



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

Module 7: Grains Component Part A – Crediting Requirements

CSDE
CONNECTICUT STATE DEPARTMENT OF EDUCATION

Connecticut State Department of Education
School Health, Nutrition and Family Services

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Module 7 Topics

Requirements for Grains Component	Covered in
1. Crediting	Part A
2. Whole grain-rich (WGR)	Part B
3. Ounce equivalents	Part C



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Bite Size Training Modules

- Module 1 Introduction 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 Crediting Requirements for Grains

- Grain-based desserts do not credit
- Commercial products must contain a creditable grain as greatest ingredient
- Recipes must be made with creditable grains
- Breakfast cereals cannot exceed 6 grams of sugars per ounce

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Reduce Choking Risk

- Consider age and developmental readiness
 - Plain wheat germ
 - Whole-grain kernels such as rice or wheat berries
 - Crackers and breads with seeds, nut pieces, or whole-grain kernels
 - Breakfast cereals containing nuts, whole-grain kernels, and hard chunks (e.g., granola)
 - Popcorn

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

- Breads and bread products
- Snack products, e.g., crackers, hard pretzels, tortilla chips, and popcorn
- Cereal grains, e.g., brown rice and quinoa
- Ready-to-eat (RTE) breakfast cereals
- Cooked breakfast cereals
- Bread products as ingredient in another menu item
- Pasta products

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A photograph of three young children (two boys and one girl) looking at a plate of desserts. The boy on the left is in the foreground, looking directly at the camera. The girl in the middle and the boy on the right are looking towards the right side of the frame. The plate in front of them contains various desserts, including strawberries, chocolate cake, and brownies.

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The image is a collage of eight circular photographs of desserts, arranged in a 2x4 grid. The top row contains four images: a stack of brownies, a cinnamon roll, a chocolate chip cookie, and a granola bar. The bottom row contains four images: a chocolate cupcake, two pieces of granola, and two donuts (one with chocolate and sprinkles, one with pink frosting and sprinkles). The background is a solid blue color.

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Method 2: Common Perceptions of Food

- Is food thought of or served as a dessert?
- Is it frosted, iced, or dessert-flavored?
- Does it contain custard filling or candy?
- Is it in the shape of a cookie or packaged like a dessert?

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Cannot Rely on Product's Name

“Breakfast Rounds”

“Breakfast Bars”

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Examples of Grain-based Desserts (Not Creditable)				
Brownies	Cakes, including coffee cake and cupcakes	Cereal bars, breakfast bars, and granola bars	Cookies, including vanilla wafers	Doughnuts
Fruit-filled rolls/bars/cookies, e.g., fig bars	Gingerbread	Ice cream cones	Marshmallow cereal treats	Pie crusts of dessert pies, cobblers, and fruit turnovers
Sweet bread puddings	Sweet biscotti, e.g., made with fruits, chocolate, or icing	Sweet croissants, e.g., chocolate filled	Sweet pita chips, e.g., cinnamon-sugar	Sweet rice puddings
Sweet scones, e.g., made with fruits or icing	Sweet rolls, e.g., cinnamon rolls	Toaster pastries		

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Not Grain-based Desserts (Creditable)

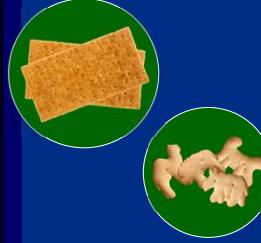
Animal and graham crackers	Muffins	Waffles
Banana bread, zucchini bread, and other quick breads	Pancakes	Savory bread or rice puddings, e.g., made with vegetables, cheese, or herbs
Cornbread	Pie crusts of savory pies, e.g., vegetable pot pie and quiche	Savory scones, e.g., made with vegetables, cheese, or herbs
French Toast	Plain croissants	

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Recommended Limit for Sweet Crackers

■ No more than 2 times per week between all CACFP meals and snacks



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USDA Webpage

Grain-Based Desserts in the CACFP

- Handouts and webinars in English and Spanish

<https://www.fns.usda.gov/tr/grain-based-desserts-cacfp>

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Knowledge Check: Grain-based Desserts

Bite Size: Meeting the Child and Adult Care Food Program (CACFP) and Federal Nutrition Requirements
Module 7A: Grains Component Crediting Requirements

Knowledge Check: Grain-based Desserts

Directions: Indicate if each grain food below is a grain-based dessert

Food	Grain-based dessert?
Animal crackers	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Banana bread with pureed black beans	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No
Biscuit cake	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Cake mix	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Cream cheese	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Cookies	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Doughnuts	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Fruit leather strips and pie	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Graham crackers	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Muffins, e.g., ooey, gooey, and cinnamon	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Pancakes	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Pie crusts of savory pies, such as vegetable pie and quiche	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Pie crusts of savory pies, such as vegetable pie and quiche	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Pies	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Pretzel sticks	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Quiche, pie, and other savory pie and quiche	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Quiche, pie, and other savory pie and quiche	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Quiche, pie, and other savory pie and quiche	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Rice pudding	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Street pie crusts, e.g., oatmeal pie	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No
Wafer sticks	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No

Grain-based desserts do not count as a grains component in the CACFP and preteen meal. For more information, refer to the following resources:

- **Grain-based Desserts in the CACFP - Handout and reference in English and Spanish**
<http://www.fns.usda.gov/tr/grain-based-desserts-cacfp>
- **USDA Major CACFP 10-201: Grain-Based Desserts in the Child and Adult Care Food Program**
<http://www.fns.usda.gov/cacfp-major/grain-based-desserts-child-and-adult-care-food-program>

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https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/BiteSize/Bite_Size_Knowledge_Check_Module_7A_Grain_Based_Desserts.pdf

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Animal Crackers



Grain-based dessert? No

Credit as grains component? Yes *

* Recommend limit for sweet crackers: ≤ twice per week

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Brownies made with Pureed Black Beans



Grain-based dessert? Yes

Credit as grains component? No

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Coffee Cake



Grain-based dessert? **Yes**

Credit as grains component? **No**

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Cereal Bars and Granola Bars



Grain-based dessert? **Yes**

Credit as grains component? **No**

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Cookies



Grain-based dessert? **Yes**

Credit as grains component? **No**

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Doughnuts



Grain-based dessert? **Yes**

Credit as grains component? **No**

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Fruit Cobblers, Crisps, and Pies



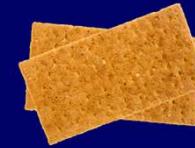
Grain-based dessert? **Yes**

Credit as grains component? **No**

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Graham Crackers



Grain-based dessert? **No**

Credit as grains component? **Yes ***

* Recommend limit for sweet crackers: ≤ twice per week

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Muffins



Examples

- Blueberry
- Cinnamon
- Corn

Grain-based dessert? No

Credit as grains component? Yes

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Pastries



Examples

- Sweet rolls
- Cinnamon buns
- Danish
- Sweet buns
- Eclairs
- Toaster pastries

Grain-based dessert? Yes

Credit as grains component? No

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Rice Pudding



Grain-based dessert? Yes

Credit as grains component? No

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Cinnamon Sugar Pita Chips



Grain-based dessert? Yes

Credit as grains component? No

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Vanilla Wafers



Grain-based dessert? Yes

Credit as grains component? No

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Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch



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Creditable Grains

- Whole grains
- Enriched grains
- Bran
- Germ

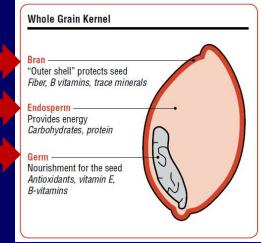


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Whole Grains

Consist of entire grain kernel



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Whole Grains

- Amaranth
- Berries and groats (e.g., wheat berries, rye berries, oat groats, buckwheat groats)
- Brown rice
- Bulgur
- Buckwheat
- Cracked wheat
- Dehulled barley
- Graham flour
- Millet
- Oats
- Quinoa
- Sprouted wheat



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How to Identify Whole Grains

1 Contains “whole” before the grain name

- Whole grain [name of grain, e.g., wheat, rye, oats]
- Whole wheat
- Whole [name of grain]
- Stoneground whole [name of grain]

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How to Identify Whole Grains

1

Ingredients: *Unbleached enriched wheat flour (wheat flour, niacin, iron, thiamine, riboflavin, folic acid)*, canola oil, salt, yeast, malted barley flour, baking soda



Ingredient	Whole grain?
Stone-ground wheat	No
Stone-ground whole wheat	Yes

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How to Identify Whole Grains

2

Other names for whole grains

- Berries, e.g., wheat berries, rye berries
- Groats, e.g., barley groats, wheat groats, oat groats
- Oats and oatmeal (old-fashioned oatmeal, instant oatmeal)
- Graham flour
- Brown rice
- Many other grains, e.g., quinoa, millet, amaranth, buckwheat, sorghum

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How to Identify Whole Grains

3

Whole-wheat products with Food and Drug Administration (FDA) standard of identity

- *Whole-wheat* bread, rolls, and buns
- *Entire wheat* bread, rolls, and buns
- *Graham* bread, rolls, and buns (does not include graham crackers)
- *Whole-wheat* spaghetti, vermicelli, macaroni, and macaroni products



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How to Identify Whole Grains

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Nixtamalized corn

- Soaking/cooking dried corn in an alkaline (slaked lime) solution
- Hominy, masa harina (corn flour), corn masa, and cornmeal
- Review ingredients statement
 - “ground corn with trace of lime”
 - “ground corn treated with lime”



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CSDE Resource

Crediting Whole Grains in the CACFP

Guidance on how to identify whole grains



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

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Enriched Grains

Refined grains and grain products with 5 vitamins and minerals added to replace some nutrients lost during processing

1. Thiamin
2. Riboflavin
3. Niacin
4. Folic acid
5. Iron



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Enriched Grains



Enriched bromated flour

Enriched corn flour

Enriched durum flour

Enriched durum wheat flour

Enriched farina

Enriched rice

Enriched rice flour

Enriched rye flour

Enriched wheat flour

Enriched white flour

Any grains stating “enriched”

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How to Identify Enriched Grains

1. Labeled as *enriched*, e.g., enriched long grain rice
2. Enriched grain is *first* ingredient excluding water

Ingredients: Water, *enriched flour* (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid), sugar, canola oil, eggs, baking soda, salt



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CSDE Resource

Crediting Enriched Grains in the CACFP

- Requirements for enriched grains
- Guidance on how to identify enriched grains



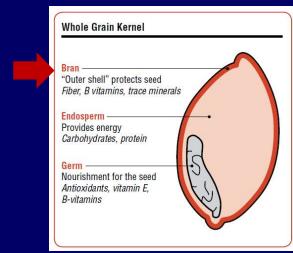
https://portal.ct.gov/-/media/sde/Nutrition/CACFP/Crediting/Credit_Enriched_Grains_CACFP.pdf

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Bran

Seed husk or outer coating of cereal grains

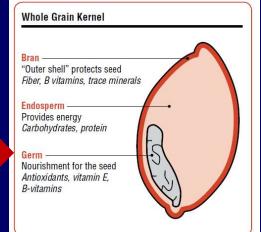


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Germ

Vitamin-rich sprouting section of whole-grain kernel



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Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch



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Crediting Requirements for Breakfast Cereals

1. A *creditable grain* must be the first ingredient OR the cereal must be *fortified*



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How to Identify Fortified Breakfast Cereals

- Contain the 5 enrichment nutrients plus additional vitamins and minerals



Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (caramel color and annatto extract), Vitamin E (mixed tocopherols) **Added to Preserve Freshness.**

Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (mineral nutrients), A B Vitamin (niacinamide), A B Vitamin (calcium pantothenate), Vitamin C (sodium ascorbate), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cobalamin), Vitamin B₂ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin A (palmitate), Vitamin B₁₂, Vitamin D₃

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How to Identify Fortified Breakfast Cereals



■ “Fortified” is listed on the product label **OR**

■ Product’s ingredients statement includes names of added vitamins and minerals

Ingredients: Whole Grain Oats, Whole Grain Corn, Sugar, Corn Starch, Corn Bran, Whole Wheat, Natural Flavors, Salt, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (carafe of blue), Natural and Artificial Flavors, Preservatives, Artificial and Natural Flavors, Artificial Colors Added to Preserve Freshness, Vitamins and Minerals: Calcium, Phosphorus, Iron, Zinc, Magnesium, A & D Vitamins (ascorbate), A & D Vitamin (calcium ascorbate), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₁₂ (cyanocobalamin), Vitamin B₂ (thiamine mononitrate), A & D Vitamin (beta carotene), Vitamin A (palmitate), Vitamin B₆, Vitamin D₃.

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Crediting Requirements for Breakfast Cereals



1. A **creditable grain** must be first ingredient **OR** cereal must be **fortified**

2. **Sugar limit:** ≤ 6 grams of sugars per dry ounce

- Applies to cereals as purchased

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Methods to Determine if Cereals Meet Sugar Limit

1. WIC foods list
2. USDA’s sugar limit chart
3. Calculate using Nutrition Facts label

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Methods to Determine if Cereals Meet Sugar Limit

1



Any state’s WIC list of approved cereals

<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

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Methods to Determine if Cereals Meet Sugar Limit

2

USDA’s sugar limit chart

Choose Breakfast Cereals that are Lower in Sugar

Try It Out!

Sugar Limits in Cereal	
Serving Size	Total Sugars
If the serving size is:	10 grams or less
1-2 grams	1 gram
3-7 grams	2 grams
8-10 grams	3 grams
11-14 grams	4 grams
15-17 grams	5 grams
18-21 grams	6 grams
22-25 grams	7 grams
26-29 grams	8 grams
30-33 grams	9 grams
34-36 grams	10 grams
37-39 grams	11 grams
40-46 grams	12 grams
47-50 grams	13 grams
51-59 grams	14 grams
60-69 grams	15 grams
70-79 grams	16 grams
80-89 grams	17 grams
90-100 grams	18 grams

https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFP_Worksheet_Choose_Breakfast_Cereals_Lower_Sugar.pdf

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Methods to Determine if Cereals Meet Sugar Limit

3

Calculate using Nutrition Facts label

- Divide **weight of sugars (grams)** by **weight of serving (ounces)**
- If serving weight is in **grams**, **convert to ounces**: divide grams by 28.35

Nutrition Facts

Nutrition Facts	
Per Serving	Percent Daily Value
Calories 120	5%
Calories from Fat 40	33%
Total Fat 4.5g	6%
Saturated Fat 1.0g	5%
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 20g	7%
Dietary Fiber 0g	0%
Other Carbohydrate 20g	7%

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Example of Method 3		
Nutrition Facts		$30 \text{ grams} \div 28.35 = 1.1 \text{ ounces}$
Serving Size $\frac{1}{3}$ cup (30g)		
Serving Per Container about 15		
Amount Per Serving	Cereal	
Calories 100	100	
Calories from Fat 5	5	
% Daily Value*		
Total Fat 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Polyunsaturated Fat 0g		
Monounsaturated Fat 0g		
Cholesterol 0mg	0%	
Sodium 140mg	6%	
Potassium 90mg	3%	
Total Carbohydrate 22g	7%	
Dietary Fiber 3g	11%	
Sugars 5g		
Other Carbohydrate 14g		
Protein 3g		
A	Sugars (grams)	5
B	Serving size (ounces)	1.1
C	Grams per ounce (Divide A by B)	4.5
D	$\leq 6 \text{ grams/ounce?}$	Yes

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USDA Webpage

Choose Breakfast Cereals That Are Lower in Added Sugars

Handouts, training slides, and webinars in English and Spanish



United States Department of Agriculture



Choose Breakfast Cereals That Are Lower in Sugar

Breakfast cereals can be a healthy choice. But many cereals have a lot of added sugars. Check the Nutrition Facts label to find cereals with lower added sugars.

Yummy Brand Cereal

Nutrition Facts	
Serving size 1 cup (290g)	
Serving size 1 cup (290g)	
Calories 100	
% Daily Value	
Total Fat 1.5g	
0% DV	
Saturated Fat 0g	
0% DV	
Cholesterol 0mg	
0% DV	
Sodium 10mg	
0% DV	
Total Carbohydrates 20g	
11% DV	
Dietary Fiber 3g	
11% DV	
Sugars 16g	
8% DV	
Protein 6g	
11% DV	

Yummy Brand Cereal

Check the Nutrition Facts label to find cereals with lower added sugars.

4 Look at the label, look at the serving size, and look at the amount of added sugars. If the cereal has a lot of added sugars, it's not a healthy choice.

Sharing this page can help you choose cereals with lower added sugars.

5 Yes No

6 Yes No

7 Yes No

8 Yes No

9 Yes No

10 Yes No

11 Yes No

12 Yes No

13 Yes No

14 Yes No

15 Yes No

16 Yes No

17 Yes No

18 Yes No

19 Yes No

20 Yes No

21 Yes No

22 Yes No

23 Yes No

24 Yes No

25 Yes No

26 Yes No

27 Yes No

28 Yes No

29 Yes No

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187 Yes No

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196 Yes No

197 Yes No

198 Yes No

199 Yes No

200 Yes No

201 Yes No

202 Yes No

203 Yes No

204 Yes No

205 Yes No

206 Yes No

207 Yes No

208 Yes No

209 Yes No

210 Yes No

211 Yes No

212 Yes No

213 Yes No

214 Yes No

215 Yes No

216 Yes No

217 Yes No

218 Yes No

219 Yes No

220 Yes No

221 Yes No

222 Yes No

223 Yes No

224 Yes No

225 Yes No

226 Yes No

227 Yes No

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254 Yes No

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256 Yes No

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258 Yes No

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266 Yes No

267 Yes No

268 Yes No

269 Yes No

270 Yes No

271 Yes No

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273 Yes No

274 Yes No

275 Yes No

276 Yes No

277 Yes No

278 Yes No

279 Yes No

280 Yes No

281 Yes No

282 Yes No

283 Yes No

284 Yes No

285 Yes No

286 Yes No

287 Yes No

288 Yes No

289 Yes No

290 Yes No

291 Yes No

292 Yes No

293 Yes No

294 Yes No

295 Yes No

296 Yes No

297 Yes No

298 Yes No

299 Yes No

300 Yes No

301 Yes No

302 Yes No

303 Yes No

304 Yes No

305 Yes No

306 Yes No

307 Yes No

308 Yes No

309 Yes No

310 Yes No

311 Yes No

312 Yes No

313 Yes No

314 Yes No

315 Yes No

316 Yes No

317 Yes No

318 Yes No

319 Yes No

320 Yes No

321 Yes No

322 Yes No

323 Yes No

324 Yes No

325 Yes No

326 Yes No

327 Yes No

328 Yes No

329 Yes No

330 Yes No

331 Yes No

332 Yes No

333 Yes No

334 Yes No

335 Yes No

336 Yes No

337 Yes No

338 Yes No

339 Yes No

340 Yes No

341 Yes No

342 Yes No

343 Yes No

344 Yes No

345 Yes No

346 Yes No

347 Yes No

348 Yes No

349 Yes No

350 Yes No

351 Yes No

352 Yes No

353 Yes No

354 Yes No

355 Yes No

356 Yes No

357 Yes No

358 Yes No

359 Yes No

360 Yes No

361 Yes No

362 Yes No

363 Yes No

364 Yes No

365 Yes No

366 Yes No

367 Yes No

368 Yes No

369 Yes No

370 Yes No

371 Yes No

372 Yes No

373 Yes No

374 Yes No

375 Yes No

376 Yes No

377 Yes No

378 Yes No

379 Yes No

380 Yes No

381 Yes No

382 Yes No

383 Yes No

384 Yes No

385 Yes No

386 Yes No

387 Yes No

388 Yes No

389 Yes No

390 Yes No

391 Yes No

392 Yes No

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394 Yes No

395 Yes No

396 Yes No

397 Yes No

398 Yes No

399 Yes No

400 Yes No

401 Yes No</

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Crediting Requirements for Commercial Grain Products

- A creditable grain must be *first* ingredient
- If water is the first ingredient, the *next* ingredient must be a creditable grain



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A collage of various grain-based foods, including a loaf of whole grain bread, several crackers, a bowl of cereal, and a variety of pasta shapes like shells and farfalle.

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Example 1: Oatmeal Bread

Ingredients: *Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, oats, sugar, yeast, soybean oil, contains 2% or less of: wheat gluten, salt, monoglycerides, calcium propionate and sorbic acid to extend freshness, malted barley flour, soy lecithin



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Example 2: English Muffin

Ingredients: Water, **whole wheat flour**, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate



Yes

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Example: Italian Bread

Ingredients: **Semolina flour**, enriched durum wheat flour (durum wheat flour, ferrous sulfate, niacin, thiamine mononitrate, riboflavin, folic acid), contains 2 percent or less of: sesame seeds, salt, malt syrup, cultured wheat starch, distilled vinegar, yeast, citric acid, malted barley flour

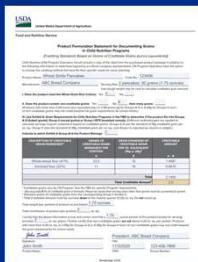


No

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Required Crediting Documentation



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- If ingredients statement does not provide sufficient information, must obtain **product formulation statement (PFS)** from manufacturer

4 Situations When PFS is Required

Creditable grain is **not first ingredient** but more than 1 creditable grain

Commercial combination food is **not CN labeled**

Manufacturer claims serving is **less** than amount in USDA's Exhibit A chart

Products **not listed** in USDA's Exhibit A chart

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When PFS is Required

Creditable grain is **not first ingredient** but more than 1 creditable grain

Ingredients: **Wheat flour, enriched flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], whole wheat flour, sugar, wheat gluten, yeast, soybean oil, salt**



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When PFS is Required

Commercial combination food is **not CN labeled**



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When PFS is Required

Manufacturer claims serving is **less** than amount in USDA's Exhibit A chart



- Refer to CSDE's *Grain Ounce Equivalents for the CACFP*

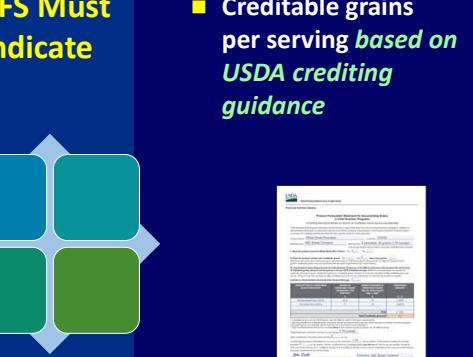
Grain Ounce Equivalents for the CACFP	
Group A: Whole grains Breads, tortillas Cereals, cereal bars, cereal sticks and cereal bars Cakes, muffins, breads Grains, rice, pasta, flour, cornmeal, grits Grains, rice, pasta, flour, cornmeal, grits	On-the-Spot Group A: 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits Group B: Bagels Cereals Cereals, cereal bars, cereal sticks and cereal bars Cakes, muffins, breads Grains, rice, pasta, flour, cornmeal, grits Grains, rice, pasta, flour, cornmeal, grits On-the-Spot Group B: 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits Group C: Bagels Cereals Cereals, cereal bars, cereal sticks and cereal bars Cakes, muffins, breads Grains, rice, pasta, flour, cornmeal, grits Grains, rice, pasta, flour, cornmeal, grits On-the-Spot Group C: 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits Group D: Bagels Cereals Cereals, cereal bars, cereal sticks and cereal bars Cakes, muffins, breads Grains, rice, pasta, flour, cornmeal, grits Grains, rice, pasta, flour, cornmeal, grits On-the-Spot Group D: 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits Group E: Bagels Cereals Cereals, cereal bars, cereal sticks and cereal bars Cakes, muffins, breads Grains, rice, pasta, flour, cornmeal, grits Grains, rice, pasta, flour, cornmeal, grits On-the-Spot Group E: 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits Group F: Bagels Cereals Cereals, cereal bars, cereal sticks and cereal bars Cakes, muffins, breads Grains, rice, pasta, flour, cornmeal, grits Grains, rice, pasta, flour, cornmeal, grits On-the-Spot Group F: 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits 1 serving = 1/2 ounce whole grain, bread, cereal, cake, muffin, flour, cornmeal, grits

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

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When PFS is Required

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PFS Must Indicate

- Creditable grains per serving *based on USDA crediting guidance*

A screenshot of a document titled "Request for Certification of School Nutrition Program". The document includes a header with the USDA logo and the text "Request for Certification of School Nutrition Program". It contains several sections of text and tables, including a table for "List of Items to be Certified" and a table for "List of Items to be Excluded from Certification". At the bottom, there is a "Signature" section with fields for "Signature" and "Title".

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- *Verify accuracy* of PFS before including product in reimbursable meals
- Maintain crediting documentation on file



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CSDE Resource

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A collage of various grain-based foods, including a loaf of whole grain bread, a bowl of cereal, a plate of pasta, and a serving of rice, illustrating the different types of foods covered by the credit requirements.

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Crediting Requirements for Combination Foods

- Creditable grain must be first *grain* ingredient
- *Separate grain portion*: Creditable grain must be first ingredient in *grain portion*



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Example 1: Combination Food with Ingredients Listed Together

Ingredients: Boneless, skinless chicken breast with rib meat, water, *whole wheat flour*, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breading set in vegetable oil.



Yes

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Example 2: Combination Food with Grain Portion Listed Separately

Ingredients: Chicken, water, salt, and natural flavor. Breaded with: *white whole-wheat flour*, water, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.



Yes

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Different Crediting Requirements

- Breakfast cereals
- Commercial grain products
- Commercial combination foods
- Grain foods made from scratch



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Crediting Requirements for Grain Foods Made from Scratch

- Recipes must document crediting information
 - *Grain foods* must be made with creditable grains
 - *Grain portion* of combination foods must be made with creditable grains



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Crediting Requirements for Grain Foods Made from Scratch

- Crediting information = recipe's *ounce equivalents* per serving
 - grams of creditable grains per serving **OR**
 - weight of cooked serving



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CSDE Resource

Calculation Methods for Grains Ounce Equivalents in the CACFP

- Method 1: weight or volume in USDA's Exhibit A chart
- Method 2: grams of creditable grains

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

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USDA Resource

Determining Ounce Equivalents of Grains in CACFP Recipes

English and Spanish

<https://www.fns.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes>

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USDA Resource

FBG Recipe Analysis Workbook (RAW): Standardized Recipes

- Determines meal pattern contributions of recipes
- Must create free eAuth Account

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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More Resources

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CSDE Resource

How to Identify Creditable Grains in the CACFP

- Crediting criteria for commercial products and grain foods made from scratch
- Flow charts with steps for identifying creditable products

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

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CSDE Webpage

Grain Crediting Worksheets

- Commercial Grain Products
- RTE Breakfast Cereals
- Cooked Breakfast Cereals
- Quantity Recipes
- Family-size Recipes

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

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CSDE Webpage

Crediting Foods in CACFP Child Care Programs

Grains Component for CACFP Child Care Programs

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 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#Grains>

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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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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

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