


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

Module 7: Grains Component
Part A – Crediting Requirements




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

Connecticut State Department of Education • Revised June 2022

1


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



Connecticut State Department of Education • Revised June 2022

2



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>

Connecticut State Department of Education • Revised June 2022

3

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

Connecticut State Department of Education • Revised June 2022

4

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>

Connecticut State Department of Education • Revised June 2022

5

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



Connecticut State Department of Education • Revised June 2022

6

Grain-based Desserts Do Not Credit



- Commercial products
- Foods made from scratch
- WGR products and recipes

Connecticut State Department of Education • Revised June 2022

7

Methods to Identify Grain-based Desserts



Connecticut State Department of Education • Revised June 2022

8

Method 1: USDA's Exhibit A Chart

Grain Requirements for Child Nutrition Programs

- Indicated in red with footnote 3 or 4

Group 1	Item Description	Item Description
Cereals	Cornmeal	100% whole grain flour
	Cracked corn	100% whole grain flour
	Flour	100% whole grain flour
	Whole wheat flour	100% whole grain flour
Breads	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
Cakes	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
Desserts	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour
	Cracked corn	100% whole grain flour


<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Connecticut State Department of Education • Revised June 2022

9

Method 2: Common Perceptions of Food

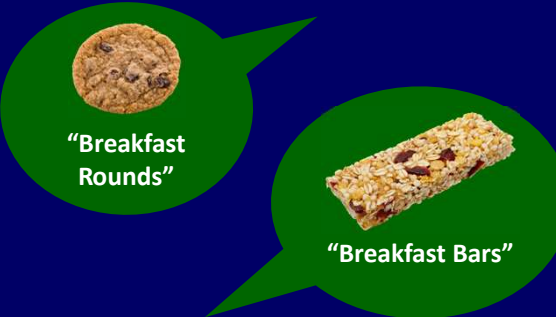
- Is food thought of or served as a dessert?
- Is it frosted, iced, or dessert-flavored?
- Does it contain custard filling or candy?
- Is it in the shape of a cookie or packaged like a dessert?



Connecticut State Department of Education • Revised June 2022

10

Cannot Rely on Product's Name



Connecticut State Department of Education • Revised June 2022

11

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		

Connecticut State Department of Education • Revised June 2022

12

Not Grain-based Desserts (Creditable)

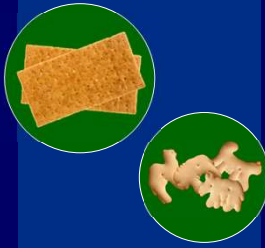
- Animal and graham crackers
- Muffins
- Waffles
- Banana bread, zucchini bread, and other quick breads
- Pancakes
- Savory bread or rice puddings, e.g., made with vegetables, cheese, or herbs
- Cornbread
- Pie crusts of savory pies, e.g., vegetable pot pie and quiche
- Savory scones, e.g., made with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

Connecticut State Department of Education • Revised June 2022

13

Recommended Limit for Sweet Crackers

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



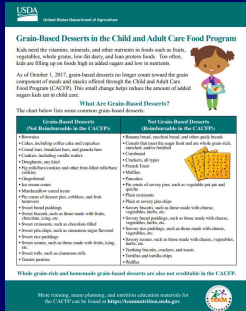
Connecticut State Department of Education • Revised June 2022

14

USDA Webpage

Grain-Based Desserts in the CACFP

- Handouts and webinars in English and Spanish

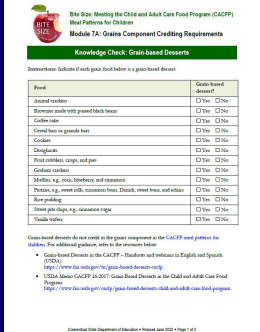


<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Connecticut State Department of Education • Revised June 2022

15

Knowledge Check: Grain-based Desserts



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

Connecticut State Department of Education • Revised June 2022

16

Animal Crackers



Grain-based dessert? **No**

Credit as grains component? **Yes ***

* Recommend limit for sweet crackers: ≤ twice per week

Connecticut State Department of Education • Revised June 2022

17

Brownies made with Pureed Black Beans



Grain-based dessert? **Yes**

Credit as grains component? **No**

Connecticut State Department of Education • Revised June 2022

18

Coffee Cake




Grain-based dessert? Yes

Credit as grains component? No

Connecticut State Department of Education • Revised June 2022

19

Cereal Bars and Granola Bars




Grain-based dessert? Yes

Credit as grains component? No

Connecticut State Department of Education • Revised June 2022

20

Cookies




Grain-based dessert? Yes

Credit as grains component? No

Connecticut State Department of Education • Revised June 2022

21

Doughnuts




Grain-based dessert? Yes

Credit as grains component? No

Connecticut State Department of Education • Revised June 2022

22

Fruit Cobblers, Crisps, and Pies




Grain-based dessert? Yes

Credit as grains component? No

Connecticut State Department of Education • Revised June 2022

23

Graham Crackers



Grain-based dessert? No

Credit as grains component? Yes *

* Recommend limit for sweet crackers: ≤ twice per week

Connecticut State Department of Education • Revised June 2022

24

Muffins



Examples

- Blueberry
- Cinnamon
- Corn


Grain-based dessert? **No**

Credit as grains component? **Yes**

Connecticut State Department of Education • Revised June 2022

25

Pastries



Examples

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

Grain-based dessert? **Yes**

Credit as grains component? **No**

Connecticut State Department of Education • Revised June 2022

26

Rice Pudding




Grain-based dessert? **Yes**

Credit as grains component? **No**

Connecticut State Department of Education • Revised June 2022

27

Cinnamon Sugar Pita Chips




Grain-based dessert? **Yes**

Credit as grains component? **No**

Connecticut State Department of Education • Revised June 2022

28

Vanilla Wafers




Grain-based dessert? **Yes**

Credit as grains component? **No**

Connecticut State Department of Education • Revised June 2022

29

Different Crediting Requirements




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

Connecticut State Department of Education • Revised June 2022

30

Creditable Grains

- Whole grains
- Enriched grains
- Bran
- Germ

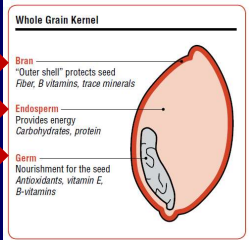


Connecticut State Department of Education • Revised June 2022

31

Whole Grains

Consist of entire grain kernel




Connecticut State Department of Education • Revised June 2022

32

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



Connecticut State Department of Education • Revised June 2022

33

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]

Connecticut State Department of Education • Revised June 2022

34

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 <i>whole</i> wheat	Yes

Connecticut State Department of Education • Revised June 2022

35

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

Connecticut State Department of Education • Revised June 2022


36

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



Connecticut State Department of Education • Revised June 2022

37

How to Identify Whole Grains

4

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”



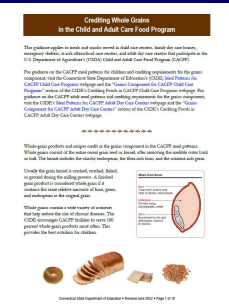
Connecticut State Department of Education • Revised June 2022

38

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


Connecticut State Department of Education • Revised June 2022

39

Enriched Grains

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

- Thiamin
- Riboflavin
- Niacin
- Folic acid
- Iron




Connecticut State Department of Education • Revised June 2022

40

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”




Connecticut State Department of Education • Revised June 2022

41

How to Identify Enriched Grains

- Labeled as *enriched*, e.g., enriched long grain rice
- 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



Connecticut State Department of Education • Revised June 2022

42

CSDE Resource

Crediting Enriched Grains in the CACFP

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

Crediting Enriched Grains in the Child and Adult Care Food Program

The guidance applies to meals and snacks served to child care centers, family day care homes, and group day care centers. It also applies to the program in the 15 Department of Education (SDE) Child and Adult Care Food Program (CACFP).

The guidance in the CACFP and guidance for address and labeling requirements for the grain, enrichment and the Department of Health Services (DHS) Child and Adult Care Food Program (CACFP) are the same. The Department of Health Services (DHS) Child and Adult Care Food Program (CACFP) and the Department of Education (SDE) Child and Adult Care Food Program (CACFP) are the same. The Department of Health Services (DHS) Child and Adult Care Food Program (CACFP) and the Department of Education (SDE) Child and Adult Care Food Program (CACFP) are the same.

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

Connecticut State Department of Education • Revised June 2022

43

Bran

Seed husk or outer coating of cereal grains

Whole Grain Kernel

Bran — "Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm — Provides energy
Carbohydrates, protein

Germ — Nourishment for the seed
Antioxidants, vitamin E, B-vitamins

Connecticut State Department of Education • Revised June 2022

44

Germ

Vitamin-rich sprouting section of whole-grain kernel

Whole Grain Kernel

Bran — "Outer shell" protects seed
Fiber, B vitamins, trace minerals

Endosperm — Provides energy
Carbohydrates, protein

Germ — Nourishment for the seed
Antioxidants, vitamin E, B-vitamins

Connecticut State Department of Education • Revised June 2022

45

Different Crediting Requirements

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

Connecticut State Department of Education • Revised June 2022

46

Crediting Requirements for Breakfast Cereals

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

Connecticut State Department of Education • Revised June 2022

47

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 B₂** (riboflavin), **Vitamin B₁** (thiamin mononitrate), **A B Vitamin** (folic acid), **Vitamin A** (palmitate), **Vitamin B₁₂**, **Vitamin D₃**.

Connecticut State Department of Education • Revised June 2022

48

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 Bran, Corn Bran, Whole Grain Rice, Whole Grain Sorghum, Whole Grain Millet, Brown Sugar Syrup, Salt, Tripotassium Phosphate, Color (natural color and synthetic colors), Vitamin E (mixed tocopherols) Added to Preserve Freshness.

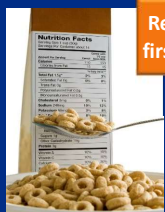
Vitamins and Minerals: Calcium Carbonate, Zinc and Iron (elemental), A & B Vitamins (Niacinamide), A & B Vitamin (calcium pantothenate), Vitamin C (ascorbic acid), Vitamin B₆, pyridoxine hydrochloride, Vitamin B₁₂, folic acid, Vitamin B₁ (thiamine mononitrate), A & B Vitamins (nicotinic acid), Vitamin A (retinol), Vitamin B₁₂, Vitamin D.

Connecticut State Department of Education • Revised June 2022

49

Crediting Requirements for Breakfast Cereals

- A **creditable grain** must be first ingredient **OR** cereal must be **fortified**
- Sugar limit:** ≤ 6 grams of sugars per dry ounce
 - Applies to cereals as purchased



Review first

Connecticut State Department of Education • Revised June 2022

50



Methods to Determine if Cereals Meet Sugar Limit

- WIC foods list
- USDA's sugar limit chart
- Calculate using Nutrition Facts label

Connecticut State Department of Education • Revised June 2022

51

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>

Connecticut State Department of Education • Revised June 2022

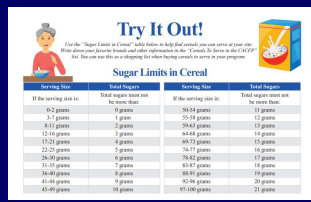
52

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!

For the "Sugar Limit in Cereal" table below to help you understand how to use the chart, please refer to the "How to Use the Chart" section on the "Sugar Limits in Cereal" page. For more information on choosing cereals for your program, please refer to the "How to Use the Chart" section on the "Sugar Limits in Cereal" page.

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

Connecticut State Department of Education • Revised June 2022


53

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



Connecticut State Department of Education • Revised June 2022

54

Example of Method 3

Nutrition Facts

Serving Size 3/4 cup (30g)
Servings 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	

$30 \text{ grams} + 28.35 = 1.1 \text{ ounces}$

A	Sugars (grams)	5
B	Serving size (ounces)	1.1
C	Grams per ounce (Divide A by B)	4.5
D	≤ 6 grams/ounce?	Yes

Connecticut State Department of Education • Revised June 2022

55

CSDE Resource

Crediting Breakfast Cereals in the CACFP

- Requirements for crediting breakfast cereals
- How to identify creditable and WGR products
- Meeting sugar limit

Crediting Breakfast Cereals in the Child and Adult Care Food Program

This guidance applies to meals and snacks served to children in child care centers, family day care homes, emergency shelters, and congregate care facilities, and child care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP).

The guidance in the CACFP meal patterns for children and crediting requirements for the grain component, Adult Care Centers, Child Care Centers, and Child Care Programs (CACFP) are found in the USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component. For guidance on the CACFP adult meal patterns and crediting requirements for the grain component, see the USDA's Adult Meal Patterns for CACFP Adult Day Care Centers and the "Adult Component in the CACFP Adult Day Care Centers" section of the USDA's Crediting Products in CACFP Adult Day Care Centers webpage.

*This table is intended to help you determine if breakfast cereals qualify for the grain component in the CACFP meal patterns. The USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component are found in the USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component. For guidance on the CACFP adult meal patterns and crediting requirements for the grain component, see the USDA's Adult Meal Patterns for CACFP Adult Day Care Centers and the "Adult Component in the CACFP Adult Day Care Centers" section of the USDA's Crediting Products in CACFP Adult Day Care Centers webpage.

To verify if the CACFP meal patterns, breakfast cereals must:

- contain a minimum of 3 grams of whole grain, or
- be made from whole grain flour, or
- contain at least 1 gram of protein per dry ounce.

*This table is intended to help you determine if breakfast cereals qualify for the grain component in the CACFP meal patterns. The USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component are found in the USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component. For guidance on the CACFP adult meal patterns and crediting requirements for the grain component, see the USDA's Adult Meal Patterns for CACFP Adult Day Care Centers and the "Adult Component in the CACFP Adult Day Care Centers" section of the USDA's Crediting Products in CACFP Adult Day Care Centers webpage.

Connecticut State Department of Education • Revised June 2022

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

Connecticut State Department of Education • Revised June 2022

56

USDA Webpage

Choose Breakfast Cereals That Are Lower in Added Sugars

Handouts, training slides, and webinars in English and Spanish

USDA
U.S. Department of Agriculture

Choose Breakfast Cereals That Are Lower in Sugar

If you're looking for a cereal that is lower in sugar, look for a cereal that has a sugar content of 5 grams or less per serving. This is the amount of sugar that is added to the cereal, not the natural sugars found in the cereal.

1. Look for the Nutrition Facts label on the cereal box.

2. Find the Serving Size and Servings Per Container on the label.

3. Look for the amount of added sugar in grams on the label.

4. In the table, look for the amount of added sugar in grams. The amount of added sugar in grams is listed in the "Sugars" row. The amount of added sugar in grams is listed in the "Sugars" row.

Yummy Brand Cereal	
Nutrition Facts	
Serving Size 1/2 Cup (30g)	
Calories 100	
Total Fat 1g	
Saturated Fat 0g	
Trans Fat 0g	
Polyunsaturated Fat 0g	
Monounsaturated Fat 0g	
Cholesterol 0mg	
Sodium 140mg	
Total Carbohydrate 22g	
Dietary Fiber 3g	
Sugars 5g	
Other Carbohydrate 14g	
Protein 3g	

*This table is intended to help you determine if breakfast cereals qualify for the grain component in the CACFP meal patterns. The USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component are found in the USDA's Child and Adult Care Food Program (CACFP) meal patterns for children and crediting requirements for the grain component. For guidance on the CACFP adult meal patterns and crediting requirements for the grain component, see the USDA's Adult Meal Patterns for CACFP Adult Day Care Centers and the "Adult Component in the CACFP Adult Day Care Centers" section of the USDA's Crediting Products in CACFP Adult Day Care Centers webpage.

Connecticut State Department of Education • Revised June 2022


<https://www.fns.usda.gov/tn/choose-breakfast-cereals-are-lower-sugar>

Connecticut State Department of Education • Revised June 2022

57

Different Crediting Requirements

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







Connecticut State Department of Education • Revised June 2022

58

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







Connecticut State Department of Education • Revised June 2022

59

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




Yes

Connecticut State Department of Education • Revised June 2022

60

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

Connecticut State Department of Education • Revised June 2022

61

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

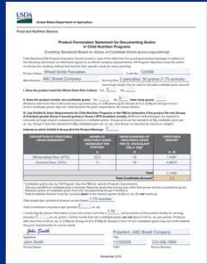


No

Connecticut State Department of Education • Revised June 2022

62

Required Crediting Documentation



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

Connecticut State Department of Education • Revised June 2022

63

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


Connecticut State Department of Education • Revised June 2022

64

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*





Connecticut State Department of Education • Revised June 2022

65

When PFS is Required

Commercial combination food is *not CN labeled*



Connecticut State Department of Education • Revised June 2022

66

When PFS is Required

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

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

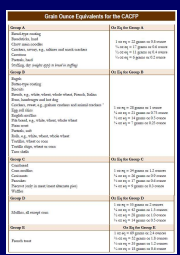
https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Oz_Eq_CACFP.pdf

Connecticut State Department of Education • Revised June 2022

67

When PFS is Required

Product is *not listed* in USDA's Exhibit A chart



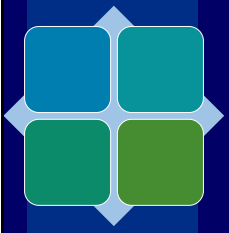

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Grain_Oz_Eq_CACFP.pdf

Connecticut State Department of Education • Revised June 2022

68

PFS Must Indicate

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

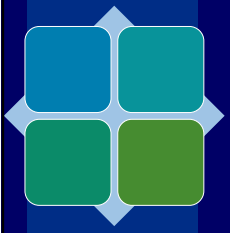




Connecticut State Department of Education • Revised June 2022

69

CACFP Facilities Should

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

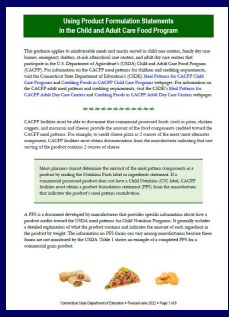
Connecticut State Department of Education • Revised June 2022

70

CSDE Resource

Using Product Formulation Statements in the CACFP

Required information and how to review PFS




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

Connecticut State Department of Education • Revised June 2022

71

Different Crediting Requirements

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




Connecticut State Department of Education • Revised June 2022

72

Crediting Requirements for Combination Foods

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



Connecticut State Department of Education • Revised June 2022

73

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

Connecticut State Department of Education • Revised June 2022

74

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

Connecticut State Department of Education • Revised June 2022

75

Different Crediting Requirements

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




Connecticut State Department of Education • Revised June 2022

76

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




Connecticut State Department of Education • Revised June 2022

77

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



Connecticut State Department of Education • Revised June 2022

78

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

Calculation Methods for Grains Ounce Equivalents in the Child and Adult Care Food Program

Overview of Crediting Requirements for Grains

The USDA's Food Buying Guide for Child Nutrition Programs provides guidelines for crediting grains to the CACFP. Grains are a key component of a healthy diet and are an important part of the CACFP menu. Grains are divided into whole grains and refined grains. Whole grains are made from the entire grain, including the bran, germ, and endosperm. Refined grains are made from the endosperm only. The USDA's Food Buying Guide provides information on how to identify whole grains and refined grains. The USDA's Food Buying Guide also provides information on how to identify whole grain products and refined grain products. The USDA's Food Buying Guide also provides information on how to identify whole grain products and refined grain products. The USDA's Food Buying Guide also provides information on how to identify whole grain products and refined grain products.



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

Connecticut State Department of Education • Revised June 2022

79

USDA Resource

Determining Ounce Equivalents of Grains in CACFP Recipes

English and Spanish

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes

Grains prepared from scratch can be a wonderful addition to Child and Adult Care Food Program (CACFP) menus. There are many ways to measure the amount of grains required for CACFP meals and snacks, which are listed in ounce equivalents (e.g., One ounce equivalent (oz eq) is equal to 16 grams of grains).

To determine how many oz eq of grains are in one serving of a recipe, you can:

- Complete the Printable Grains Worksheet on page 6.
- Weight one serving of the grain. Change the weight of the grain (shown) listed in the USDA's Food Buying Guide for Child and Adult Care Food Programs (FDBG) to the weight of the grain you measured. Then, use the USDA's Food Buying Guide for Child and Adult Care Food Programs (FDBG) to determine the ounce equivalent of the grain you measured.

USDA's Food Buying Guide for Child and Adult Care Food Programs (FDBG) • Revised June 2022

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

Connecticut State Department of Education • Revised June 2022

80

USDA Resource

FBG Recipe Analysis Workbook (RAW): Standardized Recipes

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

USDA Food Buying Guide for Child Nutrition Programs

Create Recipe Analysis Workbook (RAW)

Search Food Ingredients

Food ingredients Selector for Recipe

Search Results

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

Connecticut State Department of Education • Revised June 2022

81



More Resources

Connecticut State Department of Education • Revised June 2022

82

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

How to Identify Creditable Grains for the Child and Adult Care Food Program

The USDA's Food Buying Guide for Child Nutrition Programs provides guidelines for crediting grains to the CACFP. Grains are a key component of a healthy diet and are an important part of the CACFP menu. Grains are divided into whole grains and refined grains. Whole grains are made from the entire grain, including the bran, germ, and endosperm. Refined grains are made from the endosperm only. The USDA's Food Buying Guide provides information on how to identify whole grains and refined grains. The USDA's Food Buying Guide also provides information on how to identify whole grain products and refined grain products. The USDA's Food Buying Guide also provides information on how to identify whole grain products and refined grain products. The USDA's Food Buying Guide also provides information on how to identify whole grain products and refined grain products.



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

Connecticut State Department of Education • Revised June 2022

83

CSDE Webpage

Grain Crediting Worksheets

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

CSDE Crediting Worksheets for CACFP Child Care Programs

Worksheets 1-6 evaluate foods for compliance with the CACFP meal patterns for children. Worksheets 7-10 evaluate foods for compliance with the CACFP meal patterns for adults and children. Worksheets 11-13 evaluate foods for compliance with the CACFP meal patterns for infants and toddlers. Worksheets 14-16 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 17-19 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 20-22 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 23-25 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 26-28 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 29-31 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 32-34 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 35-37 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 38-40 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 41-43 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 44-46 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 47-49 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 50-52 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 53-55 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 56-58 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 59-61 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 62-64 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 65-67 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 68-70 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 71-73 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 74-76 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 77-79 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 80-82 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 83-85 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 86-88 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 89-91 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 92-94 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 95-97 evaluate foods for compliance with the CACFP meal patterns for children and adults. Worksheets 98-100 evaluate foods for compliance with the CACFP meal patterns for children and adults.

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

Connecticut State Department of Education • Revised June 2022

84

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 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#Grains>

Connecticut State Department of Education • Revised June 2022

85

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>

Connecticut State Department of Education • Revised June 2022

86

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

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

This institution is an equal opportunity provider.

Connecticut State Department of Education • Revised June 2022

87

The Connecticut State Department of Education is committed to a policy of affirmative action/ equal opportunity for all qualified persons. The Connecticut Department of Education does not discriminate in any employment practice, education program, or educational activity on the basis of age, ancestry, color, civil air patrol status, criminal record (in state employment and licensing), gender identity or expression, genetic information, intellectual disability, learning disability, marital status, mental disability (past or present), national origin, physical disability (including blindness), race, religious creed, retaliation for previously opposed discrimination or coercion, sex (pregnancy or sexual harassment), sexual orientation, veteran status or workplace hazards to reproductive systems, unless there is a bona fide occupational qualification excluding persons in any of the aforementioned protected classes.

Inquiries regarding the Connecticut State Department of Education's nondiscrimination policies should be directed to: Levy Gillespie, Equal Employment Opportunity Director/Americans with Disabilities Coordinator (ADA), Connecticut State Department of Education, 450 Columbus Boulevard, Suite 505, Hartford, CT 06103, 860-807-2071, levy.gillespie@ct.gov.

Connecticut State Department of Education • Revised June 2022

88