

Welcome to Tuesday Talks on Creditable and Non-creditable Foods Part 2 about meat/meat alternates and grains. We recommend you watch the recording of Creditable and Non-creditable foods part 1, on milk, fruits, and vegetables that is posted on the Tuesday Talks website.



Today, we want you to walk away

1. Knowing how to identify credible and non-credible foods, and
2. Other available resources to help you serve credible foods.

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

Creditable & Non-creditable Foods Guide



Creditable and Non-creditable Foods Guide

CACFP CREDITABLE AND NON-CREDITABLE FOODS GUIDE
1-18 Year Olds and Adult Participants in Adult Daycare Centers

This guide provides information about each food component and lists credible and non-credible foods. To go to a specific food component, click on the link in the "Components" table below.

Creditable Foods
Used to meet CACFP meal pattern requirements. Foods listed in this guide do not include all credible foods. Contact your assigned [Consultant](#) with questions regarding specific foods or required quantities.

Non-Creditable Foods
Do not contribute toward meeting meal component requirements but may be served as extra foods. These foods may increase costs and contribute to excess calories. They are considered unallowable costs and cannot be included in CACFP food costs.

Terms to Know:

Food Component	A group of foods in a reimbursable meal. Food components include: Milk, Meat/Meat Alternate, Vegetable, Fruit, Grain
Food Item	A specific food offered within the Food Component (e.g., broccoli is a food item in the vegetable component)

The minimum required amount of each food component must be served to contribute toward a reimbursable meal. Refer to the [CACFP Meal Pattern for 1-18 Year Olds](#) and the [CACFP Adult Meal Pattern](#).

Foods must be of an appropriate size and texture for participants' eating abilities.

Food must not be used as a punishment or reward.

Some brand names are included on lists, but this does not imply product endorsement.

Refer to the [Menu Checklist](#) for information on required menu documentation.



COMPONENTS
Milk
Meat/Meat Alternate
Vegetable
Fruit
Grain

The presentation is going to go over a resource called the *Creditable and Non-creditable Foods Guide*. The guide includes specific information on each meal component and includes lists of credible and non-credible foods. Keep in mind, this guide is not an all-inclusive list. Contact your consultant if you need help determining if a food is credible in the CACFP. Home providers, contact your home sponsors.

We recommend you print a copy and give to your menu planners and cooks so they can reference it when needed.

Creditable & Non-creditable Foods

Creditable Foods

Used to meet CACFP meal pattern requirements. Foods listed in this guide do not include all creditable foods. Contact your assigned [Consultant](#) with questions regarding specific foods or required quantities.

Non-Creditable Foods

Do not contribute toward meeting meal component requirements but may be served as extra foods. These foods may increase costs and contribute to excess calories. They are considered unallowable costs and cannot be included in CACFP food costs.

So, let's start with the first page and define what Creditable & Non-creditable Foods are.

Creditable foods can be served as a component to meet CACFP meal pattern requirements in meals and snacks. To claim a meal for reimbursement, all food components served must be creditable. In each meal component section of the guide, creditable foods are listed in a green box.

Non-creditable foods do not contribute toward meeting meal component requirements. If served, they must be served as extra foods. However, keep in mind if you serve non-creditable foods as extras at meals this increases food costs and adds excess calories to the meal you are serving. In addition, non-creditable foods are an unallowable cost and cannot be paid for with CACFP reimbursement. You must use other program funding to pay for these foods. In each meal component section of the guide, non-creditable foods are listed in a blue box.

Today's presentation will highlight some specific food items from each of these boxes for the meat/meat alternate and grain components.



Ok, so let's start with the meat and meat alternate component.

Meat/ Meat Alternates



Serve with another 0.25 oz visible meat/meat alternate





[www CACFP Reference Guide](#)

Meat/Meat Alternates (M/MA)

Meal	M/MA Requirements
Breakfast	May be served in place of the grain component up to three days/week
Lunch and Supper	Must be served
Snacks	May be one of the two components

Yogurt (regular and soy) must contain no more than 23 grams of sugar per 6 ounces.
 • Use the Nutrition Facts Label and [CACFP Reference Guide](#) to determine if a yogurt meets sugar limits.

Creditable Cheese: Refer to [Creditable](#) and [Non-Creditable Cheeses](#) for examples.

Cooked, dry beans and peas can be served as either the meat alternate or vegetable component. One type of beans or peas may not be served as both a meat alternate and vegetable in the same meal. If serving two different types of beans or peas, one may credit as a meat alternate and the other as a vegetable.

Pasta made of 100% bean/legume flour(s) may credit as a meat alternate or vegetable but not both, in the same meal. (1/2 cup cooked pasta = 2 oz m/ma). To credit as meat alternate, must be served with another 0.25 oz of visible meat or meat alternate.

Local Foods: For information on wild and domesticated game animals and birds: [Local Meats, Poultry, and Eggs.](#)

We're going to go over a few points from the top of the meat/meat alternate page of the guide.

Yogurt credits as a meat alternate in the CACFP, and for yogurt to be creditable, it must meet the sugar limit of no more than 23 grams of sugar per 6 ounces. Compare the serving size and amount of sugar on the nutrition facts label of yogurt to the sugar limits chart in the CACFP Reference Guide to determine if the yogurt is creditable.

The next two points were discussed in the last Tuesday Talks webinar, so we'll briefly cover them today.

Cooked, dry beans and peas (or legumes) such as pinto, kidney or black beans can credit as a meat alternate or a vegetable, but not as both components in the same meal. If serving two different types of beans or peas, one may credit as a meat alternate and the other as a vegetable.

Another meat alternate to serve as a vegetarian option is pasta made of 100% bean or legume flour. These types of pastas may credit as a meat alternate or vegetable but not as both in the same meal. 1/2 cup cooked pasta credits as 2 oz of meat alternate. However, to credit as a meat alternate, the pasta must be served with another 0.25 oz of visible meat or meat alternate. To keep the dish vegetarian, you could add beans or cheese.

Creditable Meat/Meat Alternates

Creditable Meat/Meat Alternates	
	<ul style="list-style-type: none"> • Canadian bacon and ham • Cheese, natural or processed, Cheese spread, Cheese food • Combination, store-bought foods, with CN label or PFS (see page 4) • Cottage cheese • Cooked, beans and peas (pinto, kidney, black, lentils, split peas, garbanzo beans (chickpeas), soybeans) (canned or dry) • Crab meat • Eggs, whole only - fresh, frozen, dried or liquid (must be federally inspected) • Fish, cooked (cod, tilapia, salmon, haddock, walleye, perch, tuna, mahi mahi, and mackerel) • Lean meat • Liver, kidney, tripe • Nuts and nut butters (tree nuts)
	<ul style="list-style-type: none"> • Pasta made of 100% legume flour(s) • Poultry • Peanuts and peanut butter • Processed meats with CN label or PFS (see page 4) • Ricotta cheese • Sausage (fresh pork, fresh Italian, Vienna) • Seeds and seed butters • Shellfish, cooked (shrimp, crab) • Soup, bean or split pea (½ cup = 1 oz. meat) • Soy nuts and soy nut butter • Soy products or alternate protein products • Surimi seafood, imitation crab and shellfish • Tahini (credited as a seed butter) • Tempeh, seitan • Tofu (see page 4 for more information) • Yogurt (dairy or soy) - commercial only
	

Next let's look at the creditable meat/meat alternate section. As you can see, there are a lot of creditable meats and meat alternates to choose from.

Some creditable items are tree nuts, peanuts, soy nuts, and seeds as well their butters. For example, nut butters including almond, cashew, and peanut, soy nut butter, sesame seed and sunflower seed butters.

Surimi seafood is a pasteurized, ready-to-eat, restructured seafood usually made from pollock. Surimi does not require additional preparation and can be incorporated into a variety of menu items, such as seafood salads, sandwiches and tacos. Serving size information is listed on the CACFP meal pattern chart.

Tempeh is a fermented soybean cake made from whole soybeans or other beans/legumes and grains. 1 oz. of tempeh credits as 1 oz. meat alternate for tempeh with ingredients that are limited to soybeans (or other legumes), water, tempeh culture, vinegar, seasonings, and herbs. If the tempeh includes other foods as ingredients, such as brown rice, sunflower seeds, sesame seeds, flax seed, and/or vegetables, a PFS or CN label must be obtained to credit the tempeh. Tempeh provides a vegetarian option that can be used in recipes including stir-fries, sandwiches and salads.

Non-Creditable Meat/Meat Alternates

			
<p>Non-Creditable Meat/Meat Alternates</p>			
<ul style="list-style-type: none"> • Bacon, bacon-bits, imitation bacon products • Beans and peas (green beans, string beans, green peas, snap peas) • Canned cheese sauce • Cheese product (Velveeta) • Coconut • Cream cheese • Egg substitutes, whites and yolks alone • Fish, home caught or home pickled • Ham hocks, pigs' feet, neck bones, tail bones • Home canned meats, home slaughtered meat • Imitation cheese • Imitation seafood • Nut butter spreads • Nutella • Potted, pressed, or deviled canned meat (e.g., Spam) • Powdered cheese (ex. macaroni and cheese, boxed) • Raw fish, sushi • Soup, commercial canned- except bean or split pea (i.e., chicken noodle) • Tofu in drinks, such as smoothies, or other dishes to add texture, such as in baked desserts • Velveeta™ • Yogurt above sugar limits • Yogurt products (frozen yogurt, drinkable yogurt, yogurt bars, yogurt-covered fruit or nuts) 			

Now let's point out some non-creditable meats and meat alternates.

Liquid egg substitutes, egg yolks and egg whites alone, are not whole eggs and are not creditable. Only whole eggs, including whole liquid eggs are creditable.

Yogurt products such as frozen yogurt, Drinkable Yogurt such as Danimals, yogurt bars and yogurt-covered fruit or nuts are not creditable because they do not meet the definition of yogurt.

Peanut and nut butter spreads are not creditable. Spreads are not the same as peanut butter or nut butter. The key word is "spread." Peanut and nut butter spreads do not have a standard of identity and are not formulated the same as a nut butter and, because of this, are not creditable as a meat alternate.

When purchasing nut butters, be sure to read the label and verify you are purchasing a nut or peanut butter and not a nut or peanut butter spread. There are many common brands selling products labeled as spreads and are marketed as a healthier option by saying the spread is "Natural."

Nutella is an item that has become more popular in recent years. As delicious as it is, it does not credit to the meal pattern. Nutella is a hazelnut spread, not a nut butter, and sugar is its first ingredient.



Next let's talk about cheese. We get this question a lot: "What types of cheeses are considered a creditable meat alternate?"

Creditable
Cheese



Creditable & Non-Creditable Cheeses
(Not an all-inclusive list)

CREDIBLE	CREDIBLE
<p>Cheese labeled:</p> <ul style="list-style-type: none"> Natural Cheese Pasteurized Process Cheese (100% Cheese) 	<p>Cheese labeled:</p> <ul style="list-style-type: none"> Cottage Cheese Cheese Food* Cheese Spread* Ricotta Cheese
	
<p>1 ounce serving = 1 ounce meat/meat alternate</p>	<p>2 ounce serving = 1 ounce meat/meat alternate</p> <p><small>*Cheese food and cheese spreads are not creditable for infants.</small></p>

[www.Creditable & Non-Creditable Cheeses](http://www.Creditable&NonCreditableCheeses.com)

To help answer that question, the DPI has a handout for Creditable and Non-Creditable Cheeses that includes pictures of different types of cheeses. On this slide are the creditable cheeses.

Creditable cheeses include those labeled as natural cheese and pasteurized process cheese. These are 100% cheese.

Creditable cheeses also include cottage cheese, cheese food, cheese spread and ricotta cheese.

For these cheeses, 2 ounces must be served to credit as 1 ounce meat alternate.

Non-Creditable Cheese



Creditable & Non-Creditable Cheeses
(Not an all-inclusive list)

NON-CREDITABLE

Cheese labeled:

- Imitation Cheese
- Velveeta
- Powdered cheese (boxed macaroni and cheese)
- Cheese Product (contains <51% cheese)
- Cream / Neufchatel Cheese

Cheese sauces are not creditable unless a **Child Nutrition (CN) Label** or **Product Formulation Statement (PFS)** is on file to specify how it meets meal pattern requirements.**



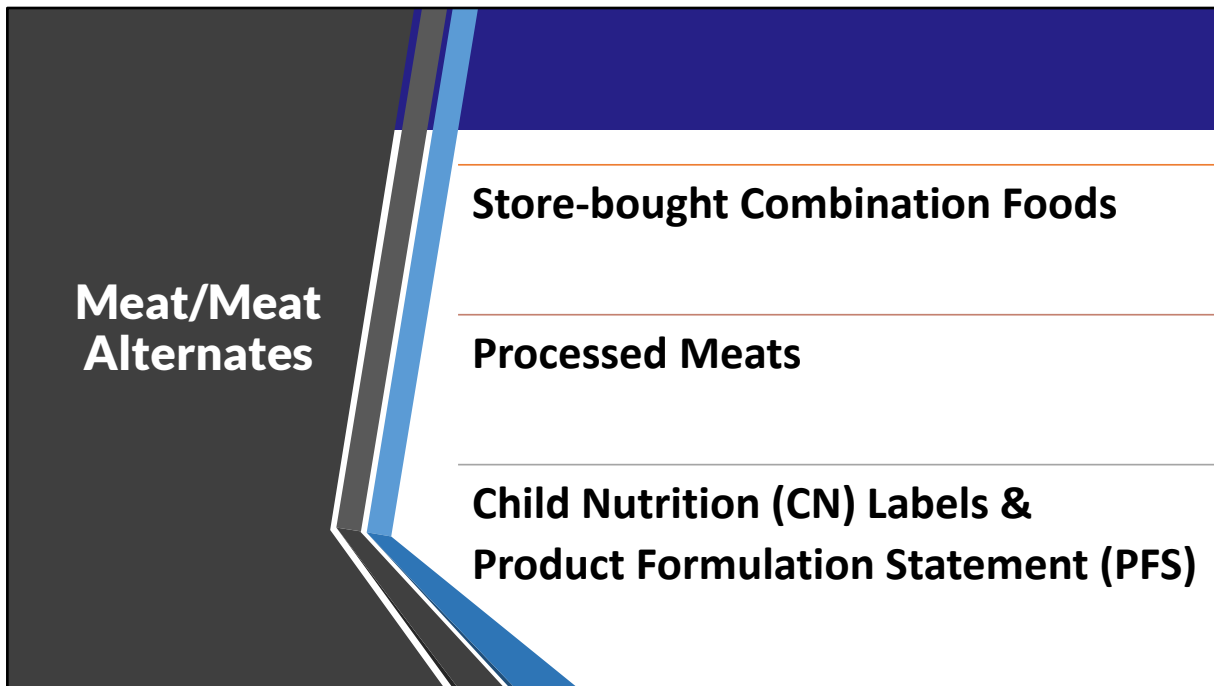
**Refer to [Crediting Store-bought Combination Foods](#) for more information.

[www.Creditable & Non-Creditable Cheeses](http://www.Creditable&Non-CreditableCheeses.com)

This slide shows non-creditable cheeses.

Non-creditable cheese includes cheese labeled as imitation cheese, cheese product (such as Velveeta), cream cheese and powdered cheese. Many of the individually wrapped cheese slices, like the American cheese singles, are not creditable because they are labeled as a cheese product. So, it is very important to check the packages of cheese to see how they are labeled.

Lastly, cheese sauces are not creditable unless they have a CN label or Product Formulation Statement on file. Most cheese sauces are made primarily of oil and water.



Now let's move to the next meat/meat alternate – store-bought combination foods and processed meats. Both require that a Child Nutrition label or Product Formulation Statement is on file to credit these foods. Let's go into these requirements.

Store-bought Combination Foods

Combination foods are a food item that contains two or more food components (i.e., chicken nuggets contain breading (grain) and chicken (meat)). These items are creditable ONLY with a CN Label or PFS (see below).

<ul style="list-style-type: none"> • Breaded items (chicken nuggets, fish sticks) • Burritos • Canned pasta with meat • Corndogs • Egg rolls • Falafel 	<ul style="list-style-type: none"> • Frozen Entrees • Lasagna • Macaroni and cheese • Meatballs • Meat loaf • Meat sauce • Pizza 	<ul style="list-style-type: none"> • Pot pie • Quiche • Ravioli • Salisbury Steak • Soups • Spaghetti with meat sauce 	<ul style="list-style-type: none"> • Stews • Tempeh with other ingredients (i.e., brown rice, sunflower seeds, sesame seeds, flax seed, and/or vegetables)
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Store-bought Combination Foods

[Creditable and Non-creditable Foods Guide](http://www.oregon.gov/ohca/Programs/Child-Care/Child-Care-Food-Patterns/Child-Care-Food-Patterns-2015-2016.aspx)

On the screen is a list of store-bought combination foods. A combination food is a food item that contains two or more food components, for example meat, grain or vegetable. Common examples are breaded items such as chicken nuggets/patties/strips or fish sticks because they contain breading (which can count as the grain component) and chicken or fish which is the meat component.

Some other combination items that may not be as obvious are meatballs, meatloaf and Salisbury steak. These are considered combination foods because they contain other ingredients in addition to the meat – for example, crackers or breadcrumbs, ketchup or tomato sauce, onions, and eggs.

Store-bought combination foods can only be credited to the CACFP meal pattern when the amount of each component is known, and the only way to know these amounts in store-bought items is from a CN label or Product Formulation Statement.

Processed Meat/Meat Alternates		
<ul style="list-style-type: none"> • Beef patties • Bologna • Hot dogs • Jerky (beef, turkey, seafood, any type) • Meat analogs (veggie burgers, breakfast links, textured vegetable protein crumbles) 	<ul style="list-style-type: none"> • Meat sticks (any type) • Pepperoni • Salami • Sausage (Polish, Summer) • Soy cheese 	<ul style="list-style-type: none"> • Soy products (soy sausage, veggie burgers) • Tofu products (links, sausages) • Turkey bacon
<p>Products with 100% meat ingredients are creditable (may contain salt and seasonings). If an item contains binders/extenders, byproducts, cereals, or fillers (see chart below) it is not 100% meat and is creditable ONLY with a CN label or PFS (see below).</p>		
Binders/Extenders	<ul style="list-style-type: none"> • Carrageenan • Cellulose • Gelatin • Hydrolyzed oat flour • Hydrolyzed milk protein • Modified food & vegetable starch 	<ul style="list-style-type: none"> • Nonfat dry milk • Plant proteins • Soy flour • Soy protein isolate • Soy protein concentrate • Starch
Byproducts	Glands, hearts, and other organ meats	
Cereals	Barley, corn, oats, rice, wheat	
Fillers	Breadcrumbs, cereals, vegetables	

Processed Meats

Now let's talk about processed meats which are a bit different than combination foods. These include items such as hot dogs, pepperoni and sausage. Processed meats may seem like they are 100% meat, but may contain binders/extenders, byproducts, cereals or fillers. Examples of these are listed in the guide and shown on the slide. To determine if a meat item is 100% meat, you must look at the product's ingredients and if one or more of the items in the blue box is an ingredient, then you must obtain a CN label or PFS to credit the item and to tell you how much must be served to meet the meal pattern requirements.

Beef Patties

Creditable

- Ground Beef Patty
- Hamburger Patty
- 100% Beef Patty
- Pure Beef Patty

Requires CN Label or PFS

- Beef Patty (Contains binders/extenders)

One such item on this list that causes a lot of confusion is pre-made/frozen beef patties.

When purchasing pre-made/frozen patties, only those labeled Ground Beef Patty, Hamburger Patty, 100% Beef Patty, or Pure Beef Patty are creditable without a CN label or PFS.

Any product labeled as “beef patties” are considered a processed food because they contain binders, extenders or fillers that decrease the amount of meat and the amount that contributes to the meal pattern. For example, these beef patties contain soy protein concentrate, which is a binder/extender. To credit these products, you need a CN label or Product Formulation Statement.

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (MMA) Products

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on item label signed by an official company representative.

Product Name: Farm Rich Pizza Crustlers Product No.: 65225
 Manufacturer: Rich Products Corporation, Case/Pack/Case/Porcion/Size 8/3, 125 lbs, 72 servings, 4 sticks

I. Meat/Meat Alternate
 Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate.

Description of Creditable Ingredient	Amount per Case	Portion of Creditable Ingredient	Multiply	Meat Yield Per 2.00 oz. Serving	Creditable Amount *
Cheese, Mozzarella	2.00		X	100%	2.00
			X		
			X		
A. Total Creditable MMA Amount					2.00

*Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FRG Yield Information.

Total weight (per portion) of product as purchased: 5.68 oz.
 Total creditable amount of product (per portion): 2.00 oz.
 (Reminder: Total creditable amount cannot count for more than the total weight of product.)

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations.
 (CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature: Penny Hennessy
 Title: Manager, QA & Regulatory Affairs
 Date: 16 February 2017
 Phone Number: 912-438-5000

CN Labels & PFS

- Obtain **PRIOR** to preparing item
- Use to determine how much to prepare and serve
- If not on file, do not serve item as part of meal

A CN label or Product Formulation Statement provide information on how a food item contributes to the meal pattern. You must obtain one of these prior to preparing the item to ensure it credits to the CACFP. Then use the CN label or PFS to determine how much to prepare and serve. Refer to the *Crediting Store-Bought Combination Foods* handout for information on how to use this documentation. If a CN label or PFS cannot be obtained, the item cannot be served as part of a meal.

We went into detail on how to use CN labels and PFS in the Product Labels Tuesday Talks webinar, so we won't go into detail today. We recommend you watch this recorded Tuesday Talks webinar to learn more.



Now, we're going to switch gears and talk about grains.

For an item to be creditable as a grain, the first ingredient (or 2nd after water) on the ingredients list must be a whole grain or flour, an enriched grain or flour, a bran or germ. Or the grain item is enriched, meaning vitamins and minerals have been added to the item and you know this because the vitamins and minerals are listed in the ingredient list.

Creditable Grains

Creditable Grains

- Bagels
- Biscotti, savory
- Biscuits
- Bread
- Bread sticks, hard or soft
- Bread stuffing
- Buns
- Cereal, dry or cooked
- Chips, grain-based (when first ingredient is whole or enriched grain/flour) (Sun Chips, tortilla chips)
- Corn masa, masa harina
- Cornbread, corn muffins, corn pone
- Couscous
- Crackers, sweet or savory (animal, fish-shaped or similar, graham, oyster, saltine, zwieback)
- Crepes
- Croissants
- Crusts or puff pastry of main dish pie or quiche
- Dumplings
- Egg roll skins, won ton wrappers
- English muffins
- Fry bread (cannot deep-fry onsite)
- Grains (e.g., barley, bulgur, millet, rye, wheat)
- Grits, cooked, dry (hominy)
- Kasha (toasted buckwheat groats)
- Melba Toast
- Muffins
- Oats, oatmeal (rolled oats, steel cut, quick-cooking, instant, old fashioned)
- Pancakes
- Pasta (all shapes - macaroni, spaghetti, etc.)
- Pita bread or round
- Pizza crust
- Polenta
- Popcorn
- Pretzels, soft and hard
- Quick breads (banana, carrot, pumpkin, zucchini)
- Quinoa
- Rice (brown, enriched white, wild)
- Rice cakes
- Rolls (dinner, white, whole wheat, potato)
- Scones, savory
- Spoon bread
- Tacos, tostada or tortilla shells
- Tortillas (corn or wheat)
- Waffles



The Creditable and Non-creditable Foods Guide lists many common grain items. Some of these items are a single grain item, such as brown rice, quinoa and oatmeal. While others are foods that are creditable as a grain due to their primary ingredient being a whole or enriched grain or flour, bran, or germ. These include items such as breads, tortillas, bagels, waffles, pancakes, and pasta.



Creditable Grains

Creditable Grains	
<ul style="list-style-type: none"> • Bagels • Biscotti, savory • Biscuits • Bread • Bread sticks, hard or soft • Bread stuffing • Buns • Cereal, dry or cooked • Chips, grain-based (when first ingredient is whole or enriched grain/flour) (Sun Chips, tortilla chips) • Corn masa, masa harina • Cornbread, corn muffins, corn pone • Couscous • Crackers, sweet or savory (animal, fish-shaped or similar, graham, oyster, saltine, zwieback) • Crepes • Croissants • Crusts or puff pastry of main dish pie or quiche • Dumplings • Egg roll skins, won ton wrappers • English muffins • Fry bread (cannot deep-fry onsite) • Grains (e.g., barley, bulgur, millet, rye, wheat) 	<ul style="list-style-type: none"> • Grits, cooked, dry (hominy) • Kasha (toasted buckwheat groats) • Melba Toast • Muffins • Oats, oatmeal (rolled oats, steel cut, quick-cooking, instant, old fashioned) • Pancakes • Pasta (all shapes - macaroni, spaghetti, etc.) • Pita bread or round • Pizza crust • Polenta • Popcorn • Pretzels, soft and hard • Quick breads (banana, carrot, pumpkin, zucchini) • Quinoa • Rice (brown, enriched white, wild) • Rice cakes • Rolls (dinner, white, whole wheat, potato) • Scones, savory • Spoon bread • Taco, tostada or tortilla shells • Tortillas (corn or wheat) • Waffles

The guide also lists some less common creditable grain items.

Corn pone, polenta and spoonbread are all foods made with cornmeal which provide an alternate to serving cornbread.

Couscous, which is a pasta, is creditable. But note that not all couscous is whole grain or enriched so you must check the label to make sure that first ingredient is a whole or enriched grain.

Popcorn, isn't an uncommon grain, but it hasn't always been creditable on the CACFP, so we wanted to point out that it is a creditable and whole grain option.



CACFP Grains Chart

The chart below is a guide for commonly served grain items. The amount listed under each age group must be served to meet the ounce equivalent (oz eq) grain requirement. Amounts are based on the weight of the grain item in grams (g). The required serving sizes are for breakfast, lunch, supper, and snack.

Required Amounts:
1-5 year old = 1/2 oz eq
6-18 year old = 1 oz eq

Grain Item and Size	1-5 year old		6-18 year old	
	Serve at least 1/2 oz eq which is about...		Serve at least 1 oz eq which is about...	
Bagel (~4" diameter)	1/4 bagel or 14 g		1/2 bagel or 28 g	
Bagel, Mini	1/2 bagel or 14 g		1 bagel or 28 g	
Biscuit (~2 1/2" diameter)	1/2 biscuit or 14 g		1 biscuit or 28 g	
Bread	1/2 slice or 14 g		1 slice or 28 g	
Bread Stick, Hard (~7 1/4")	2 sticks or 11 g		3 sticks or 22 g	
Buns, Hamburger, Hot Dog	1/2 bun or 14 g		1 bun or 28 g	
Cereal, Ready-to-eat (dry, cold) Flakes or Rounds	1/2 cup or 14 g		1 cup or 28 g	
Cereal, Ready-to-eat (dry, cold) Puffed cereal	3/4 cup or 14 g		1 1/4 cup or 28 g	
Cereal, Ready-to-eat (dry, cold) Granola	1/8 cup or 14 g		1/4 cup or 28 g	
Cornbread (2" x 2 1/2")	1/2 piece or 17 g		1 piece or 34 g	
Corn Muffin	1/2 muffin or 17 g		1 muffin or 34 g	
Cracker, Animal (~1 1/2" x 1")	8 crackers (1/4 cup) or 14 g		15 crackers (1/2 cup) or 28 g	
Cracker, Bear-shaped, Sweet (~1" x 1/2")	12 crackers (1/4 cup) or 14 g		24 crackers (1/2 cup) or 28 g	
Cracker, Cheese, Square, Savory (~1" x 1")	10 crackers or 11 g		20 crackers or 22 g	
Cracker, Fish-shaped or Similar, Savory (~1/4" x 1 1/2")	21 crackers (1/4 cup) or 11 g		41 crackers (1/2 cup) or 22 g	
Cracker, Graham (~2 1/2" x 5" full sheet)	1 full sheet or 14 g		2 full sheets or 28 grams	
Cracker, Oyster	27 crackers (1/4 cup) or 11 g		54 crackers (1/2 cup) or 22 g	
Cracker, Round, Savory (1 1/4" across)	4 crackers or 11 g		7 crackers or 22 g	
Cracker, Saltine (2"x2")	4 crackers or 11 g		8 crackers or 22 g	
Cracker, Thin Wheat Square, Savory (1 1/4"x1 1/4")	6 crackers or 11 g		12 crackers or 22 g	
Cracker, Woven Whole Wheat (1 1/2" x 1 1/2")	3 crackers or 11 g		5 crackers or 22 g	
Cracker, Zwieback	2 crackers or 11 g		3 crackers or 22 g	
Croissant	1/2 croissant or 17 g		1 croissant or 34 g	
English Muffin (top and bottom)	1/4 muffin or 14 g		1/2 muffin or 28 g	
French Toast	1/2 slice or 35 g		1 slice or 69 g	
French Toast Sticks	2 sticks or 35 g		4 sticks or 69 g	
Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 g dry		1/2 cup cooked or 28 g dry	
Grits	1/4 cup cooked or 14 g dry		1/2 cup cooked or 28 g dry	

Cereal Types

Flakes, Rounds, Puffed, or Granola

The Child and Adult Food Program (CACFP) meal pattern categorizes ready-to-eat breakfast cereals (dry, cold) as flakes, rounds, puffed, and granola. The minimum serving sizes in the CACFP Meal Pattern are different depending on the category of cereal.

The following is a list of cereals categorized as flakes, rounds, puffed, or granola, and the amounts that must be served. See the [CACFP Reference Guide](#) for the list of WI WIC approved cereals, including additional flavors of cereals listed below and those that are whole grain rich.

Cereals	1-5 year olds		6-18 year olds	
	Serve at least 1/2 oz eq which is about...		Serve at least 1 oz eq which is about...	
<ul style="list-style-type: none"> Bran Flakes Corn Flakes Fiber One Grape Nuts Flakes Great Grains Banana Nut Honey Bunches of Oats Mini Spooners Mini Wheats Oatmeal Squares Shredded Wheat Special K Total Wheaties 	1/2 cup		1 cup	
<ul style="list-style-type: none"> Cheerios Crispy Oats Tasteos Toasted Oats 	1/2 cup		1 cup	
<ul style="list-style-type: none"> Chex Cereal (Corn, Rice, Wheat) Crispix Crispy Rice Kix Life Rice Krispies 	3/4 cup		1 1/4 cup	
<ul style="list-style-type: none"> Granola Grape Nuts Original 	1/8 cup		1/4 cup	

Grains Chart and Cereal Types



[Grains Chart](#)

[Grains Chart - ADC](#)



[Cereal Types](#)

[Cereal Types- ADC](#)

The revised Grains Chart, on the left, includes some of the creditable grains listed in the Creditable and Non-creditable Foods Guide and includes required serving sizes per age group.

There is also a Cereal Types handout, shown on the right, that provides information on cereals categorized into 3 different types: flakes, rounds and granola, and includes the amount to serve to each age group.

Links to the Grains Charts and Cereal Types handouts (for both the child care and adult care components) are in the Creditable and Non-creditable Foods Guide and on this slide.

Non-Creditable Grains

Non-Creditable Grains

- When first ingredient, or second after water, is not whole or enriched grain/flour, bran, or germ
- When sugar is listed before first grain on ingredient list
- Cereals that are not whole grain, enriched, or fortified
- Cereals above sugar limits
- Chips, grain-based, when not whole grain or enriched
- Nut, legume (bean), or seed flour
- Potatoes (creditable as vegetable, not grain)
- Potato chips, potato sticks
- Tapioca
- Tortilla chips when first ingredient, or second after water, is not a whole or enriched grain
- Veggie straws, chips, or sticks, when first ingredient is not a whole or enriched grain



INGREDIENTS: ORGANIC WHEAT FLOUR, ORGANIC SUNFLOWER OIL AND/OR ORGANIC SAFFLOWER OIL, ORGANIC PALM OIL, ORGANIC EVAPORATED CANE SUGAR, ORGANIC INVERT SYRUP, SEA SALT, LEAVENING (BAKING SODA, AMMONIUM BICARBONATE, CREAM OF TARTAR).
CONTAINS: WHEAT.



INGREDIENTS: SUGAR, BLEACHED WHEAT FLOUR, SOYBEAN OIL, BLUEBERRIES, EGGS, WATER, GLYCERIN, MODIFIED CORNSTARCH, WHEY (MILK), LEAVENING (SODIUM ACID PYROPHOSPHATE, BAKING SODA, MONOCALCIUM PHOSPHATE), NATURAL FLAVOR, IODIZED SALT, SORBITAN MONOSTEARATE, POLYSORBATE 60, MONO- AND DIGLYCERIDES, POTASSIUM SORBATE (PRESERVATIVE), WHEY PROTEIN CONCENTRATE, SODIUM STEAROYL LACTYLATE, GUAR GUM, XANTHAN GUM. R16-175
MAY CONTAIN SOY.

Next let's look at non-creditable grains.

Foods are not creditable as a grain when the first ingredient (or 2nd after water) in the ingredients list is not a whole grain or flour, an enriched grain or flour, bran or germ, or if the food is not enriched with vitamins and minerals.

Some organic foods fall into this category – as in the example on this slide. You'll see the first ingredient is organic wheat flour, but since it is not whole or enriched wheat and the product is not enriched with vitamins and minerals, these crackers are not creditable as a grain.

Foods are also not creditable as a grain when sugar is the first ingredient. These popular muffins are an example, where the first ingredient is sugar; therefore, they are not creditable as a grain in the CACFP.

Non-Creditable Grains



Ingredients: Organic Durum Wheat Semolina. **Contains Wheat.**



INGREDIENTS

Corn, Vegetable Oil (Contains one or more of the following: Canola, Corn, Cottonseed, Safflower, and/or Soybean Oil), and Sea Salt.



INGREDIENTS: Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), Whole Brown Rice Flour, Whole Buckwheat Flour, Sugar, Toasted Corn Germ, Salt, and Oregano Extract (antioxidant).

Other non-creditable grain items include:

- Some pastas where the first ingredient is durum wheat or durum wheat semolina (which are not whole grain or enriched), and the food is not enriched with vitamins and minerals.
- There are also many non-creditable brands of tortilla chips. This is because the first ingredient is corn, not enriched corn or whole corn, and the product is not enriched with vitamins and minerals. You can see even with the multigrain tortilla chips, while the product includes whole grains such as whole brown rice flour and whole buckwheat flour, the first ingredient is corn (which is not whole or enriched).

So, none of these products meet the requirement that the first ingredient, or second after water, is whole or enriched, and the product is not enriched with vitamins and minerals, therefore these products are not creditable as grains.



Non-Creditable Grains

Non-Creditable Grains	
<ul style="list-style-type: none"> When first ingredient, or second after water, is not whole or enriched grain/flour, bran, or germ When sugar is listed before first grain on ingredient list Cereals that are not whole grain, enriched, or fortified Cereals above sugar limits Chips, grain-based, when not whole grain or enriched Nut, legume (bean), or seed flour 	<ul style="list-style-type: none"> Potatoes (creditable as vegetable, not grain) Potato chips, potato sticks Tapioca Tortilla chips when first ingredient, or second after water, is not a whole or enriched grain Veggie straws, chips, or sticks, when first ingredient is not a whole or enriched grain

And here are a few other non-creditable grains.

Potato chips or sticks, and veggie straws, chips or sticks are not creditable as a grain because they are considered a processed, snack-type food.

Potato foods, such as French fries and mashed potatoes, are many times thought of as a grain; however, they don't credit as a grain, they credit as a vegetable.

And cereals that are above CACFP sugar limits are also not creditable.

Grain-Based Desserts

Non-Creditable – Grain-Based Desserts (GBD)

- Biscotti, sweet with fruits, chocolate, icing
- Bread/breadstick with sweet filling (such as pie filling)
- Bread pudding
- Brownies
- Cakes (coffee cake, pound cake, cupcakes)
- Caramel popcorn and kettle corn
- Cereal bars, breakfast bars, marshmallow cereal treats
- Churros
- Cinnamon rolls
- Cookies
- Croissants, sweet (e.g., chocolate-filled)
- Crusts of dessert pies, cobblers, and fruit turnovers
- Danish pastries (Danishes), sweet pastries
- Doughnuts
- Fig or fruit bars/rolls/cookies
- Gingerbread
- Granola bars, grain-fruit bars
- Ice cream cones
- Pita chips, sweet (e.g., cinnamon-sugar flavored)
- Puppy chow
- Rice pudding
- Scones, sweet with fruits, chocolate, icing
- Sopapillas
- Sweet rolls/buns
- Toaster pastries (Pop-tarts®)
- Vanilla wafers



Lastly, we're going to talk about grain-based desserts which are not creditable in the CACFP.

Many are listed in the Grain-Based Dessert box in the Creditable and Non-creditable Foods Guide. A few examples are toaster pastries, cookies, including vanilla wafers, and granola, cereal and nutri-grain bars. Also, caramel popcorn and kettle corn are considered GBDs, even though regular popcorn is creditable, as mentioned earlier.

Even homemade grain-based desserts made with less sugar or fat or that are whole grain are NOT creditable.



www.IsItAGrainBasedDessert?

Grain-Based Desserts

Is it a Grain-Based Dessert?

Perception Counts!

How a food item is perceived plays a role in determining if it is a Grain-Based Dessert (GBD). Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat. If yes, choose another option.

Grain-Based Desserts

GBDs are not creditable in the CACFP. This includes both store-bought and homemade items. Even items made from scratch with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable.

Grain-Based Desserts – NOT CREDITABLE ON CACFP

Browies	Bread/breadstick with sweet filling (such as pie filling)
Cake, including coffee cake and popovers	Caramel popcorn and kettle corn
Cereal bars, breakfast bars, granola bars	The crusts of dessert pies, cobblers, and fruit turnovers
Marshmallow cereal treats	Sweet biscuits/scones with fruits, chocolate, icing, etc.
Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig)	Sweet croissants, such as chocolate-filled
Doughnuts	Sweet pita chips, such as cinnamon-sugar flavored
Gingerbread	Sweet rolls, including cinnamon rolls
Ice cream cones	Sweet bread pudding and rice pudding
	Toaster pastries

Not sure if an item is a GBD? Ask yourself if the item is:

- Shaped like a cookie?
- Shaped like a bar (breakfast, cereal, or granola bar)?

Some GBDs may be labeled with a different name (i.e. breakfast flat instead of granola bar or breakfast round instead of cookie); however, they are still a GBD and must not be served.

Sweetened Food Items

Programs are discouraged from serving creditable foods that contain sweet ingredients, as they are perceived as a sweet treat. Instead, purchase or prepare healthier alternatives.

Things to Consider When Selecting Foods for Your Menu

If the answer to the questions below is yes, choose a healthier option

<p style="background-color: #006633; color: white; padding: 2px; font-weight: bold;">Does the Food Item contain:</p> <ul style="list-style-type: none"> • Candy pieces? • Jam, fruit puree, or custard fillings? • Marshmallows? • Flavored chips (chocolate, caramel, white chocolate, strawberry, butterscotch, peanut butter, etc.)? 	<p style="background-color: #006633; color: white; padding: 2px; font-weight: bold;">Is the Food Item:</p> <ul style="list-style-type: none"> • Dessert flavored (chocolate, caramel, butterscotch, etc.)? • Coated with dessert flavored coatings or toppings (cocoa, caramel, cinnamon-sugar, powdered sugar, glazes, etc.)? • Topped or frosted? • Covered with sprinkles, jimmies, or other sweet garnishes? • A sweetened and/or dessert-flavored cereal snack food? • A cereal/trail mix with sweetened cereal and/or candy pieces?
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How a food item is perceived plays a role in determining if it is a grain-based dessert. Before purchasing an item, consider whether the food looks like a grain-based dessert. For example, if the item is shaped like a cookie or like a granola or cereal bar, then choose another option.

Some grain-based desserts may be labeled with a different name, such as a breakfast flat or square instead of granola bar, or a breakfast round instead of a cookie; however, they are still a grain-based dessert and must not be served.

For more information check out the handout *Is it a Grain Based Dessert?*.



Our final thoughts today are to remind you about the USDA Crediting Handbook for the CACFP. Many of the foods on the Creditable and Non-creditable Foods Guide are also listed in this handbook, however, the Crediting Handbook includes more information on why certain items are or are not creditable.

Questions?

**Consultants by
County**

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

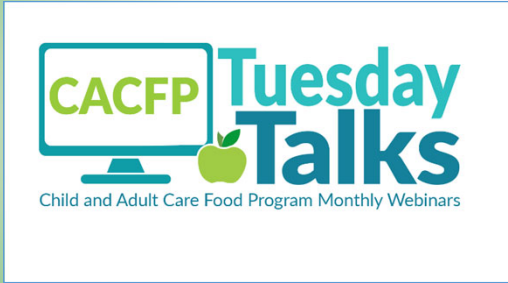


[www Consultants by County](http://www.Consultants by County)

If you have other questions about the CACFP, email your assigned consultant. You can find your agency's consultant at the Consultants by County link on this slide. Family daycare home providers, reach out to your home sponsor with any 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.

Recorded Tuesday Talks



[www](http://www.cacfp.org) [CACFP Tuesday Talks](http://www.cacfp.org)

Topic	Recorded Webinar	Handout with Transcript	Q&As
Household Size Income Statements (HSIS)	HSIS Recorded Webinar	HSIS Presentation Handout	HSIS Webinar Q&As
Special Dietary Needs	Special Dietary Needs Recorded Webinar**	Special Dietary Needs Handout	SDN Webinar Q&As
Financial Management Maintaining and tracking receipts for CACFP expenses	Financial Management Webinar**	Financial Management: Maintaining Receipts Handout	FM Webinar Q&As
Whole Grain Rich (WGR) Identifying WGR foods using the Rule of Three and CACFP Reference Guide	Whole Grain Rich (WGR) Webinar	Identifying WGR foods using the Rule of Three Handout	WGR Webinar Q&As
Meal Production Using the Meal Requirements and FBG Calculators to determine how much food to prepare	Meal Production Webinar Link	Meal Production Handout	Meal Production Q&As
Using Product Labels to Credit Yogurt, Cereal & Combination Foods	Product Labels Webinar Link	Product Labels Handout	Product Labels Q&As

Don't forget about past Tuesday Talks that are recorded and available online. Also available is the presentation handout with speaker transcript and Q&As.

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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

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