

Crediting Whole Grains in the Child and Adult Care Food Program

This guidance applies to reimbursable meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns and requirements for crediting foods, visit the visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for CACFP Child Care Programs](#) webpage and the “[Grains Component for CACFP Child Care Programs](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage. For information on the CACFP meal patterns and crediting foods for adult participants, visit the CSDE’s [Meal Patterns for CACFP Adult Day Care Centers](#) webpage and the “[Grains Component for CACFP Adult Day Care Centers](#)” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage.



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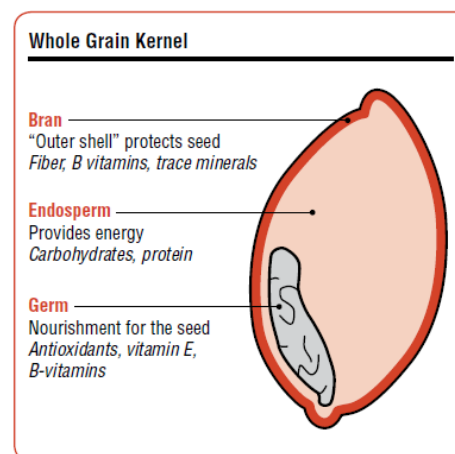
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Definition of Whole Grains

Whole grains consist of the entire cereal grain seed or kernel, after removing the inedible outer husk or hull. The kernel includes the starchy endosperm, the fiber-rich bran, and the nutrient-rich germ.

Usually the grain kernel is cracked, crushed, flaked, or ground during the milling process. A finished grain product is considered whole grain if it contains the same relative amounts of bran, germ, and endosperm as the original grain.

Whole grains contain a wide variety of nutrients that help reduce the risk of chronic diseases. The CSDE encourages CACFP facilities to serve 100 percent whole-grain products most often. This provides the best nutrition for participants.



CACFP Whole Grain-rich (WGR) Requirement

The CACFP meal patterns require at least one serving of WGR grains per day, between all meals and snacks served to participants. The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. Whole-grain products and recipes credit as the grains component in CACFP meals and snacks, and meet the WGR requirement. For detailed guidance on the CACFP WGR criteria, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#). **Note:** The WGR requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

Whole Grain versus Whole Grain-rich (WGR)

All foods that are 100 percent whole grain are WGR, but not all WGR foods are 100 percent whole grain.

- A food is 100 percent whole grain if all grain ingredients are whole grains. Grain foods that are 100 percent whole grain meet the CACFP WGR criteria. Table 1 shows some examples of commercial products that are 100 percent whole-grain.
- A food is WGR if it contains at least 50 percent whole grains and any other grains are enriched, bran, or germ. WGR foods include foods that are 100 percent whole grain and foods that contain a blend of whole (at least 50 percent) and enriched grains.

Table 1 shows some examples of 100 percent whole-grain products.

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Table 1. Examples of 100 percent whole grain products

Ingredients: **Whole-wheat flour**, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono-and diglycerides, l-cysteine, enzymes.

This product is 100 percent whole grain because whole-wheat flour is the first ingredient and the only grain ingredient. This product credits as a WGR food in the CACFP.

Ingredients: Water, **whole-wheat flour**, **whole oats**, sugar, wheat gluten, yeast, soybean oil, salt, calcium propionate (preservative), monoglycerides, datem and/or sodium stearoyl lactylate, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk.

When reviewing the first ingredient on the product's label, water is ignored. This product is 100 percent whole grain because whole-wheat flour is the first ingredient after water and the only other grain is whole oats. This product credits as a WGR food in the CACFP.

Identifying Whole Grains in Commercial Products

A grain is 100 percent whole grain if any of the following apply:

- the word “whole” is listed before the type of grain;
- the grain name is another name for whole grains;
- the grain has a Food and Drug Administration (FDA) standard of identity;
- the grain is listed on a WIC-approved whole grain foods list;
- the grain is a nixtamalized corn ingredient; or
- the grain is a reconstituted whole grain.

A summary of each type of whole grain is below. [Table 3](#) lists examples of whole-grain products and ingredients.

Grain name states “whole”

A grain is whole grain if the grain name contains the word “whole” before the type of grain. For example, “whole wheat flour” and “whole-grain corn” are whole grains, but “wheat flour” and “yellow corn” are not.

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Other names for whole grains

Some whole grains do not contain the word “whole” in the grain name. Examples include berries (the whole kernels of grain) such as wheat berries and rye berries, groats (the hulled whole kernels of grain) such as oat groats, rolled oats and oatmeal (including old-fashioned, quick-cooking, and instant oatmeal), brown rice and wild rice, graham flour (a coarsely ground whole-wheat flour), and many other grains such as quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.

Food and Drug Administration (FDA) standard of identity

Some whole-wheat products have an FDA standard of identity that indicates they are whole grain (refer to table 2). A standard of identity is a set of rules for what a certain product, such as whole-wheat bread, must contain or may contain to be legally labeled with that product name. The FDA provides standards of identity only for certain whole-wheat products, including whole-wheat bread, rolls, and buns (21 CFR 136.180) and whole-wheat macaroni products (21 CFR 139.138). These products are indicated in table 2. Other grain products that are labeled as “whole wheat” but do not have an FDA standard of identity (such as crackers, tortillas, bagels, and biscuits) may or may not be 100 percent whole grain.

Table 2. Grain products with an FDA standard of identity	
Breads, rolls, buns	Pasta
Whole-wheat bread, rolls, buns	Whole-wheat spaghetti
Entire wheat bread, rolls, buns	Whole-wheat vermicelli
Graham bread, rolls, buns	Whole-wheat macaroni
	Whole-wheat macaroni products

WIC-approved whole grain foods list

Grain products like bread, tortillas, pasta, and rice contain are whole grain if they are listed on any state’s WIC-approved whole grain food list. WIC-listed breakfast cereals must be specifically marked as whole grain because not all WIC-listed breakfast cereals are whole grain. The Connecticut WIC food guides are available on the Connecticut State Department of Public Health’s [Approved Food Guide](#) webpage.

Nixtamalized corn ingredients

Commercial corn products such as tortilla chips, taco shells, and tamales credit as whole grains if the product is labeled “whole grain,” or the corn ingredient is nixtamalized. Nixtamalization is the process of soaking and cooked dried corn in an alkaline (slaked lime) solution. This process results in a product with a similar nutrition content to whole-grain corn.

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Nixtamalized corn is used to make hominy, masa harina (corn flour), corn masa (dough from masa harina), and certain types of cornmeal. Masa is used for making tortilla chips, taco shells, tamales, pupusas, and other popular corn products. Hominy, corn masa, and masa harina credit as whole grains.

Menu planners may use either method below to determine if commercial grain products are made with nixtamalized corn.

1. **The corn is treated with lime:** A corn ingredient is nixtamalized if the ingredients statement indicates that the corn is treated with lime, e.g., “ground corn with trace of lime” and “ground corn treated with lime.” The ingredients statements below show some examples of commercial nixtamalized corn products that credit as 100 percent whole grains.
 - Ingredients: *Corn masa flour*, water, contains 2% or less of: cellulose gum, guar gum, amylase, propionic acid, benzoic acid, and phosphoric acid (to maintain freshness).
 - Ingredients: *Whole-white corn*, vegetable oil (contains soybean, corn, cottonseed, and/or sunflower oil), salt, *lime/calcium hydroxide* (processing aid).
 - Ingredients: *Limed whole-grain white corn*, palm oil, salt, TBHQ (preservative).
 - Ingredients: *Whole-grain yellow corn*, canola oil, water, *corn flour*, salt, *hydrated lime*.

A product formulation statement (PFS) is required if the ingredients statement does not provide sufficient information, such as “cornmeal” and “yellow corn flour.” The PFS must indicate that the ingredients are whole grain, enriched, or nixtamalized. For information on PFS forms, refer to “[Crediting Documentation for Commercial Grain Products](#)” in this document.

2. **The product includes the FDA-approved whole grain health claim:** A commercial product made with corn is at least 50 percent whole grain if it includes one of the two FDA-approved whole grain health claims on its packaging. These claims are not commonly found on most grain products.
 - **Low-fat claim:** “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers.”
 - **Moderate-fat claim:** “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”

If the ingredients statement does not provide sufficient information to determine if the corn is a creditable grain, CACFP facilities must obtain a PFS from the manufacturer stating that the ingredients are whole grain, enriched, or nixtamalized. An example is a product that contains “cornmeal” or “yellow corn flour.” For information on PFS forms, refer to “[Crediting Documentation for Commercial Grain Products](#)” in this document.

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Corn products that contain an FDA whole-grain health claim credit as WGR grains in the CACFP meal patterns. Crediting information for corn masa, masa harina, corn flour, and cornmeal is summarized in [USDA Memo SP 34-2019](#), [CACFP 15-2019](#), and [SFSP 15-2019](#): *Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs*.

Reconstituted grains

Reconstituted grains (such as “reconstituted whole-wheat flour”) are made by blending the crushed and separated products of milling (bran, germ, and endosperm) from the same type of grain in the same proportions originally present in the intact grain kernel. A reconstituted grain is considered whole grain when the reconstitution is done by the original milling facility to ensure the same batch of whole grain is returned to its natural proportions. To credit a reconstituted grain as the grains component, CACFP facilities must request documentation stating that the milling company recombined the grain components to the natural proportions of bran, germ, and endosperm.



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Table 3. Common whole-grain products and ingredients ¹

<p>Barley</p> <ul style="list-style-type: none"> Dehulled barley Dehulled-barley flour Whole barley Whole-barley flakes Whole-barley flour Whole-grain barley Whole-grain barley flour <p>Brown rice</p> <ul style="list-style-type: none"> Brown rice Brown rice flour Sprouted brown rice <p>Corn</p> <ul style="list-style-type: none"> Nixtamalized corn, e.g., hominy, corn masa (dough from masa harina), and masa harina (corn flour) ² Popcorn Whole corn Whole cornmeal Whole-corn flour Whole-grain corn Whole-grain corn flour Whole-grain cornmeal Whole-grain grits <p>Oats</p> <ul style="list-style-type: none"> Instant oatmeal Oat groats ³ Oatmeal Old-fashioned oats Quick-cooking oats Rolled oats Steel cut oats Whole oats Whole-grain oat flour Whole-oat flour 	<p>Rye</p> <ul style="list-style-type: none"> Flaked rye Rye berries ³ Rye groats ³ Sprouted whole rye Whole rye Whole-rye flakes Whole-rye flour <p>Wheat</p> <ul style="list-style-type: none"> Bromated whole-wheat flour Bulgur (cracked wheat) Cracked wheat or crushed wheat Entire wheat flour Flaked wheat Graham flour Sprouted wheat Sprouted wheat berries ³ Sprouted whole wheat Stone-ground whole-wheat flour ⁴ Toasted crushed whole wheat Wheat berries ³ Wheat groats ³ White whole-wheat flour ⁵ Whole bulgur Whole-durum flour Whole-durum wheat flour Whole-grain bulgur Whole-grain wheat Whole-grain wheat flakes Whole-grain wheat flour Whole-wheat flakes Whole-wheat flour Whole-wheat pastry flour Whole-white wheat ⁵
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Table 3. Common whole-grain products and ingredients ¹, *continued*

<p>Wild rice Wild rice Wild rice flour</p> <p>Other grains Amaranth Amaranth flour Buckwheat Buckwheat flour Buckwheat groats Millet Millet flour Quinoa Sorghum (milo) Sorghum flour Spelt berries ³ Sprouted buckwheat Sprouted einkorn</p>	<p>Other grains, <i>continued</i> Sprouted spelt Teff Teff flour Triticale Triticale flour Whole einkorn Whole einkorn berries ³ Whole emmer (farro) Whole kamut (khorasan wheat) Whole spelt Whole-grain einkorn flour Whole-grain spelt flour</p>
<p>¹ This list is not all-inclusive.</p> <p>² Refer to “Nixtamalized corn ingredients” in this document).</p> <p>³ Groats and berries are the hulled kernels of cereal grains such as oat, wheat, rye, and barley.</p> <p>⁴ “Stone-ground” describes the process used for making the flour or meal and does not necessarily mean that the product is whole grain. Check the ingredients statement to be sure it includes the term “whole” in combination with “stone-ground.”</p> <p>⁵ Read labels carefully to be sure products are “white whole wheat” and not “white wheat,” which is not a whole grain.</p>	



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Label Information That Does Not Indicate Whole Grain Content

Some types of label information for commercial grain products do not indicate if a food is whole grain. Menu planners cannot use any of the following to determine if a commercial grain product contains whole grains: certain statements about grain content on the product’s package; the Whole Grain Stamp; the product’s color; or the product’s fiber content. A summary of each type of label information is below.

Label statements about grain content

Careful label reading is important because the packaging for grain products can be misleading. Manufacturers often use terms in their product names or labels that make a product appear to contain a significant amount of whole grain when it does not.

Table 4 includes some common misleading terms found on product packages. Products with these terms are usually not 100 percent whole grain. They often contain refined flour (or other ingredients that are not whole grain) as the first or second ingredient.

“Made with whole grains”	These products must have some whole grains but may contain mostly refined flour. The amount of whole grains can vary greatly among different products.
“Made with whole wheat”	These products must have some whole wheat but may contain mostly refined flour. The amount of whole wheat can vary greatly among different products.
“Contains whole grain”	These products may contain a small amount of whole grain but usually are mostly refined grains. The amount of whole grains can vary greatly among different products.
“100% wheat”	All breads made from any part of the wheat kernel are 100 percent wheat, which is not the same as 100 percent whole wheat. “100% wheat” products may contain some whole-wheat flour or may contain only refined flour. Look for the terms “100% whole wheat” or “100% whole grain” to indicate that the product is made from only whole grains.
“Multigrain” or specifies number of grains, e.g., “seven-grain bread”	These products must contain more than one type of grain, which can include refined grains, whole grains, or both. Some multigrain breads may have enriched flour as the primary ingredient with multiple grains in smaller amounts, while others contain mostly whole grains.

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Table 4. Common misleading terms for grains, *continued*

“Cracked wheat bread”	While cracked wheat is a whole grain, cracked wheat bread may contain refined flour as the primary ingredient with small amounts of cracked wheat.
“Stone-ground” flour or meal	“Stone-ground” describes the process used for making the flour or meal. It does not necessarily mean that the product is whole grain. Check the ingredients statement to be sure it includes the term “whole” in combination with “stone ground.”

Whole grain stamp

The [Whole Grains Council](#) provides three stamps that manufacturers may use on product packaging to identify foods that contain whole grains. The USDA does not allow these stamps to determine if grain products meet the CACFP WGR criteria. While these stamps indicate that a product is made with or contains 100 percent whole grains, they are not sufficient to determine if a food meets the WGR criteria. Products that display a Whole Grain Stamp may also contain high amounts of noncreditable grains, such as refined flour that is not enriched.



To determine if a product complies with the WGR criteria, CACFP facilities must refer to the product’s ingredients statement and packaging and obtain a PFS from the manufacturer, if necessary. For information on PFS forms, refer to “[Crediting Documentation for Commercial Whole-grain Products](#)” in this document.

Color

A product’s color does not indicate if it contains whole grains. While whole-grain products are usually browner than products made with refined white flour, sometimes the brown color comes from caramel coloring or molasses, not from whole-grain ingredients. Read the ingredients statement or recipe to determine if the food contains any whole grains.

Fiber content

Whole grains and fiber both provide health benefits, but they are not the same. The fiber content on the Nutrition Facts label is not a good indicator of whether a commercial product contains whole grains. Grain-based foods that are good sources of fiber, such as bran cereal, may contain added fibers but few or no whole grains. The Nutrition Facts label lists total fiber, which includes naturally occurring fiber and sources added by the manufacturer, such as cellulose, inulin, and chicory root.

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Crediting Documentation for Grain Foods Made from Scratch

CACFP facilities must be able to document that grain foods made from scratch meet the crediting requirements of the CACFP meal patterns. Recipes that document crediting information must be on file for all grain foods made from scratch, including foods made on site by the CACFP facility and foods prepared by vendors. Menu planners should use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine food yields and crediting information for all CACFP recipes.

Recipes that contain whole grains credit as the grains component based on the amount per serving. CACFP facilities must determine the recipe's oz eq contribution per serving using one of the following methods: 1) grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart (refer to "[Required Servings for Grain Products and Recipes](#)" in this document).

The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to section 2 of the CSDE's guides, [Meal Pattern Requirements for CACFP Child Care Programs](#) or [Meal Pattern Requirements for CACFP Adult Day Care Centers](#). Additional guidance is available in the "Standardized Recipes" section of the CSDE's webpages, [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#).

Required Servings for Grain Products and Recipes

The required quantities for the grains component are in oz eq. The minimum amount that credits toward the grains component is $\frac{1}{4}$ oz eq. The amount of a whole-grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a whole-grain roll (group B) must weigh 28 grams (1 ounce), a whole-grain corn muffin (group C) must weigh 34 grams (1.2 ounces), and a whole-grain blueberry muffin (group D) must weigh 55 grams (2 ounces).

The USDA allows two methods for determining the oz eq of creditable grain products and recipes. CACFP facilities may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on both methods, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program](#).

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#), to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the product or recipe belongs. This method is used for commercial grain products and may also be used for recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked)

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servings. Some commercial grain products require method 2 and the CACFP facility must obtain a PFS (refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*).

The Exhibit A grain quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The CSDE's resource, *Grain Ounce Equivalents for the Child and Adult Care Food Program*, indicates the Exhibit A oz eq that apply to the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the CACFP.

Method 2: creditable grains

Method 2 determines oz eq from the weight (grams) of creditable grains per serving. This method is used for recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving.

To credit as 1 oz eq of whole grains, grain foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of whole grains and grain foods in group H must contain 28 grams of whole grains. The grams of whole grains must be listed in the commercial product's PFS or calculated from the grain quantities in the CACFP facility's recipe.

There are some situations when CACFP facilities must use method 2 and a PFS is required. For more information, refer to the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*.

Grain crediting tools

The tools below help menu planners determine the oz eq contribution of creditable grain products and recipes.

- **USDA's Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA's FBG determines the oz eq of commercial grain products. For more information, watch the USDA's webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **USDA's Recipe Analysis Workbook:** The FBG's online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe's meal pattern contribution per serving. To access this tool, users must create a free account on the USDA's FBG website.

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- **CSDE’s How to Use the Grain Ounce Equivalents Chart for the CACFP:** The CSDE’s resource, *How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*, reviews the steps for using the Exhibit A quantities to determine the meal pattern contribution of three types of commercial grain products and recipes. These include grain menu items in groups A-E that contain multiple small pieces per serving (e.g., crackers, hard pretzels, and animal crackers), multiple large pieces per serving (e.g., pancakes, slices of bread, and waffles), and one piece per serving (e.g., muffins, bagels, and rolls).
- **CSDE’s CACFP crediting worksheets:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria, and calculate the oz eq contribution of the serving.
 - Adult Center Worksheet 1: Crediting Commercial Grains in the CACFP
 - Adult Center Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Adult Center Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP
 - Child Care Worksheet 1: Crediting Commercial Grains in the CACFP
 - Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

The grain crediting worksheets for CACFP adult day care centers are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage. The grain crediting worksheets for CACFP child care programs are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage.



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Crediting Grains in the CACFP Infant Meal Patterns

The grains component and WGR requirement for the CACFP meal patterns for children do not apply to the CACFP infant meal pattern for birth through 11 months. When infants are developmentally ready (typically ages 6-11 months), creditable grains in the CACFP infant meal pattern include only:

- iron-fortified infant cereal at breakfast, lunch/supper, and snack;
- whole-grain or enriched breads and crackers at snack only; and
- RTE breakfast cereals at snack only. Allowable RTE breakfast cereals meet the sugar limit, and are made with enriched or whole-grain meal or flour or are fortified.

Examples of creditable breads and crackers for infants include small strips or pieces of whole-grain or enriched dry bread or toast, such as whole-wheat, French, or Italian bread; small pieces of whole-grain or enriched soft tortilla, soft pita bread, English muffins, rolls, cornbread, or corn muffins; whole grain or enriched teething crackers, biscuits, and toasts; small pieces of whole-grain or enriched crackers without seeds, nuts, or whole-grain kernels; and RTE breakfast cereals that dissolve easily in the mouth and do not include nuts, dried fruits, or other hard food items.

For guidance on crediting foods in the CACFP infant meal pattern, refer to the USDA's guide, [Feeding Infants in the Child and Adult Care Food Program](#), and visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage.

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels.

Consider children's age and developmental readiness when deciding what types of grain foods to offer in CACFP menus and modify foods and menus as appropriate. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

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Resources

Adding Whole Grains to Your CACFP Menu (USDA handouts, training slides, and webinars in English and Spanish):

<https://www.fns.usda.gov/tn/adding-whole-grains-your-cacfp-menu>

Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program (CSDE):

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

Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):

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

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):

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

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

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

Exhibit A Grains Tool to the Rescue (USDA webinar):

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

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

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grain Crediting Worksheets for CACFP Adult Day Care Centers (Worksheets 1-5) (“Documents/Forms” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage):

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

Grain Crediting Worksheets for CACFP Child Care Programs (Worksheets 1-5) (“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#CreditingWorksheets>

Grain Ounce Equivalents for the Child and Adult Care Food Program (CSDE):

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

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

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

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Grains Component for CACFP Adult Day Care Centers (CSDE webpage):

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

Grains Component for CACFP Child Care Programs (CSDE webpage):

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

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):

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

How to Identify Creditable Grains for the Child and Adult Care Food Program (CSDE):

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

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

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

How to Use the Grain Ounce Equivalents Chart for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/How_to_Use_Ounce_Equivalents_Chart_CACFP.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>

Resources for the CACFP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf

Standardized Recipe Form for the CACFP (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx

Standardized Recipes (“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#StandardizedRecipes>

Standardized Recipes (“Documents/Forms” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage):

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

Tips for Evaluating a Manufacturer’s Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

Crediting Whole Grains in the CACFP

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 23-2019, CACFP 10-2019, and SFSP 09-2019: Crediting Popcorn in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-popcorn-child-nutrition-programs>

USDA Memo SP 34-2019, CACFP 15-2019, and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

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

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

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf

Using the WIC Food Lists to Identify Grains for the CACFP (USDA handouts and webinars in English and Spanish):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):

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

Crediting Whole Grains in the CACFP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Whole_Grains_CACFP.pdf.

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