_\_\_\_\_

Nutrition Facts

Serving Size 3/4 cup (30g)  
Servings Per Container 12

Amount Per Serving	
<b>Calories</b> 120	
	<b>% Daily Value*</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

Champion Flakes

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal  
Write it here: \_\_\_\_\_
- **Step 2:** Find the amount for Sugars  
Write it here: \_\_\_\_\_
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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?** \_\_\_\_\_

Nutrition Facts

Serving Size (33g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b> 120	
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## 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 retards 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 and cooked evenly. Some recipes suggest that the cooked meat be removed from the pan and the remaining flavored juices be 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.

## Key Points to Remember

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**Purpose:** The purpose of this activity is to reflect on the information covered in this lesson and to list any key points needed for later use.

**Instructions:** Think about the information covered in this lesson. List some key points you wish to remember for when you return to your facility.

Key Point 1:

Key Point 2:

Key Point 3:

Key Point 4:

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# APPENDIX

Answer Keys .....	33
Training Resources .....	39
Key Terms.....	40
References .....	41

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## Answer Key

\* There are no right or wrong answers for this activity. These points are simply some potential responses.

### Answer Key: Pair and Share\*

- Requirement: Meals may be claimed when a mother breastfeeds her infant on-site.*  
*Application: Establish a private, comfortable, and sanitary area for mothers to breastfeed on-site.*
- Requirement: Some infants may not consume the entire serving of breastmilk. In these situations, meals are reimbursable as long as the remaining portion is offered later if the infant will consume more.*
- Application: Serve infants based on their eating habits, making certain to never force-feed infants.*  
*Requirement: Infant formula must be regulated by FDA. If purchased and/or marketed in the U.S., it is regulated by the FDA. However, if purchased outside the U.S. it may not be regulated by the FDA; therefore, not creditable.*  
*Application: Purchase infant formula marketed in the U.S.*
- Requirement: Write "breastfed on-site," "mother on-site," or similar statements on infant meal record sheets when a mother directly breastfeeds her infant on-site.*  
*Application: Work with my State agency to identify the best form to document on-site breastfeeding.*

### Answer Key: Apply in Three\*

1. What did I learn?	How can I apply it in my CACFP setting?
<ul style="list-style-type: none"> <li>Serving infants: Infants may be served before or after 6 months.</li> </ul>	<ul style="list-style-type: none"> <li>I will train my staff on the importance of serving infants solid foods when they are developmentally ready to accept them.</li> </ul>
2. What did I learn?	How can I apply it in my CACFP setting?
<ul style="list-style-type: none"> <li>Recognizing signals: There is no direct signal to determine when an infant is developmentally ready to accept solid foods.</li> </ul>	<ul style="list-style-type: none"> <li>I can use the AAP guidelines to help parents identify when an infant is developmentally ready for solid foods.</li> </ul>
3. What did I learn?	How can I apply it in my CACFP setting?
<ul style="list-style-type: none"> <li>Parent communication: Requesting a written statement from parents is ideal for meeting the needs of infants and parents when serving new foods.</li> </ul>	<ul style="list-style-type: none"> <li>I can request a written statement from all parents to ensure I am meeting their needs when first serving new foods to infants.</li> </ul>

Answer Key: Yogurt, Is it 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

Nutrition Facts

Serving Size 5.3 oz (150g)  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	130
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 50mg	<b>2%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 14g	
<b>Protein</b> 11g	<b>22%</b>

\*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

Nutrition Facts

Serving Size 8 oz (227g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b>	220
	<b>% Daily Value*</b>
<b>Total Fat</b> 11g	<b>17%</b>
Saturated Fat 8g	<b>40%</b>
Trans Fat 0g	
<b>Cholesterol</b> 30mg	<b>10%</b>
<b>Sodium</b> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 9g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 9g	
<b>Protein</b> 20g	<b>40%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

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

Nutrition Facts

Serving Size 6 oz  
Servings Per Container 1

Amount Per Serving	
<b>Calories</b>	160
	<b>% Daily Value*</b>
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 10mg	<b>3%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 26g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 25g	
<b>Protein</b> 8g	<b>16%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

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

Nutrition Facts

Serving Size 2.5 oz (70g)  
Servings Per Container 4

Amount Per Serving	
<b>Calories</b>	120
	<b>% Daily Value*</b>
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 85mg	<b>4%</b>
<b>Total Carbohydrate</b> 25g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 19g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Answer Key: Breakfast Cereal, Is it Creditable?

## 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 Sugar Limits Table to determine if the cereal is within the limit
- **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? No, because 10 grams of sugar is higher than the sugar limit of 7 grams for this cereal's Serving Size

## Nutrition Facts

Amount Per Serving	
Serving Size 9 cups (32g)	
Servings Per Container 1	
<b>Calories</b> 130	Calories from Fat 1.5
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 10g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Honey Frosty O's

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal  
Write it here: 28 grams
- **Step 2:** Find the amount for Sugars  
Write it here: 9 grams
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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? No, because 9 grams of sugar is higher than the sugar limit of 6 grams for this cereal's Serving Size

## Nutrition Facts

Amount Per Serving	
Serving Size 3/4 cup (28g)	
Servings Per Container 12	
<b>Calories</b> 110	Calories from Fat 15
% Daily Value*	
<b>Total Fat</b> 1.5g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 160mg	<b>7%</b>
<b>Total Carbohydrate</b> 22g	<b>7%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 9g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Rice Puffs

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal.  
Write it here: 30 grams
- **Step 2:** Find the amount for Sugars.  
Write it here: 12 grams
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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? No, because 12 grams of sugar is higher than the sugar limit of 6 grams for this cereal's Serving Size

## Nutrition Facts

Amount Per Serving	
Serving Size 3/4 cup (30g)	
Servings Per Container 12	
<b>Calories</b> 120	
% Daily Value*	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 110mg	<b>5%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 0g	<b>0%</b>
Sugars 12g	
<b>Protein</b> 1g	<b>2%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

## Champion Flakes

- **Step 1:** Use the Nutrition Facts Label to find the Serving Size on the cereal  
Write it here: 33 grams
- **Step 2:** Find the amount for Sugars  
Write it here: 3 grams
- **Step 3:** Use the Sugar Limits Table to determine if the cereal is within the limit
- **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, because 3 grams of sugar is less than the sugar limit of 7 grams for this cereal's Serving Size

## Nutrition Facts

Amount Per Serving	
Serving Size (33g)	
Servings Per Container 1	
<b>Calories</b> 120	
% Daily Value*	
<b>Total Fat</b> 1g	<b>2%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 270mg	<b>11%</b>
<b>Total Carbohydrate</b> 27g	<b>9%</b>
Dietary Fiber 1g	<b>4%</b>
Sugars 3g	
<b>Protein</b> 2g	<b>4%</b>

\*Percent Daily Values are based on a 2,000 calorie diet.

**Answer Key: Recall that Term**

- Term Card 1: Breastmilk
  - Only breastmilk (or infant formula) should be served to infants, birth through 6 months of age. Child care providers may be reimbursed for meals when a mother directly breastfeeds her infant on-site or when a parent or guardian supplies expressed breastmilk.
- Term Card 2: Gradual Introduction
  - Infants should be gradually introduced to solid foods around 6 months of age, as they are developmentally ready to accept them.
- Term Card 3: Infant Age Groups
  - Infant age groups consist of birth through the end of 5 months and 6 months through the end of 11 months.
- Term Card 4: Ready-to-Eat Cereals
  - During snack meals, ready-to-eat cereals may be served to meet the grains component. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce.
- Term Card 5: 4–6 Fluid Ounces
  - Infants ages zero through the end of 5 months must be served 4 to
  - 6 fluid ounces of breastmilk or infant formula at each meal.
- Term Card 6: Vegetables and Fruits
  - All meals and snacks must include vegetables and fruits when the infant is developmentally ready to accept them.
- Term Card 7: Juice
  - Juice is not reimbursable for infant meals or snacks.
- Term Card 8: Cheese Spreads
  - Cheese foods or cheese spreads are not reimbursable for infant meals or snacks.
- Term Card 9: Developmental Readiness
  - Solid foods must be served when an infant is developmentally ready. Communicate with parents or guardians to determine when and what solid foods should be served.
- Term Card 10: Yogurt Sugar Limit
  - Yogurt must contain no more than 23 grams of sugar per 6 ounces.

**Answer Key: Key Points to Remember\***

**Key Point 1:** *There are now two age groups, instead of three: birth through the end of 5 months and 6 months through the end of 11 months.*

**Key Point 2:** *Infants should be gradually introduced to solid foods around 6 months, as developmentally appropriate.*

**Key Point 3:** *Juice, cheese food, or cheese spread no longer credits as part of a reimbursable meal for infant meals or snacks.*

**Key Point 4:** *Ready-to-eat cereals credits as part of a reimbursable snack only.*

## Assessments

1. The revised CACFP meal patterns include \_\_\_\_\_.
  - D. All of the above
2. How many times can a CACFP operator serve juice to infants in a single day?
  - C. 0 times per day
3. Breastmilk may be served to participants of any age. True or False?
  - True
4. Yogurt must contain no more than \_\_\_\_\_ grams of sugar per \_\_\_\_\_ ounces.
  - C. 23 grams, 6 ounces
5. Breakfast cereals must contain no more than \_\_\_\_\_ grams of sugar per dry ounce.
  - C. six
6. The infant meal pattern requirements allow ready-to-eat cereals to be served during \_\_\_\_\_.
  - C. snack
7. What are the two new infant age groups?
  - B. birth through the end of 5 months and 6 months through the end of 11 months
8. Cheese foods and cheese spreads are creditable items. True or False?
  - B. False
9. Which frying method is no longer allowed as an approved method for preparing meals on-site in CACFP settings?
  - B. Deep-fat frying
10. Choose the correct statement regarding eggs and infant meals and snacks.
  - B. Only whole eggs are allowed as part of a reimbursable meal or snack.

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## Training Resources

Resource	Link
7 CFR 226.20(g)(3)	<a href="http://bit.ly/2nfl4BC-ICN">http://bit.ly/2nfl4BC-ICN</a>
CACFP 06-2017 Feeding Infants and Meal Pattern Requirements in the Child and Adult Care Food Program; Questions and Answers	<a href="http://bit.ly/2kPs2g7ICN">http://bit.ly/2kPs2g7ICN</a>
CACFP 09-2017 Vegetable and Fruit Requirements in CACFP: Q&A	<a href="http://bit.ly/2paPxUY">http://bit.ly/2paPxUY</a>
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	<a href="http://bit.ly/2yIOnmM-ICN">http://bit.ly/2yIOnmM-ICN</a>
CACFP 14-2017 Modifications to Accommodate Disabilities in the Child and Adult Care Food Program and Summer Food Service Program	<a href="http://bit.ly/2y1qIXI">http://bit.ly/2y1qIXI</a>
Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010	<a href="http://bit.ly/2cH2iUF-ICN">http://bit.ly/2cH2iUF-ICN</a>
FDA Exempt Infant Formula, refer to the Exempt Infant Formulas Marketed in the United States By Manufacturer and Category	<a href="http://bit.ly/2bUSCVw-ICN">http://bit.ly/2bUSCVw-ICN</a>
Feeding Infants: A Guide for Use in the Child Nutrition Programs	<a href="http://bit.ly/2ciIGWf_ICN">http://bit.ly/2ciIGWf_ICN</a>
Feeding Infants: A Guide for Use in the Child Nutrition Programs	<a href="http://bit.ly/2ciIGWf_ICN">http://bit.ly/2ciIGWf_ICN</a>
Food Buying Guide for Child Nutrition Program Exhibit A	<a href="http://bit.ly/2cekmmR-ICN">http://bit.ly/2cekmmR-ICN</a>
Team Nutrition Resource Library	<a href="http://bit.ly/2bZfTnz-ICN">http://bit.ly/2bZfTnz-ICN</a>
Ten Steps to Breastfeeding Friendly Child Care Centers Resource Kit	<a href="http://bit.ly/2bZmluE-ICN">http://bit.ly/2bZmluE-ICN</a>

## Key Terms

Key Terms	Definition
<i>Dietary Guidelines for Americans</i>	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.
Expressed milk	Milk that is produced and expelled from the breast, bottled, and served to the infant.
Family-style meal service	A type of meal service that allows children and adults to serve themselves from common platters of food with assistance of supervising adults.
Grain-based desserts	Grain-based desserts are those items in USDA's <i>Food Buying Guide for Child Nutrition Programs</i> 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, sweet crackers, and brownies.
Food components	Food categories that make up a reimbursable meal, including fluid milk, vegetables, fruits, grains, and meat/meat alternates.
Meal pattern	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.
Offer Versus Serve (OVS)	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.
Reimbursable meal	Meals that meet all applicable meal pattern requirements.
Whole grain-rich	Foods that contain 100% whole grains, or at least 50% whole grains and any remaining grains are enriched.

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School of Applied Sciences

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