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**FISCAL YEAR 2016  
CHILD AND ADULT CARE FOOD PROGRAM  
FAMILY DAY CARE HOME SPONSORS MEMORANDUM #13**

**TO:** Family Day Care Home Sponsors

**FROM:** Marla J. Moss, Director  
Office of School Support Services

**DATE:** May 25, 2016

**SUBJECT: Released: The new Updated Meal Standards for the Child and Adult Care Food Program**

The Final Rule updating the meal pattern requirements for the Child and Adult Care Food Program (CACFP) were published in the [Federal Register](https://www.federalregister.gov/articles/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act) (<https://www.federalregister.gov/articles/2016/04/25/2016-09412/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>) on April 25, 2016. The new meal patterns better align with the Dietary Guidelines for Americans, as required by the Healthy, Hunger-Free Kids Act of 2010. This rule requires centers and family day care homes (FDCH) participating in CACFP to serve more whole grains. It also requires serving a greater variety of vegetables and fruit and reducing the amount of added sugars and solid fats in meals. In addition, this final rule supports mothers who breastfeed and improves consistency with the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) and with other Child Nutrition Programs. Several of the changes are extended to the National School Lunch Program, School Breakfast Program, and Special Milk Program.

The new standards were carefully designed to make significant, achievable, and cost-neutral improvements to the nutritional quality of the meals and snacks served through CACFP. Centers and FDCH may continue to comply with the earlier meal standards as they transition to the new meal standards. However, all aspects of meals served through the CACFP must meet the new standards no later than October 1, 2017. By setting an implementation date of October 1, 2017, the Final Rule provides ample time for centers and FDCH to learn and understand the new meal pattern standards before they are required to be in full compliance.

The USDA will provide in-person and online trainings and is developing new resources and training materials, such as menu planning tools, new and updated recipes, and tip sheets, to ensure successful implementation of the new nutrition standards. MDE will conduct in-person and online trainings as additional guidance becomes available.

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The new [Nutrition Standards](http://www.fns.usda.gov/cacfp/meals-and-snacks) (<http://www.fns.usda.gov/cacfp/meals-and-snacks>) and one page summaries on the new meal patterns and the new meal standards charts may be viewed on the Food and Nutrition Services homepage.

Contact MDE's Child and Adult Care Food Program office at 517-373-7391 with any questions.