



# ***Child and Adult Care Food Program Crosswalk (Center based - all ages)***

To designate which measures, pertain to each age group, please note the following codes:

- A - All Ages
- I - Infants
- T - Toddlers
- P - Preschoolers
- S - School

Date: August 2019

## Category 4: Nutrition

Age	TRS Measure	CACFP Guidelines
All Ages	<p><b>S-N-01</b>            Program Practices- To mark met, the written policies must include ALL of the following:</p> <ul style="list-style-type: none"> <li>a) Liquids and food hotter than 110 degrees F are kept out of reach,</li> <li>b) All staff are educated on food allergies and they take precautions to ensure children are protected.</li> <li>c) On days that providers serve meals, prepared food that is brought into the program to be shared among children is commercially prepared OR prepared in a kitchen that is inspected by local health officials.</li> <li>d) Healthy snacks (as listed by the Texas Department of Agriculture) are available for school aged children as children arrive.</li> <li>e) That, on days that providers serve meals, milk, fresh fruit and vegetable are available for children who bring lunches from home.</li> </ul>	Nothing was specifically noted in CACFP about this item in the measure.
All Ages	<p><b>S-N-02</b>            Home Lunch Practices- N/A Allowed: Yes,            If the facility had a written policy that prohibits food from being brought into the facility from home, then this measure may be marked as "N/A" for that facility, If the provider has such a policy, and the assessor observes that food is brought into the facility, then the measure should be scored as "Not Met."            To mark met, the written policies must include ALL of the following:</p> <ul style="list-style-type: none"> <li>a) Include in written policies procedures to ensure the safety of food brought from home, including refrigeration or other means to maintain appropriate temperatures.</li> <li>b) Programs have policies in place outlining strategies to educate children and their parents on nutrition.</li> <li>c) Programs provide parents with information about foods that may cause allergic reactions.</li> <li>d) Providers provide sample menus of healthful lunches for parents whose children bring food from home. Parents are encouraged to provide meals with adequate nutritional value.</li> </ul>	Nothing was specifically noted in CACFP about this item in the measure.
All Ages	<p><b>S-N-03</b>            Menu Planning            To mark met, the written policies must meet ONE of the following:</p> <ul style="list-style-type: none"> <li>A. 12 months of menus that have been reviews and approved by: A1. A dietitian licensed by the Texas State Board of Examiners of Dietitians (<a href="http://www.dshs.state.tx.us/dietitian/dt_roster.shtm">http://www.dshs.state.tx.us/dietitian/dt_roster.shtm</a>), or A2. A certified child care health consultant (healthy child care Texas); or A3. An individual with a bachelor's or graduate degree with major in human nutrition, food and nutrition, nutrition education, dietetics, or food systems; or</li> <li>B. Provider menu policies are structured to provide children with a variety of foods with different colors and textures to include whole grains, fresh fruits and vegetables; less process items; and meets the Dietary Guidelines for Americans guidelines established by the USDA. <a href="https://fnic.nal.usda.gov/dietary-guidance/dietaryguidelines">https://fnic.nal.usda.gov/dietary-guidance/dietaryguidelines</a>            Note that sample menus must be provided; or</li> <li>C. The Provider is participating in and in good standing with CACFP.</li> </ul>	<p><b>Daily Menu Records</b>            Daily records of menus must contain a listing of the food items served in each meal type to ensure that the requirements of the CACFP meal patterns were met [7 CFR 226.24(a); 226.15(e)(10)].            Child care centers and day care homes serving infants must offer meals that include breastmilk or an infant formula that meets CACFP requirements [7 CFR 226.20(b)]. In most child care facilities, if a parent declines the formula that is offered, the parent may provide a different brand or type of formula. In some States, child care facilities are required to complete a separate State form documenting the parent's decision.</p>

I	<p><b>S-N-04</b> Breastfeeding Education and Resources Mark met if the policies specify that, upon request, a compilation of breastfeeding education and support resources in the community is provided to parents.</p> <p>These resources may be given through multiple avenues, including, but not limited to, paper handouts or pamphlets, websites and social media.</p>	<p>Encourage and Support Breastfeeding</p> <ul style="list-style-type: none"><li>-Support mother who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.</li><li>-Only breastmilk and infant formula are served to infants 0 through 5 months old.</li></ul>
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Age	TRS Measure	CACFP Guidelines
All Ages	<p><b>P-N-01</b> Items to observe: yes/no Indicators</p> <ul style="list-style-type: none"> <li>- Drinks are offered with food</li> <li>- Seconds of healthy options are available</li> <li>- Children are not hurried to finish eating</li> <li>- Children are not viewing television during mealtime</li> <li>- Children are encouraged to engage in conversation during meal time</li> <li>- Children have the opportunity to feed themselves consistent with their developmental levels</li> </ul>	<p><b>Water Availability</b> Drinking water must be made available to children throughout the day, including at meal times. Water cannot be served in lieu of fluid milk. Water can be made available to children in a variety of ways, including simply providing water to a child when it is requested.</p>
T/P	<p><b>P-N-02</b> Caregivers model appropriate dining etiquette.</p>	Nothing was specifically noted in CACFP about this item in the measure.
I	<p><b>P-N-03</b> Infants are held (if developmentally appropriate) and talked to in reassuring tones while bottle fed.</p>	Nothing was specifically noted in CACFP about this item in the measure.
I	<p><b>P-N-04</b> Caregivers feed infants on the infant's cue, such as the infant opening the mouth and making suckling noises or moving hands at random, unless the parent and the child's physician give written instructions otherwise. The caregivers also stop feeding upon satiety. Caregivers observe satiation indicators such as the infant keeping the mouth closed, turning away from the bottle, and paying increased attention to surroundings.</p>	<p><b>Responsive Feeding</b> Feeding "on demand" means feeding a baby when he or she shows signs of being hungry and stopping the feeding when the baby shows signs of being full.</p> <p>Signs that a baby is hungry:</p> <ul style="list-style-type: none"> <li>-Gets excited when he or she sees food</li> <li>-Rooting</li> <li>-Makes sucking noises and motions, or sucks on lips, hands, fingers, toes, toys, or clothing</li> <li>-Moves head towards spoon or tries to bring food to his or her mouth</li> <li>-Reaches or points to food</li> <li>-Open and closes mouth</li> </ul> <p>Signs that a baby is full:</p> <ul style="list-style-type: none"> <li>-Sucks slowly or stops sucking</li> <li>-Turns head away</li> <li>-Falls asleep</li> <li>-Pushes food away</li> <li>-Seals lips together</li> <li>-Looks around and does not pay attention during a feeding</li> </ul>
T/P	<p><b>P-N-05</b> Meals are served to children seated in small groupings with their assigned caregivers when not helping with the meal service routine or providing necessary assistance to children. Children are encouraged to sample a variety of food of different colors and textures.</p>	<p><b>Family style Meal Service</b> Meals may be served in a family style setting where foods are placed on the table in serving dishes and children serve themselves from the main dish, with assistance from the supervising adult as necessary. -Every child should initially be offered and encouraged to take the full portion of each meal component required for his or her age group.</p>

<b>P</b>	<p><b>P-N-06</b> Meals are served family style; all children may assist with mealtime activities, with staff supervision. Children are encouraged to serve themselves as their abilities permit (ex. set tables, put out napkins, scoop food using sturdy serving spoons, pour milk from child sized pitchers). Items to observe: -Meals are served family style -Children are encouraged to set tables, put out napkins, clean place mats etc. -Children are encouraged to serve themselves as their abilities permit ex. scoop food using sturdy serving spoons, pour milk from child sized pitchers -An orderly process is in place for taking turns and varying tasks.</p>	<p><b>Family style Meal Service</b> Meals may be served in a family style setting where foods are placed on the table in serving dishes and children serve themselves from the main dish, with assistance from the supervising adult as necessary. -A sufficient amount of prepared food must be placed on each table to provide the full required portions of each of the food components for all children at the table and to accommodate the supervising adults; -Every child should initially be offered and encouraged to take the full portion of each meal component required for his or her age group; and -If a child initially refuses a component or does not take the full portion size required for his or her age, the supervising adult is responsible for actively encouraging the child to at least take a trial portion or offering a second helping of the food component during the course of the meal.</p>
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**CACFP Infant Meal Pattern:**

	0-5 Months	6-11 Months
<b>Breakfast</b>	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt or a combination* 0-2 tbsp. vegetable. Fruit or both*
<b>Lunch or Supper</b>	4-6 fl oz breastmilk or formula	6-8 Fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt or a combination* 0-2 tbsp. vegetable. Fruit or both*
<b>Snack</b>	4-6 fl oz breastmilk or formula	6-8 fl oz breastmilk or formula 0-4 tbsp infant cereal, meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz cheese; or 0-4 oz (volume) cottage cheese; or 0-4 oz yogurt or a combination* 0-2 tbsp. vegetable. Fruit or both*

\*Required when infant is developmentally ready.

All serving sizes are minimum quantities of the food components that are required to be served.

**CACFP Child Meal Pattern:**

<b>Breakfast Meal Patterns</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>
<b>Milk</b>	½ cup	¾ cup
<b>Vegetables, fruit, or both</b>	¼ cup	½ cup
<b>Grains</b>	½ oz eq*	½ oz eq*

\*Meant and meat alternates may be used to substitute the entire grains component a maximum of three times per week.

Oz eq= ounce equivalents

<b>Lunch and Supper Meal Patterns</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>
<b>Milk</b>	½ cup	¾ cup
<b>Meat and meat alternates</b>	1 oz	1 ½ oz
<b>Vegetables</b>	1/8 cup	1/4 cup
<b>Fruits</b>	1/8 cup	¼ cup
<b>Grains</b>	½ oz eq*	½ oz eq*

Oz eq= ounce equivalents

<b>Snack Meal Patterns</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>
<b>Milk</b>	½ cup	¾ cup
<b>Meat and meat alternates</b>	½ oz	½ oz
<b>Vegetables</b>	½ cup	½ cup
<b>Fruits</b>	½ cup	½ cup
<b>Grains</b>	½ oz eq*	½ oz eq*

Oz eq= ounce equivalents