



Child and Adult Care Food Program Handy Guide to Creditable Foods Home Program

Revised 5/2015

1. Creditable foods are used to meet Child and Adult Care Food Program (CACFP) meal pattern requirements. This list is established by USDA and the Iowa Department of Education, Bureau of Nutrition and Health Services to help assure good nutrition for all participants. The USDA reference is the Crediting Handbook for the CACFP <http://www.fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program>. Home providers may contact their Home Sponsor 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 in day care homes during meals and throughout the day. Water is not a creditable food and cannot replace any required meal component.
5. An allergy/exception statement from a medical authority is required when a participant cannot follow the meal pattern due to a disability. The allergy/exception statement is recommended if the participant has a medical need but can follow the meal pattern.

Milk



1. Milk must be pasteurized fluid milk, fortified with vitamins A and D.
2. Participants must be served milk at breakfast, lunch, and supper. For children, milk may not be credited for snacks when juice is served as the other component. Milk may be one of the two required components for snacks. Serving milk at supper to an adult participant optional.
3. Non-dairy beverages that are nutritionally equivalent to milk can be served if a parent note is on file.
4. It is recommended that whole milk be served to children between one and two years of age.
5. Milk must be served as a beverage or over cereal.
6. Milk is not credited when used in cooking (e.g., soup, custard, and pudding).
7. A separate meal pattern and reimbursable foods list is available and must be followed for infants. CACFP requires that breast milk or iron-fortified infant formula be fed until the infant's first birthday. 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

Acidified milk (acidophilus), non-fat or fat free (skim), low fat (1%)
Buttermilk, cultured milk or kefir
Cow's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
Cocoa –made only from fluid skim or 1% milk
Goat's milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
Lactose-reduced milk non-fat or fat free (skim), low fat (1%)
Milkshakes – only the milk portion
Milk substitutes when nutritionally equal to cow's milk * (with a written request from a-parent/guardian)
Organic milk, flavored or unflavored including chocolate non-fat or fat free (skim), low fat (1%)
Smoothies – only the milk portion credits for milk
Soy milk – only if a parent note is on file and nutrients are nutritionally equivalent to cow's milk *
UHT milk – ultra high temperature (shelf stable) cow's milk
Whole milk – for children 1-2 years of age only
Yogurt – for adult participants only

*Products known to meet this requirement in Iowa are 8th Continent Soy Milk (original or vanilla), Silk Original Soy milk, Pacific Natural Ultra Soy milk (plain or vanilla), Great Value Original Soy milk, Westsoy (organic, plain or vanilla), PEARL Organic Smart Soy milk (original, creamy vanilla or chocolate), Sunrich Naturals (plain or vanilla soy milk), and Kirkland Signature™ Organic Plain Soy milk. Allergy/exception statements are required for other brands. Contact your Home Sponsor if you have questions about a specific product.

Non creditable

Almond milk
Cocoa mix made with water
Coconut milk
Coffee creamers
Cream
Cream sauce
Cream soup
Custard
Dry milk
Eggnog
Evaporated milk
Half and half
Ice cream and frozen yogurt
Ice milk
Imitation milk
Pudding
Pudding pops
Raw milk (certified or uncertified) ¹
Reconstituted dry milk (only with State approval)
Rice milk
Sherbet 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 ages 1-12 years (creditable only as a meat alternate)

¹ Serving this food is prohibited. It may not be served as an "extra" food.



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.
2. A meat/meat alternate must be served at lunch and supper, and may be served as one of the two required components for snacks. A meat/meat alternate may be served as an extra food at breakfast, but is not required by CACFP regulations.
3. At least ¼ ounce or ½ tablespoon of cooked, lean meat or its equivalent must be served to count as part of the required serving.
4. 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.
5. Nuts or seeds may fulfill no more than ½ of the required meat/meat alternate serving size at lunch and supper. ¹
6. In breaded products and meat sauces, only the meat portion is counted.
7. For commercial combination products, read labels carefully. Child Nutrition (CN) labels or a manufacturer's statement are 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. See page 6 for information about CN labels.
8. If combination foods are prepared from scratch (homemade = HM), providers should maintain recipes in their file or computer.
9. Shell fish or nuts may cause food intolerances, especially among preschool participants.

Creditable

- Canadian bacon and ham ○
- Cheese, natural or processed ○
- Cheese food, spread or substitute ○
(2 oz. = 1 oz. meat alternate)
- Corndogs – only the hot dog counts as meat ○
- Cottage cheese, ricotta cheese ○
¼ c. or 2 oz. = 1 oz. meat alternate
- Dried peas, beans, lentils, refried beans, soy beans
(canned or cooked from dry – ¼ c. = 1 oz. meat alternate)
- Eggs, whole only – fresh, frozen, dried or liquid
- Falafel (only the bean portion counts)
- Fish and shellfish – cooked, count only meat portion
- Fish sticks or portions ○
- Hot dogs (must be all meat; no cereals, binders or extenders*) ○
- Hummus, HM
- Liver, kidney, tripe
- Lunch meat (must be all meat; no cereals, binders or extenders*) ○
- Peanuts, nuts, seeds, soy nuts ¹
- Peanut, nut, soy or seed butter, regular¹
- Pizza, HM with at least ¼ oz. or equivalent of meat/meat alternate per serving to credit
- Pot pies, HM
- Quiche, HM ○
- Sausage (must be all meat; no cereals, binders or extenders*) ○
- Soups –HM with at least ¼ oz. or equivalent of meat/meat alternate per serving to credit
- Spare ribs – only lean meat portion ○
- Tahini – (credited as a seed butter)
- Yogurt, commercial (including tube) – plain, flavored, low fat, unsweetened or sweetened
- Yogurt in smoothies (counts as extra at breakfast)

○Limit use since may be high in salt and/or high in saturated fat.

* Examples include: starch, soy flour, soy protein isolate, isolated soy protein, dried milk, cereal, and by-products.

¹ Choking risk to those under 4 years and the elderly.

² Alternate protein products may be up to 100% non-meat protein, and must have a CN label or manufacturer statement.

³ Serving these foods is prohibited. They may not be served as "extra" foods.

Non creditable

- Alternate protein products, such as vegetarian patties ² (only CN label or manufacturer's statement)
- Bacon, bacon-bits, imitation bacon
- Canned cheese sauce
- Canned or frozen combination foods (only CN label or manufacturer's statement)
- Cheese product or imitation cheese (Velveeta)
- Chestnuts
- Coconut
- Commercial breaded meat products (only CN label or manufacturer's statement)
- Cream cheese
- Egg substitutes, whites and yolks
- Fish – home caught or home pickled ³ ○
- Frozen yogurt
- Game – venison, squirrel, fish, etc. (must be USDA or State inspected)
- Ham hocks, pigs' feet, neck bones, tail bones
- Home canned meats, home slaughtered meats ³
- Imitation meats/meat alternates (e.g., imitation crab meat)
- Jerky (beef, turkey, salmon)
- Meat products made with binders or extenders ² (only CN label or manufacturer's statement)
- Nutella
- Pepperoni ² (only CN label or manufacturer's statement) ○
- Pizza, commercial (only CN label or manufacturer's statement) ○
- Pot pies, commercial (CN label or manufacturer's statement) ○
- Potted, pressed or deviled canned meat (e.g., Spam) ○
- Powdered cheese – boxed macaroni and cheese
- Processed meats with binders or extenders ² * (only CN label)
- Salami (CN label or manufacturer's statement) ○
- Snack meat sticks (smoked, beef, poultry, pepperoni)
- Soup – commercial canned
- Soy cheese ³ (CN label or manufacturer's statement)
- Spam
- Sausage – Polish, Summer, Vienna, (only CN label or manufacturer's statement) * ○
- Turkey bacon (only CN label or manufacturer's statement) ○
- Tofu, tempeh, seitan
- Vegetable protein/meat protein mixtures ² * (only if CN label or manufacturer statement)
- Yogurt – HM ³
- Yogurt – covered fruits, nuts

Vegetables and Fruits



1. Most fruits and vegetables are creditable. Serve a variety for improved nutrition.
2. A minimum of two different fruits and/or vegetables must be served at lunch and supper. One fruit or vegetable or juice must be served for breakfast.
3. At least $\frac{1}{8}$ cup (2 tablespoons) of fruit or vegetable must be served to count it as part of the minimum serving size requirement.
4. All fruit juices must be full strength (100%) juice and be pasteurized. 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 $\frac{1}{2}$ 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 or vegetables cannot be served as the two required snack components. A creditable food from a different food group must be served in addition to the fruit or vegetable.
8. Two forms of the same food (e.g. apples and apple juice) are not creditable 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 counted as a vegetable or as meat/meat alternate but not as both at the same meal.

Creditable

Apple cider – must be pasteurized
Avocado
Baby carrots ³
Dried peas, beans, lentils, baked beans, refried beans, soy beans
(canned or cooked from dry)
Chopped vegetables HM in casseroles, stews ¹
Coleslaw ¹
Cranberry juice blend – if a blend of full strength juices
Cranberry sauce – made with whole cranberries (not jellied)
Dehydrated vegetables – measure when re-hydrated
Desserts made with fruit ¹
Dried fruit – apricots, dates, figs, prunes, raisins, cranberries ¹
Edamame (green soy beans)
Frozen juice bars – must be made with 100% fruit and/or juice
Fruit cobbler, crisp ¹
Fruit cocktail – counts as one fruit
Fruit or vegetable in gelatin or pudding ¹
Fruit pie, HM ¹
Fruit puree, 100%
Fruit sauce HM ¹
Juice, 100% full strength
Juice blends – if a blend of full strength juices
Juice concentrates, reconstituted to equal 100% juice
Kale
Kiwi fruit
Mixed vegetables – counts as one vegetable
Mushrooms
Mustard greens
Olives ^{1, 3} ♦
Onion rings ^{1, 2} ♦
Pickles ^{1, 3} ♦
Pimentos ¹
Pizza sauce ¹
Potatoes
Potato skins
Salsa (all vegetable including spices) ¹
Smoothies (including fruits and/or vegetables; puree = juice)
Soup (tomato or vegetable) – if commercial,
1 c. soup = $\frac{1}{4}$ c. vegetable
Spaghetti sauce ¹
Tomato paste – 1 Tbsp. = $\frac{1}{4}$ c. vegetable
Tomato puree – 2 Tbsp. = $\frac{1}{4}$ c. vegetable
Tomato sauce – 4 Tbsp. or $\frac{1}{4}$ c. = $\frac{1}{4}$ c. vegetable
Tomato juice
Vegetable juice blend (e.g., V-8 juice)

♦Limit use, since high in salt and/or high in fat.

Non creditable

Apple butter
Banana chips, commercial
Barbecue sauce
Caffeinated drinks
Chili sauce
Coconut
Corn chips (count as grain/bread if whole grain or enriched)
Dry spice mixes
Frozen fruit flavored bars, popsicles
Fruit "drink"
Fruit flavored syrup or powder
Fruit in cookies, breads, muffins and grain bars – (e.g., Fig
Newtons)
Fruit in commercial fruited yogurt
Fruit leather, fruit rollups, fruit shapes
Fruit flavored canned punch (e.g., Hawaiian Punch)
Fruit flavored ice cream
Fruit flavored water
Fruit syrup – from canned fruit
Gummy fruit candy ³
Home canned fruits and vegetables
Hominy
Honey, syrups, jam, jelly, preserves
Jell-O, gelatin
Juice cocktails (e.g. cranberry, grape, etc.)
Juice drink
Ketchup, condiments and seasonings
Kool-Aid
Lemon pie filling
Lemonade
Orangeade
Pickle relish
Pizza, commercial ² (only CN label or manufacturer's statement)
Popsicles, commercial
Posole
Potato chips, potato sticks ³
Pudding with fruit, commercial
Raw sprouts
Sherbet, sorbet ²
Sports drinks
Tang
Toaster pastry filling

¹ Only the fruit or vegetable portion counts. Must have a minimum of $\frac{1}{8}$ cup (2 tablespoons) fruit or vegetable per serving.

² If a commercial product, need a CN label or manufacturer's statement.

³ Choking risk

Grains/Breads



1. Creditable grains/breads must list whole grain, enriched flour/meal, bran, or germ as the first ingredient. Cereals must be whole grain, enriched, or fortified. Carefully read ingredient labels to ensure that the grain/bread product meets requirements.
2. A grain/bread product must be served for breakfast, lunch, and supper, and may be one of the two required components for snacks.
3. At least ¼ serving of grains/bread must be served to count as part of the required serving size.
4. Children need nutrient dense foods. Sweet foods may not be credited as grains/breads at lunch or supper, 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. Check with your Home Sponsor for instructions how to calculate and credit commercial grain/bread products, grain/bread foods made from purchased “mixes” and made from “scratch” (homemade = HM) to fulfill grain/bread serving sizes.

Creditable

Bagel
Banana, carrot, pumpkin, zucchini bread
Biscuits
Boston brown bread
Bread pudding, HM^{1, 3}
Breeding or batter on meats, HM
Bread sticks, hard ² or soft
Bread stuffing ¹
Cake, cupcakes ^{3, 5}
Cereal – dry or cooked, 6 gm. of sugar or less is recommended
Cereal bars, HM ^{1, 2, 4}
Chips ² – grain based, enriched or whole grain
Chow mien noodles
Cinnamon roll ⁴
Coffee cake ⁴
Cookies, brownies or bars ^{3, 5}
Cornbread and corn muffins
Corn pone, hoe cake
Corn tortillas
Couscous
Crackers ²
Cream puff shells ^{3, 5}
Crepes
Croissants
Croutons ²
Doughnuts ^{4, 5}
Dumplings
Egg roll skins, won ton wrappers
English muffins
Fig bars ³ (only the cookie credits)
Fruit crisp or cobbler crust, HM ^{1, 3, 5}
Fry bread
Gingerbread
Graham crackers
Grain fruit bars, granola bars ^{1, 2, 4}
Grains – barley, cornmeal, farina, millet, oats, quinoa, rice, wheat
Granola cereal ^{1, 2}
Grits, whole grain or enriched
Hushpuppies
Ice cream cones, whole grain or enriched ⁵
Kasha (buckwheat)
Macaroni, noodles, spaghetti and other pasta shapes
Macaroni in boxed or HM macaroni and cheese
Muffins

Limit use since may be high in salt and/or high in fat.

Pie crust or shell ⁵ - dessert pies ³, or in main dish pie, HM
Pita bread
Pizza crust
Popovers
Pretzels, soft and hard ²
Pop tarts, toaster pastries (only the crust) ^{4, 5}
Puff pastry with main dish
Quick breads including biscuits, banana, carrot, pumpkin, zucchini breads or muffins, HM
Rice cakes ⁵
Rice pudding, HM ^{1, 3}
Scones
Snack crackers ²
Sopapillas ³
Spoon bread
Sweet rolls, buns, pastries ⁴
Taco or tortilla shells ²
Tortillas
Turnover crust ⁴
Vanilla wafers (plain cookies) ³
Waffles
Wheat germ, bran

Non creditable

Caramel corn
Commercial breeding or batter on meat products (CN label or manufacturer's statement)
Commercial cereal bars (CN label or manufacturer's statement)
Grains included in smoothies
Grits, only if whole grain or enriched
Hominy
Ice cream cones, only if whole grain or enriched ⁵
Jiffy brand mixes
Nut or seed flour
Popcorn
Potatoes, potato pancakes (credit as a vegetable)
Potato chips, potato sticks ²
Tapioca

¹ Only the amount of bread, flour, meal or grain counts.

² Hard, dry foods may cause choking.

³ Sweet food product-creditable for snacks only.

⁴ Sweet food product-creditable for snacks and breakfast only.

⁵ Serving size probably not reasonable.

Grains/Breads^{1, 2} Serving Size Chart

Grain/bread products are divided into nine groups according to the serving size needed to provide 14.75 grams of flour. When water, fat, sugar, fruit, or nuts are added, a larger serving is needed to provide this amount of flour.

Group A 1 serving = 20 gm or 0.7 oz ½ serving = 10 gm or 0.4 oz	Group D 1 serving = 50 gm or 1.8 oz ½ serving = 25 gm or 0.9 oz
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard)⁷ • Chow mien noodles⁷ • Crackers (saltines or soda crackers and snack crackers) • Croutons⁷ • Pretzels (hard)⁷ • Rice cakes, plain⁷ • Stuffing, bread portion (dry)⁷ 	<ul style="list-style-type: none"> • Doughnuts⁴ (cake and yeast raised, unfrosted) • Granola bars⁴ (plain) • Muffins (all, except corn) • Sweet rolls⁴ (unfrosted) • Sweet quick breads (e.g., banana, pumpkin, zucchini) • Toaster pastries⁴ (unfrosted)
	Group E 1 serving = 63 gm or 2.2 oz ½ serving = 31 gm or 1.1 oz
Group B 1 serving = 25 gm or 0.9 oz ½ serving = 13 gm or 0.5 oz	Group F 1 serving = 75 gm or 2.7 oz ½ serving = 38 gm or 1.3 oz
<ul style="list-style-type: none"> • Bagels, Bagel chips⁷ • Batter type coating, breading • Biscuits • Breads (white, wheat, whole wheat, French, Italian, pumpernickel, raisin) • Buns (hamburger and hot dog) • Crackers (graham crackers - all shapes, animal crackers) • Egg roll skins • English muffins • Pita bread (white, wheat, whole wheat) • Pizza crust • Pretzels (soft) • Rolls (white, wheat, whole wheat, potato) • Tortillas (wheat or corn) • Tortilla chips (wheat or corn)⁷ • Taco or tortilla shells⁷ • Wonton wrappers 	<ul style="list-style-type: none"> • Cake³ (plain, unfrosted) • Coffee cake⁴
	Group G 1 serving = 115 gm or 4 oz ½ serving = 58 gm or 2 oz
Group C 1 serving = 31 gm or 1.1 oz ½ serving = 16 gm or 0.6 oz	Group H 1 serving = ½ cup cooked (or 25 gm dry) ½ serving = ¼ cup
<ul style="list-style-type: none"> • Cookies³ (plain) • Cornbread, Johnny cake or hushpuppies • Corn muffins • Croissants • Pancakes or crepes • Pie crust (dessert pies³, fruit turnovers⁴, and meat/meat alternate pies) • Waffles 	<ul style="list-style-type: none"> • Barley • Breakfast cereals (cooked)^{5, 6} • Bulgur, couscous or cracked wheat • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (enriched white or brown)
	Group I 1 serving = ¾ cup or 1 oz, whichever is less ½ serving = ½ cup or .5 oz, whichever is less

¹ The following foods are whole-grain or enriched or made with enriched or whole-grain meal and/or flour, bran, and/or germ.

² Some of the following foods, or their accompaniments may contain more sugar, salt, and/or fat than others. This should be a consideration when deciding how often to serve them.

³ Sweet food product-creditable for snacks only.

⁴ Sweet food product-creditable for snacks and breakfasts only.

⁵ Breakfast cereals are traditionally served as a breakfast menu item but may be served in meals other than breakfast.

⁶ Cereals must be whole-grain, enriched, or fortified; list whole grain, bran or germ as the first ingredient on the label; or meet the nutrient criteria.

⁷ Hard, dry foods may cause choking.

⁸ To count as one full serving of grains/breads, a HM cereal bar must contain ¾ cup or 1 ounce of the cereal, whichever is less. Crediting will depend on the volume or weight of the ready-to-eat cereal in each cereal bar. Purchased cereal bars may not be automatically credited; manufacturer's statement is required.



How much to serve?

Common Grain/Bread Servings

Read labels and look for lower fat, salt and sugar choices. Some foods listed are not appropriate for younger children or elderly due to risk of choking.

Food	Serving Size		Cost* full serving
	1-5 yr	6 yr-adult	
Animal crackers – store brand	8	16	.15
Bagel – 3.3 oz. national brand	1/6	1/3	.18
Bread – national brand	1/2 slice	1 slice	.16
Cereal, cooked – store brand	1/4 c.	1/2 c.	.06
Cereal, Cheerios	1/3 c.	3/4 c.	.24
Cheez-it snack crackers	9	18	.24
Chips Ahoy cookies	2	4	.71
Corn Chips – store brand small yellow round	9	18	.13
Ritz snack crackers	3	7	.09
English muffin – split	1/4	1/2	.25
Fish crackers	19	37	.26
Graham crackers – national brand	1 sheet (2 squares)	2 sheets (4 squares)	.19
Graham crackers – store brand	1 sheet (2 squares)	2 sheets (4 squares)	.16
Grain/fruit bars – store brand	1	2	.72
Granola Bar, with chocolate chips – store brand	1.5	3	.86
Granola Bar, plain – Nature Valley	1.5	2.5	.52
Toaster Pastry, plain (52 g)	1/2	1	.31
Toaster Pastry, frosted (52g)	3/4	1 1/4	.39
Pretzels – store brand			
Ring – small	7	13	.09
Ring – large	4	8	.09
Stick	19	38	.09
Saltines – national brand	4	7	.13
Saltines – store brand	4	7	.09
Oyster cracker – store brand	26	51	.10
Teddy grahams – plain	10	20	.23
Tortilla, small (50 g)	1/4	1/2	.19
Triscuits	3	5	.16
Vanilla Wafers – store brand	5	9	.17
Wheat Thins	5	10	.17

*Approximate prices at HyVee in central Iowa, 6/13. Instead of counting out crackers, place the correct amount in a measuring cup to determine the required volume and scoop out the serving.



Vegetable and Fruit Yields

Serving sizes and yields are approximate

Vegetable	Yield
Carrot sticks 1/2" x 4"	6 sticks = 1/2 cup 3 sticks = 1/4 cup
Baby Carrots	1 lb = 10, 1/4 cup servings
Cauliflower - 1 med head	6 cups flowerets
Celery sticks 1/2" x 4"	6 sticks = 1/2 cup 3 sticks = 1/4 cup
Cucumber sticks 3/4" x 3"	6 sticks = 1/2 cup 3 sticks + 1/4 cup
Lettuce (bag) Iceberg only	1/4 cup servings per lb 29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes Cherry 1/4" slices	5 halves = 1/4 cup 2 slices = 1/4 cup
Fruit	Yield
Apples (125-138 ct)	1/2 apple = 1/2 cup
Bananas (regular)	1/2 banana = 1/4 cup
Juice (12 oz. can concentrate)	12 – 1/2 cup servings 8 – 3/4 cup servings
Juice (46 oz. can)	11 – 1/2 cup servings 7 – 3/4 cup servings
Oranges (138 ct)	1 orange = 1/2 cup

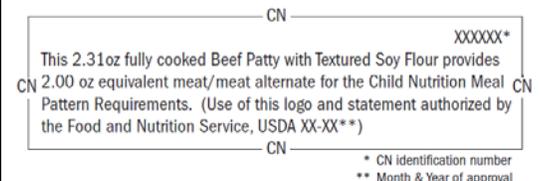
CN (Child Nutrition) Labels

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

Examples of foods that may be CN labeled:

Meat products that are not 100% meat; canned or frozen stew; commercial lasagna; canned meat and pasta products; frozen pizza; pot pie; and breaded meats like chicken nuggets or fish sticks.

Below is a sample CN label:



CN labeled products are more common through large food distributors that sell to schools, but may be found on products sold by bulk retailers such as Sam's Club and Costco. Few if any items purchased in regular grocery stores are CN labeled.

IMPORTANT: If CN labeled products are purchased, read the label carefully to determine how much must be served to meet meal pattern requirements. Keep a file of CN labels to document how requirements were met for products used.

Determining if Breakfast Cereals are Creditable

Crediting Breakfast Cereal

A breakfast cereal is creditable if any of the following are true:

1. the cereal is labeled as whole grain (100% of the grain component is whole grain);
2. the cereal is labeled as “enriched”;
3. the cereal is labeled as “fortified”;
4. the ingredient statement shows that the primary grain ingredient (first item listed on the label) is either whole grain, enriched flour or meal, bran, or germ; or
5. manufacturer’s statement provides the gram amount of creditable grains per serving.

Some cereal manufacturers no longer attach the words “fortified” or “enriched” to the name of the cereal on the front of the package, and some manufacturers add the words “whole grain” or “made with whole grain” to the product label even if the grain component is not 100% whole grain. This makes it difficult to determine if the cereal is creditable.

Additional Recommendations for Breakfast Cereal

1. Serve breakfast cereal often, at least one time per week.
2. Serve whole grain cereals often, at least half the time. Look for whole grain as the first ingredient on the label.
3. Select cereals with 6 grams or less of sugar per one ounce (28 grams) serving.



Weights of Common Grain Products



Grain Product	Weight of 1 cup (grams)
All Bran ®	30 g
Bran Buds ®	30 g
Cheerios ®	28 g
Corn Chex ®	31 g
Corn Flakes ® (whole)	28 g
Rice Chex ®	27 g
Rice Krispies ®	28 g
Wheaties ®	27 g
Wheat Germ (spooned)	115 g
Corn meal (regular)	122 g
Cake flour ¹	111 g
All purpose (AP) flour ¹	125 g
Bread flour ¹	137 g
Whole wheat flour ¹	120 g
Oats (uncooked)	80 g

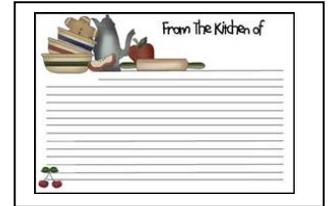
¹ Unsifted flour, spooned into measuring cup.

Home Recipes

Home providers are encouraged to use recipes for items with two or more ingredients and to keep them in a file or computer. Recipes should be tried several times to be sure they produce the same results each time.

Each recipe should include the following information:

- Recipe title—name to adequately describe the recipe.
- Amount of each ingredient used.
- Preparation instructions.
- Cooking temperature and time (if applicable).
- How many servings the recipe makes.
- How a serving contributes toward CACFP meal pattern component(s) requirements.



USDA Home Recipes

Providers are encouraged to use USDA recipes "Recipes for Healthy Kids: Cookbook For Homes" whenever possible:

<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes>

<http://www.whatscooking.fns.usda.gov/> (click on household recipes)



Porcupine Sliders

Ingredients

- $\frac{1}{2}$ cup Brown rice, long-grain, regular, dry
- 1 tsp Canola oil
- 1 $\frac{1}{2}$ Tbsp Fresh onion, peeled, diced
- $\frac{1}{4}$ cup Fresh celery, diced
- 1 $\frac{1}{2}$ tsp Fresh garlic, minced
- 1 lb Raw ground turkey, lean
- 1 Egg, beaten
- 5 Tbsp Dried cranberries, chopped
- $\frac{3}{4}$ cup Fresh baby spinach, chopped
- 1 tsp Worcestershire sauce
- $\frac{1}{2}$ tsp Salt
- $\frac{1}{2}$ tsp Ground black pepper
- 1 dash Ground white pepper
- 6 (1 oz each) Mini whole-wheat rolls (small dinner roll size)

Preparation Time: 30 minutes

Cooking Time: 1 hour 20 minutes

Makes six sliders

1 slider provides 1 $\frac{3}{8}$ oz equivalent meat/meat alternate, $\frac{1}{8}$ cup other vegetable, and 1 oz equivalent grains.

Directions

- Preheat oven to 350 °F.
- Combine brown rice and $\frac{1}{2}$ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled. A rice cooker may be used with the same quantity of brown rice and water.
- Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
- In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
- Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
- Bake uncovered for 20-25 minutes at 350 °F to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook. Remove from oven and serve on a mini whole-wheat roll. Serve immediately.
- May be served with onion, lettuce, tomatoes, ketchup,

Medical or Special Dietary Needs

USDA guidance provides for some variation in claiming meals served to children ages 1-12 when certain conditions have been met.

1. Special dietary needs due to medical reasons must be documented on a signed Allergy/Food Exception Statement.
 - a. **Disability** – If a child has a disability that restricts their diet, the disability must be certified on the form and signed by a medical doctor (MD) or doctor of osteopathic medicine (DO), and include why the disability restricts the child's diet. Foods to omit and foods to substitute must be written on the form and followed in order to claim the meals. The provider is required to offer to provide the substitute food items(s), unless the cost of providing the substitution places an undue financial burden on the provider. The undue financial hardship and reason for the determination must be documented by the provider, and copies maintained by the provider and Home Sponsor. The family may choose to provide the substitution if they wish and the meal may be claimed if the provider provides at least one required meal component. The substitution must be recorded on the menus with the participant's name.
 - b. **No Disability** – If a child has a special dietary need for a documented medical reason that is not due to a disability, the form may be completed by a medical doctor (MD), doctor of osteopathic medicine (DO), physician's assistant (PA), or advanced registered nurse practitioner (ARNP). Providers are encouraged, but not required, to provide the substitutions. If the parent provides the substitution, the meal may be claimed if the provider supplies at least one component. Substitutions must meet meal pattern requirements in order to claim the meal. The substitution must be recorded on the menus with the participant's name.

Foods Provided by Parents

1. Preferences – If a meal includes food brought from home because the child does not like a food or the family does not want the child to have a food served by the provider, the meal cannot be reimbursed.
2. Providers may not require parents to provide part of a meal or snack that will be claimed for reimbursement.

Non-Dairy Substitutes

1. Parents or guardians may request in writing non-dairy substitutes without providing an allergy/exception statement. As an example, if a parent has a child who follows a vegan diet, the parent can submit a written request to the child's home provider asking that soy milk (non-dairy beverage) be served in lieu of cow's milk. The written request must identify the special dietary need that restricts the diet of the child.
 - a. The milk substitute must be nutritionally equivalent to cow's milk unless the child has a documented disability. Almond milk, rice milk and coconut milk are not nutritionally equivalent to cow's milk. A list of reimbursable soy milk products is included on the Creditable Milk list.
 - b. A meal is reimbursable if a non-dairy beverage is provided by the parent and meets the nutritional standards.

Religious Exceptions

1. Religious preferences may be accommodated as long as the substitutions meet CACFP requirements. Making accommodations is encouraged, but not required.
2. Contact the Home Sponsor if accommodations are requested for Jewish dietary requirements.

Water Availability in CACFP

Home providers are required to make drinking water available to children throughout the day, including at meal times and upon children's request, but water does not have to be available for children to self-serve. Water is not part of the reimbursable meal and may not be served in lieu of fluid milk or 100% juice.

Home providers should not serve young children too much water before and during meal times, as this may reduce the amount of food and milk they can consume. Children should be served water with snacks in lieu of other non-creditable high calorie, sweetened beverages (juice drinks, soda, sports drinks, etc.).

Water should be offered and served at children's request in between meal and snack times. Water can be made available to children in a variety of ways such as: having cups available next to the kitchen sink, having water pitchers and cups set out, providing a water bottle for each child, or by providing water to children when it is requested. Water pitchers, water bottles, and cups (if disposable) need to be washed and sanitized each day.

Circumstances may arise in which safe water is not readily available in a day care home. In these instances, purchasing water (from a reliable source) for children may be considered a reasonable and allowable expense for home providers.