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). Yogurt and soy yogurt credit as the meat/meat alternates component in the CACFP meal patterns for children and the CACFP adult meal patterns. The meat/meat alternates component is required at lunch and supper. Meat/meat alternates are not required at breakfast, but may substitute for the entire grains component up to three times per week. The meat/meat alternates component may be offered as one of the two required snack components.

For information on the CACFP meal patterns and crediting foods for children, visit the Connecticut State Department of Education’s (CSDE) Meal Patterns for CACFP Child Care Programs and Crediting Foods in CACFP Child Care Programs webpages. 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 and Crediting Foods in CACFP Adult Day Care Centers webpages.

The CACFP infant meal pattern for birth through 11 months has different requirements. For guidance on crediting yogurt for infants, see “Crediting Yogurt in the CACFP Infant Meal Patterns” on page 5.

Yogurt may be plain or flavored; sweetened or unsweetened; whole-fat, low-fat, or nonfat; and may contain added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration’s (FDA) standard of identity for yogurt (21 CFR 131.200), low-fat yogurt (21 CFR 131.203), or nonfat yogurt (21 CFR 131.206).

**Serving Size**

The required serving size for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 ounce of the meat/meat alternates component in the CACFP meal patterns. The table below shows the meat/meat alternates crediting information for different servings of yogurt.

<table>
<thead>
<tr>
<th>Serving size</th>
<th>Meat/meat alternates</th>
</tr>
</thead>
<tbody>
<tr>
<td>¼ cup (2 ounces)</td>
<td>¼ ounce (minimum creditable amount)</td>
</tr>
<tr>
<td>½ cup (4 ounces)</td>
<td>1 ounce</td>
</tr>
<tr>
<td>¾ cup (6 ounces)</td>
<td>1½ ounces</td>
</tr>
<tr>
<td>1 cup (8 ounces)</td>
<td>2 ounces</td>
</tr>
</tbody>
</table>

CT State Department of Education • Revised July 2020 • Page 1 of 6
Crediting Yogurt in the CACFP

Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the CACFP meal patterns. The FDA’s definition and standard of identity requires that yogurt must be “coagulated,” not liquid. The FDA does not have a standard of identity for frozen yogurt. Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA’s definition and standard of identity for yogurt, and do not credit in the CACFP meal patterns.

Yogurt in Smoothies

Yogurt and soy yogurt that meet the sugar limit may credit as the meat/meat alternates component when served in smoothies. To credit smoothies made on site, CACFP sponsors must have a standardized recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce of the meat/meat alternates component, the recipe must indicate that each serving contains ½ cup of yogurt. For information on standardized recipes, see “Standardized Recipes” in the Crediting Foods Prepared on Site in CACFP Child Care Programs section or Crediting Foods Prepared on Site in CACFP Adult Day Care Centers section of the CSDE’s CACFP webpages.

To credit yogurt in commercial smoothies, CACFP sponsors must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total weight of meat/meat alternates contained in one serving of the product. Commercial smoothies cannot credit as the meat/meat alternates component without a CN label or PFS.

For information on CN labels and PFS forms, see the CSDE’s handouts, Using Product Formulation Statements in the CACFP, Using Child Nutrition (CN) Labels in the CACFP, and Accepting Processed Product Documentation in the SFSP; the USDA’s documents, Product Formulation Statement for Documenting Vegetables and Fruits, Product Formulation Statement (Product Analysis) for Meat/Meat Alternate, and Tips for Evaluating a Manufacturer’s Product Formulation Statement, and Tips for Evaluating a Manufacturer’s Product Formulation Statement. For additional guidance, 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 webpage.

For more information on smoothies, see the CSDE’s handout, Crediting Smoothies in the CACFP.

The addition of yogurt to a smoothie is not a substitution for fluid milk. Fluid milk must be offered in all meals to meet the milk component requirement of the CACFP meal patterns for children and the CACFP adult meal patterns.
Crediting Yogurt in the CACFP

Sugar Limit for Yogurt

Yogurt and soy yogurt served in CACFP meals and snacks cannot contain more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). Menu planners can use the Nutrition Facts panel to determine if yogurt meets the limit for sugars.

Table 1 shows how to determine if a yogurt product meets the sugar limit, using the sample Nutrition Facts panel on the right. This yogurt contains 2.45 grams of sugars per ounce, which complies with the sugar limit for yogurt in CACFP meals and ASP snacks.

For more information, see the USDA’s handouts, Calculating Sugar Limits for Yogurt in the CACFP and Choose Yogurts that are Lower in Added Sugars. These handouts are available in English and Spanish on the USDA’s CACFP Training Tools webpage.

Table 1. Steps for determining compliance with the CACFP sugar limit for yogurt

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
<th>Calculation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>List the grams (g) of sugar per serving from the Nutrition Facts label.</td>
<td>A 13 grams of sugar</td>
</tr>
<tr>
<td>2.</td>
<td>List the serving size in ounces (oz) from the Nutrition Facts label.</td>
<td>B 5.3 serving size (ounces)</td>
</tr>
<tr>
<td>3.</td>
<td>Calculate the grams of sugars per ounce (Divide A by B).</td>
<td>C 2.45 grams of sugars per ounce</td>
</tr>
<tr>
<td>4.</td>
<td>Is C equal to or less than 3.83? ☑ Yes ☐ No</td>
<td>If “yes,” the product meets the CACFP sugar limit.</td>
</tr>
</tbody>
</table>
Crediting Yogurt in the CACFP Infant Meal Patterns

For developmentally ready infants (typically ages 6-11 months), low-fat, reduced-fat, and whole milk yogurt that meets the sugar limit credits at breakfast, lunch, and supper in the CACFP infant meal patterns. Yogurt does not credit at snack. Yogurt with added fruit (either blended or on the bottom) credits if it meets the sugar limit.

Soy yogurt does not credit in the infant meal patterns. Other noncreditable yogurt products include frozen yogurt, drinkable or liquid yogurt products, yogurt smoothies, homemade yogurt, yogurt flavored products, yogurt bars, and freeze-dried yogurt snacks. For guidance on crediting foods in the CACFP infant meal patterns, visit the CSDE’s Feeding Infants in CACFP Child Care Programs webpage.

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

CACFP Halftime Webinar: Choose Yogurts that are Lower in Added Sugars (USDA):
  https://www.fns.usda.gov/tn/choose-yogurts-are-lower-added-sugars-cacfp-halftime

CACFP Training Tools (USDA).
  https://www.fns.usda.gov/cacfp-training-tools

Calculating Sugar Limits for Yogurt in the CACFP (USDA):

Choose Yogurts that are Lower in Added Sugars (USDA):
  https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar

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

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

Crediting Smoothies in the CACFP (CSDE):
  https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditSmoothiesCACFP.pdf

Feeding Infants in CACFP Child Care Programs (CSDE webpage):
  https://portal.ct.gov/SDE/Nutrition/Feeding-Infants-in-CACFP-Child-Care-Programs

Feeding Infants in the Child and Adult Care Food Program (USDA):
Crediting Yogurt in the CACFP

Food Buying Guide for Child Nutrition Programs (USDA):

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

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE webpage):

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE webpage):

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

Serving Meat and Meat Alternates at Breakfast in the CACFP (USDA):

Standardized Recipe Form for the CACFP (CSDE):

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

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

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

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:
https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs

USDA Memo SP 53-2016 and CACFP 21-2016: Crediting Tofu and Soy Yogurt Products.
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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;
(2) fax: (202) 690-7442; or
(3) email: program.intake@usda.gov.

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