

Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)

2

Crediting Foods CHILD CARE PROGRAMS

Child Care Centers
Family Day Care Homes
Emergency Shelters
At-Risk Afterschool Care Centers

September 2011



Connecticut State Department of Education
Bureau of Health/Nutrition, Family Services and Adult Education
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ABOUT THIS GUIDE

Crediting Foods is the second in a series of six guides that comprise the Connecticut State Department of Education's (CSDE) publication *Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)*. These guides assist child care centers, family day care homes, emergency shelters and at-risk afterschool care centers in meeting CACFP requirements. The complete set of guides is available online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326> and contains five additional documents:

- Meal Pattern Requirements
- Feeding Infants
- Accommodating Special Dietary Needs
- Sanitation and Food Safety
- Planning Healthy Meals

Crediting Foods contains information on determining which foods and beverages are creditable as part of the CACFP Meal Pattern for Children, based on the U.S. Department of Agriculture (USDA) regulations and state requirements. For questions regarding this information, please contact the CACFP staff in the CSDE Bureau of Health/Nutrition, Family Services and Adult Education:

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ABBREVIATIONS AND ACRONYMS

| | |
|-------|--|
| APP | alternate protein products |
| CACFP | Child and Adult Care Food Program |
| CCCNS | Connecticut Child Care Nutrition Standards |
| CFR | Code of Federal Regulations |
| CN | Child Nutrition |
| CNP | Child Nutrition Programs |
| CSDE | Connecticut State Department of Education |
| DAS | Department of Administrative Services |
| FDA | Food and Drug Administration |
| FNS | Food and Nutrition Service, U.S. Department of Agriculture |
| NSLP | National School Lunch Program |
| SBP | School Breakfast Program |
| USDA | United States Department of Agriculture |
| VPP | vegetable protein products |
| WIC | Special Supplemental Nutrition Program for Women, Infants and Children |

1 — INTRODUCTION

REIMBURSABLE MEALS

Child care centers, family day care homes, emergency shelters and at-risk afterschool care centers participating in the Child and Adult Care Food Program (CACFP) are reimbursed for the meals and snacks served, not for individual foods. A meal or snack is reimbursable if:

- it contains foods in amounts the CACFP meal pattern requires for the specific age group; and
- the CACFP facility provides all the required food components.

Meals that contain foods in addition to all components specified in the CACFP Meal Pattern for Children are also reimbursable. For information on the CACFP meal pattern requirements, see *CACFP Meal Pattern Components* in this section and the CACFP Meal Pattern for Children in *Nutrition Policies and Guidance: Meal Pattern Requirements*.

CREDITABLE FOODS

Creditable foods are those foods that may be counted toward meeting the requirements for a reimbursable meal or snack in the CACFP. The U.S. Department of Agriculture (USDA) considers the following factors when determining whether a food is creditable in the CACFP:

- nutrient content;
- function in a meal;
- regulations concerning the USDA Child Nutrition Programs (on quantity requirements and definition);
- Food and Drug Administration (FDA) standards of identity;
- USDA standards for meat and meat products; and
- administrative policy decisions on the crediting of particular foods.



NONCREDITABLE OR “OTHER” FOODS

Noncreditable or “other” foods are not creditable toward any meal pattern component (milk, vegetables/fruits, grains/breads and meat/meat alternates) in the CACFP Meal Pattern for Children. The USDA allows CACFP facilities to serve “other” foods in addition to the CACFP meal or snack components to add variety, help improve meal acceptability and satisfy appetites.

The CSDE encourages CACFP facilities to limit “other” foods in CACFP menus. These foods generally contain fat, added sugars and sodium with little nutritional value. Children 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 the foods served, and limit the frequency and amount of less nutritious choices.

“Other” foods include, but are not limited to:

- bacon
- bacon bits
- butter
- candy*
- caramel popcorn
- chocolate drinks, e.g., Yoo-Hoo
- coffee, regular, decaffeinated, iced*
- condiments, e.g., ketchup, mustard, relish, barbecue sauce, chili sauce, mayonnaise
- cranberry cocktail drink
- cream, half and half
- cream cheese
- cream soups, canned, e.g., cream of mushroom, cream of celery, cream of broccoli
- eggnog
- frozen yogurt
- fruit drink, fruit beverage, powdered fruit drink mix
- fruit punch, if not 100 percent juice
- fruit rolls, fruit snacks
- gelatin, flavored or sugar free
- honey**
- ice cream
- ice milk
- iced coffee*
- iced tea*
- jam, jelly
- lemonade
- limeade
- maple syrup
- margarine
- marshmallows
- mayonnaise
- nectars
- popcorn
- popcorn cakes
- popsicles
- potato chips
- pudding
- pudding pops
- salad dressings
- sherbet, not CN labeled
- soda, regular and sugar free*
- soups, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
- sour cream
- spreadable fruit
- syrup
- tea, regular, herbal, iced*
- unenriched bread products, e.g., breads, muffins, cookies, pretzels*

* These foods and beverages cannot be served to children in the CACFP.

** Honey (including honey that is cooked or baked in products such as honey graham crackers) cannot be served to infants less than 1 year old. Honey can contain botulism spores that can cause a serious type of foodborne illness in infants.

This list does not include all possible “other” foods. For additional crediting information, consult each section of the Crediting Foods Guide. For questions concerning a particular food, contact the Connecticut State Department of Education (see page iv).

CONNECTICUT CHILD CARE NUTRITION STANDARDS

In addition to meeting the USDA requirements for creditable foods, the CSDE strongly recommends that all CACFP meals and snacks meet the Connecticut Child Care Nutrition Standards (CCCNS). The CCCNS provides the healthiest choices for children in child care by promoting whole or minimally processed nutrient-rich foods that are low in fat, added sugars and sodium. For more information on the CCCNS, see the CSDE’s *Action Guide for Child Care Nutrition and Physical Activity Policies* (see *References*).

CACFP MEAL PATTERN COMPONENTS

There are four meal pattern components in the CACFP Meal Pattern for Children: milk, vegetables/fruits, grains/breads and meat/meat alternates. A meal component can consist of one or more creditable foods.

Milk

- For breakfast and lunch/supper, a full serving of milk must be served to count toward the fluid milk requirement ($\frac{1}{2}$ cup for ages 1-2, $\frac{3}{4}$ cup for ages 3-5 and 1 cup for ages 6-12*). Whole milk must be served to children younger than 2 and low-fat (1%) or fat-free milk must be served to children ages 2 years and older.
- If milk is chosen as one of the two required snack components, a full serving must be provided ($\frac{1}{2}$ cup for ages 1-5 and 1 cup for ages 6-12*).

Vegetables and Fruits

- For lunch/supper, at least *two different* fruits or vegetables must be served to count toward the total requirement for vegetables/fruits. The combined total must equal the minimum required amount for each age group ($\frac{1}{4}$ cup for ages 1-2, $\frac{1}{2}$ cup for ages 3-5 and $\frac{3}{4}$ cup for ages 6-12*). Full-strength vegetable or fruit juice may be counted to meet not more than half of this requirement, regardless of the actual amount served. Note: The CCCNS recommends serving only whole fruits and vegetables instead of juice.
- For breakfast, a full serving of vegetable/fruit must be provided ($\frac{1}{4}$ cup for ages 1-2 and $\frac{1}{2}$ cup for ages 3-12*).
- If a vegetable/fruit is chosen as one of the two required snack components, a full serving is required ($\frac{1}{2}$ cup for ages 1-5 and $\frac{3}{4}$ cup for ages 6-12*).
- To count as one vegetable/fruit component, at least $\frac{1}{8}$ cup of fruit or vegetables must be served. The combined total of vegetables and fruits must equal the minimum required amount. Any amount less than $\frac{1}{8}$ cup is considered a garnish and does not count toward the CACFP meal pattern requirements.

Grains and Breads

- For breakfast, lunch, supper and snack, at least $\frac{1}{4}$ serving of bread or its equivalent must be provided to count toward the total grains/breads requirement ($\frac{1}{2}$ serving for ages 1-5 and 1 serving for ages 6-12*).
- Several sources of grains/breads can be served, but the combined total must equal the minimum required amount for each age group.
- To count as $\frac{1}{2}$ slice of bread, the $\frac{1}{2}$ slice must weigh 13 grams or 0.5 ounces. For more information, see *Crediting Purchased Grains/Breads Products* in section 2.

Meat and Meat Alternates

- For lunch, supper and snack, at least $\frac{1}{4}$ ounce of meat/meat alternates must be served to count toward the meat/meat alternates requirement. Several sources of meat/meat alternates can be served, but the combined total must equal the minimum required amount for each age group.

* Emergency shelters can serve CACFP meals to residents ages 18 or younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks to students ages 18 or younger.

MEETING THE MEAL PATTERN REQUIREMENTS

Determining Contribution of Foods to the CACFP Meal Pattern

The USDA *Food Buying Guide for Child Nutrition Programs* is the main resource for CACFP facilities to determine the contribution foods make toward the CACFP meal pattern requirements, whether they are prepared on-site or purchased commercially (see *Using the Food Buying Guide* in this section).

Portion Sizes

CACFP facilities must consider the serving sizes of menu items when planning meals to meet the CACFP Meal Pattern for Children. A small amount of food can often satisfy a young child's appetite. Some foods will meet the CACFP meal pattern requirements only when very large serving sizes are provided. When larger serving sizes are needed, programs should serve a smaller portion and supplement with another food from the same component. For example, three tablespoons of peanut butter are required to provide 1 ½ ounces of meat/meat alternate. Instead of serving a sandwich with 3 tablespoons of peanut butter to a 3-year-old at lunch, serve a sandwich with 1 tablespoon of peanut butter (½ ounce of meat/meat alternate) and 1 ounce of cheese to meet the meat/meat alternates requirement.

Combination Dishes

Dishes that contain foods from more than one food group are combination dishes. For example, pizza contains bread (grain/bread), cheese (meat/meat alternate) and tomato sauce (vegetable/fruit). *Combination dishes may be credited for no more than two CACFP meal pattern components, even if more are provided.* This is to ensure that children do not go hungry when a dish is disliked. For example, if lasagna were to contribute toward the meat/meat alternates, vegetables/fruits and grains/breads components, and if a child disliked the lasagna, he or she would not receive a sufficient amount of food.

Crediting Commercially Prepared Foods

The crediting of commercially prepared foods (such as beef stew, burritos, pizza and ravioli) is problematic, due to the difficulty of ensuring that appropriate portion sizes of the various CACFP meal pattern components are provided. When commercially prepared foods are used, it is impossible to tell from the product's label or total weight how much of each CACFP meal pattern component (meat/meat alternates, vegetables/fruits or grains/breads) is contained in one serving. CACFP facilities can avoid serving meals that do not comply with the CACFP meal pattern by:

- using Child Nutrition (CN) labeled products (see next page); or
- obtaining a product analysis sheet signed by an official of the manufacturer (not a salesperson), stating the amount of a particular CACFP meal pattern component contained in each serving of the product.

When commercial products are used to meet the CACFP Meal Pattern for Children, child care centers, family day care homes, emergency shelters and at-risk afterschool care centers are responsible for maintaining documentation that an appropriate amount of the CACFP meal pattern component is provided.

Additional information regarding the crediting of commercial products is contained in each section of the Crediting Foods Guide.

CHILD NUTRITION (CN) LABELING PROGRAM

The USDA Child Nutrition (CN) Labeling Program is a voluntary federal labeling program for the Child Nutrition Programs. It provides food manufacturers the option to include a standardized food crediting statement on their product labels. The USDA must approve labels prior to use, and manufacturers must have quality control procedures and inspection oversight that meet USDA requirements. All manufacturers participating in the CN Labeling Program must have a quality control program approved by the Agricultural Marketing Service (AMS) or National Marine Fisheries Service (NMFS).

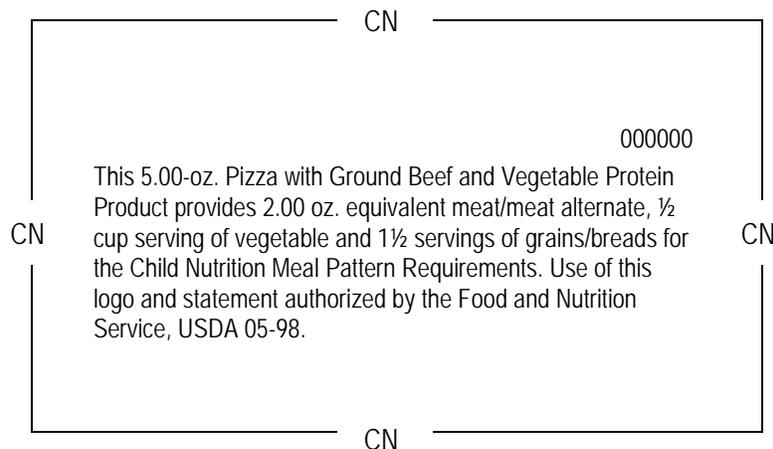
A CN label statement clearly identifies the contribution of a product toward the USDA meal pattern requirements, based on the USDA's evaluation of the product's formulation. Manufacturers state this contribution on their labels, for example: "One serving provides 2 ounces of meat/meat alternate and ¼ cup vegetable/fruit." CN labeling provides a warranty against audit claims for purchasers of the product.

Products eligible for CN labeling include main dish entrees that contribute to the meat/meat alternates component of the meal pattern requirements (e.g., beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions), bread items that contribute to the grains/breads component (e.g., pizza crust, breaded chicken nuggets) and juice and juice drink products that contain at least 50 percent full-strength juice by volume (e.g., grape drink, fruit punch and juice bars). *Only 100 percent juice is creditable in Connecticut Child Nutrition Programs.*

A CN label will always contain the following:

- the CN logo, which is a distinct border
- the meal pattern contribution statement
- a six-digit product identification number
- the USDA authorization
- the month and year of approval

Sample CN Label



There is no federal requirement that manufacturers make CN labeled products or that programs participating in the USDA Child Nutrition Programs purchase them. Purchasing decisions are left to the local level. If a CN labeled product is desired, this must be clearly stated in the purchasing specifications. Additional information on CN labels, including guidance and product updates can be found at <http://www.fns.usda.gov/cnd/cnlabeling/default.htm>.

COMMODITY FOODS

The USDA Food Distribution Program coordinates the distribution of commodities to the National School Lunch Program, Child and Adult Care Food Program and Summer Food Service Program. Child care centers participating in the CACFP are eligible to receive commodity foods from the USDA. The distribution of commodity foods is handled through the Connecticut State Department of Administrative Services (DAS) Food Distribution Program.

The specific commodities offered vary depending on market conditions, but in general they include canned, dried and frozen fruits and vegetables; frozen and canned meats; grain products; pasta; peanut and other nut products; and dairy products. Most commodity foods are creditable in CACFP menu planning. Some commodity items, such as oil and shortening, are not creditable items themselves. However, they may be used in the preparation of foods that are creditable, for example, oil used as an ingredient in a grain-based muffin.

The following resources provide additional information on using and crediting USDA commodity foods.

- *Fact Sheet on Schools/Child Nutrition Programs Commodity Foods*. U.S. Department of Agriculture, 2008. <http://www.fns.usda.gov/fdd/programs/schcnp/pfs-schcnp.pdf>
- *Food Buying Guide for Child Nutrition Programs*. U.S. Department of Agriculture, 2002. <http://www.fns.usda.gov/tn/Resources/foodbuyingguide.html>
- *USDA Commodity Fact Sheets*. U.S. Department of Agriculture, 2007. <http://www.fns.usda.gov/FDD/schfacts/>

Additional information about USDA commodities is available through the USDA Food Distribution Program and the State of Connecticut Food Distribution Program. For more information, see Commodity Foods and Connecticut Food Distribution Program under *Web Sites* in section 6.



CREDITING DISHES MADE FROM SCRATCH

Meeting Meal Pattern Requirements

Child care centers, family day care homes, emergency shelters and at-risk afterschool care centers must ensure that all meals served to children meet the CACFP Meal Pattern for Children. All recipes the CACFP facility uses must document that the food served provides a sufficient amount of the meal pattern components being credited.

Family day care home sponsors must be able to provide training and technical assistance to day care home providers on ensuring that recipes meet meal pattern components. For example, if a main dish casserole is served, providers need to know how to determine what CACFP meal pattern components are included.

The USDA's *Food Buying Guide* helps ensure that meals served meet CACFP requirements. It is the principle tool that USDA Child Nutrition Programs use to determine the contribution foods make toward the meal requirements. The *Food Buying Guide* should be used to determine the meal pattern contribution for recipes containing meat/meat alternates, vegetables/fruits, pasta, cereal grains (e.g., barley, bulgur) and rice (see *Using the Food Buying Guide* in this section). For information on crediting the ingredients in baked goods made from scratch (such as flour, cornmeal, rolled oats and wheat bran), see *Crediting Grains/Breads Made from Scratch* in section 2.

For dishes made from scratch, CACFP facilities should use an appropriate standardized recipe to ensure that a sufficient amount of each planned CACFP meal pattern component is provided. For example, to meet the meat/meat alternates and grains/breads requirements at lunch for children ages 3-5, a tuna noodle casserole recipe must document that each serving provides 1 ½ ounces of tuna and ¼ cup pasta per serving.

To determine how a recipe contributes to the CACFP Meal Pattern for Children, specific information about ingredients must be provided, such as weight, measure and form of the food. Without this information, it is impossible to determine a recipe's CACFP meal pattern contribution. For example, a recipe should state:

- 1 15-ounce can of fruit cocktail, not 1 can of fruit cocktail
- 3 cups cooked rice, not 3 cups rice
- ½ cup finely or coarsely chopped onion, not 1 onion



The resources below can assist CACFP facilities with developing and using standardized recipes.

- *Child Care Recipes, Food for Health and Fun*. U.S. Department of Agriculture, 1999.
http://www.fns.usda.gov/tn/Resources/childcare_recipes.html
- *Healthy Cuisine for Kids*. National Food Service Management Institute, 2005.
<http://www.olemiss.edu/depts/nfsmi/Information/hck/hck.htm>
- *Measuring Success with Standardized Recipes*. National Food Service Management Institute, 2002.
<http://www.olemiss.edu/depts/nfsmi/Information/measuring-success.html>
- *On the Road to Professional Food Preparation*. National Food Service Management Institute, 2007.
<http://www.olemiss.edu/depts/nfsmi/epubs/et73-07/index.html>

For more information, see *Menu Planning and Recipes* in section 6.

DETERMINING NUMBER OF SERVINGS OF MEAL COMPONENTS

Recipes containing foods from more than one food group may be credited for no more than two meal components, even if more are provided (see *Combination Dishes* in this section). *The total number of CACFP servings in a recipe is limited by the ingredient with the lowest number of servings.* For example, consider a recipe that contains 5 cups of cooked macaroni and 1 pound of cheese, as indicated below.

| Ingredient | Amount | CACFP Serving Size (Ages 3–5) | Recipe Contribution to CACFP Meal Pattern | |
|-----------------|------------------------|-------------------------------|---|--|
| | | | Grains/Breads | Meat/Meat Alternates |
| cooked macaroni | 5 cups | ¼ cup | 20 servings <i>(5 cups divided by required serving size of ¼ cup equals 20 servings)</i> | |
| cheese, cheddar | 1 pound (16 ounces) | 1 ½ ounces | | 10 servings <i>(16 ounces divided by required serving size of 1 ½ ounces equals 10.6 servings, rounded down to 10 servings)</i> |

For ages 3-5 at lunch, this recipe provides 20 servings (¼ cup each) of grain/bread. The cheese provides 10 servings (1 ½ ounces each) of meat/meat alternates. If the menu planner wants to count this recipe as both the meat/meat alternate and grain/bread components, it can serve only 10 children. The amount of cheese (enough for only 10 servings) is the limiting factor.

USING THE FOOD BUYING GUIDE

The USDA's *Food Buying Guide* contains yield information for common types and customary sizes of meat/meat alternates, vegetables/fruits and grains/breads. It includes commercially available foods and USDA-donated commodities. Foods are classified by meal pattern component. The *Food Buying Guide* is available at <http://teammnutrition.usda.gov/Resources/foodbuyingguide.html>.

The *Food Buying Guide* can be used to determine how much food to purchase to meet minimum portion sizes and the recipe's contribution to the CACFP meal pattern. When determining serving size information for recipes, it is important to use the edible portion of the food, for example:

- cooked, lean meat without bone, breading or other ingredients;
- fruits and vegetables without seeds, pits or nonedible parts; and
- cooked (not raw) pasta, rice and cereal grains, e.g., barley and bulgur.

The following pages provide examples of how to use the *Food Buying Guide* to determine crediting information for foods. For additional assistance on determining crediting information for recipes, contact the Connecticut State Department of Education (see page iv).

Determining Yields for Meat and Meat Alternates

Yields of cooked meat and poultry will vary with the type, age, fat content and weight of the animal, and the method, time and temperature of cooking. One pound (16 ounces) of raw meat does not yield 1 pound of cooked meat. Typical cooking losses might be 20 to 30 percent but could be more or less. When determining the cooked yield of a food, the appropriate loss factor must be used, as indicated in the *Food Buying Guide*. The example below illustrates how the *Food Buying Guide* can be used to determine the yield and crediting information for meat.

EXAMPLE: DETERMINING YIELD OF GROUND BEEF

A recipe contains 1 pound of raw ground beef (30% fat). How many servings of meat/meat alternate does the recipe contain for each age group at lunch?

| 1 Food As Purchased, AP | 2 Purchase Unit | 3 Servings per Purchase Unit | 4 Serving Size or Portion and Contribution to Meal Requirement | 5 Purchase Unit for 100 Servings | 6 Additional Yield Information |
|---|--------------------|---------------------------------|---|-------------------------------------|--|
| Beef, Ground, fresh or frozen Market Style no more than 30% fat | Pound | 11.2 | 1 oz. cooked lean meat | 9.0 | 1 lb. AP = 0.70 lb. cooked, drained, lean meat |
| | Pound | 7.46 | 1½ oz. cooked lean meat | 13.5 | |

Source: *Food Buying Guide*, U.S. Department of Agriculture, Revised 2008 (page 1-15).

Servings Provided

- **Ages 1-2:** The required serving size of meat/meat alternates at lunch is 1 ounce.
 - ▶ The *Food Buying Guide* indicates that 1 pound of raw ground beef yields 11.2 servings of 1 ounce when cooked (see columns 3 and 4).
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 11 servings of 1 ounce of meat/meat alternate.
- **Ages 3-5:** The required serving size of meat/meat alternates at lunch is 1 ½ ounces.
 - ▶ The *Food Buying Guide* indicates that 1 pound of raw ground beef yields 7.46 servings of 1 ½ ounces when cooked (see columns 3 and 4).
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 7 servings of 1 ½ ounces of meat/meat alternate.
- **Ages 6-12*:** The required serving size of meat/meat alternates at lunch is 2 ounces.
 - ▶ The *Food Buying Guide* indicates that 1 pound of raw ground beef yields 11.2 servings of 1 ounce when cooked (see columns 3 and 4).
 - ▶ To determine the number of servings, the *cooked yield* must be divided by the *required serving size*. The cooked yield of 11.2 ounces divided by the required serving size of 2 ounces equals 5.6 servings of meat/meat alternate.
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 5 servings of 2 ounces of meat/meat alternate.

* Emergency shelters can serve CACFP meals to residents ages 18 or younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks to students ages 18 or younger.

Determining Yields for Vegetables and Fruits

The yield of vegetables and fruits varies according to the form of food used, i.e., fresh, canned, frozen or dehydrated.

- Frozen vegetables usually yield more servings per pound than fresh vegetables since the frozen vegetables are cleaned, blanched and ready to cook.
- Dehydrated vegetables and fruits yield more servings per pound than fresh, frozen or canned because they gain weight and volume as they absorb water during soaking and cooking. Some dehydrated products, particularly fruits, continue to expand while cooling.
- The weight of canned vegetables and fruits varies due to different densities of the food. A “Number 10” can yields an average of 12 to 13 $\frac{2}{3}$ cups, from 96 ounces (6 pounds) to 117 ounces (7 pounds, 5 ounces).

The example on the next page illustrates how the *Food Buying Guide* can be used to determine the yield and crediting information for fruits and vegetables.



EXAMPLE: DETERMINING YIELD OF RAW BROCCOLI

A recipe for a broccoli pasta salad contains 3 pounds of raw broccoli florets. How many servings of vegetable does the recipe contain for each age group at lunch?

| 1 Food As Purchased, AP | 2 Purchase Unit | 3 Servings per Purchase Unit | 4 Serving Size or Portion and Contribution to Meal Requirement | 5 Purchase Unit for 100 Servings | 6 Additional Yield Information |
|--|--------------------|---------------------------------|---|-------------------------------------|--|
| Broccoli, fresh <i>Florets Trimmed Ready-to-use</i> | Pound | 28.8 | ¼ cup cut, raw vegetable | 3.5 | 1 lb. AP = 1 lb. (about 7 ⅞ cups) ready-to-cook broccoli |

Source: *Food Buying Guide*, U.S. Department of Agriculture, Revised 2008 (page 2-25).

At lunch for all ages, two different servings of vegetables/fruits must be provided to meet the minimum required serving size. A serving of ⅛ cup is the smallest amount that can be credited.

Servings Provided

- **Ages 1-2:** The requirement at lunch is two different vegetables/fruits for a total of ¼ cup. The menu planner wants to count the broccoli pasta salad as ⅛ cup serving of vegetable.
 - ▶ The *Food Buying Guide* indicates that 1 pound of fresh broccoli florets yields 28.8 servings of ¼ cup (see columns 3 and 4).
 - ▶ To determine the cups of broccoli per pound, multiply the 28.8 servings by ¼ cup, for a total of 7.2 cups of broccoli per pound.
 - ▶ Multiply the 3 pounds of broccoli in the recipe by 7.2 cups per pound, for a total of 21.6 cups of broccoli in the recipe.
 - ▶ Divide the total cups in the recipe (21.6) by the desired serving size of ⅛ cup (0.125) for a total of 172.8 servings.
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 172 ⅛-cup servings in the recipe. *Note: Another serving of vegetable/fruit must also be provided to meet the total ¼ cup requirement this age group at lunch.*

- **Ages 3-5:** The requirement at lunch is two different vegetables/fruits for a total of ½ cup. The menu planner wants to count the broccoli pasta salad as ¼ cup serving of vegetable.
 - ▶ As indicated above for ages 1-2, the recipe contains 21.6 cups of broccoli.
 - ▶ Divide the total cups of broccoli in the recipe (21.6) by the desired serving size of ¼ cup (0.25) for a total of 86.4 servings.
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 86 ¼-cup servings in the recipe. *Note: Another serving of vegetable/fruit must be provided to meet the total ½ cup requirement for this age group at lunch.*

- **Ages 6-12*:** The requirement at lunch is two different vegetables/fruits for a total of ¾ cup. If the menu planner wants the broccoli pasta salad to count as ¼ cup vegetable, then 86 servings are provided (see information for ages 3-5). If the salad is being counted as ½ cup vegetable, then 43 servings are provided.
 - ▶ As indicated above for ages 1-2, the recipe contains 21.6 cups of broccoli.
 - ▶ Divide the total cups of broccoli in the recipe (21.6) by the desired serving size of ½ cup (0.5) for a total of 43.2 servings.
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 43 ½-cup servings in the recipe. *Note: Another serving of vegetable/fruit must also be provided to meet the total ¾ cup requirement for this age group at lunch.*

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Determining Yields for Pasta, Cereal Grains and Rice

Recipes that contain pasta, rice or cereal grains as an ingredient must specify whether the ingredient is in a cooked or raw form. The volume of cooked grain products is generally several times larger than the volume of the raw product. For example, 1 cup of uncooked white rice yields about 3 cups when cooked. The example below illustrates how the *Food Buying Guide* can be used to determine the yield and crediting information for pasta, rice and cereal grains.

EXAMPLE: DETERMINING YIELD OF PASTA

A recipe for spaghetti and meatballs contains 3 pounds of uncooked spaghetti. How many servings of grains/breads does the recipe contain for each age group at lunch?

| 1 Food As Purchased, AP | 2 Purchase Unit | 3 Servings per Purchase Unit | 4 Serving Size or Portion and Contribution to Meal Requirement | 5 Purchase Unit for 100 Servings | 6 Additional Yield Information |
|--|--------------------|---------------------------------|---|-------------------------------------|---|
| Pasta (Group H) Spaghetti Regular Dry | Pound | 21.2 | ¼ cup cooked <i>al dente</i> | 4.8 | 1 lb. dry = about 3 ¼ cups dry spaghetti pieces |
| | Pound | 10.6 | ½ cup cooked <i>al dente</i> | 9.5 | 1 lb. dry = 2.37 lb. (About 5 ¼ cups) <i>al dente</i> cooked pasta (boiled 8 minutes) |
| | Pound | 7.06 | ¾ cup cooked <i>al dente</i> | 14.2 | |

Source: *Food Buying Guide*, U.S. Department of Agriculture, Revised 2008 (page 3-28).

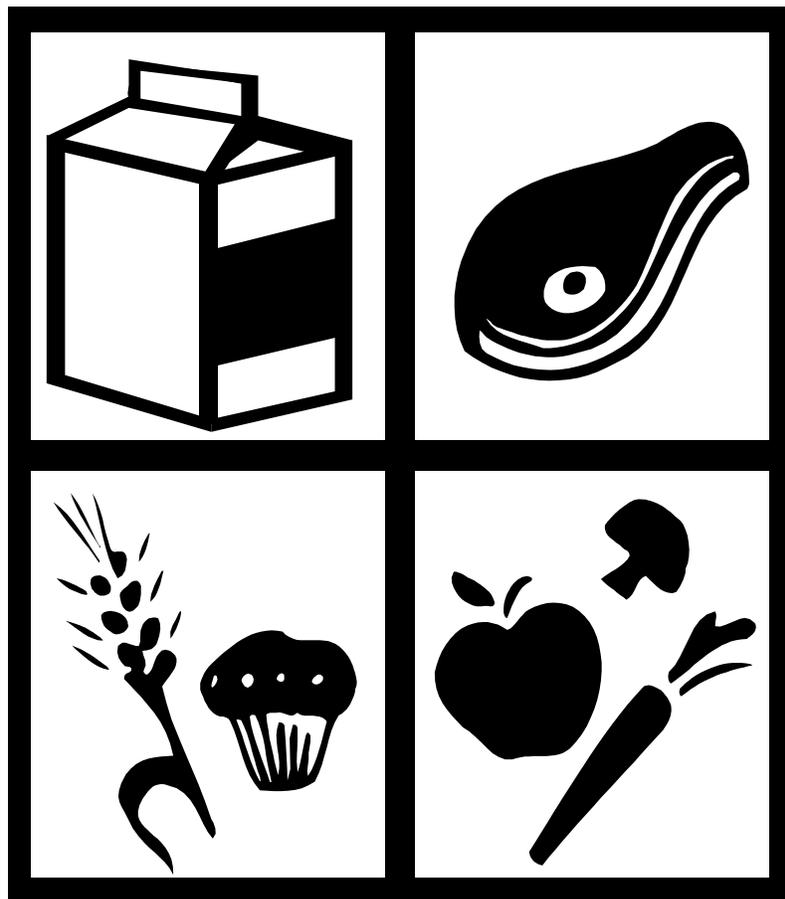
Servings Provided

- **Ages 1-2 and 3-5:** The required serving size of cooked pasta (grains/breads) at lunch is ¼ cup.
 - ▶ The *Food Buying Guide* indicates that 1 pound of dry spaghetti yields 21.2 ¼-cup servings of cooked spaghetti (see columns 3 and 4).
 - ▶ Multiply the 3 pounds of spaghetti in the recipe by the cooked yield of 21.2 servings per pound, for a total of 63.6 ¼-cup servings.
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 63 servings in the recipe.
- **Ages 6-12*:** The required serving size of cooked pasta (grains/breads) at lunch is ½ cup.
 - ▶ The *Food Buying Guide* indicates that 1 pound of dry spaghetti yields 10.6 ½-cup servings of cooked spaghetti (see columns 3 and 4).
 - ▶ Multiply the 3 pounds of spaghetti in the recipe by the cooked yield of 10.6 servings per pound, for a total of 31.8 ½-cup servings.
 - ▶ Round down the total number of servings to the nearest whole number, for a total of 31 servings in the recipe.

* Emergency shelters can serve CACFP meals to residents ages 18 or younger and to children of any age who have disabilities. At-risk afterschool care centers can serve CACFP snacks to students ages 18 or younger.

Crediting Foods Guide for the CACFP

Child Care Centers
Family Day Care Homes
Emergency Shelters
At-Risk Afterschool Care Centers



OVERVIEW OF THE CREDITING FOODS GUIDE

The Crediting Foods Guide helps CACFP facilities determine whether foods and beverages are creditable in the CACFP, i.e., whether they meet the CACFP meal pattern components. This guide should be used by all CACFP facilities as the definitive source to determine how to credit specific foods and beverages in the CACFP Meal Pattern for Children. The Crediting Foods Guide is organized in four sections by meal component:

- Grains/Breads;
- Vegetables/Fruits;
- Meat/Meat Alternates; and
- Milk.

The beginning of each section is prefaced with general information on the food component, followed by a list of specific food items with crediting information. Foods are listed according to the food components in which they are most commonly credited. Some foods will be found under more than one component, for example, legumes (dry beans and peas) are listed under both vegetables/fruits and meat/meat alternates. Entries for foods such as lasagna or pizza that contain multiple components (e.g., grains/breads, meat/meat alternates, vegetables/fruits) will include a referral to the other appropriate sections of the Crediting Foods Guide.

The “Creditable” column after the food item indicates “Yes” if the food is creditable or “No” if the food is not creditable. Some foods have restrictions regarding how they are credited. For these items, an asterisk (*) appears in the “Yes” and “No” columns, with an explanation of how the food may be credited.

Each CACFP food component contains a large variety of creditable foods that also include a number of less nutritious choices. These types of foods may be high in fat, added sugars and sodium, or low in nutrients. For example, croissants and whole-grain bread are both creditable in the grains/breads component; however, whole-grain bread contains more nutrients and less fat. The symbol “⊕” indicates foods that, while creditable, are not recommended in the CACFP due to poor nutritional quality. These foods should be served infrequently, if at all. Child care menus should focus on serving foods that are unprocessed or minimally processed; naturally nutrient rich; and low in fat, added sugars and sodium. For more information on improving the nutrition quality of CACFP meals, see *Nutrition Policies and Guidance: Planning Healthy Meals*.

Please note that the Crediting Foods Guide is not all inclusive. It includes foods about which crediting inquiries are frequently made or foods that are often credited incorrectly. The use of brand name products does not constitute approval or endorsement by the Connecticut State Department of Education (CSDE) or the USDA. Product names are used solely for clarification. For questions regarding the crediting of a particular item not included in the Crediting Foods Guide, contact the CSDE (see page iv).

The CSDE strongly encourages all CACFP facilities to follow the Connecticut Child Care Nutrition Standards (CCCNS) for all CACFP meals and snacks. The CCCNS provides the healthiest choices for infants and children in child care by promoting whole or minimally processed nutrient-rich foods that are low in fat, added sugars and sodium. For more information on the CCCNS, see the CSDE's *Action Guide for Child Care Nutrition and Physical Activity Policies* at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322562>.