

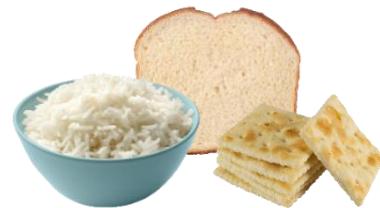
Crediting Enriched Grains in the Child and Adult Care Food Program

This guidance applies to 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 grains component for children, 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 adult meal patterns and grains component, 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.



Enriched grains credit as the grains component in the CACFP meal patterns for children and adults. Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include:

- thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride);
- riboflavin (vitamin B₂);
- niacin (vitamin B₃ or niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate, or ferric orthophosphate).



If the grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour ([21 CFR 137.165](#)) and enriched cornmeal ([21 CFR 137.260](#)). Examples of enriched products include enriched bread, rolls, and buns ([21 CFR 136.115](#)); enriched macaroni products ([21 CFR 139.115](#)); enriched noodle products ([21 CFR 139.155](#)); enriched rice ([21 CFR 137.350](#)); and enriched farina ([21 CFR 137.305](#)).

Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain. For best nutrition, serve whole-grain products most often

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Identifying Enriched Commercial Products

The ingredients statement for commercial products lists ingredients by weight, from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains. A commercial product is enriched if it meets at least one of the two criteria below.

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “enriched long grain rice.”
2. An enriched grain is the first ingredient in the food’s ingredients statement; or water is the first ingredient and an enriched grain is the second ingredient. The label will usually state “enriched flour” or “enriched wheat flour,” or the grain ingredient includes a sub-listing of the five enrichment nutrients in parenthesis. The ingredients statements below show examples of enriched products.
 - Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, water, sugar, soybean and/or canola oil, buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, fructose, soy lecithin.
 - Ingredients: *Enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid)*, soybean oil with TBHQ for freshness, salt, contains two percent or less of corn syrup, baking soda, yeast, soy lecithin.

Table 1 shows more examples of enriched commercial grain products. For guidance on identifying enriched ready-to-eat (RTE) and cooked breakfast cereals, review the CSDE’s resource, [Crediting Breakfast Cereals in the CACFP](#).

Crediting Criteria for Commercial Combination Foods

Commercial combination foods that contain a grain portion (such as pizza crust in pizza, baked fish coated with breadcrumbs, and noodles in lasagna) credit as the grains component if the first **grain** ingredient is enriched, or the first ingredient in the **grain portion** is enriched. The ingredients statements below show examples of breaded chicken nuggets that credit toward the grains component. The first product contains enriched flour as the first grain ingredient. The second product contains enriched flour as the first ingredient in the grain portion.

- Ingredients: Boneless, skinless chicken breast with rib meat, water, *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.




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- Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.

CACFP facilities must obtain appropriate crediting documentation to determine the CACFP grain servings in the grain portion of commercial combination foods (see “[Required crediting documentation](#)” in this document).

Table 1. Examples of enriched commercial grain products ¹

<p>Saltine crackers (group A) Ingredients: <i>Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)</i>, canola oil, palm oil, sea salt, salt, malted barley flour, baking soda, yeast.</p>	
<p>Oat bran bread (group B) Ingredients: <i>Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]</i>, water, oat bran, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.</p>	
<p>Pancakes (group C) Ingredients: Water, <i>enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)</i>, high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.</p>	
<p>Spanish rice (group H) Ingredients: <i>Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid)</i>, onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.</p>	
<p>¹ The serving must provide the required weight (groups A-E) or volume (groups H and I) for the appropriate group in USDA’s Exhibit A chart or contain the minimum creditable grains (see “Serving Size for Enriched Products”).</p>	

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Required Crediting Documentation

CACFP facilities must be able to document the meal pattern contribution of all enriched grain products and recipes used for CACFP meals and snacks. Menu planners should use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine food yields and crediting information for grain menu items.

Commercial products

Acceptable documentation includes the product's Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or a product formulation statement (PFS) from the manufacturer. Crediting documentation is required for commercial products when any of the situations below apply. For additional guidance on determining the amount of creditable grains per serving, review the CSDE's resource, [Calculation Methods for Grains Servings in the CACFP](#).

- **Combination foods:** A commercial combination food contains an enriched grain portion. Examples include pizza crust in pizza, noodles in lasagna, and baked chicken coated with breadcrumbs or crushed cereal flakes. SFAs must obtain a CN label or PFS that documents the amount of enriched grains in the grain portion of commercial combination foods.
- **Multiple enriched grains:** A commercial grain product (such as breads, muffins, crackers, and cookies) does not list an enriched grain as the first ingredient, but the ingredients statement contains more than one enriched grain. The product's PFS must indicate that the combined weight of all enriched grains is the greatest ingredient by weight.
- **Manufacturer's crediting claim:** The manufacturer claims that a commercial enriched grain product can provide the minimum creditable grains using a serving that is less than the minimum weight or volume listed in the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#) (see "Serving Size" in this document). The product's PFS must indicate how the crediting information was determined, based on the USDA's crediting requirements.
- **Product not listed on Exhibit A:** A commercial product is not listed in any of the nine groups of the USDA's Exhibit A chart (see "Serving Size" in this document). The product's PFS must indicate crediting information.

The PFS must indicate the amount of enriched grains per serving, and demonstrate how the product provides that amount according to the USDA's regulations, guidance, or policy. CACFP facilities must verify the accuracy of the product's PFS prior to including the product in reimbursable meals, and must maintain all crediting documentation on file.

If the manufacturer will not supply a PFS, or the PFS does not provide the appropriate documentation, the product cannot credit as the grains component in the CACFP.

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For information on CN labels and PFS forms, review the CSDE’s resources, [Using Product Formulation Statements in the CACFP](#) and [Using Child Nutrition \(CN\) Labels in the CACFP](#); and the USDA’s documents, [Product Formulation Statement for Documenting Grains/Breads Servings](#) (through September 30, 2021) and [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#). For additional guidance on documentation for commercial products, visit the “[Crediting Commercial Processed Products in CACFP Child Care Programs](#)” or “[Crediting Commercial Processed Products in CACFP Adult Day Care Centers](#)” sections of the CSDE’s CACFP webpages.

Foods made on site

CACFP facilities must have a standardized recipe that documents the amount of enriched grains per serving. For example, to credit macaroni and cheese as one serving of the grains component, the standardized recipe must indicate that each serving contains ½ cup of enriched pasta. For more information, review the CSDE’s form, [Standardized Recipe Form for the CACFP](#), and visit the “[Crediting Foods Prepared on Site in CACFP Child Care Programs](#)” or “[Crediting Foods Prepared on Site in CACFP Adult Day Care Centers](#)” sections of the CSDE’s CACFP webpages.

Grains that are Not Enriched

Not all refined products are enriched. For example, when manufacturers process corn into cornmeal, they remove the germ of the grain. The resulting cornmeal is not enriched unless the product states “enriched cornmeal,” or the ingredients statement lists the five enrichment nutrients, e.g., “enriched cornmeal (cornmeal, niacin, iron, thiamine mononitrate, riboflavin, folic acid).”

Grain products that are not enriched cannot credit as the grains component. The ingredients statement below shows an example of a commercial chicken nugget product with noncreditable breading. The wheat flour (first ingredient in the breading) is not enriched.

- Ingredients: Boneless chicken breast with rib meat, water. Contains less than 2% of salt, onion powder, garlic powder. **Breaded with:** *wheat flour*, water, yellow corn flour, dextrose, sugar, salt, yeast. Contains less than 2 % of spice, extractives of paprika, soybean oil, guar gum, garlic powder, natural flavors.

Menu planners must check the ingredients statement to ensure that commercial grain products are enriched. Table 2 lists additional examples of grain ingredients that are enriched and not enriched.

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Table 2. Examples of grain ingredients that are enriched or not enriched ¹	
Enriched	Not enriched ²
Bleached enriched flour	Bleached flour
Enriched bromated flour	Bromated flour
Enriched corn flour	Corn flour ³
Enriched corn grits	Corn grits ³
Enriched cornmeal	Cornmeal ³
Enriched degerminated cornmeal	Degerminated cornmeal
Enriched durum flour	Durum flour
Enriched durum wheat flour	Durum wheat flour
Enriched farina	Farina
Enriched flour	Flour
Enriched rice	Rice
Enriched rice flour	Rice flour
Enriched rye flour	Rye flour
Enriched self-rising flour	Self-rising flour
Enriched semolina flour	Semolina flour
Enriched wheat flour	Wheat flour
Enriched white flour	White flour
Enriched white cornmeal	White cornmeal ³
Enriched yellow cornmeal	Yellow cornmeal ³
Milled corn enriched with.... <i>(lists the five enrichment nutrients)</i>	Milled corn ³
Puffed wheat enriched with.... <i>(lists the five enrichment nutrients)</i>	Puffed wheat
Puffed rice enriched with.... <i>(lists the five enrichment nutrients)</i>	Puffed rice
Unbleached enriched wheat flour	Unbleached wheat flour
Unbleached enriched white flour	Unbleached white flour
<p>¹ This list is not all-inclusive.</p> <p>² These ingredients are not enriched unless the label states “enriched” or the ingredients statement lists the five enrichment nutrients.</p> <p>³ Some cornmeal products may require a PFS to determine if they are enriched or nixtamalized (soaked and cooked in an alkaline solution). Nixtamalized corn ingredients credit as whole grains.</p>	

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Serving Size

The required amount for the CACFP grains component is in servings through September 30, 2021, and changes to ounce equivalents effective October 1, 2021. The USDA allows two methods for determining the servings or ounce equivalents of a creditable grain product or recipe. CACFP facilities may use either method, but must document how the crediting information was obtained.

- **Method 1 (USDA’s Exhibit A Chart)** is used for commercial grain products and may also be used for recipes that indicate the weight of the prepared (cooked) serving. This method 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 appropriate grain group. The CSDE’s resource, [Grain Servings for the CACFP](#), lists the Exhibit A grain servings that apply through September 30, 2021. Groups F and G are not included because grain-based desserts do not credit as the grains component in the CACFP meal patterns.
- **Method 2 (creditable grains)** is used for recipes and may also be used for commercial grain products that have a PFS stating the weight of creditable grains per serving. This method determines the grain servings for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per manufacturer’s serving (from the PFS) or recipe serving (from the quantities listed in the recipe). For some commercial grain products, CACFP facilities must use method 2 (instead of the USDA’s Exhibit A chart) to determine the grain servings.

For detailed guidance on both methods, review the CSDE’s resource, [Calculation Methods for Grain Servings in the CACFP](#).

Crediting Grains in the CACFP Infant Meal Patterns

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

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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, 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. This consideration is also important for children or adult participants with a disability that requires dietary restrictions. For additional guidance, visit the "Choking Prevention" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

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

Calculation Methods for Grain Servings in the CACFP (*through September 30, 2021*) (CSDE):

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

Crediting Breakfast Cereals in the CACFP (CSDE):

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

Crediting Whole Grains in the CACFP (CSDE):

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

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 Ounce Equivalents for the CACFP (*effective October 1, 2021*) (CSDE):

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

Grain Servings for the CACFP (*through September 30, 2021*) (CSDE):

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

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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 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>

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

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

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

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

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

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

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (*through September 30, 2021*) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Grains_Breads_Servings.pdf

Product Formulation Statement for Documenting Grains/Breads Servings in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (*through September 30, 2021*) – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

Resources for the CACFP Meal Patterns (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/ResourcesCACFPMealPattern.pdf>

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

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>

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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>

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:

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

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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](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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