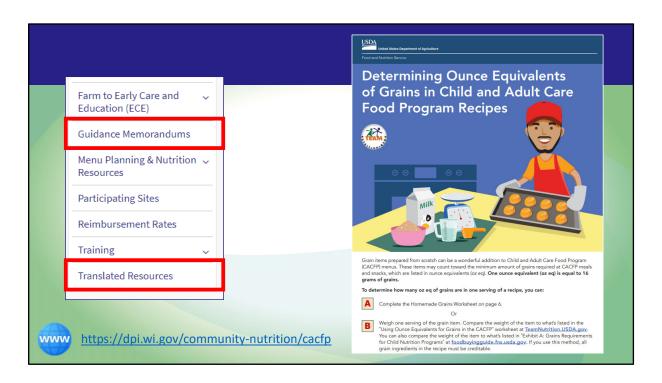


This webinar will cover how to determine ounce equivalents of grains in recipes. Grain items prepared from scratch can be a wonderful addition to Child and Adult Care Food Program (CACFP) menus. These items may count toward the minimum amount of grains required at CACFP meals and snacks.



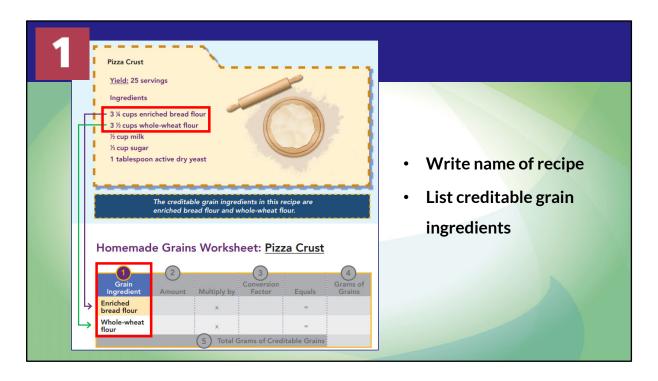
We will be using the USDA Team Nutrition *Determining Ounce Equivalents of Grains in CACFP Recipes* handout. We recommend having this resource available to follow along throughout the webinar. The DPI has posted this handout on the Guidance Memorandum webpage under GM 12 in the ounce equivalents section. The Spanish version of the handout is on the Translated Resources webpage. You can access both webpages in the left navigation bar on the website shown on this slide.

Homemade Grains Worksheet												
	memade G	rains Work	cshee	Conversion Factor		Grams of Grains						
Au	am ingredient	Amount	х	Conversion Factor	=	Grains or Grains						
			x		=							
		<b>6</b> 1	x otal Gr	ams of Craditable Gr	=							
6 7 8	grams of creditable grains ÷ number of servings = grams of creditable grains per serving  grams of creditable grains per serving  grams of creditable grains per serving ÷ 16 grams of grains per oz eq = oz eq of grains per serving  Round amount of oz eq down to nearest 0.25 oz eq = oz eq of grains per serving											

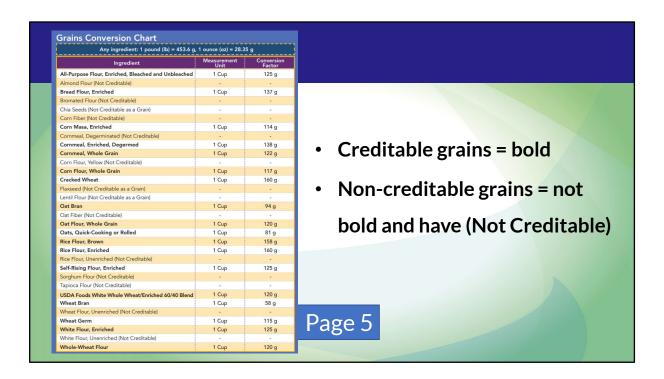
Let's get started. To determine how many oz eq of grains are in one serving of a recipe we will complete the homemade grains worksheet, shown on this slide.



The steps we are going to go through to complete the homemade grains worksheet start on page 2 of the *Determining Ounce Equivalents of Grains in CACFP Recipes* handout.

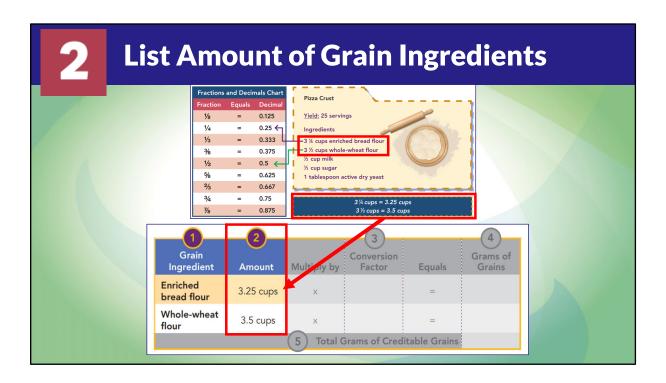


Step 1: Write the name of the recipe on the line after "Homemade Grains Worksheet." Then, list each creditable grain ingredient in the recipe. Our recipe is Pizza Crust, and the creditable grains are enriched bread flour and whole wheat flour.



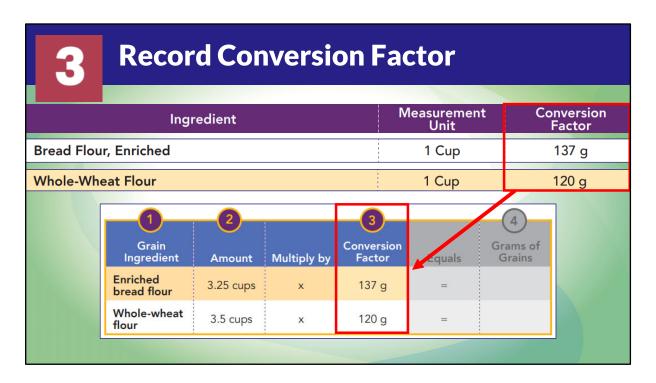
When determining oz equivalents of grains in recipes, remember that creditable grains include whole grains, enriched grains, bran, and germ.

There is a Grains Conversion Chart, on page 5 of the handout, that lists commonly used grain ingredients. The list includes creditable and non-creditable grains. Creditable grain ingredients are bold and non-creditable grain ingredients are not bold and have (Not Creditable) after the name of the ingredient. If an ingredient in your recipe is not creditable, do not include it in the Homemade Grains Worksheet.



Step 2: List the amount of each creditable grain ingredient in the recipe in column 2. If amounts are listed as fractions, change the amounts to decimals by using the Fractions and Decimals Chart provided in the handout.

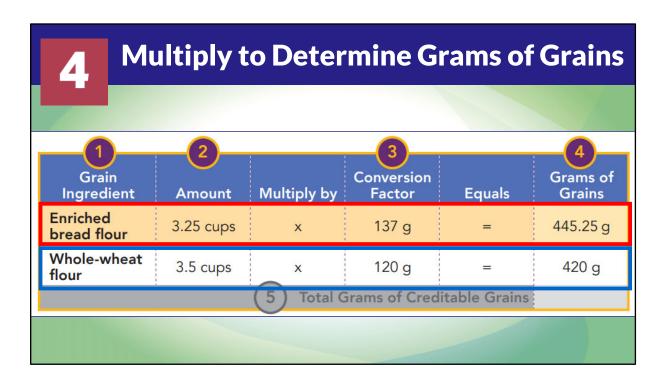
Our recipe calls for 3 ½ cups of enriched bread flour. Using the Fractions and Decimals chart, you see that ½ cup is .25, so we need 3.25 cups of bread flour. Our recipe also calls for 3 ½ cups of whole wheat flour. Using the Fractions and Decimals chart, you see that ½ cup is .5, so we need 3.5 cups of whole-wheat flour. Write these amounts in column 2 of the worksheet.



Step 3: Record the conversion factor for each grain ingredient. To do this step, use the Grains Conversion Chart on page 5 to find the conversion factor and write that in column 3.

For our recipe, we found enriched bread flour and whole wheat flour in the chart and recorded the conversion factor in column 3.

Note: If the recipe has a creditable grain ingredient that is not listed in the chart, you will need to weigh your ingredient in grams and record the amount in column 4.

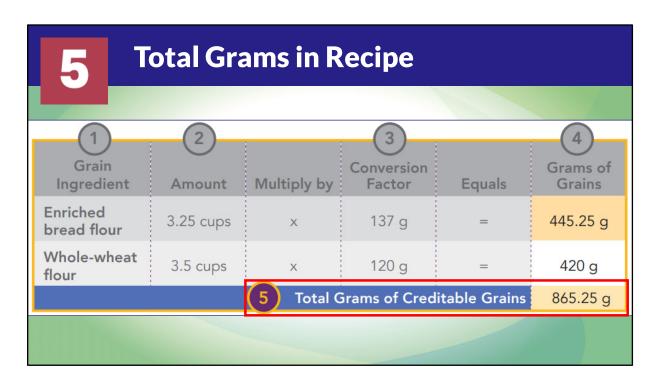


Step 4: Determine grams of grains of each ingredient. To do this, multiply the amount of the grain ingredient in the recipe (in column 2) by the conversion factor (in column 3). Record this number in column 4.

For our recipe, for the enriched bread flour we multiply 3.25 cups times 137 grams to get 445.25 grams, shown in the red box.

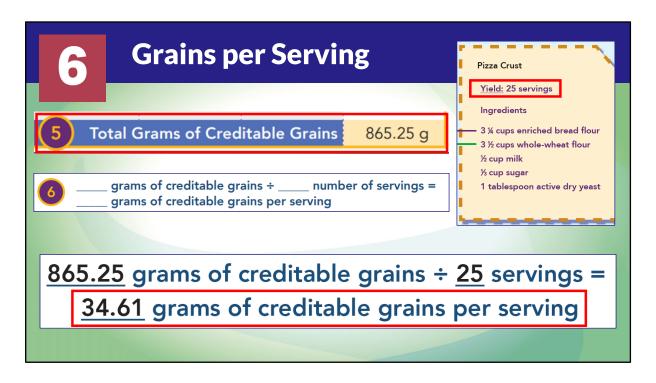
For the whole wheat flour, we multiply 3.5 cups times 120 grams to get 420 grams, shown in the blue box.

If you have weighed the ingredient, enter the weight under the "Grams of Grains" column.

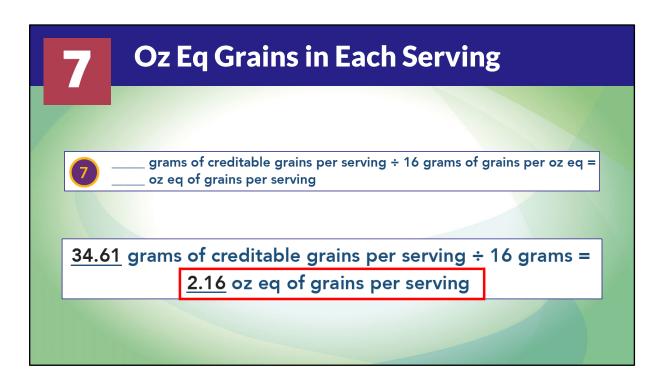


Step 5: Add the amounts in column 4 to determine the total grams of grains in the recipe. Record this in row 5.

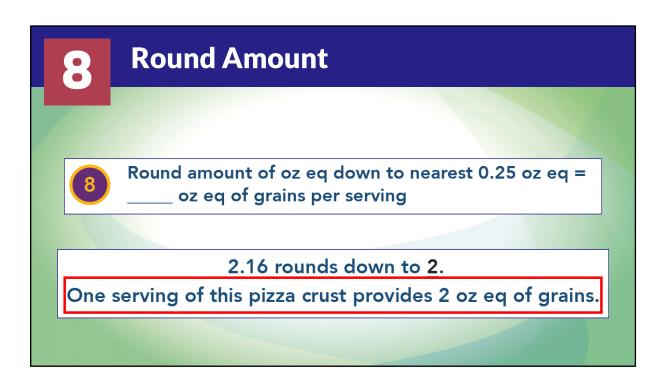
For our recipe, we add 445.25 plus 420 to get 865.25 grams.



Step 6: Determine the amount of grains per serving. To do so, divide the total grams of creditable grains in the recipe (from step 5) by the number of servings (yield) in the recipe. Our recipe yields 25 servings, so we divide 865.25 grams by 25 servings to get 34.61 grams per serving.

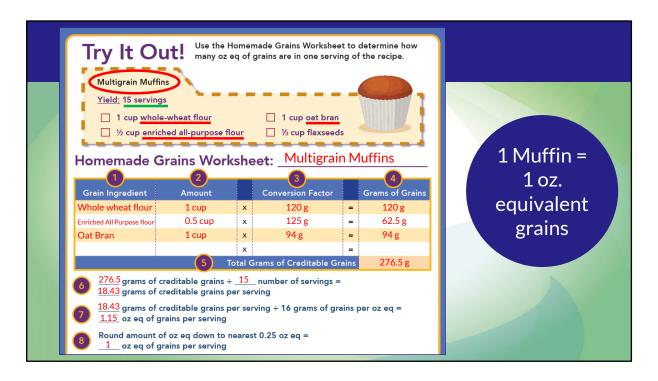


Step 7: Determine how many ounce equivalents of grains are in each serving. To do so, divide the grams of grains per serving (from Step 6) by 16 grams. For our recipe, we divide 34.61 grams per serving by 16 grams to get 2.16 ounce equivalent grains per serving.



Step 8: If the answer in Step 7 ends in a decimal, round the number down to the nearest 0.25 oz eq of grains.

For our recipe, we round 2.16 down to 2. One serving of pizza crust provides 2 oz equivalent grains.



Let's do one more example using a recipe for Multigrain Muffins.

Step 1: Write the name of the recipe on the line then, then list each creditable grain ingredient in the recipe.

• Our recipe is Multi-grain muffins. Whole wheat flour, enriched all purpose flour, and oat bran are the grain ingredients listed in the recipe. Flaxseeds is also listed; however, we see on the Grains Conversion Chart, on page 5 of the handout, that flaxseeds are not creditable as a grain, so we do not list them in the worksheet.

Step 2: List the amount of each grain ingredient in the recipe in column 2. Convert fractions to decimals.

• In column 2, we have 1 cup whole wheat flour, 0.5 cups enriched all purpose flour, and 1 cup oat bran.

Step 3: Record the conversion factor using the Grains Conversion Chart, on page 5. The conversion factors from the chart are recorded on the worksheet.

Step 4: Determine grams of grains of the ingredient. To do this, multiply the amount of the creditable grain ingredient (in column 2) by the conversion factor (in column 3) and record in column 4.

Step 5: Add the amounts in column 4 to determine the total grams of creditable grains in the recipe. For this recipe, the total is 276.5 grams, which is recorded in row 5.

Step 6: Determine the amount of grains per serving. To do so, divide the total grams of creditable grains in the recipe from row 5, which is 276.5 grams, by the number of servings (yield) in the recipe, which is 15 servings. This equals 18.43 grams.

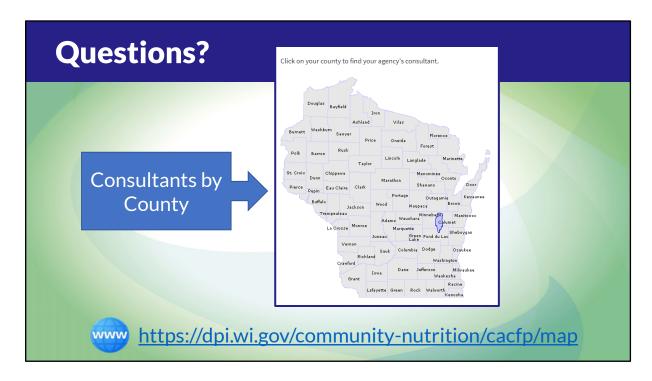
Step 7: Determine how many ounce equivalents of grains are in each serving. To do so, divide the grams of grains per serving from step 6, which is 18.43, by 16 grams. This equals 1.15.

Step 8: Because the answer ends in a decimal, we round the number down to the nearest 0.25 oz eq of grains. 1.15 rounds down to 1.

One multigrain muffin provides 1 oz equivalent grains.

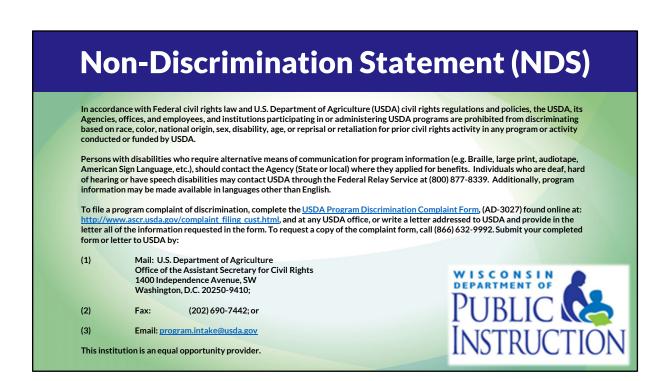
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<b>6 7</b>	grams of creditable grains ÷ number of servings = grams of creditable grains per serving  grams of creditable grains per serving ÷ 16 grams of grains per oz eq = oz eq of grains per serving								
8	Round amount o	f oz eq down to r ains per serving	nearest	0.25 oz eq =					

For your own recipes, print and use the blank Homemade Grains Worksheet on page 6 of the *Determining Ounce Equivalents of Grains in CACFP Recipes* handout.



If you have questions about determining ounce equivalents of grains in recipes, or the CACFP in general, please reach out to your assigned consultant. You can find your agency's consultant on the website at the link shown on this slide.

Daycare home providers please contact your sponsor with any questions.



Thank you for watching the webinar on determining ounce equivalents of grains in recipes.