



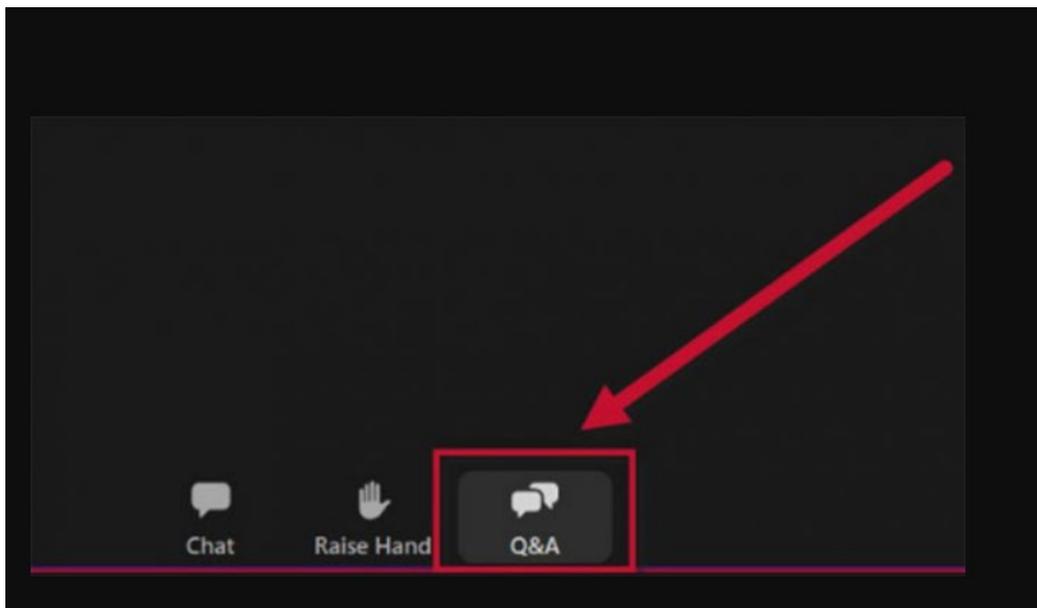
Family Style Meal Service With Children

in the Child and Adult Care Food Program Early

Childhood Education and Care Settings



WELCOME TO
THINKING THURSDAYS!
I'M MELISSA!



- Participants are muted
- Enter your questions into the Q&A, not the Chat
- CACFP staff will answer questions in the Q&A
- Certificate will be emailed if you attend the entire webinar
- Thank you for your attendance!

Let Us Know Who You Are! I work for a...

- Childcare center
- Family childcare home
- Family Childcare Sponsor
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority



Family Style Meal Service With Children in the CACFP

Preparing for Family Style Meal Service

- What Supplies Do I Need to Start? Pg. 3
- How Can I Prepare Children Before Starting? Pg. 4
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Following Requirements During Family Style Meal Service

- How Do I Make Sure I'm Providing Enough Food for Each Child? Pg. 6
- How Do I Accommodate Special Dietary Needs? Pg. 10



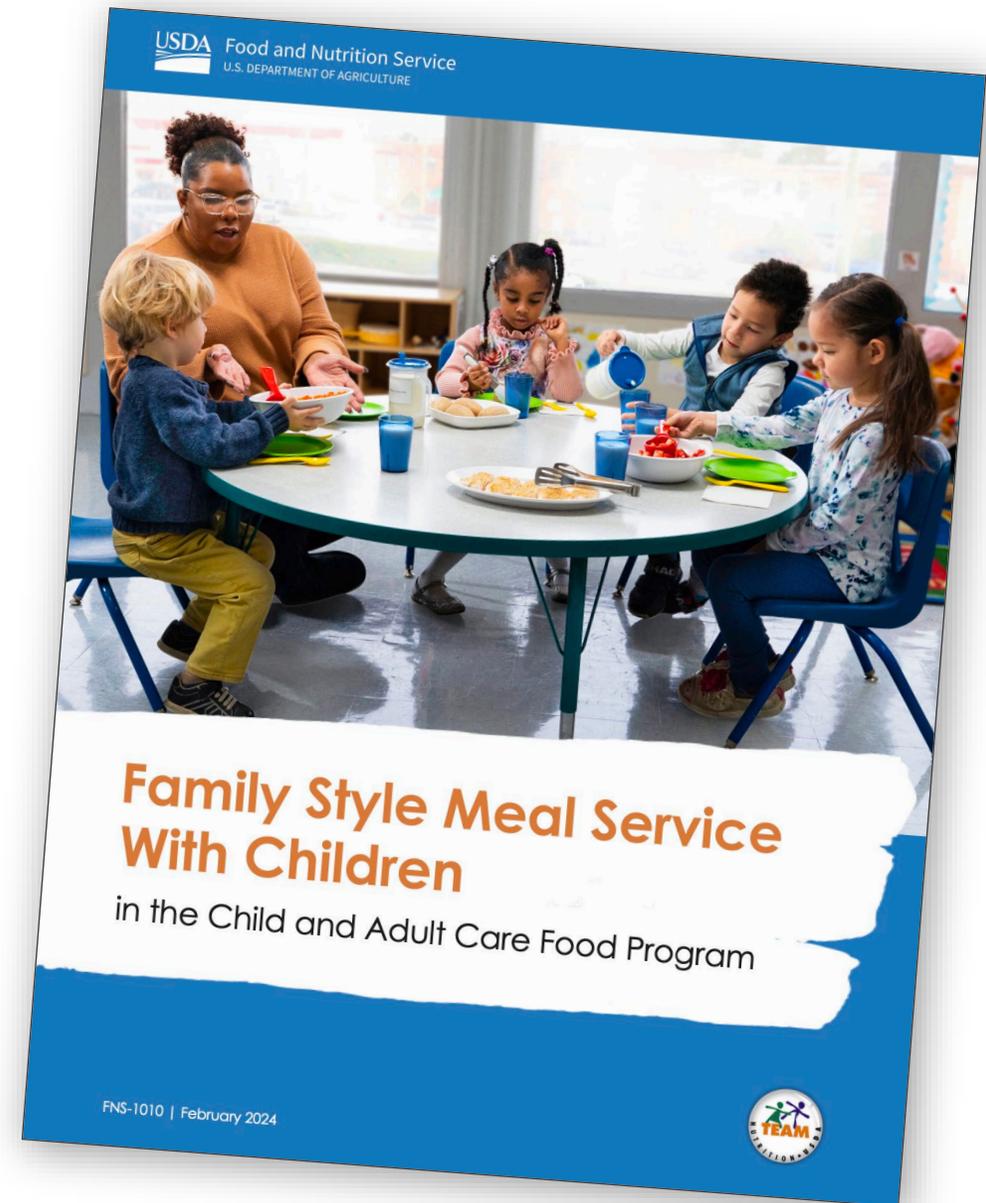
Family Style Meal Service With Children in the CACFP

Supporting Children at Mealtime

- How Can I Help Children Learn to Serve Themselves? Pg. 11
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- Practice Your Understanding Pg. 14



What is Family Style Meal Service?

A type of meal service where children:

- Help set the table.
- Serve themselves from bowls, plates, and/or pitchers on the table.
- Talk with others at mealtime.



About Family Style Meal Service

Benefits of Family Style Meal Service

Children can:

- Eat without pressure.
- Practice their fine motor skills.
- Build self-esteem and confidence.
- Develop healthy eating behaviors.
- Practice their social and language skills.
- Get to know other children and teachers.

If you cannot fully implement family style meals, aspects can still be used.





GSRP Meal Service Guidance

- [Great Start Readiness Program](#)
- [GSRP Implementation Manual](#)
- [SY 23 24 GRSP Program Administration and Staffing](#)
 - Page 11-16
- [ECC ISD Directory March 2024](#)

GSRP: ASPECTS OF FAMILY STYLE MEALS

- Children assist adults to prepare for snack or mealtime
- Serving utensils are sized appropriately for children
- An adult sits at each table where children eat and eats or samples the same foods children do
- Food is passed from one person to another
- An adult begins passing each food item, modeling with action and words as they serve themselves and pass the food to the next person
- Children are offered each meal component and make their own food choices based on individual appetites and preferences
- Children choose whether to eat, what to eat, and how much to eat
- Enough food must be available to meet meal pattern requirements and to allow for seconds

Aspects of family style meal service seen in this picture



CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

SNACK

Meal Pattern for Children and Adults

(Select 2 of the 5 components for a reimbursable snack)

Food Components and Food Items ¹	Minimum Quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)	Adult
Fluid Milk ³	4 fl oz	4 fl oz	8 fl oz	8 fl oz	8 fl oz
Meats/meat alternates					
Lean meat, poultry, or fish	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Tofu, soy product, or alternate protein products ⁴	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Cheese	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq
Large egg	½	½	½	½	½
Cooked dry beans or peas	¼ cup	¼ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 oz or ¼ cup	2 oz or ¼ cup	4 oz or ½ cup	4 oz or ½ cup	4 oz or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ oz eq	½ oz eq	1 oz eq	1 oz eq	1 oz eq

CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

LUNCH AND SUPPER

Meal Pattern for Children and Adults

Food Components and Food Items ¹	Minimum Quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)	Adult
Fluid milk ³	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz ⁴
Meats/meat alternates Edible portion as served:					
Lean meat, poultry, or fish	1 oz eq	1½ oz eq	2 oz eq	2 oz eq	2 oz eq
Tofu, soy products, or alternate protein products ⁵	1 oz eq	1½ oz eq	2 oz eq	2 oz eq	2 oz eq
Cheese	1 oz eq	1½ oz eq	2 oz eq	2 oz eq	2 oz eq
Large egg	½	¾	1	1	1
Cooked dry beans or peas	¼ cup	¾ cup	½ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored, unsweetened or sweetened ⁶	4 oz or ½ cup	6 oz or ¾ cup	8 oz or 1 cup	8 oz or 1 cup	8 oz or 1 cup
The following may be used to meet no more than 50 percent of the requirement:					



CHILD AND ADULT CARE FOOD PROGRAM MEAL PATTERNS

BREAKFAST

Meal Pattern for Children and Adults

Food Components and Food Items ¹	Minimum Quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)	Adult
Fluid milk ³	4 fl oz	6 fl oz	8 fl oz	8 fl oz	8 fl oz
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{5,6,7,8}	½ oz eq	½ oz eq	1 oz eq	1 oz eq	2 oz eq

¹ Must serve all 3 components for a reimbursable meal. Offer versus serve is an option for at-risk afterschool and adult participants.
² Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
³ Must be unflavored whole milk for children age 1. Must be unflavored low-fat (1%) or unflavored fat-free (skim) milk for children 2 through 5 years old. Must be unflavored low-fat (1%), unflavored fat-free (skim), or flavored fat-free (skim) milk for children 6 years old and older and adults. For adult participants, 6 ounces (oz) (weight) or ¾ cup (volume) of yogurt may be used to meet the equivalent of 8 oz of fluid milk once per day when yogurt is not served as a meat alternate in the same meal.
⁴ Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at 1 meal, including snack, per day.
⁵ At least 1 serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
⁶ Meat and meat alternates may be used to meet the entire grains requirement a maximum of 3 times a week. One ounce of meat and meat alternates is equal to 1 ounce equivalent (oz eq) of grains.
⁷ Refer to FNS guidance for additional information on crediting different types of grains.
⁸ Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21.2 grams sucrose and other sugars per 100 grams of dry cereal).

CACFP Meal Pattern Charts*

- Nutrition Standards for CACFP Meals and Snacks
- Crediting Handbook of the CACFP
- Federal Regulations 7 CFR 226
- Childcare Center Licensing 400.8335 Rule 335(1)

The Preschool Meal Pattern

Preschool meal patterns are designed to meet nutritional needs of younger children to best support their growth and development and promote healthy food preferences

- Receive meals that follow the preschool meal pattern if in a preschool program/classroom
- Two Preschool age groups:
 - children 1 through 2 years old
 - children 3 through 5 years old
- <https://www.fns.usda.gov/tn/serving-school-meals-preschoolers>

Serving School Meals to Preschoolers

Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a student in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of milk and minimum serving sizes for some food components are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

Preschool Meal Pattern

	Breakfast		Lunch	
	1-2 years	3-5 years	1-2 years	3-5 years
 Milk	½ cup (4 oz.)	¾ cup (6 oz.)	½ cup (4 oz.)	¾ cup (6 oz.)
 Fruits	¼ cup	½ cup	⅛ cup	¼ cup
 Vegetables			⅛ cup	¼ cup
<i>Optional: A second, different vegetable may be served in place of fruit at lunch.</i>				
 Grains	½ oz. eq.	½ oz. eq.	½ oz. eq.	½ oz. eq.
 Meats/Meat Alternates	<i>Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.</i>		1 oz. eq.	1½ oz. eq.

*Serving sizes are minimums.
Operators may offer larger portions.
Oz. = Ounces; Oz. eq. = Ounce equivalent.*





Family Style Meal Service verses Co-mingling

- **Co-mingling occurs when preschoolers are co-mingled with older children during mealtimes (same meals/same time)**
- **Makes it difficult to determine age/classroom of preschoolers from older children**
- **Operationally difficult to serve different foods/portion sizes during combined meal service**
- **Overwhelming to small children**

SNP: Preschoolers and Family Style Meals Requirements

- Preschoolers must select at least 1/4 cup of vegetables, fruit, or both under Preschool meal pattern
- If co-mingled and offered K-5 meal pattern, each student must select 1/2 cup vegetables, fruits, or both
- Minimum serving size of each item or component must be offered to each student over course of the meal



Four Reasons to AVOID Co-Mingling Littles with Bigs

- **Less supervision of preschoolers in cafeteria**
- **Younger children are overwhelmed and/or distracted by cafeteria, older children, tray lines, etc.**
- **Separate family style meal service allows children to serve themselves and build confidence**
- **Preschool meal pattern contains the types of foods and smaller portion sizes**
- **Questions? Contact your program analyst or GSRP consultant, if applicable**





Preparing for Family Style Meal Service

- **What Supplies Do I Need to Start? Pg. 3**
- **How Can I Prepare Children Before Starting? Pg. 4**
- **What Can I Do to Help Staff and Parents/Guardians Before Starting? Pg. 5**

What Supplies Do I Need to Start?

Child-Size Dishes and Utensils With Estimated Sizes sets you up for success!



What Supplies Do I Need to Start?

Tips for Supplies to set you up for success!

1. Measuring cups and/or spoodles as serving spoons
2. Different colors of pitchers and cups to help children get the required milk types



What Supplies Do I Need to Start?

Accommodations for special diet needs: Sample Adaptive Utensils and Dishes



Utensils with larger handles



Scooped-rim bowls with a bottom suction



“Cut-out” cups or straw cups with lids

What Can I Do to Help Staff and Parents/Guardians Before Starting?

Child Care Staff

Offer training and discuss the following topics:

- The benefits to children (and adults)
- The steps and rules to family style meal service.
- How to encourage children (and adults) to try new foods.
- That food can be offered but does not need to be put on a child's plate (CACFP).
- Ways to help children learn to serve themselves.



TeamNutrition.USDA.gov



What Can I Do to Help Staff and Parents/Guardians Before Starting?

Point of Service (POS) Meal Counts

- Assign somebody for each classroom to take Point of Service meal counts
- Meal counts must be taken while children are eating, not before and not after the meal service is over
- Daily attendance records must not be used in place of meal count records!



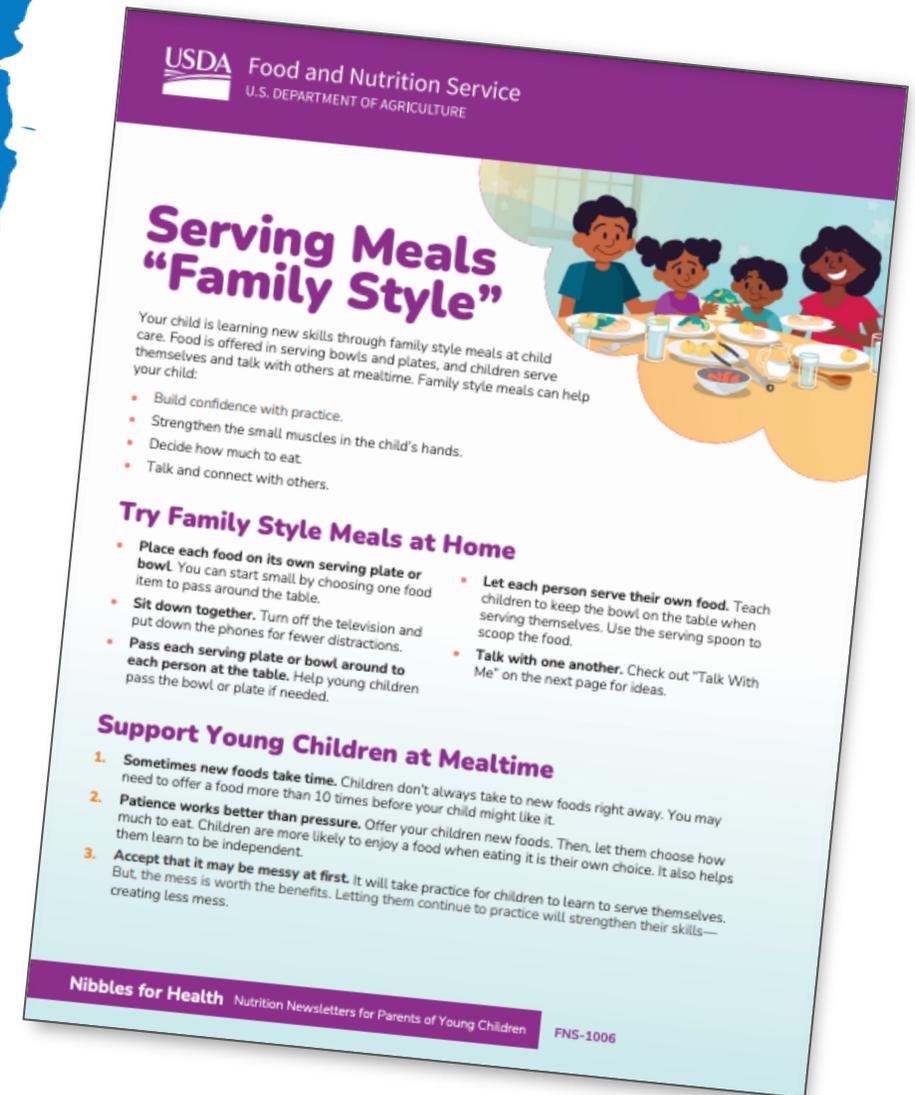
What Can I Do to Help Staff and Parents/Guardians Before Starting?

Parents and Guardians

- Send a message home to let parents/guardians know your site will be starting family style meal service.
- Share USDA Team Nutrition's Nibbles for Health Parent Newsletter "Serving Meals 'Family Style.'"



fns.usda.gov/tn/nibbles



What Can I Do to Help Staff and Parents/Guardians Before Starting?

Teachers to Food Service Staff, Caterers, and/or Food Vendors

- Inform them that you would like to start serving meals family style
- Ask to have food in serving bowls or plates
- Communicate and coordinate about the following:
 - Number of children in each classroom
 - Number of children seated at each table
 - Age group of children being served



How Can I Prepare Children (and Staff) Before Starting?

Start Family Style Meal Service Slowly

- Practice with one meal component before serving all meal components family-style
- Begin FSM at snack to start



How Can I Prepare Children Before Starting?

Explain That Children Can Be “Special Helpers” At Mealtime

Tasks may include:

- Setting individual place settings (bowls, plates, cups, napkins, and utensils).
- Placing serving bowls and plates of food on the table.
- Cleaning up messes (learning is messy!)



What are other strategies you could use to help Staff and children prepare for family style meal service?





Following Requirements During Family Style Meal Service

- How Do I Make Sure I'm Providing Enough Food for Each Child? Pg. 6
- How Do I Accommodate Special Dietary Needs? Pg.10

How Do I Make Sure I'm Providing Enough Food for Each Child?

It is a requirement to offer the full portion size in the *serving bowl* or *serving plate* for each child.

To provide enough food for each child:

1. **Calculate** the minimum amount of food needed for each child at the meal or snack.
2. **Provide** the full portion of each meal component for every child seated at the table in serving bowl(s), plate(s), and/or pitcher(s).
3. **Place** all serving bowl(s), plate(s), and/or pitcher(s) on the table where the children are seated for the meal and snack.
4. **Offer** each meal component to each child at the table.



A child does not need to put the food on their plate or eat the food for the meal or snack to be reimbursable (CACFP).

How Do I Make Sure I'm Providing Enough Food for Each Child?

Tip! Add a Line to a Cup

If a child's cup is larger than the portion size required by CACFP meal pattern requirements, add a line on the outside of the cup to show where to fill.

This is also a good reminder for staff!

If staff pour beverages, they are required to serve the full portion!



How Do I Make Sure I'm Providing Enough Food for Each Child? (Part 3)

Question

Play & Learn Child Care served spinach at lunch and provided the full required minimum amount in the serving bowl for each of the three children at the table.

Johnny did not put any on his plate. Mya put some on her plate. Finn put the full minimum amount on his plate. None of them ate everything they put on their plates.

Are all three meals reimbursable?

How Do I Make Sure I'm Providing Enough Food for Each Child?

Answer

Yes. All three of the meals are reimbursable.

- The child care site must provide enough food so that each child has the option to take the full minimum serving amount of food, if they wish.
- They are not required to take or eat the full amount for the meal or snack to be reimbursable.

CACFP Meal Pattern Posters

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?
Milk (8 fl. oz. or 1/2 cup)
Vegetables, Fruits, or Both (1/2 cup)
Grains (1/2 oz. eq.)

Sample Breakfast:
1/2 cup Oat Puffs
1/2 cup Milk
1/2 cup Fruit (e.g., strawberries)

Grilled Cheese Sandwich
1/2 cup Milk
1/2 cup Meat/Meat Alternatives (1 oz. eq.)
1/2 cup Vegetables (1/2 cup)
1/2 cup Fruits (1/2 cup)
1/2 cup Grains (1/2 oz. eq.)

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1/2 cup)
Meat/Meat Alternatives (1 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)

Sample Lunch/Supper:
1/2 cup Milk
1/2 cup Meat/Meat Alternatives (1/2 oz. eq.)
1/2 cup Vegetables (1/2 cup)
1/2 cup Fruits (1/2 cup)
1/2 cup Grains (1/2 oz. eq.)

What is in a Snack?
Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternatives (1/2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)

Sample Snack:
1/2 cup Yogurt Dip
1/2 cup Apples
1/2 cup Grapes

Note: Serving sizes are minimums. Learn more about the CACFP meal patterns at <https://theinnovation.usda.gov>

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5

What is in a Breakfast?
Milk (8 fl. oz. or 1/2 cup)
Vegetables, Fruits, or Both (1/2 cup)
Grains (1/2 oz. eq.)

Sample Breakfast:
1/2 cup Milk
1/2 cup Fruit (e.g., strawberries)
1/2 cup Grains (e.g., cereal)

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1/2 cup)
Meat/Meat Alternatives (1 1/2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (2 1/2 oz. eq.)

Sample Lunch/Supper:
1/2 cup Milk
1/2 cup Meat/Meat Alternatives (1 1/2 oz. eq.)
1/2 cup Vegetables (1/2 cup)
1/2 cup Fruits (1/2 cup)
1/2 cup Grains (2 1/2 oz. eq.)

What is in a Snack?
Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternatives (1/2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)

Sample Snack:
1/2 cup Yogurt Dip
1/2 cup Apples
1/2 cup Grapes

Note: Serving sizes are minimums. Learn more about the CACFP meal patterns at <https://theinnovation.usda.gov>

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 6-12 and 13-18

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruits, or Both (1/2 cup)
Grains (1 oz. eq.)

Sample Breakfast:
1 cup Milk
1/2 cup Fruit (e.g., strawberries)
1/2 cup Grains (e.g., cereal)

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternatives (2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1 oz. eq.)

Sample Lunch/Supper:
1 cup Milk
1/2 cup Meat/Meat Alternatives (2 oz. eq.)
1/2 cup Vegetables (1/2 cup)
1/2 cup Fruits (1/2 cup)
1/2 cup Grains (1 oz. eq.)

What is in a Snack?
Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternatives (1 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)

Sample Snack:
1/2 cup Yogurt Dip
1/2 cup Apples
1/2 cup Grapes

Note: Serving sizes are minimums. Learn more about the CACFP meal patterns at <https://theinnovation.usda.gov>

USDA United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Adults

What is in a Breakfast?
Milk (8 fl. oz. or 1 cup)
Vegetables, Fruits, or Both (1/2 cup)
Grains (2 oz. eq.)

Sample Breakfast:
1 cup Milk
1/2 cup Fruit (e.g., strawberries)
1/2 cup Grains (e.g., cereal)

What is in a Lunch or Supper?
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternatives (2 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (2 oz. eq.)

Sample Lunch/Supper:
1 cup Milk
1/2 cup Meat/Meat Alternatives (2 oz. eq.)
1/2 cup Vegetables (1/2 cup)
1/2 cup Fruits (1/2 cup)
1/2 cup Grains (2 oz. eq.)

What is in a Snack?
Pick 2:
Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternatives (1 oz. eq.)
Vegetables (1/2 cup)
Fruits (1/2 cup)
Grains (1/2 oz. eq.)

Sample Snack:
1/2 cup Yogurt Dip
1/2 cup Apples
1/2 cup Grapes

Note: Serving sizes are minimums. Learn more about the CACFP meal patterns at <https://theinnovation.usda.gov>



<https://www.fns.usda.gov/tn/cacfp/trainers-tools>

How Do I Make Sure I'm Providing Enough Food for Each Child?

Preparing for Spills, Contamination, and Offering More Food

- You may want to prepare more food in case of spillage, contamination, and/or if a child wants more.
- Extra food does not need to be on the table where children are sitting.
- Keep the food on another table or cart close by, or in the kitchen.
- Having extra serving utensils, bowls, etc., in the classroom is a bonus to save time if things get dropped or slimed.



How Do I Make Sure I'm Providing Enough Food for Each Child?

Calculate for a Single Age Group

- 1.** **Determine** the minimum amount of food needed for each child at the meal or snack.
- 2.** **Multiply** the minimum amount of food (from Step 1) by the number of children at the meal or snack.

Meal	Age of the Children	Food Item	Required Minimum Amount per Child

Multiplied by...	Number of Participants	Equals	Total
X		=	

How Do I Make Sure I'm Providing Enough Food for Each Child?

Calculate for a Single Age Group - Example

Happy Day Child Care wants to offer diced peaches at lunch to the 2-year old classroom. This classroom has twelve 2-year olds in class today.

- 1.** **Determine** the minimum amount of food needed for each child at the meal or snack.

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Lunch	2-year olds	Diced peaches	0.125 cup

How Do I Make Sure I'm Providing Enough Food for Each Child?

Calculate for a Single Age Group - Example

Happy Day Child Care wants to offer diced peaches at lunch to the 2-year old classroom. This classroom has twelve 2-year olds in class today.

2. **Multiply** the minimum amount of food (from Step 1) by the number of children at the meal or snack.

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Lunch	2-year olds	Diced peaches	0.125 cup (1/4 cup)

Multiplied by...	Number of Participants	Equals	Total
X	12	=	1.5 cups

How Do I Make Sure I'm Providing Enough Food for Each Child?

Calculate for Children for Different Age Groups - Example

1. Determine the minimum amount of food needed for each child at the meal or snack.

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Lunch	2-year olds	Diced peaches	
Lunch	3-year olds	Diced peaches	

2. Multiply the minimum amount of food (from Step 1) by the number of children at the meal or snack separately for each age group.

Multiplied by...	Numbers of Participants	Equals	Minimum Amount to Provide
X		=	
X		=	

3. Add the amounts for each age group (from Step 2) to see the total amount to provide.

Total	
--------------	--

How Do I Make Sure I'm Providing Enough Food for Each Child? (Part 17)

Calculate for Children for Different Age Groups - Example

Happy Day Child Care wants to offer diced peaches at lunch to the mixed-age classroom. This classroom has six 2-year olds and six 3-year olds.

- 1. Determine** the minimum amount of food needed for each child at the meal or snack.

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Lunch	2-year olds	Diced peaches	0.125 cup
Lunch	3-year olds	Diced peaches	0.25 cup

How Do I Make Sure I'm Providing Enough Food for Each Child? (Part 18)

Calculate for Children for Different Age Groups - Example

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Lunch	2-year olds	Diced peaches	0.125 cup
Lunch	3-year olds	Diced peaches	0.25 cup

2. **Multiply** the minimum amount of food (from Step 1) by the number of children at the meal or snack separately for each age group.

Multiplied by...	Numbers of Participants	Equals	Minimum Amount to Provide
X	6	=	0.75 cup
X	6	=	1.5 cups

How Do I Make Sure I'm Providing Enough Food for Each Child? (Part 19)

Calculate for Children for Different Age Groups - Example

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Lunch	2-year olds	Diced peaches	0.125 cup
Lunch	3-year olds	Diced peaches	0.25 cup

Multiplied by...	Numbers of Participants	Equals	Minimum Amount to Provide
X	6	=	0.75 cup
X	6	=	1.5 cups

3. Add the amounts for each age group (from Step 2) to see the total amount to provide.

Total	2.25 cups
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0.75 cup + 1.5 cups = 2.25 cups (2 ¼ cups) of diced peaches

How Do I Make Sure I'm Providing Enough Food for Each Child? (Part 20)

Let's Practice! Calculate for Different Age Groups

Magical Day Child Care has a mixed age-group classroom and practices family style meal service. They have four 2-year olds and four 3-year olds in attendance today. They are serving fat-free (skim) milk at breakfast.

What is the total amount of milk they must put in the pitcher(s) on the table?

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
			___ cups
			___ cups

Multiplied by...	Numbers of Participants	Equals	Minimum Amount to Provide
X		=	
X		=	

Total	___ cups
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How Do I Make Sure I'm Providing Enough Food for Each Child? (Part 21)

Let's Practice! Calculate for Different Age Groups

Magical Day Child Care has a mixed age-group classroom and practices family style meal service. They have four 2-year olds and four 3-year olds in attendance today. They are serving Low fat milk at breakfast.

What is the total amount of milk they must put in the pitcher(s) on the table?

Meal	Age of the Children	Food Item	Required Minimum Amount per Child
Breakfast	2-year olds	Fat-free (skim) milk	½ cup (0.5 cup), 4 fl oz
Breakfast	3-year olds	Fat-free (skim) milk	¾ cup (0.75 cup), 6 fl oz

Multiplied by...	Numbers of Participants	Equals	Minimum Amount to Provide
X	4	=	2 cups (16 fl oz)
X	4	=	3 cups (24 fl oz)

Total	5 cups (40 fl oz)
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How Do I Accommodate Special Dietary Needs?

Accommodating Disabilities

CACFP operators are required to make modifications to meals or meal service to accommodate disabilities, including food allergies.

- If the meal modification cannot be made within the meal pattern requirements, ask the parent/guardian for a signed medical statement to keep on file in a secure location at the site.
- The medical statement must include:
 - the food to be avoided (allergen),
 - a brief explanation of how exposure to the food affects the participant, and
 - recommended substitute(s)

How Do I Accommodate Special Dietary Needs?

Accommodating Disabilities

Please note:

If you have a child that can only eat certain foods, for example gluten-free foods, consider the risk of cross-contact during meal service with the serving spoons and tongs.

It may be safer to have their full meal pre-plated to ensure that cross-contact does not occur.

This is totally fine!



How Do I Accommodate Special Dietary Needs?

Special Dietary Modifications

Religious or Cultural Practices, or Dietary Preferences

- Operators are encouraged to change meals and meal service
- Changes need to meet the CACFP meal pattern to be claimed





Supporting Children At Mealtime

- How Can I Help Children Learn to Serve Themselves? Pg. 11
- How Can I Encourage Good Food Safety Habits? Pg. 12
- How Can I Encourage Children to Try New Foods? Pg. 13

How Can I Help Children Learn to Serve Themselves?

Allow Children to Practice On Their Own

If children need help, use the hand-over-hand method to guide them.

It is totally ok to assist children with serving themselves!



How Can I Help Children Learn to Serve Themselves?

Accept It May Be Messy at First

Tips to cut down on the mess:

- Put a towel or paper under the children's chairs.
- Teach children to clean up their mess.
- Let children continue to practice strengthening their skills—which will eventually lead to creating less mess.
- Life is messy, just clean it up!
- Accidents happen and that is how we learn



How Can I Help Children Learn to Serve Themselves?

Choose Foods That Are Easier to Scoop! Adapt and Thrive!

Instead Of...



Spaghetti
noodles



Thin
soups



Whole chicken
tenderloin

Try...



Macaroni
noodles



Thick
chili*



Diced or
shredded chicken

*Cook foods, such as beans, until they are soft enough to pierce with a fork to reduce the risk of choking.

How Can I Encourage Good Food Safety Habits?

Follow state or local health safety codes and regulations.

- Pre-plate a child's meal if a child is sick or has an open wound.
- Use different colors for serving and eating utensils and dishes.
- Food safety training and resources that cover these topics can be found at the Institute of Child Nutrition.



theicn.org/icn-resources-a-z/food-safety



How Can I Encourage Children to Try New Foods?

Be a Role Model! They really are watching you!

- Sit down and eat the same foods as the children at mealtime.
- Have more adventurous eaters sit next to children that need more encouragement.

<https://fns-prod.azureedge.us/sites/default/files/resource-files/CACFP-Lets-Talk-at-Mealtime.pdf>

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Let's Talk at Mealtime



Trying Foods

- Wow, that smells good. I wonder what that tastes like.
- I like this food because...(it's crunchy, it's sweet).
- Plums are juicy and can be sweet. I think they taste like peaches.



"Picky" Eating

- It's okay that you didn't want to try that food today. Maybe you will try it again another day.
- I like to smell foods first before I taste them. Do you want to try that?
- How we make our food changes the way it tastes. How does your family make this food?



Social Development

- I like how nicely you passed that bowl.
- Sometimes we spill or drop our food by mistake. How did you feel when that happened? What can we do right now to help?
- Great job saying "please" and "thank you."



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Review and Next Steps

Question

What must a site do to claim a reimbursable meal and snack in the CACFP when implementing family style meal service?

- a. Provide the full portion of each meal component for every child seated at the table in serving bowls and plates.
- b. Offer each meal component to each child at the table.
- c. Force children to take a small portion of every food item.

Review and Next Steps

Answer

What must a site do to claim a reimbursable meal and snack in the CACFP when implementing family style meal service?

Both a and b are correct.

- a. Provide the full portion of each meal component for every child seated at the table in serving bowls and plates.
- b. Offer each meal component to each child at the table.

 Force children to take a small portion of every food item. No! Food is to never be used as a reward or punishment.

Review and Next Steps

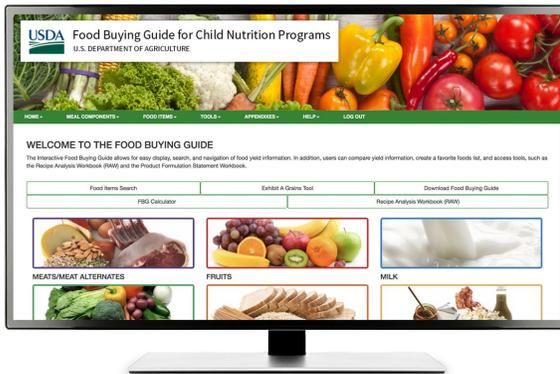
Develop an Action Plan

Identify an action step you want to take to begin or improve family style meal service.

Action Step	Responsible Staff	Other Staff Involved	Timeframe	Tasks
Provide a 1-hour training to staff on family style meal service	Assistant Director	Food service staff or vendor, CACFP Administrator	Next Staff Meeting (1-month planning period)	<ol style="list-style-type: none"> 1. Review family style meal service training topics and decide on most important topics for staff. 2. Work with food service staff or vendor to prepare a family style meal service snack during the staff training. 3. Ask a classroom teacher at nearby center (who currently implements family style meal service) to speak and answer questions during the training.

How Do I Make Sure I'm Providing Enough Food for Each Child?

CACFP Ounce Equivalents Resources



Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grain components are listed in the meal patterns as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?

- 20 cheese crackers (1" by 1") = 1 oz. eq.
- 12 thin wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.
- 5 woven whole-wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal patterns requirements. To use this chart:

- Find the grain you want to serve under the "Grain Item and Size" column.
- Check if the chart lists a size or weight for the grain. If the chart lists a weight for the grain, such as at least 26 grams, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. (See page 5.)
- Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal patterns requirement for grains.

Grain Item and Size	Serve at Least
1 through 5-year-olds at Breakfast, Lunch, Supper, Snack	1/4 cup or 14 grams
Plus bread/roll (adds grain-rich or enriched program)	1 1/2 cups or 14 grams
Preheat, Heat, Mini-Tort (about 1 1/4" by 1 1/4")	7 wheat or 11 grams

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>

Calculating Ounce Equivalents of Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, minimum required amounts for grains are listed in the meal patterns as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

Below are three ways you can determine how much of an item you need to serve at CACFP meals and snacks:

- Grains Measuring Chart for the CACFP:** This chart shows the amount of common grain items equal to a 1/2 ounce equivalent, 1 ounce equivalent, and 2 ounce equivalents. Find the chart in the "Using Ounce Equivalents for Grains in the Child and Adult Care Food Program" worksheet at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.
- Food Buying Guide for Child Nutrition Programs (FBG):** Use this application's "Exhibit A: Grains Tool" to enter information from the Nutrition Facts label of the grain product. It will calculate how many ounce equivalents are in one serving. Use the application's "Recipe Analysis Workbook" to determine the ounce equivalents of grains in a serving of a standardized recipe. The FBG is available at foodbuyingguide.fns.usda.gov.
- Calculation Method:** Use the information on the item's Nutrition Facts label, and follow the steps for "Calculating Ounce Equivalents for Grains" beginning on page 2 of this worksheet.

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CACFP Halftime: Thirty on Thursdays Training Webinars

Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grains in a portion of food.

How Much is 1 Ounce Equivalent?

- 0.9 ounce (22 grams) of Cheese Crackers = 1 oz. eq. of grains
- 1 ounce (28 grams) of Toasted O's Cereal = 1 oz. eq. of grains
- 2 ounces (55 grams) of Blueberry Muffin = 1 oz. eq. of grains

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Feeding Infants Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

As a reminder, iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper in the CACFP infant meal pattern. You may serve bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals as part of a reimbursable snack.

Grain Item	Requirements
Iron-Fortified Infant Cereal; or meals/meat alternates; or both	0-10 oz. eq.
Bread/Bread-like Items; or Crackers; or Iron-Fortified Infant Cereal; or Ready-to-Eat Cereal	0-10 oz. eq.

Reminder! Infant cereals and ready-to-eat cereals must be iron-fortified. Ready-to-eat cereals must contain no more than 6 grams of sugar per dry ounce. All grains served must be enriched, fortified, or whole grain-rich.

For more information on the CACFP infant meal pattern, see the "Feeding Infants in the Child and Adult Care Food Program" guide at teamnutrition.usda.gov.

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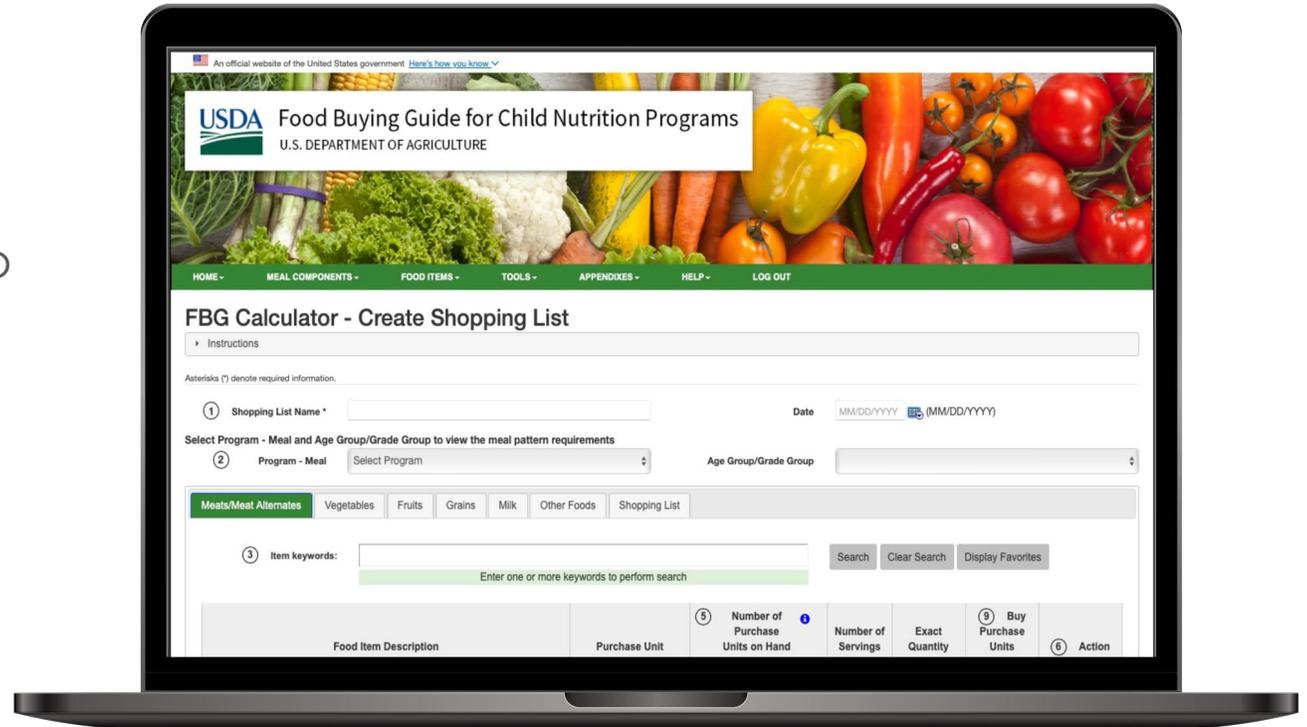


fns.usda.gov/tn/grains-ounce-equivalents-resources-cacfp

How Do I Make Sure I'm Providing Enough Food for Each Child?

Resource - USDA Food Buying Guide Calculator for Child Nutrition Programs

Use the Food Buying Guide Calculator to help you determine how much food to purchase.



For more information, check out a training video at fns.usda.gov/tn/navigating-food-buying-guide-fbg-calculator.

More Team Nutrition Resources



Posters



Training Worksheets



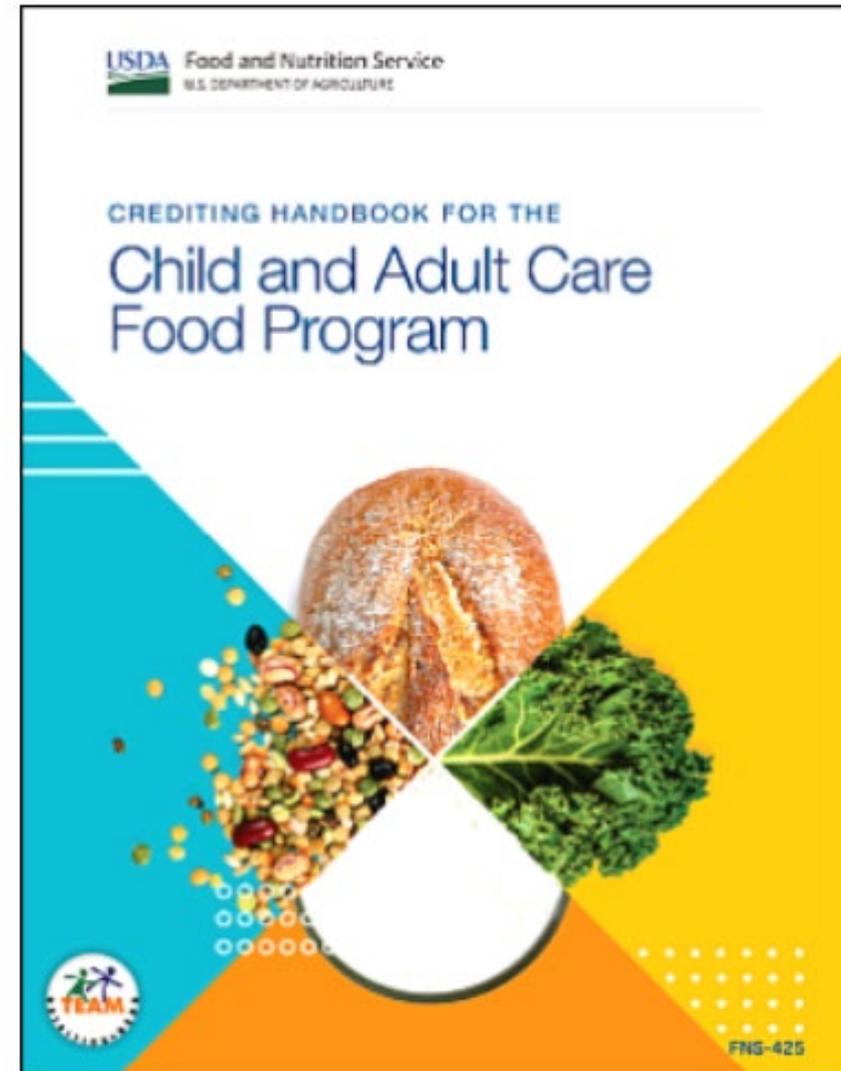
Training Slides



TeamNutrition.USDA.gov

CACFP Crediting Handbook

- Quick and easy handbook for CACFP
- <https://www.fns.usda.gov/tn/cacfp/crediting-handbook>





Thank You!

Next Thinking Thursday:

July 25, 2024

September 26, 2024

Time: 2:00 pm

Any questions? Contact us!

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Thank You!

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