

# Module Three: Delaware CACFP & Delacare Nutrition Rules and Rationales

**Time:** 45 minutes

**Goal:** To understand the Delaware CACFP/Delacare Nutrition Rules and rationales

**Objectives:**

- List the 4 CACFP meal components
- Review and be able to locate in the toolkit the meal pattern requirements for infants and children
- Understand the DE CACFP/Delacare Nutrition Rules and rationales

**Handouts**

- None

**Additional Materials**

- *First Years Toolkit – Administrators' Guide*

## I. Introduction (10 minutes)

### Delaware CACFP/Delacare Nutrition Rules and Rationales (slide 1, title slide)

[Introduce yourself (if you have not already done so).]

**ASK:**

- *How many groups/individuals participate in the CACFP?*
- *How many providers are from centers?*
- *How many providers are from family child care homes?*

**SAY:**

- All Delaware-licensed child care providers (family home or center) MUST abide by the Delaware CACFP/Delacare Rules, regardless of their participation in the food program.
- The Rules in this presentation are current as of January 2011 and approved by State agencies. All CACFP sponsors and sponsoring organizations have been trained on these Rules and continue to maintain open lines of communication with the Department of Education (DOE) to ensure that the Rules are being interpreted and enforced consistently. This training, the *First Years in the First State* toolkit, and *Foods That Meet Delaware CACFP/Delacare Rules* are now the sole sources of information regarding the DE CACFP/Delacare Rules on nutrition.
- *First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care* is now available for free download on the DOE website, USDA Team Nutrition and on the website of Nemours Health & Prevention Services. You can find it most easily by Googling the title.
- As I'm moving through this presentation, please write down any questions you have and hold them until the end. We will have a few minutes for questions and answers when I am finished with the presentation.

**Learning Objectives (slide 2)**

[READ slide.]

**CACFP Overview (slide 3)**

SAY:

- CACFP stands for Child and Adult Care Food Program. This program is administered by the U.S. Department of Agriculture and the Department of Education.
- Participation in the program qualifies child care providers to receive reimbursement for approved meals and snacks served to children.
- There are 4 meal components in CACFP. They are:

[READ slide and give examples where appropriate.]

EXAMPLES:

- Milk: fluid milk only, not all dairy products
- Breads & Grains: pasta, crackers, rice, bread, infant cereal
- Fruits & Vegetables: fresh, canned or frozen fruits/vegetables, juice
- Meats & Meat Alternates: meat, fish, eggs, cheese, beans, yogurt, nuts and nut butters.]

**Delaware CACFP/Delacare Meal Pattern for Infants (slide 4)**

SAY:

- The term “infant” refers to anyone from birth through 11 months. Starting at age 1, the term “child” is used.

[Go over meal pattern chart i.e., READ what must be served to infants in each age group.]

- Infants birth through 3 months may only receive breast milk or formula – nothing else.
- Certain solid foods (e.g., infant cereal, fruits and vegetables) may be introduced beginning at 4 – 6 months of age. It is important to discuss the introduction of solid foods with an infant’s parent(s)/guardian(s) prior to or at this time.
- Meat & Meat Alternates and Grains & Breads other than cereal may be introduced beginning at 8 months of age. Again, it is important to engage parents/guardians in conversation about the introduction of this meal component to their infant’s diet.

**Delaware CACFP/Delacare Meal Pattern for Children (slide 5)**

SAY:

- The following are the meal components that child care providers are required to serve at each meal:

[READ slide.]

SAY:

- The Meat & Meat Alternate component is optional (but recommended) for breakfast. Providers may serve foods from this group (e.g., yogurt or cottage cheese), but they will not be reimbursed.
- For lunch/supper, the Fruits & Vegetables component must consist of 2 separate and identifiable fruits/vegetables. In other words, the required serving of the Fruits & Vegetables component cannot consist of only 1 fruit/vegetable. For example:

- DE CACFP Rules dictate that a child age 3 – 5 years must be served  $\frac{1}{2}$  cup of fruit/vegetable for lunch/supper. A provider cannot serve  $\frac{1}{2}$  cup of green beans. Rather, he/she must serve  $\frac{1}{4}$  cup of green beans and  $\frac{1}{4}$  cup of some other fruit/vegetable (e.g., broccoli or apple sauce).
- Note: The  $\frac{1}{2}$  cup required fruit/vegetable serving does not need to be split exactly into  $\frac{1}{4}$  cup of one fruit/vegetable and  $\frac{1}{4}$  cup of another. It just cannot be 100% one fruit/vegetable.
- Serve 2 out of 4 meal components listed for snack.
- If not serving juice or milk at snack, water must be provided so children have a beverage.

## II. Regulations and Rationales (35 minutes)

### Slide 6

#### SAY:

- The next few slides will go over the DE CACFP/*Delacare* Rules and the rationales behind them. In other words, you will learn what foods can and cannot be served and why.

[Remind participants to please hold questions until the end of the presentation.]

### Milk — Infants (slide 7)

[READ slide.]

#### SAY:

- Infants' systems cannot digest cow's milk and they need additional nutrients not found in cow's milk.

### Milk — Children (slide 8)

[READ slide.]

#### SAY:

- Both 1% (low-fat) and fat-free (skim) are acceptable for children age 2 and older. However, fat-free (skim) milk is a better option because it contains less fat and fewer calories.

### Rationale — Milk (slide 9)

[READ slide.]

#### SAY:

- If a child is lactose-intolerant and a note from a medical professional is supplied, an alternative milk product (e.g., soy milk) may be substituted for cow's milk. Providers will be reimbursed if a note is on file and the alternative is provided by the childcare facility.

### Juice — Infants (slide 10)

[READ slide.]

### Juice — Children (slide 11)

[READ slide.]

#### SAY:

- The juice bottle/box must explicitly say "100% juice." Providers should avoid words like "drink," "punch" or "cocktail" when shopping for juice, unless, for example, the bottle says "100% juice fruit punch."

### TIP

Reassure participants that they will learn how to identify juice that meets DE CACFP/*Delacare* Rules in a later session.

- Juice from concentrate IS allowed, as long as it is made using the appropriate amount of water as indicated by the directions. This is to ensure that it is in fact full-strength 100% juice per serving when reconstituted.

### **Rationale — Juice (slide 12)**

[READ first 3 bullets on slide.]

SAY:

- Juice may displace healthier beverages like milk and water as kids become accustomed to the sweet taste of juice.

[READ fourth bullet.]

SAY:

- The most nutritious parts of fruits and vegetables are their skin. The skin is often discarded when fruits/vegetables are processed to make juice. However, when fruits and vegetables are consumed whole, the nutrient-rich skin (containing fiber, vitamins and minerals) is generally left on.

### **Fruits & Vegetables — Infants (slide 13)**

[READ slide.]

SAY:

- This Rule applies to any fruit or vegetable that at one point has been fried. It doesn't matter if the provider himself/herself doesn't fry it before serving. If at any point in time the product was fried, it cannot be served. Virtually all store-bought French fries, tater tots and hash browns were fried during production; and therefore, cannot be served to infants.

### **Fruits & Vegetables — Children (slide 14)**

[READ slide.]

SAY:

- You will receive a quick guide (“Shopping Cheat Sheet”) for calculating 35% of calories from fat in a later session.

### **Rationale — Fruits & Vegetables (slide 15)**

[READ slide.]

SAY:

- For example, let's compare the nutrition of a baked potato to that of French fries.

### **Slide 16**

[READ nutrition facts for ½ cup of baked potato. Then, READ nutrition facts for ½ cup of Ore-Ida® French fries.]

SAY:

- French fries have three times greater the amount of calories and significantly more fat, saturated fat and sodium than the baked potato.
- In addition to being significantly lower in calories, fat and sodium, the baked potato also provides essential vitamins and minerals.

## **Grains & Breads — Infants (slide 17)**

[READ first 2 Rules.]

SAY:

- The whole grain Rule only applies if the infant 8 months or older has already been introduced to bread or crackers. Only if the infant is already eating these products does 1 serving of these foods have to be whole grain. If the infant is still only consuming breast milk/formula and infant cereal, a daily serving of whole grains is not required.

[READ Rule on sweet grains and the definition.]

SAY:

- I'll go over a list of sweet grains in a minute.

## **Grains & Breads — Children (slide 18)**

[READ slide.]

SAY:

- Now, let's discuss some examples of sweet grains.

## **"Sweet Grains" (slide 19)**

SAY:

- This is a comprehensive list of all foods that are considered sweet grains.
- Remember, these items cannot be served to infants and may only be served to children once every 2 weeks for snack only.

[READ list.]

[Give examples of each type of sweet grain where possible (e.g., Toaster pastries like Toaster Strudels® or Pop Tarts®).]

## **Rationales — Grains & Breads (slide 20)**

[READ slide.]

SAY:

- An example of a fried grain is a donut.

ASK:

- *How many calories do you think are in one glazed donut?*

## **Slide 21**

[READ nutrition facts on slide.]

SAY:

- A 160lb person would have to walk at a brisk pace (4 mph) for 45 minutes to burn 260 calories (Source: InternetFitness.com).
- A donut supplies a lot of calories and none of the nutrients needed for healthy growth in children and adults. We should strive to get our daily caloric intake from nutrient-rich foods like fruits and vegetables, lean meats, whole grains and low-fat dairy.

### **FAQ**

Muffin mixes (e.g., Betty Crocker®, Duncan Hines®, etc.) are also considered "commercially-prepared" muffins, and count as sweet grains.

## **Meats & Meat Alternates — Infants (slide 22)**

[READ first Rule.]

SAY:

- A processed meat is basically any meat that has been altered from its natural form during processing (e.g., smoked, cured, canned, dehydrated, etc.).

[READ second Rule.]

SAY:

- This Rule applies to any meat or meat alternate that at one point has been fried. It doesn't matter if the provider himself/herself doesn't fry it before serving. If at any point in time the product was fried, it cannot be served. Virtually all store-bought chicken nuggets, chicken fingers and fish sticks were fried during production; and therefore, cannot be served to infants.

### **TIP**

Reassure participants that they will learn more about what counts as a processed meat in a later session.

## **Meats & Meat Alternates — Children (slide 23)**

[READ slide.]

### **Cheese (slide 24)**

[READ first Rule.]

SAY:

- The words cheese “food” and cheese “product” must be avoided when shopping for cheese that meets Delaware CACFP/*Delacare* Rules.

### **TIP**

Remind participants that distinguishing between real cheeses and cheese foods/products will be discussed in more detail in a later session.

## **Rationale — Meats & Meat Alternates (slide 25)**

[READ slide.]

### **Combination Foods — Infants (slide 26)**

[READ first Rule.]

SAY:

- A “combination food” is a single serving of a food item that contains two or more of the required meal components; for example: Gerber® Sweet Potatoes & Turkey baby food. Sweet potatoes and turkey are 2 different meal components – Fruits & Vegetables and Meats & Meat Alternates. This applies to almost all jarred infant dinners.
- Only combinations of fruits/vegetables are allowed (because this would not be considered a combination food according to the definition of the term). For example, peas and carrots or squash and applesauce may be served.

[READ remainder of slide.]

### **Rationale: Combination Foods (slide 27)**

[READ slide.]

SAY:

- For example: The ingredients in Gerber Sweet Potatoes & Turkey are listed as “sweet potatoes, water, ground turkey and ascorbic acid.” The consumer does not know how much sweet potato and how much turkey are in one serving. You cannot know if each serving provides each meal component in the proper amounts outlined by the meal pattern. This is why they are not allowed.

- If you want to measure out individual foods in the amounts required by the meal pattern and mix them together yourself, you may do this because you can ensure that the required amount for each meal component is met.

### **Water (slide 28)**

[READ Rule.]

SAY:

- While this Rule is only written into the *Delacare* Rules for child care centers, all child care homes and centers are strongly encouraged to make drinking water readily available to children upon their request.

### **Knowledge Check (slides 29 – 42)**

SAY:

- I've now gone over all of the Delaware CACFP/*Delacare* Rules on nutrition. To make sure that everyone understands the Rules, we're going to do a quick quiz as a group known as a "Knowledge Check." The "Knowledge Check" will work like this:
  - A question will appear on the screen. Take a few seconds to read the question to yourself.
  - Then, the response choices will appear. Again, take a few seconds to read the response choices to yourself.
  - Once you have read both the question and the response choices, you may call out your answer.
  - I will then put up the correct answer and clarify if necessary.

[Begin knowledge check. If a question causes confusion in the form of many contradictory responses being called out, review the Rule. Make sure that everyone is clear on the Rule before moving onto the next question.]

### **Questions or Comments (slide 43)**

ASK:

- *Does anyone have questions on the nutrition Rules?*

SAY:

- This concludes the Delaware CACFP/*Delacare* Nutrition Rules & Rationales module. Thank you very much for your attention.
- Remember, the Rules can be found in various places if you forget or need to reference them:
  - *First Years* Administrators' Guide: Pg. 25 – 28
  - *First Years* Menu Planning Guide: Pg. 4
  - Delaware Department of Education's website (under "Resources for Quality CACFP Operations")

