

# Crediting Nuts and Seeds 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 meats/meats alternates (MMA) component, visit the "[Meal Patterns](#)" section of the Connecticut State Department of Education's (CSDE) SFSP webpage and refer to the CSDE's resource, [\*Requirements for the Meats/Meat Alternates 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.



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## Overview of Crediting Requirements

Nuts, seeds, and nut/seed butters may credit as the full serving of the meats/meat alternates (MMA) component at any meal or snack in the SFSP meal patterns. Some examples of creditable nuts and seeds include almonds, Brazil nuts, cashews, filberts, macadamia nuts, peanuts, pine nuts, pistachios, pumpkin seeds, soy nuts, and sunflower seeds.

Roasted or dried soybeans credit the same as soy nuts. However, fresh soybeans (edamame) credit as vegetables.

Some examples of creditable nut and seed butters include almond butter, cashew nut butter, peanut butter, sesame seed butter, soy nut butter, and sunflower seed butter. Reduced-fat peanut butter must meet the Food and Drug Administration's (FDA) standard of identity for peanut butter ([21 CFR 164.150](#)), which requires that products contain at least 90 percent peanuts.

The SFSP meal patterns list the quantities for the MMA component in ounces. One ounce of MMA equals 2 tablespoons of nut/seed butter or 1 ounce of nuts/seeds.

## Serving Size for Nut and Seed Butters

The serving for nut and seed butters is based on volume (tablespoons). Two tablespoons credit as 1 ounce of the MMA component. This crediting is the same for all types of nut and seed butters, e.g., smooth, crunchy, and natural.

The required volume measure (tablespoons) for nut and seed butters is not the same as weight (ounces). For example, a 1-ounce serving of peanut butter does not provide 1 ounce of the MMA component.

Nut and seed butters that are portioned by weight instead of volume must use the appropriate weight conversion in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG). The FBG indicates that a 1.1-ounce serving of a nut or seed butter credits as 1 ounce (2 tablespoons) of the MMA component.

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The table below shows the MMA contribution of different serving sizes of nut and seed butters. The scoop (disher) size equivalents are from the Institute of Child Nutrition's [Basics at a Glance Portion Control Poster](#). The weight equivalents are from the USDA's [Food Buying Guide for Child Nutrition Programs](#).

**Table 1. Serving size for nut and seed butters**

Serving size	Scoop (disher) size	Meal pattern contribution	Weight equivalent
½ tablespoon (1½ teaspoons)	Closest is No. 100 (2 teaspoons)	¼ ounce (minimum creditable amount)	0.275 ounces
1 tablespoon (3 teaspoons)	Closest is No. 60 (3¼ teaspoons)	½ ounce	0.55 ounces
1½ tablespoons	Closest is No. 40 (1½ tablespoons)	¾ ounce	0.825 ounces
2 tablespoons (¼ cup)	No. 30 (2 tablespoons)	1 ounce	1.1 ounces
3 tablespoons	Closest is No. 20 (3½ tablespoons)	1½ ounce	1.65 ounces
4 tablespoons (½ cup)	No. 16 (¼ cup)	2 ounce	1.2 ounces

## Serving size considerations for nut/seed butters

Menu planners should consider the appropriateness of the required serving for each grade group. It may be unreasonable to provide the full serving of a nut or seed butter in one menu item, such as a peanut butter sandwich. For example, the SFSP lunch and supper meal patterns require 4 tablespoons (¼ cup) of peanut butter to credit as 2 ounces of the MMA component. This is a large amount for two slices of bread.

The CSDE recommends providing a smaller portion of peanut butter and supplementing it with another MMA to provide the full serving. For example, a lunch menu could provide 2 ounces of the MMA component from a sandwich containing 2 tablespoons of peanut butter (1 ounce of MMA) served with 1 ounce of another MMA, such as ½ cup of yogurt. Another option is

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providing the required 4 tablespoons of peanut butter in three half-sandwiches that each contain 4 teaspoons of peanut butter.

## Must Be Recognizable in Commercial Products

Nuts and seeds and their butters used as ingredients in commercial products must be visible and easily recognizable as meat substitutes to credit toward the SFSP meal patterns.

Commercial products that are not easily recognizable as meat substitutes do not credit. Some examples of noncreditable products include peanut butter blended into other foods (such as muffins or smoothies), peanut butter granola bars, and chopped nuts in muffins.

The USDA's intent for this requirement is to ensure that SFSP sponsors offer foods from the MMA component in a form that is recognizable to children. The USDA emphasizes the importance of the nutrition education aspect of the SFSP, which includes the goal of helping children easily recognize the key food groups that contribute to a healthy meal.

## Noncreditable Nuts and Seeds

Acorns, chestnuts, and coconuts do not credit as the MMA component.

## Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Nuts, seeds, chunky peanut butter, and chunks or spoonfuls of nut or seed butters are choking hazards. Consider children's age and developmental readiness when deciding how to offer nuts, seeds, and their butters in SFSP menus and modify foods and menus as appropriate.

Preparation techniques to reduce the risk of choking include grinding or finely chopping peanuts, nuts, and seeds before adding to prepared foods, and using only creamy nut or seed butters and spreading them thinly on other foods such as toast and crackers. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's Food Safety for Child Nutrition Programs webpage.



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## Required Crediting Documentation

SFSP sponsors must be able to document that all menu items in reimbursable meals and snacks meet the SFSP meal patterns. The guidance below summarizes the required documentation for commercial processed products and foods made from scratch that contain nuts, seeds, or nut/seed butters. Documentation must be based on the food yields and crediting information in the USDA's [\*Food Buying Guide for Child Nutrition Programs\*](#) (FBG).

### Documentation for commercial products

Commercial processed products that contain nuts, seeds, or nut/seed butters (such as packaged peanut butter sandwiches and trail mixes with nuts/seeds and dried fruits) require documentation stating the oz eq of the MMA component per serving. For example, to credit a commercially packaged peanut butter sandwich product as 1 ounce of the MMA component, the product's CN label or PFS must state that one serving contains 2 tablespoons of peanut butter.

The acceptable types of documentation for commercial products include any of the documents below.

- **Child Nutrition (CN) label:** A CN label is a USDA-approved statement that clearly identifies the contribution of a commercial product toward the meal pattern requirements. CN labels are available only for main dish entrees that contribute at least  $\frac{1}{2}$  ounce of the MMA component. Allowable CN label documentation includes 1) the original CN label from the product carton; 2) a photocopy or photograph of the CN label shown attached to the original product carton; or 3) a CN label copied with a watermark displaying the product name and CN number provided by the vendor and the bill of lading (invoice). For more information, refer to the CSDE's resource, [\*Using Child Nutrition \(CN\) Labels in the Summer Food Service Program\*](#).
- **Product formulation statement (PFS):** A PFS is a document developed by manufacturers that provides specific information about how a product credits toward the USDA meal patterns for the Child Nutrition Programs. The PFS must be signed by an official of the manufacturer and state the amount of each meal pattern component contained in one serving of the product. For more information on PFS forms, refer to the CSDE's resource, [\*Using Product Formulation Statements in the Summer Food Service Program\*](#). For guidance on how to review a PFS, visit the USDA's [\*Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement\*](#) webpage.

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Commercial processed products that contain nuts, seeds, or nut/seed butters cannot credit in reimbursable meals and snacks without a CN label or PFS.

A PFS is required for all commercial processed products without a CN label. The USDA requires that SFSP sponsors must verify the PFS for accuracy prior to purchasing, serving, and claiming the food product in reimbursable meals and snacks.

For more information on crediting documentation, refer to the CSDE's resource, [Accepting Processed Product Documentation in the Summer Food Service Program](#), and the USDA's resources, [USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.

Training on the documentation requirements is available in the CSDE's Summer Meals annual training module, [Crediting Documentation for Summer Meals](#). Training on the requirements for CN labels and PFS forms is available in [Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products](#) of the CSDE's training program, [What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

## Documentation for foods made from scratch with nuts and seeds

SFSP sponsors must have recipes on file that document the ounces of MMA per serving for all foods prepared from scratch that contain nuts, seeds, or nut/seed butters. The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements.

The USDA defines a standardized recipe as one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

For information on standardized recipes, visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

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## Storing crediting documentation

SFSP sponsors must maintain all crediting documentation on file in accordance with the records retention requirements for the SFSP (refer to the CSDE's resource, [Records Retention Requirements for the Summer Food Service Program](#)). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the SFSP.

## Resources

### [Accepting Processed Product Documentation in the Summer Food Service Program](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfspaccepting\\_processed\\_product\\_documentation\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfspaccepting_processed_product_documentation_sfsp.pdf)

### [Accepting Product Documentation](#) (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation>

### [Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement](#) (CSDE webpage):

<https://www.fns.usda.gov/cn/labeling/tips-evaluating-pfs>

### [Crediting Commercial Meat/Meat Alternate Products in the Summer Food Service Program](#) (CSDE):

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit\\_commercial\\_mma\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_commercial_mma_sfsp.pdf)

### [Food and Drug Administration's \(FDA\) Standard of Identity for Peanut Butter \(21 CFR 164.150\)](#):

<https://www.ecfr.gov/current/title-21/chapter-I/subchapter-B/part-164/subpart-B/section-164.150>

### [Food Buying Guide for Child Nutrition Programs](#) (USDA):

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

### [Product Formulation Statements](#) (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

### [Standardized Recipes](#) (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

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<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes>

[USDA Memo SP 21-2019, CACFP 08-2019, and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:](https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition)

<https://www.fns.usda.gov/cn/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

[Using Child Nutrition \(CN\) Labels in the Summer Food Service Program \(CDSE\):](#)

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/cn\\_labels\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/cn_labels_sfsp.pdf)

[Using Product Formulation Statements in the Summer Food Service Program \(CSDE\):](#)

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/product\\_formulation\\_statements\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/product_formulation_statements_sfsp.pdf)

[What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products \(CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs\):](#)

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8>

# Crediting Nuts and Seeds in the Summer Food Service Program

For more information, visit 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/creditingsfsp/credit\\_nuts\\_seeds\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_nuts_seeds_sfsp.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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