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 for children and the CACFP adult meal patterns, visit the Connecticut State Department of Education's (CSDE) Meal Patterns for the Child and Adult Care Food Program webpage. For information on the crediting requirements, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage and Crediting Documentation for the Child Nutrition Programs webpage.

Contents

Overview of Crediting Requirements for Grains 2
Allowable Grain Foods 2
Grain-Based Desserts Prohibited 3
Crediting Sweet Crackers 3
Whole Grain-rich (WGR) Requirement 3
    CACFP WGR criteria 4
Crediting Requirements 5
    Crediting requirements for commercial grain products 5
    Steps for identifying creditable commercial grain products in groups A-E and H 6
    Crediting requirements for commercial combination foods 7
    Steps for identifying creditable commercial combination foods with grain portion 8
    Crediting requirements for breakfast cereals 9
    Crediting requirements for grain foods made from scratch 9
    Oz eq contribution of grain foods made from scratch 10
Required Crediting Documentation 11
    Documentation for commercial grain products 11
    Documentation for grain foods made from scratch 12
    Storing crediting documentation 13
Required Servings for Grain Products and Recipes 13
    Method 1: USDA's Exhibit A chart 13
    Method 2: creditable grains 14
    Grain crediting tools 14
Considerations for Reducing Choking Risks for Young Children 15
Resources 16

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

Overview of Crediting Requirements for Grains

To credit as the grains component in the CACFP meal patterns, grain products and standardized 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.

For detailed guidance on the grains component, visit the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Allowable Grain Foods

The grains component for the CACFP meal patterns 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.

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

Grain-Based Desserts Prohibited

Grain-based desserts do not credit 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.

For more information about 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 Grain-based Desserts in the CACFP webpage.

Crediting Sweet Crackers

Sweet crackers (like graham crackers and animal crackers) are not included in the restrictions for grain-based desserts. They may be served at any meal or snack. However, as a best practice, the USDA encourages CACFP menus to limit sweet crackers due to their higher sugar content. The CSDE recommends limiting sweet crackers to no more than twice per week, between all meals and snacks served 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 to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program*.

> The WGR requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

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

CACFP WGR criteria

WGR foods for the CACFP meal patterns 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 meal patterns, grain foods must meet the requirements below.

- **Commercial grain products** (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight and any other grains must be enriched.

- **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 and any other grains in the grain portion must be enriched.

- **RTE breakfast cereals** must list a whole grain as the first ingredient, be fortified, and cannot exceed 6 grams of added sugars per dry ounce. For more information, refer to the CSDE's resource, *Crediting Breakfast Cereals in the Child and Adult Care Food Program*.

- **Cooked breakfast cereals** must be 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; and cannot exceed 6 grams of added sugars per dry ounce. For more information, refer to the CSDE's resource, *Crediting Breakfast Cereals in the Child and Adult Care Food Program*.

- **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 commercial products and standardized recipes are WGR, refer to the CSDE's *Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program* and USDA Memo CACFP 05-2025: *Grain Requirements in the Child and Adult Care Food Program; Questions and Answers*. Additional guidance is available in the "Whole Grain-rich Requirement" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

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

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 1) a creditable grain is the first ingredient (or water is the first ingredient and a creditable grain is the next ingredient); or 2) 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).

Some examples of commercial grain products are below. Creditable grains are in *italics*. When reviewing the first ingredient on the product's label, water is ignored.

- Ingredients: *Enriched wheat flour (flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, 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, *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.

- Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, *whole-wheat flour*, 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.

These products credit as the grains component in the CACFP meal patterns.

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

Steps for identifying creditable commercial grain products in groups A-E and H

Menu planners may use the steps below to identify 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* (known as Exhibit A).

1. Is the food product labeled as whole grain?
    - Yes: The food is creditable.
    - No: Go to step 2.

2. Is the food product labeled as enriched?
    - Yes: The food is creditable.
    - No: Go to step 3.

3. Is the first ingredient (excluding water) a whole grain?
    - Yes: The food is creditable.
    - No: Go to step 4.

4. Is the first ingredient (excluding water) an enriched grain?
    - Yes: The food is creditable.
    - No: Go to step 5.

5. Does the product's PFS state that whole or enriched grains are the greatest ingredient by weight?
    - Yes: The food is creditable.
    - No: Go to step 6.

6. Does the ingredients statement list any other creditable grains?
    - Yes: Go to step 7.
    - No: The food is not creditable.

7. Does the product's PFS indicate that the grams of creditable grains per serving provide at least ¼ ounce equivalent of the grains component?
    - Yes: The food is creditable.
    - No: The food is not creditable.

If the food is creditable, the CACFP facility must determine the required weight or volume needed to meet the meal pattern requirements (refer to "Required Servings for Grain Products and Recipes" in this document).

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

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.

- 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). When reviewing the first ingredient, water is ignored.

- 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.

Some examples of combination foods that contain a grain portion are below. Creditable grains are in *italics*.

- **Example 1: Grain ingredients listed together with other ingredients**

  Ingredients: Boneless, skinless chicken breast with rib meat, water, *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, 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.

  This product credits as an enriched grain because the first grain ingredient is enriched flour.

- **Example 2: Grain ingredients listed as separate grain portion**

  Ingredients: Chicken, water, salt, and natural flavor. Breaded with: *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, 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.

  The grain portion (breading) of this product credits as an enriched grain because the first ingredient in the breading is enriched flour.

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

Steps for identifying creditable commercial combination foods with grain portion

Menu planners may use the steps below to identify creditable commercial grain products that contain a grain portion.

1. Is the grain portion of the food product labeled as whole grain?
    - Yes: The food is creditable.
    - No: Go to step 2.

2. Is the grain portion of the food product labeled as enriched?
    - Yes: The food is creditable.
    - No: Go to step 3.

3. Is the first grain ingredient (or first ingredient in the grain portion, if grain portion is listed separately) a whole grain?
    - Yes: The food is creditable.
    - No: Go to step 4.

4. Is the first grain ingredient (or first ingredient in the grain portion, if grain portion is listed separately) an enriched grain?
    - Yes: The food is creditable.
    - No: Go to step 5.

5. Does the product's PFS state that enriched or whole grains are the greatest ingredient by weight in the grain portion?
    - Yes: The food is creditable.
    - No: Go to step 6.

6. Does the ingredients statement list any other creditable grains in the grain portion?
    - Yes: Go to step 7.
    - No: The food is not creditable.

7. Does the product's CN label or PFS indicate that the grams of creditable grains per serving in the grain portion provide at least ¼ ounce equivalent of the grains component?
    - Yes: The food is creditable.
    - No: The food is not creditable.

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

If the food is creditable, the CACFP facility must determine the weight or volume needed to meet the meal pattern requirements (refer to "Required Servings for Grain Products and Recipes" in this document).

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 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) a creditable grain (whole, enriched, bran, or germ) must be the first ingredient or the cereal must be fortified; and 2) added sugars cannot exceed 6 grams per dry ounce.

To credit as a WGR food, breakfast cereals must meet the limit for added sugars 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*.

Crediting requirements for grain foods made from scratch

Grain foods made from scratch must be WGR or enriched.

- **Enriched grain foods:** A grain food made from scratch is enriched if enriched grains are the greatest ingredient by weight in the CACFP facility's standardized recipe.

- **WGR foods:** A grain food made from scratch is WGR if the combined amount of all whole grains in the CACFP facility's standardized recipe is equal to or more than the combined amount of all other creditable grains (enriched grains, bran, and germ).

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

CACFP facilities must maintain standardized recipes that document the crediting information for all foods made from scratch used in reimbursable meals and snacks.

Oz eq contribution of grain foods made from scratch

CACFP facilities must determine the oz eq contribution of the recipe's 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 "Required Servings for Grain Products and Recipes" in this document). The examples below show how these crediting requirements apply.

- **Example 1:** Pasta is in group H. To credit a CACFP facility's recipe for macaroni and cheese as 1 oz eq of the grains component, the recipe must indicate that each serving contains ½ cup of cooked pasta (enriched, whole grain, or WGR) or 28 grams of creditable grains.

- **Example 2:** 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.

Refer to "Grain crediting tools" in this document for resources that help menu planners determine the oz eq contribution of creditable recipes.





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

Required Crediting Documentation

CACFP facilities must be able to document that all grain menu items served in reimbursable meals and snacks meet the crediting requirements for the grains component. The guidance below summarizes the required documentation for commercial grain products and grain foods made from scratch. Documentation must be based on the food yields and crediting information in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG).

CACFP facilities must maintain all crediting documentation on file in accordance with the records retention requirements for the CACFP (refer to the CSDE's *Records Retention Requirements for the Child and Adult Care Food Program*). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP.

Documentation for commercial grain products

A PFS from the manufacturer is required if the product's ingredients statement and packaging do not provide sufficient information to determine if the grain product meets the crediting criteria.

> When a PFS is required, the USDA requires that CACFP facilities must verify the PFS for accuracy prior to purchasing, serving, and claiming the food product in reimbursable meals and snacks. 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*.

For more 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 USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*. Additional information and resources are available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

For guidance on reviewing PFS forms, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage. Guidance on how to review a grain PFS is available in the CSDE's resource, *When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program*.

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

Training on the requirements for CN labels and PFS forms is available Module 8: Child Nutrition (CN) Labels and Module 9: Product Formulation Statements of the CSDE's training program, *Bite Size: Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns.*

Note: CACFP facilities may document meal pattern compliance with a Child Nutrition (CN) label if the creditable grain portion is part of a CN-labeled meat or meat alternate product, such as pizza or breaded chicken nuggets. For more information, refer to the CSDE's resource, *Using Child Nutrition (CN) Labels in the Child and Adult Care Food Program*.

Documentation for grain foods made from scratch

CACFP facilities must have recipes on file that document the crediting information for all grain foods made from scratch, including foods made on site by the CACFP facility and foods prepared by vendors. The USDA recommends using standardized recipes because they ensure accurate meal component contributions and document that menus meet the meal pattern requirements.

> The USDA defines a standardized recipe as one that has been tried, adapted, and retried at least three times and has been found to produce the same good results and yield every time when the exact procedures are used with the same type of equipment and the same quantity and quality of ingredients.

Recipes for whole-grain foods credit as the grains component based on the grams of whole grains per serving. If the recipe indicates the weight of the prepared (cooked) serving, menu planners may use the required weight (groups A-E) or volume (groups H-I) for the applicable grain group in the USDA's Exhibit A chart (refer to "Required Servings for Grain Products and Recipes" in this document). For guidance on determining oz eq, refer to the CSDE's resource, *Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program.*

For information on standardized recipes, refer to the CSDE's *Guide to Menu Documentation for the Child and Adult Care Food Program* and the Institute of Child Nutrition's *Recipe Standardization Guide for the Child and Adult Care Food Program*, and visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Storing crediting documentation

CACFP facilities must maintain all CN labels, PFS forms, recipes, and other crediting documentation on file in accordance with the records retention requirements for the CACFP. This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP. For more information, refer to the CSDE's resource, *Records Retention Requirements for the Child and Adult Care Food Program*.

Required Servings for Grain Products and Recipes

The required quantities for the grains component are in oz eq. The CSDE's resource, *Grain Ounce Equivalents Chart for the Child and Adult Care Food Program*, indicates the applicable Exhibit A quantities and requirements.

The amount of a creditable 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 ¼ oz eq.

The USDA allows two methods for determining the oz eq or servings of a creditable grain product or standardized recipe. CACFP facilities may use either method but must document how the crediting information was obtained. These methods are summarized below.

For detailed guidance on how to use each method, refer to 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 Exhibit A chart to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the commercial 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.

For guidance on determining the oz eq of a grain menu item, refer to the CSDE's resource, *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 standardized 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, enriched grain foods in groups A-E must contain 16 grams of creditable grains and enriched grain 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).

> There are some situations when CACFP facilities must use method 2 to determine if a commercial product meets the crediting or WGR criteria for grain menu items, and a PFS is required. For more information, 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*..

Grain crediting tools

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

- **USDA's Exhibit A Grains Tool for commercial grain products:** The FBG's online *Exhibit A Grains Tool* determines the oz eq of commercial grain products.

- **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.

- **CSDE's resource for using the Exhibit A Grain Chart:** 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 products and standardized recipes. These

include grain menu items in groups A-G 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).

For additional guidance, visit the "Serving Requirements" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program 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.






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

Resources

Bite Size Module 7: Introduction to Crediting Documentation (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module7

Bite Size Module 8: Child Nutrition (CN) Labels (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module8

Bite Size Module 9: Product Formulation Statements (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module9

Bite Size Module 14: Grains Component (CSDE's Training Program, Meeting the Child and Adult Care Food Program (CACFP) Meal Patterns): https://portal.ct.gov/sde/nutrition/meal-patterns-for-the-child-and-adult-care-food-program/bite-size-meal-pattern-training#module14

Calculation Methods for Grain Ounce Equivalents for the Child and Adult Care Food Program (CSDE): https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf

Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA webpage): https://www.fna.usda.gov/cn/labeling/tips-evaluating-pfs

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

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

Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (USDA):
https://www.fna.usda.gov/tn/determining-ounce-equivalents-grains-cacfp-recipes

Exhibit A Grains Tool of the Food Buying Guide (USDA):
https://www.fna.usda.gov/tn/fbg/webtool

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):
https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/Exhibit_A_Grain_Requirements_For_Child_Nutrition_Programs.pdf

Food Buying Guide for Child Nutrition Programs (USDA):
https://www.fna.usda.gov/tn/fbg

Grain Ounce Equivalents Chart 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 Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/grain-based-desserts-cacfp

Grains Component (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/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 Spot Whole Grain-Rich Foods for the Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/spot-whole-grain-rich-foods

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

Identifying Whole Grain-Rich Foods for the Child and Adult Care Food Program Using the Ingredient List (USDA):
https://www.fna.usda.gov/tn/cacfp/identifying-whole-grain-rich-foods

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

Is My Recipe Whole Grain-Rich in the Child and Adult Care Food Program? (USDA):
https://www.fna.usda.gov/tn/cacfp/recipe-whole-grain-rich

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements

Records Retention Requirements for the Child and Adult Care Food Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records_retention_cacfp.pdf

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:
https://www.fna.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:
https://www.fna.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation

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 Child and Adult Care Food Program (USDA):
https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/wic-lists-grains

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

Whole Grain-rich Requirement (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#WGR

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

For more information, visit the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage 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.

The Connecticut State Department of Education is committed to a policy of equal opportunity/affirmative action 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 race; color; religious creed; age; sex; pregnancy; sexual orientation; workplace hazards to reproductive systems, gender identity or expression; marital status; national origin; ancestry; retaliation for previously opposed discrimination or coercion, intellectual disability; genetic information; learning disability; physical disability (including, but not limited to, blindness); mental disability (past/present history thereof); military or veteran status; status as a victim of domestic violence; or criminal record in state employment, 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: Attorney Louis Todisco, Connecticut State Department of Education, by mail 450 Columbus Boulevard, Hartford, CT 06103-1841; or by telephone 860-713-6594; or by email louis.todisco@ct.gov.

CONNECTICUT
Education

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

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/ad-3027.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.