



## CACFP Final Meal Pattern Rule

This is the **FIRST** major revision of the CACFP meal patterns since the program's inception in 1968! The new CACFP meal patterns are designed to ensure children have access to healthy, balanced meals through the day. Under the new meal patterns, young children and adults in day care will receive meals with more whole grains, a greater variety of vegetables and fruits, and less added sugars and solid fats. In addition, the new infant meal patterns support breastfeeding mothers and increased consumption of vegetables and fruit.

To learn more about the new meal pattern rule, visit the [USDA Food and Nutrition Service website](http://www.fns.usda.gov/fr-042516) (<http://www.fns.usda.gov/fr-042516>)