


**CACFP Tuesday Talks**  
Child and Adult Care Food Program Monthly Webinars

# Identifying Whole Grain Rich Foods Using the Rule of Three



WISCONSIN DEPARTMENT OF  
**PUBLIC INSTRUCTION**  
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Welcome to Tuesday Talks! Today we are going to cover how to identify whole grain rich foods using the Rule of Three.

# Webinar Takeaways

- 
1. What is Whole Grain Rich (WGR)
  2. How to use the *CACFP Reference Guide*
  3. How to identify creditable and non-creditable grains and grain derivatives
  4. How to read an ingredients list

Today, we want you to walk away knowing these important points:

1. Understand what is meant by whole grain rich (WGR),
2. Learn how to use the CACFP Reference Guide,
3. How to identify creditable and non-creditable grains and grain derivatives and
4. How to read an ingredients list

Now, let's go through these points in more detail.

## Whole Grain Rich (WGR)

At least half of grains are whole grain and remaining GRAINS are whole grain, enriched, bran, or germ

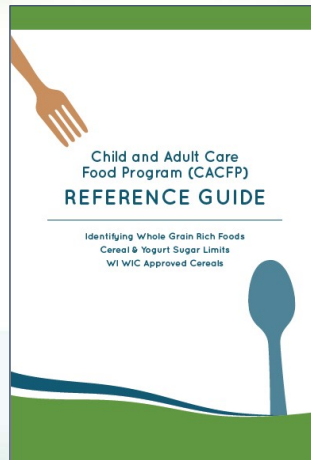
- One grain per day must be whole grain rich (WGR)
- Not required for infants

First let's start off with a definition from USDA. Whole grain rich (WGR) means that at least half of the grains in a food are whole grain and the remaining grain ingredients are whole grain, enriched grain, bran, or germ.

In the CACFP, at least one WGR item must be served per day. However, this requirement does not apply to infants (ages 0 through 11 months).

# CACFP Reference Guide

**Tool to  
Identify WGR  
Foods**



**Found under  
GM 12**

[www.CACFP Reference Guide](http://www.CACFPReferenceGuide)

We are going to be using a flowchart that is in the CACFP Reference Guide, shown on this slide. This guide has been available to programs over the past couple of years. However, it was recently revised, and each program was mailed a packet of resources which includes a copy of the updated Reference Guide. It is also located at the link on the slide and can be found under Guidance Memorandum (GM) 12.

## Ingredients List

Potassium	3,500mg	3,500mg
Total Carbohydrate	300g	375g
Dietary Fiber	25g	30g

**INGREDIENTS:** WHOLE GRAIN WHEAT FLOUR, SUGAR, SOYBEAN OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, INVERT SUGAR, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (ANNATTO EXTRACT, TURMERIC OLEORESIN).

BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS

**CONTAINS: WHEAT.**

We are also going to look at the ingredients list of grains. You may want to have a label of a grain item on hand, along with the Reference Guide, so you can follow along with each step.

# CACFP Reference Guide – 2<sup>nd</sup> page

## Rule of 3 Flow Chart

## Types of Grains

### Identifying Whole Grain Rich

To determine if a grain product is Whole Grain Rich (WGR), use this flowchart. For cereal, see WIC Approved Cereals section of this guide. At least one serving of grains per day must be WGR.

Bread, Bun, Roll, or Pasta

Other Grains such as crackers, bagels, waffles, English muffins, tortillas, biscuits, pancakes, breadsticks, etc.

**Breads, buns, and rolls**  
Is product labeled "Whole Wheat," "Entire Wheat" or "Graham?"

**Pasta** (meatless product, macaroni, spaghetti, or vermicelli)  
Is product labeled "Whole Wheat?"

Yes → **WGR**

No → Is the product on the WIC list? (Found under GM 12)

Yes → **WGR**

No → Does the product packaging list one of the following "FDA health claims?"

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."  
"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."

Yes → **WGR**

No → Use the Rule of Three (Refer to flow chart in middle section)

### Rule of Three

Use the grains list at right when using this flowchart.

Is the 1<sup>st</sup> ingredient (or 2<sup>nd</sup> after water) a "whole grain"?

Yes → Are there 2<sup>nd</sup> or 3<sup>rd</sup> grain ingredients listed?

Yes → Are the 2<sup>nd</sup> and 3<sup>rd</sup> grain ingredients whole grains, enriched grains, bran, or germ? (Grain derivatives are not counted as grains and are ignored)

Yes → **WGR**

No → Are the 2<sup>nd</sup> or 3<sup>rd</sup> grain ingredients non-creditable grains?

Yes → Do they follow the statement, "contains 2% or less?"

Yes → **WGR**

No → Is there a CN Label or PFS crediting the item as WGR?

Yes → **WGR**

No → **NOT WGR**  
This item may still credit as a grain if the first ingredient is an enriched grain.

### Whole Grains & Flours

Amaranth	Coats	Rye flakes	Whole grain corn
Brown rice	Mass harina	Sorghum	Whole grain oatmeal
Buckwheat	Millet	Spelt & wheat berries	Whole grain spelt
Budger	Naturalized corn flour	Sprouted whole grains	Whole grain wheat
Corn masa	Naturalized cornmeal	Tart	Whole grain wheat flakes
Cracked wheat	Oats/ oatmeal: rolled	Triticale	Whole grain barley
Crushed wheat	oats, steel cut, quick-cooking, old fashioned,	Wild rice	Whole rye
Flaked wheat (oatmeal flakes)	instant	Whole corn	Whole durum wheat
Graham flour	Quinoa	Whole cornmeal	Whole wheat flour

### Enriched Grains & Flours

Enriched bransted flour	Enriched rice	Enriched white flour
Enriched corn flour	Enriched rice flour	
Enriched durum flour	Enriched rye flour	
Enriched durum wheat flour	Enriched wheat flour	
Enriched farina	Enriched whole flour	

### Bran & Germs

Corn bran	Rye bran
Oat bran	Wheat bran
Rice bran	Wheat germ

**Grain Derivatives**  
Not counted as grains and are ignored.

In addition to the ingredients listed above:

- \* When nutrients (protein, iron, niacin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.
- \* When nutrients (protein, iron, niacin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

### Non-Creditable Grains & Flours

Cannot be one of the first three grain ingredients

Any bean, legume, nut, or seed flour	Commeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Paniced barley	Wheat
Bransted flour	Durum flour	Potato flour	Wheat flour
Com	Degeminated corn meal	Rice flour	White flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cornmeal

In the Reference Guide, scroll down (if you're viewing online) or open up the Guide (if you have one in front of you) to find the section called *Identifying Whole Grain Rich*.

On the left side, you will see a new flowchart that walks you through different methods that can be used to determine if a grain product is WGR starting with specific grain items.

At the top of the flowchart, are two boxes, one for bread, buns, rolls and pasta (blue box). And one for other grains such as crackers, bagels, and waffles that are listed in the orange box. The Rule of Three will most likely be the method used to determine these other grains to be WGR.

So today, we're going to focus on the middle section which is the Rule of 3 flow chart and the right side which is a list of different types of grains.

# Rule of Three

Whole Grains & Flours			
Amaranth	Groats	Rye flakes	Whole grain corn
Brown rice	Masa harina	Sorghum	Whole grain einkorn flour
Buckwheat	Millet	Spelt & wheat berries	Whole grain spelt
Budger	Nixtamalized corn flour	Sprouted whole grains	Whole grain wheat flakes
Corn masa	Nixtamalized cornmeal	Teff	Whole grain wheat
Cracked wheat	Oats/meal: rolled	Triticale	Whole grain barley
Crushed wheat	oats, steel cut, quick-cooking, old fashioned, instant	Wild rice	Whole rye
Flaked wheat (wheat flakes)		Whole corn	Whole durum wheat
Graham flour	Quinoa	Whole cornmeal	Whole wheat flour

Enriched Grains & Flours		Brans & Germs	
Enriched bromated flour	Enriched rice	Corn bran	Rye bran
Enriched corn flour	Enriched rice flour	Oat bran	Wheat bran
Enriched durum flour	Enriched rye flour	Rice bran	Wheat germ
Enriched durum wheat flour	Enriched wheat flour		
Enriched farina	Enriched whole flour		

Grain Derivatives			
Cellulose fiber	Rice starch		
Corn starch	Tapioca starch		
Corn dextrin	Wheat gluten		
Modified food starch	Wheat starch		
Potato starch	Wheat dextrin		

Non-Creditable Grains & Flours			
Any bean, legume, nut, or seed flour	Commeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Pearl(ed) barley	Wheat
Bromated flour	Durum flour	Potato flour	Wheat flour
Corn	Degerminated corn meal	Rice flour	Whole flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cornmeal

**Creditable Grains/Flours**

- Whole Grains & Flours
- Enriched Grains & Flours
- Brans & Germs

**Disregarded Ingredients (ignore)**

- Grain Derivatives
- Water
- Ingredients after "Contains 2% or less"

**Non Creditable Grains/Flours**

- Cannot be one of first 3 grain ingredients

To use the Rule of 3, you must understand the different types of grains which are listed in the *Reference Guide* on the right.

- The following grains and flours are **Creditable** and include: Whole Grains & Flours, Enriched Grains & Flours, and Brans & Germs. (outlined in green)
- The next type of grains are the Disregarded Ingredients that are ignored and not counted in the Rule of 3. In the Reference Guide, these are the Grain Derivatives listed here (orange box).
- You also ignore water - even if it is the first ingredient.
- Also, ignore any ingredients that appear after the phrase "contains 2% or less."

Lastly are the Non-Creditable Grains & Flours (blue box).

So, now let's go into the process of using the Rule of 3 flowchart.

# Rule of Three

Look at first 3 GRAIN ingredients

First Ingredient → WHOLE GRAIN or FLOUR

Next 2 GRAINS (if any) must be:

- whole grain or flour
- enriched grain or flour
- bran
- germ

The Rule of 3 requires you to look at the first three grain ingredients that appear in the ingredient list on the product package.

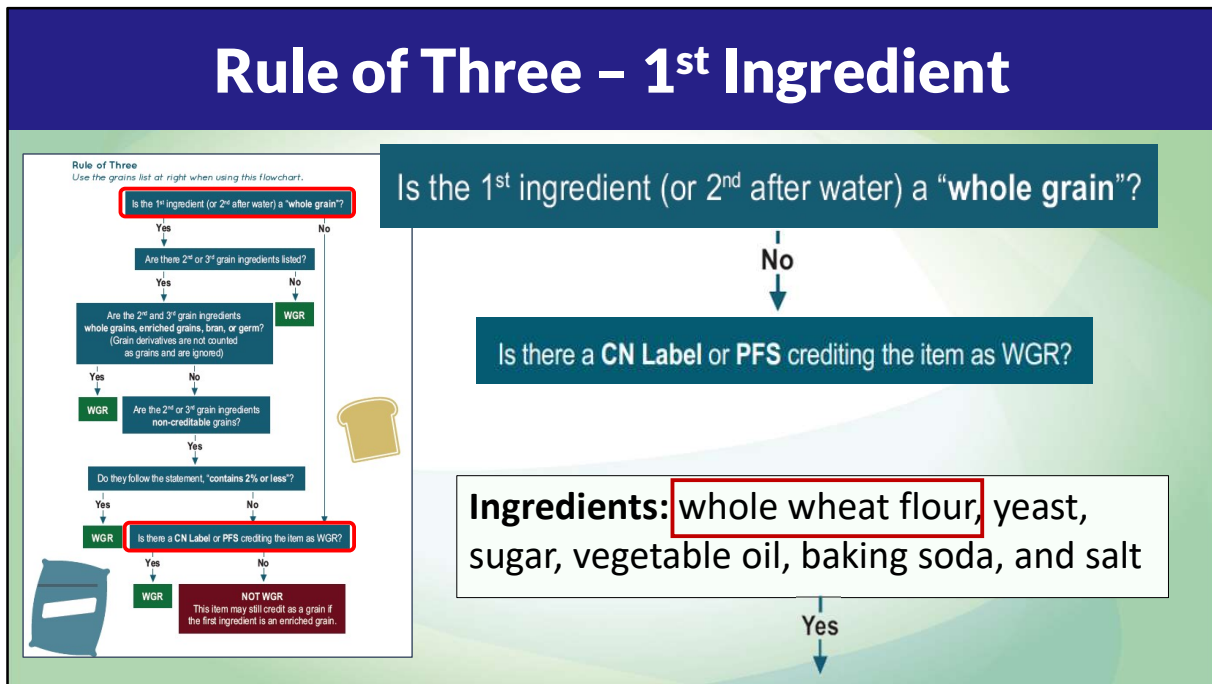
The first step is to look at the first ingredient. The first ingredient must be a WHOLE GRAIN or flour.

The next step is to look at the next two GRAIN ingredients (if there are any). They must be either a whole grain or flour, an enriched grain or flour, a bran, or a germ.

Keep in mind, a grain item may not have three grain ingredients, it may only have one or two. If the ingredient list does not include three grain ingredients, you only look at the grain ingredients that are present.



# Rule of Three – 1<sup>st</sup> Ingredient



Next, we will Use the Reference Guide, while looking at the ingredient list and go through each of the questions in the Rule of 3 flowchart.

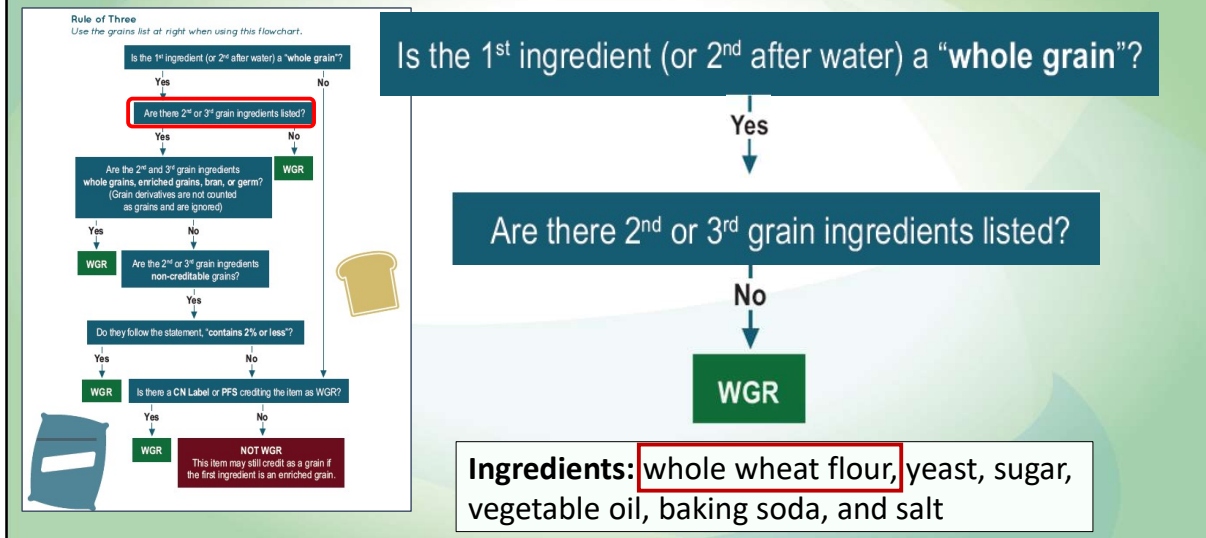
Start at the top and ask the following question: Is the **first ingredient** (or 2<sup>nd</sup> after water) a **whole grain or flour**? Use the list of Whole Grains and Flours on the right side of the Reference Guide.

If you answer NO - the first ingredient is not a whole grain or flour, you cannot use the Rule of 3 to determine the item to be WGR.

The only way to determine this type of grain to be WGR is if you obtain a CN label or Product Formulation Statement, this will not be discussed today.

However, if the 1<sup>st</sup> ingredient is a whole grain or flour – as in this example, whole wheat flour is a whole grain - you would answer yes and go to the next question in the flowchart.

# Rule of Three – 1<sup>st</sup> Ingredient



If the first ingredient is a whole grain, look to see if there are any other grains listed, and answer the question “Are there 2<sup>nd</sup> and 3<sup>rd</sup> grain ingredients listed?”

If you answered No, and there are no other grain ingredients, you can stop here. The item is WGR.

If there are more grains listed, go to the next question in the flowchart.

Using the same example from the last slide, this item is WGR because the 1<sup>st</sup> ingredient is a whole grain and there are no other grains in the ingredients.

# Rule of Three – 2<sup>nd</sup> & 3<sup>rd</sup> Grain Ingredients

**Rule of Three**  
Use the grains list at right when using this flowchart.

Are the 2<sup>nd</sup> and 3<sup>rd</sup> grain ingredients whole grains, enriched grains, bran, or germ? (Grain derivatives are not counted as grains and are ignored)

Yes

WGR

Whole Grains & Flours			
Amaranth	Goats	Rye flakes	Whole grain corn
Brown rice	Masa harina	Sorghum	Whole grain Einkorn flour
Buckwheat	Millet	Spelt & wheat berries	Whole grain emmer flour
Bulgur	Notamalized corn flour	Sprouted whole grains	Whole grain spelt flour
Corn masa	Notamalized cornmeal	Teff	Whole grain wheat flakes
Cracked wheat	Quinoa	Triticale	Whole grain barley
Crushed wheat	Quinoa	Wild rice	Whole grain rye
Flaked wheat (wheat flakes)	Quinoa	Whole corn	Whole durum wheat
Graham flour	Quinoa	Whole cornmeal	Whole wheat flour

Enriched Grains & Flours		Brans & Germs	
Enriched bromated flour	Enriched rice	Corn bran	Rye bran
Enriched corn flour	Enriched rice flour	Oat bran	Wheat bran
Enriched durum flour	Enriched rye flour	Rice bran	Wheat germ
Enriched durum wheat flour	Enriched wheat flour		
Enriched farina	Enriched white flour		

In addition to the ingredients listed above:

- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear at the end of the ingredient list, separate from the grains, the entire product is enriched.
- When nutrients (niacin, iron, riboflavin, folic acid, thiamin) appear after a grain or flour, the grain or flour is enriched.

Grain Derivatives		Not counted as grains and are ignored	
Cellulose fiber	Rice starch		
Corn starch	Tapioca starch		
Corn dextrin	Wheat gluten		
Modified food starch	Wheat starch		
Potato starch	Wheat dextrin		

Non-Creditable Grains & Flours			
Cannot be one of the first three grain ingredients			
Any bean, legume, nut, or seed flour	Commeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Pear(ed) barley	Wheat
Bromated flour	Durum flour	Potato flour	Wheat flour
Corn	Degerminated corn meal	Rice flour	White flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cornmeal

If you answered yes to the question “Are there 2<sup>nd</sup> or 3<sup>rd</sup> grain ingredients listed,” ask the next question, “Are the second and third **grain** ingredients whole grains, enriched grains, bran or germ?”

- Remember, a grain item may not have three grain ingredients, it may only have two. If the ingredient list does not include three grains, you only look at the first two grain ingredients.

Use the list of grains on the right side of the guide for examples of whole grains, enriched grains, brans and germs (green boxes).

If the 2<sup>nd</sup> or 3<sup>rd</sup> grain ingredients are a **grain derivative** (orange box), skip over them and go to the next listed grain.

If you answered **yes**, that the second and third grain ingredients are whole grain, enriched grain, bran or germ, you can stop here. The item is **WGR**.

If No, go to the next question.

# Rule of Three Example

**1<sup>st</sup> Ingredient = Whole Grain**

**Grain Derivative**  
(Disregard – do not count in Rule of 3)

**Ingredients:** water, graham flour, corn starch, yeast, enriched wheat flour (Flour, Niacin, Reduced Iron, Thiamin, Riboflavin, Folic Acid), sugar, vegetable oil, baking soda, and salt

**2<sup>nd</sup> Grain Ingredient = Enriched Grain**

**There is no 3<sup>rd</sup> grain ingredient**

**Meets Rule of 3 = WGR**

So, let's go through an example and look for other grains in the ingredients

As you see, water is first, but you can ignore it.

The 1<sup>st</sup> ingredient is graham flour which is a whole grain.

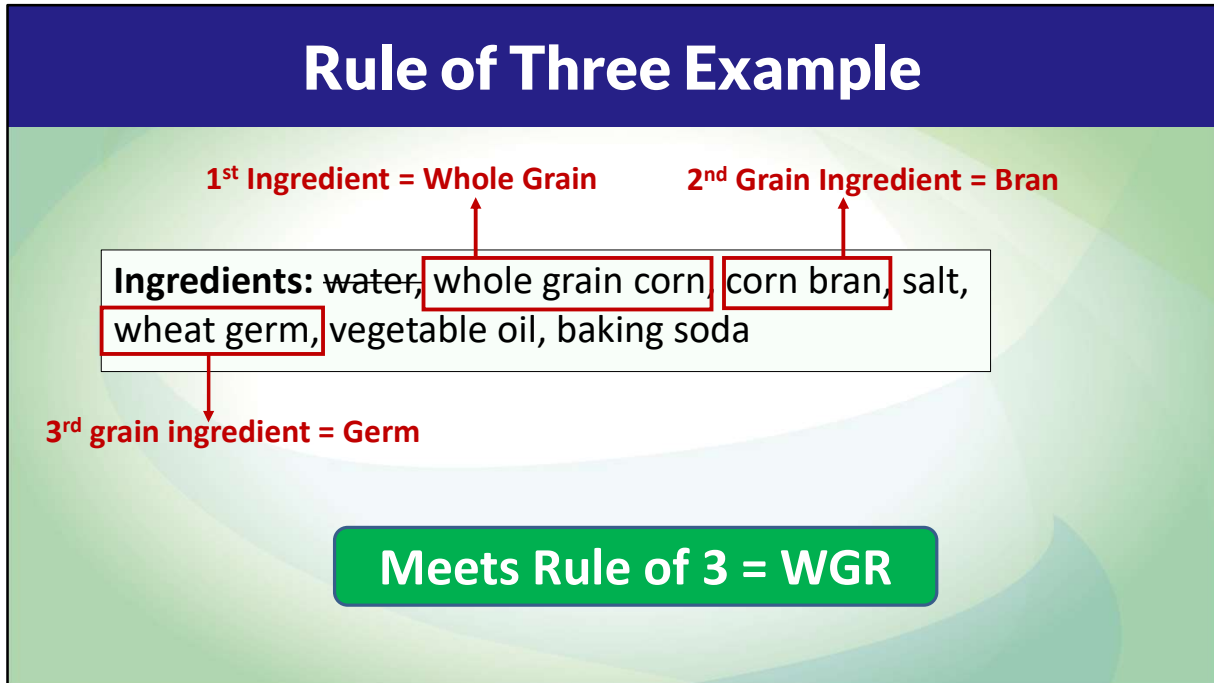
The next grain ingredient is corn starch, which is a grain derivative, so you disregard and do not count it as a grain in the Rule of Three.

The 2<sup>nd</sup> grain ingredient is enriched wheat flour which is an enriched grain.

So, after looking through the rest of the ingredients, in this example, you'll see that there is no 3<sup>rd</sup> grain ingredient, so you only have to look at 2 grains.

Therefore, this grain is **WGR** because it meets the Rule of Three.

## Rule of Three Example



Let's look at another example.

Again, ignore water.

1<sup>st</sup> ingredient is whole grain corn which is a whole grain.

The 2<sup>nd</sup> grain ingredient is corn bran which is a bran.

The 3<sup>rd</sup> grain ingredient is wheat germ which is a germ.

Therefore, the first 3 grain ingredients in this product are creditable grains and this item is **WGR** because it meets the Rule of Three.

# Rule of Three – Non-Creditable Grains

**Rule of Three**  
Use the grains list at right when using this flowchart.

Non-Creditable Grains & Flours			
Cannot be one of the first three grain ingredients			
Any bean, legume, nut, or seed flour	Cormeal	Oat fiber	Tapioca flour
Barley malt	Cultured wheat flour	Pear(ed) barley	Wheat
Bromated flour	Durum flour	Potato flour	Wheat flour
Corn	Degerminated corn meal	Rice flour	White flour
Corn fiber	Farina	Semolina	Yellow corn flour
	Malted barley flour	Soy flour	Yellow cormeal

Are the 2<sup>nd</sup> or 3<sup>rd</sup> grain ingredients non-creditable grains?

Yes

Do they follow the statement, "contains 2% or less"?

Yes → **WGR**

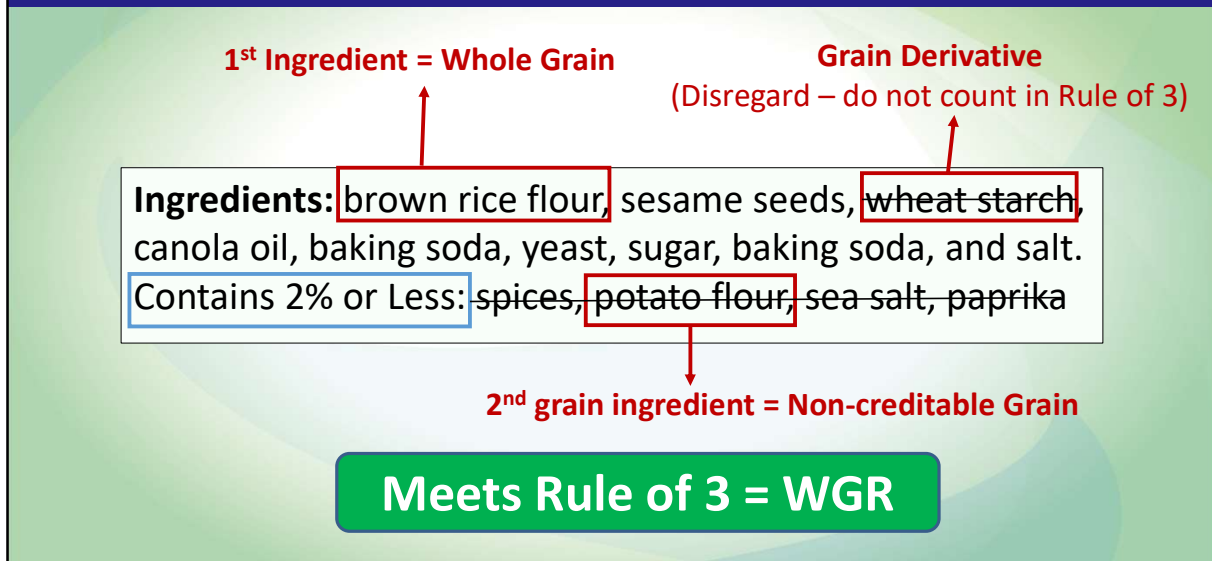
No → **NOT WGR**  
This item may still credit as a grain if the first ingredient is an enriched grain.

Back to the flowchart. If you answered No to the question, “Are the second and third **grain** ingredients whole grains, enriched grains, bran or germ?”, then you go to the next question which is: “Are the 2<sup>nd</sup> or 3<sup>rd</sup> grain ingredients Non-creditable grains or flours?” Some examples are listed on the slide. If yes, ask if they appear after the statement, “Contains 2% or Less”?

- If **Yes**, the item is **WGR** because you ignore all ingredients listed after this statement.
- If **No**, the grain item is not WGR using the Rule of 3, because a non-creditable grain cannot be one of the first 3 grain ingredients.

Let’s go over examples of both of these situations.

## Rule of Three Example – Contains 2% or Less



In this first example:

The 1<sup>st</sup> ingredient is brown rice flour which is a whole grain.

The next grain ingredient is wheat starch, which is a grain derivative, so you disregard and do not count it as a grain in the Rule of Three.

The 2<sup>nd</sup> grain ingredient is potato flour which is a non-creditable grain.

However, since the non-creditable grain is after the phrase “Contains 2% or Less,” you can ignore it and not count it as one of the grains in the Rule of 3.

Therefore, this item is WGR.

## Rule of Three Example

1<sup>st</sup> Ingredient = Whole Grain

2<sup>nd</sup> grain ingredient = Enriched Grain

**Ingredients:** Cracked wheat, salt, enriched wheat flour, canola oil, farina, sesame seeds, baking soda, yeast, sea salt, paprika, spices

3<sup>rd</sup> grain ingredient = Non-creditable Grain

**Does Not Meet Rule of 3 = Not WGR**

Now let's go over another example.

The 1<sup>st</sup> ingredient is cracked wheat which is a whole grain.

The 2<sup>nd</sup> grain ingredient is enriched wheat flour, which is an enriched grain.

The 3<sup>rd</sup> grain ingredient is farina which is a non-creditable grain, but it is not listed after the phrase "Contains 2% or less" so this item is **NOT WGR** because a non-creditable grain is the 3<sup>rd</sup> grain ingredient.

However, this item may still be served as a grain in a meal or snack, but it cannot count as the WGR item for the day.



# Flour Blends

- Sub-ingredients of grains & flours listed in parentheses
- Count as one grain ingredient
- If first ingredient, must be whole grain

**Ingredients:** Whole grain flour (whole wheat flour, brown rice flour, whole grain oat flour), water, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast, salt

You may see an ingredient list that includes a flour blend as an ingredient. Flour blends have a list of sub-ingredients that are all grains or flours in parentheses. Treat flour blends as one grain ingredient when applying the Rule of Three.

If the flour blend is the first ingredient, it must be a whole grain. Let's look at an example. The first ingredient is whole grain flour and is made up of the flours listed in the parentheses in purple (whole wheat flour, brown rice flour and whole grain oat flour). This whole grain flour blend contains only whole grain ingredients, so it is a whole grain ingredient.

If any grains in the flour blend are not whole grains, then the flour blend is not considered a whole grain.

# Flour Blends

If flour blend is 2<sup>nd</sup> or 3<sup>rd</sup> GRAIN ingredient,  
It must be made up of  
**whole grains, enriched grains, bran or germ.**

**Ingredients:** Whole grain flour (whole wheat flour, brown rice flour, whole grain oat flour), water, salt, flour blend (graham flour, enriched wheat flour, enriched corn flour, wheat bran), yeast



If the flour blend is the second or third grain ingredient, then it must be made up of whole grains, enriched grains, bran or germ.

Let's look at the same example. We already determined the 1<sup>st</sup> ingredient to be a whole grain flour blend. Now let's look at the 2<sup>nd</sup> GRAIN ingredient which is a flour blend and is made up of the flours listed in the parentheses in blue. It contains graham flour (whole grain), enriched wheat flour and enriched corn flour (enriched grains) and wheat bran (bran).

This flour blend is creditable and can be counted as the 2<sup>nd</sup> grain ingredient.

In this example, there is no 3<sup>rd</sup> grain ingredient, so this product is WGR.

## Non-Creditable Flour Blends

If flour blend contains non-creditable grains or flours  
= not a creditable grain

**Ingredients:** Flour blend (durum flour, bromated flour, brown rice flour), water, salt, yeast

**X NOT WGR**

If the flour blend includes any **non-creditable grains or flours**, then the flour blend is **not a creditable grain** and cannot be counted as one of the first 3 grains in the rule of 3.

In this example, the flour blend contains 2 non-creditable flours (durum and bromated flours), so the flour blend is not a creditable grain ingredient. Therefore, this item is not WGR.

# Breakfast Cereals

First ingredient is whole grain and  
Cereal is fortified = WGR



## Ingredients

#1 Whole Grain

Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate. Vitamin E (mixed tocopherols) Added to Preserve Freshness.

GLUTEN FREE

Fortified

## Vitamins and Minerals

Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B<sub>6</sub> (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B<sub>1</sub> (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B<sub>12</sub>, Vitamin D<sub>3</sub>.

Now, let's talk about cereals since they are a bit different when determining if they are WGR or not. For ready-to-eat breakfast cereals only, if the first ingredient is a whole grain, and the cereal is fortified, then the cereal is **WGR**.

Look at the ingredient list to see if it lists any vitamins and minerals (as shown on the slide). Cereals that are not fortified would not have any added vitamins and minerals.

If the cereal has a whole grain as the first ingredient, but is **NOT** fortified, then follow the Rule of Three to look at the second and third grain ingredients.

# Breakfast Cereals

## WI WIC Approved Cereals

Cereals on any state's WIC list meet the CACFP sugar limit. Cereals are whole grain rich (WGR) if the first grain ingredient is a whole grain and the cereal is fortified.

### Cold Cereal

#### General Mills

Cheerios (*MultiGrain, Plain*)\*  
 Chex (*Blueberry, Cinnamon, Corn, Rice, Vanilla, Wheat*)\*  
 Kix (*Berry Berry, Honey, Regular*)\*  
 Total\*  
 Wheaties\*

#### Kellogg's

Corn Flakes (*Plain*)  
 Crispix (*Plain*)  
 Mini Wheats (*Little Bites, Original, Touch of Fruit Raspberry*)\*  
 Rice Krispies (*Plain*)  
 Special K (*Plain*)

#### Malt-O-Meal

Crispy Rice  
 Frosted MiniSpooners\*

#### Sunbelt Bakery

Simple Granola\*

#### Post

Bran Flakes (*Plain*)\*  
 Grape Nuts (*Plain Flakes, Plain Original*)\*  
 Great Grains Banana Nut\*  
 Honey Bunches of Oats (*Almond, Almond Crunch\*, Cinnamon, Honey Crunch\*, Honey Roasted, Pecan & Maple Brown Sugar, Vanilla\**)

#### Quaker

Life (*Plain*)\*  
 Oatmeal Squares (*Brown Sugar, Cinnamon*)\*

#### Store brands of the following types:

Bran Flakes, Corn Flakes (*Plain*), Crisp or Crispy Rice (*Plain*), Frosted Shredded Wheat (*Plain Frosting only*), Tasteo's or Toasted Oats (*Plain*)

#### Store brands

Always Save  
 Best Choice  
 Centrella  
 Clear Value  
 Essential Everyday  
 Food Club  
 Great Value  
 Hytop  
 Hy-Vee  
 IGA  
 Kiggins  
 Kroger  
 Market Pantry  
 Meijer  
 Our Family  
 Red & White  
 Shoppers Value  
 Shurfine  
 That's Smart

## CACFP Reference Guide

\*Whole grain rich (WGR)

The CACFP Reference Guide includes a list of WI WIC Approved Cereals that are creditable on the CACFP. All cereals on this list meet the CACFP sugar limit, but they are not all WGR. Cereals that are WGR are notated with a \* in the chart

## Support Documentation



KEEP PRODUCT  
LABEL ON FILE



BINDER OR FILE  
OF LABELS



LEGIBLE



CURRENT

You must keep the product label, including the name/brand of the item and the ingredients list, of all grains counted as WGR on file. If you make a copy of the label, make sure all parts are readable (not blurry, cut off, or too dark to read).

Keep all labels in a binder or file folder, and only keep labels that you currently use in the binder. You can file old labels in another file.

# E-Learning Course

## CACFP E-Learning Courses



The E-Learning courses below include lessons on CACFP requirements applicable to each type of program. Click on your program below.

[Child Care Centers, Outside of School Hours, Emergency Shelters, and Head Starts](#)

[Adult Day Centers](#)

[At-Risk Afterschool Centers](#)

[Family Day Care Homes](#)

[CACFP Meal Pattern \(1-18 years\)](#)

[Special Dietary Needs Requests](#)

[Production Records](#)

[Meal Service Styles](#)

[www.cacfp.org](http://www.cacfp.org) [CACFP E-Learning Course](#)

This is the end of the presentation portion of the webinar. We covered a lot of information in a short amount of time. For guidance and additional resources to help you determine WGR grains, refer to the *CACFP Meal Pattern* lesson in the CACFP E-Learning Course. The link to access the E-Learning course is on this slide.

# Questions?

**Consultants by  
County**

Click on your county to find your agency's consultant.



[www Consultants by County](http://www.Consultants by County)

If you have questions about these resources or the CACFP, please reach out to your assigned consultant. You can find your agency's consultant at the *Consultants by County* link on this slide. Home providers, please contact your home sponsor with questions.

The live webinar included time for questions and to complete a survey. These slides were omitted from this handout. Only individuals who attended the live webinar event can complete the survey and receive a Registry Certificate.



## Next CACFP Tuesday Talks



**Meal Production**

**May 25th**

**2:00 – 2:30 p.m.**

Our next Tuesday Talks is scheduled for May 25<sup>th</sup> from 2:00 – 2:30 and will be on Meal Production: Using the Meal Requirements and FBG Calculators to determine how much food to prepare.

This webinar is applicable to all programs except for family daycare home sponsoring organizations and family daycare home providers.

# Non-Discrimination Statement (NDS)

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- (1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.



Thank you for viewing this CACFP Tuesday Talks webinar. The webinar was recorded, and the link will be posted on the Tuesday Talks webpage, along with a handout of the slides and notes.