

# Crediting Soup in the Child and Adult Care Food Program

This guidance applies to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP). For information on the CACFP meal patterns for children and crediting foods, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for CACFP Child Care Programs](#) and [Crediting Foods in CACFP Child Care Programs](#) webpages. For information on the CACFP adult meal patterns and crediting foods, visit the CSDE’s [Meal Patterns for CACFP Adult Day Care Centers](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages.



## Contents

Overview of Crediting Requirements .....2

    Soups made from scratch.....2

    Commercial vegetable soups .....3

        Table 1. Allowable commercial vegetable soups in the CACFP.....3

Meal Pattern Requirements for Vegetables.....4

Meal Pattern Contribution of Commercial Soups .....4

    Serving size considerations .....4

        Table 2. Crediting commercial vegetable soups in the CACFP .....5

Crediting Commercial Soups using Manufacturer Documentation .....6

Resources .....6



# Crediting Soup in the CACFP

## Overview of Crediting Requirements

The USDA has different crediting requirements for commercial soups and soups made from scratch. Soups made from scratch credit based on the amount of each meal pattern component contained in one serving of the recipe. Commercial vegetable soups credit based on the yields in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG). Commercial beef barley soup, chicken or turkey noodle soup, chicken or turkey rice soup, and cream vegetable soups (such as cream of broccoli and cream of mushroom) do not credit in the CACFP meal patterns.

### Soups made from scratch

CACFP facilities must have a recipe on file to document the crediting information for all soups made from scratch. Soups made from scratch credit based on the amount of each meal pattern component (such as vegetables, grains, and meat/meat alternates) contained in one serving of the recipe. Crediting information must be based on the yields in the FBG.

One serving of the CACFP facility's recipe must contain at least the minimum creditable amount of a component to credit toward the CACFP meal patterns. The minimum creditable amounts are  $\frac{1}{8}$  cup of vegetables,  $\frac{1}{8}$  cup of fruits,  $\frac{1}{4}$  ounce equivalent of grains, and  $\frac{1}{4}$  ounce of meat/meat alternates. If the amount of a component in the serving of soup is less than the full component, the menu must include additional foods from that component to meet the full serving for each CACFP meal and snack.



The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to section 2 of the CSDE's [Guide to Meal Pattern Requirements for CACFP Child Care Programs](#) or [Guide to Meal Pattern Requirements for CACFP Adult Day Care Centers](#). Additional guidance is available in the "Standardized Recipes" section of the CSDE's webpages, [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#).

# Crediting Soup in the CACFP

## Commercial vegetable soups

The FBG indicates that only certain types of commercial vegetable soups credit toward the vegetables component.

Table 1. Allowable commercial vegetable soups in the CACFP	
Vegetable soups 1 cup credits as $\frac{1}{4}$ cup of vegetables	Legume soups 1 cup credits as $\frac{1}{2}$ cup of vegetables
Minestrone soup Tomato soup Tomato soup with other basic components such as rice Vegetable soup (contains only vegetables) Vegetable soup with other basic components such as meat or poultry	Lentil soup Pea soup, e.g., split pea Bean soup, e.g., black bean, navy bean, and mixed bean

To credit a commercial soup not listed above, CACFP facilities must obtain a product formulation statement (PFS) from the manufacturer stating the specific contribution of vegetables per serving. The PFS must provide the information specified in the USDA's [Product Formulation Statement for Documenting Vegetables and Fruits in the CACFP, SFSP, and NSLP Afterschool Snacks](#).

For information on PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the Child and Adult Care Food Program](#) and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#), and the USDA's PFS forms and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). Additional guidance on documentation for commercial products is available in the "Crediting Commercial Processed Products in CACFP Child Care Programs" or "Crediting Commercial Processed Products in CACFP Adult Day Care Centers" sections of the CSDE's CACFP webpages.



# Crediting Soup in the CACFP

## Meal Pattern Requirements for Vegetables

Soups that meet the requirements for the vegetables component may be served at any CACFP meal or snack.

- **Lunch and supper:** The CACFP lunch and supper meal patterns require a serving of the vegetables component. The USDA's *CACFP Best Practices* recommends that CACFP meals contain at least one weekly serving of each of the five vegetable subgroups. For more information, refer to the CSDE's resource, *Vegetable Subgroups in the Child and Adult Care Food Program*.
- **Breakfast:** The CACFP breakfast meal patterns for children and adults require a serving of vegetables, fruits, or both. Vegetables may be served at any breakfast.
- **Snack:** The vegetables component may be served as one of the two required components in the CACFP snack meal pattern.

## Meal Pattern Contribution of Commercial Soups

The meal pattern contribution of commercial vegetable soups is indicated in the FBG:

- 1 cup of an allowable commercial vegetable soup credits as  $\frac{1}{4}$  cup of the vegetables component; and
- 1 cup of a commercial bean or pea (legume) soup credits as  $\frac{1}{2}$  cup of the vegetables component (legumes subgroup).

The 1-cup serving refers to the amount of the cooked soup, e.g., heated canned or frozen ready-to-serve soup, reconstituted dried soup, and reconstituted condensed soup. Table 2 indicates the vegetables component contribution of different serving sizes of commercial soups.

### Serving size considerations

The served portion of soup must be sufficient to provide the amount of each component being credited toward the meal patterns. For example, CACFP facilities must offer 1 cup of a commercial vegetable soup to credit as  $\frac{1}{4}$  cup of the vegetables component.



Menu planners should consider the size of the container used to serve the soup. A 1-cup container (8 fluid ounces) does not provide 1 cup of soup unless it is filled to the top, which is impractical. To avoid spilling and ensure that the served portion meets the meal pattern requirements, the container should be larger than the planned serving size of soup. For example, CACFP facilities could use a 10-fluid ounce bowl to hold 8 fluid ounces (1 cup) of soup and a 6-fluid ounce bowl to hold 4 fluid ounces ( $\frac{1}{2}$  cup) of soup.

## Crediting Soup in the CACFP

Table 2. Crediting commercial vegetable soups in the CACFP			
Cooked serving size		Credits as	Meets the meal pattern requirements for
Vegetable soup <sup>1</sup>	Legume soup <sup>2</sup>		
½ cup	¼ cup	⅛ cup of vegetables	Lunch/supper for ages 1-2
1 cup	½ cup	¼ cup of vegetables	Breakfast for ages 1-2 Lunch/supper for ages 3-5
2 cups	1 cup	½ cup of vegetables	Breakfast for ages 3-5 Breakfast for ages 6-12 Breakfast for ages 13-18 <sup>1</sup> Breakfast for adults Lunch/supper for ages 6-12 Lunch/supper for ages 13-18 <sup>1</sup> Lunch/supper for adults Snack for ages 1-2 Snack for ages 3-5 Snack for adults
3 cups	1½ cups	¾ cup of vegetables	Snack for ages 6-12 Snack for ages 13-18 <sup>1</sup>
<sup>1</sup> This age group applies only to at-risk afterschool programs and emergency shelters.			

Menu planners should consider the appropriateness of the serving size for different age groups. The large serving of a commercial soup needed to provide the full vegetables component in CACFP meals and snacks might be unreasonable, especially for younger children. For example, to provide ½ cup of the vegetables component for ages 6-12 at lunch requires 2 cups of a commercial vegetable soup or 1 cup of a commercial legume soup.

When the serving of soup that provides the full vegetables component is too large, the CSDE recommends offering a smaller serving of soup and supplementing it with another food from the vegetables component. For example, a lunch for ages 6-12 could meet the required ½-cup serving of the vegetables component with ½ cup of tomato soup (credits as ⅛ cup of vegetables) and ¾ cup of broccoli.

# Crediting Soup in the CACFP

## Crediting Commercial Soups using Manufacturer Documentation

To credit an allowable commercial vegetable soup differently from the FBG yields, CACFP facilities must obtain a PFS from the manufacturer stating the specific contribution of vegetables in the serving. The PFS must provide the information specified in the USDA's *Product Formulation Statement for Documenting Vegetables and Fruits in the CACFP, SFSP, and NSLP Afterschool Snacks*.

CACFP facilities cannot use any other type of manufacturer product information, such as sales literature or product specification sheets, to document compliance with the vegetables component. These materials do not provide the specific crediting information that is required on a PFS.

## Resources

Accepting Processed Product Documentation in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting\\_Processed\\_Product\\_Documentation\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Accepting_Processed_Product_Documentation_CACFP.pdf)

Bite Size Module 2: Meal Pattern Documentation (CSDE):

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

Crediting Commercial Processed Products in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#CommercialProducts>

Crediting Commercial Processed Products in CACFP Child Care Programs (CSDE webpage):

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

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

Guide to Meeting the Meal Pattern Requirements for CACFP Child Care Programs (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide\\_CACFP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Guide_CACFP_Meal_Patterns.pdf)

Guide to Meeting the Meal Pattern Requirements for CACFP Adult Day Care Centers (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFP\\_Meal\\_Patterns\\_Adults.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/GuideCACFP_Meal_Patterns_Adults.pdf)

# Crediting Soup in the CACFP

Meat/Meat Alternates Component for CACFP Adult Day Care Centers (CSDE webpage):

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

Meat/Meat Alternates Component for CACFP Child Care Programs (CSDE webpage):

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

Resources for the CACFP Meal Patterns (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources\\_CACFP\\_Meal\\_Patterns.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf)

Standardized Recipe Form for the CACFP (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized\\_Recipe\\_Form\\_CACFP.docx](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx)

Standardized Recipes in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#StandardizedRecipes>

Standardized Recipes in CACFP Child Care Programs (CSDE webpage):

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

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturePFStipsheet.pdf>

USDA's Production Formulation Statements (USDA's Food Manufacturers/Industry webpage):

<https://www.fns.usda.gov/cnlabeling/food-manufacturersindustry>

Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_CN\\_labels\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_CN_labels_CACFP.pdf)

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using\\_Product\\_Formulation\\_Statements\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Using_Product_Formulation_Statements_CACFP.pdf)

Vegetable Subgroups in the Child and Adult Care Food Program (CSDE):

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable\\_Subgroups\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Vegetable_Subgroups_CACFP.pdf)

Vegetables Component for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers/Documents#Vegetables>

Vegetables Component for CACFP Child Care Programs (CSDE webpage):

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



# Crediting Soup in the CACFP



For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This document is available at [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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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](mailto:program.intake@usda.gov)

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