



Center
2015-7

STATE OF IOWA

TERRY BRANSTAD, GOVERNOR
KIM REYNOLDS, LT. GOVERNOR

DEPARTMENT OF EDUCATION
BRAD A. BUCK, DIRECTOR

Please route to:		
<input checked="" type="checkbox"/> Center Director	<input checked="" type="checkbox"/> Cook	<input checked="" type="checkbox"/> Business Manager
<input checked="" type="checkbox"/> Board of Directors	<input checked="" type="checkbox"/> Owner (for-profit centers)	<input checked="" type="checkbox"/> Authorized Representative

DATE: March 4, 2015
 TO: Child and Adult Care Food Program (CACFP) Center Organizations
 FROM: Robin Holz, Lead CACFP Consultant - Centers
 Bureau of Nutrition and Health Services
 SUBJECT: Smoothies Served in the CACFP

Replaces: Memo 2014-2 Fruit Smoothies in CACFP dated 5/2/2014

The USDA Food and Nutrition Service (FNS) has modified the guidance on smoothies to allow for crediting of vegetables and yogurt. Following are the revised guidelines for preparing and serving smoothies in CACFP center-based organizations.

1. Homemade smoothies may be credited to meet CACFP meal pattern requirements for any meal served (breakfast, lunch, supper or snacks). It is recommended that no more than one smoothie be served per day. Commercially prepared smoothies may not be served.
2. Milk used in smoothies may be credited toward the fluid milk requirement in smoothies. Low-fat (1%) or fat-free (skim) milk must be used for participants ages 2 and older. It is recommended to use whole milk when making smoothies for 1-2 year olds.
3. Fresh, frozen, and canned fruits and vegetables or 100% fruit and/or vegetable juice may be credited as the fruit/vegetable component when made in smoothies.
4. The amount of juice can count for no more than half (50%) of the fruit/vegetable requirement for lunch or supper.
5. For snacks, smoothies may be credited as juice (the volume of pureed fruit or vegetable must be counted as juice) **or** milk but **not for both components**. It is required to serve an additional creditable food from another component with a smoothie at snack.

6. Crediting fruit and vegetable is determined on a volume basis. For example, determine the volume of blueberry puree obtained from one cup of whole blueberries, and maintain a record of the resulting amount of puree for reference when purchasing and preparing fruits and vegetables for smoothies.
7. Yogurt included in smoothies may be credited as a meat alternate for lunch, supper and snacks. If peanut butter or another meat alternate is added, it is considered an extra food. If yogurt, peanut butter, or other meat alternates are added at breakfast, they are considered as extras.
8. The minimum amount of each component must be included in the smoothie to count towards fulfilling the serving size required by the meal pattern. If the full required serving size requirement is not included, additional fruit, vegetable, meat/meat alternate and/or milk must be served. The minimum serving that counts toward meeting serving size requirements are:
 - $\frac{1}{8}$ cup fruit or vegetable
 - $\frac{1}{4}$ cup milk
 - $\frac{1}{2}$ ounce meat alternate
9. Record the name of fruit/vegetable, milk, and/or meat alternate used to make smoothies on the menu if the foods are counted to fulfill a component requirement. Grains cannot be counted toward fulfilling the grain/bread food component when served in a smoothie.
10. Smoothies that contain dietary or herbal supplements such as whey protein powder and Ginkgo biloba cannot be served. However, smoothies can be made with juice that has been fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.
11. A combination of foods used in smoothies may be credited for up to three (3) different components toward meeting CACFP meal pattern requirements (milk, fruit/vegetable and meat alternate). If two (2) or more fruits and vegetables are in the smoothie it will count as only one food from the fruit/vegetable component. Refer to the smoothie crediting chart below:

Iowa CACFP Smoothie Crediting Chart			
Meal	Participant Ages	Smoothie Serving for each Participant	Comments
Breakfast	1-2 year olds	½ cup milk ¼ cup juice or pureed fruit/vegetable	Added yogurt is optional at breakfast (counted as an extra food)
	3-5 year olds	¾ cup milk ½ cup juice or pureed fruit/vegetable	
	6-12 year olds	1 cup milk ½ cup juice or pureed fruit/vegetable	
Snacks	1-2 year olds	½ cup milk and/or ¼ cup yogurt ½ cup juice or pureed fruit/vegetable	Smoothies are a liquid food. A second and different solid food component must be served. Yogurt counts as a meat alternate.
	3-5 year olds	½ cup milk and/or ¼ cup yogurt ½ cup juice or pureed fruit/vegetable	
	6-12 year olds	1 cup milk and/or ½ cup yogurt ¾ cup juice or pureed fruit/vegetable	
Lunch and Supper	1-2 year olds	½ cup milk and/or ½ cup yogurt ⅛ cup pureed fruit/vegetable (half of fruit/vegetable requirement)	An additional fruit or vegetable must be served to fulfill component requirements (different from those used in the smoothie). Yogurt counts as a meat alternate. A separate grain/bread component must be served at lunch/supper.
	3-5 year olds	¾ cup milk and/or ¾ cup yogurt ¼ cup pureed fruit/vegetable (half of fruit/vegetable requirement)	
	6-12 year olds	1 cup milk and/or 1 cup yogurt 6 Tbsp. pureed fruit/vegetable (half of ¾ cup fruit/vegetable requirement)	

Contact robin.holz@iowa.gov (515)281-3484 if you have questions.