



STATE OF CONNECTICUT
DEPARTMENT OF EDUCATION



TO: Child and Adult Care Food Program (CACFP) Adult Day Care Centers

FROM: John Frassinelli, Chief
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: August 23, 2016

SUBJECT: Operational Memorandum No. 11A-16
Connecticut Procedures for Early Implementation of the New Meal Pattern
Requirements for the CACFP

This memorandum describes the Connecticut State Department of Education's (CSDE) procedures for early implementation of the updated CACFP adult meal patterns required by the U.S. Department of Agriculture's (USDA) final rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*. The CSDE's early implementation procedures are based on USDA memo *CACFP 14-2016, Early Implementation of the Updated Child and Adult Care Food Program Meal Pattern Requirements and the National School Lunch and School Breakfast Programs' Infant and Preschool Meal Patterns*, issued June 24, 2016. They apply to all CACFP adult day care centers.

The new CACFP adult meal patterns are effective **October 1, 2017**. They include some provisions that are consistent with the current CACFP adult meal patterns, and other provisions that are not currently allowed. The USDA allows state agencies to determine when CACFP adult day care centers can begin to implement certain provisions of the updated CACFP adult meal pattern that are not allowed in the current adult meal pattern.

Choosing an Implementation Option

The steps below summarize the requirements for choosing a CACFP meal pattern implementation option.

1. Please carefully review the three implementation options. The CSDE's early implementation procedures for Connecticut CACFP adult day care centers are summarized in this memorandum and in the attached document, *Options for Early Implementation of the New Adult Meal Pattern for CACFP Adult Day Care Centers*.
2. Beginning this fall, the CSDE will be conducting workshops on the new CACFP meal patterns. The workshop schedule will be distributed to all CACFP institutions later this summer. For more information, see "Training on the New Meal Patterns" on page 3.
3. After attending the CSDE's workshop, each CACFP institution must select one of the three implementation options. CACFP adult day care center sponsors with multiple centers must choose the *same option* for all centers.
4. The deadline for choosing an implementation option is **December 31, 2016**.

Prior to beginning implementation, CACFP institutions choosing **options 1 or 2** will be required to submit a menu that reflects the CACFP meal pattern requirements of the chosen option.

Option 1: Specific Provisions

With option 1, the CACFP institution must implement the current CACFP adult meal pattern, plus all provisions of the new CACFP adult meal pattern that are consistent with the current CACFP meal pattern. Consistent provisions can be implemented by CACFP institutions whenever feasible. These include the ten provisions below.

1. Allowing fat-free flavored milk.
Note: USDA best practice recommends serving only unflavored milk.
2. Requiring at least one daily serving of whole grain-rich foods.
3. Allowing meat and meat alternates in place of the entire grains component at breakfast up to three times per week.
4. Allowing tofu and soy yogurt to credit as meat alternates.
5. Eliminating grain-based desserts from the grains component.
6. Requiring breakfast cereals to contain no more than 6 grams of sugar per dry ounce.
7. Requiring yogurt to contain no more than 23 grams of sugar per 6 ounces.
8. Allowing yogurt to meet the fluid milk requirement for adult participants once per day.
9. Limiting juice to no more than one meal per day, including snack.
10. Prohibiting deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.

CACFP adult day care centers may begin to implement any of the above ten provision as part of reimbursable CACFP meals and snacks at any time, as long as they are in place by October 1, 2017.

Option 2: Entire Meal Pattern

With option 2, the CACFP institution must implement all provisions of the new CACFP adult meal pattern. This option can only be implemented after CACFP staff has attended a CSDE workshop (see “Training on the New Meal Patterns” below), and the CACFP institution has received prior CSDE approval for early implementation.

Connecticut CACFP institutions may request approval from the CSDE to implement the **entire** updated meal pattern requirements (all 12 provisions) prior to October 1, 2017, including the ten provisions described in option 1 on the previous page, and the two provisions below that are not allowed under the current CACFP adult meal patterns.

11. Allowing juice to fulfill the entire vegetable component or fruit component in the adult meal pattern.
12. Permitting families to provide one meal component for participants with nondisability medical or special dietary needs.

CSDE approvals of option 2 will be on a case-by-case basis, and only for CACFP institutions that can demonstrate their capacity to successfully implement all updated meal pattern requirements, fully train staff, and monitor all updated meal pattern requirements.

Option 3: No Changes

With option 3, the CACFP institution continues to implement the current CACFP adult meal pattern without any changes through September 30, 2017, and begins full implementation of all provisions of the new CACFP adult meal pattern on October 1, 2017.

Training on the New Meal Patterns

Beginning in fall 2016, the CSDE will conduct workshops on the new CACFP adult meal pattern requirements. Information on the workshop schedule will be distributed to all CACFP institutions later this summer. In the meantime, information on the new requirements and CACFP meal patterns under the final rule are available on the USDA's [Nutrition Standards for CACFP Meals and Snacks](#) Web page.

USDA Optional Best Practices

In addition to updating the CACFP meal pattern requirements, the USDA final rule provides optional best practices that help adult day care centers voluntarily go beyond the regulatory requirements to further strengthen the nutritional quality of meals served in the CACFP. USDA memo [CACFP 15-2016](#) outlines these optional best practices, and identifies implementation resources for CACFP centers. CACFP institutions are **not** required to implement these best practices as part of their chosen early implementation option for the new CACFP adult meal patterns.

Questions may be directed to the CSDE's CACFP staff.

Day Care Center Institutions	Day Care Home Institutions
Susan Boyle at 860-807-2074 Celia Cordero at 860-807-2076 Benedict Onye at 860-807-2080	Celia Cordero at 860-807-2076

JF:sff

Attachment

Important: This is a numbered Connecticut State Department of Education (CSDE) operational memorandum that contains important program information. Please read carefully and retain in a binder for future reference. All CSDE operational memoranda are posted on the CSDE's [Operational Memoranda for the CACFP](#) Web page.

Options for Early Implementation of New Adult Meal Pattern

FOR CHILD AND ADULT CARE FOOD PROGRAM (CACFP) ADULT DAY CARE CENTERS

USDA Final Rule *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010*

CACFP adult day care center sponsors with multiple centers must choose the **same option** for all centers. For more information, see CSDE [operational memo 11A-16](#).

Meal Pattern for Adults

OPTION 1 – Specific Provisions: *These ten provisions of the updated CACFP adult meal pattern requirements are consistent with the current CACFP adult meal pattern, and can be implemented at any time prior to October 1, 2017, whenever feasible for the CACFP adult day care center. CACFP adult day care centers can choose to implement **any or all** of the ten provisions of option 1.*

1. Allows fat-free flavored milk.
Note: USDA best practice recommends serving only unflavored milk.
2. Requires at least one daily serving of whole grain-rich foods. *
3. Allows meat and meat alternates in place of the entire grains component at breakfast up to three times per week.
4. Allows tofu and soy yogurt to credit as meat alternates. **
5. Eliminates grain-based desserts from the grains component. ***
6. Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce.
7. Requires yogurt to contain no more than 23 grams of sugar per 6 ounces.
8. Allows yogurt to meet the fluid milk requirement for adult participants once per day.
9. Limits juice to no more than one meal per day, including snack.
10. Prohibits deep-fat frying foods on-site, i.e., cooking by submerging food in hot oil or other fat.

OPTION 2 – Entire Meal Pattern: *These provisions of the updated adult meal pattern requirements are inconsistent with the current CACFP adult meal pattern. CACFP adult day care centers may request approval from the CSDE to implement the **entire** updated meal pattern requirements (provisions 1-12) prior to October 1, 2017, including the ten provisions of option 1 and the two provisions of option 2.*

11. Allows juice to fulfill the entire vegetable component or fruit component.
12. Permits participants' families to provide one meal component for participants with nondisability medical or special dietary needs.

OPTION 3 – No Changes: *Continue to implement the current CACFP adult meal pattern without any changes through September 30, 2017, and begin full implementation of the new CACFP adult meal pattern (all 12 provisions of options 1 and 2) on October 1, 2017.*

* Whole grain-rich foods are grain products that contain at least 50 percent whole grains, any other grain ingredients are enriched, and any noncreditable grains such as bran, germ, and modified food starch are less than two percent of the product formula.

** Tofu must meet the requirements outlined in USDA Memo [SP 53-2016](#) and [CACFP 21- 2016](#).

*** Grain-based desserts are those items in USDA's [Food Buying Guide for Child Nutrition Programs](#) Exhibit A, which are denoted as desserts with superscripts 3 and 4. This includes cakes, cookies, sweet pie crusts, fruit turnovers, doughnuts, granola bars, grain-fruit bars, cereal bars, toaster pastries, sweet rolls, and brownies.

Additional crediting guidance will be provided at the CSDE workshops beginning in fall 2016.

MEAL PATTERN RESOURCES

Child and Adult Care Food Program (CSDE):
www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576

Nutrition Policies and Guidance for CACFP Adult Centers (CSDE): www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694

Child and Adult Care Food Program Meal Pattern Revision: Best Practices (USDA):
www.fns.usda.gov/sites/default/files/cacfp/CACFP_bestpractices.pdf

Final Rule: *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* (USDA):
www.gpo.gov/fdsys/pkg/FR-2016-04-25/pdf/2016-09412.pdf

NEW Child and Adult Care Food Program Meal Patterns: Child and Adult Meals(USDA):
www.fns.usda.gov/sites/default/files/cacfp/CACFP_childadultmealstandards.pdf

New Meal Pattern for Adults (USDA):
www.fns.usda.gov/sites/default/files/cacfp/CACFP_adultmealpattern.pdf

Nutrition Standards for CACFP Meals and Snacks (USDA): www.fns.usda.gov/cacfp/meals-and-snacks

USDA Memo CACFP 14-2016: *Early Implementation of the Updated CACFP Meal Pattern Requirements and the NSLP and SBP Infant and Preschool Meal Patterns*:
www.fns.usda.gov/early-implementation-updated-cacfp-meal-pattern-requirements-and-nslp-and-sbp-infant-and-preschool

USDA Memo CACFP 15-2016: *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern*: www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-child-and-adult-care-food-program-meal-pattern



For more information contact the [CACFP staff](#) in the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at
www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/mp/earlyimpoptadult.pdf.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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