

Are you following the New meal Patterns?

After allowing time for additional training, October marks the start of New Meal Patterns for CACFP that were first introduced in late 2017. Changes are summarized below.

Some Changes for Infants

Infants include 2 age groups 0-5 month & 6-12 month. Juice & cheese food can no longer be served to infants. Infants can be served Ready-to-Eat Cereal only at snack.

Some Changes for Non-Infant Children

At least one Whole Grain Rich item offered daily. Fruits and vegetables are now separate components. Grain-based desserts are no longer creditable. Meat/Meat Alternate may be served in place of grain at breakfast up to three days per week. Yogurt may have no more than 23 grams of sugar/6 oz. Unflavored whole milk served to one-year-olds. Unflavored 1% or fat-free milk served to 2-5-year-olds. Flavored or unflavored fat-free milk for 6 years and up. Non-dairy milk substitutes (nutritionally equal to milk) may be served with special dietary needs form. Ready-to-Eat Breakfast cereal sugar limit, 6 grams/oz. Frying in oil is not allowed as a way of food preparation. Tofu counts as a meat alternative. Juice (must be 100%) is limited to once per day.

The chart to the right shows the new meal pattern.

NEW Meal Patterns for CACFP Programs

BREAKFAST MEAL PATTERNS - Serve Milk, Grains*, Vegetables or Fruit



* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
VEGETABLES, FRUIT OR BOTH	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

oz eq = ounce equivalents

LUNCH & SUPPER MEAL PATTERNS - Serve all 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup*
MEAT & MEAT ALTERNATES	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
VEGETABLES	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/2 cup	1 cup	1/2 cup
FRUIT	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/4 cup	1 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

* A serving of milk is not required at supper meals for adults. oz eq = ounce equivalents

SNACK MEAL PATTERNS - Select 2 of the 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
MEAT & MEAT ALTERNATES	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
VEGETABLES	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
FRUIT	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	1 serving	1 oz eq

oz eq = ounce equivalents

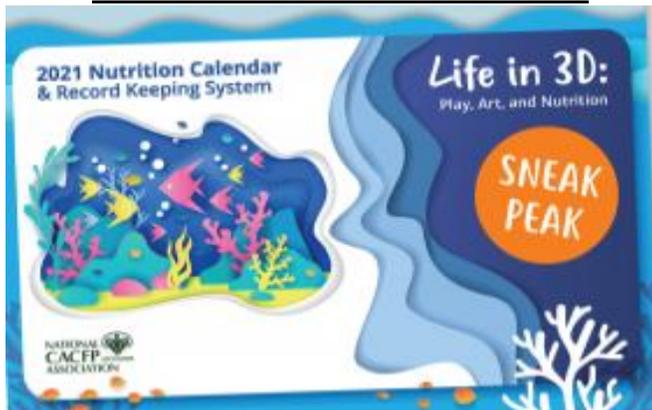
www.**CACFP**.org

Visit us online for more nutrition education resources!

CACFP is an indicator of quality child care. This institution is an equal opportunity provider.



New 2021 Calendar From CACFP



Wildwood will mail a NEW 2021 Record Keeping Calendar to all active home provides in October. Again in 2021, the calendar includes 5 hours of online training courses, activities for children and resources for parent and providers. Watch for your calendar to arrive in the next couple weeks.

Handprint Halloween Crafts

Use these simple ideas for keepsake craft activities that won't drive you batty.





CLAIMS

CORNER

We want you to receive the most money you can each month. Claims Corner has useful reminders and hints to help you do just that.

- To avoid deductions on your claim, please respond to calls or emails from the Wildwood office as soon as you can.
- USDA waivers have been extended for: Non-congregate meals (which means providers can continue to send meals home for children), Meal patterns (which allows for food substitutions during documented food shortages), and Site monitoring (which means Wildwood staff will not be visiting homes in person).

Resources from National CACFP 2020 Circus Acts: Lessons for Life Calendar

[October Parent Connections Link](#)

[October Circus Acts Child Activities Link](#)

[Monthly Motivation Poster Link](#)

Visit www.CACFP.org for more resources

Thanks for submitting documentation in a timely manner after you've had a phone visit with your Program Representative. When Scanning or sending a photo of records to Wildwood, please open the document to ensure it is clear and legible before sending. If a photo is blurry or you have used light-colored ink, we may not be able to read the details. By opening the form before sending, you can verify that it is clear. If you can read it, then it is likely that our staff will be able to read it also.

USDA Nondiscrimination Statement

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***The last day we can receive original August claims for processing is October 23, 2020.**

***The last day we can receive original September claims for processing is November 20, 2020.**

Referral Bonus! In challenging times, childcare providers need all the support they can get. Do you know providers who do not participate in the food program? Help us make a connection by referring them to your Wildwood field representative. After your referral joins Wildwood and submits their first claim, you will receive your choice of 2 hours of training from our PAID courses as a Bonus. Together we can help small businesses succeed!

2020 Colorado training deadline: December 30

Colorado providers have been notified of any missing trainings for 2020 by email or USPS Mail. A HUGE thank you to those who completed the training right away. Another reminder will be sent for those who still have incomplete training. To check on your training status, please call the Colorado office to verify. 303-730-0460

If you have not already done so, please complete these training topics by November 2020 to reduce the stress for yourself and our staff. If you prefer paper courses, let us know, and we'll mail them to you right away.

[Civil Rights Online Training 2020](#)

[Online Nutrition Training 2020](#)

[Online Program Training2020](#)

Site visits are being done by phone to protect the health of all parties. This is due to a waiver by USDA which has been extended through September 30, 2021. If your program representative leaves a message, please call them back as soon as possible to complete the phone review.

Let us know if you have questions or need menus, attendance, or enrollment forms. 303-730-0460