


Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children


Module 5: Fruits Component



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School Health, Nutrition and Family Services

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Bite Size Training Modules





- Module 1 Introduction to Bite Size and Meal Pattern Overview
- Module 2 Meal Pattern Documentation
- Module 3 Milk Component
- Module 4 Meat/Meat Alternates Component
- Module 5 Fruits Component**
- Module 6 Vegetables Component
- Module 7 Part A: Grains Component – Crediting
Part B: Grains Component – Whole Grain-rich
Part C: Grains Component – Ounce Equivalents
- Module 8 Menu Planning

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

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Key Points About Fruits


-  Fruits and vegetables are 1 component at breakfast but 2 separate components at lunch/supper and snack
-  Credit based on volume (cups) except dried fruits
-  Juice credits at only 1 meal or snack per day
-  Use Food Buying Guide for Child Nutrition Program (FBG) to determine crediting information

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Reduce Choking Risk

- Consider children’s age and developmental readiness
 - Whole grapes
 - Berries
 - Melon balls
 - Apples and other hard pieces of raw fruit
 - Dried fruits




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Reduce Choking Risk

Preparation Techniques

- Remove seeds, pits, and tough skins or peels
- Cook until soft
- Finely chop into thin slices, strips, or small pieces (≤ ½ inch) or grate, mash, or puree



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

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Required Servings for Fruits Component

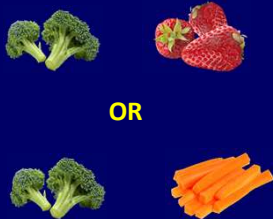
Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Breakfast ¹	¼ cup	½ cup	½ cup
Lunch/supper ²	¼ cup	¼ cup	¼ cup
Snack	¼ cup	¼ cup	¾ cup

¹ Vegetables, fruits, or both
² Vegetables may substitute for fruits component at lunch/supper

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Vegetables Substitutions at Lunch/Supper



OR

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Example of Vegetable Substitution at Lunch/Supper for Ages 3-5


Component	Menu Planning Options	
	1 vegetable and 1 fruit	2 different vegetables
MMA: 1½ ounces	Turkey	Turkey
Vegetables: ¼ cup	Corn	Corn
Fruits: ¼ cup	Blueberries	Diced carrots
Grains: 1 oz eq	Whole-wheat roll	Whole-wheat roll
Milk: ¼ cup	Unflavored low-fat milk	Unflavored low-fat milk

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Requirements for Vegetable Substitutions

1. Must be at least the *same serving size* as the fruit it replaces
2. Must be 2 *different* vegetables

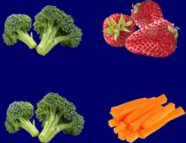


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Summary of Options for Fruits and Vegetables at Lunch/Supper

1. Offer 1 serving of fruit and 1 serving of vegetable
2. Offer 2 servings of *different* vegetables



Cannot offer only 2 servings of fruit

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Allowable Fruits


- Fresh
- Frozen
- Canned
- Dried
- Pasteurized 100% fruit juice

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Serving Size Requirements


- Serving based on *volume* (cups)
- Minimum creditable amount = ⅛ cup
- May offer *combination* of various fruits to meet minimum serving



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Examples of ½-cup fruit servings



¼ cup + ¼ cup ½ cup


⅓ cup + ⅓ cup + ⅓ cup

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How Much to Purchase and Serve

- Use USDA’s Food Buying Guide (FBG)
 - Yield and crediting information for fresh, frozen, canned, and dried fruits





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

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How Much to Purchase and Serve

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

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Crediting Requirements

- Juice
- Canned fruits
- Dried fruits
- Whole fresh fruits
- Coconut
- Pureed fruits
- Smoothies



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Crediting Fruit Juice

- Must be pasteurized *100% full-strength juice* without added sugars
 - Fresh
 - Frozen
 - Made from concentrate



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Crediting Fruit Juice

- 100% full-strength juice =
 - Juice
 - Full-strength juice
 - 100% juice
 - Reconstituted juice
 - Juice from concentrate



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Crediting Fruit Juice



- Juice concentrates must be *reconstituted* to 100% full-strength juice

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Crediting Fruit Juice




- Juice does not credit as an ingredient, except for smoothies



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Crediting Fruit and Vegetable Juice Blends



First ingredient	Credits as
<ul style="list-style-type: none"> Fruit juice Fruit puree 	Fruits component
<ul style="list-style-type: none"> Vegetable juice Vegetable puree 	Vegetables component

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Crediting Fruit and Vegetable Juice Blends

Example: 100% Juice Blend

Ingredients: *Reconstituted vegetable juice blend (water and concentrated juices of sweet potatoes, purple carrots, carrots), reconstituted fruit juices (water and concentrated juices of apples, white grapes, cranberries, blackberries), contains less than 2% of: natural flavoring, citric acid, lemon juice concentrate, vitamin C (ascorbic acid), malic acid, vitamin E (alpha tocopherol acetate)*


Credits as vegetables component



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Juice Limit






- Credits as vegetables component or fruits component at only **1 meal or snack** per day

- 100% juice
- Frozen 100% juice pops
- Pureed fruits and vegetables in smoothies
- Juice from canned fruit

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Example of Juice Limit: Lunch/Supper

Lunch/supper meal pattern	Fruits component	Vegetables component	Meets juice limit?
Fruits component: 1 serving Vegetables component: 1 serving	Strawberry smoothie 	Tomato juice 	

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Example of Juice Limit: Snack

Snack meal pattern	Fruits component	Vegetables component	Reimbursable meal?
Any 2 components	Grape juice 	Vegetable Smoothie 	No

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Example of Juice Limit: Snack

Snack meal pattern	Fruits component	Vegetables component	Reimbursable meal?
Any 2 components	Strawberry smoothie 	Carrot sticks 	Yes

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USDA CACFP Best Practices




CHILD AND ADULT CARE FOOD PROGRAM: BEST PRACTICES

The general CACFP meal pattern is to be followed for the following reasons: to ensure that children and adults receive a variety of fruits and vegetables; to ensure that children and adults receive a variety of grains; to ensure that children and adults receive a variety of protein sources; and to ensure that children and adults receive a variety of dairy products.

CACFP Best Practices

- 1. Serve a variety of fruits and vegetables.
- 2. Serve whole fruits (fresh, frozen, canned, and dried) more often than juice.
- 3. Serve a vegetable or fruit for at least 1 of the 2 required snack components.

Serve a variety of fruits and choose whole fruits (fresh, frozen, canned, and dried) more often than juice



Serve a vegetable or fruit for at least 1 of the 2 required snack components

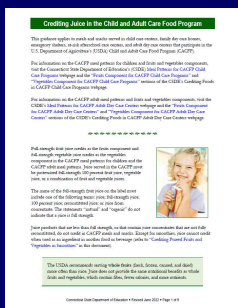
https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf
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CSDE Resource

Crediting Juice in the CACFP



Crediting requirements and considerations and meeting the juice limit



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Juice_CACFP.pdf
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Crediting Canned Fruits


- Choose canned fruits in juice, water, or light syrup
- May credit juice from canned fruit but not water or syrup

½ cup sliced peaches in	Credits as ½ cup?
Juice	Yes
Water or syrup	No

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Crediting Juice in Canned Fruits



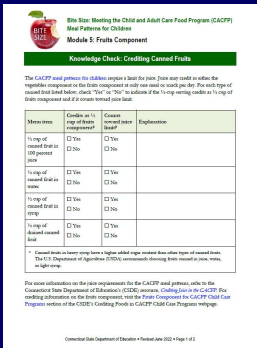
How Juice Limit Applies

Counted toward limit	Not counted toward limit
<ul style="list-style-type: none"> Credited as fruits component 	<ul style="list-style-type: none"> Plan as extra food Drained In light syrup or water

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Knowledge Check: Crediting Canned Fruits



https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_5_Canned_Fruits.pdf

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Knowledge Check: Crediting Canned Fruits

Menu item	Credits as ½ cup of fruits component?	Counts toward juice limit?
½ cup of canned fruit in 100% juice	Yes	Yes
½ cup of canned fruit in water	No	No
½ cup of canned fruit in syrup	No	No
½ cup of drained canned fruit	Yes	No

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Crediting Dried Fruits

- Raisins
- Dried apricots
- Dried cherries
- Dried cranberries
- Dried blueberries
- Mixed dried fruit

Serving size	Meal pattern contribution
⅓ cup	¼ cup
½ cup	½ cup

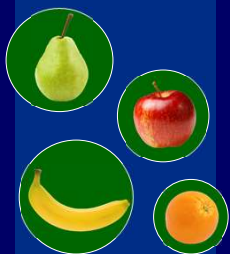
- Credit as *twice* the volume served
- Does not apply to amounts *less than* ⅓ cup (2 tablespoons)

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Crediting Whole Fresh Fruits

- Meal pattern contribution varies depending on *type and size* (count pack)
- Count pack = number of pieces per case
- Smaller count = larger fruit

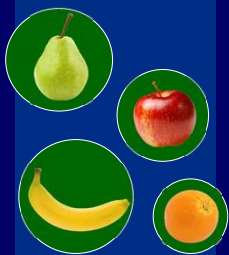


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Crediting Whole Fresh Fruits

- 1 piece of fresh fruit (whole or cut-up) might not provide *full serving* of fruits component

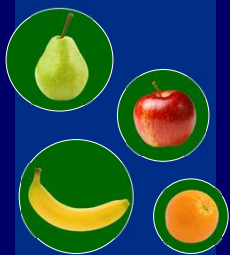


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Crediting Whole Fresh Fruits

- 1 piece of fresh fruit (whole or cut-up) might not provide *full serving* of fruits component
- Use FBG to determine crediting information



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Using the Food Buying Guide: Oranges

1. Food As Purchased, AP	2. Purchase Unit	3. Servings per Purchase Unit, EP	4. Serving Size per Meal Contribution	5. Purchase Units for 100 Servings	6. Additional Information
ORANGES					
Oranges, fresh, all sizes, whole. Includes USDA Foods	Pound	3.50	1/4 cup fruit sections, membrane removed, drained	28.60	1 lb AP = 0.40 lb ready-to-serve oranges
Oranges, fresh, 126 count, Arizona or California, whole	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh, 126 count, Florida or Texas, whole	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.50	Credits as 1/2 cup
Oranges, fresh, 126 count, Florida or Texas, whole	Pound	6.80	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.80	
Oranges, fresh, 125 count, Florida or Texas, whole	Pound	2.90	1 orange (about 5/8 cup fruit and liquid)	34.50	Credits as 3/4 cup
Oranges, fresh, 126 count, Florida or Texas, whole	Pound	7.02	1/4 cup fruit and liquid (about 1/2 peeled orange)	14.30	1 lb AP = about 0.76 lb (1-3/4 cups) ready-to-serve peeled oranges
Oranges, fresh, 113 count, Arizona or California, whole	Pound	2.80	1 orange (about 5/8 cup fruit and liquid)	35.80	Credits as 3/4 cup
Oranges, fresh, 126 count, Florida or Texas, whole	Pound	5.60	1/4 cup fruit and liquid (about 1/2 peeled orange)	17.90	

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

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Example of Crediting Whole Fruit: Breakfast

Breakfast Meal Pattern	Ages 3-5	Ages 6-12	Ages 13-18
Vegetables, fruits, or both	1/2 cup	1/2 cup	1/2 cup

Fruit (1 piece)	Meal pattern contribution	Additional amount for 1/2 cup
Apricot, medium (1 1/4-inch diameter)	1/4 cup	1/4 cup
Clementine, whole, peeled	3/4 cup	3/4 cup
Kiwi, 33-39 count	1/4 cup	1/4 cup
Plum, Japanese or hybrid, size 60 and 65	3/8 cup	1/8 cup
Tangerine, 120 count	3/8 cup	1/8 cup

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Example of Crediting Whole Fruit: Snack


Snack Meal Pattern	Ages 6-12	Ages 13-18
Fruits component	1/4 cup	1/4 cup

Fruit (1 piece)	Meal pattern contribution	Additional amount for 1/4 cup
Banana, 100-120 count, regular	1/2 cup	1/4 cup
Peach, size 80	1/2 cup	1/4 cup
Orange, Arizona or California, 138 count	1/2 cup	1/4 cup
Orange, Florida or Texas, 125 count	3/4 cup	1/4 cup

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Crediting Coconut




- Fresh and frozen coconut credit based on *volume* (cups) served
- Dried coconut credits as twice the volume served
- Coconut water labeled as 100% juice
 - Counts toward juice limit

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Crediting Coconut



Noncreditable


- Coconut flour
- Coconut oil
- Coconut milk

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Corn Flour in the Child Nutrition Programs:
<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masaharina-child-nutrition-programs>

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Crediting Pureed Fruits



- Must be *recognizable* (visible)
- Easily identifiable as a food component


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Crediting Pureed Fruits		
Type	Credits?	Examples
Recognizable (visible), e.g., 1 fruit	Yes	<ul style="list-style-type: none"> Applesauce Pureed pears 
Unrecognizable (not visible)	No	<ul style="list-style-type: none"> Applesauce or prune puree in muffins 

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Crediting Smoothies



- Pureed fruits and vegetables credit only as *juice*
 - Based on pureed volume (cups)
 - Count toward juice limit
- Crediting documentation required

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Crediting Smoothies



- USDA recommends limiting smoothies to 1 CACFP meal or snack per day

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Crediting Smoothies



- Best practice**
Inform children about smoothie meal components in a way that is suitable for the age group served


Breakfast Menu
Whole-grain cereal
Strawberry and yogurt smoothie
Low-fat milk, unflavored

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CSDE Resource

Crediting Smoothies in the CACFP

Requirements and crediting documentation



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

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Examples of Noncreditable Foods: Fruits Component *

- Banana chips
- Fruit snacks, e.g., fruit roll-ups, fruit leathers, fruit wrinkles, fruit twists, and yogurt-covered fruit snacks
- Home-canned products (for food safety reasons)

- Jams, jellies, and preserves
- Juice drinks that are not 100% juice, e.g., grape juice drink, orange juice drink, cranberry juice cocktail, and lemonade

* This list is not all-inclusive

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More Resources

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USDA Resource

**USDA Memo CACFP
09-2017: Vegetable
and Fruit Requirements
in the CACFP: Q&As**

**Guidance and questions
and answers**

USDA United States Department of Agriculture

Date: March 23, 2017

Subject: Vegetable and Fruit Requirements in the Child and Adult Care Food Program (CACFP)

Requesting Agency: Child Nutrition Programs

Requesting Agency: Child Nutrition Programs

Requesting Agency: Child Nutrition Programs

The memorandum explains the vegetable and fruit requirements in the Child and Adult Care Food Program (CACFP) and provides questions and answers. This document is intended to provide guidance to State Child Nutrition Agencies (SNAs) and Child Nutrition Programs (CNPs) regarding the requirements. The memorandum is dated March 23, 2017.

Background

The updated vegetable and fruit requirements for the Child and Adult Care Food Program (CACFP) were implemented on October 1, 2015. The updated requirements for the CACFP vegetable and fruit requirements are detailed in the USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the CACFP: Q&As. This document provides guidance and answers to questions regarding the requirements. The memorandum is dated March 23, 2017.

Key Points

The updated CACFP vegetable and fruit requirements are detailed in the USDA Memo CACFP 09-2017: Vegetable and Fruit Requirements in the CACFP: Q&As. This document provides guidance and answers to questions regarding the requirements. The memorandum is dated March 23, 2017.

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-qas>

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CSDE Webpage

**Crediting Foods in
CACFP Child Care
Programs**

**Fruits Component
for CACFP Child Care
Programs**

Crediting Foods in CACFP Child Care Programs

Overview

The USDA's Child Nutrition Programs (CNP) are administered by the State Child Nutrition Agencies (SNAs). The USDA's Child Nutrition Programs (CNP) are administered by the State Child Nutrition Agencies (SNAs). The USDA's Child Nutrition Programs (CNP) are administered by the State Child Nutrition Agencies (SNAs).

Quick Links

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Meal Pattern Components for CACFP Child Care Programs

The resources below provide guidance on meeting the crediting requirements for the five CACFP food components: milk; meat/meat alternatives; vegetables; fruits; and grains.

Milk | Meat/Meat Alternatives | Vegetables | **Fruits** | Grains

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

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

<https://portal.ct.gov/SDE/Nutrition/CACFP-Contact>

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1. mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
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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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