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DEPARTMENT OF EDUCATION
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DATE: May 2, 2014

TO: Child and Adult Care Food Program (CACFP)
Center-based Institutions

FROM: Robin Holz, CACFP Lead Consultant - Centers
Bureau of Nutrition and Health Services

SUBJECT: Smoothies Served in the CACFP

Fruit smoothies may be counted as creditable toward meeting Child and Adult Care Food Program (CACFP) meal requirements if the following conditions are met:

1. Smoothies may be served at any meal (breakfast, lunch, supper, or snacks). The milk and fruit can be credited, but not for both components at snack. An additional creditable component must be served with a smoothie at snack.
2. It is recommended that fruit come from whole fruits rather than from juice when making smoothies. When juice is used, 100% juice must be used.
2. The types of milk used to make smoothies must be 1% milk fat or less, unflavored or fat-free, unflavored or flavored. It is recommended to use whole milk when making smoothies for 1-2 year olds.
3. Vegetables included in a smoothie cannot be counted toward fulfilling the fruit/vegetable component.
4. Grains and meat/meat alternates (including yogurt) cannot be counted toward fulfilling a required food component when served in a smoothie. Smoothies may include grain (such as oatmeal) and meat/meat alternates (such as peanut butter and yogurt) to improve flavor and consistency. However, the extra ingredients may impact calories and saturated fat.
5. The volume of pureed fruit included in a smoothie must be counted as juice toward meeting the fruit requirement.
 - a. Juice may contribute no more than half (50%) of the lunch or supper fruit/vegetable component.
 - b. Pureed fruit included in a smoothie may be counted to fulfill the breakfast fruit/vegetable component if the pureed fruit equals required serving sizes for ages of children to be served ($\frac{1}{4}$ cup for ages 1-2 and $\frac{1}{2}$ cup for ages 3-12 years).
6. Crediting fruit is determined on a volume as served basis. For fruits not listed as pureed fruits in the Food Buying Guide, crediting should be based on the volume of fruit AFTER pureeing. For example, determine the volume of blueberry puree obtained from one cup of whole blueberries and record the resulting amount of puree.
7. When smoothies are made and served, the name of the fruit in the smoothie must be written on the final menu.

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8. If the full required serving size of juice or milk is not included in the smoothie, the remainder of the required serving size must also be served to meet the required portion size based on the ages of the children.
9. Commercially prepared smoothies may only credit toward fulfilling the fruit component. Prepackaged smoothies do not meet the Child Nutrition Program requirements for fluid milk.
10. Product labels for commercially prepared products should include a statement regarding the “percent juice content”. For example, an eight fluid ounce smoothie beverage made from fruit puree with the juice content labeled as “contains 50% juice” would count as 4.0 fluid ounces or ½ cup of juice. The volume of pureed fruit included in a commercially prepared beverage may be counted as juice toward the fruit requirement. The non-fruit ingredients will likely impact calories and saturated fat.
11. Smoothies that contain dietary or herbal supplements are not creditable for CACFP.
12. Smoothies can be made with juice that has been fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.
13. Smoothies should not compromise children’s consumption of milk. It not recommended serving smoothies during more than one meal or snack per day.

If you have questions, contact robin.holz@iowa.gov. (515)281-3484.