

Noncreditable Foods in Adult Day Care Centers in the Child and Adult Care Food Program (CACFP)

Noncreditable foods are foods and beverages that cannot credit in the U.S. Department of Agriculture's (USDA) meal patterns for Child Nutrition Programs. For information on the CACFP adult meal patterns, see the Connecticut State Department of Education's (CSDE) handout, [CACFP Meal Patterns for Adults](#), and the CSDE's guide, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#).

Examples of noncreditable foods include potato chips, pudding, ice cream, gelatin, cream cheese, bacon, condiments (e.g., syrup, jam, ketchup, mustard, mayonnaise, and butter), and water. The chart on page 2 lists additional examples of noncreditable foods for CACFP adult day care centers. This list is not all-inclusive.

CACFP adult day care centers may serve noncreditable foods in addition to the meal components to add variety, help improve acceptability in the meal, and satisfy appetites. Some examples include maple syrup on pancakes, salad dressing on tossed greens, and condiments such as ketchup or mustard on sandwiches and other entrees.

To ensure that CACFP meals and snacks meet participants' nutritional needs, the CSDE encourages CACFP facilities to use discretion when serving noncreditable foods. Noncreditable foods typically contain few nutrients and are higher in added sugars, saturated fats, and sodium. Menu planners should read labels, be aware of the ingredients in foods, and limit the frequency and amount of less nutritious choices.

The USDA's [CACFP Best Practices](#) recommends that CACFP menus avoid noncreditable foods that are sources of added sugars. Examples include sweet toppings (e.g., honey, jam, and syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, and cookie pieces), and sugar-sweetened beverages (e.g., fruit drinks and sodas).

Note: CACFP funds cannot be used to purchase noncreditable foods, except for condiments served with creditable foods, and herbs and spices used to prepare and enhance the flavor of meals. For example, CACFP funds cannot be used to purchase grain-based desserts, gelatin, pudding, or canned cream soups.



Noncreditable Foods in CACFP Adult Day Care Centers

For information on crediting foods in the CACFP adult meal patterns, see the CSDE's [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

Examples of noncreditable foods for adult participants	
Almond milk ¹	Fruit leathers
Bacon and bacon bits	Fruit punch (not 100 percent juice)
Banana chips	Fruit snacks, e.g., fruit roll-ups, wrinkles, twists
Bread products that are not whole grain, whole grain-rich, or enriched ²	Gelatin, regular and sugar free
Breakfast cereals (ready-to-eat and cooked) with more than 6 grams of sugar per dry ounce ³	Grain-based desserts, e.g., cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, pastries, toaster pastries, cake, and brownies ⁴
Brownies ⁴	Grains that are not whole or enriched ²
Butter	Granola bars ⁴
Cake ⁴	Honey
Candy	Hot chocolate
Candy-coated popcorn	Ice cream
Caramel popcorn	Ice cream novelties
Chocolate milk-based drinks, e.g., Yoo-Hoo	Ice milk
Cereal bars ⁴	Iced coffee
Cinnamon buns or rolls ⁴	Iced tea
Coffee (regular, decaffeinated, and iced)	Jam and jelly
Condiments, e.g., ketchup, mustard, relish, and barbecue sauce	Lemonade
Cookies ⁴ , except for animal crackers and graham crackers	Limeade
Cranberry cocktail drink	Maple syrup
Cream, half and half	Margarine
Cream cheese	Marshmallows
Cream soups, canned, e.g., cream of mushroom, cream of celery, and cream of broccoli	Mayonnaise
Drinkable or squeezable yogurt ⁵	Mustard
Eggnog	Milk, whole and reduced-fat (2%)
Egg whites	Nondairy milk that does not meet the USDA's nutrition standards for fluid milk substitutes ¹
Frozen yogurt ⁵	Nutritional beverage supplements, e.g., Ensure and Boost
Fruit drink, fruit beverage, powdered fruit drink mix	Pastries ⁴
	Pie, e.g., coconut, fruit, pecan ⁴

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Examples of noncreditable foods for adult participants, continued

<p>Popsicles (not 100 percent juice)</p> <p>Potato chips</p> <p>Pudding</p> <p>Pudding pops</p> <p>Rice milk ¹</p> <p>Salad dressings</p> <p>Scones, sweet, e.g., blueberry, raisin, or orange cranberry ⁴</p> <p>Sherbet</p> <p>Soda, regular and diet</p> <p>Soups, non-vegetable, canned, e.g., beef barley, beef noodle, turkey or chicken noodle, and turkey or chicken rice</p> <p>Sour cream</p> <p>Soy milk that does not meet the USDA's nutrition standards for fluid milk substitutes ¹</p>	<p>Sports drinks</p> <p>Spreadable fruit</p> <p>Sweet rolls ⁴</p> <p>Syrup</p> <p>Tea, regular, herbal, and iced</p> <p>Toaster pastries ⁴</p> <p>Tofu with less than 5 grams of protein in 2.2 ounces (weight) or ¼ cup (volume) ⁶</p> <p>Water</p> <p>Yogurt or soy yogurt in commercial smoothies ⁵</p> <p>Yogurt or soy yogurt with more than more than 3.83 grams of total sugars per ounce ⁵</p>
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¹ Milk substitutes must meet the USDA's nutrition standards for fluid milk substitutes. For more information, see the CSDE's handout, [Allowable Milk Substitutes for Adults without Disabilities in CACFP Adult Day Care Centers](#).

² For more information, see the CSDE's handouts, [How to Identify Creditable Grains in the CACFP](#) and [Whole Grain-rich Criteria for the CACFP](#).

³ For more information, see the CSDE's handout, [Crediting Breakfast Cereals in the CACFP](#).

⁴ These items are grain-based desserts and cannot credit in the CACFP adult meal patterns. For more information, see the USDA's handout, [Grain-Based Desserts in the CACFP](#):

⁵ For more information, see the CSDE's handout, [Crediting Yogurt in the CACFP](#).

⁶ For more information, see the CSDE's handout, [Crediting Tofu and Tofu Products in the CACFP](#).

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Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

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

Allowable Milk Substitutes for Adults without Disabilities in the CACFP (USDA):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/SpecDiet/Adultmilksub.pdf>

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_bestpractices.pdf

Crediting Breakfast Cereals in the CACFP (CSDE):

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

Crediting Commercial Meat/Meat Alternate Products in the CACFP (CSDE):

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

Crediting Deli Meats in the CACFP (CSDE):

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

Crediting Enriched Grains in the CACFP (CSDE):

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

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<http://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Tofu and Tofu Products in the CACFP (CSDE):

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

Crediting Whole Grains in the CACFP (CSDE):

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

Crediting Yogurt in the CACFP (CSDE):

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grain-Based Desserts in the CACFP (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/CACFPGrainBasedDesserts.pdf>

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

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

Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/AdultNPGmp.pdf>

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Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<http://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

USDA Memo SP 08-2019 CACFP 02-2019 SFSP 02-2019: Update of Food Crediting in the Child Nutrition Programs:

<https://www.fns.usda.gov/update-food-crediting-child-nutrition-programs>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

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

Using Product Formulation Statements in the CACFP (CSDE):

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

Whole Grain-rich Criteria for the CACFP (CSDE):

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

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For more information, visit the CSDE's [Meal Patterns for CACFP Adult Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpage, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AdultNoncred.pdf>.

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- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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