

## How to Identify Creditable Grains for 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 additional 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 additional guidance on the CACFP adult meal patterns and crediting requirements for the 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.



To credit as the grains component in the CACFP meal patterns, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran, and germ. Bran and germ credit the same as enriched grains.

Creditable foods include products and recipes that are enriched, whole grain, or whole-grain rich (WGR). Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are enriched, whole grain, WGR, or fortified. 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 information on identifying whole and enriched grains, refer to the CSDE’s resources, [Crediting Whole Grains in the CACFP](#), [Crediting Enriched Grains in the CACFP](#), and [Crediting Breakfast Cereals in the CACFP](#).



# How to Identify Creditable Grains for the CACFP

## Allowable Grain Foods

The grains component includes a variety of whole-grain and enriched foods, such as:

- breads, biscuits, bagels, rolls, tortillas, and muffins;
- snack products, such as crackers (including animal crackers and graham crackers), hard pretzels, hard breadsticks, tortilla chips, and popcorn;
- cereal grains, such as buckwheat, brown rice, bulgur, and quinoa;
- ready-to-eat (RTE) breakfast cereals;
- cooked breakfast cereals (instant and regular), such as oatmeal;
- bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza; and
- pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous.



These foods have different crediting requirements, depending on the type of food and whether it is a commercial product or made from scratch.

## Grain-Based Desserts

Grain-based desserts do not credit as the grains component in the CACFP meal patterns. Examples include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (e.g., cinnamon buns, Danish, eclairs, sweet buns, sweet rolls, and toaster pastries) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g., chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), and rice pudding.

Sweet crackers such as graham crackers and animal crackers are not grain-based desserts. However, the CSDE recommends not serving sweet crackers more than twice per week between all meals and snacks. For more information on grain-based desserts, refer to [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

# How to Identify Creditable Grains for the CACFP

## Whole Grain-rich (WGR) Requirement

The CACFP meal patterns for children and the CACFP adult 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. The WGR requirement does not apply to the CACFP infant meal patterns. For guidance on menu planning considerations for the WGR requirement, refer to the CSDE's guide, *Meeting the Whole Grain-rich Requirement for the CACFP*.

### WGR criteria

WGR foods for the CACFP must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. To credit as a WGR food in the CACFP:

1. commercial grain products (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight;
2. commercial combination foods (such as pizza and breaded chicken nuggets) must contain a whole grain as the greatest ingredient by weight in the *grain portion*;
3. RTE breakfast cereals must list a whole grain as the first ingredient, be fortified, and meet the sugar limit (refer to *Crediting Breakfast Cereals in the CACFP*); and
4. recipes must contain an amount of whole grains that is equal to or more than the combined amount of all other creditable grains.

All WGR foods credit in the CACFP meal patterns, but not all creditable grain foods are WGR. For more information on the WGR criteria and how to determine if products and recipes are WGR, refer to the CSDE's guide, *Meeting the Whole Grain-rich Requirement for the CACFP*, and [USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#).



# How to Identify Creditable Grains for the CACFP

## Crediting Requirements

The CACFP meal patterns have different crediting requirements for commercial grain products, commercial combination foods that contain a grain portion, breakfast cereals, and grain foods made from scratch. The crediting requirements for each type of grain food are summarized below.

### Crediting requirements for commercial grain products

Commercial grain products credit as the grains component if they meet one of the following criteria: 1) a creditable grain is the *first* ingredient (or water is the first ingredient, and a creditable grain is the next ingredient); or 2) the manufacturer’s product formulation statement (PFS) indicates that the combined weight of all creditable grains is the *greatest* ingredient by weight. For more information, refer to “[When a PFS is Required](#)” in this document.

The ingredients statements below show some examples of commercial grain products. Each product credits as the grains component because a creditable grain is the first ingredient (excluding water).

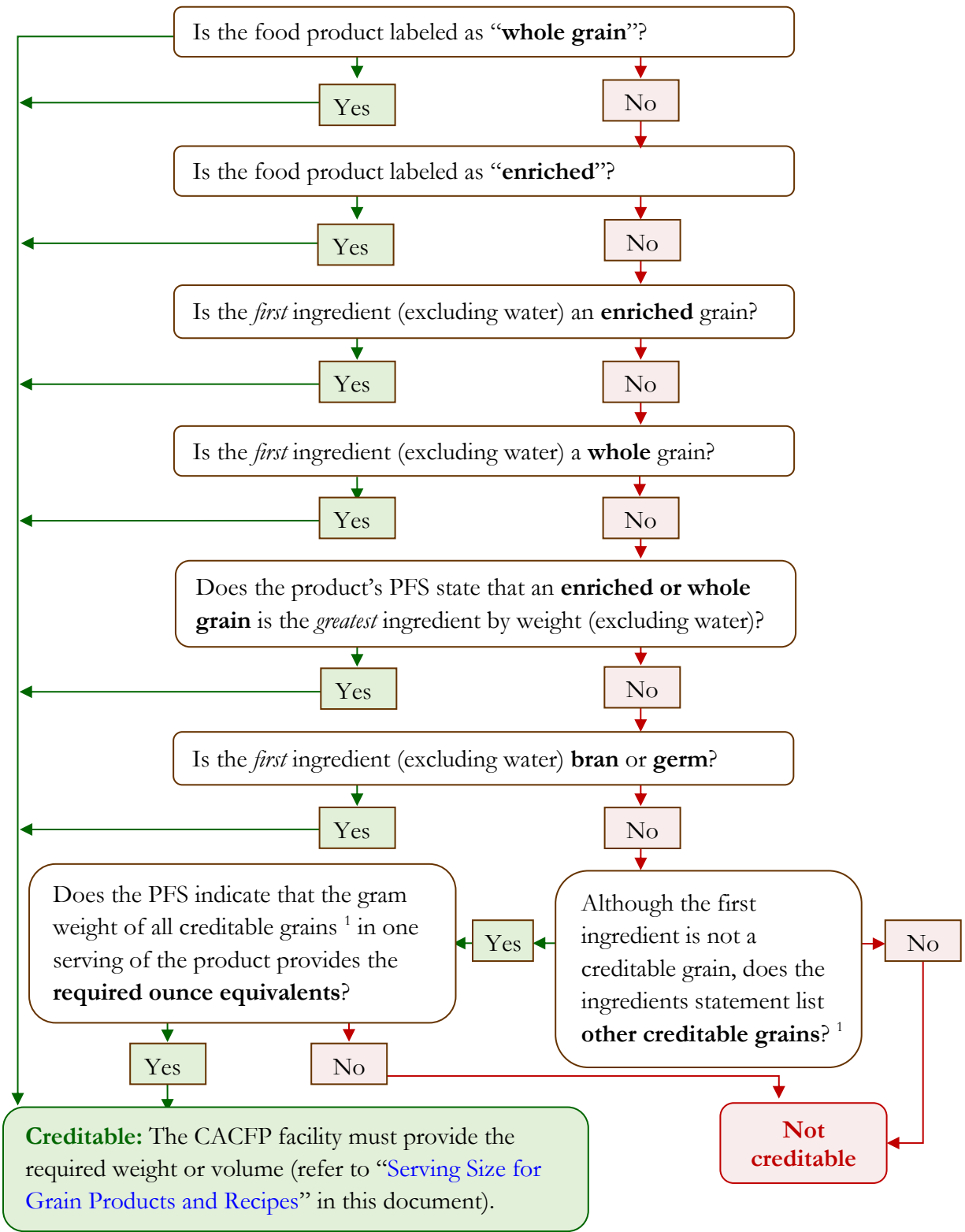
- Ingredients: *Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, canola and/or sunflower oil, salt, contains 2% or less of: yeast, nonfat milk, sugar, baking soda, monocalcium phosphate, paprika, spices, celery, onion powder.
- Ingredients: Water, *whole-wheat flour*, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.
- Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, whole-wheat flour, vegetable oil (soybean, palm, and/or canola oil), egg whites, wheat bran, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.

Table 1 summarizes the steps for identifying creditable commercial grain products in groups A-E (baked goods such as breads, rolls, muffins, crackers, and waffles) and group H (pasta and cereal grains such as quinoa, rice, and millet) of the USDA’s Exhibit A chart. For more information, refer to “[Serving Size for Grain Products and Recipes](#)” in this document.



# How to Identify Creditable Grains for the CACFP

Table 1. Identifying creditable commercial grain products in groups A-E and H



<sup>1</sup> Creditable grains include whole grains, enriched grains, bran, and germ.

# How to Identify Creditable Grains for the CACFP

## Crediting requirements for commercial combination foods

Commercial combination foods that contain a grain portion (such as pizza, breaded fish sticks, and lasagna) credit as the grains component if they meet one the criteria below.

1. A creditable grain is the first *grain* ingredient (or if the grain portion is listed *separately*, a creditable grain is the first ingredient in the *grain portion*).
2. The product’s Child Nutrition (CN) label or manufacturer’s PFS indicates that the combined weight of all creditable grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*. For information on CN labels and PFS forms, refer to “[Crediting Documentation for Commercial Grain Products](#)” in this document.

The ingredients statement below shows an example of a breaded chicken patty that lists the grain ingredient together with the other ingredients.

Ingredients: Boneless, skinless chicken breast with rib meat, water, <i>whole-wheat flour</i> , contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast extract. Breading set in vegetable oil.	This product credits as the grains component because the first <i>grain</i> ingredient (whole-wheat flour) is a creditable grain.
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A commercial combination food that lists the ingredients for the grain portion separately credits as the grains component if a creditable grain is the first ingredient in the *grain portion* (or water is the first ingredient in the *grain portion* and a creditable grain is the next ingredient in the *grain portion*). The ingredients statement below shows an example of a breaded chicken patty that lists the grain portion separately.

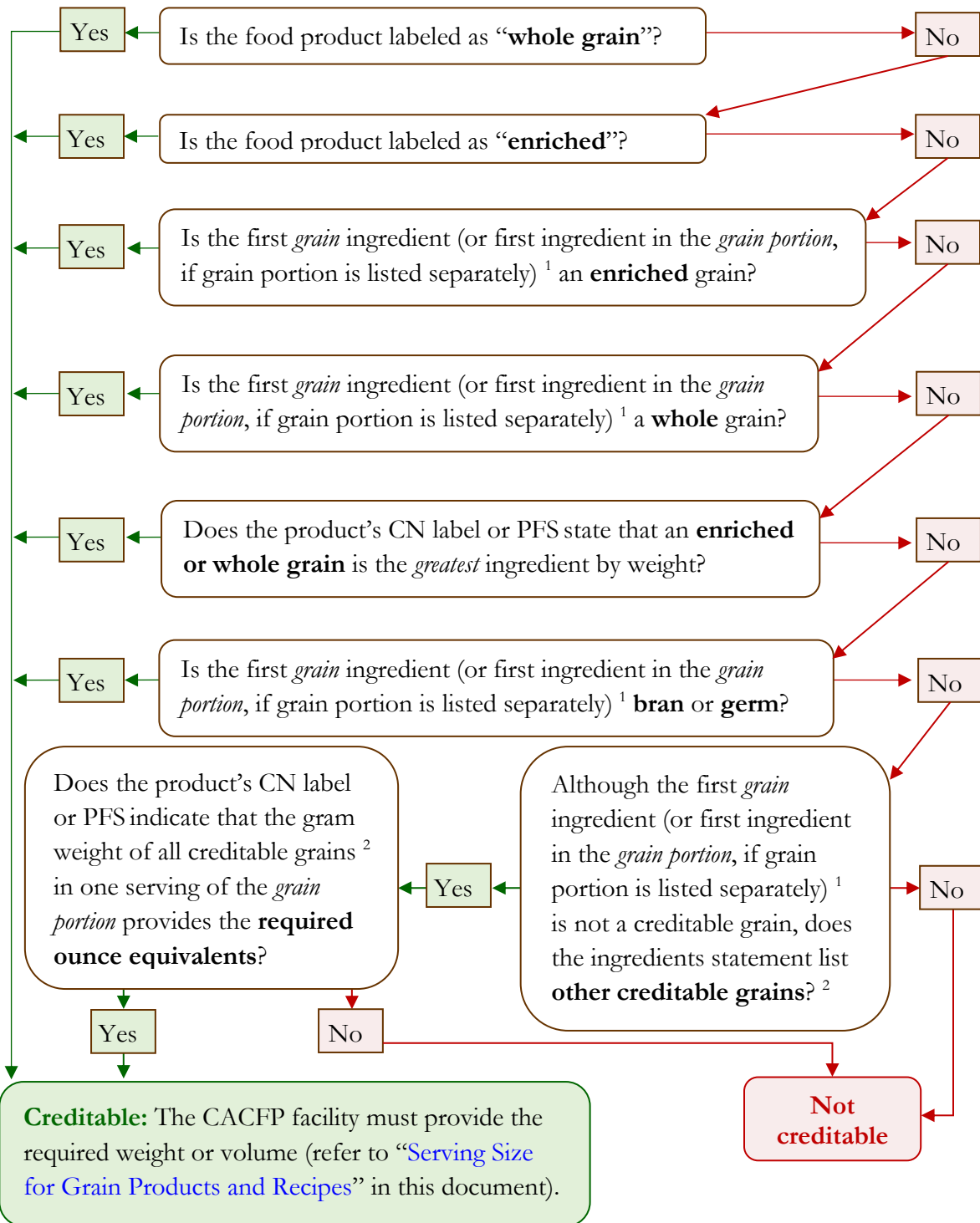
Ingredients: Chicken, water, salt, and natural flavor. <b>Breaded with:</b> <i>white whole-wheat flour</i> , water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.	This product credits as the grain component because the first ingredient (white whole-wheat flour) in the <i>breeding</i> (grain portion) is a creditable grain.
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Table 2 summarizes the steps for identifying creditable commercial combination food that contain a grain portion.



# How to Identify Creditable Grains for the CACFP

**Table 2. Identifying creditable commercial combination foods with a grain portion**



<sup>1</sup> If the grain portion is listed separately, a creditable grain must be the first ingredient in the grain portion.  
<sup>2</sup> Creditable grains include whole grains, enriched grains, bran, and germ.

# How to Identify Creditable Grains for the CACFP

## Crediting requirements for breakfast cereals

Breakfast cereals include RTE cereals in group I (such as puffed rice cereals, round or flaked cereal, and granola) and instant and regular cooked cereals in group H (such as oatmeal, cream of wheat, and farina). Breakfast cereals must meet two criteria to credit as the grains component: 1) the first ingredient must be a creditable grain or the cereal must be fortified; and 2) the cereal cannot exceed 6 grams of sugar per dry ounce.

The CSDE's worksheets, *Crediting Ready-to-eat (RTE) Breakfast Cereals in the CACFP* and *Crediting Cooked Breakfast Cereals in the CACFP*, help menu planners evaluate breakfast cereals for compliance with the CACFP crediting requirements. 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. For more information on the crediting requirements for breakfast cereals, refer to the CSDE's resource, *Crediting Breakfast Cereals in the CACFP*.

## Crediting requirements for grain foods made from scratch

Recipes credit as the grains component based on the amount of creditable grains per serving. To credit as 1 ounce equivalent of the grains component, recipes for foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains and recipes for foods in group H must contain 28 grams of creditable grains.

CACFP facilities must determine the recipe's ounce equivalents contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) *if the weight of the prepared (cooked) serving is known*, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart, i.e., where the grain food belongs (refer to "[Serving Size for Grain Products and Recipes](#)" in this document). The examples below illustrate these crediting requirements.

5. Pasta is in group H. To credit a CACFP facility's macaroni and cheese recipe as 1 ounce equivalent of the grains component, the recipe must indicate that each serving contains  $\frac{1}{2}$  cup of cooked enriched, whole grain, or WGR pasta; or 28 grams of creditable grains.
6. Muffins (except corn muffins) are in group D. To credit a CACFP facility's blueberry muffin recipe as 1 ounce equivalent of the grains component, the recipe must indicate that each muffin weighs 2 ounces or contains 16 grams of creditable grains.



For resources that help menu planners determine the ounce equivalents contribution of creditable recipes, refer to "[Grain crediting tools](#)" in this document.



# How to Identify Creditable Grains for the CACFP

## Crediting Documentation for Commercial Grain Products

CACFP facilities must be able to document that commercial grain products meet the crediting requirements of the CACFP meal patterns. If the ingredients statement does not provide sufficient information to determine if a grain product or combination food is creditable or WGR, CACFP facilities must obtain a Child Nutrition (CN) label (available only for main dish entrees that contribute to the meat/meat alternates component) or a manufacturer's product formulation statement (PFS). For more information, refer to the CSDE's resources, [Using Product Formulation Statements in the CACFP](#) and [Using Child Nutrition \(CN\) Labels in the CACFP](#), and the USDA's [Product Formulation Statement for Documenting Grains in Child Nutrition Programs](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

### When a PFS is required for commercial grain 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 grain 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;
- a commercial product is being credited as a WGR food and the first ingredient is a blend of whole grain 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 [Food Buying Guide for Child Nutrition Programs](#) (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 meal patterns for school nutrition programs.

# How to Identify Creditable Grains for the CACFP

The considerations for each situation when CACFP facilities must obtain a PFS are summarized below.

1. **A creditable grain is not the first ingredient, but the product contains more than one creditable grain:** A PFS is required when a whole 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 whole grain.
  - **Grain products** (e.g., breads, rolls, muffins, and waffles): The PFS must document that the combined weight of all whole 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 whole grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*.

The ingredients statement below shows an example.

<p>Ingredients: <i>Wheat flour</i>, <i>enriched flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]</i>, <i>whole-wheat flour</i>, sugar, wheat gluten, yeast, soybean oil, salt.</p>	<p>The first ingredient (wheat flour) is not a creditable grain because it is not enriched or whole grain. However, this product also contains two creditable grains (enriched flour and whole-wheat flour). This product could credit as the grains component if the PFS indicates that the combined weight of the enriched flour and whole-wheat flour is more than the weight of the wheat flour.</p>
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## How to Identify Creditable Grains for the CACFP

2. **A commercial product is being credited as a WGR food and the first ingredient is a blend of whole grain and enriched flour.** Flour blends do not indicate if the whole grain is the greatest grain 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. The ingredients statement below shows an example.

Ingredients: Water, <b>flour blend</b> [ <i>whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)</i> ], water, <b>brown sugar</b> , corn oil, dough conditioner (soybean oil, vegetable glycerides, soy flakes), yeast, salt, wheat gluten, enzyme.	The PFS for this product must document that the whole-wheat flour in the flour blend weighs more than the brown sugar.
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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. **A 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 the creditable grains are the greatest ingredient by weight in the grain portion.



## How to Identify Creditable Grains for the CACFP

4. **The manufacturer claims the product's serving size is less than the required amount in the 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 "[Serving Size for Grain Products and Recipes](#)" in this document). An example is a manufacturer that claims a  $\frac{3}{4}$ -ounce 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. **The product is not listed in the USDA's Exhibit A chart:** A PFS is required when a commercial product is not listed in any of the groups of the USDA's Exhibit A chart (refer to the CSDE's resource, [Grain Ounce Equivalents for the CACFP](#)). For more information, refer to "[Serving Size for Grain Products and Recipes](#)" in this document.

For additional guidance on documentation for commercial products, refer to the CSDE's [Accepting Processed Product Documentation in the CACFP](#) and the USDA's [Tips for Evaluating a Manufacturer's Product Formulation Statement](#), and 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.

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.

# How to Identify Creditable Grains for the CACFP

## Crediting Documentation for Grain Foods Made from Scratch

CACFP facilities must be able to document that grain foods made from scratch meet the crediting requirements of the CACFP meal patterns. CACFP facilities must maintain recipes on file that document the grains contribution of all grain foods made from scratch. Menu planners should use the USDA's FBG to determine food yields and crediting information for CACFP recipes.

Recipes credit as the grains component based on the amount of creditable grains per serving. CACFP facilities must determine the recipe's ounce equivalents contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) *if the weight of the prepared (cooked) serving is known*, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart where the grain food belongs (refer to "Serving Size for Grain Products and Recipes" below).

## Serving Size for Grain Products and Recipes

Creditable grain products and foods made from scratch must provide the minimum quantities required by the CACFP meal patterns for each meal and snack. The required quantities for the grains component are in ounce equivalents.

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.

The USDA allows two methods for determining the ounce equivalents of a creditable grain product or recipe. CACFP facilities may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on both methods, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the CACFP](#).

### Method 1: 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 or recipe belongs. This method is used for commercial grain products and may also be used for standardized recipes if the CACFP facility knows the weight (grams or ounces) of the prepared (cooked) serving. Some commercial grain products must use method 2 (refer to "[When a PFS is required](#)" in this document).

# How to Identify Creditable Grains for the CACFP

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 as the grains component 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 listed in commercial product's PFS or calculated from the grain quantities in the CACFP facility's recipe.

- **Creditable grains:** 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 group H must contain **28 grams** of creditable grains.
- **WGR grains:** To credit as 1 ounce equivalent of WGR grains, 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).



Method 2 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.

## Grain crediting tools

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

- **CSDE's CACFP crediting worksheets:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria, and calculate the 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



# How to Identify Creditable Grains for 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 Exhibit A Grains Tool for commercial grain products:** 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*.
- **USDA’s Recipe Analysis Workbook:** The FBG’s online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe’s meal pattern contribution per serving. To access this tool, users must create a free account on the USDA’s FBG website.

For more information on ounce equivalents, visit the “Ounce Equivalents (Serving Size for Grains)” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

## Crediting Grains in the CACFP Infant Meal Pattern

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

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

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



# How to Identify Creditable Grains for the CACFP

visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage.

## Considerations for Reducing Choking Risks for Young Children

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

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

## Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting\\_Processed\\_Product\\_Documentation\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf)

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

Bite Size Module 7A: Grains Component Crediting Requirements (CSDE):

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

Bite Size Module 7B: Grains Component Whole Grain-rich Requirement (CSDE):

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

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 Training Tools (USDA):

<https://www.fns.usda.gov/tn/training-tools-cacfp>

Calculating Sugar Limits for Breakfast Cereals in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-breakfast-cereals-cacfp>

Calculation Methods for Grain Ounce Equivalents in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain\\_Calculation\\_CACFP\\_Oz\\_Eq.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Calculation_CACFP_Oz_Eq.pdf)

# How to Identify Creditable Grains for the CACFP

Crediting Breakfast Cereals in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Cereals\\_CACFP.pdf](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](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](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Whole_Grains_CACFP.pdf)

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (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 for Child Nutrition Programs (USDA):

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

Grain Crediting Worksheets for CACFP Adult Day Care Centers (Worksheets 1-5)

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

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

Grain Crediting Worksheets for CACFP Child Care Programs (Worksheets 1-5)

("Documents/Forms" section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

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

Grain Ounce Equivalents for the CACFP (CSDE):

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

# How to Identify Creditable Grains for the CACFP

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 Maximize the Exhibit A Grains Tool (USDA webinar):

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

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>

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

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGR\\_Requirement\\_CACFP.pdf](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](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](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](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](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx)

## How to Identify Creditable Grains for the CACFP

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

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

USDA Memo CACFP 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/Using\\_CN\\_labels\\_CACFP.pdf](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](http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

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

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

# How to Identify Creditable Grains for 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/Identify\\_Creditable\\_Grains\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Identify_Creditable_Grains_CACFP.pdf).

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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; or
2. **fax:** (833) 256-1665 or (202) 690-7442; or
3. **email:** [program.intake@usda.gov](mailto:program.intake@usda.gov)

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