

Noncreditable Foods in the Child and Adult Care Food Program (CACFP)

ADULT DAY CARE CENTERS

Noncreditable foods are foods and beverages that cannot credit toward the U.S. Department of Agriculture's (USDA) CACFP meal patterns. CACFP adult day care centers may serve noncreditable foods in addition to the meal components to add variety, help improve acceptability in the meal, and satisfy appetites. Some examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

The Connecticut State Department of Education (CSDE) encourages adult day care centers to limit noncreditable foods in CACFP menus. These foods often contain little nutritional value, and are high in fat, sugars and sodium. Participants may prefer to fill up on these foods instead of eating the more nutritious meal components. Menu planners should read labels, be aware of the ingredients in foods, and limit the frequency and amount of less nutritious choices.

The chart below lists some examples of noncreditable foods. This list does not include all possible noncreditable foods. For more information, see the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#).

Examples of Noncreditable Foods			
Bacon and bacon bits	Cream soups, canned, e.g., cream of mushroom, cream of celery, cream of broccoli	Germ, e.g., wheat germ	Popsicles
Banana chips	Dried meat or poultry snacks, e.g., jerky or nuggets	Honey	Potato chips
Bran, e.g., oat bran	Eggnog	Hot chocolate	Pudding
Bread products that are not whole grain or enriched, e.g., breads, muffins, cookies, pretzels	Egg whites	Ice cream	Pudding pops
Butter	Frozen yogurt	Ice milk	Salad dressings
Candy	Fruit drink, fruit beverage, powdered fruit drink mix	Iced coffee	Sherbet
Candy-coated popcorn	Fruit punch (if not 100 percent juice)	Iced tea	Smoked snack sticks made with beef and chicken
Caramel popcorn	Fruit snacks, e.g., fruit roll-ups, wrinkles, twists	Jam, jelly	Soda, regular and diet
Chocolate drinks, e.g., Yoo-Hoo	Fruit leathers (100% fruit)	Jerky, e.g., meat, poultry or fish	Soups, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
Coffee (regular, decaffeinated, iced)	Gelatin, regular or sugar free	Lemonade	Sour cream
Condiments, e.g., ketchup, mustard, relish, barbecue sauce		Limeade	Sports drinks
Cranberry cocktail drink		Maple syrup	Spreadable fruit
Cream, half and half		Margarine	Summer sausage
Cream cheese		Marshmallows	Syrup
		Mayonnaise	Tea, regular, herbal, iced
		Mustard	Water
		Nectar drinks	
		Pepperoni sticks	
		Popcorn	
		Popcorn cakes	



Noncreditable Foods in CACFP Adult Day Care Centers, continued

RESOURCES

Crediting Foods in CACFP Adult Day Care Centers:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694#crediting

Meal Pattern Requirements for CACFP Adult Day Care Centers:

www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322694#mealpattern

Food Buying Guide for Child Nutrition Programs:

www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs



For information on the CACFP, visit the Connecticut State Department of Education's (CSDE) [CACFP Web site](#) or contact the [CACFP staff](#) in the CSDE, Bureau of Health/Nutrition, Family Services and Adult Education, 25 Industrial Park Road, Middletown, CT 06457.

This handout is available at

www.sde.ct.gov/sde/lib/sde/pdf/deps/nutrition/cacfp/adults/noncredadult.pdf.

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Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;*
- (2) fax: (202) 690-7442; or*
- (3) email: program.intake@usda.gov.*

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