

# TABLETALK

SEPTEMBER, 2017 ❁ CHILD FOOD PROGRAM OF TEXAS ❁ P.O. BOX 5465 ❁ KATY, TX 77491 ❁ 281-395-7000

## Mandatory changes to start October 1<sup>st</sup>.

### Infant Meal Pattern

- Requires whole vegetables and fruits to be served at snack for infants 6-11 months of age
- Eliminates fruit juice from the infant meal pattern
- Allows ready-to-eat- cereals to be served as a grain at snack for infants 6-11 months of age
- Allows cheese, cottage cheese, and yogurt as allowable meat alternates for infants 6-11 months of age
- Reimburses providers for meals when the mother directly breastfeeds her infant at the center or daycare home, for infants birth through 11 months of age

### Child Meal Pattern

- Animal crackers and graham crackers will be allowed within moderation
- Requires breakfast cereals to contain no more than 6 grams of sugar per dry ounce
- Allows meat and meat alternates to be served in placed of the entire grains requirement at breakfast a maximum of three times per week
- Requires yogurt to contain no more than 23 grams of sugar per 6 ounces
- Prohibits flavored milk for child 2-5
- Recommends as a best practice that flavored milk contain no more than 22 grams of sugar per 8 fluid ounces for children 6 years old and older
- Requires portable drinking water to be offered to children throughout the day, and available to children upon their request throughout the day
- Establishes a separate vegetable component and a separate fruit component at lunch, supper, and snack
- Limits the service of fruit juice or vegetable juice to one serving per day for children 1-year-old and older
- Requires at least one serving of grains per day be whole grain-rich
- Disallows grain-based desserts from counting towards the grains requirement
- Allows tofu as a meat alternate
- Allows non-dairy beverages that are nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk
- Prohibits frying as a way of preparing food on-site, as defined as deep fat frying
- Restricts the use of food as a punishment or reward
- Allows reimbursement for meals that contain one component that is provided by a parent or guardian

## 2017 Mandatory Class Training

### Houston Area

September 23<sup>rd</sup> 12:30pm-5pm

Maud Marks Public Library

1815 Westgreen Blvd

Katy, TX 77450

If you have not yet attended one of our Mandatory Trainings this is your last chance. Please make every effort to attend.



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