

Creditable Foods in the CACFP

SD Department of Education
Child and Adult Nutrition Services

Creditable and Non-Creditable Foods

- Creditable Foods – Foods That Count
- Non-Creditable Foods – Foods That Do Not Count
 - Can Supply Nutrients and Calories
 - Energy
 - Nutritional
- Meal is Reimbursable
 - Creditable Foods
 - Outlined Amounts – CACFP Meal Patterns
- "Crediting Handbook in the Child and Adult Care Food Program"
 - Note – may not be up to date with October 1, 2017 meal pattern changes...

Fluid Milk

- Must be Fluid
- For children 5 and under, milk must be unflavored
- Types:
 - Under One Year – Breast Milk or Iron-Fortified Infant Formula
 - One Year Olds – Whole Milk
 - Two and Older – Skim or 1%
 - Nondairy Substitutes - if Nutritionally Equal to Milk (unflavored or original flavor)
- For adult day cares, milk may be replaced with yogurt up to one time a day

Fluid Milk (Continued)

- Breakfast or Snack
 - Beverage
 - Over Cereal
 - Combination of These Two.
- Lunch or Supper
 - Beverage
- Snack
 - Same as Breakfast
 - Milk and Juice Together – Not Creditable Snack

Meats and Meat Alternates

- Required for Lunch and/or Supper
- Option for Snack
- May Replace Bread/Grain for Breakfast up to three times per week
 - Ounce for ounce substitution

Meats and Meat Alternates (Continued)

- Meat/Meat Alternates Include:
 - Lean Meat
 - Poultry
 - Fish
 - Cheese
 - Egg
 - Yogurt
 - No more than 23 grams of sugar per 6 ounce serving
 - Tofu (and other soy products)
 - Cooked, Dry Beans or Peas
 - If Served as Meat, Cannot Count as Vegetable in Same Meal
 - Nuts and Seeds and Their Butters
 - NOT Acorns, Chestnut, or Coconut
 - No More Than 1/2 of Total Amount Required for lunch

Meats and Meat Alternates (Continued)

- Vegetarian Meals

- Allowed

- Must Meet Meal Pattern Requirements

- Some Vegetarian Options Not Allowed

- Seitan
 - Tempeh

Meats and Meat Alternates (Continued)

- Larger Servings Required

- Yogurt:

- 4 fl. oz. Yogurt = 1 oz. Meat Alternate

- Labeled as:

- Cheese Foods, Cheese Substitutes, Cheese Spreads:

- 2 oz. = 1 oz. Meat Alternate

- Cheese Products or Imitation Cheese:

- **Not Creditable**

- Cottage or Ricotta Cheese:

- 2 oz. = 1 oz. Meat Alternate

Meats and Meat Alternates (Continued)

- Commercially Prepared Items

- Additional Documentation Needed:

- Child Nutrition (CN) Label or Product Formulation Statement (PFS)

- Chicken Nuggets

- Corn Dogs

- Fish Sticks

- Pizza

- Etc.

Vegetables

- Breakfast
 - Vegetable, Vegetable Juice (or Fruit, or Fruit Juice) or Any Combination of These
- Lunch/Supper
 - One required
 - Second may be served in place of fruit
- Snack
 - One option for the two required items
 - Vegetable Juice and Milk Together – Not Creditable Snack

Juice (vegetable or fruit juice) is limited to one time per day across all menus.

Vegetables (Continued)

- Two Forms of Same Vegetable at Same Meal
 - Considered One Vegetable
 - Requirement Intended for Variety
 - Healthful Growth

Vegetables (Continued)

- Cooked, Dried Beans or Peas
 - Vegetable
 - Meat
 - Not Both in Same Meal

Vegetables (continued)

- Need 1/8 Cup per Serving
- Smaller Amounts
 - Flavorings, Garnishes – Not Counted
 - Little Nutritional Contribution
- Condiments, Seasonings – Not Creditable Foods
 - Enhance Acceptability

Vegetables (Continued)

- No Home Canned Vegetable Products
- Health and Safety

Fruits

- Breakfast
 - Fruit, Fruit Juice, (Vegetable / Vegetable Juice) or Any Combination of These
- Lunch/Supper
 - One is required – unless two vegetables are served
 - **Two fruits no longer allowed**
 - Juice – Up to 1/2 of Required Serving
- Snack
 - Fruit is one option
 - Fruit Juice and Milk Together – Not Creditable Snack

Juice (vegetable or fruit juice) is limited to one time per day across all menus.

Fruits (Continued)

- Two Forms of Same Fruit at Same Meal
 - Considered One Fruit
 - Requirement Intended for Variety
 - Healthful Growth

Fruits (continued)

- Need 1/8 Cup per Serving
 - Smaller Amounts
 - Flavorings, Garnishes – Not Counted
 - Little Nutritional Contribution
 - Condiments, Seasonings – Not Creditable Foods
 - Enhance Acceptability

Fruits (Continued)

- No Home Canned Fruit Products
 - Health and Safety

Grains and Breads

- Required Component
 - Breakfast
 - may be replaced with a meat/meat alternate up to three times per week
 - Lunch
 - Supper

- One option for Snack

Grains and Breads (Continued)

- Dietary Sources of
 - Iron
 - Thiamin
 - Niacin
 - Riboflavin
 - Fiber (Often)

Grains and Breads (Continued)

- Criteria to be Creditable
 - Labeled as:
 - Whole-Grain, Enriched, Made from Enriched or Whole-Grain Meal or Flour
 - Cereals:
 - Labeled as Whole-Grain, Enriched, or Fortified
 - Must contain no more than 6 grams of sugar per dry ounce
 - Bran, Cornmeal, and Germ Credited Same Way as Meals or Flours

Grains and Breads (Continued)

- At least one whole grain rich per day
 - Across all menus
 - **One Exception** – if grain not required (snack, breakfast on some days) – no whole grain is needed

Grains and Breads (Continued)

- Whole grain rich = Whole grain-rich = foods that contain at least 50% whole grains and the rest of the grains are either enriched or whole grains

** More on this New Meal Pattern webinar

Grains and Breads (Continued)

- Commercial Breads (Un-Enriched)
 - French
 - Vienna
 - Italian
 - Syrian

Grains and Breads (Continued)

- Serving Sizes
 - Largely by Weight
 - Commercial Products
 - Compare Information on Food Label with Applicable Group on Grains and Breads Chart (new one in 10/2017)
 - Do Not Use the Serving Size on Nutrition Facts Label

Grains and Breads (Continued)

- Crediting:
 - ¼ Serving is Smallest Amount
 - Must be Served as:
 - Accompaniment to, or
 - A Recognizable, Integral Part of Main Dish
 - Not Merely an Ingredient in Recipe

Grains and Breads (Continued)

- Grain Based Desserts – no longer allowed (10/2017)
 - See new Grains & Breads Chart
 - Toaster Pastries
 - Coffee Cakes
 - Doughnuts
 - Sweet Rolls
 - Fruit-Grain/Cereal/Granola Bars
 - Cookies
 - Dessert Pies
 - Cakes
 - Brownies

Grains and Breads (Continued)

- Homemade Grains/Breads
 - Need Standardized Recipe
 - Amount Whole-Grain and/or Enriched Flour or Meal
 - Total Number of Servings in the Recipe

Calculating Grain/Bread Contribution

- Need 14.75 Grams Enriched or Whole-Grain Meal and/or Flour per Serving
- Grains and Breads Chart Reflects Total Weight of Product
 - 14.75 Grams of Flour Plus all Other Ingredients
- Crediting Determined by:
 - Total Weight of Meal and/or Flour Divided by Number of Servings

Calculating Grain/Bread Contribution (Continued)

- **Step 1** – List Weight of Flour or Whole-Grain Ingredients in Recipe
- **Step 2** – Convert Pounds to Grams (if Needed) Multiply Pounds by 454
 - 454 Grams per Pound

Calculating Grain/Bread Contribution (Continued)

- **Step 3** – Divide Total Grams of Meal/Flour by 14.75
 - = Total Number of Servings of Grains/Breads in Recipe

OR

- **Alternate Step 3** – Divide Total Grams of Meal/Flour by Number of Servings in Recipe
 - = Amount of Flour in One Serving of the Recipe

Evaluating Recipes

- Homemade Combination Foods
 - Casseroles
 - Pizzas
 - Soups

- Make Sure Enough Each Food Item

Evaluating Recipes (Continued)

Ingredients	Amount	Meat/Meat Alternate	Vegetable (1/4 c)	Fruit (1/4 c)	Grains/Bread (1/2 servings)
Chicken or Turkey	2 lb. 6 oz. (38 oz.)	38 oz.			
Celery	10 oz.		8.0625		
Onion	10 oz.		7.875		
Mixed Vegetables	1 lb. 10 oz. (26 oz.)		13.1625		

Evaluating Recipes (Continued)

Meat/Meat Alternate		Vegetable (1/4 c)
38 oz. (Chicken or Turkey)		8.0625 (Celery)
		7.875 (Onion)
		13.1625 (Mixed Vegetables)
38 oz.		29.1
Divided by 1	Divided by 1.5	
38 1 oz. Servings	25 1 1/2 oz. Servings	29 - 1/4 cup Servings

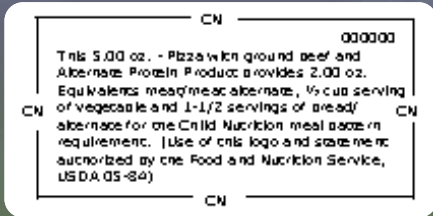
Child Nutrition (CN) Labels

- CN Labeling Program
 - Federal
 - Voluntary
 - Requires Evaluation of Product's Formulation
- No Requirement to Use Products
- Advantages
 - Clearly Identifies Contribution to Meal Patterns
 - Provides Warranty Against Audit Claims

Child Nutrition (CN) Labels (Continued)

- CN Label Will Always Contain:
 - CN Logo (Distinct Border)
 - 6-Digit Product Identification Number
 - USDA/FNS Authorization
 - Month and Year of Approval

Child Nutrition (CN) Labels (Continued)



Miscellaneous Information

- Frying is not allowed as a way of preparing foods on-site
 - Allowed:
 - Pre-fried (e.g. chicken nuggets, corn dogs, fish sticks, etc.)
 - Contracted meals (e.g. from restaurant, nursing home, bar, etc.) okay

Medical (and Non-Medical) Substitutions

- Disability
 - Threatens Major Life Activity or Bodily Function
 - Substitutions Must be Made
- Not a Disability
 - Unable to Consume Regular Meal
 - Other Special Dietary Needs (perhaps medical, religious, personal preference)
 - Allowable, not required
 - May need a Recognized Medical Authority signature if cannot follow the meal patterns (e.g. non-dairy beverages)

Medical (and Non-Medical) Substitutions (Continued)

○ Special Diet Statements:

○ Specify Food(s) to be Omitted

○ Specify Choice of Foods Safe to Substitute

○ See Numbered Memos at <http://www.doe.sd.gov/cans/cacfp.aspx>

Record Keeping

○ Save **ALL** Documentation of Creditable Foods Records

○ 3 Previous Years Plus the Current Year

Questions?

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