



Child and Adult Care Food Program June 2019

The Michigan Department of Education (MDE) Child and Adult Care Food Program (CACFP) welcomes you to the month of June! School is out, summer is in! Enjoy summer in Michigan!

New Operational Memoranda

The United States Department of Agriculture (USDA) has not released new guidance for distribution since the last newsletter in May. In May, the USDA released six Operational Memoranda detailing crediting information for newly added foods. A summary of these memos has been included for your review and future reference.

All guidance is posted on the MDE CACFP website with previously released MDE Operational Memoranda. The complete list of operational memoranda can be accessed at the [MDE CACFP website](http://www.michigan.gov/cacfp) (www.michigan.gov/cacfp) under Operational Memoranda.

If you have any questions related to the above memos, please contact your assigned program analyst or call the CACFP main line at 517-241-5353.

Grains: Ounce Equivalent are Coming Soon!

Under the updated meal pattern, program operators will be moving from crediting grains as servings to crediting grains as **ounce equivalents effective October 1, 2019**. The National School Lunch and Breakfast Programs are already using ounce equivalents. This change promotes uniform portion sizes between Federal Child Nutrition Programs and aligns with Federal Nutrition Guidance such as the Dietary Guidelines for Americans and Choose MyPlate.

What is an ounce equivalent?

An ounce equivalent (oz eq) is a unit of measure used to standardize different grain products towards the Grains component as seen in the USDA's [Exhibit A: Grain Requirements for Child Nutrition Programs](#) found in the [USDA Food Buying Guide for Child Nutrition Programs](#).

How is an Ounce Equivalent determined?

The weight needed to provide one 1 oz eq grains for commonly available food products can be determined using [Exhibit A](#). The wide variety of prepared grain products listed in Exhibit A are grouped based on their average grain content. Food types having similar concentrations of creditable grains are grouped together. Each group in Exhibit A provides the minimum weight required to supply one oz eq grains:

- **Baked goods** (breads, biscuits, bagels, etc.): 16 grams of creditable grain ingredients provide 1 oz eq credit.

- **Cereal grains** (oatmeal, pasta, brown rice, etc.): 28 grams (approximately 1.0 ounce by weight) of dry product OR 1/2 cup cooked cereal, pasta, rice, etc. provides 1 oz eq credit.
- **Ready-to-eat (RTE) breakfast cereal:** 28 grams or 1.0 ounce of product provides 1 oz eq credit. Ounce equivalent volumes are:
 - 1 cup flakes or rounds,
 - 1.25 cups puffed cereal, and
 - 1/4 cup granola

What does this mean for me?

There will likely be some small changes to your menu planning and portion sizes to ensure you are serving, at minimum, the required serving size per age as noted on the CACFP meal patterns. Ounce equivalent portion sizes are slightly larger than the old “serving size” minimum serving requirements. As the increase is typically quite small, you are probably already meeting ounce equivalent requirements!

How do I determine I am serving the right amount?

For commercially processed grain food items, your best bet is to start with the Nutrition Facts Panel on the food item package. Often the food item will list the serving size in weight (ounces) and volume (cups). Compare the weight of the item to the Exhibit A Group to determine the amount to serve for age range. The example below shows the nutrition facts panel for pancakes. The serving size on the package (for an adult as determined by the FDA) is noted as 3 pancakes.



The required minimum serving size on the [CACFP Meal Pattern Requirements](#) for a 4 year old child at breakfast is 1/2 serving. Using **Exhibit A**, a **1/2 ounce equivalent** (17 grams) is slightly larger than the old minimum required serving size for a 1/2 Serving Size (16 grams).

Group C	Oz Eq for Group C	Minimum Serving Size for Group C
<ul style="list-style-type: none"> • Cookies³ (plain - includes vanilla wafers) • Cornbread • Corn muffins • Croissants • Pancakes • Pie crust (dessert pies³, cobbler³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz

Using this example, to find the weight of each pancake, divide the weight of the serving size on the package (116 grams) by the number of pancakes.

To find the weight of each pancake:
116 grams ÷ 3 pancakes = 38.7 grams

1 pancake that is at least 34 grams =
1 oz. eq.

The minimum requirement for a 4-year-old is a **½ ounce equivalent** (17 grams). The minimum required portion size for the CACFP Meal Pattern for 3-5-year old would be ½ of a pancake. As pancakes are typically served whole, a best practice would be to serve each child one pancake sliced in half to make it easier for little hands and mouths to enjoy.

What are the expectations for documentation?

As with the older Grain Serving Sizes, MDE and your Sponsor will be monitoring to ensure participants are receiving the foods they need in the right amounts to support their growth and health. Monitors will observe meals to visually appraise portions served to participants and review product information for products typically served to ensure meal pattern requirements are met.

Available Oz Eq Resources

The USDA will be releasing additional tools and resources soon. MDE will be providing additional technical assistance and trainings in the coming months. We have attached training material developed by Minnesota CACFP on crediting grains and determining the portion size for common commercial grain products for your reference. Please contact MDE with any questions.

Resources

USDA Farm to CACFP

Summer in Michigan means fresh, local produce! Looking to incorporate more local produce into your menus? Check out the recently updated USDA **Farm to CACFP** webpage for resources to assist you development and implement farm to CACFP in your program.

WEBINAR: Kick off the Summer with Farm to Head Start and Early Care and Education!

Farm to Early Care and Education (ECE) includes the use of local foods in meals and snacks, gardening opportunities, and food, nutrition, and agriculture learning activities to promote health and wellness and enhance the quality of ECE settings. How can a Farm to Head Start/ECE partnership help your program serve fresh, local food? Learn how it works through presentations from national experts and Head Start program examples. This interactive webinar is brought to you by the USDA, Food and Nutrition Service, Office of Head Start, and National Farm to School Network. Register for the webinar now at <https://cc.readytalk.com/r/vauwik4pgmb6&eom>.

New Food Yields in the Food Buying Guide!

New food yields for the following food items have been added to the Food Buying Guide for Child Nutrition Programs (FBG) Interactive Web-Based Tool: surimi seafood, tempeh, coconut, popcorn, and hominy. Please see the attached Operational Memo summary for information on each of these food groups and how they credit. Additionally, check out these new food items on the [Food Buying Guide for Child Nutrition Programs Interactive Web-Based Tool](#) and the [FBG Mobile App](#).

CACFP Training Opportunities and Conferences

Institute for Child Nutrition (ICN) Updated Meal Pattern Trainings

MDE and ICN are teaming up to offer additional CACFP Meal Pattern trainings that began in October. Did you miss one near you last year? Do you want a refresher? Then please sign up to attend one of the upcoming sessions!

The CACFP training instructors request that if you register to attend an in-person training and find you are unable to attend, you should use the cancellation instructions to cancel your ticket. This will allow other participants to attend the in-person regional trainings.

Tuesday, August 13, 2019, Davenport University-Holland, MI Campus, 643 South Waverly Road, Holland, Michigan 49423 (Refund deadline August 6th)

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-55901632287>

Tuesday, September 24, 2019, St. Clair County Community College, 323 Erie Street, Port Huron, Michigan 48061 (Refund deadline September 17th)

Registration link: <https://www.eventbrite.com/e/child-and-adult-care-food-program-refresher-meal-pattern-training-tickets-55913834785>

Application Re-Certification and Budget Workshop Trainings

Looking for help with you Fiscal Year (FY) 2020 Application Re-Certification and Budget? Attend one of the Application Re-Certification and Budget Workshop trainings. The schedule is posted on the MDE CACFP Website under Trainings.

Utilize the NEW MDE CACFP Training Videos for Annual CACFP Staff Trainings

MDE announced the release of our first set of training videos in August 2018. Please utilize them in your annual and new employee staff trainings! You can access these colorful, fun, and informative videos on the [MDE CACFP YouTube site](#) and on the [MDE CACFP webpage](#) under the ***What's New, Training***, and ***Resources*** headers. Remember to document any CACFP staff training with an agenda and sign-in sheet!

Program Expansion Opportunities

Looking to Expand? Consider At-risk Afterschool Programs! Feed the Whole Child the Whole Year!

The At-Risk Afterschool Meals component of the CACFP offers Federal funding to Afterschool Programs that serve a meal or snack to children in low-income areas.

Organizations may participate in the At-Risk Afterschool Meals component of CACFP either as an independent afterschool program or through a sponsor. To be eligible, you must meet State and/or local licensing or health and safety standards, and meet organizational and area eligibility requirements, and provide educational or enrichment activities that are open to all children in an organized, structured, and supervised environment. Think you qualify? Call us and find out! 517-241-5353!

Family Day Care Home Sponsor Expansion Opportunities in CACFP!

The MDE CACFP is looking for eligible organizations to provide oversight and guidance to family day care home providers by becoming a Family Day Care Home (FDCH) Sponsor. All family or group day care homes must come into the program under a sponsoring organization.

Financial assistance is available to a sponsoring organization for its administrative expenses associated with developing or expanding a food service program in family day care homes and initiating successful program operations. Contact the CACFP Office at 517-241-5353 with any questions.

Goal number 4 of Michigan's Top 10 in 10 is to reduce the effect of high-risk factors, provide useful/valuable tools to meet the needs of all students and to ensure that they have access to quality education. The goal of the CACFP is to improve and maintain the health and nutritional status of children in care while promoting the development of good eating habits. CACFP supports the whole-child approach to learning.

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