Crediting Handbook

- Compliments the “Food Buying Guide for Child Nutrition Programs”
- Provides information on crediting foods that are commonly served in CACFP settings
- Incorporates & updates crediting information in previous publications
- Uses current CACFP meal patterns

Crediting Handbook

• Not all-inclusive
• Includes:
  – foods commonly served in child care programs
  – foods USDA received inquiries about
  – foods noted as being credited incorrectly

Creditable foods:
• Count toward meal pattern requirements
• Contain foods as listed in the FBG
• Comply with regulations (in quantity or by definition)
• Comply with FDA Standards of Identity
• Comply with USDA standards for meat products
• Reflect USDA administrative policy decisions on the crediting of popular foods
Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

Crediting Handbook (Pages 6-9)

- CN Labels
- Product Formulation Statements
- Standards of Identity
- Standardized Recipes

CACFP Meal Patterns (pp 10-13)
### Meal Components

#### Milk

- **pp 14-19**

#### Creditable Milk Products

- **pp 15-17**
Creditable Milk Products

<table>
<thead>
<tr>
<th>Food</th>
<th>Creditable</th>
<th>Comments</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acidified Milk, Kefir</td>
<td>Yes</td>
<td>Acidified milk is a fluid milk produced by souring fluid whole, low-fat, or fat-free skim milk with an acidifying agent. Examples of acidified milk are &quot;acidified kefir milk&quot; and &quot;acidified, acidophilus milk.&quot;</td>
</tr>
<tr>
<td>Milk, Acidophilus Milk</td>
<td>Yes</td>
<td></td>
</tr>
<tr>
<td>Buttermilk</td>
<td>No</td>
<td>Must be low fat or fat-free for participants 2 years of age and older. Only commercially received buttermilk.</td>
</tr>
</tbody>
</table>

Questions & Answers About Milk

Questions and Answers About Milk

1. Why a non-dairy milk or milk substitute is included?
2. Are whole and reduced-fat milk substitutes acceptable?
3. Are single-serve or cup milk substitutes acceptable?
4. What milk or milk substitute is acceptable?
5. If participants cannot drink milk, can be reimbursed for milk substitutes?
6. Are non-dairy milk/supplements allowed?

United States Department of Agriculture
Food and Nutrition Service

pp 18-19
## Questions & Answers About Milk

### Milk

### Questions and Answers about Milk

1. **Why is reconstituted milk not creditable as fluid milk?**

   Reconstituted milk is not included in the definition of milk in the Program Regulations. It is not possible to ensure that the quantity of dry milk and water used are adequate to provide the nutritional equivalency of fluid milk. Reconstituted milk may only be used in an emergency situation where the availability of fluid milk has been affected. This provision is discussed in 7 CFR Part 225. In addition, Part 225 of the regulations also permits the opening use of dry milk only when the center is unable to obtain a supply of fluid milk on a continuing basis. In either of these situations, contact the Regional Office, State agency, or the sponsoring agency as applicable for guidance prior to taking action.

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## Meal Components

<table>
<thead>
<tr>
<th>Groups/Types of Foods</th>
<th>Requirement (Read/Brunch Alternative)</th>
</tr>
</thead>
</table>
| A nutritionally balanced meal contains a variety of foods. All meals served under the Program must comply with the meal-pattern requirements of the Child and Adult Care Food Program. Vegetables and fruit should constitute at least one-fourth of the meal. All milk should be fluid milk. A bread or bread alternate should be served at least 2 of the 7 days. All milk should be fluid milk. A bread or bread alternate should be served at least 2 of the 7 days. | Milk

---

**Nutrition and Wellness Tips for Young Children:**

**Provider Handbook for the Child and Adult Care Food Program**

1/9/2013

USDA Food and Nutrition Service

www.teamnutrition.usda.gov
Handy Guide to Creditable Foods

Chapter 2.

Serve Meals that Meet Requirements

Goals:
- Serve nutritious meals that meet CACFP meal pattern requirements
- Serve meals that meet requirements for child attendance, and meal service
- Keep record of income

Key Points for Workshop Discussion

1. Follow CACFP meal patterns
   - Each meal meets nutritional requirements
   - Meals meet nutritional requirements
   - Changes in meal patterns may affect the quality of meals
2. Enjoy meals together
   - Encourage children to try new foods
   - Meals should be enjoyable for children
3. Creditable non-creditable foods
   - Creditable foods can be used to meet meal requirements
   - Non-creditable foods should be used to meet nutritional needs

CACFP Center

Handy Guide to Creditable Foods

1. Creditable foods are used to meet CACFP meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health Services to help ensure good nutrition for all participants. The USDA reference is the Crediting Handbook for the CACFP at http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program

   Organizations are encouraged to consult the Crediting Handbook or contact the State agency with questions regarding specific foods or quantities.

2. This is a partial listing of creditable foods for children one year of age and older, and adult participants.

3. Foods are creditable only if the minimum required quantity of each food component is served. The amount required depends on the age of the participant, the type of meal, the type of food product used and the number served.

4. Water must be made available during meals and throughout the day. It is not a creditable food and cannot replace any required meal component.

5. If a participant cannot follow the meal pattern, an allergy/intolerance statement from a medical authority must be on file stating the problem, listing foods to avoid and alternate foods to be substituted.

USDA Food and Nutrition Service

www.teamnutrition.usda.gov
Nutrition and Wellness Tips for Young Children: 
Provider Handbook for the 
Child and Adult Care Food Program

Milk

1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Milk must be served as a beverage or over cereal.
3. Milk is not creditable when used in cooking (e.g. soup, custard, and pudding).
4. For children, milk may not be credited for snacks when juice is served as the other component.
5. Participants must be served milk at breakfast, lunch, and supper. Non-dairy beverages that are nutritionally equivalent to milk may be served if a parent note is on file (see p. 2-21 & 2-22). Serving milk at adult care suppers is optional.
6. It is recommended that whole milk be served to children between one and two years of age.
7. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that bread milk or iron-fortified infant formula be fed until the infant’s first birthday. In Iowa, current child care center licensing standards require whole milk, iron-fortified formula or breast milk for children under two years, unless otherwise directed by a physician. CACFP allows children one month to transition to whole cow’s milk after the first birthday. An allergy/exception statement is needed to serve iron-fortified formula after 13 months of age. Breast milk may be served to children until two years of age.

Creditable
- Almond milk
- Cocoa mix made with water
- Coconut milk
- Coffee creamers
- Cream
- Cream sauce
- Cream soups
- Custard
- Dry milk
- Eggnog
- Enfamil milk
- Half and half
- Ice cream and frozen yogurt
- Ice milk
- Immitated milk
- Pudding
- Pudding pop
- Raw milk (certified or uncertified)
- Reconstituted dry milk (only with State approval)
- Rice milk
- Sheer food or softs
- Sour cream
- Soy milk: beverage or drink (when not nutritionally equivalent to cow’s milk)

Non-creditable
- Whole 1% milk for children over age 2
- Yogurt – for children ages 1-12 years (creditable only as a milk alternate)

*Products known to meet this requirement: Al Continent Soy Milk (unsweetened and vanilla), Silk Organic Soy Milk, Pacific Biological Ultra Soy Milk (vanilla and vanilla), Great Value Original Soy Milk, Horizon (organic, plain and vanilla), and Kelloggs HealthStart product (in plastic containers)

*Allergen/exception statements are required for other drinks. Consult the State agency if you have questions about a specific product.

Serving this foods prohibited: It may not be served as an ‘extra’ food.
New Soy Milk Options

Creditable
- Acetified milk (sodium), non-fat or fat free (skim), low fat (1%)
- Breast milk, until the child turns two years of age
- Buttermilk, cultured milk or kefi
- Cow's milk, flavored or unflavored including chocolate or cocoa (made only from fluid skim or 1% milk)
- Goat's milk, flavored or unflavored including chocolate or cocoa (made only from fluid skim or 1% milk)
- Lactose-reduced milk (non-fat or fat free skim), low fat (1%)
- Milk substitutes when nutritionally equal to cow's milk (with a written request from a parent/guardian)
- Organic milk, flavored or unflavored including chocolate or cocoa (made only from fluid skim or 1% milk)
- Smoothies - only the milk portion credited to milk
- Soy milk - only if a parent request is on file and the nutrients are nutritionally equivalent to cow's milk
- until milk - until milk is nutritionally equivalent to cow's milk
- Whole milk - for children 2-3 years of age only
- Yogurt - for adult participants only

Non-Creditable
- Almond milk
- Coconut milk
- Coffee creamers
- Cream
- Cream sauce
- Custard
- Dry milk
- Eggnog
- Evaporated milk
- Half and half
- Ice cream and vanila
- Ice milk
- Imitation milk
- Pudding
- Pudding pops
- Raw milk (pasteurized or uncurtified)
- Reconstituted dry milk (only with State approval)
- Rice milk
- Sherry or sorbet
- Sour cream
- Soy milk, beverage or drink (when not nutritionally equal to cow's milk)
- Sweetened condensed milk
- Whole and 2% milk for children over age 2
- Yogurt - for children age 1-2 years (creditable only as a meal alternate)

Products that meet this requirement include:
- 8th Continent Soy Milk (regular and vanilla)
- Silk Original Soy Milk, Pacific Natural Ultra Soy Milk (regular and vanilla), Great Value Original Soy Milk (regular and vanilla), Kikkoman shelf-stable product in individual containers (vanilla and chocolate)

2. Non-dairy Beverages

Non-dairy beverages may now be served in lieu of fluid milk to children who cannot consume fluid milk due to medical or other special dietary needs (other than a disability). Non-dairy beverages must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk, as listed below:

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>USDA requirements per cup</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calcium</td>
<td>275 mg</td>
</tr>
<tr>
<td>Protein</td>
<td>8 gm</td>
</tr>
<tr>
<td>Vitamin &quot;A&quot;</td>
<td>500 IU</td>
</tr>
<tr>
<td>Vitamin &quot;D&quot;</td>
<td>100 IU</td>
</tr>
<tr>
<td>Magnesium</td>
<td>24 mg</td>
</tr>
<tr>
<td>Phosphorus</td>
<td>222 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>349 mg</td>
</tr>
<tr>
<td>Riboflavin</td>
<td>44 mg</td>
</tr>
<tr>
<td>Vitamin B12</td>
<td>1.1 mcg</td>
</tr>
</tbody>
</table>

Products that meet this requirement include:
- 8th Continent Soy Milk (regular and vanilla)
- Silk Original Soy Milk, Pacific Natural Ultra Soy Milk (regular and vanilla), Great Value Original Soy Milk, West soy (organic, plain and vanilla), Kikkoman shelf-stable product in individual containers (vanilla and chocolate)

Parents or guardians may request in writing non-dairy milk substitutions with providing a medical request. The written request must clearly state the medical or other special dietary need that restricts the diet of the child. If the milk substitute is not nutritionally equivalent to cow's milk, an allergy/food exception statement is needed. The center has the option to provide the substitution at their expense. If the center does not agree to provide the food substitution, the parent has the option of providing it. The meal is still reimbursable if the center supplies at least one required component and the written parent request is on file.
OK TIME TO WAKE UP

Crediting Combination Foods (p. 61)
Nutrition and Wellness Tips for Young Children:  
Provider Handbook for the  
Child and Adult Care Food Program

Crediting Combination Foods

Credit for a total of 3 different meal components:
- Combination items such as pizzas vary greatly as to how they may be credited.
- Use items that have a CN label, product formulation statement, or a standardized recipe.
- Maintain a copy of the documentation on file for review.

Crediting Commercial Frozen or Canned Combination Foods (p. 62)
Crediting Commercial Frozen or Canned Combination Foods

The *Food Buying Guide* lists a number of standard commercially prepared foods:

- Federal Standard of Identity
- The name on the product label must exactly match the FBG description in the “Food as Purchased” column.
- Check the FBG to see if the product has a Standard of Identity. If so, use the FBG yield information.

### From Food Buying Guide

<table>
<thead>
<tr>
<th>Bean Products, dry beans, canned Beans with Frankfurters in Sauce</th>
<th>Pound</th>
<th>5.30</th>
<th>1/3 cup serving (about 1.0 oz meat/meat alternate)</th>
<th>18.9</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pound</td>
<td>3.53</td>
<td>1/2 cup serving (about 1.5 oz meat/meat alternate)</td>
<td>28.4</td>
<td></td>
</tr>
</tbody>
</table>
### Beef Products

<table>
<thead>
<tr>
<th>Beef Products</th>
<th>Pound</th>
<th>3/4 cup serving</th>
<th>1 lb AP = 0.18 lb cooked lean meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Stew</td>
<td>2.33</td>
<td>43.0</td>
<td>0.18 lb cooked lean meat</td>
</tr>
</tbody>
</table>
### Beef Goulash

<table>
<thead>
<tr>
<th>Beef Products</th>
<th>Pound</th>
<th>3/4 cup serving (about 1 oz cooked lean meat)</th>
<th>43.0</th>
<th>1 lb AP = 0.18 lb cooked lean meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beef Goulash</td>
<td>2.33</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### Corned Beef Hash

<table>
<thead>
<tr>
<th>Beef Products</th>
<th>Pound</th>
<th>3/8 cup serving (about 1 oz cooked lean meat)</th>
<th>21.5</th>
<th>1 lb AP = 0.35 lb cooked lean meat</th>
</tr>
</thead>
<tbody>
<tr>
<td>Corned Beef Hash</td>
<td>4.66</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Crediting Commercial Frozen or Canned Combination Foods (1-62)

- The amount of meat/meat alternate per serving (not the total portion size) is the determining factor for crediting purposes.
  - chili-macs
  - pizzas
  - pot pies
  - sloppy Joes
  - raviolis

Crediting Commercial Frozen or Canned Combination Foods

- Uncertainty of the actual amount of meat/meat alternate in a serving
- They should **not** be used unless
  1. they are CN-labeled; or
  2. you obtain a Product Formulation Statement signed by an official of the manufacturer (not a sales person) that shows how the crediting has been determined.
**Crediting Commercial Frozen or Canned Combination Foods**

- Very large portions may be needed to meet requirements.
  - A 15-oz canned ravioli provides 1.5 ounces meat/meat alternate
  - This amount far exceeds the grains/breads requirement
  - A smaller portion of ravioli should be served with a second meat/meat alternate to meet requirements and avoid serving an excessive amount of grains/breads.

---

**Meat/Meat Alternates**

Meat/Meat Alternates

1. Meat/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. A combination of two meat/meat alternates may be served at the same meal to total the required serving size. A meat/meat alternate is required at lunch and supper; may be served as a component at a snack; and may be served as an extra food at breakfast.
2. At least 1/8 ounce or 1/4 teaspoon of cooked lean meat or its equivalent must be served as part of the required serving.
3. Cooked dry beans or split peas may be served either as a vegetable or as a meat alternate, but not both in the same meal.
4. Nuts or seeds may fulfill no more than 1/2 of the required meat/meat alternate serving at lunch and supper.
5. In breaded products, and meat sauces only the meat portion is counted.
6. For commercial combination products, read labels carefully:
   a. If the product name exactly matches a food item listed in the Food Buying Guide (FBG), use it to determine how much to serve.
   b. If the product is not listed in the FBG, a Child Nutrition (CN) label (see p. 2-15) or signed Product Formulation Statement (PFS) from the manufacturer (not a salesperson or distributor) is required. Examples of commercial combination foods include meat products that contain cereal, binders and extenders; canned or frozen stew; commercial lasagna; canned pasta; pizza; pot pie; ravioli; and breaded meats like chicken nuggets or fish sticks.
7. If combination foods are prepared from scratch at the center, a standardized recipe must be on file that includes the amount of all ingredients, the serving size, the number of servings it yields, and amount of meat/meat alternate per serving (see p. 2-18)
8. Shellfish or nuts may cause food intolerances, especially among preschool participants.
Meat/Meat Alternate Changes

Meat/Meat Alternates

1. Meats/meat alternates may include lean meat, poultry, fish, cheese, eggs, nuts, seeds, nut or seed butters, cooked dry beans or split peas, and yogurt. Meats must be inspected by the appropriate health authority. A combination of two meats/meat alternates may be served at the same meal to total the required serving size. A meat/meat alternate is required at lunch and supper; may be served as a component at snack, and may be served as an extra food at breakfast.

2. At least 1/4 ounce or 1/4 tablespoon of cooked lean meat or its equivalent must be served to count as part of the required serving.

3. Cooked dry beans or split peas may be used either as a vegetable or as a meat alternate, but not both in the same meal.

4. Nuts or seeds may fulfill more than 1/4 of the required meat/meat alternate serving at lunch and supper.

5. In breaded products, and meat sauces only the meat portion is counted.

6. For commercial combination products, read labels carefully:
   a. If the product name exactly matches a food item listed in the Food Buying Guide (FBG), use it to determine how much to serve.
   b. If the product is not listed in the FBG, a Child Nutrition (CN) label (see p. 2-15) or signed Product Formulation Statement (PFS) from the manufacturer (not a salesperson or distributor) is required. Examples of commercial combination foods include meat products that contain cereal, benders and extenders, canned or frozen stew, commercial lasagna, canned pasta, pizza, pot pie, lasagna, and breaded meats like chicken nuggets or fish sticks.

7. If combination foods are prepared from scratch at the center, a standardized recipe must be on file that includes the amount of all ingredients, the serving size, the number of servings it yields, and amount of meat/meat alternate per serving (see p. 2-15).

8. Shell fish or nuts may cause food intolerances, especially among preschool participants.

Chapter 2 – CN Labels (p. 2-15)

CN (Child Nutrition) Labels

The Child Nutrition Labeling program is a voluntary Federal program for Child Nutrition Programs, including CACFP. CN labels clearly identify the contribution of a commercial combination food/product toward meal pattern requirements. Only entrée and side products may be CN labeled.

Examples of foods that may be CN labeled:
- Meat products that are 100% meat or meat products that contain less than 10% nonmeat ingredients, such as meat spreads, meatloaf, and meat products that are processed or prepared in a manner to enhance flavor or texture.
- Commercial lasagna, canned meat, and pasta products, frozen pizza, and breaded meats like chicken nuggets or fish sticks.

Below is a sample CN label:

```
CN (Child Nutrition) Label

This is a 2.5 oz. fully cooked meat patty with black pepper seasonings. The following steps are used to calculate the CN label:

1. Weigh the product.
2. Measure the volume of the product.
3. Calculate the calories and nutrients per serving.
4. Round the values to the nearest whole number.

CN (Child Nutrition) Label Example:

This 2.5 oz. fully cooked meat patty with black pepper seasonings contains 250 calories and 20 grams of protein per serving. The product is a CN labeled product and meets the Child Nutrition Program requirements.
```

CN labeled products are more common through large food distributors that sell to schools, but may be found at local or large grocery stores. CN Food and Nutrition Services (FNS) encourages all schools to purchase CN labeled products from their food distributors.

IMPORTANT: If CN labeled products are purchased, read the label carefully to determine how much meat and meat alternates are included in the serving size. The total amount of meat and meat alternates counts toward the requirements. If a product meets the CN requirements, record the serving size and total amount used on the Food Production Record (FPR). Keep all CN labels on file to document how requirements were met and that products used at the center.
Chapter 2 – PFS - (p. 2-16)

Chapter 2 Standardized Recipes (p. 2-18)

Standardized Recipes

1. A recipe must be on file and used for items with two or more ingredients.

2. Standardized recipes should be used.
   a. Standardized recipes are recipes that have been tried, adapted, refined, and produced the same results every time.
   b. Standardized recipes should include:
      - Recipe title
      - Serving size and measurable amount of each (by weight or volume)
      - Preparation instructions
      - Cooking time and temperature
      - Servings-size of one portion (volume or weight)
      - Yield (total number of servings the recipe makes)
      - How a serving contributes to meeting meal pattern requirements.

3. Options for Standardized Recipes
   a. Use USDA standardized recipes whenever possible. [Link]
   b. If center recipes are used, they must be standardized and kept on file at the center. Each center recipe must list how a serving contributes to meeting meal pattern components.

Example:
- **Lasagna**: Yields 40 servings.
  1.8 oz ground beef
  2 tbsp whole wheat spaghetti sauce
  1/2 cup vegetables
  Serve with brown rice
- **Chicken**: Yields 16 servings.
  2.5 oz chicken
  1/2 cup vegetables
  Serve with rice

Source: USDA Food and Nutrition Service

USDA Food and Nutrition Service
www.teamnutrition.usda.gov
Vegetables and Fruits

1. Most fruits and vegetables are creditable. Serve a variety for improved nutrition.
2. A minimum of two different vegetables and/or fruits must be served at lunch and supper. One fruit, vegetable, or juice must be served at breakfast.
3. At least ¼ cup (2 tablespoons) of fruit or vegetable must be served to each participant in order to count toward meeting the minimum serving size requirement.
4. All fruit juices must be pasteurized. Full strength (100%) juice must be served. Juices labeled “juice,” “full strength juice,” “100% juice,” “single strength juice,” “juice from concentrate” or “reconstituted juice” are full strength. Juices that are naturally high in or fortified with vitamin C are recommended.
5. Juice may count up to ¼ of the total fruit/vegetable requirement for lunch or supper.
6. Juice may not be served for snack if milk is the only other required food served.
7. Two different fruits and/or vegetables cannot be served as the two required components at snack. A second food item from a different component group must be served.
8. Two forms of the same food (e.g., apples and apple juice) cannot be credited in the same meal.
9. Combinations such as fruit cocktail, fruit salad, succotash, mixed vegetables, peas and carrots, stew vegetables and casserole vegetables, count as one fruit/vegetable.
10. Cooked dry beans or split peas may be credited as either a vegetable or meat alternate, but not as both in the same meal.

Grains/Breads

1. Creditable grains/breads must list whole grain or enriched flour/mash, bran or germ as the first ingredient. Cereals must be whole grain, enriched or fortified. Carefully read the ingredient labels to ensure these requirements are met.
2. A grain/bread must be served for breakfast, lunch and supper, and may be one of the two components served at snack.
3. At least ¾ serving of grains/breads must be served to count as part of the required serving size.
4. Children and older adults need nutrient dense foods. Sweats may not be credited as grains/breads at lunch, and must be limited to no more than twice a week at snack. Limiting sweet grains/breads is recommended at breakfast. Sweet food items are indicated with a footnote of 3 or 4.
5. See pages 2, 14, 2, 17 and 2, 18 to determine portion sizes for grains/breads.
Grains/Breads

Nutrition and Wellness Tips for Young Children:
Provider Handbook for the
Child and Adult Care Food Program

1. Creditable grains/bread must list whole grain or enriched flour/meal, bran or germ as the first ingredient. Cereals must be whole grain, enriched or fortified. Carefully read the ingredient labels to ensure these requirements are met.
2. A grain/bread must be served for breakfast, lunch and supper, and may be one of the two components served at snack.
3. At least ½ serving of grains/bread must be served to count as part of the required serving size.
4. Children and older adults need nutrient dense foods. Sweets may not be credited as grains/breads at lunch, and must be limited to no more than twice a week at snack. Limiting sweet grains/breads is recommended at breakfast. Sweet food items are indicated with a footnote of 3 or 4.

5. See pages 2.14, 2.17 and 2.18 to determine portion sizes for grains/breads.

Grains/Bread 
1 Serving Size Chart

United States Department of Agriculture
Food and Nutrition Service

USDA Food and Nutrition Service
www.teamnutrition.usda.gov
Determining Portion Sizes for Grain/Bread Products (p.2-16 & 2-17)

Weights of Common Grain Products (p. 2-18)
Creditable Grains/Breads

Creditable

- Breads
  - Bagels, pretzels, pumpernickel, rye
  - English muffins
- Bread products made at home
  - Must be whole-grain, enriched or 100% wheat
  - Can be made from whole-wheat flour, 100% rye flour or 100% whole wheat
  - Can be a mix of wheat and rye
- Meat or poultry in bread
  - Meat or poultry in bread
- Rice in bread
  - Rice in bread
- Rice and dry beans
  - Rice and dry beans
- Grains & Palatable
  - Grains & Palatable
- Grains & Fruits
  - Grains & Fruits
- Grains & Vegetables
  - Grains & Vegetables
- Grains & Fruits & Vegetables
  - Grains & Fruits & Vegetables

Grains/Breads Footnotes

- Hush puppies
  - Hush puppies
- Kasha (buckwheat)
  - Kasha (buckwheat)

Creditable grains/breads and other foods may be high in sodium and/or high in fat. Limit use since it may be high in sodium and/or high in fat.
Crediting Popular Foods (p 63)

Crediting of Popular Foods

Nutrition and Wellness Tips for Young Children:
Provider Handbook for the
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General Guidance for Menu Planning (p 64)

General Guidance for Menu Planning

United States Department of Agriculture
Food and Nutrition Service
**Nutrition and Wellness Tips for Young Children:**
*Provider Handbook for the Child and Adult Care Food Program*

### Healthier Menus (p 65-66)

#### Menu Checklist
- Use the checklist as a reminder when planning menus. Determine that menus must meet the CACFP meal requirements to which you subscribe.
- Ensure that each meal has adequate variety, including:
  - Meats
  - Poultry
  - Seafood
  - Vegetables
  - Grains
  - Nuts
  - Tofu
- Include a variety of menu items that are appropriate for the age group being served.
- Plan menus with care by using the checklist.
- Use this checklist on a daily basis.

#### Suggestions for Preparing Preschool Children (Over Age 2) for meals served in HealthierUS (Challenge Schools)
- Use table settings that are appropriate for the age group being served.
- Use menu items that are appropriate for the age group being served.
- Use menu items that are appropriate for the age group being served.
- Use menu items that are appropriate for the age group being served.

#### Vegetable Subgroups (p. 67)

#### Dark Green and Orange Vegetables, Dry Beans and Peas, and Whole Grains

- Dark Green and Orange Vegetables
- Dry Beans and Peas
- Whole Grains
- Soybeans
- Lentils
- Dry Peas
- Whole Grains
- Soybeans
- Lentils
- Dry Peas
- Whole Grains

*USDA Food and Nutrition Service*
**Vegetable Subgroups**

- Dark green
- Red & orange
- Dry beans and split peas
- Starchy
- Other

**Whole Grains** *(p. 68-69)*

- **Definition**
  - whole grains listed as the primary ingredient by weight or as the first grain ingredient.
- **Examples** *(p. 68)*
- **Ideas for adding to Menus** *(p. 69)*
Ways To Encourage Children To Have Positive Attitudes Toward Food (p. 70)

- Encourage children to eat variety of foods and use fun and creative meal times to encourage healthy eating.
- Make sure children have access to nutritious foods and encourage them to try new foods.
- Provide positive feedback for children's healthy eating habits.
- Involve children in meal planning and preparation to encourage them to try new foods.
- Encourage children to eat with their families and friends to encourage healthy eating habits.

Safety and Sanitation Tips (p. 71)

- Always wash hands before preparing and eating food.
- Use clean utensils and wash dishes after eating.
- Keep food refrigerated or frozen when not in use.
- Use safe and approved methods of food preservation.
- Avoid cross-contamination of foods.
Sample Product Formulation Statement

Questions?