

Calculation Methods for Grains Ounce Equivalents in the Child and Adult Care Food Program

This guidance applies to 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). Grains ounce equivalents do not apply to the CACFP infant meal patterns for birth through 11 months.

Overview of Crediting Requirements for Grains

To credit as the grains component in the preschool meal patterns, commercial grain products and foods made from scratch must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

Creditable foods for the preschool meal patterns include commercial grain products and foods made from scratch that are whole-grain rich (WGR) or enriched. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified. For guidance on identifying creditable grains, refer to the CSDE’s resources, [How to Identify Creditable Grains in the CACFP](#), [Whole Grain-rich Criteria for the CACFP](#), [Crediting Breakfast Cereals in the CACFP](#), [Crediting Whole Grains in the CACFP](#), and [Crediting Enriched Grains in the CACFP](#).



The CACFP meal patterns require at least one serving of WGR grains per day. The USDA’s [CACFP Best Practices](#) recommends at least two servings of WGR grains per day.

WGR foods must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. Products that are 100 percent whole grain, such as whole-wheat bread and brown rice, provide the best nutrition and should be served most often. For guidance on menu planning considerations for the WGR requirement, refer to the CSDE’s guide for the CACFP, [Meeting the Whole Grain-rich Requirement for the CACFP](#).

For guidance on the CACFP meal patterns for children and crediting requirements for the grains component, visit the CSDE’s [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 guidance on the CACFP adult meal patterns and crediting requirements for the grains component 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.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Overview of Ounce Equivalents

The required quantities for the grains component are in ounce equivalents. The USDA allows two methods for determining the ounce equivalents of creditable commercial grain products and standardized recipes. Method 1 (weight or volume) is used for commercial grain products and may also be used for standardized recipes that indicate the weight of the prepared (cooked) serving. Method 2 (creditable grains) is used for standardized recipes and may also be used for commercial grain products that have a product formulation statement (PFS) indicating the weight of creditable grains per serving.

CACFP facilities may use either method but must document how the crediting information is determined for each grain product and recipe. For some commercial products, method 2 is required. For more information, refer to “[Choosing a Calculation Method](#)” and “[When Method 2 is Required for Commercial Products](#)” in this document.

CACFP facilities are not required to use these methods for commercial products with a Child Nutrition (CN) label. CN-labeled products credit based on the stated crediting information for grain ounce equivalents. CN labels are available only for main dish entrees that contribute to the meat/meat alternates component, such as pizza, breaded chicken nuggets, and cheese ravioli. However, CN labeled foods usually indicate the contribution of grains, vegetables, and fruits that are part of these products. For more information, refer to the CSDE’s resource, [Using Child Nutrition \(CN\) Labels in the CACFP](#).



Calculation Methods for Grains Ounce Equivalents in the CACFP

Method 1: Weights or Volumes (USDA's Exhibit A Chart)

Method 1 uses the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#) (Exhibit A) to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the product belongs. The required amounts for the grains component are not the same for all Child Nutrition Programs. The CSDE's resource, [Grain Ounce Equivalents for the CACFP](#), lists the Exhibit A grain ounce equivalents that apply to the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit in the CACFP.

The amount of a creditable grain food that provides 1 ounce equivalent varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 ounce equivalent of the grains component, a roll must weigh 28 grams (1 ounce), a corn muffin must weigh 34 grams (1.2 ounces), and a blueberry muffin must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ ounce equivalent.

- **Groups A-E (baked goods)** includes foods such as crackers, animal and graham crackers, breads, rolls, taco shells, muffins, waffles, and pancakes. The amount of a food that provides 1 ounce equivalent ranges from 22 grams (0.8 ounce) for foods in group A to 69 grams (2.4 ounces) for foods in group E.
- **Group H (cereal grains)** includes foods such as pasta, cooked breakfast cereals, and other cereal grains, e.g., amaranth, barley, buckwheat, cornmeal, corn grits, farina, kasha, millet, oats, quinoa, wheat berries, and rolled wheat. These foods require $\frac{1}{2}$ cup cooked or 28 grams (1 ounce) dry to credit as 1 ounce equivalent of the grains component. Cereal grains typically credit based on the **cooked** serving, but menu planners may choose to credit cereal grains using the dry uncooked weight. For guidance on crediting cooked breakfast cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#).



Dry cereal grains used as an ingredient in a recipe (such as rolled oats in bread) require 16 grams of creditable grains to credit as 1 ounce equivalent of the grains component.

- **Group I (RTE breakfast cereals)** includes cold breakfast cereals such as puffed cereals, round or flaked cereals, and granola. These foods require 1 ounce (28 grams) to credit as 1 ounce equivalent of the grains component. A 1-ounce serving equals 1 cup of flaked or round cereal, $1\frac{1}{4}$ cups of puffed cereal, and $\frac{1}{4}$ cup of granola. For guidance on crediting RTE breakfast cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals in the CACFP](#).



Calculation Methods for Grains Ounce Equivalents in the CACFP

Method 1 is used for all commercial grain products. This method may also be used for recipes that indicate the weight (grams or ounces) of the prepared (cooked) serving. For more information, refer to “[Using Method 1 \(USDA’s Exhibit A chart\)](#)” in this document.

Using method 1 for commercial products

The product’s Nutrition Facts label or PFS must indicate the weight (ounces or grams) of the manufacturer’s serving. The tools below help menu planners determine the ounce equivalents contribution of creditable commercial grain products.

- **CSDE’s CACFP crediting worksheets for commercial grain products:** The CSDE’s *Child Care Worksheet 1: Crediting Commercial Grains in the CACFP* and *Adult Centers Worksheet 1: Crediting Commercial Grains in the CACFP* Excel worksheets determine if a commercial grain product meets the CACFP crediting requirements and WGR criteria, and calculate the ounce equivalents contribution of the serving.
- **USDA’s Exhibit A Grains Tool:** This [online tool](#) of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) determines the ounce equivalents 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*.

For some commercial grain products, CACFP facilities must use method 2 to determine the ounce equivalents. For more information, refer to “[When Method 2 is Required for Commercial Products](#)” in this document.

Using method 1 for foods made from scratch

To use method 1 for foods made from scratch, CACFP facilities must have a recipe on file that indicates the weight of the prepared (cooked) serving. Many recipes do not list the serving weight. If the recipe does not provide this information, CACFP facilities could determine the average weight per serving by weighing several servings of the recipe. For more information, refer to the CSDE’s *Yield Study Data Form for Child Nutrition Programs*.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Method 2: Creditable Grains

Method 2 determines the ounce equivalents for creditable grain products and recipes by calculating the total weight (grams) of creditable grains per serving. The grams of creditable grains are obtained from the commercial product's PFS or calculated from the grain quantities in the CACFP facility's recipe.

- **Creditable food:** To credit as 1 ounce equivalent of the grains component, foods in groups A-E of the USDA's Exhibit A chart must contain **16 grams** of creditable grains and foods in groups H-I must contain **28 grams** of creditable grains.
- **WGR food:** To credit as 1 ounce equivalent of a WGR food, foods in groups A-E of the USDA's Exhibit A chart must contain **16 grams** of creditable grains (including at least 8 grams of whole grains) and foods in groups H-I must contain **28 grams** of creditable grains (including at least 14 grams of whole grains).

Using method 2 for commercial products

CACFP facilities must obtain a PFS from the manufacturer that documents the weight of the creditable grains per serving. For information on PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the CACFP](#) and [Accepting Processed Product Documentation in the CACFP](#), and the USDA's [Product Formulation Statement for Documenting Grains in the Child Nutrition Programs](#) 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.

Using method 2 for foods made from scratch

Foods made from scratch must have a standardized recipe that indicates the weight of each grain ingredient. The grams of creditable grains per serving are determined from the weight of each grain ingredient listed in the standardized recipe. For assistance with recipe calculations, such as converting fractions to decimals, refer to the Institute of Child Nutrition's (ICN) [Basics at a Glance Portion Control Poster](#) and the decimal equivalents of fractions in the "[Introduction](#)" section of the USDA's FBG.



If the recipe lists grain ingredients by volume (e.g., cups and quarts) instead of weight (pound and ounces), each measurement must be converted to the equivalent weight (grams). For more information, refer to "[Method 2 calculation for recipes listing the volume of grain ingredients](#)" in this document.

Calculation Methods for Grains Ounce Equivalents in the CACFP

The tools below help menu planners determine the ounce equivalents contribution of creditable grain recipes.

- **CSDE’s crediting worksheets for grain recipes:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria, and calculate the ounce equivalents 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.

- **USDA’s Recipe Analysis Workbook:** Use the FBG’s online [Recipe Analysis Workbook](#) 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.

For additional guidance on determining the ounce equivalents of recipes, refer to the USDA’s resource, [Determining Ounce Equivalents of Grains in CACFP Recipes](#), and visit the “[Crediting Foods Made from Scratch in CACFP Child Care Programs](#)” or “[Crediting Foods Made from Scratch in CACFP Adult Day Care Centers](#)” sections of the CSDE’s CACFP webpages.

Calculation Methods for Grains Ounce Equivalents in the CACFP

When Method 2 is Required for Commercial Products

CACFP facilities may need to obtain additional information to determine the crediting information for some commercial grain products. A PFS is required for commercial products when any of the following situations apply:

- a creditable grain is not the first ingredient, but the product contains more than one creditable grain;
- the CACFP facility is crediting the product as a WGR food and the first ingredient is a flour blend of whole and enriched flour;
- a combination food that contains a grain portion is not CN labeled;
- the manufacturer claims that the product's serving size is less than the required weight or volume in the USDA's Exhibit A chart; or
- the product is not listed in the USDA's Exhibit A chart.

The manufacturer's PFS must indicate the weight (grams) of each creditable grain per serving and demonstrate how the product provides that amount according to the FBG or USDA's regulations, guidance, or policies.

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 meal patterns.

The requirements for each situation that requires a PFS are summarized below.

1. **Creditable grain is not first ingredient, but product contains more than one creditable grain**

A PFS is required when a creditable grain is not the first ingredient (excluding water), but the ingredients statement for the commercial grain product (or the *grain portion* of a combination food) contains more than one creditable grain.

- **Grain products** (e.g., breads, rolls, muffins, and waffles): The PFS must document that the combined weight of all creditable grains is the greatest ingredient by weight.
- **Combination foods** (e.g., pizza, lasagna, and breaded chicken): The PFS must document that the combined weight of all creditable grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*.

The ingredients statement below shows an example. The yellow corn flour is not a creditable grain because it is not whole grain or enriched. For this product to credit as the grains component, the PFS must indicate that the combined weight of the creditable grains (whole-

Calculation Methods for Grains Ounce Equivalents in the CACFP

wheat flour, rolled oats, and oat bran) is more than the weight of the yellow corn flour (noncreditable grain).

- Ingredients: *Yellow corn flour*, *whole-wheat flour*, sugar, *rolled oats*, wheat gluten. Contains 2% or less of each of the following: honey, salt, *oat bran*, yeast, molasses.

2. Crediting as WGR product and flour blend is first ingredient

A PFS is required when a commercial product that is being credited as a WGR food contains a blend of whole-grain and enriched and enriched flour as the first ingredient, e.g., “flour blend (whole-wheat flour, enriched flour).” Flour blends do not indicate if the whole grain is the greatest ingredient by weight. For example, if the flour blend is 40 percent of the product’s weight (25 percent whole-wheat flour and 15 percent enriched flour) and the first ingredient after the flour blend is sugar (30 percent of the product’s weight), the sugar weighs more than the whole-wheat flour.

CACFP facilities must obtain a PFS that documents one of the following: 1) the whole grain content is at least 8 grams per ounce equivalent (groups A-E); or 2) the weight of the whole grain in the flour blend is more than the first ingredient (excluding water) listed *after* the flour blend. For example, the PFS for the product below must document that the whole-wheat flour in the flour blend weighs more than the brown sugar.

- Ingredients: Water, **flour blend** [*whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)*], water, **brown sugar**, corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.

A PFS is not required for flour blends that contain only whole grains, such as “flour blend (whole-wheat flour, whole-grain oats).” Commercial grain products that contain 100 percent whole grains are WGR.

3. Combination food that contains a grain portion is not CN labeled

A PFS is required when a commercial combination food that contains a grain portion is not CN labeled. Examples include pizza crust in pizza, noodles in lasagna, and baked chicken coated with breadcrumbs or crushed cereal flakes. The PFS must document that creditable grains are the greatest ingredient by weight in the grain portion.

4. Manufacturer claims serving size is less than USDA’s Exhibit A chart

A PFS is required when a manufacturer claims that a commercial grain product can provide the required creditable grains using a serving that is less than the minimum weight or volume listed in the USDA’s Exhibit A chart (refer to the CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#)).

Calculation Methods for Grains Ounce Equivalents in the CACFP

An example is a manufacturer that claims a $\frac{3}{4}$ -ounce whole-grain bagel credits as 1 ounce equivalent of the grains component. The product's PFS must indicate how the manufacturer obtained this crediting information based on the FBG or the USDA's regulations, guidance, or policies.



5. Product is not listed in USDA's Exhibit A chart

A PFS is required when a commercial grain product is not listed in any of the nine groups of the USDA's Exhibit A chart (refer to the CSDE's resource, [Grain Ounce Equivalents for the CACFP](#)). The PFS must indicate the weight of each creditable grain and how the manufacturer obtained the product's crediting information based on the USDA's regulations, guidance, or policies.

CACFP facilities should verify the accuracy of the PFS **before** using the commercial grain product in reimbursable meals and snacks. Crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the CACFP. For more information, refer to the USDA's document, [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

Calculation Methods for Grains Ounce Equivalents in the CACFP

Choosing a Calculation Method

CACFP facilities may choose to use either crediting method but must document which method is used for each product. For some commercial grain products, methods 1 and 2 may result in a different crediting contribution. For example, a 1-ounce whole-grain bagel might credit as 1 ounce equivalent of the grains component using method 1 (USDA's Exhibit A chart) and 1½ ounce equivalents using method 2 (creditable grains).

CACFP facilities should use the same calculation method each time the same product is on the menu. For example, if the menu planner uses method 2 to determine the crediting of a whole-grain bagel, that same bagel should always be credited using method 2. The CSDE strongly recommends choosing one calculation method for consistent crediting. This simplifies menu planning and assists CACFP facilities with documenting compliance for the grains component.

Sample Calculations for Commercial Products

This section demonstrates how to calculate the ounce equivalents of commercial grain products using either the appropriate weight (groups A-E) or volume (groups H-I) in the USDA's Exhibit A chart (method 1) or the weight of creditable grains per serving (method 2). CACFP facilities may also use the CSDE or USDA tools to automatically calculate this information (refer to “[Using Method 1 for commercial products](#)” in this document).

Calculations for commercial products in groups A-E

Table 1 shows how to use method 1 to calculate the ounce equivalents of commercial grain products in groups A-G. This example is for a commercial product in group C, whole-wheat pancakes. Table 2 shows a sample calculation for this same product using method 2.



To determine the meal pattern contribution of a commercial grain product using method 1, use the **weight** (ounces or grams) of one serving from the product's Nutrition Facts label or PFS. If the product lists the serving size in ounces and grams, menu planners may choose to use either one. To convert ounces to grams, multiply ounces by 28.35.

To determine the meal pattern contribution of a commercial grain product using method 1, menu planners must use the **weight** (ounces or grams) of one serving from the product's Nutrition Facts label or PFS. If the product lists the serving size in ounces and grams, menu planners may choose to use either one. To convert ounces to grams, multiply ounces by 28.35.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 1. Using method 1 (USDA’s Exhibit A chart) to calculate the ounce equivalents for commercial grain products in groups A-E ¹

Whole-wheat Pancakes

Manufacturer’s serving size:

1 pancake: 1 ounce (28 grams)

Group C (USDA’s Exhibit A chart):

1 ounce equivalent = 34 grams or 1.2 ounces

Ingredients: Water, *whole-wheat flour, enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)*, sugar, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk.

| | | |
|---|----------|---|
| 1. List the weight of the manufacturer’s serving from the product’s Nutrition Facts label or PFS (1 ounce = 28.35 grams). | A | 1 ounce |
| 2. List the required weight for 1 ounce equivalent for the product’s group (A-E) in the USDA’s Exhibit A chart. ¹ | B | 1.2 ounces |
| 3. Determine the ounce equivalents in one serving of the product: Divide A by B. | C | 0.83 ounce equivalents per manufacturer’s serving |
| 4. Round down the number in C to the nearest ¼ ounce equivalent . For example, 1.49 and 1.27 round down to 1.25, and 1.24 rounds down to 1. | D | 0.75 ounce equivalent per manufacturer’s serving (rounded) |

Summary of crediting information: The manufacturer’s serving size (one pancake) credits as ¾ **ounce equivalent** (oz eq) of the grains component. This meets or exceeds the CACFP meal pattern requirement for the meals and snacks indicated below.

| Participants | CACFP meal pattern requirements for grains component | | |
|----------------------------|--|---|---|
| | Breakfast | Lunch/supper | Snack |
| Ages 1-2 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 3-5 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 6-12 and 13-18 | <input type="checkbox"/> 1 oz eq | <input type="checkbox"/> 1 oz eq | <input type="checkbox"/> 1 oz eq |
| Adult participants | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 1 oz eq |

¹ Calculations use the weight for the appropriate grain group in the USDA’s Exhibit A chart (refer to the CSDE’s resource, *Grain Ounce Equivalents for the CACFP*). Pancakes are in group C, which requires 34 grams (1.2 ounces) to credit as 1 ounce equivalent of the grains component.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 2. Using method 2 (creditable grains) to calculate the ounce equivalents for commercial grain products in groups A-E ¹

Whole-wheat Pancakes

Manufacturer's serving size:

1 pancake: 1 ounce (28 grams)

Creditable grains per serving (from product's PFS):

Whole-wheat flour: 9 grams

Enriched flour: 8 grams

Ingredients: Water, whole-wheat flour, enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), sugar, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk.

- List the **combined weight (grams)** of whole and enriched grains in one serving from the product's PFS. ¹

| | |
|----------|-----------------|
| A | 17 grams |
|----------|-----------------|

9 grams of whole-wheat flour +
8 grams of enriched flour =
17 grams of creditable grains

- Determine the **ounce equivalents** in one serving of the product: Divide A by 16 (1 ounce equivalent for groups A-E = **16 grams** of creditable grains).

| | |
|----------|--|
| B | 1.06 ounce equivalents per manufacturer's serving |
|----------|--|

- Round **down** the number in B to the **nearest ¼ ounce equivalent**. For example, 1.49 and 1.27 round down to 1.25, and 1.24 rounds down to 1

| | |
|----------|--|
| C | 1 ounce equivalent per manufacturer's serving (rounded) |
|----------|--|

Summary of crediting information: The manufacturer's serving size (one pancake) credits as **1 ounce equivalent** (oz eq) of the grains component. This meets or exceeds the CACFP meal pattern requirement for the meals and snacks indicated below.

| Participants | CACFP meal pattern requirements for grains component | | |
|----------------------------|--|---|---|
| | Breakfast | Lunch/supper | Snack |
| Ages 1-2 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 3-5 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 6-12 and 13-18 | <input checked="" type="checkbox"/> 1 oz eq | <input checked="" type="checkbox"/> 1 oz eq | <input checked="" type="checkbox"/> 1 oz eq |
| Adult participants | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 2 oz eq | <input checked="" type="checkbox"/> 1 oz eq |

¹ To credit a commercial product using method 2, CACFP facilities must obtain a PFS from the manufacturer.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Calculations for commercial products in group H

Table 3 shows how to use method 1 to calculate the ounce equivalents for a commercial whole-grain pasta product in group H. Table 4 shows a sample calculation for this same product using method 2.



For some products, methods 1 and 2 result in a different crediting contribution. CACFP facilities may use either method but must document how the crediting information was determined (refer to [“Choosing a Calculation Method”](#)).

Cereal grains in group H typically credit based on the **cooked** serving, i.e., $\frac{1}{2}$ cup of cooked cereal credits as 1 ounce equivalent of the grains component. However, the menu planner may choose to calculate the product’s ounce equivalents based on the **dry uncooked weight**, i.e., 1 ounce (28 grams) of dry cereal grains credits as 1 ounce equivalent of the grains component. The weight (ounces or grams) of one serving must be determined from the commercial product’s Nutrition Facts label or the manufacturer’s PFS. If the product lists the serving size in ounces and grams, the menu planner may choose to use either one.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 3. Using method 1 (USDA’s Exhibit A chart) to calculate the ounce equivalents for commercial grain products in group H ¹

Whole-grain Pasta

Manufacturer’s serving size:
32 grams dry (½ cup cooked)

Group H (USDA’s Exhibit A chart):
1 ounce equivalent = ½ cup cooked or 28 grams dry

Ingredients: *Whole-grain durum wheat flour, enriched wheat flour.*

1. List the weight of the **manufacturer’s serving** from the product’s Nutrition Facts label or PFS (1 ounce = 28.35 grams).

| | |
|----------|-----------------|
| A | 32 grams |
|----------|-----------------|

2. List the required uncooked (dry) weight for **1 ounce equivalent** for the product’s group in the USDA’s Exhibit A chart (group H). ¹

| | |
|----------|-----------------|
| B | 28 grams |
|----------|-----------------|

3. Determine the **ounce equivalents** in one serving of the product: Divide A by B.

| | |
|----------|--|
| C | 1.14 ounce equivalents per manufacturer’s serving |
|----------|--|

4. Round **down** the number in C to the **nearest ¼ ounce equivalent**. For example, 1.49 and 1.27 round down to 1.25, and 1.24 rounds down to 1.

| | |
|----------|---|
| D | 1 ounce equivalent per manufacturer’s serving (rounded) |
|----------|---|

Summary of crediting information: The manufacturer’s serving of 32 grams dry (which yields ½ cup cooked) credits as **1 ounce equivalent** (oz eq) of the grains component. This meets or exceeds the CACFP meal pattern requirement for the meals and snacks indicated below.

| Participants | CACFP meal pattern requirements for grains component | | |
|----------------------------|--|---|---|
| | Breakfast | Lunch/supper | Snack |
| Ages 1-2 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 3-5 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 6-12 and 13-18 | <input checked="" type="checkbox"/> 1 oz eq | <input checked="" type="checkbox"/> 1 oz eq | <input checked="" type="checkbox"/> 1 oz eq |
| Adult participants | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 2 oz eq | <input checked="" type="checkbox"/> 1 oz eq |

¹ Calculations use the weight for the appropriate grain group in the USDA’s Exhibit A chart (refer to the CSDE’s resource, [Grain Ounce Equivalents for the CACFP](#)). Pasta is in group H, which requires 28 grams dry to credit as 1 ounce equivalent of the grains component.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 4. Using method 2 (creditable grains) to calculate the ounce equivalents for commercial grain products in group H

Whole-grain Pasta

Manufacturer's serving size:
32 grams dry (½ cup cooked)

Creditable grains per serving (from product's PFS):

Whole-wheat flour: 14 grams

Enriched flour: 12 grams

Ingredients: *Whole-grain durum wheat flour, enriched wheat flour.*

- List the **combined weight (grams)** of whole and enriched grains in 1 ounce equivalent (½ cup) from the product's PFS (1 ounce = 28.35 grams).¹

14 grams of whole-wheat flour +
12 grams of enriched flour =
26 grams of creditable grains

A 26 grams

- Determine the **ounce equivalents** in one serving of the product: Divide A by 28 (1 ounce equivalent for group H = **28 grams** of creditable grains).

B 0.93 ounce equivalent per manufacturer's serving

- Round **down** the number in B to the **nearest ¼ ounce equivalent**. For example, 1.49 and 1.27 round down to 1.25, and 1.24 rounds down to 1

C 0.75 ounce equivalent per manufacturer's serving (rounded)

Summary of crediting information: The manufacturer's serving of 32 grams dry (which yields ½ cup cooked) credits as **1 ounce equivalent** (oz eq) of the grains component. This meets or exceeds the CACFP meal pattern requirement for the meals and snacks indicated below.

| Participants | CACFP meal pattern requirements for grains component | | |
|----------------------------|--|---|---|
| | Breakfast | Lunch/supper | Snack |
| Ages 1-2 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 3-5 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 6-12 and 13-18 | <input checked="" type="checkbox"/> 1 oz eq | <input checked="" type="checkbox"/> 1 oz eq | <input checked="" type="checkbox"/> 1 oz eq |
| Adult participants | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 2 oz eq | <input checked="" type="checkbox"/> 1 oz eq |

¹ To credit a commercial product using method 2, CACFP facilities must obtain a PFS from the manufacturer.

Calculation Methods for Grains Ounce Equivalents in the CACFP

Sample Calculations for Foods Made from Scratch

CACFP facilities must have recipes on file to document the meal pattern contribution of grain foods made from scratch, such as breads, rolls, muffins, pizza dough, and pancakes. This section demonstrates how to calculate the ounce equivalents of recipes using either the appropriate weight (groups A-E) or volume (groups H-I) in the USDA’s Exhibit A chart (method 1), or the weight of creditable grains per serving (method 2). CACFP facilities may also use the CSDE or USDA tools to automatically calculate this information (refer to “[Using method 2 for foods made from scratch](#)” in this document).

CACFP facilities do not need to calculate ounce equivalents for grain foods prepared from the USDA’s recipes for Child Nutrition Programs. These standardized recipes specify the meal pattern crediting information per serving. For links to the USDA’s recipes, visit the Institute of Child Nutrition’s (ICN) [Child Nutrition Recipe Box](#) and the “[Recipes](#)” section of the CSDE’s [Menu Planning for Child Nutrition Programs](#) webpage. For information on standardized recipes, visit the “[Crediting Foods Made from Scratch in CACFP Child Care Programs](#)” or “[Crediting Foods Made from Scratch in CACFP Adult Day Care Centers](#)” sections of the CSDE’s CACFP webpages.

Method 2 calculation for recipes listing the weight of grain ingredients

Table 5 shows how to use method 2 to calculate the ounce equivalents for a standardized recipe that lists the weight of the grain ingredients. Foods in groups A-E must contain **16 grams** of creditable grains per recipe serving to credit as 1 ounce equivalent of the grains component and **8 grams** of creditable grains to credit as ½ ounce equivalent of the grains component.



Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 5. Using method 2 (creditable grains) to calculate the ounce equivalents for recipes listing the weight of the grain ingredients

WGR standardized recipe for multi-grain bread

Yield: 100 servings

Serving size: one piece

Grain ingredients:

Whole-wheat flour: 8 ounces (0.5 pound)

Rolled oats: 1 pound 2 ounces (1.125 pounds) ¹

Enriched flour: 1 pound

Enriched cornmeal: 8 ounces (0.5 pound) ¹

- | | | | |
|---|----------|---------------|--|
| <p>1. Determine the total weight (pounds) of all creditable grains in the recipe (16 ounces = 1 pound). Convert fractions to decimals, e.g., 1¾ pounds equals 1.75 pounds.</p> <p>1.625 pounds of whole grains (whole-wheat flour and rolled oats) + 1.5 pounds of enriched grains (enriched flour and enriched cornmeal) = 3.125 pounds of creditable grains</p> | A | 3.125 | pounds of creditable grains |
| <p>2. Determine the total grams of creditable grains in the recipe: Multiply A by 453.6 (1 pound = 453.6 grams).</p> | B | 1417.5 | grams of creditable grains |
| <p>3. List the number of servings in the recipe (yield).</p> | C | 100 | servings per recipe |
| <p>4. Determine the grams of creditable grains per recipe serving: Divide B by C.</p> | D | 14.175 | grams of creditable grains per recipe serving |
| <p>5. Determine the ounce equivalents per recipe serving: Divide D by 16 (1 ounce equivalent = 16 grams of creditable grains).</p> | E | 0.89 | ounce equivalent per recipe serving |
| <p>6. Round down the number in E to the nearest ¼ ounce equivalent. For example, 1.49 and 1.27 round down to 1.25; and 1.24 rounds down to 1.</p> | F | 0.75 | ounce equivalent per recipe serving (rounded) |

Summary of crediting information: The recipe's serving (one piece) credits as ¾ ounce equivalent (oz eq) of the grains component. This meets or exceeds the CACFP meal pattern requirement for the meals and snacks indicated below.

| Participants | CACFP meal pattern requirements for grains component | | |
|----------------------------|--|---|---|
| | Breakfast | Lunch/supper | Snack |
| Ages 1-2 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 3-5 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 6-12 and 13-18 | <input type="checkbox"/> 1 oz eq | <input type="checkbox"/> 1 oz eq | <input type="checkbox"/> 1 oz eq |
| Adult participants | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 1 oz eq |

¹ Dry cereal grains used as an ingredient in a recipe (such as rolled oats and cornmeal) credit the same as groups A-E. They require 16 grams of creditable grains to credit as 1 ounce equivalent

Calculation Methods for Grains Ounce Equivalents in the CACFP

Method 2 calculation for recipes listing the volume of grain ingredients

If the recipe lists grain ingredients only by volume (e.g., cups and quarts), the CACFP facility must first convert each measurement to the equivalent **weight (grams)**. Any of the methods below may be used for this calculation.

- **Nutrition Facts label:** Use the manufacturer's serving size information on the Nutrition Facts label for the grain ingredient, such as whole-wheat flour, enriched flour, or whole-grain cornmeal. Multiply the weight (grams) of the manufacturer's serving by 4 to get the grams per cup, then multiply the grams per cup by the number of cups used in the recipe.



For example, a recipe contains 2 cups of whole-wheat flour and 2 cups of enriched flour.

- Whole wheat flour: The Nutrition Facts label for the whole-wheat flour states that 1/4 cup weighs 32 grams, which equals 128 grams per cup. Multiply the grams per cup (128 grams) by the number of cups used in the recipe (2 cups) to determine the total weight of the grain ingredient in the recipe (**256 grams**).
- Enriched flour: The Nutrition Facts label for the enriched flour states that 1/4 cup weighs 30 grams, which equals 120 grams per cup. Multiply the weight per cup (120 grams) by the amount of enriched flour used in the recipe (2 cups) to determine the weight of the enriched flour used in the recipe (**240 grams**).

This recipe is WGR because the whole-wheat flour (256 grams) weighs more than the enriched flour (240 grams).

- **Nutrient database:** Search the USDA's [FoodData Central](#) nutrient database for grain ingredients, such as whole-wheat flour or yellow cornmeal. Enter "1" in the data field for the cup measurement, and the database will provide the weight of 1 cup of that ingredient.
- **Volume equivalent chart:** Use volume equivalent charts that list the weight of 1 cup of grain ingredients. Table 6 shows the weight per cup for some common grain ingredients.
- **Yield study:** Determine the average weight of 1 cup of the grain ingredient by measuring and weighing several samples. For more information, refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#).

Table 7 shows how to use method 2 to calculate the ounce equivalents for a recipe that lists the grain ingredients in cups.

Calculation Methods for Grains Ounce Equivalents in the CACFP

| Table 6. Weights of 1 cup of common grain ingredients ¹ | |
|---|------------------------|
| Food item | Weight (grams) per cup |
| Barley, flour or meal ² | 148 |
| Barley, hulled ² | 184 |
| Barley, pearled, uncooked ² | 200 |
| Barley, pearled, cooked ² | 157 |
| Breadcrumbs, dry, grated, plain ² | 108 |
| Breadcrumbs, plain, dry, grated, seasoned ² | 120 |
| Breadcrumbs, plain soft, white ² | 45 |
| Bulgur, uncooked ² | 140 |
| Bulgur, cooked ² | 182 |
| Cereal, General Mills Cheerios ³ | 28 |
| Cereal, General Mills Corn Chex ³ | 31 |
| Cereal, General Mills Rice Chex ³ | 27 |
| Cereal, General Mills Wheat Chex ³ | 47 |
| Cereal, General Mills Wheaties ³ | 36 |
| Cereal, Kellogg's All-Bran Bran Buds ⁴ | 90 |
| Cereal, Kellogg's All-Bran Original ⁴ | 62 |
| Cereal, Kellogg's Corn Flakes crumbs ⁴ | 88 |
| Cereal, Kellogg's Corn Flakes, whole ⁴ | 28 |
| Cereal, Kellogg's Rice Krispies ⁵ | 26 |
| Cereal, Quaker Puffed Rice ⁵ | 14 |
| Cereal, Quaker Puffed Wheat ⁵ | 28 |
| Cornmeal, enriched, uncooked, yellow, degerminated ² | 157 |
| Cornmeal, enriched, uncooked, yellow, whole grain ² | 122 |
| Cracker crumbs, graham, crushed ² | 84 |
| Cracker crumbs, snack, standard snack-type, regular, crushed ² | 52 |
| Flour, buckwheat, whole groats ² | 120 |

Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 6. Weights of 1 cup of common grain ingredients ¹, continued

| Food item | Weight (grams) per cup |
|--|------------------------|
| Flour, corn, whole grain, yellow ² | 117 |
| Flour, rice, brown ² | 158 |
| Flour, rice, white ² | 158 |
| Flour, rye, dark ² | 128 |
| Flour, rye, light ² | 102 |
| Flour, wheat, white, all-purpose enriched, bleached ² | 125 |
| Flour, wheat, white, all-purpose enriched, unbleached ² | 125 |
| Flour, wheat, white, bread, enriched ² | 137 |
| Flour, wheat, white, cake, enriched, unsifted, dipped ² | 137 |
| Flour, wheat, white, self-rising, enriched ² | 125 |
| Flour, wheat, whole grain ² | 120 |
| Wheat germ, uncooked, plain ² | 88 |
| Wheat germ, toasted, plain ² | 115 |
| Oat bran, raw ² | 94 |
| Oat bran, cooked ² | 219 |
| Oats, rolled, quick, uncooked ² | 81 |
| Oats, rolled, regular, uncooked ² | 81 |

¹ The use of brand-name products is solely for clarification regarding serving sizes and does not constitute approval or endorsement by the USDA or CSDE. The actual weight of 1 cup may be more or less than the weights in this chart, depending on the measuring method used, e.g., stirred or unstirred, sifted or unsifted, spooned or dipped, and coarsely or finely crushed. For the most accurate conversion of volume to weight, calculate the average weight of 1 cup of the ingredient by measuring and weighing several samples. For more information, refer to the CSDE's [Yield Study Data Form for Child Nutrition Programs](#).

² USDA's FoodData Central database (Standard Reference (SR) Legacy Data): <https://fdc.nal.usda.gov/>

³ General Mills Cereals: <https://www.generalmills.com/en/Brands/Cereals>

⁴ Kellogg's Cereals: https://www.kelloggs.com/en_US/home.html

⁵ Quaker Cereals: <https://www.quakeroats.com/products>

Calculation Methods for Grains Ounce Equivalents in the CACFP

Table 7. Using method 2 (creditable grains) to calculate the ounce equivalents for recipes listing the volume of grain ingredients

Multi-grain bread

| 25 servings (one piece) | | Convert cups to grams | |
|---|---------|----------------------------|---------------------|
| Grain ingredient | Measure | Grams per cup ¹ | Weight (grams) |
| Whole-wheat flour | 2 cups | X 120 = | 240.00 grams |
| Rolled oats ³ | ¾ cup | X 181 = | 60.75 grams |
| All-purpose enriched flour | 2 cups | X 125 = | 250.00 grams |
| Enriched cornmeal ³ | ¼ cup | X 138 = | 34.50 grams |
| Total weight of creditable grains: | | | 585.25 grams |

- Determine the **combined weight (grams)** of all creditable grains in the recipe.

| | |
|----------|---------------------|
| A | 585.25 grams |
|----------|---------------------|

300.75 grams of whole grains (whole-wheat flour and rolled oats) +
284.5 grams of enriched grains (all-purpose enriched flour and enriched cornmeal) =
585.28 grams of creditable grains
- List the **number of servings** in the recipe.

| | |
|----------|-------------------------------|
| B | 25 servings per recipe |
|----------|-------------------------------|
- Determine the **grams of creditable grains** per serving: Divide A by B.

| | |
|----------|--|
| C | 23.41 grams of creditable grains per recipe serving |
|----------|--|
- Determine the **ounce equivalents** per recipe serving: Divide C by 16 (1 ounce equivalent = **16 grams** of creditable grains).²

| | |
|----------|--|
| D | 1.46 ounce equivalents per recipe serving |
|----------|--|
- Round **down** the number in D to the **nearest ¼ ounce equivalent**. For example, 1.49 and 1.27 round down to 1.25, and 1.24 rounds down to 1.

| | |
|----------|--|
| E | 1.25 ounce equivalents per recipe serving (rounded) |
|----------|--|

Summary of crediting information: The recipe's serving (one piece) credits as **1¼ ounce equivalents** (oz eq) of the grains component. This meets or exceeds the CACFP meal pattern requirement for the meals and snacks indicated below.

| Participants | CACFP meal pattern requirements for grains component | | |
|----------------------------|--|---|---|
| | Breakfast | Lunch/Supper | Snack |
| Ages 1-2 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 3-5 | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq | <input checked="" type="checkbox"/> ½ oz eq |
| Ages 6-12 and 13-18 | <input type="checkbox"/> 1 oz eq | <input type="checkbox"/> 1 oz eq | <input type="checkbox"/> 1 oz eq |
| Adult participants | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 2 oz eq | <input type="checkbox"/> 1 oz eq |

¹ The grams per cup are from the USDA's [FoodData Central](#) database (Standard Reference (SR) Legacy Data).

² Dry cereal grains used as an ingredient in a recipe (such as rolled oats and cornmeal) credit the same as groups A-E. They require 16 grams of creditable grains to credit as 1 ounce equivalent

Calculation Methods for Grains Ounce Equivalents in the CACFP

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

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

Basics at a Glance Portion Control Poster (Institute of Child Nutrition):

<https://theicn.org/icn-resources-a-z/basics-at-a-glance/>

Bite Size Module 7C: Grains Component Ounce Equivalents (CSDE):

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

CACFP Grains Ounce Equivalents Resources – Handouts, training slides, and webinars in English and Spanish (USDA):

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

Crediting Breakfast Cereals in the CACFP (CSDE):

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

Crediting Enriched Grains in the CACFP (CSDE):

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

Crediting Whole Grains in the CACFP (CSDE):

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

Determining Ounce Equivalents of Grains in CACFP Recipes – Handouts 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 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 Section 4: Overview of Crediting Requirements for the Grains Component (USDA):

https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section4_Grains.pdf

Food Buying Guide Section 4: Yield Table for Grains (USDA):

https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section4_GrainsYieldTable.pdf

FoodData Central (USDA):

<https://fdc.nal.usda.gov/>

Calculation Methods for Grains Ounce Equivalents in the CACFP

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 CACFP (CSDE):

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

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 for the CACFP (CSDE):

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

How to Spot Whole Grain-Rich Foods for the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

Identifying Whole Grain-rich Foods for the CACFP – Handouts and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

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>

Calculation Methods for Grains Ounce Equivalents in the CACFP

Meeting the Whole Grain-rich Requirement for the CACFP (CSDE):

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

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

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

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.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 in CACFP Adult Day Care Centers (“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-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Standardized Recipes in CACFP Child Care Programs (“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>

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 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 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>

Calculation Methods for Grains Ounce Equivalents in the CACFP

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

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

Using Ounce Equivalents for Grains in the CACFP (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPworksheetGrainsOzEq%20.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

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

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

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

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

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

Yield Study Data Form for Child Nutrition Programs (CSDE):

http://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Yield_Study_Form.pdf

Calculation Methods for Grains Ounce Equivalents 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, School Health, Nutrition and Family Services, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

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

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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

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