

New Meal Pattern Training Tools for the Child and Adult Care Food Program (CACFP)

These training tools include PowerPoints with notes pages, activities, recorded training videos and handout materials. These resources cover the entire content area of all [CACFP Meal Pattern Changes Effective October 1, 2017](#). These tools are available to sponsors to support their annual CACFP training as well as inform staff of the new meal pattern changes. You may use these training tools in annual staff training or as self-study followed by discussion. The materials are divided into child meal pattern information in chapters 1 through 8 and [Staff Training for Adult Day Care Centers](#) in chapters 9 through 12.

PowerPoints for all lessons are available to use or modify to the unique needs of your organization. Also, recorded videos for each of the lessons can be used either by playing or streaming. If you prefer, you can also download the videos and save the video recordings to your laptop.

The new meal pattern information is compiled into a [Participant Workbook](#). You may choose to use this guide for the entire training. However, we recognize that this is lots of paper/pages, so we have designed the lessons to not require the workbook. So using or printing the participant workbook is optional.

Staff Training for Child Care Centers, At-Risk Afterschool Meals Program, Head Start, Emergency Shelters, Outside School Hours

Chapter 1: Introduction

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- [08-2017 Guidance Memo](#)—Questions and Answers on the Updated Meal Pattern Requirements for the CACFP

Chapter 2: Infant Meal Pattern

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- Handout materials
 - [Choose Yogurts That Are Lower in Added Sugars](#)
- [02-2018 Guidance Memo](#) —Feeding Infants and Meal Pattern Requirements in the CACFP; Q&As

Chapter 3: Child Meal Pattern

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))

Chapter 4: Milk Food Component

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- Handout materials
 - [Choose Yogurts That Are Lower in Added Sugars](#)
 - [Fluid Milk Substitutions Meeting USDA Criteria in the Child Nutrition Programs](#)
 - [Serving Milk in the CACFP](#)
- [17-2016 USDA Guidance Memo](#)—Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As

Chapter 5: Vegetable Food Component and Fruit Food Component

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- [09-2017 Guidance Memo](#)—Vegetable and Fruit Requirements in the CACFP: Question and Answer Documents

Chapter 6: Meat and Meat Alternate Food Component

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- Handout materials:
 - [Choose Yogurts That Are Lower in Added Sugars](#)
- [21-2016 Guidance Memo](#)— Crediting Tofu and Soy Yogurt Product in the School Meals Program and the CACFP

Chapter 7: Grains Food Component

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- Handout materials
 - [Grain Crediting Chart for the CACFP](#)
 - [What is Whole Grain-Rich?](#)
 - [WIC Cereal List](#)
 - [Choose Breakfast Cereals That Are Lower in Added Sugars](#)
- [01-2018 Guidance Memo](#)—Grain Requirements in the CACFP: Q&As

Chapter 8: Other Provisions and Next Steps

- [PowerPoint](#)
- [Play Training Video](#) (or [Download Video](#))
- Handout materials:
 - [CACFP Best Practices](#)
 - [Menu Planning in Three Easy Steps](#)
 - [Which Menus Require Whole Grain-Rich Foods?](#)
 - [Growing a Healthier Future with CACFP](#)

- [15-2016 Guidance Memo](#)—Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program Meal Pattern
- [13-2017 Guidance Memo](#)—Transition Period for Updated CACFP, Infant, Preschool Meal Patterns
- [05-2017 Guidance Memo](#)—Offer Versus Serve and Family Style Meals in the Child and Adult Care Food Program
- [20-2016 Guidance Memo](#)—Water Availability in the CACFP

Staff Training for Adult Care Centers

Adult Chapter 9: Introduction and Vegetable Food Component and Fruit Food Component

- [PowerPoint](#)
- [Training Video](#) (or [Download Video](#))
- [09-2017 Guidance Memo](#)—Vegetable and Fruit Requirements in the CACFP: Q&As
- [08-2017 Guidance Memo](#)—Questions and Answers on the Updated Meal Pattern Requirements for the CACFP

Adult Chapter 10: Milk Food Component and Meat/Meat Alternate Food Component

- [PowerPoint](#)
- [Training Video](#) (or [Download Video](#))
- [17-2016 USDA Guidance Memo](#)—Nutrition Requirements for Fluid Milk and Fluid Milk Substitutions in the CACFP, Q&As
- [21-2016 Guidance Memo](#)—Crediting Tofu and Soy Yogurt Product in the School Meals Program and the CACFP

Adult Chapter 11: Grain-Based Dessert and Whole Grain

- [PowerPoint](#)
- [Training Video](#) (or [Download Video](#))
- Handout materials
 - [Grain Crediting Chart for the CACFP](#)
 - [What is Whole Grain-Rich?](#)
- [05-2017 Guidance Memo](#)—Offer Versus Serve and Family Style Meals in the CACFP
- [16-2017 Guidance Memo](#)—Grain-Based Desserts in the CACFP
- [01-2018 Guidance Memo](#)—Grain Requirements in the CACFP: Q&As

Adult Chapter 12: Label Reading and Next Steps

- [PowerPoint](#)
- [Training Video](#) (or [Download Video](#))
- Handout materials
 - [Choose Yogurts That Are Lower in Added Sugars](#)
 - [WIC Cereal List](#)
 - [Choose Breakfast Cereals That Are Lower in Added Sugars](#)
 - [Meal Pattern Changes](#)