



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

Module 6: Vegetables 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 to Bite Size and Meal Pattern Overview
Module 2	Meal Pattern Documentation
Module 3	Milk Component
Module 4	Meat/Meat Alternates Component
Module 5	Fruits Component
Module 6	Vegetables Component
Module 7	Part A: Grains Component – Crediting Part B: Grains Component – Whole Grain-rich Part C: Grains Component – Ounce Equivalents
Module 8	Menu Planning

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

- Fruits and vegetables are 1 component at breakfast but 2 separate components at lunch/supper and snack
- Credit based on volume (cups) except raw leafy greens
- Juice credits at only 1 meal or snack per day
- Use Food Buying Guide for Child Nutrition Program (FBG) to determine crediting information

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Reduce Choking Risk

- Consider children's age and developmental readiness
 - Cooked or raw whole-kernel corn
 - Small pieces of raw vegetables
 - Whole round or tube-shaped foods



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Reduce Choking Risk



Preparation Techniques

- Remove seeds, pits, and tough skins or peels
- Cook or steam hard foods
- Finely chop into thin slices, strips, or small pieces ($\leq \frac{1}{2}$ inch) or grate, mash, or puree

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

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Required Servings for Vegetables Component

Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Breakfast ¹	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Lunch/supper	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
Snack	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

¹ Vegetables, fruits, or both

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USDA CACFP Best Practices

Provide at least 1 serving per week

- Dark green vegetables
- Red and orange vegetables
- Beans and peas (legumes)
- Starchy vegetables
- Other vegetables



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

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Vegetable Subgroups in the CACFP

- Crediting vegetables
- Chart of vegetable subgroups

Dark Green	Red/Orange	Beans and Peas (Legumes)	Starchy	Other
Broccoli	Tomato	Black-eyed pea	Potato	Onion
Brussels sprouts	Yellow squash	Garbanzo beans	Yam	Carrot
Cabbage	Red bell pepper	Kidney beans	Turnip	Corn
Cauliflower	Orange bell pepper	Black-eyed pea	Acorn squash	Green beans
Collard greens	Yellow squash	Garbanzo beans	Butternut squash	Broccoli rabe
Green beans	Red bell pepper	Kidney beans	Winter squash	Leeks
Mustard greens	Yellow squash	Black-eyed pea	Acorn squash	Onion
Spinach	Red bell pepper	Garbanzo beans	Butternut squash	Carrot
Turnip greens	Yellow squash	Kidney beans	Winter squash	Corn
Wilted greens	Red bell pepper	Black-eyed pea	Acorn squash	Green beans

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VegetableSubgroupsCACFP.pdf>

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Allowable Vegetables



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Serving Size Requirements

- Serving based on **volume (cups)**
- Minimum creditable amount = $\frac{1}{8}$ cup
- May offer **combination** of various vegetables to meet minimum serving



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Examples of $\frac{1}{2}$ -cup vegetable servings

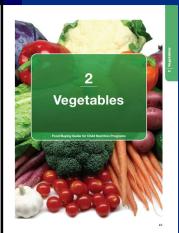
$\frac{1}{4}$ cup	+	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup
	+		
$\frac{1}{8}$ cup	+	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup
	+		

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How Much to Purchase and Serve

- Use USDA's Food Buying Guide (FBG)
- Yield and crediting information for fresh, frozen, canned, and dried vegetables

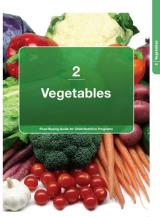


<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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How Much to Purchase and Serve



2 Vegetables

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

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Crediting Requirements

- Raw leafy greens
- Canned vegetables
- Dried vegetables
- Pureed vegetables
- Soups
- Mixed vegetables
- Fruit and vegetable mixtures
- Vegetable flour pasta



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Crediting Raw Leafy Greens



■ Arugula
 ■ Greens, e.g., beet, collard, mustard, and turnip
 ■ Kale
 ■ Lettuce, e.g., iceberg, romaine, Boston, Bibb, red leaf, and spring mix
 ■ Spinach

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Crediting Raw Leafy Greens

■ Credit as *half* the volume served

$\frac{1}{2}$ cup of raw spinach = $\frac{1}{4}$ cup of vegetables component



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Crediting Canned Vegetables



■ Serving cannot include packing liquid (water or sauce)
 • Must be drained

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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 vegetable or meat/meat alternate but **not both** in same meal

Menu planners decide how to credit legumes in a meal



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Crediting Legumes in the CACFP

- Crediting as vegetables and MMA
- Crediting legumes in recipes

Crediting Legumes in the Child and Adult Care Food Program

This guidance applies to meals and snacks served at child care centers, family day care homes, Head Start programs, and Early Head Start programs. It also applies to meals and snacks served in the CACFP Child and Adult Care Food Program (CACFP) and the CACFP Child Care and Development Program (CCDF). Legumes are defined as seeds (beans, chickpeas, lentils, etc.) that are leguminous in the CACFP and the CCDF.

For admissions on the CACFP meal plan, please refer to the *Meal and Snack Document and Reporting Requirements for the CACFP Child Care and Development Program* and the *Meal and Snack Document and Reporting Requirements for the CACFP Child and Adult Care Food Program*.

For admissions on the CACFP child and youth meal plan and the Head Start meal plan, please refer to the *Meal and Snack Document and Reporting Requirements for the CACFP Child Care and Development Program* and the *Meal and Snack Document and Reporting Requirements for the Head Start Program*.

Legumes include certain dry beans and peas, such as black beans, black and pinto beans, kidney beans, lima beans, navy beans, garbanzo beans (chickpeas), lentils, and split peas. Legumes are also included in the CACFP meal plan as a meat/meat alternate. For more information on the meat/meat alternate, please refer to the *Meals and Snacks Document and Reporting Requirements for the CACFP Child Care and Development Program* and the *Meals and Snacks Document and Reporting Requirements for the CACFP Child and Adult Care Food Program*.

Legumes must be a whole ingredient in a different meal. For example, beans may make a meal (e.g., beans and rice) but not a side dish (e.g., beans and rice). Beans may be served as a side dish (e.g., beans and rice) but not as a meal (e.g., beans and rice).

For example, if one cup of legumes is a meal and one cup of legumes is a side dish, the meal must be a whole meal (e.g., beans and rice).

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

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Crediting Dried Vegetables

- Credit based on **rehydrated** volume (cups)
- Dried vegetables used for **seasonings** do not credit
- Crediting documentation required
 - FBG
 - Product formulation statement (PFS)



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Crediting Pureed Vegetables

- Must be **recognizable** (visible)
 - Easily identifiable as a food component



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Crediting Pureed Vegetables		
Type	Credits?	Examples
Recognizable (visible), e.g., 1 vegetable	Yes	<ul style="list-style-type: none"> Pureed sweet potatoes Tomato sauce Pureed butternut squash
Unrecognizable (not visible)	No	<ul style="list-style-type: none"> Pureed carrots in tomato sauce Pureed sweet potatoes in muffins

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Crediting Pureed Vegetables

- Must contain $\geq \frac{1}{8}$ cup of a recognizable pureed vegetable



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Example: Crediting Pureed Vegetables in Combination Foods



Macaroni and Cheese Recipe

Ingredient	Amount per serving	Recognizable?
Diced butternut squash	1/8 cup	Yes
Pureed carrots	1/8 cup	No
Credits as		1/4 cup vegetables

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Crediting Pureed Vegetables in Smoothies



- Credit only as juice
 - Based on pureed volume (cups)
 - Count toward juice limit
- Crediting documentation required

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Crediting Soups

- Commercial products
- Soups made from scratch



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Crediting Soups

Commercial Products

- Credit based on yields in FBG

$\frac{1}{4}$ cup vegetables =	
Vegetable soup	1 cup
Legume soup	$\frac{1}{2}$ cup

- PFS required for different crediting



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Allowable Commercial Soups (FBG)

Vegetable Soups 1 cup = $\frac{1}{4}$ cup vegetables	Legume Soups 1 cup = $\frac{1}{2}$ cup vegetables
<ul style="list-style-type: none"> • Minestrone • Tomato • Tomato with other basic components, e.g., rice • Vegetable (contains only vegetables) • Vegetable with other basic components, e.g., meat or poultry 	<ul style="list-style-type: none"> • Lentil • Pea, e.g., split pea • Bean, e.g., black bean, mixed bean

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Noncreditable Commercial Soups

- Cream of vegetable, e.g., cream of broccoli, cream of mushroom, and cream of celery
- Beef barley
- Chicken or turkey noodle
- Chicken or turkey rice



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Crediting Soups

Serving Size Considerations

- Appropriateness of serving for age group
 - 1 cup = $\frac{1}{4}$ cup of vegetables component



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Crediting Soups



Serving Size Considerations

- Size of bowl or cup
 - Must be *larger* than planned serving of soup

10 fluid ounce bowl →
8 fluid ounces (1 cup) of soup

6 fluid ounce cup →
4 fluid ounces ($\frac{1}{2}$ cup) of soup

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<h2>Crediting Mixed Vegetables</h2>  	<ul style="list-style-type: none">■ Credit as 1 serving of vegetables component<ul style="list-style-type: none">• California mix (broccoli, cauliflower, and carrots)• Carrots, peas, and corn• Peas and carrots• Three-bean salad
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<h2>Crediting Mixed Vegetables</h2>  	<h2>Lunch/Supper</h2> <ul style="list-style-type: none">■ Vegetables may substitute for entire fruits component
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Crediting Mixed Vegetables



Lunch/Supper

- May credit as vegetables and fruits components in *same meal*

- Must know *amount* of each type of vegetable in mixture
- Serving must contain *2 different* vegetables that are each $\geq \frac{1}{4}$ cup

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Example: Broccoli-cauliflower Blend

$\frac{1}{2}$ cup vegetable mixture

- $\frac{1}{4}$ cup of broccoli
- $\frac{1}{4}$ cup of cauliflower



Meal pattern for ages 3-5	Menu Item
Vegetables: $\frac{1}{4}$ cup	Broccoli, $\frac{1}{4}$ cup
Fruits: $\frac{1}{4}$ cup	Cauliflower, $\frac{1}{4}$ cup

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Crediting Vegetable and Fruit Mixtures



Lunch/Supper

- Depends on amount of each vegetable and fruit ingredient in serving

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Crediting Vegetable and Fruit Mixtures



Lunch/Supper

- May credit as vegetables and fruits component at *same meal*

- Serving must contain $\geq \frac{1}{2}$ cup of vegetables and $\geq \frac{1}{2}$ cup of fruits
- Fruits and vegetables must be *easily identifiable*

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Example: Carrot-raisin Salad



Lunch/supper meal pattern for ages 6-12	Amount per serving	Credits as
Vegetables: $\frac{1}{2}$ cup	$\frac{1}{2}$ cup shredded carrots	$\frac{1}{2}$ cup vegetable
Fruits: $\frac{1}{4}$ cup	$\frac{1}{4}$ cup raisins	$\frac{1}{4}$ cup fruit

Does serving provide required amount of vegetables and fruits for ages 6-12?

Yes

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Crediting Vegetable Flour Pasta



- Pasta made of *100% vegetable flours* credits as vegetables component

Ingredients:
Red lentil flour

Ingredients:
Green lentils, cauliflower, parsnips

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Crediting Vegetable Flour Pasta

- $\frac{1}{2}$ cup of 100% vegetable flour pasta = $\frac{1}{2}$ cup of vegetables



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Crediting Vegetable Flour Pasta

- Many products contain other *non-vegetable ingredients*
- Crediting depends on amount of vegetables
- Crediting documentation required



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Example: Vegetable Pasta Product

Ingredients: Semolina (wheat), durum flour (wheat), **dried carrots**, **dried tomato**, **dried spinach**, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

Might credit: Requires PFS

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Example: Spinach Pasta Product

Ingredients: Semolina (wheat), durum flour (wheat), **dried spinach**, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

Does not credit

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Crediting Vegetable Flour Pasta

- **Best practice**
Indicate meal pattern contribution
 - *Vegetables* component not grain component

Today's Menu
Chickpea pasta (vegetables component)

- Inform child care staff



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Examples of Noncreditable Foods: Vegetables Component *

- Chili sauce
- Commercial cream vegetable soups, e.g., cream of mushroom and cream of broccoli
- Dehydrated vegetables used for seasoning, e.g., dried onion and dried parsley
- Ketchup
- Pickle relish
- Home-canned products (for food safety reasons)
- Snack-type foods made from vegetables, e.g., potato chips and puffed vegetable snacks

* This list is not all-inclusive

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**Knowledge Check:
Meal Pattern
Requirements for
Fruits and Vegetables
at Lunch and Supper**



Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables

The CACFP fruits and vegetables pattern for ages 3-5 requires 1/2 cup of the vegetables component and 1/2 cup of the fruits component. The CACFP fruits and vegetables pattern for ages 2-3 is based on 1/2 cup of the vegetables component for ages 2-3 or 1/2 cup as required.

Planned servings	Meets meal pattern requirement?	Requirement
1/2 cup of red grapes	<input type="checkbox"/>	1/2 cup
1/2 cup of green beans	<input type="checkbox"/>	1/2 cup
1/2 cup of diced carrots	<input type="checkbox"/>	1/2 cup
1/2 cup of green peas	<input type="checkbox"/>	1/2 cup
1/2 cup of mixed dried fruit	<input type="checkbox"/>	1/2 cup
1/2 cup of spinach salad	<input type="checkbox"/>	1/2 cup

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_6_Fruits_Vegetables_Lunch_Supper.pdf

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Reminder: Lunch/Supper Meal Pattern Requirements for Ages 3-5

Vegetables	1/2 cup
Fruits	1/2 cup



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Lunch/Supper for Ages 3-5

1/2 cup of red grapes 1/2 cup of peaches in fruit juice

Meets meal pattern for fruits and vegetables?

No Contains 2 servings of fruits component

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Lunch/Supper for Ages 3-5

1/2 cup of green beans 1/2 cup of mixed dried fruit

Meets meal pattern for fruits and vegetables?

Yes Dried fruits credit as twice the volume served

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Lunch/Supper for Ages 3-5

1/2 cup of diced carrots 1/2 cup of green peas

Meets meal pattern for fruits and vegetables?

Yes Vegetables may substitute for fruits component

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Lunch/Supper for Ages 3-5

1/2 cup of canned corn 1/2 cup of spinach salad

Meets meal pattern for fruits and vegetables?

No Raw spinach credits as half the volume served

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Lunch/Supper for Ages 3-5



$\frac{1}{4}$ cup of cooked spinach $\frac{1}{4}$ cup of mixed vegetables

Meets meal pattern for fruits and vegetables?

Yes

- 2 different vegetables
- Vegetables may substitute for fruits component

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Lunch/Supper for Ages 3-5



$\frac{1}{4}$ cup of pureed strawberries in a smoothie $\frac{1}{4}$ cup of vegetable juice

Meets meal pattern for fruits and vegetables?

No

Contains 2 servings of juice (exceeds juice limit)

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Lunch/Supper for Ages 3-5



$\frac{1}{4}$ cup of orange juice $\frac{1}{4}$ cup of mashed sweet potatoes

Meets meal pattern for fruits and vegetables?

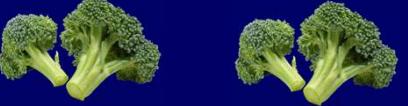
Yes

Juice limit: Cannot credit juice at any other meal or snack that same day

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Lunch/Supper for Ages 3-5



$\frac{1}{4}$ cup of broccoli $\frac{1}{4}$ cup of broccoli

Meets meal pattern for fruits and vegetables?

No

Must be 2 **different** vegetables

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Lunch/Supper for Ages 3-5



Carrot-raisin salad: $\frac{1}{4}$ cup of shredded carrots
 $\frac{1}{8}$ cup raisins

Meets meal pattern for fruits and vegetables?

Yes

- Easily identified and $\geq \frac{1}{4}$ cup of each component
- Dried fruits credit as twice the volume served

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More Resources

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CSDE Webpage

Crediting Foods in CACFP Child Care Programs

Vegetables Component for CACFP Child Care Programs

Meal Pattern Components for CACFP Child Care Programs

Vegetables

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

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USDA Resource

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in CACFP: Q&As

Guidance and questions and answers

USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in CACFP: Q&As

March 20, 2017

MEMO CODE: CACFP 09-2017

SUBJECT: Vegetable and Fruit Requirements in the Child and Adult Care Food Program Questions and Answers

TO: Regional Directors
CACFP State Program Managers
State Directors
State Nutrition Programs

This memorandum contains the vegetable and fruit requirements in the Child and Adult Care Food Program (CACFP) and provides guidance on how to implement these requirements. It also describes the policy for crediting vegetables and fruits to a child that is in a CACFP meal pattern, and provides guidance on how to implement the policy for crediting vegetables and fruits to a child that is not in a CACFP meal pattern.

Background

The selected vegetable and fruit requirements for the infant, children, and adult meal patterns in the CACFP are consistent with the requirements for the CACFP 2016 Vegetable and Fruit Requirements in the Child and Adult Care Food Program. The CACFP 2016 Vegetable and Fruit Requirements in the Child and Adult Care Food Program, (USDA FNS-2016-01-0001) can be found at <https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-qas>

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-qas>

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USDA Webpage

Serving Vegetables in the CACFP

Handouts, training slides, and webinars in English and Spanish

Adding Vegetables to Your CACFP Meal Patterns

<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

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Thank you for participating in Bite Size!

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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- mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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