



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

Module 5: Fruits Component

Connecticut State Department of Education
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 ($\leq \frac{1}{2}$ 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

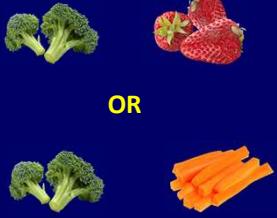
Meal Patterns for Children	Minimum serving		
	Ages 1-2	Ages 3-5	Ages 6-12 and 13-18
Breakfast ¹	$\frac{1}{4}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Lunch/supper ²	$\frac{1}{8}$ cup	$\frac{1}{4}$ cup	$\frac{1}{4}$ cup
Snack	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{3}{4}$ cup

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

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Vegetables Substitutions at Lunch/Supper



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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: $1\frac{1}{2}$ ounces	Turkey	Turkey
Vegetables: $\frac{1}{2}$ cup	Corn	Corn
Fruits: $\frac{1}{2}$ cup	Blueberries	Diced carrots
Grains: 1 oz eq	Whole-wheat roll	Whole-wheat roll
Milk: $\frac{1}{2}$ cup	Unflavored low-fat milk	Unflavored low-fat milk

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Requirements for Vegetable Substitutions



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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 = $\frac{1}{2}$ cup
- May offer *combination* of various fruits to meet minimum serving



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Examples of $\frac{1}{2}$ -cup fruit servings

$\frac{1}{4}$ cup + $\frac{1}{4}$ cup $\frac{1}{2}$ cup

$\frac{1}{8}$ cup + $\frac{1}{8}$ cup + $\frac{1}{4}$ 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	No




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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



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

$\frac{1}{2}$ cup sliced peaches in	Credits as $\frac{1}{2}$ 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

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children Module 5: Fruits Component

Knowledge Check: Crediting Canned Fruits

The CACFP meal pattern for children requires a half cup of fruit. Since each meal includes the vegetable component, is the fruit component in adult care need on each meal day? For each type of fruit served that child prefers, check "Yes" or "No" to indicate if the 1/2-cup serving qualifies as 1/2 cup of fruit.

Menu item	Credits as 1/2 cup of fruit component?	Engagement
1/2 cup of canned fruit in 100% juice	Yes	Yes
1/2 cup of canned fruit in water	No	No
1/2 cup of canned fruit in syrup	No	No
1/2 cup of drained canned fruit	Yes	No

For more information on the meal requirements for the CACFP meal patterns, refer to the Connecticut State Department of Education's (CDE) resources. Crediting fruit in the CACFP meal patterns is based on the CACFP meal patterns for children. For more information on the CACFP meal patterns, refer to the CDE's Crediting Fruits in the CACFP Child Care Program webpage.

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

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Knowledge Check: Crediting Canned Fruits

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns for Children Module 5: Fruits Component

Knowledge Check: Crediting Canned Fruits

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Menu item	Credits as 1/2 cup of fruit component?	Counts toward juice limit?
1/2 cup of canned fruit in 100% juice	Yes	Yes
1/2 cup of canned fruit in water	No	No
1/2 cup of canned fruit in syrup	No	No
1/2 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

■ Credit as *twice* the volume served

Serving size	Meal pattern contribution
1/2 cup	1/4 cup
1/2 cup	1/2 cup

■ Does not apply to amounts *less than* 1/2 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
	Pound	3.60	1/4 cup fruit juice	27.80	1 lb AP = 0.48 lb (7/8 cup) juice
Oranges, fresh, 138 count, Arizona or California, Whole	Pound	3.40	1 orange (about 1/2 cup fruit and liquid)	29.50	Credits as $\frac{1}{2}$ cup
	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 $\frac{1}{2}$ cup
Oranges, fresh, 125 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) (about 1/2 peeled orange)	35.80	Credits as $\frac{1}{2}$ cup
	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	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup

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

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Example of Crediting Whole Fruit: Snack

Snack Meal Pattern	Ages 6-12	Ages 13-18
Fruits component	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup

Fruit (1 piece)	Meal pattern contribution	Additional amount for $\frac{1}{2}$ cup
Banana, 100-120 count, regular	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Peach, size 80	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Orange, Arizona or California, 138 count	$\frac{1}{2}$ cup	$\frac{1}{2}$ cup
Orange, Florida or Texas, 125 count	$\frac{3}{8}$ cup	$\frac{1}{2}$ 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-masa-harina-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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<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

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More Resources

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

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CSDE Webpage

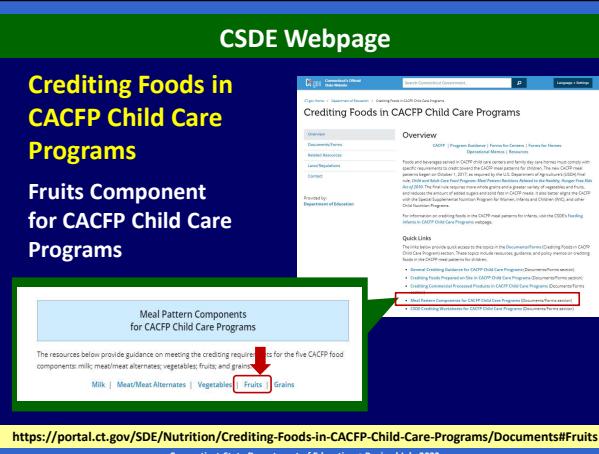
Crediting Foods in CACFP Child Care Programs

Fruits Component for CACFP Child Care Programs

Meat Pattern Components for CACFP Child Care Programs

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

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



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

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Thank you for participating in Bite Size!

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11. *What is the primary purpose of the following statement?*

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