



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


# Module 6: Vegetables 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 Vegetables


-  Fruits and vegetables are 1 component at breakfast but 2 separate components at lunch/supper and snack
-  Credit based on volume (cups) except raw leafy greens
-  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
  - Cooked or raw whole-kernel corn
  - Small pieces of raw vegetables
  - Whole round or tube-shaped foods




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## Reduce Choking Risk

### Preparation Techniques

- Remove seeds, pits, and tough skins or peels
- Cook or steam hard foods
- 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 Vegetables Component


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

<sup>1</sup> Vegetables, fruits, or both

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### USDA CACFP Best Practices



**Provide at least 1 serving per week**

- Dark green vegetables
- Red and orange vegetables
- Beans and peas (legumes)
- Starchy vegetables
- Other vegetables



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

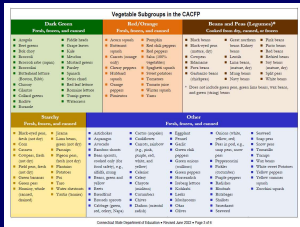
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### CSDE Resource

#### Vegetable Subgroups in the CACFP

- Crediting vegetables
- Chart of vegetable subgroups



<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VegetableSubgroupsCACFP.pdf>

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### Allowable Vegetables




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### Serving Size Requirements

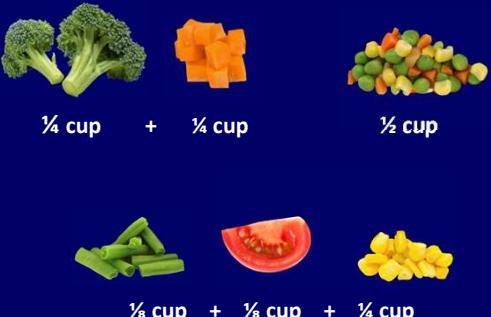
- Serving based on **volume** (cups)
- Minimum creditable amount = **1/8 cup**
- May offer **combination** of various vegetables to meet minimum serving



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### Examples of 1/2-cup vegetable servings




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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 vegetables



<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




- Raw leafy greens
- Canned vegetables
- Dried vegetables
- Pureed vegetables
- Soups
- Mixed vegetables
- Fruit and vegetable mixtures
- Vegetable flour pasta

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### Crediting Raw Leafy Greens



- Arugula
- Greens, e.g., beet, collard, mustard, and turnip
- Kale
- Lettuce, e.g., iceberg, romaine, Boston, Bibb, red leaf, and spring mix
- Spinach


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### Crediting Raw Leafy Greens

- Credit as *half* the volume served

½ cup of raw spinach =  
¼ cup of vegetables component



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### Crediting Canned Vegetables




- Serving cannot include packing liquid (water or sauce)
  - Must be drained

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### Crediting Legumes



- Black beans
- Edamame (soybeans)
- Garbanzo beans (chickpeas)
- Kidney beans
- Lentils
- Navy beans
- Split peas
- White beans


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### Crediting Legumes

- Serving may credit as vegetable or meat/meat alternate but *not both* in same meal

Menu planners decide how to credit legumes in a meal




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### CSDE Resource

#### Crediting Legumes in the CACFP

- Crediting as vegetables and MMA
- Crediting legumes in recipes




[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)

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### Crediting Dried Vegetables

- Credit based on *rehydrated* volume (cups)
- Dried vegetables used for *seasonings* do not credit
- Crediting documentation required
  - FBG
  - Product formulation statement (PFS)



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### Crediting Pureed Vegetables

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



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Crediting Pureed Vegetables		
Type	Credits?	Examples
Recognizable (visible), e.g., 1 vegetable	Yes	<ul style="list-style-type: none"> <li>Pureed sweet potatoes</li> <li>Tomato sauce</li> <li>Pureed butternut squash</li> </ul>
Unrecognizable (not visible)	No	<ul style="list-style-type: none"> <li>Pureed carrots in tomato sauce</li> <li>Pureed sweet potatoes in muffins</li> </ul>

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### Crediting Pureed Vegetables


- Combination Foods
  - Must contain  $\geq \frac{1}{8}$  cup of a recognizable pureed vegetable



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### Example: Crediting Pureed Vegetables in Combination Foods




Macaroni and Cheese Recipe		
Ingredient	Amount per serving	Recognizable?
Diced butternut squash	1/8 cup	Yes
Pureed carrots	1/8 cup	No
<b>Credits as</b>	<b>1/8 cup vegetables</b>	

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### Crediting Pureed Vegetables in Smoothies



- Credit only as juice
  - Based on pureed volume (cups)
  - Count toward juice limit
- Crediting documentation required

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### Crediting Soups

- Commercial products
- Soups made from scratch



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### Crediting Soups

#### Commercial Products

- Credit based on yields in FBG

1/8 cup vegetables =	
Vegetable soup	1 cup
Legume soup	1/2 cup

- PFS required for different crediting



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### Allowable Commercial Soups (FBG)

Vegetable Soups 1 cup = 1/8 cup vegetables	Legume Soups 1 cup = 1/8 cup vegetables
<ul style="list-style-type: none"> <li>• Minestrone</li> <li>• Tomato</li> <li>• Tomato with other basic components, e.g., rice</li> <li>• Vegetable (contains only vegetables)</li> <li>• Vegetable with other basic components, e.g., meat or poultry</li> </ul>	<ul style="list-style-type: none"> <li>• Lentil</li> <li>• Pea, e.g., split pea</li> <li>• Bean, e.g., black bean, mixed bean</li> </ul>

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### Noncreditable Commercial Soups



- Cream of vegetable, e.g., cream of broccoli, cream of mushroom, and cream of celery
- Beef barley
- Chicken or turkey noodle
- Chicken or turkey rice

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### Crediting Soups

### Made from Scratch

- Credit based on amount (cups) of vegetables per serving
- Recipe must document vegetables per serving
  - $\geq \frac{1}{4}$  cup of vegetables per serving
  - Based on FBG




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### Crediting Soups

### Serving Size Considerations

- Appropriateness of serving for age group
  - 1 cup =  $\frac{1}{4}$  cup of vegetables component



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### Crediting Soups

### Serving Size Considerations

- Size of bowl or cup
  - Must be *larger* than planned serving of soup

10 fluid ounce bowl ➔  
8 fluid ounces (1 cup) of soup

6 fluid ounce cup ➔  
4 fluid ounces ( $\frac{1}{2}$  cup) of soup



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### CSDE Resource

### Crediting Soups in the CACFP

Crediting commercial soups and soups made from scratch




[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)

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### Crediting Mixed Vegetables

- Credit as 1 serving of vegetables component
  - California mix (broccoli, cauliflower, and carrots)
  - Carrots, peas, and corn
  - Peas and carrots
  - Three-bean salad




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### Crediting Mixed Vegetables

### Lunch/Supper

- Vegetables may substitute for entire fruits component




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### Crediting Mixed Vegetables



### Lunch/Supper

- May credit as vegetables and fruits components in *same meal*

1. Must know *amount* of each type of vegetable in mixture
2. Serving must contain 2 *different* vegetables that are each  $\geq \frac{1}{8}$  cup


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### Example: Broccoli-cauliflower Blend

$\frac{1}{2}$  cup vegetable mixture

- $\frac{1}{4}$  cup of broccoli
- $\frac{1}{4}$  cup of cauliflower



Meal pattern for ages 3-5	Menu Item
Vegetables: $\frac{1}{4}$ cup	Broccoli, $\frac{1}{4}$ cup
Fruits: $\frac{1}{4}$ cup	Cauliflower, $\frac{1}{4}$ cup

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### Crediting Vegetable and Fruit Mixtures




### Lunch/Supper

- Depends on amount of each vegetable and fruit ingredient in serving

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### Crediting Vegetable and Fruit Mixtures



### Lunch/Supper


- May credit as vegetables and fruits component at *same meal*

1. Serving must contain  $\geq \frac{1}{8}$  cup of vegetables and  $\geq \frac{1}{8}$  cup of fruits
2. Fruits and vegetables must be *easily identifiable*

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### Example: Carrot-raisin Salad



Lunch/supper meal pattern for ages 6-12	Amount per serving	Credits as
Vegetables: $\frac{1}{2}$ cup	$\frac{1}{2}$ cup shredded carrots	$\frac{1}{2}$ cup vegetable
Fruits: $\frac{1}{4}$ cup	$\frac{1}{8}$ cup raisins	$\frac{1}{4}$ cup fruit


Does serving provide required amount of vegetables and fruits for ages 6-12?

Yes

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### Crediting Vegetable Flour Pasta



- Pasta made of *100% vegetable flours* credits as vegetables component

Ingredients: Red lentil flour


Ingredients: Green lentils, cauliflower, parsnips

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**Crediting Vegetable Flour Pasta**

- ½ cup of 100% vegetable flour pasta = ½ cup of vegetables



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**Crediting Vegetable Flour Pasta**

- Many products contain other *non-vegetable ingredients*
  - Crediting depends on amount of vegetables
  - Crediting documentation required



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**Example: Vegetable Pasta Product**

Ingredients: Semolina (wheat), durum flour (wheat), *dried carrots, dried tomato, dried spinach*, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

*Might credit: Requires PFS*

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**Example: Spinach Pasta Product**

Ingredients: Semolina (wheat), durum flour (wheat), *dried spinach*, niacin, ferrous sulfate (iron), thiamin mononitrate, riboflavin, folic acid

*Does not credit*

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**Crediting Vegetable Flour Pasta**

- *Best practice* Indicate meal pattern contribution
  - *Vegetables* component not grain component

Today's Menu  
Chickpea pasta (vegetables component)

- Inform child care staff



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**Examples of Noncreditable Foods: Vegetables Component \***

- Chili sauce
- Commercial cream
- Dehydrated vegetables used for seasoning, e.g., dried onion and dried parsley
- Ketchup
- Pickle relish
- Home-canned products (for food safety reasons)
- Snack-type foods made from vegetables, e.g., potato chips and puffed vegetable snacks

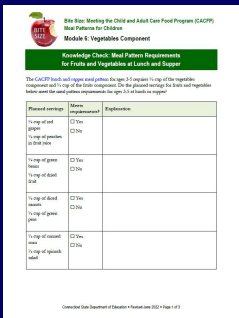
\* This list is not all-inclusive

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### Knowledge Check: Meal Pattern Requirements for Fruits and Vegetables at Lunch and Supper




[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite\\_Size\\_Knowledge\\_Check\\_Module\\_6\\_Fruits\\_Vegetables\\_Lunch\\_Supper.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_6_Fruits_Vegetables_Lunch_Supper.pdf)

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### Reminder: Lunch/Supper Meal Pattern Requirements for Ages 3-5


Vegetables	¼ cup
Fruits	¼ cup




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### Lunch/Supper for Ages 3-5



¼ cup of red grapes



¼ cup of peaches in fruit juice


Meets meal pattern for fruits and vegetables?

**No** Contains 2 servings of fruits component


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### Lunch/Supper for Ages 3-5



¼ cup of green beans



¼ cup of mixed dried fruit


Meets meal pattern for fruits and vegetables?

**Yes** Dried fruits credit as twice the volume served


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### Lunch/Supper for Ages 3-5



¼ cup of diced carrots



¼ cup of green peas


Meets meal pattern for fruits and vegetables?

**Yes** Vegetables may substitute for fruits component


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### Lunch/Supper for Ages 3-5



¼ cup of canned corn



¼ cup of spinach salad


Meets meal pattern for fruits and vegetables?

**No** Raw spinach credits as half the volume served


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### Lunch/Supper for Ages 3-5



¼ cup of cooked spinach



¼ cup of mixed vegetables

Meets meal pattern for fruits and vegetables?


Yes

- 2 different vegetables
- Vegetables may substitute for fruits component


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### Lunch/Supper for Ages 3-5



¼ cup of pureed strawberries in a smoothie



¼ cup of vegetable juice

Meets meal pattern for fruits and vegetables?


No

Contains 2 servings of juice (exceeds juice limit)


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### Lunch/Supper for Ages 3-5



¼ cup of orange juice



¼ cup of mashed sweet potatoes

Meets meal pattern for fruits and vegetables?


Yes

Juice limit: Cannot credit juice at any other meal or snack that same day


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### Lunch/Supper for Ages 3-5



¼ cup of broccoli



¼ cup of broccoli

Meets meal pattern for fruits and vegetables?


No

Must be 2 *different* vegetables

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### Lunch/Supper for Ages 3-5



Carrot-raisin salad: ¼ cup of shredded carrots  
¼ cup raisins

Meets meal pattern for fruits and vegetables?

Yes

- Easily identified and ≥ ½ cup of each component
- Dried fruits credit as twice the volume served

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## More Resources

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### CSDE Webpage

## Crediting Foods in CACFP Child Care Programs

### Vegetables Component for CACFP Child Care Programs

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

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### USDA Resource

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

### Guidance and questions and answers

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

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### USDA Webpage

## Serving Vegetables in the CACFP

### Handouts, training slides, and webinars in English and Spanish

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

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# Thank you for participating in Bite Size!

<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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