

Montana Department of Public Health and Human Services	Internal Procedure Policy
	MT CACFP 2011-1 Rev 1
Child and Adult Care Food Program	Section: All Institutions
	Subject: Family Style Meals
	Effective date: 04/01/2021

## **FAMILY STYLE MEALS**

### **Family Style Meal Service:**

Family style meal service is a Montana requirement, and many days care homes, centers, and all Head Start centers, serve meals using CACFP’s family-style meal service. Family-style meal service means that the food is placed on the table for each child or adult participant to serve themselves. Participants may then select the foods they want and the amount of each food they want. During the meal, it is the responsibility of each institution and facility to encourage each participant to accept the full required portion for each food component of the meal pattern. If minimum portions are not available for each participant, meals would be disallowed [7 CFR 226.20(p) and FNS Instruction 783-9, Rev. 2 Family-Style Meal Service for CACFP].

*Family style meal service.* Family style is a type of meal service which allows children and adults to serve themselves from common platters of food with the assistance of supervising adults. Institutions and facilities choosing to exercise this option must comply with the following practices: (1) Enough prepared food must be placed on each table to provide the full required portions of each of the components, as outlined in paragraphs (c)(1) and (2) of this section, for all children or adults at the table and to accommodate supervising adults if they wish to eat with the children and adults. (2) Children and adults must be allowed to serve the food components themselves. During the course, of the meal it is the responsibility of the supervising adults to actively encourage each child and adult to serve themselves the full required portion of each food component of the meal pattern. Supervising adults who choose to serve the fluids directly to the children or adults must serve the required minimum quantity to each child or adult. Or the supervising adults ensure the children or adults serve the correct amount of fluid per the age requirement. (3) Institutions and facilities which use family style meal service may not claim second meals for reimbursement.

### **Family Style:**

Ellyn Satter, MSW, RD, explains: A family style meal “is when you and your family sit down together, facing one another, and share time and attention as well as healthy food.” Ellyn Satter goes on to say that while families need the shared value of having family meals, not all family members need to be present.

Reference: Satter EM. Chapter 7, Stuff to Know to Have Family Meals. *Secrets of Feeding a Healthy Family: How to Eat, and How to Raise Good Eaters, and How to Cook*. Madison, WI: Kelcy Press; 2008, 71-84. In the Child and Adult Care Food Program and in this policy, ‘family’ refers to the children and adults present and participating in the Program.

Family style is required for all meals served in the Child and Adult Care Food Program.

**References:** 7 CFR 226.20(p) [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)

This Institution is an equal opportunity Provider.