

The background of the slide features dark blue silhouettes of children sitting and reading books. The text is overlaid on this background.

MAINE DEPARTMENT
OF EDUCATION

Final Rule- Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans

Presented by: Maine Child and Adult Care Food Program



Child Nutrition Meal Pattern Final Rule

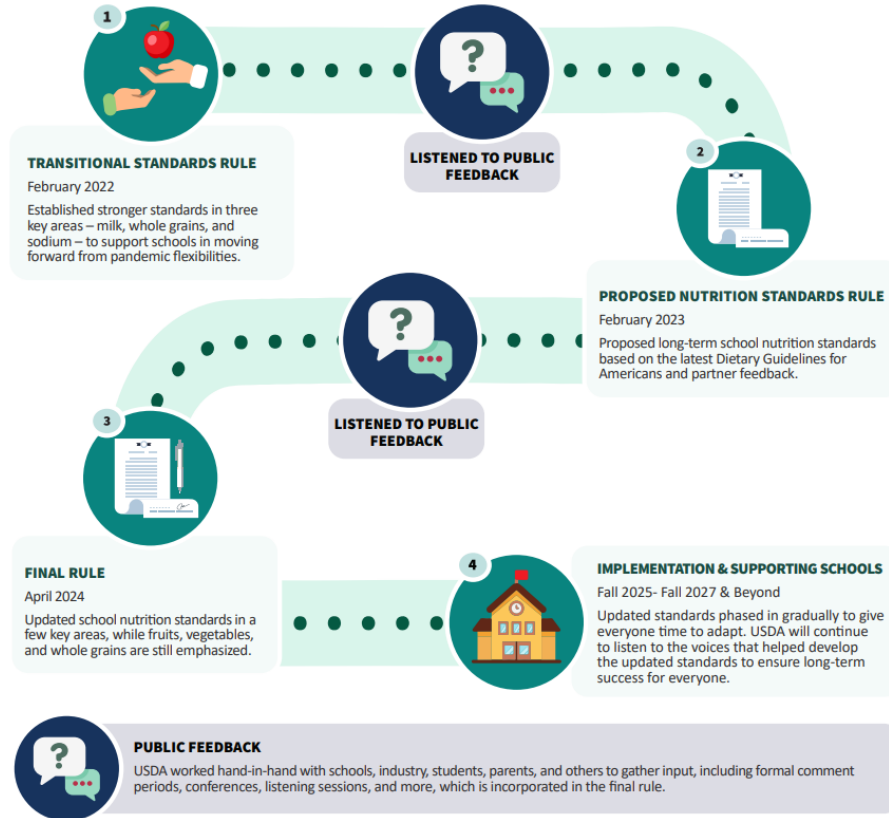
Agenda:

Background & Goals

Meal Pattern Changes for CACFP

Implementation Dates

Child Nutrition Meal Pattern Final Rule



Child Nutrition Meal Pattern Final Rule

USDA's Goals:

- Consistency among child nutrition programs
- Incorporate latest nutrition science and stakeholder input
- Supports local procurement & cultural inclusiveness
- Nutritious meals that participants enjoy

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Meal Pattern Changes Affecting CACFP:

- Added sugars
- Meal modifications
- Substituting vegetables for grains
- Nuts and seeds
- Geographic preference expansion
- Miscellaneous, minor changes

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Added Sugars in Cereals and Yogurts

Switching from **total** sugar limits  **added** sugar limits

The amount of added sugars in a food is often written in grams.



4 grams of
added sugars

=



1 teaspoon of
added sugars

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Added Sugars

Current Requirements:

- Breakfast cereals: Must contain no more than 6 grams of **TOTAL sugars** per dry ounce
- Yogurt: Must contain no more than 23 grams of **TOTAL sugars** per 6 ounces



Updated Requirements:

- Breakfast cereals: Must contain no more than 6 grams of **ADDED sugars** per dry ounce
- Yogurt: Must contain no more than 12 grams of **ADDED sugars** per 6 ounces

Goes into effect October 1, 2025

Remember that you can still use the WIC list to identify CACFP-creditable cereals!

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Meal modifications:

- Clarifies that both state licensed healthcare professionals and **registered dietitians may write medical statements to request meal modifications on behalf of participants with disabilities.**
- Defines a state licensed healthcare professional as an individual authorized to write medical prescriptions under state law.
- Regarding non-disability requests, makes clear in regulation that USDA encourages institutions and facilities to meet participants' non-disability dietary preferences when planning and preparing CACFP meals.

Goes into effect July 1, 2024

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Substituting Vegetables for Grains:

- Allows sponsors, institutions, and facilities serving primarily American Indian or Alaska Native participants to substitute vegetables to meet the grains requirement.
- Substitute $\frac{1}{2}$ cup vegetable for 1 oz eq of grains



Goes into effect July 1, 2024

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Nuts and seeds:

- Allows nuts and seeds to credit for the full meat/meat alternate component, removing the 50 percent crediting limit for nuts and seeds at breakfast, lunch, and supper.



Goes into effect July 1, 2024

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Geographic Preference Expansion:

- Expands the geographic preference option to allow “locally grown,” “locally raised,” or “locally caught” as procurement specifications (e.g., a written description of the product or service that the vendor must meet to be considered responsive and responsible) for unprocessed or minimally processed food items.
- Continues to allow state agencies and program operators to adopt their own definition of “local” and does not prescribe a federal definition of “local” for the purpose of procuring local foods.

Goes into effect July 1, 2024

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Miscellaneous, minor changes:

- Adds in regulation the current definition of whole grain-rich: *“the grain content of a product is between 50 and 100 percent whole grain with any remaining grains being enriched.”*
- Updates Vitamin A and Vitamin D units of measurement for fluid milk substitutes from IU to mcg



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Miscellaneous, minor changes:

- Changes references to “dry beans and peas (legumes)” to “beans, peas, and lentils.”
- Changes references from “food components” to “meal components.”
- Updates CACFP definitions:
 - Removes outdated language in the definition of “Functionally impaired adult.”
 - Adds definition for “meal component.” Meal component means one of the food groups which comprise reimbursable meals. The meal components are: fruits, vegetables, grains, meats/meat alternates, and fluid milk.

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Miscellaneous, minor changes:

- Revises certain endnotes for clarity and combines related footnotes to improve readability in meal pattern tables.
- Updates the meats/meat alternates row in meal pattern tables for children age 1 through 18 and adult participants, to use ounce equivalents and refer to meats/meat alternates sources generally, instead of listing specific foods within the category.

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Meal Pattern Changes Affecting CACFP & Implementation Dates:

- Added sugars: October 1, 2025
- Meal modifications: July 1, 2024
- Substituting vegetables for grains: July 1, 2024
- Nuts and seeds: July 1, 2024
- Geographic preference expansion: July 1, 2024
- Miscellaneous, minor changes: no menu/operational changes required

<https://www.fns.usda.gov/cn/school-nutrition-standards-updates/implementation-timeline-cacfp-sfsp>

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Questions?



GIVEAWAY TIME!







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