



STATE OF CONNECTICUT

STATE DEPARTMENT OF EDUCATION



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

FROM: John Frassinelli, Chief
Bureau of Health/Nutrition, Family Services and Adult Education

DATE: January 15, 2015

SUBJECT: **Operational Memorandum #06A-15, #07C-15 and #06H-15**
Child and Adult Care Food Program: Meal Pattern Revisions Related to the
Healthy, Hunger-Free Kids Act

The proposed rule titled *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010* was published on January 15, 2015 and can be found at the following link: <https://www.federalregister.gov/articles/2015/01/15/2015-00446/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

This rule proposes changes to the meal pattern requirements for the Child and Adult Care Food Program (CACFP) to better align the meal patterns with the 2010 Dietary Guidelines for Americans, as required by the Healthy, Hunger-Free Kids Act of 2010 (HHFKA). The proposed changes are based on the Dietary Guidelines for Americans, science-based recommendations made by the Institute of Medicine of the National Academies in the report *Child and Adult Care Food Program: Aligning Dietary Guidance for All*, and input from stakeholders, as well as cost and practical considerations for CACFP institutions and facilities. In addition, this proposal would make additional revisions to the health and wellness components of CACFP to reflect several requirements set forth in the HHFKA. Implementation of this proposed rule would serve as a step towards more nutritious meals that improve the dietary habits of participants in day care. It would require that:

- the fruits and vegetables component be divided into a separate fruit component and a separate vegetable component;
- at least one serving per day, across all eating occasions, of grains be whole grain-rich as described in the new definition of “whole grains” under 7 CFR 226.2;
- breakfast cereals conform to requirements as outlined by WIC, under Table 4 of 7 CFR 246.10(e)(1212);
- grain-based desserts be excluded from being used to meet the grain component requirement;
- a meat or meat alternate be allowed as a substitute for up to one-half of the required grains at breakfast meals;
- tofu be allowed as a meat alternate;
- unflavored whole milk be served to children one year of age (12 through 23 months) and 1 percent or fat-free milk be served to children two and older and adults;
- flavored milk served is fat-free only;
- non-dairy milk substitutions, flavored or unflavored, that are nutritionally equivalent to milk, as outlined by the NSLP under 7 CFR 210.10(d), may be served in lieu of fluid milk, if requested in writing by a child's parent or guardian or an adult participant;
- for adult participants only, yogurt be permitted as a fluid milk alternate up to one time per day across all eating occasions;
- frying be disallowed as an onsite preparation method for day care institutions; and
- day care institutions make drinking water available throughout the day to all children upon their request.

This proposed rule also includes best practices that day care facilities may choose to follow to further improve the nutritional quality of meals served. These proposed changes are intended to provide options for participants that will further improve the overall health and wellness of children and adults in day care settings.

All CACFP institutions are encouraged to review the proposed rule and take the opportunity to provide comment directly to the U.S. Department of Agriculture (USDA). Do **not** send comments to the Connecticut State Department of Education.

In order to be assured of consideration, all comments must be received by the USDA on or before April 15, 2015 and may be submitted through one of the following methods only:

- *Preferred method:* Federal eRulemaking Portal at <http://www.regulations.gov>. Follow the online instructions for submitting comments.
- *Mail:* Written comments should be addressed to Tina Namian, Branch Chief, Policy and Program Development Division, Child Nutrition Programs, Food and Nutrition Service, Department of Agriculture, Post Office Box 66874, St. Louis, Missouri 63166.

Comments sent by other methods not listed above will not be able to be accepted and subsequently not posted. Comments submitted in response to this rule will be included in the record and will be made available to the public. Please be advised that the substance of the comments and the identity of the individuals or entities submitting the comments will be subject to public disclosure. USDA will make the comments publicly available on the Internet via <http://www.regulations.gov>.

If there are any questions about this information, contacts are as follows:

Day Care Center Sponsors: Susan Boyle at 860-807-2074, Celia Cordero at 860-807-2076, Benedict Onye at 860-807-2080 or Terese Maineri at 860-807-2145.

Day Care Home Sponsors: Celia Cordero at 860-807-2076 or Terese Maineri at 860-807-2145.

JF:shb