

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

This guidance applies to reimbursable 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 and requirements for crediting foods, visit the visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for CACFP Child Care Programs](#) webpage and the “[Grains Component for CACFP Child Care Programs](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage. For information on the CACFP meal patterns and crediting foods for adult participants, visit the CSDE’s [Meal Patterns for CACFP Adult Day Care Centers](#) webpage and the “[Grains Component for CACFP Adult Day Care Centers](#)” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage.



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How to Identify Creditable Grains for the CACFP

Overview of Crediting Requirements for Grains

To credit as the grains component in the CACFP meal patterns, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

Creditable grain foods include commercial grain products and foods made from scratch that are whole-grain rich (WGR) or enriched. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified. For information on identifying whole and enriched grains, refer to the CSDE's resources, [Crediting Whole Grains in the Child and Adult Care Food Program](#), [Crediting Enriched Grains in the Child and Adult Care Food Program](#), and [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

Products that are 100 percent whole grain, such as whole-wheat bread and brown rice, provide the best nutrition and should be served most often.

Allowable Grain Foods

The grains component includes a variety of WGR and enriched foods, such as:

- breads, biscuits, bagels, rolls, tortillas, and muffins;
- snack products, such as crackers (including animal crackers and graham crackers), hard pretzels, hard breadsticks, tortilla chips, and popcorn;
- cereal grains, such as buckwheat, brown rice, bulgur, and quinoa;
- ready-to-eat (RTE) breakfast cereals;
- cooked breakfast cereals (instant and regular), such as oatmeal and cream of wheat;
- bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza; and
- pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous.



These foods have different crediting requirements, depending on the type of food and whether it is a commercial product or made from scratch.

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Grain-Based Desserts

Grain-based desserts do not credit as the grains component in the CACFP meal patterns. Examples of grain-based desserts include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (such as cinnamon buns, Danish, sweet buns, sweet rolls, and eclairs) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g. chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and toaster pastries.

Sweet crackers (such as graham crackers and animal crackers) are not grain-based desserts. However, the CSDE recommends limiting sweet crackers to no more than twice per week between all meals and snacks served in the CACFP. For more information on grain-based desserts, refer to [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's webpage, [Grain-based Desserts in the CACFP](#).

Whole Grain-rich (WGR) Requirement

The CACFP meal patterns require at least one serving of WGR grains per day. The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. For guidance on menu planning considerations for the WGR requirement, refer to the CSDE's guide, [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#). **Note:** The WGR requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

WGR criteria

WGR foods for the CACFP must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. To credit as a WGR food in the CACFP:

- **commercial grain products** (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight;
- **commercial combination foods** (such as pizza and breaded chicken nuggets) must contain a whole grain as the greatest ingredient by weight in the grain portion;
- **RTE breakfast cereals** must list a whole grain as the first ingredient, be fortified, and meet the sugar limit (refer to [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#)); and
- **recipes** must contain an amount of whole grains that is equal to or more than the combined amount of all other creditable grains.

For more information on the WGR criteria and how to determine if products and recipes are WGR, refer to the CSDE's guide, [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#), and [USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#).

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Crediting Requirements

The CACFP meal patterns have different crediting requirements for commercial grain products, commercial combination foods that contain a grain portion, breakfast cereals, and grain foods made from scratch. The crediting requirements for each type of grain food are summarized below.

Crediting requirements for commercial grain products

To credit as the grains component, commercial grain products must contain a creditable grain as the greatest ingredient by weight. Commercial grain products meet this requirement if:

- a creditable grain is the first ingredient (or water is the first ingredient and a creditable grain is the next ingredient); or
- the manufacturer's product formulation statement (PFS) indicates that the combined weight of all creditable grains is the greatest ingredient by weight (refer to "[Crediting Documentation for Commercial Grain Products](#)" in this document).

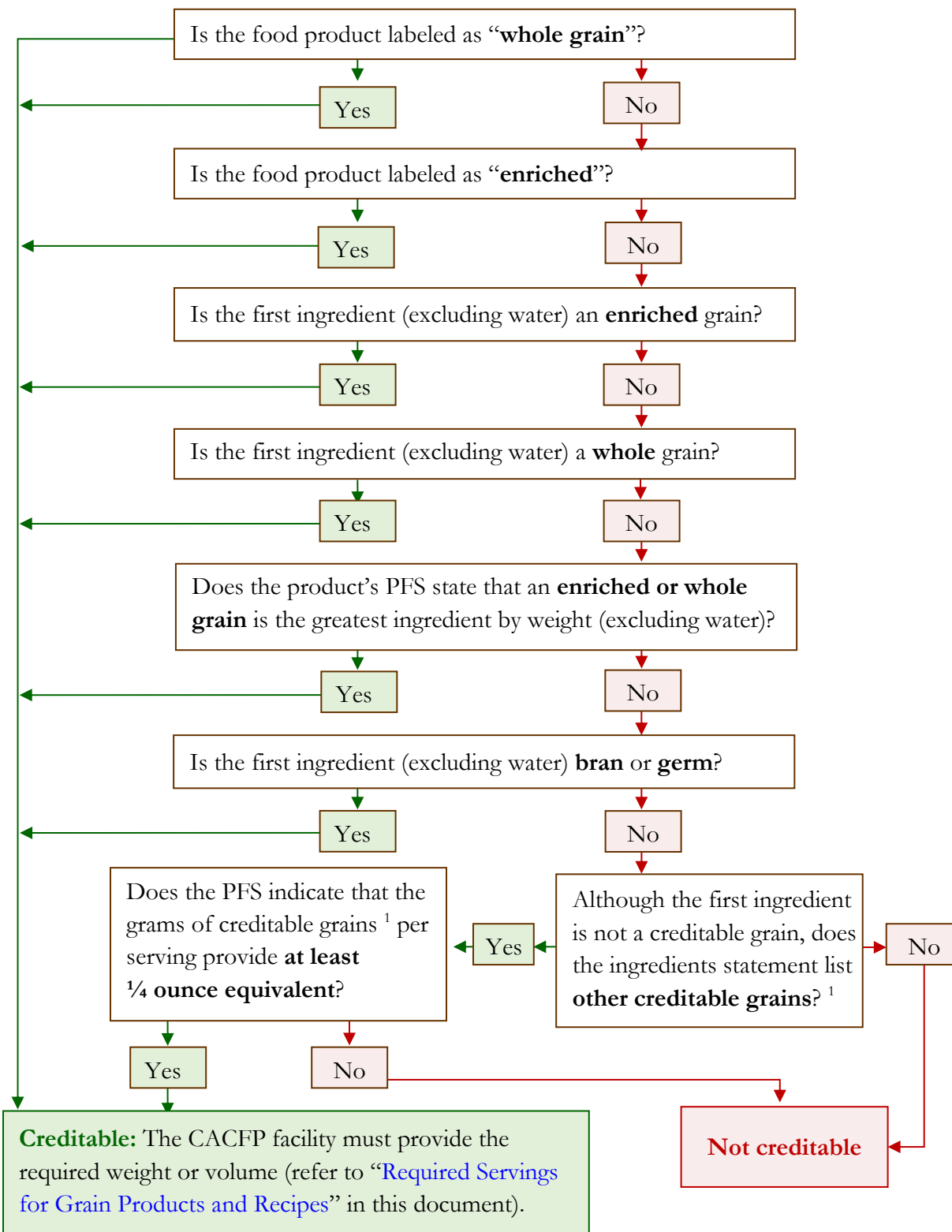
Table 1 shows some examples of commercial grain products that contain a creditable grain is the first ingredient and credit toward the grains component.

Table 1. Examples of creditable commercial grain products
Creditable grains are in <i>italics</i> . When reviewing the first ingredient on the product's label, water is ignored.
Ingredients: <i>Enriched wheat flour</i> (<i>flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid</i>), canola and/or sunflower oil, salt, contains 2% or less of: yeast, nonfat milk, sugar, baking soda, monocalcium phosphate, paprika, spices, celery, onion powder.
Ingredients: Water, <i>whole-wheat flour</i> , 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.
Ingredients: Water, <i>enriched flour</i> (<i>wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid</i>), <i>whole-wheat flour</i> , vegetable oil (soybean, palm, and/or canola oil), egg whites, wheat bran, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.

Table 2 summarizes the steps for identifying creditable commercial grain products in groups A-E (baked goods such as breads, rolls, muffins, crackers, and waffles) and group H (pasta and cereal grains such as quinoa, rice, and millet) of the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#) (refer to "[Required Servings for Grain Products and Recipes](#)" in this document).

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Table 2. Identifying creditable commercial grain products in groups A-E and H



¹ Creditable grains include whole grains, enriched grains, bran, and germ.

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Crediting requirements for commercial combination foods

Commercial combination foods that contain a grain portion (such as pizza, breaded fish sticks, and lasagna) credit as the grains component if they meet one of the criteria below.

1. A creditable grain is the first *grain* ingredient (or if the grain portion is listed *separately*, a creditable grain is the first ingredient in the *grain portion*). **Note:** When reviewing the first ingredient, water is ignored.
2. The product's Child Nutrition (CN) label or manufacturer's PFS indicates that the combined weight of all creditable grains in the *grain portion* is the greatest ingredient by weight in the *grain portion*. For information on CN labels and PFS forms, refer to "[Crediting Documentation for Commercial Grain Products](#)" in this document.

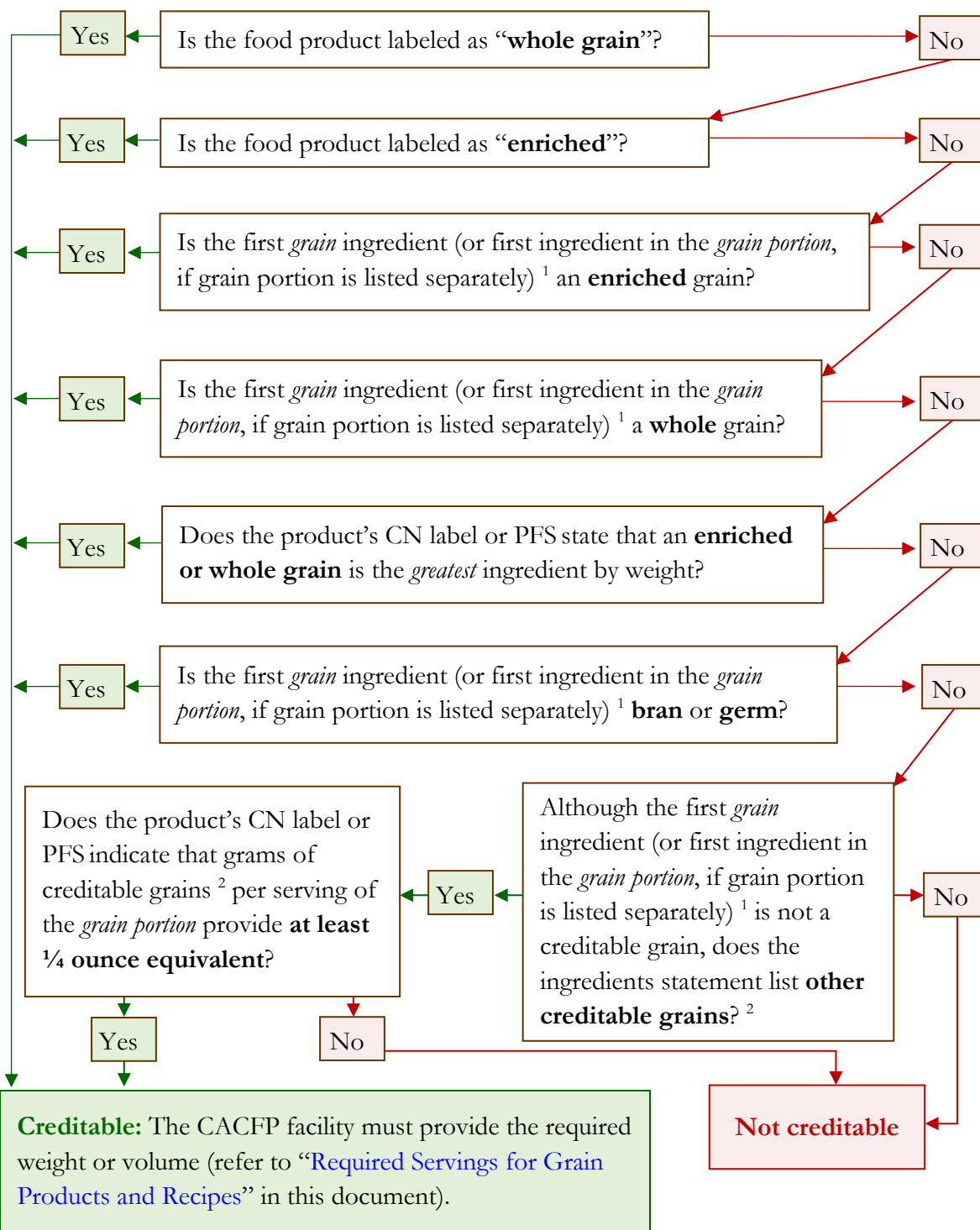
Table 3 shows some examples of combination foods that contain a grain portion.

Table 3. Examples of ingredients statements for breaded chicken nuggets
Creditable grains are in <i>italics</i> .
<p>Example 1: Grain ingredients listed together with other ingredients</p> <p>Ingredients: Boneless, skinless chicken breast with rib meat, water, <i>enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)</i>, 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.</p> <p>This product credits as an enriched grain because the first grain ingredient is enriched flour.</p>
<p>Example 2: Grain ingredients listed as separate grain portion</p> <p>Ingredients: Chicken, water, salt, and natural flavor. Breaded with: <i>enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)</i>, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breading set in vegetable oil.</p> <p>The grain portion (breading) of this product credits as an enriched grain because the first ingredient in the breading is enriched flour.</p>

Table 4 summarizes the steps for identifying creditable commercial combination food that contain a grain portion.

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Table 4. Identifying creditable commercial combination foods with a grain portion



¹ If the grain portion is listed separately, a creditable grain must be the first ingredient in the grain portion.

² Creditable grains include whole grains, enriched grains, bran, and germ.

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Crediting requirements for breakfast cereals

Breakfast cereals include RTE cereals in group I (such as puffed rice cereals, round or flaked cereal, and granola) and instant and regular cooked cereals in group H (such as oatmeal, cream of wheat, and farina). Breakfast cereals must meet two criteria to credit as the grains component: 1) the first ingredient must be a creditable grain or the cereal must be fortified; and 2) the cereal cannot exceed 6 grams of sugar per dry ounce.

To credit as a WGR food, breakfast cereals must meet the sugar limit (refer to “[Sugar Limit](#)” in this document) and comply with the requirements below.

- **WGR criteria for RTE breakfast cereals (group I):** The first ingredient must be a whole grain and the cereal must be fortified, or the cereal must be 100 percent whole grain. Fortification is not required for RTE breakfast cereals that are 100 percent whole grain.
- **WGR criteria for cooked breakfast cereals (group H):** Cooked breakfast cereals must meet the USDA’s Rule of Three criteria for WGR foods. The Rule of Three requires that the first ingredient must be a whole grain and the next two grain ingredients (if any) must be whole grain, enriched, bran, or germ. Noncreditable grains (such as yellow corn flour, wheat flour, and soy flour) cannot be one of the first three grain ingredients. For guidance on the Rule of Three, refer to the CSDE’s [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#).

For more information on the crediting requirements for breakfast cereals, refer to the CSDE’s resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

The CSDE’s worksheets, *Crediting Ready-to-eat (RTE) Breakfast Cereals in the Child and Adult Care Food Program* and *Crediting Cooked Breakfast Cereals in the Child and Adult Care Food Program*, help menu planners evaluate breakfast cereals for compliance with the CACFP crediting requirements. The grain crediting worksheets for CACFP adult day care centers are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage. The grain crediting worksheets for CACFP child care programs are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage.

Crediting requirements for grain foods made from scratch

Recipes credit as the grains component based on the grams of creditable grains per serving. The required grams of creditable grains for 1 ounce equivalent (oz eq) depend on whether the grain food is enriched or WGR.

- **Enriched grain foods:** To credit as 1 oz eq of the grains component, recipes for foods in groups A-E of the USDA’s Exhibit A chart must contain 16 grams of creditable grains per serving and recipes for foods in group H must contain 28 grams of creditable grains per serving.

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- **WGR foods:** To credit as 1 oz eq of a WGR food, recipes for foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains (including at least 8 grams of whole grains) per serving and recipes for foods in groups H-I must contain 28 grams of creditable grains (including at least 14 grams of whole grains) per serving.

CACFP facilities must determine the recipe's oz eq contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart (refer to "[Serving Size for Grain Products and Recipes](#)" in this document). The examples below illustrate these crediting requirements.

- Pasta is in group H. To credit a CACFP facility's macaroni and cheese recipe as 1 oz eq of the grains component, the recipe must indicate that each serving contains $\frac{1}{2}$ cup of cooked enriched, whole grain, or WGR pasta; or 28 grams of creditable grains.
- Muffins (except corn muffins) are in group D. To credit a CACFP facility's blueberry muffin recipe as 1 oz eq of the grains component, the recipe must indicate that each muffin weighs 2 ounces or contains 16 grams of creditable grains.

For resources that help menu planners determine the oz eq contribution of creditable recipes, refer to "[Grain crediting tools](#)" in this document.

Crediting Documentation for Commercial Grain Products

CACFP facilities must be able to document that commercial grain foods meet the crediting requirements of the CACFP meal patterns. Acceptable documentation includes a CN label or a manufacturer's PFS. Grain items are not eligible for a CN label unless they are part of main dish entrees that contain at least $\frac{1}{2}$ oz eq of the meat/meat alternates component.

A PFS from the manufacturer is required if the product's ingredients statement and packaging do not provide sufficient information to determine if it meets the crediting or WGR criteria. For guidance on when a PFS is required and the information it must include, refer to the CSDE's resource, *[When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#)*.

CACFP facilities must verify the accuracy of the PFS before including the commercial grain product in reimbursable meals and snacks. Crediting documentation must be maintained on file. The CSDE will review this information during the Administrative Review of the CACFP.

If the manufacturer will not supply a PFS or the PFS does not provide the appropriate documentation, the product cannot credit as in CACFP meals and snacks.

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For more information on CN labels and PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the Child and Adult Care Food Program](#) and [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#), and the USDA's [Product Formulation Statement for Documenting Grains in Child Nutrition Programs](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#). Additional guidance 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 webpage.

Crediting Documentation for Grain Foods Made from Scratch

CACFP facilities must be able to document that grain foods made from scratch meet the crediting requirements of the CACFP meal patterns. Recipes that document crediting information must be on file for all grain foods made from scratch, including foods made on site by the CACFP facility and foods prepared by vendors. Menu planners should use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine food yields and crediting information for all CACFP recipes.

Recipes credit as the grains component based on the amount of creditable grains per serving. CACFP facilities must determine the recipe's oz eq contribution per serving using the grams of creditable grains; or if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA's Exhibit A chart. For guidance on each method, refer to "[Required Servings for Grain Products and Recipes](#)" in this document.

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 guides, [Meal Pattern Requirements for CACFP Child Care Programs](#) or [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](#).

Required Servings for Grain Products and Recipes

The required quantities for the grains component are in oz eq. The amount of a grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll (group B) must weigh 28 grams (1 ounce), a corn muffin (group C) must weigh 34 grams (1.2 ounces), and a blueberry muffin (Group D) must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ oz eq.

The USDA allows two methods for determining the oz eq of creditable grain products and recipes. CACFP facilities may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on both methods, refer to

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the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program*.

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's chart, *Exhibit A: Grain Requirements for Child Nutrition Programs*, to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the product or recipe belongs. This method is used for commercial grain products and may also be used for recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving. Some commercial grain products require method 2 and the CACFP facility must obtain a PFS (refer to *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*).

The Exhibit A grain quantities are not the same for all Child Nutrition Programs because the meal patterns are different. The CSDE's resource, *Grain Ounce Equivalents for the Child and Adult Care Food Program*, indicates the Exhibit A oz eq that apply to the CACFP meal patterns. Groups F and G (grain-based desserts) are not included because grain-based desserts do not credit as the grains component in the CACFP.

For detailed guidance on determining the oz eq of a grain menu item, refer to the CSDE's resources, *Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program* and *How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*.

Method 2: creditable grains

Method 2 determines oz eq from the weight (grams) of creditable grains per serving. This method is used for recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving. The required grams of creditable grains for 1 oz eq depend on whether the grain food is enriched or WGR.

- **Enriched grain foods:** To credit as 1 oz eq of the grains component, foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains and foods in groups H-I must contain 28 grams of creditable grains.
- **WGR foods:** To credit as 1 oz eq of WGR grains, foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains (including at least 8 grams of whole grains) and foods in groups H-I must contain 28 grams of creditable grains (including at least 14 grams of whole grains).

The grams of creditable grains must be listed in the commercial product's PFS or calculated from the grain quantities in the CACFP facility's recipe.

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Grain crediting tools

The tools below help menu planners determine the oz eq contribution of creditable grain products and recipes.

- **USDA’s Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA’s *Food Buying Guide for Child Nutrition Programs* (FBG) determines the oz eq of commercial grain products. For more information, watch the USDA’s webinars, *Exhibit A Grains Tool to the Rescue* and *How to Maximize the Exhibit A Grains Tool*.
- **CSDE’s CACFP crediting worksheets:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria, and calculate the oz eq contribution of the serving.
 - Adult Center Worksheet 1: Crediting Commercial Grains in the CACFP
 - Adult Center Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Adult Center Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP
 - Child Care Worksheet 1: Crediting Commercial Grains in the CACFP
 - Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

The grain crediting worksheets for CACFP adult day care centers are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Adult Day Care Centers webpage. The grain crediting worksheets for CACFP child care programs are available in the “[Documents/Forms](#)” section of the CSDE’s Crediting Foods in CACFP Child Care Programs webpage.

- **CSDE’s How to Use the Grain Ounce Equivalents Chart for the CACFP:** The CSDE’s resource, *How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*, reviews the steps for using the Exhibit A quantities to determine the meal pattern contribution of three types of commercial grain products and recipes. These include grain menu items in groups A-E that contain multiple small pieces per serving (e.g., crackers, hard pretzels, and animal crackers), multiple large pieces per serving (e.g., pancakes, slices of bread, and waffles), and one piece per serving (e.g., muffins, bagels, and rolls).
- **USDA’s Recipe Analysis Workbook:** The FBG’s online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe’s meal pattern contribution per serving. To access this tool, users must create a free account on the USDA’s FBG website.

For more information on oz eq, visit the “Ounce Equivalents” section of the CSDE’s [Crediting Foods in CACFP Child Care Programs](#) webpage or [Crediting Foods in CACFP Adult Day Care Centers](#) webpage.

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Crediting Grains in the CACFP Infant Meal Pattern

The grains component and WGR requirement for the CACFP meal patterns for children do not apply to the CACFP infant meal pattern for birth through 11 months. When infants are developmentally ready (typically ages 6-11 months), creditable grains in the CACFP infant meal pattern include only:

- iron-fortified infant cereal at breakfast, lunch/supper, and snack;
- whole-grain or enriched breads and crackers at snack only; and
- RTE breakfast cereals at snack only. Allowable RTE breakfast cereals meet the sugar limit and are made with enriched or whole-grain meal or flour or are fortified.

Examples of creditable breads and crackers for infants include small strips or pieces of whole-grain or enriched dry bread or toast, such as whole-wheat, French, or Italian bread; small pieces of whole-grain or enriched soft tortilla, soft pita bread, English muffins, rolls, cornbread, or corn muffins; whole grain or enriched teething crackers, biscuits, and toasts; small pieces of whole-grain or enriched crackers without seeds, nuts, or whole-grain kernels; and RTE breakfast cereals that dissolve easily in the mouth and do not include nuts, dried fruits, or other hard food items.

For guidance on crediting foods in the CACFP infant meal pattern, refer to the USDA's guide, [*Feeding Infants in the Child and Adult Care Food Program*](#), and visit the CSDE's [Feeding Infants in CACFP Child Care Programs](#) webpage.

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels.

Consider children's age and developmental readiness when deciding what types of grain foods to offer in CACFP menus and modify foods and menus as appropriate. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.

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Resources

Approved Food Guide for Connecticut WIC (Connecticut Department of Public Health):

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

Bite Size Module 7A: Grains Component Crediting Requirements (CSDE):

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

Bite Size Module 7B: Grains Component Whole Grain-rich Requirement (CSDE):

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

Bite Size Module 7C: Grains Component Ounce Equivalents (CSDE):

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

CACFP Training Tools (USDA):

<https://www.fns.usda.gov/tn/training-tools-cacfp>

Calculating Sugar Limits for Breakfast Cereals in the CACFP (USDA handouts in English and Spanish):

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

Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program (CSDE):

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

Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):

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

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):

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

Crediting Whole Grains in the Child and Adult Care Food Program (CSDE):

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

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (USDA):

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

Exhibit A Grains Tool (USDA's Food Buying Guide for Child Nutrition Programs):

<https://foodbuyingguide.fns.usda.gov/ExhibitATool/Index>

Exhibit A Grains Tool to the Rescue (USDA webinar):

<https://www.fns.usda.gov/tn/exhibit-grains-tool-rescue>

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Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

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

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grain Crediting Worksheets for CACFP Adult Day Care Centers (Worksheets 1-5)

(Documents/Forms section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers webpage):

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

Grain Crediting Worksheets for CACFP Child Care Programs (Worksheets 1-5)

(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#CreditingWorksheets>

Grain Ounce Equivalents for the Child and Adult Care Food Program (CSDE):

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

Grain-based Desserts in the CACFP (USDA handouts and webinars in English and Spanish):

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

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

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

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

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

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):

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

How to Maximize the Exhibit A Grains Tool (USDA webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

How to Spot Whole Grain-Rich Foods for the CACFP (USDA handouts in English and Spanish):

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):

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

How to Identify Creditable Grains for the CACFP

Identifying Whole Grain-rich Foods for the CACFP (USDA handouts and webinars in English and Spanish):

<https://www.fns.usda.gov/tn/identifying-whole-grain-rich-foods-cacfp>

Is My Recipe Whole Grain-Rich in the CACFP? (USDA handouts in English and Spanish):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

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

Product Formulation Statement for Documenting Grains in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Grains_Oz_Eq_Fillable_508.pdf

Product Formulation Statement for Documenting Grains in Child Nutrition Programs – Completed Sample (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Example_Grains_Oz_Eq.pdf

Recipe Analysis Workbook (USDA's Food Buying Guide for Child Nutrition Programs):

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

Resources for the CACFP Meal Patterns (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/MealPattern/Resources_CACFP_Meal_Patterns.pdf

Standardized Recipe Form for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Standardized_Recipe_Form_CACFP.docx

Standardized Recipes (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#StandardizedRecipes>

Standardized Recipes (Documents/Forms section of the CSDE's Crediting Foods in CACFP Adult Day Care Centers 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/manufacturerPFStipsheet.pdf>

How to Identify Creditable Grains for the CACFP

USDA Memo CACFP 15-2016: Optional Best Practices to Further Improve Nutrition in the CACFP:

<https://www.fns.usda.gov/cacfp/optional-best-practices-further-improve-nutrition-cacfp>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-cacfp-questions-and-answers>

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

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program (USDA handouts in English and Spanish):

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

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

Using the WIC Food Lists to Identify Grains for the CACFP (USDA handouts and webinars in English and Spanish):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):

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

How to Identify Creditable Grains for 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/Identify_Creditable_Grains_CACFP.pdf.

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