



TERRY BRANSTAD, GOVERNOR
KIM REYNOLDS, LT. GOVERNOR

DEPARTMENT OF EDUCATION
BRAD A. BUCK, DIRECTOR

Date: May 19, 2015 (Revision Date)

To: Iowa CACFP Home Sponsors

From: Suzanne Secor Parker, Consultant, Bureau of Nutrition and Health Services

Re: Smoothies Served in the CACFP Home Program

Replaces: HP-2014-6 Smoothies Served in the CACFP Home Program

The 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 child development homes.

1. Homemade smoothies (not commercially prepared) may be credited to meet CACFP meal pattern requirements for any meal served (breakfast, lunch, supper or snacks). No more than one smoothie may be counted to meet CACFP requirements per day.
2. Milk used in smoothies may be credited toward the fluid milk requirement in smoothies: low-fat (1% milk fat or less) or fat-free 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, or canned fruits and vegetables, 100% fruit or vegetable juice or 100% fruit/vegetable juice blends 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, providers should 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. Dairy yogurt included in smoothies may be credited as a meat alternate for lunch, supper and snacks.
8. The minimum creditable serving of required components must be served in the smoothie to count towards fulfilling a required serving sizes according to participants' ages. If the full required serving size requirement is not included, additional fruit, vegetable, meat/meat alternate and/or milk must be served.
9. CACFP requires that the minimum serving to count toward meeting serving size requirements are:
 - ⅓ cup fruit or vegetable
 - ¼ cup milk
 - ½ ounce meat alternate
10. Providers must write the name(s) of fruit(s) and/or vegetable(s), milk, and meat alternate used to make smoothies on their menus if the foods are counted to fulfill a component requirement.
11. If a meat alternate is added to a breakfast smoothie such as yogurt or peanut butter, it is considered as an extra for breakfast.
12. Grains cannot be counted toward fulfilling the grain/bread food component when served in a smoothie.
13. Added dietary or herbal supplements to smoothies such as whey protein powder and Ginkgo biloba are not creditable food items for CACFP. However, smoothies can be made with juices fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.
14. Combination of foods used in smoothies may be credited for up to three (3) different components to count toward meeting CACFP requirements. 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 on the next page.

Call (515.281.3744) or email (suzanne.secorparker@iowa.gov) if there are questions.

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	<p>Smoothies including milk and yogurt fulfils the snack requirement - two different components. Yogurt counts as a meat alternate.</p> <p>Smoothies including milk, yogurt and juice meet the snack requirement (counting milk and yogurt).</p> <p>If smoothies include milk and juice or pureed fruit/vegetable, a food from a different component must be served.</p> <p>CACFP meal pattern regulations do not allow juice to be served when milk is the only other component served.</p>
	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)	<p>An additional fruit or vegetable (different from those used in the smoothie) must be served to fulfill component requirement.</p> <p>Yogurt counts as a meat alternate.</p> <p>The grain/bread component must be served.</p>
	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)	