



**DOH-CACFP:** Number 222 (09/24)  
Supersedes Number 214 (06/22)

**TO:** CACFP Sponsoring Organizations of Day Care Centers and Day Care Homes

**FROM:** Danielle Quigley, MS, RD, CDN *Danielle Quigley, MS, RD, CDN*  
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**SUBJECT:** Updated Meal Patterns for Infants, Children, and Adults

## I. Purpose and Scope

This policy memo provides updates to the Child and Adult Care Food Program (CACFP) meal patterns for infants, children, and adults.

## II. Summary of Changes

The United States Department of Agriculture (USDA) is requiring minor updates to the CACFP meal patterns to provide consistency with the *2020-2025 Dietary Guidelines for Americans*. The CACFP Meal Patterns have been updated to reflect these changes. Enclosed are new CACFP Meal Patterns and a Crediting Foods in CACFP Update Table to reference when using the Crediting Foods in CACFP guide.

The following changes are effective July 1, 2024:

- Nuts and seeds are allowed to credit for the full meats/meat alternates component, removing the 50 percent crediting limit for nuts and seeds at breakfast, lunch, and supper.
- Sponsoring organizations serving primarily American Indian or Alaska Native participants may substitute vegetables to meet the grains requirement.
- Units of measurement for Vitamin A and Vitamin D have changed for fluid milk substitutes to conform to Food and Drug Administration (FDA) labeling requirements. The amount of Vitamin A and Vitamin D required in fluid milk substitutes does not change; only the unit of measurement has changed.
- “Food components” are now called “meal components”.
- “Dry beans and peas (legumes)” are now called “beans, peas, and lentils”.

The following changes are effective October 1, 2024:

- Breakfast Cereal must contain no more than 6 grams of added sugars per dry ounce.
- Yogurt must contain no more than 12 grams of added sugars per 6 ounces.

### **III. Resources**

CACFP meal patterns are available in English, Spanish, Chinese, Russian, Yiddish, Bengali, Korean, Haitian Creole, Italian, Arabic, Polish, Urdu, French, Burmese, Hindi, Japanese, and Nepali. To place an order for additional resources, please submit an Order Form or call 1-800-942-3858, option 4. The CACFP meal patterns are also available on our website at [www.health.ny.gov/cacfp](http://www.health.ny.gov/cacfp).

If you have questions, please contact us at [cacfp@health.ny.gov](mailto:cacfp@health.ny.gov) or call 1-800-942-3858.

Enclosures:

CACFP Meal Patterns

1377 Crediting Foods in CACFP Update Table