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 ½ 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 ½ 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:
    ○ An 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
  ○ desserts 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

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Amount</th>
<th>Meal/Meat Alternate</th>
<th>Vegetable (1/4 c)</th>
<th>Fruit (1/4 c)</th>
<th>Grains/Bread (1/2 servings)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken or Turkey</td>
<td>2 lb. 6 oz. (38 oz.)</td>
<td>38 oz.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Celery</td>
<td>10 oz.</td>
<td></td>
<td>8.0625</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Onion</td>
<td>10 oz.</td>
<td></td>
<td></td>
<td>7.875</td>
<td></td>
</tr>
<tr>
<td>Mixed Vegetables</td>
<td>1 lb. 10 oz. (26 oz.)</td>
<td></td>
<td></td>
<td>13.1625</td>
<td></td>
</tr>
</tbody>
</table>
Evaluating Recipes (Continued)

<table>
<thead>
<tr>
<th>Meat/Meat Alternate</th>
<th>Vegetable (1/4 c)</th>
</tr>
</thead>
<tbody>
<tr>
<td>38 oz. (Chicken or Turkey)</td>
<td>8.0625 (Celery)</td>
</tr>
<tr>
<td></td>
<td>7.875 (Onion)</td>
</tr>
<tr>
<td></td>
<td>13.1625 (Mixed Vegetables)</td>
</tr>
<tr>
<td>Divided by 1</td>
<td>29.1</td>
</tr>
<tr>
<td>Divided by 1.5</td>
<td></td>
</tr>
<tr>
<td>38 oz. Servings</td>
<td>25</td>
</tr>
<tr>
<td>1½ oz. Servings</td>
<td>29 – ¼ cup Servings</td>
</tr>
</tbody>
</table>

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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