

**Suggested PSES Comments to USDA on the Proposed Child and Adult Care Food Program (CACFP) Rule Change
1-5 year old Meal Pattern**

1. Happy to see the proposed rule changes and pleased that the goal is to better align the meal pattern with the dietary guidelines for Americans.
2. Limit juice to no more than one serving per day for children age one and older.
3. Offer a fruit or vegetable for at least one snack per day.
4. Make the vegetable and fruit group two groups instead of one and both would be required at lunch.
5. Do not serve flavored milk to children 1-5 years of age (flavored milk is a sugar sweetened beverage).
6. Add water to the Meal Pattern to assure that it is provided at meal and snack time.
7. When flavored yogurt is served it must not contain more than 30 grams of sugar per 6 oz.
8. Staff should sit with children at meal and snack time.
9. Serve at least some if not all of the foods family style at meals and snacks.
- 10. Recommend** disallowing processed meats such as hot dogs, corn dogs, bologna and sausage. **Could be a requirement.**
- 11. Recommend** disallowing or limiting to one or fewer times per week: Pre-fried, flash fried or par-fried foods i.e processed pre-fried foods such as chicken nuggets, fish sticks, or chicken strips, deep fried burritos, French fries, tater tots, donuts. Pan frying or shallow frying with less than a ¼ inch of oil such as for Asian style vegetables should be allowed. **Could be a requirement.**

**Suggested PSES Comments to USDA on the Proposed Child and Adult Care Food Program (CACFP) Rule Change
Infant (0 – 12 mths) Meal Pattern,**

1. Only breastmilk or formula may be served to an infant up to 5 months of age. Complimentary foods (transition foods) are allowable from 6 – 12 months.
2. Breastfeeding by a mother during program hours is reimbursable.
3. Juice may not be served to infants under 12 months.
4. Fruit or vegetable must be served in infant snack for 6-11 month olds
5. 6-11 month old infants can no longer be provided any cow's milk product such as cheese cottage cheese or yogurt.