

Centers and Day Care Homes: Cafeteria versus Family Style Meal Service



Child and Adult Care Food Program (CACFP) Summit
Idaho State Department of Education
Child Nutrition Programs
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Boise, ID
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Welcome to this session on Cafeteria versus Family Style Meal Service.

My name is (introduce yourself).

[Set up a Post It poster sheet with a parking lot for any questions that may come up that the trainer does not know the answer. Make sure you have WIFI access to view the video in this PP and collect all attendees passports, stamp and return before end of session.]

Topics

- Meal Service Styles in CACFP

- Family Style Meal Service Video

- How to Make the Best Choice for Your Facility



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During this session we will cover the following topics:

The three meal service styles in the Child and Adult Care Food Program and possible combinations of these styles. We will watch a video on Family Style Meal Service and wrap up with how to make the best choice when selecting the meal service style for your facility or facilities.



Meal Service Styles In CACFP

- Cafeteria Meal Service
- Restaurant (Preset) Meal Service
- Family Style Meal Service
- Combination of Family Style and Restaurant

Let's get started! There are three main meal service styles you may use in your facility or facilities. Cafeteria Meal Service, Restaurant Meal Service or best known as "Preset" meal service, and Family Style Meal Service. Facilities may also choose to combine meal service styles and the most common combination is Family Style and Restaurant.

Cafeteria Style Meal Service

- Participants select food from a serving line
- Participants must select the minimum portion of all required components for the meal or snack
- Offer versus Serve (option only for At-risk afterschool school sites offering the NSLP menu pattern)



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In cafeteria style, participants select food from a cafeteria line, food is not available at the dining table. Cafeteria meal service operates as follows:

Participants must select the minimum required amounts of all required components their first time through the cafeteria line. In some facilities there is only one option for each meal or snack component so participants do not have the option to select from a variety of foods for each component required. In either case the cafeteria staff may serve the food to the participants or the participants may serve themselves. If the participants are serving themselves they must take the minimum portion, so some facilities that choose this option pre-portion the food components. This ensures the participants receive the minimum portion and allows the participants to go through the line a little quicker.

At-risk afterschool meal programs that are operated in schools participating in the National School Lunch Program and choose to use the NSLP meal pattern when serving meals or snacks for the at-risk program, may use Offer vs Serve. This option allows the participant to decline components in the cafeteria line consistent with NSLP requirements for Offer vs Serve.

Restaurant (Preset) Meal Service



All food components are portioned and served on a plate and in the cup for each participant

Minimum Portion Sizes— of each component must be served to each participant at the beginning of the meal or snack service



In restaurant style meal service (or preset meal service), all food components are portioned and served on the plate and in the cup for each participant. Minimum portion sizes of each required component must be served together to each participant at the beginning of the meal.

For example, it is not acceptable to serve participants the Meat/Meat Alternate and Vegetable/ Fruit components and wait for five minutes before setting the Grains/Breads and the Milk components on the table.

Family Style Meal Service

- All meal components are on the table at the same time
- Adequate amount of food for each food item is on table for each participant to receive at least the minimum portion
- Participants serve themselves or with assistance from an adult
- Participants make choices of foods and serving size
- Adult is seated at each table



Family style meal service is the recommended meal service style by USDA and our state. It allows participants to eat together and to make food choices based on individual appetites and food preferences. It promotes mealtime as a learning experience to help participants develop positive attitudes toward nutritious foods, share in group eating situations, and develop good eating habits.

Family style meal service can be conducted in a variety of ways. For example, participants may help in preparing for the meal by clearing the table and setting places, sharing conversation during the meal and cleaning up after the meal.

Family style meal service allows flexibility in the size of initial servings because more food must be readily available at each table. In general Family style meal service operates as follows:

- All required meal components are placed on the table at the same time.
- Adequate amounts of each food item must be placed on the table to provide at least minimum portions for each participant and supervising adult to be served.
- Participants may serve themselves from serving dishes that are on the table.
- Adults supervising the meal help those participants who are not able to serve themselves.
- Participants are allowed to make choices selecting foods and in the size of the

serving.

- A supervising adult must be seated at each table to actively encourage participants to take the full required portion of each food component. The supervising adult must offer the food item again later in the meal if participants initially refuse the food or take a very small portion.

Combination Restaurant and Family Style Meal Service

- Full minimum portion of one or more components are served restaurant style to each participant
- Remaining components are available on the table for family style service
- All components must be offered at the same time



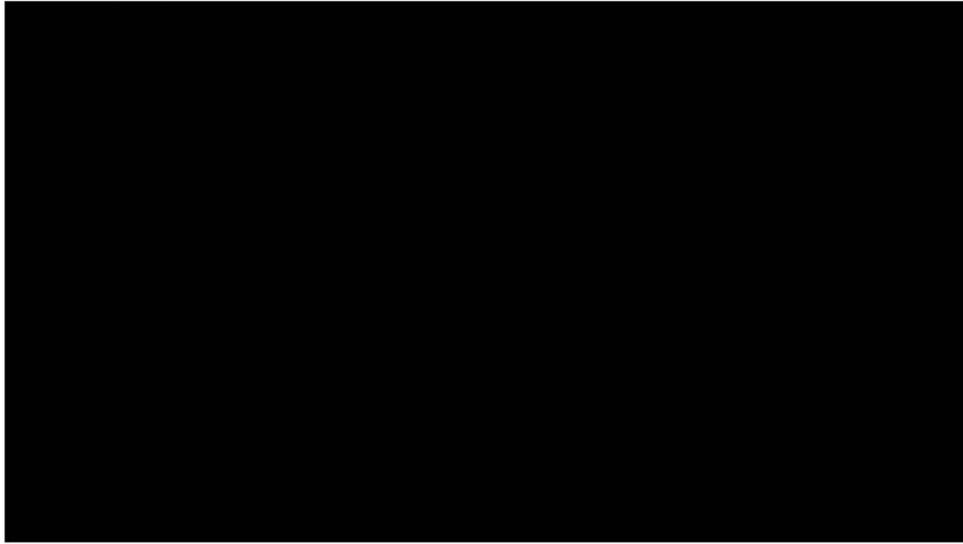
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Some Institutions find a combination of restaurant style and family style best meets the participants' needs. Combination meal service operates as follows:

The full minimum required portion of one or more components are served restaurant style to each participant. The remaining components are served on the table in communal serving dishes or pitchers adhering to all of the Family Style Meal Service requirements.

All components must be offered to participants at the same time and in this meal service style, all the rules governing each service style apply to the foods served using that method. For example, if the staff pours milk into glasses, at least the minimum required amount must be poured for each child and offered when the rest of the meal components are served.

Family Style Meal Service Video



Let's look at the family style video to learn more about this recommended meal service style.

Here is a link to the video: https://www.youtube.com/watch?v=nj_s89ydnBs

As you can see from the video, Family Style meal service can be challenging to implement but very rewarding for the children and adults.



How to Make the Best Choice for Your Facility

- Best option for your participants
- Creates a positive meal service
- Helps to develop good eating habits
- Promotes mealtime as a learning experience

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When making your decision on the best meal service style for your facility or facilities keep in mind:

- The meal service style, most importantly, should be the best option for your participants.
- The meal service allows participants to eat together and to make food choices based on individual appetites and food preferences.
- It promotes mealtime as a learning experience to help participants develop positive attitudes toward nutritious foods, share in group eating situations, and develop good eating habits.

Activity

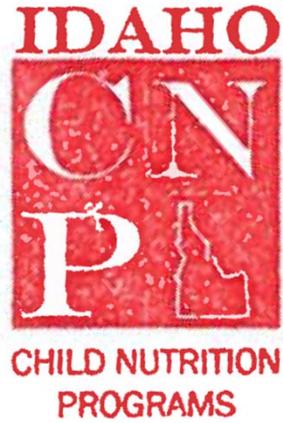
- Gather into groups of 2-3
- Try to find others that use a different meal service style than you
- Assign one member of the group as the scribe and one as the reporter
- Write down the pros and cons of the meal service styles the members of your group offer
- For any cons write down a possible solution to improve the meal service

Wrap Up

Get your passport stamped
before you leave!

Remember to complete the
evaluation.

Thank you!



I hope you have found this session helpful. Please make sure I have stamped your passport before you leave this session. Remember to complete the evaluation.

Cafeteria versus Family Style Meal Service

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