



Welcome!

Nourish & Flourish: Essential CACFP Adult Menu Planning Tips

Presenters: Esmeralda Fissel



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER





Meet our Speaker!



Esmeralda Fissel, MS, RD, LD

TDA F&N Nutrition Specialist

Texas Department of Agriculture



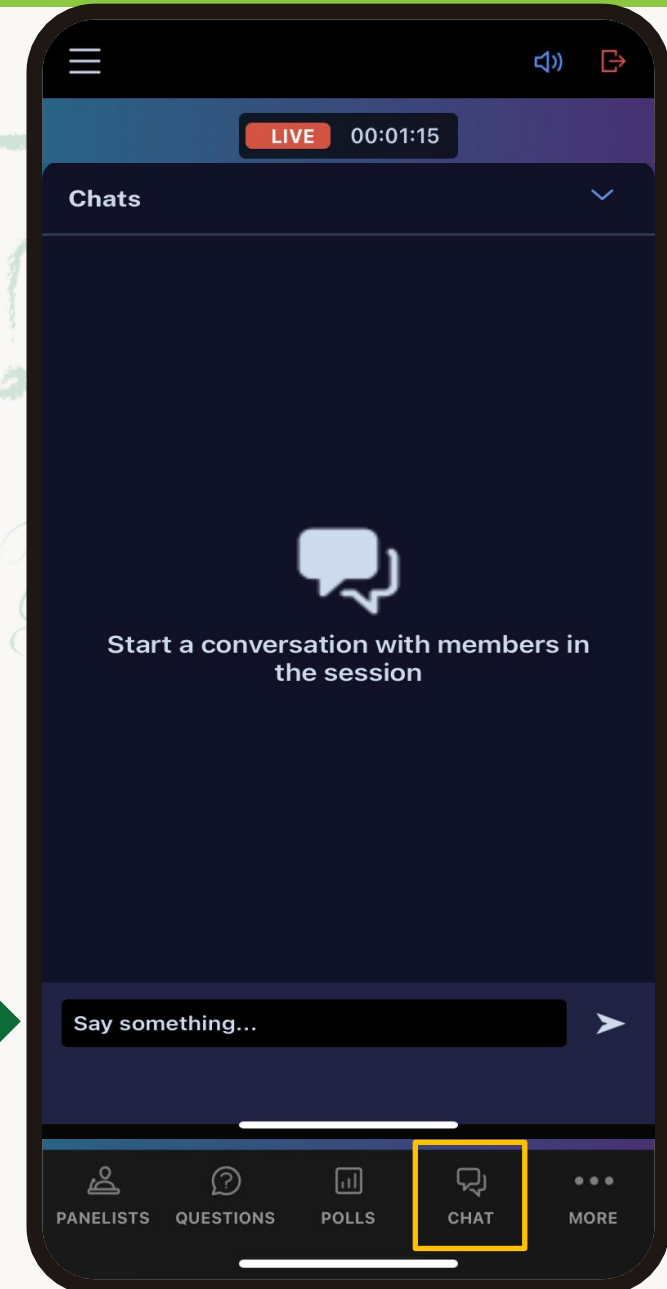
Acknowledgement Statement

You understand and acknowledge that:

- **The training you are about to take does not cover the entire scope of the program; and that**
- **You are responsible for knowing and understanding all handbooks, manuals, alerts, notices, and guidance, as well as any other forms of communication that provide further guidance, clarification, or instruction on operating the program.**



Submit ALL Questions Via The App





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Presentation Overview

**Nutritional Needs and
Considerations**



Adult CACFP Meal Pattern



Menu Planning



Resources



Objectives



**Menu
Planning
Tips and
Resources**



**Nutrition
Needs of
Adults**



**Adult
CACFP
Meal
Pattern**

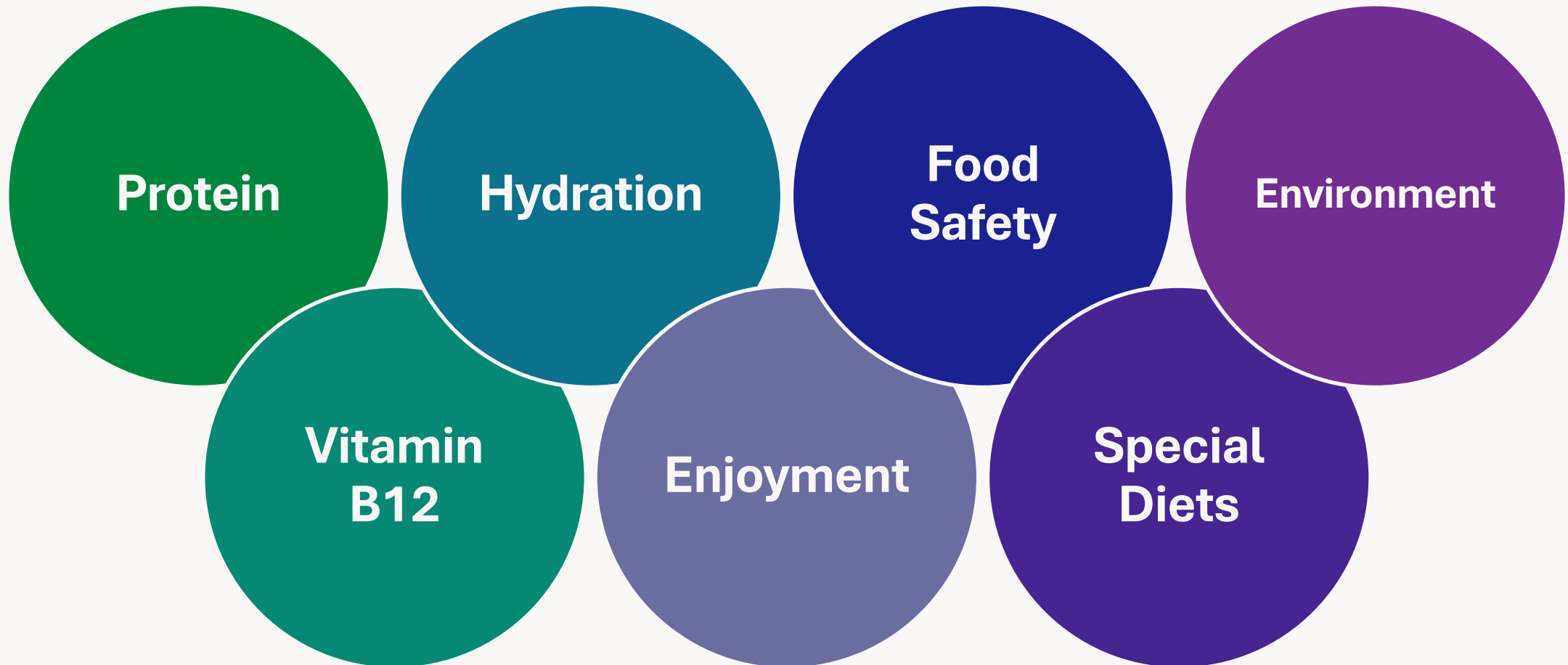




Nutritional Needs of Adult Populations



Nutritional Needs of Adult Populations





Food Safety



Clean

Separate



Cook

Chill





Safe Minimum Internal Temperatures

Poultry
Breast

165°F

Fresh Beef
(Steak)

145°F

Ground
Meat –
Turkey,
Chicken

165°F

Ground
Meat –
Beef or
Pork

160°F

Leftovers –
Any Kind

165°F



Dietary Guidelines for Americans

**Healthy dietary
pattern at every life
stage**

**Personal preferences,
cultural traditions,
and budgetary
considerations**

Nutrient-dense

**Sugar, saturated fat,
and sodium, and
alcoholic beverages**



Dietary Guidelines for Americans

Key Recommendations

Healthy Dietary Patterns

Current Intakes

Special Considerations

Supporting Healthy Eating



Current Intakes of Adults Ages 60+

Vegetables

- Women meet the daily recommended intake of 2-3 cups



FALSE

- 1.5 cups



Current Intakes of Adults Ages 60+

Fruit

- Men meet the daily recommended intake of 2 cups



FALSE

- 1 cup



Current Intakes of Adults Ages 60+

Whole Grains

- Women meet the daily recommended intake of 4 oz eq



FALSE

- 1 oz eq



Current Intakes of Adults Ages 60+

Dairy

- Men meet the daily recommended intake of 3 cups



FALSE

- 1.5 cups



Current Intakes of Adults Ages 60+

Nuts, Seeds, and Soy Products

- Women meet the daily recommended intake of 5 oz eq



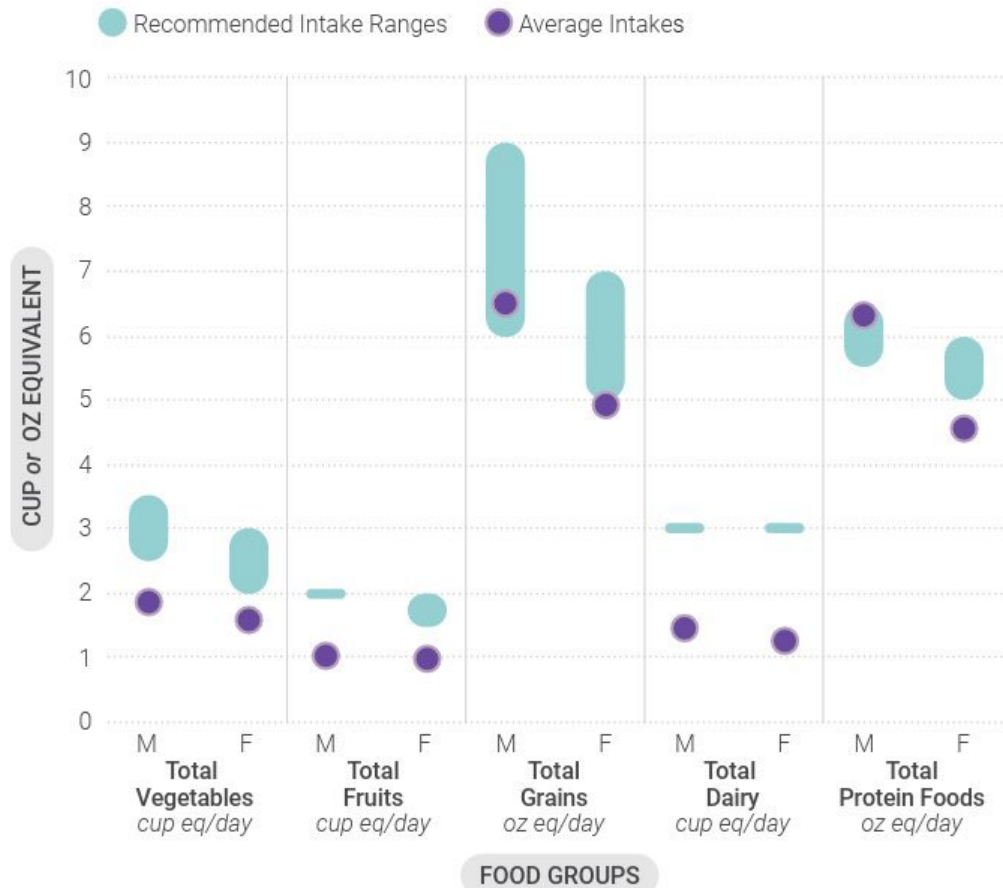
TRUE

- 5 oz eq



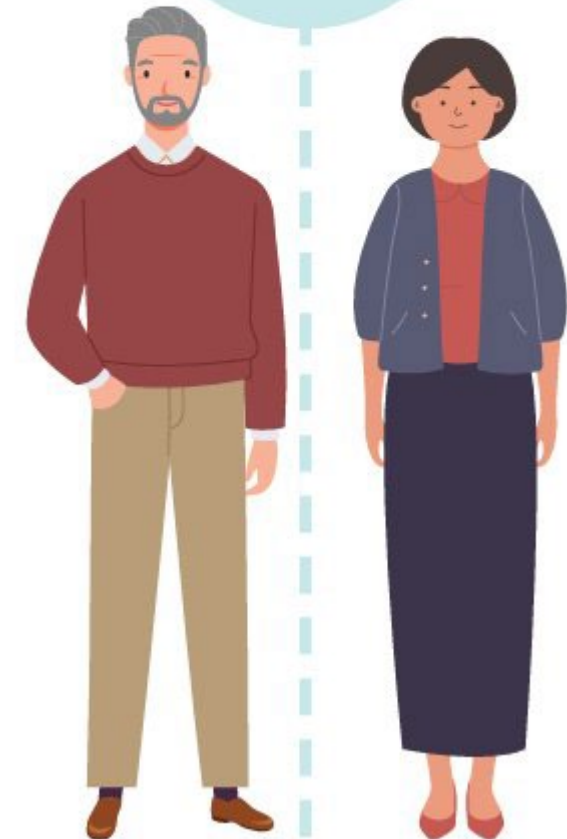
DGA – Adults Ages 60+

Average Daily Food Group Intakes Compared to Recommended Intake Ranges



Healthy Eating Index Score
(on a scale of 0-100)

63





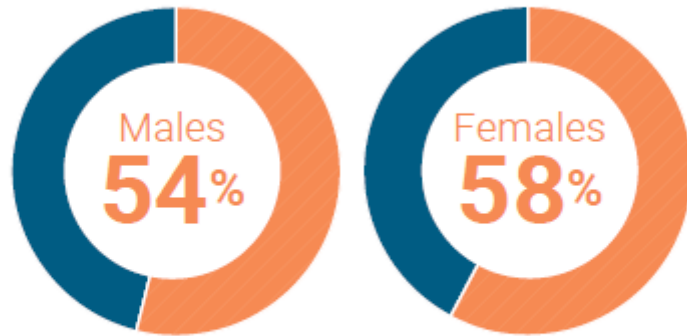
Dietary Guidelines for Americans

Percent Exceeding Limits of Added Sugars,
Saturated Fat, and Sodium

● Exceeding Limit ● Within Recommended Limit

Added Sugars

Limit: 10% of total energy



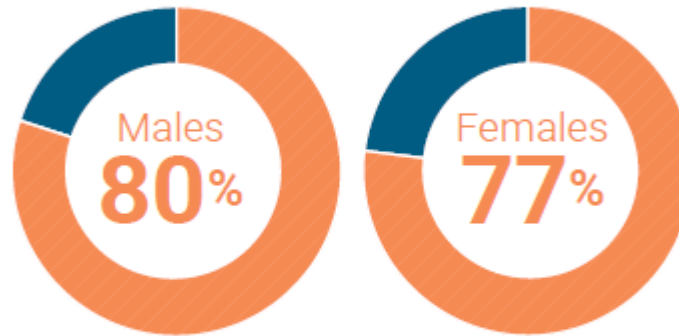
Average Intakes

Males
247 kcal

Females
213 kcal

Saturated Fat

Limit: 10% of total energy



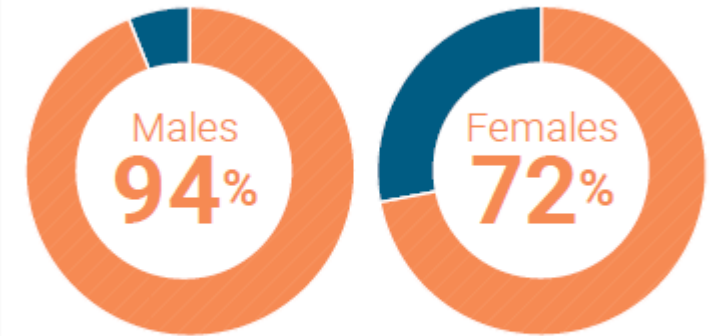
Average Intakes

Males
269 kcal

Females
203 kcal

Sodium

Limit: 2,300 mg



Average Intakes

Males
3,799 mg

Females
2,802 mg



CACFP Meal Patterns

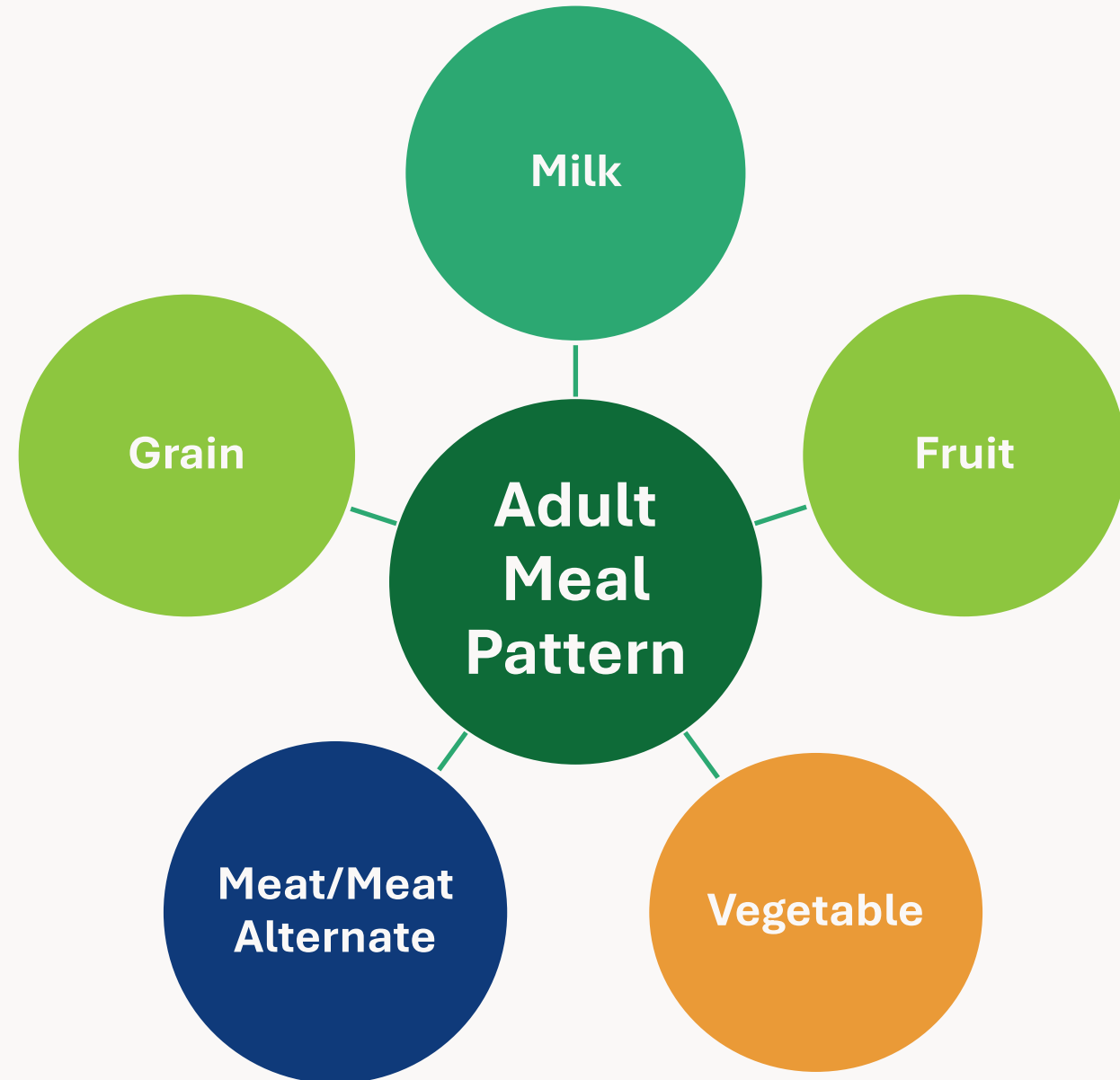


Child and Adult Care Food Program





CACFP Adult Meal Pattern





Final Rule - CACFP Updates



Added Sugars

- Breakfast Cereal: <6g of total sugar per dry ounce
- Yogurt: <23g of total sugar per 6 ounces

Added Sugars

- October 1, 2025
- Breakfast Cereal: <6g of added sugars per dry ounce
- Yogurt: <12g of added sugars per 6 ounces



Final Rule - CACFP Updates



Flavored Milk

- Flavored and unflavored, fat-free and low-fat milk to ages 6+

Flavored Milk

- Flavored and unflavored, fat-free and low-fat milk to ages 6+



Final Rule - CACFP Updates



Meal Modifications

- July 1, 2024
- Defines State Licensed Health Professional
- Encourages non-disability requests

Meal Modifications

- October 1, 2025
- RDs- Medical Statements.



Menu Planning Tips and Resources



Balance

Appeal

Considerations



Balance

As a
general
guide:



5% DV or less of a
nutrient per serving
is considered **low**



20% DV or more of a
nutrient per serving
is considered **high**

Nutrition Facts Label

Servings Per
Container →

Calories →

Nutrition Facts

4 servings per container

Serving size 1 1/2 cup (208g)

← Serving Size

Amount Per Serving

Calories

240

→

← % Daily Value
(% DV)

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 430mg	19%
Total Carbohydrate 46g	17%
Dietary Fiber 7g	25%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 11g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 6mg	35%
Potassium 240mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Balance

Appeal

Special Diets

Culture and Diversity

Preference

Considerations



Food Safety

Local Foods

Training & Development

Celebration/Themes

Budget

Considerations



Considerations

Participant Feedback

- Surveys
- Feedback Cards
- Conversation



Considerations

Participant Feedback

Satisfaction

Quality

Variety

Presentation

Suggestions



Mini Quiz – Nutrients and Considerations

**Ground
Turkey**



165 ° F

Vitamin B12



**Meat, fish,
dairy, eggs**



Mini Quiz- Nutrients and Considerations

**Apple Slices w/
Peanut Butter**



**Tuna Salad w/
Whole Grain
Crackers**



**Carrot Sticks
w/ Hummus**





Mini Quiz – Nutrients and Considerations





Menu Planning Tips and Considerations

Nutritional
Needs

Hydration

Enjoyment

Food Safety

Special diets

Environment

CACFP Meal
Pattern

Final Rule
Updates

Balance &
Appeal

Culture &
Diversity

Personal
Preferences

Local Foods

Training &
Development

Celebrations &
Themes

Budget

Feedback



Menu Planning Activity- Directions



Work with those
around you

The diagram shows three steps in a vertical flow. Each step is represented by a circle on the left and a colored rectangular box on the right. The circles are connected by a thin green line. The first circle is white with a blue outline and is connected to a dark blue box. The second circle is white with a green outline and is connected to a green box. The third circle is white with a light green outline and is connected to a light green box. The boxes contain the text for each step.

Review the scenario

Brainstorm potential
menu options



Menu Planning Activity

Snack

- Sliced Peaches
- ???



Considerations

- Protein
- Easy to Chew

Yogurt, Yogurt Dip, Cottage Cheese,
Cheese Stick, Cheese Cubes, WG Muffin



Menu Planning Activity





Menu Planning Activity

Nutrition Facts	
About 7 servings per container	
Serving Size	2/3 cup (59 g)
Amount Per Serving	
Calories	290
% Daily Value*	
Total Fat 13g	16%
Saturated Fat 2g	10%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrates 39g	14%
Dietary Fiber 4g	14%
Total Sugars 13g	
Includes Added Sugars 12g	24%
Protein 6g	
Calcium 30mg	2%
Iron 2.2mg	10%
Potassium 160mg	4%

Nutrition Facts	
About 7 servings per container	
Serving Size	2/3 cup (59 g)
Amount Per Serving	
Calories	280
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 4.5g	22%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 150mg	6%
Total Carbohydrates 42g	15%
Dietary Fiber 4g	14%
Total Sugars 17g	
Includes Added Sugars 17g	34%
Protein 5g	
Calcium 20mg	2%
Iron 5.1mg	30%
Potassium 210mg	4%



Menu Planning Activity

January - Breakfast

- WG Bagel w/ Cream Cheese
- Watermelon
- Milk

Bagel

- Something warmer – cold weather
- Less chewy
- Oatmeal, scrambled eggs, pancakes, taco, etc.

Watermelon

- Not in season
- Oranges, cinnamon apples, canned fruit



**Lunch Special
???**

Menu Planning Activity

Considerations

- October – Rainy Weather
- Raise Spirits

Participant Feedback

- “I’d like more vegetarian options”
- “More soups please!”
- “I appreciate everything you do!”

October

- 10/1- World Vegetarian Day
 - 10/4 - National Taco Day
 - National Chili Month; National Vegetarian Month
- Chili; Taco Soup; Minestrone Soup; Tomato Soup and Grilled Cheese; Baked Potato Soup; Vegetable Lasagna



Resources



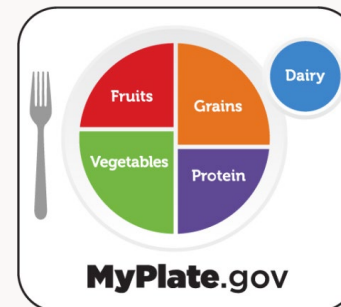
Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE



I N S T I T U T E O F
child nutrition
RESOURCES • TRAINING • RESEARCH



Academy of Nutrition
and Dietetics





Resource Handout

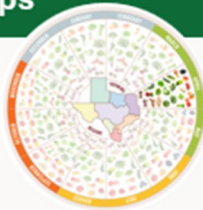


Resource Handout

Nourish & Flourish: Essential CACFP Adult Menu Planning Tips

Texas Department of Agriculture

- [Meal Appeal for Adults](#)
- [Seasonality Wheel](#)
- [Meal Pattern Resources](#)



US Food and Drug Administration

- [Nutrition Facts Label For Older Adults](#)
- [People at Risk of Foodborne Illness](#)
- [Nutrition Education Resources](#)

US Department of Agriculture

- [USDA – Older Adults](#)
- [MyPlate – Older Adults](#)
- [MyPlate – Healthy Eating for Older Adults](#)



US Department of Health and Human Services

- [Nutrition and Aging Resource Center](#)
- [Dietary Guidelines for Americans](#)
- [Healthy Lifestyles](#)



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Resource Handout

Nourish & Flourish: Essential CACFP Adult Menu Planning Tips

Food Safety

- [Food Safety for Older Adults – FDA](#)
- [Food Safety Resources – ICN](#)
- [Food Safety – Nutrition and Aging Resource Center](#)



Academy of Nutrition and Dietetics

- [Healthy Lifestyles for Healthy Older Adults](#)
- [Eat Right for Life](#)
- [Essential Nutrients](#)



Recipes

- [Institute of Child Nutrition](#)
- [MyPlate Kitchen](#)
- [USDA Recipes](#)
- [SNAP-Ed Recipes](#)



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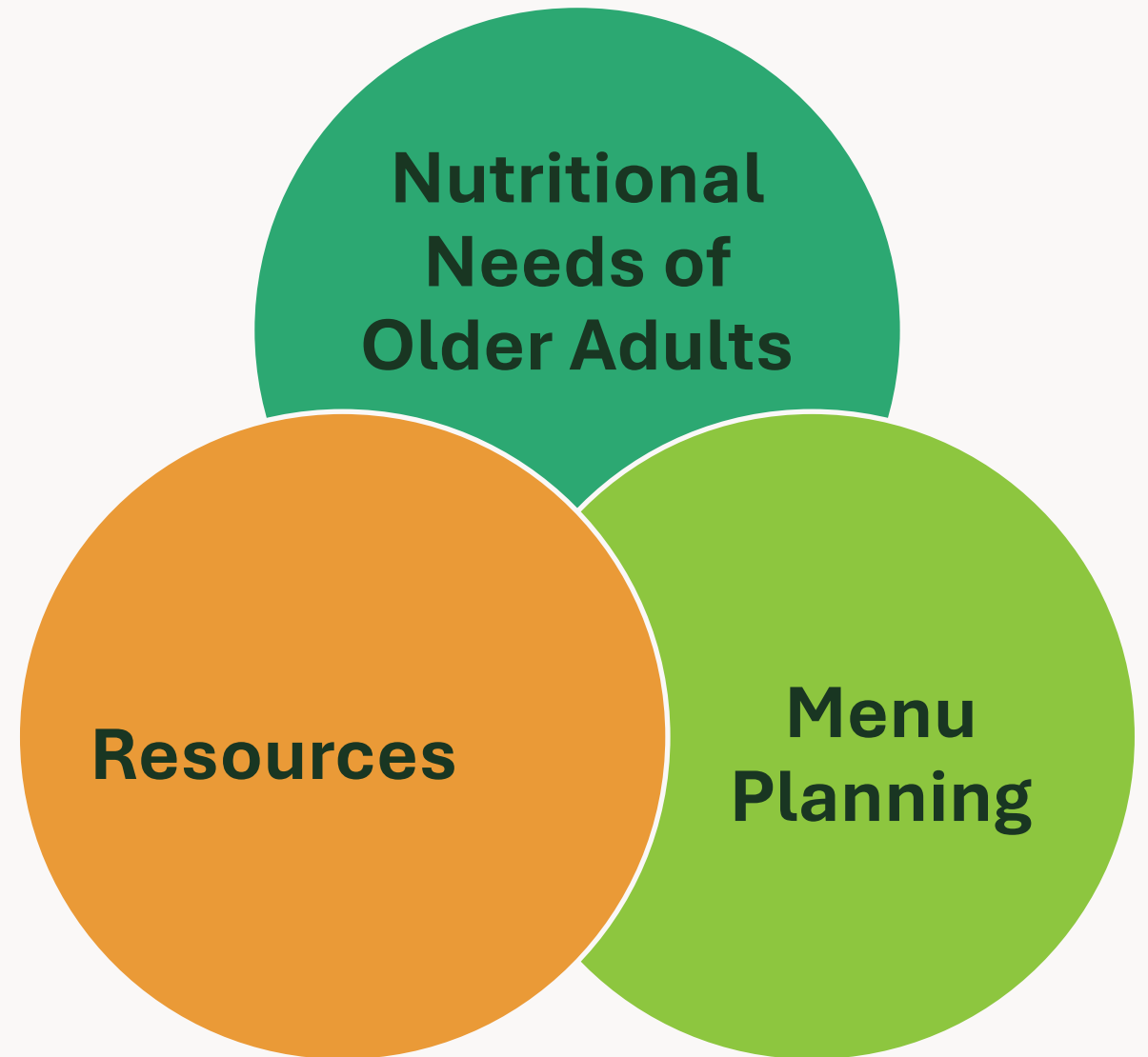




Conclusion



Key Points





Did You
Learn
Something
New Today?



Yes!

Somewhat



Not Really



I'm Ready to Get Started!

- How will you apply this to your program?
- What changes do you want to make?

I'm Ready for More!

- How can I share my knowledge and experiences?
- What new skills do I want to learn? Improve?



Contact Us!

Nutrition@TexasAgriculture.gov





Leave Us Feedback In The App!



2:03 95%

Skip **Submit**

Session feedback

1. Session Rating *

★ ★ ★ ★ ★

2. The content is relevant to my current role and applicable to my daily work

☐ Agree
☐ Disagree

3. I feel confident in applying the knowledge gained in this presentation. *

☐ Agree
☐ Disagree

4. The presenter's delivery of the content was effective. *

☐ Agree
☐ Disagree

5. The session was engaging and interactive.

☐ Agree
☐ Disagree

6. The presenter encouraged questions and discussions.

☐ Agree
☐ Disagree



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