



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

### **Module 7C: Grains Component Ounce Equivalents**

#### **Resource List for Module 7C**

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

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>

CACFP Grains Ounce Equivalents Resources (USDA webpage):

<https://www.fns.usda.gov/tn/grains-ounce-equivalents-resources-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)

Crediting Single-Serving Packages of Grains in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/crediting-single-serving-packages-grains-cacfp>

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>

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Grain Crediting Worksheets (CSDE's Crediting Foods in CACFP Child Care Programs webpage):

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

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)

How to Maximize the Exhibit A Grains Tool (USDA webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

## Resource List for Module 7C

Product Formulation Statement for Documenting Grains in Child Nutrition Programs  
(USDA):

[https://www.fns.usda.gov/sites/default/files/resource-files/  
PFS\\_Grains\\_Oz\\_Eq\\_Fillable\\_508.pdf](https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf)

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

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

USDA Memo COVID-19: Child Nutrition Response #91: Nationwide Waiver to  
Allow Specific Meal Pattern Flexibility in the CACFP for School Year 2021-2022:

<https://www.fns.usda.gov/cn/child-nutrition-response-91>

Using Ounce Equivalents for Grains in the CACFP – Handouts in English and Spanish  
(USDA):

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

Using Product Formulation Statements in the CACFP (CSDE):

[http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/  
Using\\_Product\\_Formulation\\_Statements\\_CACFP.pdf](http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

Yield Study Form for Child Nutrition Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield\\_Study\\_Form.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield_Study_Form.pdf)

## Resource List for Module 7C

**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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