NOTICE

Date: August 14, 2009
Reference: # CACFP CCC 2009-09
To: Child and Adult Care Food Program-Child Care Centers (CACFP CCC) Contractors
Subject: Recommended Modifications to the CACFP Meal Pattern

Purpose

Commissioner Staples is committed to the 3E’s of Healthy Living – Education, Exercise and Eating Right. As part of that commitment, the CACFP initiative “Promoting Healthy Eating and Physical Activity for a Healthier Lifestyle” is the Texas Department of Agriculture (TDA) Food and Nutrition Division (FND) avenue to promote a healthier lifestyle, including healthy eating and physical activity for children ages 2 – 5 years. FND partnered with CACFP contractors from both independent centers and sponsoring organizations to recommend changes to the Child Care Meal Patterns to comply with the 2005 Dietary Guidelines for Americans.

The recommended modifications are voluntary, but if independent centers/facilities implement these minor changes to the meal patterns, they will lower total fat, saturated fat, trans fatty acids, added sugars and calories. At the same time, they will increase fruit, vegetable, Vitamins A and C, fiber and whole grain consumption.

The recommended modifications are as follows:

- Serve nonfat or 1% milk for children ages 2 years and older.
- Serve juice only once daily, for breakfast or snack (juice must not be served from a bottle).
- Serve one fresh or frozen fruit or vegetable daily for a required Vegetables/Fruits component at any meal service.
- Serve one good source of Vitamin C daily.
- Serve one good source of Vitamin A three days per week. (see attached list for examples of vitamin A and C rich foods)
- Serve one whole grain daily (whole grain must be the first ingredient listed), for a required Grains/Breads component at any meal service.
- Serve Grains/Breads food items listed in Exhibit A: Group C through Group G of the Food Buying Guide no more than twice a week for a snack only.
- Serve ready-to-eat cereals with no more than 10 grams of sugar per serving.
- Do not serve vegetable or fruit juice as a Vegetables/Fruits component for lunch or supper.

continued
Purpose continued

Contractors are encouraged to request that their independent centers/facilities make these modifications to promote healthier eating habits. Menu planning trainings will be offered in 2010 to help implement these recommended modifications.

NOTE: The modifications recommended above do not replace the component and serving size requirements in the CACFP Meal Patterns.

Contact

If you have any questions please contact your Food and Nutrition Field Operations Office.

ATTACHMENT