



Catholic Charities  
**Child & Adult Care  
Food Program**

***MAKE-UP TRAINING  
2019***

# MANDATORY DISCUSSION TOPICS

- Meal Patterns
- Meal Counts
- Claim Submission
- Review Procedures
- Record Keeping
- Reimbursement System



# MEAL PATTERNS

- We currently do not have time restrictions between meals.
- Mealtimes must be reasonable. For example: Breakfast could not range from 7:00AM-11:00AM, as a provider would not likely be serving consistently that entire time.
- All meal pattern changes must be reported to the office.
- We can't reimburse for a meal that hasn't been approved.



## Breakfast

(Select all three components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> <small>(at-risk afterschool programs and emergency shelters)</small>
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Vegetables, fruits, or portions of both<sup>4</sup></b>	¼ cup	½ cup	½ cup	½ cup
<b>Grains (oz eq)<sup>5,6,7</sup></b>				
Whole grain-rich or enriched bread	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 <sup>8</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>8,9</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup

- ▶ Must serve all three components for a reimbursable breakfast.
- ▶ Meat and meat alternates may be used to meet the entire grain requirement a maximum of three times per week. One ounce of meat or meat alternate is equal to one ounce of grains.
- ▶ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.



## Lunch and Supper

(Select all five components for a reimbursable meal)

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> <small>(at-risk afterschool programs and emergency shelters)</small>
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meat/meat alternates</b>				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein products <sup>4</sup>	1 ounce	1 ½ ounce	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounce	2 ounces	2 ounces
Large egg	½	¾	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 tbsp	3 tbsp	4 tbsp	4 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup
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 meat/meat alternates (1 ounces of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%
<b>Vegetables<sup>6</sup></b>	⅛ cup	¼ cup	½ cup	½ cup
<b>Fruits<sup>6,7</sup></b>	⅛ cup	¼ cup	½ cup	½ cup
<b>Grains (oz eq)<sup>8,9</sup></b>				
Whole grain-rich or enriched bread	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 <sup>10</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup

- ▶ Must serve all five components for a reimbursable lunch or dinner.
- ▶ A vegetable may be used to meet the entire fruit requirement. When two vegetables are served, they must be two different ones.





## Snack

(Select two of the five components for a reimbursable snack)

Food Components and Food Items <sup>1</sup>	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 <sup>2</sup> <small>(at-risk afterschool programs and emergency shelters)</small>
<b>Fluid Milk<sup>3</sup></b>	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
<b>Meat/meat alternates</b>				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products <sup>4</sup>	½ ounce	½ ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce
Large egg	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp
Yogurt, plain or flavored unsweetened or sweetened <sup>5</sup>	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce
<b>Vegetables<sup>6</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Fruits<sup>6</sup></b>	½ cup	½ cup	¾ cup	¾ cup
<b>Grains (oz eq)<sup>7,8</sup></b>				
Whole grain-rich or enriched bread	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 <sup>9</sup> , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) <sup>9,10</sup>				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	⅛ cup	⅛ cup	¼ cup	¼ cup



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



# IMPORTANT REMINDERS:

- ▶ Must be unflavored whole milk for children age one. Must be unflavored low-fat (1%) or unflavored fat-free (skim) for children age two through five. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) for children six years and older.
- ▶ Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- ▶ Pasteurized 100% juice may only be used to meet the fruit or vegetable component only once per day.
- ▶ At least one grain serving per day must be whole grain rich.
- ▶ Grain based desserts are not credible.
- ▶ The best resource for whole grain rich products, yogurts and cereals that meet sugar requirements is the WIC list from any state.

# MILK SUBSTITUTIONS (DUE TO DISABILITY)

- ▶ A Dietary Restrictions & Substitutions Statement is required for non-dairy substitutions due to a disability when the substitute does not meet the nutritional standards of cow's milk.
- ▶ This statement for non-dairy beverages that are not nutritionally equivalent to cow's milk provides the assurance that the beverage substitute is meeting the nutritional needs of the child. The statement must be signed by a licensed physician or a licensed health care professional who is authorized by State law to write medical prescriptions.
- ▶ This form can be downloaded from our website [ccmaine.org/cacfp](http://ccmaine.org/cacfp)
- ▶ A copy must be sent to our office.

# **MILK SUBSTITUTIONS (DUE TO PARENTAL CHOICE- NOT MEDICALLY DOCUMENTED)**

- ▶ Milk substitution requests should be documented from the parent to the provider in writing and do not require a signed statement from a medical professional.
- ▶ We do not need a copy, but please keep it in your files.
- ▶ Milk substitutes (without a dietary restrictions form) must be nutritionally equivalent to cow's milk to be reimbursable.
- ▶ There are currently no almond or rice milks on the market that meet these requirements.
- ▶ Some soy products do qualify.



# MEAL COUNTS

- Maximum meal count per child is 2 meals and 1 supplement.
- Of course you may claim anything less.
- Menu must be posted at least daily before your facility opens. Meals are not reimbursable if the monitor comes to visit and your menu is not posted.
- Meal counts must be recorded by the end of the day.

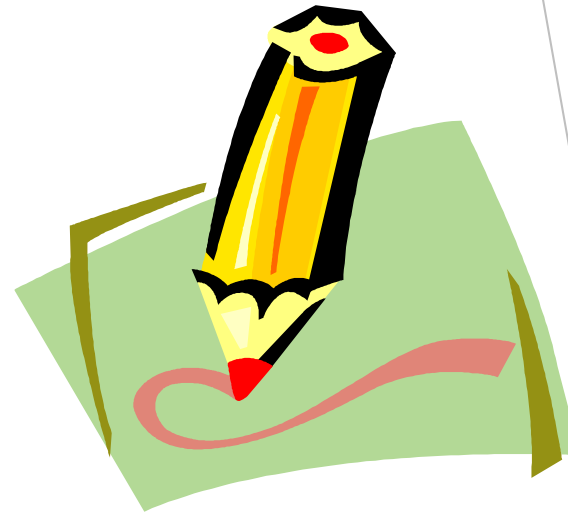


# CAPACITY / 2<sup>ND</sup> SERVING

- You can not claim over your license capacity unless you are doing a 2<sup>nd</sup> serving or claiming your own children (if eligible).
- Permitted licensing overages are not ok to claim on the CACFP.
- Two mealtimes means a 2<sup>nd</sup> serving even if you are not over your license capacity.
- Child staff ratios are also considered. Helpers need to be listed in the system for correct ratios and meal reimbursement. Contact the office with your helper information if you are adding or making changes.

# CLAIM SUBMISSION - PAPER

- Review all meals and attendance before mailing - making sure that all forms are signed
- Menus should be received in the office by the deadline date (6<sup>th</sup> of each month).
- CIF should be submitted at the end of the month - not necessary if no changes to report
- All notes regarding unusual attendance, provider closures, terminations, etc. should be noted on the CIF





# CLAIM SUBMISSION - ELECTRONIC

- Claim should be received in the office by the deadline date.
- Review totals - Claimed Food & Attendance Report
- All notes regarding unusual attendance, provider closures, terminations, etc. should be noted in the calendar.
- Screen should change to green saying that you sent to sponsor.
- If you have computer problems and are unable to submit on time, it is your responsibility to contact the office for assistance.

# ERROR REPORTS

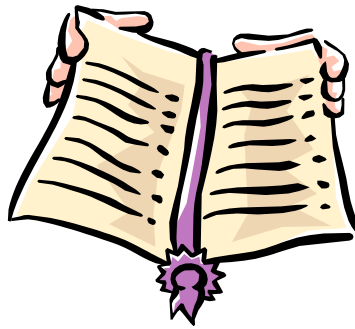
- It is extremely important that you check your error reports! Mistakes do happen, enrollments occasionally don't get received, etc.
- If you look electronically by the 13<sup>th</sup> and find an adjustment and contact us, there is a possibility of adjusting your claim.
- If you don't check your report and call us when you see that your check is too low, most often it is too late for us to make any adjustments - so be careful and proactive when submitting your claims and always review the error report.

# REVIEW PROCEDURES

- Monitors must visit at least, but not limited to 3 times per year.
- Must observe at least one meal
- Must provide photo identification
- Check training attendance
- Must check for approved license - it is your responsibility to submit updates.
- Examine daily attendance, menus, and meal counts for compliance
- Review child enrollments

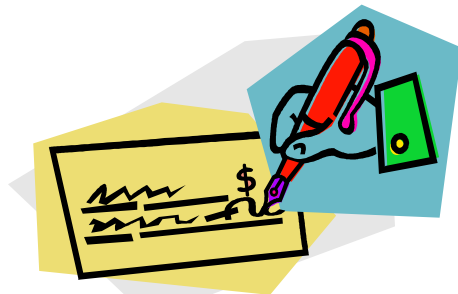
# RECORD KEEPING

- Infant menus - mandatory to offer to provide infant meals if you provide care for infants.
- All children must be enrolled - even if they are not participating. This is to show that you are not discriminating and offering the program to all children.
- USDA requires that IRS requirements are for seven years.



# REIMBURSEMENT SYSTEM

- Providers are reimbursed on a monthly basis.
- Direct deposit is required. When you change bank accounts it is extremely important that you contact us at the CACFP office.
- Do not contact the finance office regarding your payment, etc. They have no info on your claims and will only refer you to us.
- Once we receive payment from the State, we have only 5 working days to disburse funds
- Payment dates in Kid Kare are not the payment issue date.
- Monthly payment notifications will be sent via email.



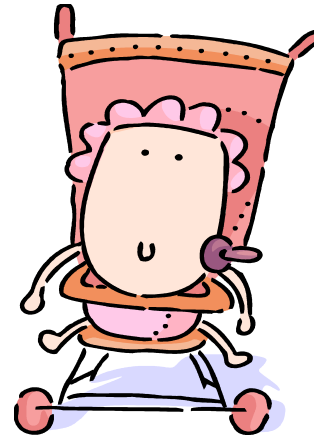
# HOUSEHOLD CONTACTS

- We are required to have contact information for parents of children enrolled in the program: addresses, telephone numbers, email.
- We are required to randomly make contact during the year - via surveys, phone calls, or emails for program integrity.



# ENROLLMENT FORMS

- Require attendance dates & times
- Meals served
- All parent information
- Infant information - formula and infant bubble
- School info - mark appropriate info
- Both parent and provider signatures are mandatory - date sensitive.
- Yearly reenrollment is required.





# NOTIFICATION OF AVAILABILITY

- Providers must notify the sponsor on days that their facility will not be open.
- Vacations should be noted in advance - not just at the end of the month on the CIF.
- USDA requires sponsors to follow-up when visits are attempted, and no one is home.
- Notification can be done via phone, emails, or the provider calendar in Kid Kare.



# MEAL CLAIM EDIT CHECKS

- Meal counts & 5 day reconciliation
- Coordinators must reconcile meal counts, attendance, and enrollments for 5 days and question any discrepancy.
- We must follow up on discrepancies.



# CN LABELS

- CN logo from FNS USDA
- CN Label shows meal contribution statement (how much of each food component).
- Six-digit product ID number with month/year
- Nutrition facts panel on processed product determines calories, saturated fat & sodium.
- Whole grain rich criteria is included.
- **Any combination products that are purchased and served must have the CN label to determine the amount of each food component that the product provides along with the serving size (chicken nuggets, frozen pizza, fish sticks, etc.)**

# Child Nutrition Label



## Sample CN Label

— CN —

XXXXXXXX\*

One 5.00 oz Wedge Cheese Pizza with Whole Wheat Crust provides 2.00 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 2.0 oz eq Grains for the Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA XX-XX\*\*.)

— CN —

CN CN



# WHOLE GRAIN MINI TURKEY CORN DOGS

## WHOLE GRAIN BATTER WRAPPED BITE SIZE TURKEY FRANKS

**INGREDIENTS:** TURKEY FRANKS: TURKEY, WATER, MECHANICALLY SEPARATED TURKEY, \*VEGETABLE PROTEIN PRODUCT (SOY PROTEIN CONCENTRATE, ZINC OXIDE, NIACINAMIDE, FERROUS SULFATE, COPPER GLUCONATE, VITAMIN A PALMITATE, CALCIUM PANTOTHENATE, THIAMINE MONONITRATE [B1], PYRIDOXINE HYDROCHLORIDE [B6], RIBOFLAVIN [B2], AND CYANOCOBALAMIN [B12]), CORN SYRUP, SALT, CONTAINS 2% OR LESS: DEXTROSE, POTASSIUM LACTATE, FLAVORINGS, SODIUM PHOSPHATE, SODIUM DIACETATE, PAPRIKA, SODIUM ERYTHORBATE, EXTRACTIVES OF PAPRIKA, SODIUM NITRITE, MAY ALSO CONTAIN CALCIUM LACTATE (CALCIUM ALGINATE CASING), \*EXCEEDS AMOUNT IN REGULAR FRANKS. BATTER/BREADING: WATER, WHOLE GRAIN WHEAT FLOUR, SUGAR, ENRICHED CORN MEAL (YELLOW CORN MEAL, NIACIN, IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), CONTAINS 2% OR LESS: SOY FLOUR, SOYBEAN OIL, LEAVENING (SODIUM ACID PYROPHOSPHATE, SODIUM BICARBONATE), SALT, NONFAT DRY MILK, WHEAT STARCH, MODIFIED FOOD STARCH, HONEY POWDER (HONEY, HIGH FRUCTOSE CORN SYRUP SOLIDS, WHEAT STARCH, CORN SYRUP, SOY FLOUR, CALCIUM STEARATE, SOY LECITHIN), WHOLE EGGS, NATURAL AND ARTIFICIAL FLAVOR, EGG YOLKS, SOY LECITHIN, SODIUM CASEINATE, COOKED IN VEGETABLE OIL. CONTAINS: EGGS, MILK, SOY, WHEAT



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**FOR FOODSERVICE USE ONLY**  
**FULLY COOKED**  
**KEEP FROZEN**

**NET WT 10.88 LB (4.945 kg)**

**PACKED 2-5.44 LB (2.47 kg)**

### HEATING INSTRUCTIONS

All instructions are for FROZEN PRODUCT to yield best results.

OVEN TYPE	SETTINGS	HEATING TIMES
CONVECTION	350°	16-18 minutes
DEEP FRYER	350°	9-11 minutes
MICROWAVE	375° HIGH	3-4 minutes 45-60 seconds

HEAT IN A SINGLE LAYER.  
HEAT TO AN INTERNAL TEMPERATURE OF 160°F. HOLD AT 140°F OR ABOVE.  
HEATING TIMES MAY VARY WITH EACH OVEN.

CALL US: 1-800-261-4754  
Web: [www.tysonfoodservice.com](http://www.tysonfoodservice.com)

CN 095484  
Six 0.68 oz whole grain batter wrapped bite size turkey franks provide 2.00 oz equivalent meat/meat alternate and 2.00 oz equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 03/17.)  
CN



1 00 71068 09180 1 Rev. 01/17

# 09180

### Nutrition Facts

Serving Size 4 Mini Corn Dogs (76g)  
Servings Per Container About 64

Amount Per Serving

**Calories 160**    **Calories from Fat 70**

% Daily Value\*

**Total Fat 8g**    **12%**

Saturated Fat 1.5g    **8%**

Trans Fat 0g

**Cholesterol 20mg**    **7%**

**Sodium 460mg**    **19%**

**Total Carbohydrate 16g**    **5%**

Dietary Fiber 2g    **8%**

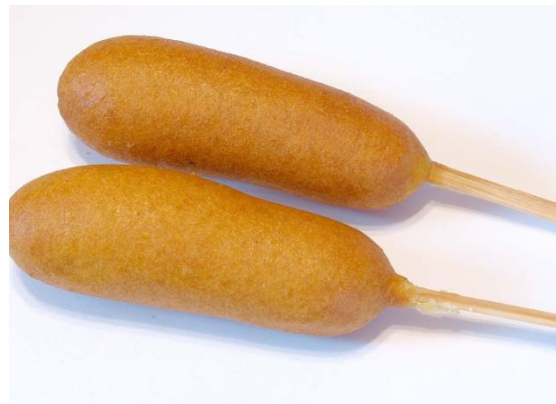
Sugars 4g

**Protein 8g**

Vitamin A 0%    •    Vitamin C 0%

Calcium 4%    •    Iron 6%

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





# Our Deluxe Beef Meatballs

## CN 1-17-505-0

**INGREDIENTS:** Ground Beef (Not More Than 20% Fat), Water, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Meatball Seasoning [Dextrose, Tomato Powder, Soybean Oil, Disodium Inosinate and Disodium Guanylate, Spice Extractives, Nonfat Dry Milk], Bell Peppers, Dehydrated Minced Onions, Bread Crumbs (Bleached Wheat Flour, Soybean Oil, Dextrose, Leavening (Sodium Acid Pyrophosphate, Sodium Bicarbonate), Whey, Oleoresin in Paprika), Salt, Sodium Phosphate.

**CONTAINS:** Milk, Soy, Wheat

Heat product to an internal temperature of 165°F as measured with the use of a meat thermometer.

~~SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS~~

CN 090923  
Five 0.50 oz Fully Cooked Beef Meatballs Provide 2.00 oz. Equivalent Meat/Meat Alternate For Child Nutrition Meal Pattern Requirements. (Use Of This Logo And Statement Authorized By The Food And Nutrition Service, USDA 08-14.) CN

**Fully Cooked  
Keep Frozen**

**Net Wt. 30 Lbs.**

RTE1-17-505-0 120215



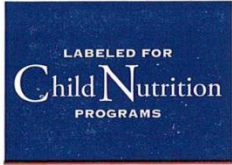
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Feeding America's Children



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MEI-1491-V7A

# Chicken Nuggets Breaded Nugget Shaped Chicken Patties Made with White Breast and Rib Meat

## CN 68025

INGREDIENTS: Chicken Breast with Rib Meat, Water, Isolated Soy, Vegetable Protein Product [Soy Protein Concentrate, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color), (May Contain Soy Lecithin)], Textured Vegetable Protein Product [Soy Flour, Zinc Oxide, Niacinamide, Ferrous Sulfate, Copper Gluconate, Vitamin A Palmitate, Calcium Pantothenate, Thiamine Mononitrate (B1), Pyridoxine Hydrochloride (B6), Riboflavin (B2), Cyanocobalamin (B12), (May Contain Caramel Color)], Salt, Potassium and Sodium Phosphates, Chicken Broth. Bread: Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Dehydrated Potatoes (Potatoes, Mono and Diglycerides, Dextrose, Yeast, Sugar, Salt), Soybean Oil (Processing Aid). Batter: Water, [Whole Wheat Flour, Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Potato Flour, Salt, Modified Corn Starch, Leavening (Calcium Acid Pyrophosphate, Monocalcium Phosphate, Sodium Bicarbonate), Chicken Flavor (Contains Maltodextrin, Salt, Natural Flavors), Hydrolyzed Corn Protein, Onion Powder, Garlic Powder, Yeast Extract, Chicken Broth, Spice), Set in Vegetable Oil.

CONTAINS: Wheat, Soy **SAMPLE COPY NOT FOR DOCUMENTING FEDERAL MEAL REQUIREMENTS**

CN 090071  
Five 0.64 oz. Fully Cooked Breaded Nugget Shaped Chicken Patties Provides 2.00 oz. Equivalent Meat/Meat Alternate and 1.00 oz. Equivalent Grains For Child Nutrition Meal Pattern Requirements. (Use of This Logo and Statement Authorized By the Food and Nutrition Service, USDA 03-14.) CN



**Keep Frozen Fully Cooked Net Wt. 10 Lbs.**





# NEWLY APPROVED FOOD ITEMS

Pasta products: Made of 100% Vegetable flour credit as a vegetable

- ½ cup of pasta made from one subgroup credits as ½ cup of vegetables - example: flour made from 100 percent red lentil flour
- Pasta made from multiple vegetable subgroups: A product with a formulations statement may be credited toward individual subgroups or if the actual volume of each vegetable flour is known.

# **PASTA PRODUCTS MADE OF 100% LEGUME FLOUR CREDIT AS A MEAT ALTERNATE**

- ½ cup of cooked pasta made of 100% legume flour may credit as 2-ounce equivalents of meat alternate. To credit as a meat alternate, pasta made of legume flour must be offered with additional meat/meat alternate such as tofu, cheese, or meat.
- Legumes may credit as a vegetable or meat alternate, but not as both in the same meal.

# **SHELF-STABLE, DRIED AND SEMI-DRIED MEAT, POULTRY, AND SEAFOOD PRODUCTS**

- Example: Beef Jerky, Summer Sausage
- Most useful for off-site serving
- Product formulations statements: meat ingredient listed on the statement must match the ingredient label.



# CREDITING POPCORN

- $\frac{3}{4}$  cup (or .25 ounces (7 grams)) popped popcorn as  $\frac{1}{4}$  ounce equivalent of whole grains
- 1  $\frac{1}{2}$  cups (or .5 ounces (14 grams)) popped popcorn as  $\frac{1}{2}$  ounce equivalent of whole grains
- 3 cups (or 1.0 (28 grams)) popped popcorn as 1 ounce equivalent of whole grains

***Warning: Popcorn can be a choking hazard for toddlers and small children. Please use caution when serving.***



# CREDITING TEMPEH

- Used as a meat alternate in stir-fries, sandwiches and salads
- 1 oz. of tempeh = 1 oz. meat alternate
  - This applies to tempeh with ingredients limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings and herbs.
- Varieties that include other creditable foods such as brown rice, sunflower seed, sesame seeds, flax seeds, and/or vegetables may also credit as a meat alternates, grains, and/or vegetables.
- CN Label documentation must show how much tempeh and other creditable foods the product contains since foods must be present in the minimum creditable quantities (1/8 cup or 1/4 oz. equivalents).

# CREDITING COCONUT AND HOMINY

## ➤ Coconut:

- May credit fresh/frozen coconut as a fruit based on volume served
- At least 1/8 cup must be served to credit toward fruit component.
- *Dried, flaked coconut is NOT creditable*

## ➤ Hominy:

- May credit toward the vegetable or grain component (depending on how it is offered) in a reimbursable meal or snack
- When offered in a dried, milled form, such as grits, it credits toward the grain component as a whole grain (WG)
- 1/4 cup canned, drained hominy = 1/4 cup vegetable
- 1/2 cup cooked or 1 oz. dry hominy grits = 1 oz. equivalent grains

# **CREDITING CORN MASA, CORN FLOUR, AND CORN MEAL**

- Corn Masa:
  - A dough or flour made from milled corn that has typically been soaked and cooked in an alkaline (lime) solution
  - Used for making tortillas, taco shells, tamales, etc.
- Corn Masa, Corn Flour, and Corn Meal are creditable as whole grain rich ingredients and meet the whole grain (WG) criteria.
- Corn Masa, Corn Flour, and Corn Meal may be credited in the same manner as all other creditable grain ingredients and foods.



# CREDITING SURIMI SEAFOOD

- Surimi seafood is credited as a meat/meat alternate
- Is available in many forms (chunks, shredded, and flaked)
- 4.4 oz. = 1.5 oz. equivalent meat/meat alternate
- 3.0 oz. = 1.0 oz. equivalent meat/meat alternate
- 1.0 oz. = 0.25 oz. equivalent meat/meat alternate
- A CN Label or Product Formulation Statement must be provided to credit in differing quantities than listed above.

# LET'S TALK ABOUT INFANTS



# **INFANT MEAL PATTERN REQUIREMENTS OVERVIEW**

- Meals are reimbursable when a mother breastfeeds on-site.
- Features two age groups: Birth-5 months & 6-11 months.
- Provides more nutritious meals and snacks.
- Vegetables and/or fruits must be served at snack.
- Juice, cheese food, or cheese spread are not creditable.
- Yogurt & whole eggs are allowable meat alternates.

# **BREASTFEEDING IS ENCOURAGED**

- Breast milk is the optimal source of nutrients.
- Birth through the end of 5 months - Breastmilk or infant formula is the only meal component required.
- Minimum serving size is 4-6 oz of breastmilk (or infant formula).

# **PROMOTES DEVELOPMENTAL READINESS**

- Delay the introduction of solid foods until around 6 months.
- Most infants are not ready to consume solid foods until midway through the 1st year.
- Introducing solid foods too soon increases risk of obesity.

# 6-12 MONTHS

- ▶ Foods from all food components may be served around 6 months, when developmentally ready.
- ▶ Breakfast, Lunch, & Supper
  - Breastmilk or iron-fortified infant formula
  - Infant cereal, meat/meat alternates, or a combination of both
  - Vegetable or fruit, or a combination of both
- ▶ Snack
  - Breastmilk or iron-fortified infant formula
  - Grains
  - Vegetable or fruit, or a combination of both

# FOCUS ON SERVING SIZES

- ▶ Food components beginning with “zero”
  - Recognizes that all infants are not ready for solid foods at 6 months
- ▶ By 7 or 8 months, infants should be consuming solid foods from all food groups

**Serving  
Sizes  
0-2 oz.  
0-4 tbsp.**



# FOCUS ON EATING HABITS

- Recognize that eating habits may change.
- Some infants may eat certain foods one week/day, but not the next.
- It is ok to be flexible and feed components that the infant is willing to eat.



# **BREAST MILK & INFANT FORMULA**



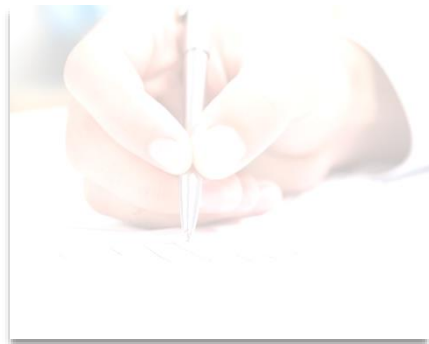
# BREASTMILK & INFANTS



- Promote breastfeeding by allowing reimbursement when:
  - a parent/guardian supplies expressed milk
  - Milk that is produced and expelled from the breast
  - a mother breastfeeds her infant on-site

# DOCUMENTING ON-SITE BREASTFEEDING

- ▶ Recording the total amount a mother breastfeeds her infant is not required.
- ▶ Acceptable ways to document:
  - Breastfed on-site
  - Mother on-site



# SERVING EXPRESSED MILK

- ▶ Breastfed infants may not consume the entire serving.
- ▶ **Reimbursable:**
  - Offer less than the minimum serving size of breastmilk
  - Offer additional breastmilk later, if infant will consume more
- ▶ Feed on demand



# **IRON-FORTIFIED INFANT FORMULA**

- ▶ Best supplement for breastmilk
- ▶ Supports healthy brain development & growth
- ▶ Reimbursable meals may include:
  - Iron-fortified formula
  - Breastmilk
  - Combination of both

# SUPPLYING FORMULA



- ▶ Offer a minimum of 1 type of iron-fortified infant formula
- ▶ Formula must be regulated by FDA
  - ▶ May not credit if purchased outside U.S.

# **SERVING FORMULA**

- Infants may not drink the entire serving of formula. Reimbursable as long as the minimum serving size is offered.
- Any leftovers should be properly stored in accordance with local health and safety requirements.
- Feed on demand

# DISABILITIES & SUBSTITUTIONS

- ▶ Modifications must be made for infants with disabilities who need accommodations.
- ▶ A medical statement must be on file to receive reimbursement.
  - Explain the need for the modification
  - Provide guidance for the substitution or meal modification



# FRUITS & VEGETABLES



# VEGETABLES & FRUITS



- ▶ Great source of essential nutrients
  - i.e., fiber & vitamin C
- ▶ serving size: 0-2 tbsp.
- ▶ Required at all meals & snacks
  - Serve vegetable, fruit, or a combination of both
  - Increases consumption & allows for better acceptance later in life

# JUICE

- Lacks dietary fiber found in other forms of fruits & vegetables
- Not creditable toward a reimbursable meal for infants



# MEAT & MEAT ALTERNATES



# MEAT/MEAT ALTERNATES

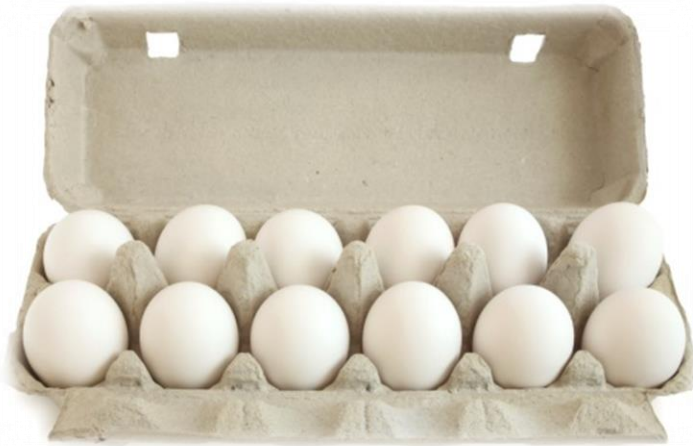
- Poultry & other meats
- Yogurt
- Cheese
- Whole Eggs
- Dry beans



# YOGURT

- Great source of protein
- Minimum serving size: 0-4 oz
- Maybe served during breakfast, lunch, or supper
- Yogurt must contain no more than 23 grams of total sugars per 6 ounces.

# WHOLE EGGS



- AAP found no convincing evidence to delay foods considered major food allergens
- Whole eggs are creditable for infant meals
- Minimum serving size: 0-4 tbsp.

# CHEESE

- Minimum serving size: 0-2 oz.
- Cheese & cottage cheese
- Common examples:  
Shredded or sliced Swiss, Colby, & Monterey Jack







► Cheese foods & cheese spreads are not creditable for infant meals & snacks...

# NON-CREDITABLE CHEESE FOODS

## ▶ Product packaging states:

- “Imitation cheese”
- “Cheese food”
- “Cheese product”

## ▶ Common items

- Cheese whips
- Cheese with pimento
- Cream cheese





# **GRAINS & INFANT CEREAL**

# GRAINS & INFANT CEREALS

- ▶ Iron-fortified infant cereals are often the first solid foods:
  - Often easiest to digest
  - Least likely to cause an allergic reaction
- ▶ Serve at meals & snacks when infants are developmentally ready
- ▶ Minimum serving size: 0-4 tbsp.

# **SNACK MEALS ONLY**

- Bread, crackers, & ready-to-eat breakfast cereals
- Ready-to-eat breakfast cereals:  
No more than 6 grams of sugar per dry oz.

# DEVELOPMENTAL READINESS



# AMERICAN ACADEMY OF PEDIATRICS

- Developmental Readiness Guidelines
  - Sits in chair with good head control
  - Opens mouth for food
  - Moves food from a spoon into throat
  - Doubles in birth weight



# PARENT COMMUNICATION



- ▶ Working with parents helps to
  - Ensure newly introduced foods are most ideal
  - Be consistent with eating habits
  - Support developmental readiness
- ▶ Always consult with parents/guardians first before serving solid foods



# OPTIONAL WRITTEN STATEMENT

- ▶ Request a written statement from parents or guardians:
  - outlining when & which solid foods to serve
- ▶ Follows the preferences of parents & guardians



# PROVIDING FOOD COMPONENTS

- Parents/guardians may provide only one creditable food component for a reimbursable meal
  - i.e., provide breastmilk = 1 component
- Child care providers must provide remaining components

# INTRODUCING SOLID FOOD(S)

- Once an infant shows signs of developmental readiness, solid foods must be offered.
- Gradually introduce solid foods.
  - One at a time
  - Over the course of a few days
- Prepare foods in the right texture and consistency.
- Observe infants closely for reactions after feeding a new food.

# **FEDERAL REQUIREMENTS**

- ✓ **Catholic Charities follows federal guidelines and requirements.**
- ✓ **All Food Program Sponsors are required to follow specific procedures.**
- ✓ **We do not require anything more of our providers than what is absolutely necessary.**

**Contact us at 1-800-784-0157 or  
cacfp@ccmaine.org**

