



STATE OF CONNECTICUT
DEPARTMENT OF EDUCATION



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

FROM: Cheryl Resha, Education Manager *Cheryl Resha*
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: June 16, 2011

**SUBJECT: Operational Memorandum #11A-11
Fluid Milk in CACFP Adult Centers**

The Healthy, Hunger-Free Kids Act of 2010 (the Act), Public Law 111-296 modified the requirements for fluid milk in the CACFP. The purpose of this memorandum is to provide guidance on the implementation of this provision in adult day care centers.

Section 221 of the Act amends section 17(g) of the Richard B. Russell National School Lunch Act (42 U.S.C. 1766(g)) by requiring that fluid milk served in the CACFP be consistent with the most recent version of the Dietary Guidelines for Americans. The 2010 Dietary Guidelines recommend that people ages 2 and older consume fat-free (skim) or low-fat (1%) fluid milk. Therefore, fluid milk served in the CACFP to participants ages 2 and older must be low-fat (1%) or less, including:

- fat-free or low-fat milk;
- fat-free or low-fat lactose-reduced milk;
- fat-free or low-fat lactose-free milk;
- fat-free or low-fat buttermilk; and
- fat-free or low-fat acidified milk.

Milk served must be pasteurized fluid milk that meets state and local standards. The USDA regulations allow milk to be flavored or unflavored. However, the CSDE strongly recommends that only unflavored milk be served in the CACFP.

Lactose-reduced or lactose-free milk continues to be allowed as a substitute for regular milk even without a written medical statement. However, it must now be low-fat (1%) or less. The U.S. Department of Agriculture (USDA) recommends that lactose-free milk is the first choice for participants who have lactose intolerance. The Connecticut State Department of Education (CSDE) encourages CACFP facilities to make lactose-reduced or lactose-free milk available as needed.

Whole milk and reduced-fat (2%) milk cannot be served to adult participants in the CACFP unless there is a signed medical statement on file.

This provision is effective immediately. However, to provide adequate time for training and technical assistance, full compliance should occur no later than October 1, 2011. The CSDE's *Nutrition Policies and Guidance for Adult Day Care Centers in the Child and Adult Care Food Program: Crediting Foods* will be updated shortly to reflect this information.

Revised Meal Pattern

A revised CACFP Meal Pattern for Adults dated June 2011 is enclosed. Please discard any previous versions.

The revisions reflect the new requirements for serving milk that is low-fat (1%) or less. They also include a change to the third footnote, which is incorrect. It states:

Yogurt (1 cup), cheese (1½ ounces) or processed cheese (2 ounces) may be substituted for the milk component at all but one meal or snack per day. One meal or snack each day must contain fluid milk. When yogurt or cheese is used to meet the milk component, it may not be used to meet the meat/meat alternate component in the same meal.

The U.S. Department of Agriculture has recently clarified that this provision was rescinded. **Only fluid low-fat (1%) or fat-free milk can be credited as the milk component. Yogurt and cheese cannot be substituted for fluid milk.** However, they are creditable as the meat/meat alternate component. Effective immediately, all CACFP adult centers must comply with this requirement.

As a reminder, any adults requiring fluid milk substitutions in the CACFP must have a signed medical statement on file. The provisions allowing institutions to make meal pattern substitutions for religious reasons remain unchanged.

For questions about this information, please contact:

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Enclosure

Child and Adult Care Food Program (CACFP) • Meal Pattern for Adults¹

Food Component	Breakfast	Lunch	Supper	Snack ² Serve two of four
Milk, fluid^{3, 4}	One Serving 1 cup ^{3, 4}	One Serving 1 cup ^{3, 4}	None	One Serving 1 cup ^{3, 4}
Vegetables and Fruits⁵ Vegetable(s) and/or fruit(s) or Full-strength fruit or vegetable juice or An equivalent quantity of any combination of the above vegetables and fruits	One Serving ½ cup	Two Servings⁵ 1 cup total	Two Servings⁵ 1 cup total	One Serving ½ cup
Grains and Breads⁶ Bread or Cornbread, biscuits, rolls, muffins, etc. or Cold dry cereal ⁷ or Cooked cereal or Cooked pasta or noodle products or Cooked cereal grains or An equivalent quantity of any combination of the above grains and breads	Two Servings 2 slices 2 servings 1 ½ cups or 2 ounces 1 cup 1 cup 1 cup	Two Servings 2 slices 2 servings 1 ½ cups or 2 ounces 1 cup 1 cup 1 cup	Two Servings 2 slices 2 servings 1 ½ cups or 2 ounces 1 cup 1 cup 1 cup	One Serving 1 slice 1 serving ¾ cup or 1 ounce ½ cup ½ cup ½ cup
Meat and Meat Alternates Lean meat or poultry or fish ⁸ or Alternate protein products ⁹ or Cheese or Cottage cheese or Eggs or Cooked dry beans or peas or Peanut butter or soy nut butter or other nut or seed butters or Peanuts or soy nuts or tree nuts or seeds ¹⁰ or Yogurt ¹¹ , plain or flavored, unsweetened or sweetened or An equivalent quantity of any combination of the above meat and meat alternates	None	Two Servings 2 ounces 2 ounces 2 ounces ½ cup 1 large egg ½ cup 4 tablespoons 1 ounce = 50% 8 ounces or 1 cup	Two Servings 2 ounces 2 ounces 2 ounces ½ cup 1 large egg ½ cup 4 tablespoons 1 ounce = 50% 8 ounces or 1 cup	One Serving 1 ounce 1 ounce 1 ounce ¼ cup ½ large egg ¼ cup 2 tablespoons 1 ounce 4 ounces or ½ cup

¹ The meal pattern chart shows the minimum amounts of each component that must be made available to each participant by the CACFP facility to claim reimbursement for the meal. Participants may be served larger portions but not less than the minimum quantities specified.

² A supplement (snack) must consist of two food items, each from a different food component. For example, fruit juice and carrot sticks would not meet the requirements as both items are from the vegetable/fruit component. Juice cannot be served when milk is the only other component.

³ Fluid low-fat (1%) or fat-free milk must be provided as a beverage. Whole and reduced-fat (2%) milk are not creditable in the CACFP.

⁴ A cup means a standard 8-ounce measuring cup.

⁵ Serve two or more different kinds of vegetables and/or fruits. Full-strength 100 percent vegetable or fruit juice may be counted to meet not more than half of this requirement, i.e., counts as one of the two required servings.

⁶ Bread, pasta or noodle products and cereal grains must be whole grain or enriched. Cornbread, biscuits, rolls, muffins, etc., must be made with whole-grain or enriched meal or flour. Cereal must be whole grain, enriched or fortified. Bran and germ are credited the same as enriched or whole-grain meal or flour. All products must meet the minimum serving sizes specified in "Serving Sizes for Grains/Breads in CACFP Adult Centers" (see *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Grains/Breads*).

⁷ One serving must measure ¾ cup or weigh 1 ounce, whichever is less. Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁸ Edible portion of cooked lean meat, poultry or fish as served, e.g., cooked lean meat without bone.

⁹ Alternate protein products must meet the requirements specified by the USDA (see "Alternate Protein Products" in *Nutrition Policies and Guidance for Adult Day Care Centers: Crediting Foods — Meat/Meat Alternates*).

¹⁰ Tree nuts and seeds that may be used as meat alternates include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pecans, walnuts, pine nuts, pistachios and soy nuts. At lunch or supper, no more than half the requirement shall be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For determining combinations, 1 ounce of nuts or seeds equals 1 ounce of cooked lean meat, poultry or fish.

¹¹ To increase nutrient variety, yogurt should not be served when milk is the only other snack component.

For more information, contact the Connecticut State Department of Education, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457 (see <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576>).

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