



Smoothies in the CACFP

Smoothies prepared by the program:

- Milk, fruit, vegetables, fruit/vegetable juice and yogurt can credit in a smoothie
- Milk used in smoothies must meet the federal requirements of fluid milk for each age group
- Pureed fruit and vegetables **credit as juice** when served in a smoothie
 - Amount based on volume after pureeing, before including in smoothie
 - Juice can only be served at one meal or snack per day, this includes when served in a smoothie
- Yogurt may be regular or soy
 - Yogurt credits as meat/meat alternate, not fluid milk
 - Yogurt must meet the sugar limits of no more than 23 grams of total sugars per 6 ounces
- Grains and other meat/meat alternates (*such as peanut butter or tofu*) do not credit to the meal pattern when served in a smoothie, but may be included to improve flavor and consistency
- All components must be offered in the required quantities to meet the meal pattern requirements
- Smoothies may be served at any meal or snack
 - Breakfast, Lunch and Supper: A smoothie containing milk, fruit/vegetable and yogurt may count towards three meal components
 - Snack: A smoothie containing fruit/vegetable and milk can credit as either juice **or** milk, not both. There must be a separate, second creditable component served in addition to the fruit/vegetable and milk smoothie. Juice may not be served when milk is the only other component.



Recipe for a Creditable Smoothie

Ingredients

4 fluid oz. fat free milk
½ cup blueberry puree, frozen
4 oz. low fat yogurt

Crediting Information

½ cup milk
½ cup fruit juice
1 oz. meat alternate

*Refer to the CACFP meal pattern for required minimum amounts for each age

Commercially-prepared smoothies:

- May credit towards the meat/meat alternate (yogurt only), fruit, vegetable, and milk components
- Must have a Child Nutrition (CN) Label or Product Formulation Statement (PFS) from the manufacturer to credit to the CACFP meal pattern

Probiotic dairy drinks, drinkable yogurt, and yogurt drinks are not creditable.