

## Vegetable Subgroups in the Child and Adult Care Food Program

The vegetables component of the Child and Adult Care Food Program (CACFP) meal patterns for children and meal patterns for adult day care participants includes fresh, frozen, canned, and rehydrated dried vegetables; and 100 percent full-strength vegetable juice. A serving of cooked vegetables must be drained. Pureed vegetables in smoothies credit only as juice. Pasteurized full-strength juice meets the vegetables component or fruits component at only one CACFP meal or snack per day. For more information, refer to the Connecticut State Department of Education's (CSDE) resource, [Crediting Juice in the CACFP](#).

The U.S. Department of Agriculture's (USDA) [CACFP Best Practices](#) recommends offering at least one serving per week of the five vegetable subgroups. The vegetable subgroups include dark green, red/orange, beans and peas (legumes), starchy, and other. They are based on the recommendations of the [Dietary Guidelines for Americans](#) and the [vegetables group](#) in Choose MyPlate. The chart on page 3 identifies common vegetables in each subgroup.

For guidance on the CACFP meal pattern requirements for children, refer to the CSDE's guide, [Meal Pattern Requirements for CACFP Child Care Programs](#), and visit the [Meal Patterns for CACFP Child Care Programs](#) webpage. For guidance on the CACFP adult meal pattern requirements, refer to the CSDE's guide, [Meal Pattern Requirements for CACFP Adult Day Care Centers](#), and visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) webpage.

### Crediting Vegetables

Vegetables credit based on the yields and crediting information in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG). All vegetables credit based on volume (cups) with the exceptions below.

- Raw leafy greens credit as half the volume served, e.g., ½ cup of raw leafy greens credits as ¼ cup of the vegetables component. Examples of raw leafy greens include kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce (e.g., iceberg, romaine, Boston, Bibb, red leaf, and spring mix).
- Dried or dehydrated vegetables (such as potato flakes and dried soup mix) credit based on the amount of vegetables per serving in the rehydrated volume. A product formulation statement (PFS) is required (refer to “[Required Documentation](#)” on page 2).

For more information on crediting vegetables, visit the “[Vegetables Component for CACFP Child Care Programs](#)” or “[Vegetables Component for CACFP Adult Day Care Centers](#)” section of the CSDE's CACFP webpages.

# Vegetable Subgroups in the CACFP

## Required Documentation

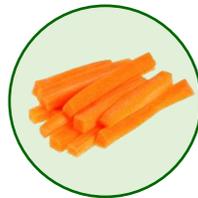
Commercial processed vegetable products (such as vegetable egg rolls and breaded onion rings) and vegetables prepared from scratch with added ingredients (such as coleslaw, mashed potatoes, and carrot-raisin salad) require documentation to indicate the amount of vegetables per serving.

Commercially prepared foods with added ingredients require a PFS stating the specific contribution of vegetables 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 Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks* and *Tips for Evaluating a Manufacturer’s Product Formulation Statement*. For additional guidance, visit the “[Crediting Commercial Processed Products in CACFP Child Care Programs](#)” or “[Crediting Commercial Processed Products in CACFP Adult Day Care Centers](#)” sections of the CSDE’s CACFP webpages.

Foods made from scratch require a recipe that indicates the amount of vegetables per serving. For information on 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.

## Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of vegetables that may cause choking include cooked or raw whole-kernel corn, and small pieces of raw vegetables, e.g., raw green peas, whole beans, raw carrot rounds, baby carrots, string beans, celery, and other raw or partially cooked hard vegetables. Preparation techniques for vegetables to reduce the risk of choking include cooking until soft, and cutting, dicing, or shredding into small pieces. Consider children’s age and developmental readiness when deciding what types of vegetables to offer in CACFP menus. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.



## Vegetable Subgroups in the CACFP

| Dark Green<br>Fresh, frozen, and canned  | Red/Orange<br>Fresh, frozen, and canned   | Beans and Peas (Legumes)*<br>Cooked from dry, canned, or frozen   |  |
|--|---|---|--|
| <ul style="list-style-type: none"> <li>■ Arugula</li> <li>■ Beet greens</li> <li>■ Bok choy</li> <li>■ Broccoli</li> <li>■ Broccoli rabe (rapini)</li> <li>■ Broccolini</li> <li>■ Butterhead lettuce (Boston, Bibb)</li> <li>■ Chicory</li> <li>■ Cilantro</li> <li>■ Collard greens</li> <li>■ Endive</li> <li>■ Escarole</li> <li>■ Fiddle heads</li> <li>■ Grape leaves</li> <li>■ Kale</li> <li>■ Mesclun</li> <li>■ Mustard greens</li> <li>■ Parsley</li> <li>■ Spinach</li> <li>■ Swiss chard</li> <li>■ Red leaf lettuce</li> <li>■ Romaine lettuce</li> <li>■ Turnip greens</li> <li>■ Watercress</li> </ul> | <ul style="list-style-type: none"> <li>■ Acorn squash</li> <li>■ Butternut squash</li> <li>■ Carrots (orange only)</li> <li>■ Cherry peppers</li> <li>■ Hubbard squash</li> <li>■ Orange peppers</li> <li>■ Pimientos</li> <li>■ Pumpkin</li> <li>■ Red chili peppers</li> <li>■ Red peppers</li> <li>■ Salsa (100% vegetables)</li> <li>■ Spaghetti squash</li> <li>■ Sweet potatoes</li> <li>■ Tomatoes</li> <li>■ Tomato juice</li> <li>■ Winter squash</li> <li>■ Yams</li> </ul>   | <ul style="list-style-type: none"> <li>■ Black beans</li> <li>■ Black-eyed peas (mature, dry)</li> <li>■ Cowpeas</li> <li>■ Edamame</li> <li>■ Fava beans</li> <li>■ Garbanzo beans (chickpeas)</li> <li>■ Great northern beans</li> <li>■ Kidney beans</li> <li>■ Lentils</li> <li>■ Lima beans, (mature, dry)</li> <li>■ Mung beans</li> <li>■ Navy beans</li> <li>■ Pink beans</li> <li>■ Pinto beans</li> <li>■ Red beans</li> <li>■ Refried beans</li> <li>■ Soy beans (mature, dry)</li> <li>■ Split peas</li> <li>■ White beans</li> </ul> <p>* Does not include green peas, green lima beans, wax beans, and green (string) beans</p> |  |
| Starchy<br>Fresh, frozen, and canned   | Other<br>Fresh, frozen, and canned  |   |  |
| <ul style="list-style-type: none"> <li>■ Black-eyed peas, fresh (not dry)</li> <li>■ Corn</li> <li>■ Cassava</li> <li>■ Cowpeas, fresh (not dry)</li> <li>■ Field peas, fresh (not dry)</li> <li>■ Green bananas</li> <li>■ Green peas</li> <li>■ Hominy, whole (canned, drained)</li> <li>■ Jicama</li> <li>■ Lima beans, green (not dry)</li> <li>■ Parsnips</li> <li>■ Pigeon peas, fresh (not dry)</li> <li>■ Plantains</li> <li>■ Potatoes</li> <li>■ Poi</li> <li>■ Taro</li> <li>■ Water chestnuts</li> <li>■ Yautia (tannier)</li> </ul>   | <ul style="list-style-type: none"> <li>■ Artichokes</li> <li>■ Asparagus</li> <li>■ Avocado</li> <li>■ Bamboo shoots</li> <li>■ Bean sprouts, cooked only (for food safety), e.g., alfalfa, mung</li> <li>■ Beans, green and yellow</li> <li>■ Beets</li> <li>■ Breadfruit</li> <li>■ Brussels sprouts</li> <li>■ Cabbage (green, red, celery, Napa)</li> <li>■ Cactus (nopales)</li> <li>■ Cauliflower</li> <li>■ Carrots, rainbow (e.g., pink, purple, red, white, and yellow)</li> <li>■ Celeriac</li> <li>■ Celery</li> <li>■ Chayote (mirliton)</li> <li>■ Cucumbers</li> <li>■ Chives</li> <li>■ Daikon (oriental radish)</li> <li>■ Eggplant</li> <li>■ Fennel</li> <li>■ Garlic</li> <li>■ Green chili peppers</li> <li>■ Green onions (scallions)</li> <li>■ Green peppers</li> <li>■ Horseradish</li> <li>■ Iceberg lettuce</li> <li>■ Kohlrabi</li> <li>■ Leeks</li> <li>■ Mushrooms</li> <li>■ Okra</li> <li>■ Olives</li> <li>■ Onions (white, yellow, red)</li> <li>■ Peas in pod, e.g., snap peas, snow peas</li> <li>■ Pepperoncini</li> <li>■ Pickles (cucumber)</li> <li>■ Purple peppers</li> <li>■ Radishes</li> <li>■ Rhubarb</li> <li>■ Rutabagas</li> <li>■ Shallots</li> <li>■ Sauerkraut</li> <li>■ Seaweed</li> <li>■ Snap peas</li> <li>■ Snow peas</li> <li>■ Tomatillo</li> <li>■ Turnips</li> <li>■ Wax beans</li> <li>■ White sweet Potatoes</li> <li>■ Yellow peppers</li> <li>■ Yellow summer squash</li> <li>■ Zucchini squash</li> </ul> |   |  |

# Vegetable Subgroups in the CACFP

## Resources

Bite Size Module 6: Vegetables Component (CSDE):

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

CACFP Best Practices (USDA):

[https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP\\_factBP.pdf](https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf)

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Food-Safety-for-Child-Nutrition-Programs/Documents#ChokingPrevention>

Choose MyPlate Vegetables Group (USDA):

<https://www.choosemyplate.gov/vegetables>

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

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

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

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

Crediting Juice in the CACFP (CSDE):

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

Crediting Legumes in the CACFP (CSDE):

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

Crediting Smoothies in the CACFP (CSDE):

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

Crediting Soups in the CACFP (CSDE):

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

Crediting Summary Charts for the CACFP Meal Patterns for Children (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting\\_Summary\\_Charts\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Crediting_Summary_Charts_CACFP.pdf)

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section2\\_Vegetables.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf)

## Vegetable Subgroups in the CACFP

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section2\\_VegetablesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf)

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

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

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

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

Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Total\\_Veg\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf)

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)

Serving Vegetables in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

USDA Memo CACFP 25-2016: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-child-and-adult-care-food-program-questions-and-answers>

USDA Memo SP 26-2019, CACFP 13-2019 and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

Using Product Formulation Statements in the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_Product\\_Formulation\\_Statements\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

Vegetables Component for 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#Vegetables>

Vegetables Component for 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#Vegetables>

# Vegetable Subgroups 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/Vegetable\\_Subgroups\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.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
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