


NATIONAL CACFP SPONSORS ASSOCIATION

More on ^{CACFP} Meal Patterns



Lisa Mack
Executive Director, National CACFP Sponsors Association

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CACFP Child and Adult Care Food Program

SFSP Summer Food Service Program

NSLP National School Lunch Program

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Fluid Milk Vegetable Fruit Meat/Meat Alternate Grain

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Is it creditable?

As always, check with your sponsor and state agency.

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POLL

Which of these ways to serve fruits are creditable and may contribute to the meal pattern?

CACFP Crediting Handbook

- Complete Handbook (138 Pages)
- Individual Sections

Use the CACFP Crediting Handbook

The question we hear the most is: "Is it creditable?"

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CACFP Crediting Handbook

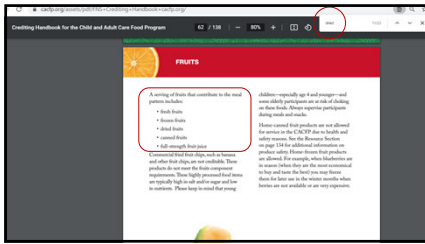
- Complete Handbook (138 Pages)
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CACFP Crediting Handbook

- Complete Handbook (138 Pages)
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THE ANSWER IS ALL!*

1. **Dried**
2. **Fresh**
3. **Canned**
4. **Frozen**
5. **Juice**

Dried Fruit

Dried fruit credits as twice the volume served.
For example, a ¼ cup of raisins credits as a ½ cup of fruit.

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Commercial fried fruit chips, such as banana and other fruit chips, are not creditable.

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Canned Fruit

Home canned fruit are not creditable in the CACFP due to food safety reasons.

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Juice Limits

100% fruit juice or vegetable juice may be used to meet the vegetable or fruit requirement at only one meal or snack per day.

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USDA Food Buying Guide

- Food Items Search
- Download Food Buying Guide
- Exhibit A Grains Tool
- FBG Calculator
- Recipe Analysis Workbook (RAW)

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Search Food Name	Food Items Selected for Comparison	Weight	Volume	Conversion	Volume
Apple	Apple	1.00	1.00	1.00	1.00
Banana	Banana	1.00	1.00	1.00	1.00
Orange	Orange	1.00	1.00	1.00	1.00

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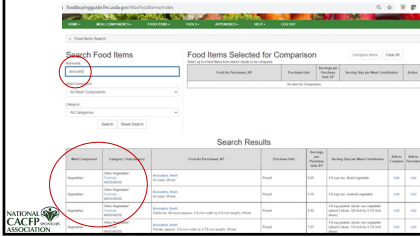
TRUE OR FALSE

Avocado, while technically a fruit, counts as a vegetable in the CACFP.

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✓ **TRUE**

Avocado counts as a vegetable in the CACFP.


Search Food Items

Food Items Selected for Comparison


Search Results

Food Item	Category	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item	Food Item
Avocado	Vegetable	Avocado	Avocado	Avocado	Avocado	Avocado	Avocado	Avocado	Avocado

Don't see it in the food buying guide?

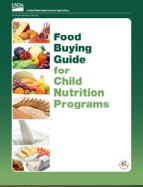



Email sm.fn.cnp-ntab@usda.gov.



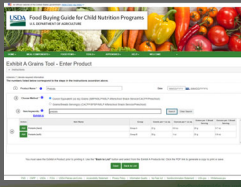

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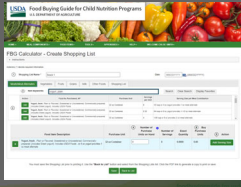

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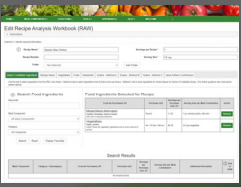

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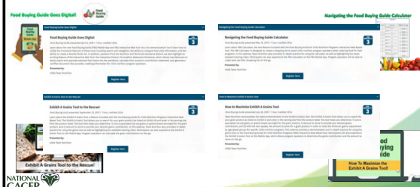





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USDA Food Buying Guide Training Series





POLL

What type of milk is creditable in the CACFP?

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ANSWER

1. Whole Milk
2. 1% Milk
3. Fat-Free Milk
4. Lactose-Free Milk
5. All of the Above

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One Year Old
Unflavored Whole Milk



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2-5 Years Old
Unflavored 1% or Fat-Free Milk



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6 Years & Older
1% or Fat-Free Milk

Fat-Free Flavored Milk
Only for 6 Years & Older



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What about Lactose Free Milk?



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For Ages 2 Years & Older


Low-fat or fat-free lactose-free milk can be served in place of low-fat or fat-free.



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Fluid Milk

- NCA Resource: Milk in the CACFP
- USDA Resource: Serving Milk in the CACFP
- USDA Resource: Milk Bingo
- Thirty on Thursday: Serving Milk in the CACFP
- Fluid Milk Substitutions



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cacfp.org/fluid-milk

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www.usda.gov/30thursdaymilkbingo

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cacfp.org/30thursday

POLL

Can almond milk be served in the CACFP instead of cow's milk without a doctor's note?

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POLL

- Yes, you can serve any milk if it's fat-free
- No, not ever
- Yes, if it meets the USDA Nutrient profile for Fluid Milk

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cacfp.org/policies-regulations

Fluid Milk Substitutions Nutrient Profile

Nutrient	Per cup (8 fl oz)
Calcium	276 mg
Protein	8 g
Vitamin A	500 IU
Vitamin D	100 IU
Magnesium	24 mg
Phosphorus	232 mg
Potassium	385 mg
Riboflavin	0.44 mg
Vitamin B-12	0.1 mcg

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Nutrient	Equal to or Greater Than	Example #1 (Average 100% Daily Value)	Example #2 (Average 100% Daily Value)
Calcium	276 mg	✓ 300 mg	✓ 300 mg
Protein	8g	✓ 8g	✓ 8g
Vitamin A	500 IU	✓ 500 IU	✓ 500 IU
Vitamin D	100 IU	✓ 100 IU	✓ 100 IU
Magnesium	24 mg	✓ 24 mg	✓ 24 mg
Phosphorus	232 mg	✓ 250 mg	✓ 250 mg
Potassium	385 mg	✓ 380 mg	✓ 380 mg
Riboflavin	0.44 mg	✓ 0.51 mg	✓ 0.51 mg
Vitamin B-12	0.1 mcg	✓ 0.2 mcg	✓ 0.2 mcg

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Nutrient	Equal to or Greater Than	Example #1 (Average 100% Daily Value)	Example #2 (Average 100% Daily Value)
Calcium	276 mg	✓ 300 mg	✓ 450 mg
Protein	8g	✓ 8g	✓ 8g
Vitamin A	500 IU	✓ 500 IU	✓ 500 IU
Vitamin D	100 IU	✓ 100 IU	✓ 100 IU
Magnesium	24 mg	✓ 24 mg	✓ 24 mg
Phosphorus	232 mg	✓ 250 mg	✓ 250 mg
Potassium	385 mg	✓ 380 mg	✓ 380 mg
Riboflavin	0.44 mg	✓ 0.51 mg	✓ 0.51 mg
Vitamin B-12	0.1 mcg	✓ 0.2 mcg	✓ 0.2 mcg

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Equal to or Greater Than

Nutrient	Product	Example #1 Average Substitute	Example #2 Average Substitute	Example #3 Average Substitute
Calcium	276 mg	✓ 300 mg	✓ 300 mg	✓ 450 mg
Protein	8g	✓ 8g	- 1g	✓ 8g
Vitamin A	500 IU	✓ 500 IU	✓ 500 IU	✓ 500 IU
Vitamin D	100 IU	✓ 100 IU	✓ 100 IU	✓ 200 IU
Magnesium	24 mg	✓ 24 mg	- 15 mg	✓ 24 mg
Phosphorus	332 mg	✓ 300 mg	- 19 mg	✓ 450 mg
Potassium	349 mg	✓ 300 mg	- 0 mg	✓ 175 mg
Iron/folate	44 mg	✓ 0.35 mg	- 0.47 mg	✓ 0.40 mg
Vitamin B-12	1.1 mcg	✓ 1.2 mcg	✓ 3 mcg	✓ 1.1 mcg

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POLL

Equal to or Greater Than

Nutrient	Product	Example #1 Average Substitute	Example #2 Average Substitute	Example #3 Average Substitute
Calcium	276 mg	✓ 300 mg	✓ 300 mg	✓ 450 mg
Protein	8g	✓ 8g	- 1g	✓ 8g
Vitamin A	500 IU	✓ 500 IU	✓ 500 IU	✓ 500 IU
Vitamin D	100 IU	✓ 100 IU	✓ 100 IU	✓ 200 IU
Magnesium	24 mg	✓ 24 mg	- 15 mg	✓ 24 mg
Phosphorus	332 mg	✓ 300 mg	- 19 mg	✓ 450 mg
Potassium	349 mg	✓ 300 mg	- 0 mg	✓ 175 mg
Iron/folate	44 mg	✓ 0.35 mg	- 0.47 mg	✓ 0.40 mg
Vitamin B-12	1.1 mcg	✓ 1.2 mcg	✓ 3 mcg	✓ 1.1 mcg

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#1 & #3

Equal to or Greater Than

Nutrient	Product	Example #1 Average Substitute	Example #2 Average Substitute	Example #3 Average Substitute
Calcium	276 mg	✓ 300 mg	✓ 450 mg	✓ 450 mg
Protein	8g	✓ 8g	- 1g	✓ 8g
Vitamin A	500 IU	✓ 500 IU	✓ 500 IU	✓ 500 IU
Vitamin D	100 IU	✓ 100 IU	✓ 100 IU	✓ 200 IU
Magnesium	24 mg	✓ 24 mg	- 15 mg	✓ 24 mg
Phosphorus	332 mg	✓ 300 mg	- 19 mg	✓ 450 mg
Potassium	349 mg	✓ 300 mg	- 0 mg	✓ 175 mg
Iron/folate	44 mg	✓ 0.35 mg	- 0.47 mg	✓ 0.40 mg
Vitamin B-12	1.1 mcg	✓ 1.2 mcg	✓ 3 mcg	✓ 1.1 mcg

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POLL

Can a milk substitute that doesn't meet the nutrient profile ever be served in the CACFP for reimbursement?

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POLL

- No, not ever
- Yes, if you have a parent note
- Yes, if you have a medical statement that a non-dairy substitution is required due to a disability.

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Fluid Milk Substitutions With Doctor's Note

example

A medical statement is required for non-dairy substitutions due to a disability.

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#2 Allowable with Medical Statement

Equal to or Greater Than

Nutrient	Product	Example #1 Average Substitute	Example #2 Average Substitute	Example #3 Average Substitute
Calcium	276 mg	✓ 300 mg	✓ 450 mg	✓ 450 mg
Protein	8g	✓ 8g	- 1g	✓ 8g
Vitamin A	500 IU	✓ 500 IU	✓ 500 IU	✓ 500 IU
Vitamin D	100 IU	✓ 100 IU	✓ 100 IU	✓ 200 IU
Magnesium	24 mg	✓ 24 mg	- 15 mg	✓ 24 mg
Phosphorus	332 mg	✓ 300 mg	- 19 mg	✓ 450 mg
Potassium	349 mg	✓ 300 mg	- 0 mg	✓ 175 mg
Iron/folate	44 mg	✓ 0.35 mg	- 0.47 mg	✓ 0.40 mg
Vitamin B-12	1.1 mcg	✓ 1.2 mcg	✓ 3 mcg	✓ 1.1 mcg

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TRUE OR FALSE

A CACFP provider must accommodate a special diet for children with a medical statement.

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✓ TRUE

A CACFP provider must accommodate a special diet for children with a medical statement at his or her own cost.*




***EXCEPT**

Modifications that are so expensive that they would make continued operation of the Program unfeasible are not required.





YES!

Meals and snacks served that have meal modifications due to a medical statement are reimbursable in the CACFP.





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As always, check with your sponsor and state agency.





POLL

Which nutrients have limits in the CACFP?

POLL

1. Sugar
2. Sodium
3. Fats
4. Sugar and Salt
5. All of the Above

Cereal & Yogurt **ONLY**




Sugar Limits

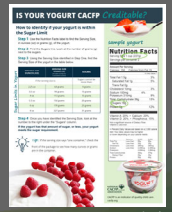
- NCA Resource: Is Your Yogurt CACFP Creditable?
- NCA Resource: Identifying Cereal Sugar Limits
- USDA Resources: Sugar Limits in Yogurt
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Sugar Limits

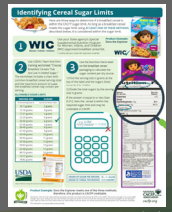
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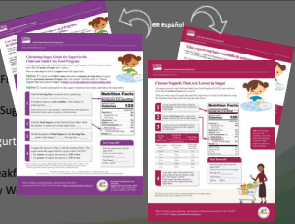
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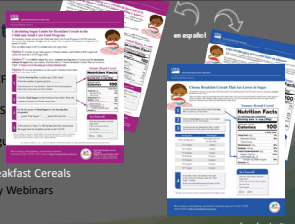
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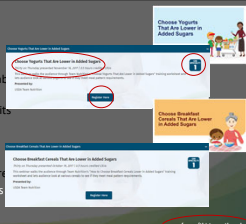
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Grain Requirements


- Q&A on Policy Blog
- Whole Grain-Rich
- Grain-Based Desserts



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Grain Requirements

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RAISE YOUR HANDS

Is it required to serve whole grain-rich grains for every meal and snack?



NO Only one...

At least one serving per day of grains must be whole grain-rich.*



***EXCEPT**

This does not apply if you do not serve a grain component in the day at all.



Serving Only Snacks?




1 oz eq grains - 1 Waffle (at least 34 grams)
1/2 cup fruit - Raspberries

1 oz eq grains - 1 Muffin (at least 55 grams)


1 cup fluid milk

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POLL

Does the entire 2 oz equivalent required grain portion need to be whole grain-rich for it to be creditable?



YES!

If the breakfast is designated to include the whole grain-rich serving, then all grains served for that meal must meet the whole grain-rich criteria.

Whole Grain-Rich

- NCA Resource: Identifying Whole Grain-Rich
- NCA Resource: Whole Grain-Rich Quick Guide
- USDA Resources
- CACFP University: Identifying Whole Grain-Rich in the CACFP
- Thirty on Thursday Webinars



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Whole Grain-Rich

Adding Whole Grains to Your Menu

Using the Special Supplemental Nutrition Programs for Women, Infants, and Children (WIC) Food Guide to get quality whole grains for the CACFP

- NCA Resource: Whole Grain-Rich Quick Guide
- USDA Resources
- CACFP University: Identifying Whole Grain-Rich in the CACFP
- Thirty on Thursday Webinars

RAISE YOUR HANDS

Do you think granola bars are creditable in the CACFP?

NO

Granola bars are not creditable in the CACFP.

Grain-Based Desserts

- USDA Resource: Grain-Based Desserts in the CACFP
- Thirty on Thursday Webinar: Grain-Based Desserts in the CACFP
- Policy Guidance

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WHAT ARE GRAIN-BASED DESSERTS?

below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP)	Not Grain-Based Desserts (Reimbursable in the CACFP)
<ul style="list-style-type: none"> • Cakes, including coffee cake and cupcakes • Cream tarts, breakfast bars, and granola bars • Cookies, including various types • Doughnuts, any kind • Egg rolls, pierogies and other fruit-filled roll-ups • Jellies • Gumpers • Ice cream cones • Marshmallow cream tarts • Pie crusts of dessert pies, cobblers, and fruit turnovers • Sweet bread puddings • Sweet biscuits, such as those made with fruit, chocolate, icing, etc. • Sweet crepes, such as chocolate-filled • Sweet pie chips, such as cinnamon sugar flavored "wet dry" pudding • Tart squares, such as those made with fruit, icing, etc. 	<ul style="list-style-type: none"> • Breakfast cereals, including all types • Cakes, all types • Cookies, all types • Muffins • Pancakes • Pie crusts of savory pies, such as vegetable pot pie and quiche • Plain cream tarts • Plain or savory pie chips • Savory biscuits, such as those made with cheese, vegetables, herbs, etc. • Savory bread puddings, such as those made with cheese, vegetables, herbs, etc. • Savory rice puddings, such as those made with cheese, vegetables, etc. • Savory scones, such as those made with cheese, vegetables, herbs, etc. • Tuffins, biscuits, crackers, and toast • Turtles and toffee chips • Waffles

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below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP)	Not Grain-Based Desserts (Reimbursable in the CACFP)
<ul style="list-style-type: none"> Biscuits Cakes, including coffee cake and cupcakes Cereal bars, breakfast bars, and granola bars Cookies, including vanilla wafers Doughnuts, any kind Fig rolls/honeycookies and other fruit-filled roll/honey cookies Gingerbread Ice cream cones Marshmallow cereal treats The crusts of dinner pies, cutcakes, and fruit tarts Sweet bread puddings Sweet biscuits, such as those made with fruit, chocolate, icing, etc. Sweet creamers, such as chocolate-filled Sweet pie chips, such as cinnamon sugar-flavored sweet rice paddings Sweet scones, such as those made with fruit, icing, or cream Tarts 	<ul style="list-style-type: none"> Biscuits, including coffee cake and cupcakes Cereal bars, breakfast bars, and granola bars Cookies, including vanilla wafers Doughnuts, any kind Fig rolls/honeycookies and other fruit-filled roll/honey cookies Gingerbread Ice cream cones Marshmallow cereal treats The crusts of dinner pies, cutcakes, and fruit tarts Sweet bread puddings Sweet biscuits, such as those made with fruit, chocolate, icing, etc. Sweet creamers, such as chocolate-filled Sweet pie chips, such as cinnamon sugar-flavored sweet rice paddings Sweet scones, such as those made with fruit, icing, or cream Tarts Tartlets and tartlets chips

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below lists some common grain-based desserts:

Grain-Based Desserts (Not Reimbursable in the CACFP)	Not Grain-Based Desserts (Reimbursable in the CACFP)
<ul style="list-style-type: none"> Biscuits Cakes, including coffee cake and cupcakes Cereal bars, breakfast bars, and granola bars Cookies, including vanilla wafers Doughnuts, any kind Fig rolls/honeycookies and other fruit-filled roll/honey cookies Gingerbread Ice cream cones Marshmallow cereal treats The crusts of dinner pies, cutcakes, and fruit tarts Sweet bread puddings Sweet biscuits, such as those made with fruit, chocolate, icing, etc. Sweet creamers, such as chocolate-filled Sweet pie chips, such as cinnamon sugar-flavored sweet rice paddings Sweet scones, such as those made with fruit, icing, or cream Tarts 	<ul style="list-style-type: none"> Biscuits Cakes, including coffee cake and cupcakes Cereal bars, breakfast bars, and granola bars Cookies, including vanilla wafers Doughnuts, any kind Fig rolls/honeycookies and other fruit-filled roll/honey cookies Gingerbread Ice cream cones Marshmallow cereal treats The crusts of dinner pies, cutcakes, and fruit tarts Sweet bread puddings Sweet biscuits, such as those made with fruit, chocolate, icing, etc. Sweet creamers, such as chocolate-filled Sweet pie chips, such as cinnamon sugar-flavored sweet rice paddings Sweet scones, such as those made with fruit, icing, or cream Tarts Tartlets and tartlets chips

NATIONAL CACFP ASSOCIATION cacfp.org/meal-patterns

Grain-Based Desserts

- USDA Resource: Grain-Based Desserts in the CACFP
- Thirty on Thursday Webinar: Grain-Based Desserts in the CACFP
- Policy Guidance

Thirty on Thursdays Training Webinars

USDA Resource: Grain-Based Desserts in the CACFP

NATIONAL CACFP ASSOCIATION cacfp.org/thirty-on-thursdays

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Grain-Based Desserts in the CACFP

NATIONAL CACFP ASSOCIATION cacfp.org/policies-regulations

POLL

Is it creditable?

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Snack Crackers

Animal Crackers

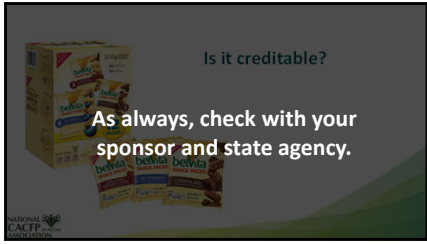
Similar sugar levels

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Is it creditable?

It is at the discretion of the program operator to determine how to menu this item.

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MyPlate.gov
Grain Product Portion Sizes

Grain Product	1/2 Cup	1/4 Cup	1/2 Ounce	1 Ounce	2 Ounces
Whole Grain Bread (1 slice)	2	1	1	2	4
Whole Grain Pasta (cooked)	1/2	1/4	1/2	1	2
Whole Grain Rice (cooked)	1/2	1/4	1/2	1	2
Whole Grain Corn (cooked)	1/2	1/4	1/2	1	2
Whole Grain Quinoa (cooked)	1/2	1/4	1/2	1	2
Whole Grain Oats (dry)	1/2	1/4	1/2	1	2
Whole Grain Flour (all-purpose)	1/2	1/4	1/2	1	2
Whole Grain Bran (dry)	1/2	1/4	1/2	1	2
Whole Grain Cereal (dry)	1/2	1/4	1/2	1	2
Whole Grain Crackers (1 cracker)	2	1	1	2	4
Whole Grain Bread (2 slices)	4	2	2	4	8
Whole Grain Pasta (1 cup)	1	1/2	1	2	4
Whole Grain Rice (1 cup)	1	1/2	1	2	4
Whole Grain Corn (1 cup)	1	1/2	1	2	4
Whole Grain Quinoa (1 cup)	1	1/2	1	2	4
Whole Grain Oats (1/2 cup)	1	1/2	1	2	4
Whole Grain Flour (1/2 cup)	1	1/2	1	2	4
Whole Grain Bran (1/2 cup)	1	1/2	1	2	4
Whole Grain Cereal (1/2 cup)	1	1/2	1	2	4
Whole Grain Crackers (2 crackers)	4	2	2	4	8
Whole Grain Bread (4 slices)	8	4	4	8	16
Whole Grain Pasta (2 cups)	2	1	2	4	8
Whole Grain Rice (2 cups)	2	1	2	4	8
Whole Grain Corn (2 cups)	2	1	2	4	8
Whole Grain Quinoa (2 cups)	2	1	2	4	8
Whole Grain Oats (1 cup)	2	1	2	4	8
Whole Grain Flour (1 cup)	2	1	2	4	8
Whole Grain Bran (1 cup)	2	1	2	4	8
Whole Grain Cereal (1 cup)	2	1	2	4	8
Whole Grain Crackers (4 crackers)	8	4	4	8	16

