



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

Module 4: Meat/Meat Alternates Component

Resource List for Module 4

This document contains the resources highlighted in the Connecticut State Department of Education's (CSDE) Bite Size Module 4.

Additional Meat/Meat Alternates Options for CNPs: Crediting Tempeh and Surimi (USDA Webinar):

<https://www.fns.usda.gov/tn/additional-meat-meat-alternate-tempeh-and-surimi>

Bite Size: Meeting the CACFP Meal Patterns for Children (CSDE's Meal Patterns for CACFP Child Care Programs webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs/Related-Resources#BiteSize>

CACFP Best Practices (USDA):

https://fns-prod.azureedge.us/sites/default/files/cacfp/CACFP_factBP.pdf

Calculating Sugar Limits for Yogurt in the CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/calculating-sugar-limits-yogurt-cacfp>

Choking Prevention (CSDE's Food Safety for Child Nutrition Programs webpage):

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

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

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

Crediting Commercial Meat/Meat Alternate Products in the CACFP (CSDE):

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

Crediting Deli Meats in the CACFP (CSDE):

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

Crediting Legumes in the CACFP (CSDE):

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

Crediting Nuts and Seeds in the CACFP (CSDE):

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

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Crediting Summary Charts for the CACFP Meal Patterns for Children (CSDE):

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

Crediting Tofu and Tofu Products in the CACFP (CSDE):

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

Crediting Yogurt in the CACFP (CSDE):

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

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

Grab and Go Lesson: Defining Tofu and How It Credits in the CACFP (Institute of Child Nutrition):

<https://theicn.org/resources/1538/nutrition-and-meal-management/120776/benefits-for-using-standardized-recipes-in-the-cacfp.pdf>

Meat/Meat Alternates Component for CACFP Child Care Programs (Documents/Forms section of the CSDE's Crediting Foods in CACFP Child Care Programs webpage):

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

Moving Forward: Update on Food Crediting in Child Nutrition Programs with Guidance for Dried Meat Products (USDA Webinar):

<https://www.fns.usda.gov/tn/moving-forward-update-food-crediting-dried-meat-products>

Requirements for Alternate Protein Products in the CACFP (CSDE):

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

Serving Meat and Meat Alternates at Breakfast – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-and-meat-alternates-breakfast>

Serving Meats and Meat Alternates at Lunch and Supper in the USDA CACFP – Handouts in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/serving-meats-meat-alternates-lunch-supper-cacfp>

USDA Memo SP 21-2019, CACFP 08-2019 and SFSP 07-2019: Crediting Shelf-Stable, Dried and Semi-Dried Meat, Poultry, and Seafood Products in the Child Nutrition Programs:

<https://www.fns.usda.gov/crediting-shelf-stable-dried-and-semi-dried-meat-poultry-and-seafood-products-child-nutrition>

USDA Memo SP 24-2019, CACFP 11-2019 and SFSP 10-2019: Crediting Surimi Seafood in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-surimi-seafood-child-nutrition-programs>

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USDA Memo SP 25-2019, CACFP 12-2019 and SFSP 11-2019: Crediting Tempeh in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-tempeh-child-nutrition-programs>

Using Product Formulation Statements in the CACFP (CSDE):

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

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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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