

Component



Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children

Module 4: Meat/Meat Alternates Component

CSDE
CONNECTICUT STATE
DEPARTMENT OF EDUCATION

Connecticut State Department of Education
School Health, Nutrition and Family Services

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Bite Size Training Modules

- Module 1 Introduction and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component**
- Module 5 Fruits and Vegetables Components
- Module 6 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce equivalents
- Module 7 Menu Planning

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>
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Key Points About Meat/Meat Alternates

- 🍎 **Breakfast:** May substitute for entire grains component up to 3 times per week
- 🍎 **Lunch/supper:** Must be served in main dish, or main dish and one other item
- 🍎 1 ounce is not the same as 1 ounce of MMA
- 🍎 Use Food Buying Guide for Child Nutrition Program (FBG) to determine crediting information
- 🍎 Commercial processed MMA products cannot credit without a Child Nutrition (CN) label or product formulation statement (PFS)

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Reduce Choking Risk

- Consider age and developmental readiness
 - Nuts and seeds
 - Chunks or spoonfuls of nut/seed butters
 - Tough meat or large chunks of meat
 - Fish with bones
 - Large chunks of cheese, especially string cheese

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Preparation Techniques to Reduce Choking Risk



- Cut tube-shaped foods into short strips instead of round pieces
- Remove all bones before cooking or serving
- Grind up tough meats/poultry
- Chop peanuts, nuts, and seeds finely, or grind before adding to prepared foods
- Spread nut/seed butters thinly on other foods

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

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Terms to Know

- Meat/meat alternates
- Protein

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Component

MMA versus Protein

- CACFP meal patterns require a specific amount of MMA, *not a specific amount of protein*
- Cannot use Nutrition Facts label or ingredients statement to determine MMA contribution



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Allowable MMA

- Fresh and frozen meats
- Processed meats
- Canned meats
- Meat alternates



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Required Servings for MMA Component

Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Breakfast ¹	0	0	0
Lunch/supper	1 ounce	1½ ounces	2 ounces
Snack	½ ounce	½ ounce	1 ounce

¹ May substitute for entire grains component up to 3 times per week

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Substituting MMA for Grains at Breakfast

- May substitute for *entire* grains component up to 3 times per week
 - Regardless of number of days in week
- **1 ounce of MMA = 1 ounce equivalent (oz eq) of grains**



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Examples of MMA Substitutions for Ages 3-5 at Breakfast

MMA Substitution	Grains
Cheese, ½ ounce	½ oz eq
Egg, ½ large	½ oz eq
Yogurt, ½ cup	½ oz eq
Peanut butter, 1 tablespoon	½ oz eq

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USDA Webpage

Serving Meat and Meat Alternates at Breakfast

Handouts, training slides, and webinars in English and Spanish



<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast-cacfp>

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Required Servings for MMA Component			
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¹ May substitute for entire grains component up to 3 times per week

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Main Dish Requirement for Lunch/Supper

- MMA component must be served in
 - a main dish **OR**
 - a main dish and only one other food item



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Examples: Main Dish Requirement

Lunch/supper meal pattern for ages 3-5
1½ ounces MMA



1½ ounces of tuna

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Examples: Main Dish Requirement

Lunch/supper meal pattern for ages 3-5
1½ ounces MMA



1 ounce of tuna + ½ cup of split peas

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USDA Webpage

Serving Meats and Meat Alternates at Lunch and Supper in the USDA Child and Adult Care Food Program

Requirements for MMA, choking prevention, food safety, and menu planning tips

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

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Serving Size Requirements



- Amount of food or recipe that provides **1 ounce of MMA** depends on
 - type of food
 - added ingredients
- Minimum creditable amount = $\frac{1}{4}$ ounce**

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1 ounce of MMA =

1 ounce	$\frac{1}{2}$ cup
<ul style="list-style-type: none">Cooked lean meat, poultry, or fishNatural or process cheeseTempehAlternate protein product (APP)Nuts or seeds	<ul style="list-style-type: none">Yogurt or soy yogurtCooked beans and peas (legumes)
2 ounces	2.2 ounces ($\frac{1}{4}$ cup)
<ul style="list-style-type: none">Cottage or ricotta cheeseCheese food/spreadCheese substitute	<ul style="list-style-type: none">Commercial tofu with \geq 5 grams of protein
3 ounces	2 tablespoons
<ul style="list-style-type: none">Surimi	<ul style="list-style-type: none">Nut or seed butters
	$\frac{1}{2}$
	<ul style="list-style-type: none">large egg

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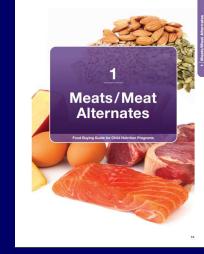
Serving Size = Edible Portion



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Use the Food Buying Guide (FBG) for Child Nutrition Programs



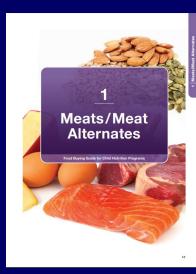
- Determines amount of *uncooked product* needed to yield the *cooked amounts* needed for food production
- Ensures correct crediting

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Use the Food Buying Guide (FBG) for Child Nutrition Programs



<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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Crediting Requirements for MMA

<ul style="list-style-type: none">Commercial processed productsDeli meatsDried meatsCheeseEggsLegumesNut and seed butters	<ul style="list-style-type: none">Nuts and seedsYogurt and soy yogurtTofuTempehSurimiAlternate protein products
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Crediting Commercial Processed Products

- Do not credit based on weight



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Crediting Commercial Processed Products

1 ounce = 1 ounce MMA



1 ounce = ? MMA

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Crediting Commercial Processed Products

- Must have documentation for products that are processed or contain added ingredients
 1. Child Nutrition (CN) label
 2. Product formulation statement (PFS)

Commercial products without a CN label or PFS do **not** credit



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USDA CACFP Best Practices

Limit processed meats to no more than 1 serving per week



Serve only lean meats, nuts, and legumes



https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

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CSDE Resource

Crediting Commercial MMA Products in the CACFP

Required documentation for crediting commercial MMA products

Crediting Commercial Meat/Meat Alternates Products in the Child and Adult Care Food Program

This guidance document provides valuable information on how to credit commercial meat/meat alternates products and meat/meat alternates products that are not on the CACFP meat/meat alternates list. It also provides information on how to credit commercial meat/meat alternates products that are not on the CACFP meat/meat alternates list but are on the CACFP meat/meat alternates list for the CACFP Child Nutrition Program. For information on the CACFP Child Nutrition Program, refer to the CACFP Child Nutrition Program Guidance for Child Nutrition Programs in the CACFP and the CACFP Child Nutrition Program Guidance for Child Nutrition Programs in the CACFP Child and Adult Care Food Program.

Required Crediting Documentation

It is required that the meat/meat alternates products be on the CACFP meat/meat alternates list and contain commercial products that are processed or contain added ingredients (such as pasta, chicken nuggets, and dinner rolls) and are not on the CACFP meat/meat alternates list. The following are examples of commercial meat/meat alternates products:

- a regular CN label (CN) label lists the product on the CACFP meat/meat alternates list
- a regular PFS label (PFS) label lists the product on the CACFP meat/meat alternates list
- a regular CN label and a PFS label (CN/PFS) label lists the product on the CACFP meat/meat alternates list

It is strongly advised to request a detailed product list from the vendor to ensure the product is on the CACFP meat/meat alternates list. If the vendor does not have a detailed product list, it is recommended to contact the vendor to request a detailed product list. It is also recommended to contact the vendor to request a detailed product list.

Creditable products without a CN label or PFS creditable due to CACFP

The following are CACFP meat/meat alternates products that are not on the CACFP meat/meat alternates list but are on the CACFP meat/meat alternates list for the CACFP Child Nutrition Program. For information on the CACFP Child Nutrition Program, refer to the CACFP Child Nutrition Program Guidance for Child Nutrition Programs in the CACFP and the CACFP Child Nutrition Program Guidance for Child Nutrition Programs in the CACFP Child and Adult Care Food Program.

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Commercial_MMA_CACFP.pdf

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Crediting Deli Meats

- Bologna
- Chicken roll
- Ham
- Pastrami
- Roast beef
- Salami
- Turkey



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Component

Crediting Dried Meat



- Shelf-stable, dried, and semi-dried meat, poultry, and seafood
 - Beef jerky
 - Summer sausage
- Must have CN label or PFS
 - Not listed in FBG

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Crediting Dried Meat



- Evaluate product's PFS
 1. Creditable meat ingredient must match ingredients statement on product's label
 2. Creditable meat ingredient must have similar description to a food item in FBG
 3. Creditable amount cannot exceed product weight

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Crediting Dried Meat



- PFS for dried meat products that contain *ground pork or beef* must include percent fat
 - ≤ 30% fat

USDA Memo SP 21-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs: <https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

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USDA Webinar

Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products



<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

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Crediting Cheeses



- Natural cheeses, e.g., cheddar, mozzarella, Swiss
- Pasteurized blended cheeses, e.g., Colby Jack
- Process cheeses, e.g., American
- Cottage/ricotta cheese
- Cheese substitute, cheese food substitute, and cheese spread substitute

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Crediting Cheeses

Type	1 ounce MMA =
Natural cheeses and pasteurized blended cheeses	1 ounce
Process cheeses	1 ounce
Cottage cheese, ricotta cheese	2 ounces = $\frac{1}{4}$ cup
Cheese substitute, cheese food substitute, and cheese spread substitute *	2 ounces

* Must meet FDA's Standards of Identity for substitute foods

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Component

Crediting Cheeses

- Maintain documentation for foods that contain cheese

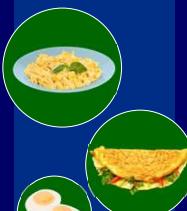


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Crediting Eggs

- $\frac{1}{2}$ large egg = 1 ounce MMA
- Only **whole eggs** credit
 - Liquid egg substitutes are not whole eggs
 - Egg whites do not credit if served without yolks
- Maintain documentation for egg-based foods



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Crediting Legumes

- Black beans
- Edamame (soybeans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Split peas
- White beans



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Crediting Legumes

- Serving may credit as MMA or vegetable but **not both** in same meal



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Crediting Legumes

Menu item	Component
Chili (kidney beans)	MMA
Salad with chickpeas	Vegetables
Whole-grain roll	Grains
Orange slices	Fruits
Low-fat milk	Milk



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Crediting Legumes

- $\frac{1}{4}$ cup of cooked legumes = 1 ounce MMA
 - Minimum creditable amount = $\frac{1}{6}$ cup (2 tablespoons)
- Liquid does not credit, e.g., sauce in baked beans



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Crediting Roasted Legumes

- Roasted chickpeas
- Roasted soybeans (soy nuts)

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Crediting Roasted Legumes

- Credit as MMA or vegetable, but not both in same meal
- 1 ounce = 1 ounce MMA
- *Lunch/supper:* No more than *half* of MMA
- Use discretion with individually wrapped snack-type legumes

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**Crediting
100% Legume
Flour Pasta**

Ingredients:
Red lentil flour

Ingredients:
Chickpea flour

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Crediting 100% Legume Flour Pasta



- Credits as MMA if offered with another MMA
- $\frac{1}{4}$ cup cooked = 1 ounce MMA

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CSDE Resource

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Crediting Nuts and Seeds	<ul style="list-style-type: none">■ Almonds■ Brazil nuts■ Cashews■ Filberts■ Macadamia nuts■ Peanuts■ Pecans■ Walnuts■ Pine nuts■ Pistachios■ Pumpkin seeds■ Soy nuts■ Sunflower seeds 
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Crediting Nuts and Seeds	
<ul style="list-style-type: none">■ 1 ounce = 1 ounce MMA■ <i>Lunch/supper:</i> No more than <i>half</i> of MMA	
Lunch for ages 3-5 = $1\frac{1}{2}$ ounces MMA	
Nuts/seeds	$\frac{3}{4}$ ounce
Another MMA	$\frac{3}{4}$ ounce



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Crediting Nut and Seed Butters

- Almond butter
- Cashew butter
- Peanut butter
- Sesame seed butter
- Soy nut butter
- Sunflower seed butter

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Crediting Nut and Seed Butters



- 2 tablespoons = 1 ounce MMA
- 2 tablespoons = 1.1 ounces, not 1 ounce

Section 1 – Meats/Meat Alternatives

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal or Snack Alternative	5. Purchase Units for Serving	6. Additional Information
Almond butter, Cashew nut butter, Peanut butter, Hazelnut butter, Sunflower seed butter, Sesame seed butter, Peanut butter, Sunflower seed butter, Sunflower seed butter	No. 10 Can (108 oz)	97.36	2 tablespoons, nut-based butter (approx. 1/4 oz) per meal alternative	1.10	2 Tbsp = about 1.1 oz nut-based butter

PEANUT BUTTER AND OTHER NUT OR SEED BUTTERS

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Crediting Nut and Seed Butters

- Consider appropriateness of serving size for each age group



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<h2>Crediting Nut and Seed Butters</h2> 	<table border="1"><tr><td colspan="2">Lunch/supper for ages 6-12</td></tr><tr><td>2 ounces MMA =</td><td>4 tablespoons peanut butter</td></tr><tr><td></td><td></td></tr><tr><td>2 tablespoons of peanut butter =</td><td>$\frac{1}{2}$ cup of yogurt =</td></tr><tr><td>1 ounce MMA</td><td>1 ounce MMA</td></tr></table>	Lunch/supper for ages 6-12		2 ounces MMA =	4 tablespoons peanut butter			2 tablespoons of peanut butter =	$\frac{1}{2}$ cup of yogurt =	1 ounce MMA	1 ounce MMA
Lunch/supper for ages 6-12											
2 ounces MMA =	4 tablespoons peanut butter										
											
2 tablespoons of peanut butter =	$\frac{1}{2}$ cup of yogurt =										
1 ounce MMA	1 ounce MMA										

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A circular inset image in the bottom left corner shows a baby with brown hair, wearing a pink sleeveless top, sitting and eating yogurt from a spoon. The spoon is held up to the baby's mouth, and yogurt is visible on the spoon and the baby's face. The background of the slide is a dark blue gradient.

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Crediting Yogurt

- ***Sugar limit:*** ≤ 23 grams of sugars per 6 ounces (≤ 3.83 grams/ounce)
- **$\frac{1}{2}$ cup volume or 4 ounces weight = 1 ounce MMA**

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Does this yogurt meet the sugar limit?		
Nutrition Facts		
Serving Size 1 4oz Container (113g)		
Servings Per Package 4		
Amount Per Serving		
Calories 90	Calories from Fat 0	
	% Daily Value	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 40mg	2%	
Total Carbohydrate 13g	4%	
Dietary Fiber 0g	0%	
Sugars 13g		
Protein 10g	20%	
Vitamin A 0%	Vitamin C 0%	
Calcium 10%	Iron 0%	

Fruit Yogurt

LOW FAT



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Noncreditable Yogurt Products



- Drinkable or squeezable yogurt
- Frozen yogurt
- Homemade yogurt
- Yogurt bars
- Yogurt-covered fruits and nuts
- Yogurt-flavored products

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Component

USDA Webpage

Choose Yogurts that are Lower in Sugar

Handouts, training slides, and webinars in English and Spanish

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

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Crediting Tofu

- **2.2-ounce serving by weight ($\frac{1}{4}$ cup volume) = 1 ounce MMA**
- **Three crediting requirements**
 1. Commercially prepared
 2. *Easily recognized* as meat substitutes, e.g., tofu burgers and tofu sausages
 3. Contain ≥ 5 grams of protein

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CSDE Resource

Crediting Tofu and Tofu Products in the CACFP

- Crediting requirements for tofu
- Steps for determining if product meets protein requirements

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Tofu_CACFP.pdf

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Institute of Child Nutrition (ICN) Resource

Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP

- Types of tofu
- Crediting requirements
- Recipe ideas

<https://theicn.org/resources/1538/nutrition-and-meal-management/120776/benefits-for-using-standardized-recipes-in-the-cacfp.pdf>

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Crediting Tempeh

- **1 ounce = 1 ounce MMA**
 - Applies only to products with the following ingredients: *soybeans (or other legumes), water, tempeh culture*, and for some varieties, vinegar, seasonings, and herbs
- **To credit products with other ingredients, must have CN label or PFS**

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Crediting Surimi

Amount	MMA contribution *
1 ounce	$\frac{1}{4}$ ounce (minimum creditable amount)
2 ounces	$\frac{1}{2}$ ounce
3 ounces	1 ounce
4.4 ounces	$1\frac{1}{2}$ ounces
6 ounces	2 ounces

* Must have CN label or PFS to credit differently

USDA Memo SP 24-2019: Crediting Surimi Seafood in the Child Nutrition Programs: <https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

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USDA Webinar

Additional MMA Options for CNPs: Crediting Tempeh and Surimi



<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

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Crediting APPs

Examples of APPs	Examples of products made with APPs
<ul style="list-style-type: none"> • Soy flours and concentrates • Whey protein concentrate • Casein 	<ul style="list-style-type: none"> • Veggie burgers • Meatless chicken nuggets and patties • Soy hotdogs



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Crediting APPs



- Commercial products made with APPs must meet specific USDA criteria (Appendix A of CACFP regulations)
- Must obtain documentation from manufacturer
 - CN label
 - PFS
 - Signed letter from company official

<https://www.ecfr.gov/current/title-7/subtitle-B/chapter-II/subchapter-A/part-226#Appendix-A-to-Part-226>

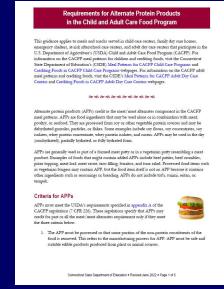
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Requirements for Alternate Protein Products in the CACFP

USDA criteria and documentation requirements



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/APP_Requirements_CACFP.pdf

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Examples of Noncreditable Foods: MMA Component *

- Bacon
- Commercial canned soups, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice
- Cream cheese
- Egg whites
- Imitation cheese
- Sour cream
- Tofu products not easily recognized as meat substitutes
- Tofu with <5 grams of protein in 2.2-ounce serving by weight
- Yogurt or soy yogurt with > 3.83 grams of sugars per ounce
- Yogurt products, such as drinkable or squeezable yogurt, frozen yogurt, yogurt bars, and yogurt-covered fruits and nuts

* This list is not all-inclusive

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More Resources



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Crediting Summary Charts for the CACFP Meal Patterns for Children

- Overview chart on crediting requirements
- Charts that summarize crediting requirements and methods for each component

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf

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Crediting Foods in CACFP Child Care Programs

MMA Component for CACFP Child Care Programs

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs/Documents#MMA>

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Thank you for participating in Bite Size!



<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or
2. fax: (833) 256-1665 or (202) 690-7442; or
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