



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

Module 5: Fruits Component

Answer Key for Knowledge Check: Crediting Canned Fruits

The [CACFP meal patterns for children](#) require a limit for juice. Juice may credit as either the vegetables component or the fruits component at only one meal or snack per day. For each type of canned fruit listed below, check “Yes” or “No” to indicate if the ½-cup serving credits as ½ cup of fruits component and if it counts toward juice limit.

Menu item	Credits as ½ cup of fruits component?	Counts toward juice limit?	Explanation
½ cup of canned fruit in 100 percent juice	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	A serving of canned fruit may include the juice. If the menu planner credits the juice from canned fruit toward the fruits component, it also counts toward the juice limit.
½ cup of canned fruit in water	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Water does not credit toward the fruits component or the juice limit. To credit as ½ cup of the fruits component, the serving must contain ½ cup of canned fruit, not including the water.
½ cup of canned fruit in syrup *	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	Syrup does not credit toward the fruits component or the juice limit. To credit as ½ cup of the fruits component, the serving must contain ½ cup of canned fruit, not including the syrup.
½ cup of drained canned fruit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No	A serving of canned fruit may be drained. Since the juice is drained, the canned fruit does not count toward the juice limit.
* Canned fruits in heavy syrup have a higher added sugar content than other types of canned fruits. The U.S. Department of Agriculture (USDA) recommends choosing fruits canned in juice, water, or light syrup.			

For more information on the juice requirements for the CACFP meal patterns, refer to the Connecticut State Department of Education’s (CSDE) resource, [Crediting Juice in the CACFP](#). For crediting information on the fruits component, visit the [Fruits Component for CACFP Child Care Programs](#) section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage.

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Bite Size is the Connecticut State Department of Education's (CSDE) training program for CACFP child care facilities, including child care and Head Start centers, at risk afterschool care centers, emergency shelters, and family day care homes. Bite Size is a series of recorded training modules that provide information on the meal pattern components and crediting requirements of the CACFP meal patterns for children. Each module provides key information in 45 minutes or less. To access the Bite Size training modules and resources, visit the CSDE's [Meal Patterns for CACFP Child Care Programs](#) webpage.

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2. **fax:** (833) 256-1665 or (202) 690-7442; or
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