



## **Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children**

### **Module 7A: Grains Component Crediting Requirements**

#### **Resource List for Module 7A**

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size Module 7A.

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

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

Calculating Sugar Limits for Breakfast Cereals in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

Calculation Methods for Grain Ounce Equivalents in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Calculation\\_CACFP\\_Oz\\_Eq.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf)

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

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

Choose Breakfast Cereals that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

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

Crediting Breakfast Cereals in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Cereals\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Cereals_CACFP.pdf)

Crediting Enriched Grains in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Enriched\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Enriched_Grains_CACFP.pdf)

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

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

Crediting Whole Grains in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Whole\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Whole_Grains_CACFP.pdf)

## Resource List for Module 7A

Crediting Worksheets for CACFP Child Care Programs (CSDE webpage):

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

Determining Ounce Equivalents of Grains in CACFP Recipes – Handout in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

Grain Ounce Equivalents for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Oz\\_Eq\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Oz_Eq_CACFP.pdf)

Grain-based Desserts in the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Grains Component for CACFP Child Care Programs (Documents/Forms section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage):

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

How to Identify Creditable Grains for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify\\_Creditable\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify_Creditable_Grains_CACFP.pdf)

Module 7A Knowledge Check for Grain-based Desserts (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite\\_Size\\_Knowledge\\_Check\\_Module\\_7A\\_Grain\\_Based\\_Desserts.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_7A_Grain_Based_Desserts.pdf)

Recipe Analysis Workbook (USDA’s Food Buying Guide):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Using Product Formulation Statements in the CACFP (CSDE):

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

WIC Approved Food Guide (Connecticut State Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

## Resource List for Module 7A

**Bite Size** is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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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; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

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