

Crediting Juice in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture’s (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the vegetables/fruits component, visit the Connecticut State Department of Education’s (CSDE) resource, visit the “[Meal Patterns](#)” section of the Connecticut State Department of Education’s (CSDE) SFSP webpage and refer to the CSDE’s [Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns](#).

For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Summer Food Service Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage. Training on the crediting requirements for the vegetables/fruits component is available in the CSDE’s Summer Meals annual training module, [Crediting Foods in the Summer Food Service Program Meal Patterns: Part 5: Vegetables/Fruits Component](#).



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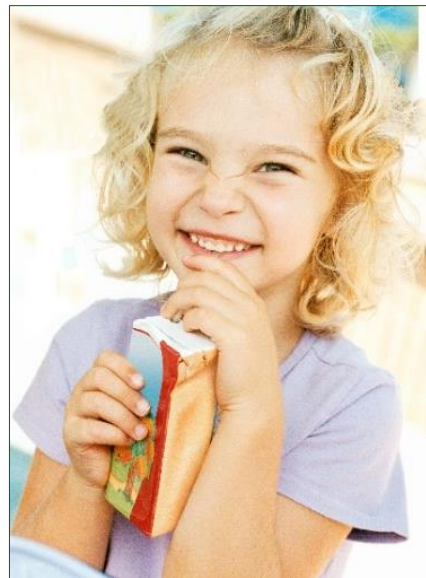
Overview of Crediting Requirements

Juice served in SFSP meals and snacks must be full-strength (100 percent) fruit juice, vegetable juice, or a combination of fruit and vegetable juices. Juice credits toward the vegetables/vegetables/fruits component of the SFSP meal patterns. At lunch and supper, juice cannot credit for more than half of the vegetables/fruits component. At snack, juice cannot be served when milk is the only other snack component or when the only other component is a vegetable or fruit.

Juice limits for lunch and supper

Juice served at lunch and supper must meet two requirements.

1. Juice cannot count for more than half of the vegetables/vegetables/fruits component at lunch and supper.
2. Juice must be a different kind from the other offered vegetable or fruit. For example, a lunch menu that contains $\frac{1}{2}$ cup of apple juice must also contain at least $\frac{1}{2}$ cup of vegetables or a different type of fruit (i.e., not apples). The juice limit applies to all sources of 100 percent juice (refer to “[Allowable Types of Juice](#)” in this document).



At least one of the two required servings of the vegetables/fruits component at lunch and supper must always be a whole fruit or vegetable (fresh, frozen, canned, or dried). The two servings cannot consist only of juice.

- **Example:** Juice and a strawberry smoothie cannot be the only two servings of the vegetables/fruits component (even if one is made from vegetables and the other is made from fruits) because both credit as juice. This would exceed the lunch and supper juice limit of no more than half of the vegetables/fruits component.

Juice limits for snack

The SFSP snack meal pattern requires any two of the four meal components (milk, meat/meat alternates, vegetables/fruits, and grains/breads). A reimbursable snack cannot include a serving of juice (including frozen 100 percent juice pops and pureed fruits/vegetables in smoothies) and a serving of fruit or vegetables as the only two snack components. For example, a snack that

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contains fruit juice and carrot sticks is not reimbursable because both food items are from the same component (vegetables/fruits).

In addition, juice cannot be served when milk is the only other snack component. For example, a snack that contains milk and a mango-peach smoothie is not reimbursable.

Allowable Types of Juices

Any type of pasteurized full-strength (100 percent) juice credits in the school meal patterns. Juices may be fresh, frozen, or made from concentrate. The name of the full-strength fruit juice on the label must include one of the following terms: “juice,” “full-strength juice,” “100 percent juice,” “reconstituted juice,” or “juice from concentrate.” The statements “natural” and “organic” do not indicate that a juice is full strength.

Products that credit as 100 percent juice include:

- 100 percent juices including fresh, frozen, and made from concentrate (refer to [“Crediting Juice Concentrates”](#) in this document);
- frozen juice pops made from 100 percent juice (refer to [“Crediting Frozen Juice Products”](#) in this document); and
- pureed fruits and vegetables in fruit/vegetable smoothies (refer to [“Crediting Pureed Fruits and Vegetables in Smoothies”](#) in this document).

Juice products that are less than full strength, or that contain juice concentrates that are not fully reconstituted, do not credit in the school meal patterns. Except for juices in smoothies, juices cannot credit when used as an ingredient in another food or beverage (refer to [“Crediting Pureed Fruits and Vegetables in Smoothies”](#) in this document).

The USDA recommends serving whole fruits (fresh, frozen, canned, and dried) more often than juices, based on the [Dietary Guidelines for Americans](#). Juices do not provide the same nutritional benefits as fruits and vegetables, which contain fiber, fewer calories, and more nutrients.

Juice ingredients

The ingredients in juices can vary among manufacturers and products. The Food and Drug Administration’s (FDA) labeling regulations allow 100 percent juices to contain added ingredients and still be labeled “100% juice.” Some 100 percent juices contain added ingredients such as artificial flavors, artificial colors (e.g., red 40, blue 1, yellow 5 and 6, and titanium dioxide), preservatives (e.g., sodium potassium sorbate), flavor enhancers (e.g., ethyl

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maltol), and emulsifiers or thickeners (e.g., glycerol esters of wood rosin and xanthan gum). The CSDE encourages menu planners to read the product's ingredients statement and choose 100 percent juices without these added ingredients.

Crediting Juice Concentrates

Juice concentrates credit only when reconstituted with water to 100 percent full-strength juice and served in the form of juice. Juice concentrates do not credit when used as an ingredient in another food or beverage product, such as gelatin or sherbet made with juice concentrates.

Juice made from concentrate is reconstituted with a volume of water that is several times the amount of juice concentrate. A typical reconstitution ratio might be three parts water to one part concentrate, but this ratio may vary for different juice products.

Commercial juice products made from concentrate will list "water" as the first ingredient followed by the type of juice concentrate, for example, "water, orange juice concentrate" and "filtered water, grape juice concentrate." Juice made from concentrate that is labeled "100 percent juice" credits when SFSP sponsors follow the manufacturer's specific instructions for reconstituting.

Crediting Juice Blends at Lunch and Breakfast

Juice blends made from 100 percent full-strength juices credit in the SFSP meal patterns. They may be a combination of full-strength fruit juices, vegetable juices, or fruit and vegetable juices.

Crediting Frozen 100 Percent Juice Products

Frozen 100 percent fruit juice products (such as frozen juice pops) credit toward the vegetables/fruits component based on the fluid volume prior to freezing. SFSP sponsors must request a product formulation statement (PFS) from the manufacturer to document this information. Frozen fruit juices count toward the juice limit at lunch and supper (refer to "[Juice Limit at Lunch and Supper](#)" in this document).

For information on PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the Summer Food Service Program](#) and [Accepting Processed Product Documentation in the School Nutrition Programs](#), and the USDA's PFS form, [Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks](#). For additional guidance on documentation for commercial products, visit the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

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Training on the requirements for PFS forms is available in Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products, of the CSDE’s training program, [What’s in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

Crediting Apple Cider

Apple cider must be pasteurized 100 percent full-strength juice. Pasteurized juices have been heat-treated to kill harmful bacteria. Menu planners must check labels, as some brands of apple cider are not pasteurized. SFSP sponsors cannot serve unpasteurized apple cider or any other type of unpasteurized juices. Apple cider counts toward the juice limit at lunch and supper (refer to [“Juice Limit at Lunch and Supper”](#) in this document).

Crediting Coconut Water

Coconut water labeled as 100 percent juice credits toward the vegetables/fruits component based on the volume served. Coconut water counts toward the juice limit at lunch and supper (refer to [“Juice Limit at Lunch and Supper”](#) in this document).

Crediting Juice in Canned Fruits

Juice in canned fruit may count toward the vegetables/fruits component and are not subject to the juice limit at lunch and supper. For example, ½ cup of canned peaches in juice credits as ½ cup of the vegetables/fruits component.

Crediting Pureed Fruits and Vegetables in Smoothies

Pureed fruits and vegetables in smoothies credit only as juice. Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. For example, a smoothie that contains ½ cup of pureed strawberries credits as ½ cup of fruit juice. Pureed fruits and vegetables in smoothies count toward the juice limit at lunch and supper (refer to [“Juice Limit at Lunch and Supper”](#) in this document).



Concentrated fruit purees and concentrated juices are added sugars. They do not credit as juice unless they are reconstituted to full-strength fruit puree or full-strength juice.

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SFSP sponsors must document the cups of pureed fruits and vegetables in the smoothie serving. Smoothies made from scratch require a recipe. Commercial products require a PFS. For more information on the required crediting documentation, visit the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. The CSDE's resource, [Crediting Smoothies in the Summer Food Service Program](#), summarizes the requirements for crediting smoothies in reimbursable meals and snacks.

Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/accepting_processed_product_documentation_sfsp.pdf

Commercial Processed Products (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs#Commercial>

Crediting Documentation for the Child Nutrition Program (CSDE webpage):
<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

Crediting Smoothies in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_smoothies_sfsp.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-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.us/sites/default/files/resource-files/PFS_Total_Veg_Fruits_Fillable_508.pdf

Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/component_vegetables_fruits_sfsp.pdf

Summer Meals Annual Training Module: Crediting Documentation for Summer Meals ("Annual Training" section of CSDE's SFSP webpage):
<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingDocumentation>

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Summer Meals Annual Training Module: Crediting Foods in the Summer Food Service Program Meal Patterns: Part 5: Vegetables/Fruits Component ("Annual Training" section of CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingFoods>

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/cn_labels_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/product_formulation_statements_sfsp.pdf

What's in a Meal Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

Vegetables and Fruits Component (CSDE's Crediting Foods in the Summer Food Service Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/vegetables-and-fruits>

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For more information, visit the “Meal Patterns” section of the CSDE’s SFSP webpage and the CSDE’s [Crediting Foods in the Summer Food Service Program](#) webpage or contact the [Summer Meals staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/credit_juice_sfsp.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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