

# Vegetable Subgroups in the Child and Adult Care Food Program

The vegetables component of the Child and Adult Care Food Program (CACFP) meal patterns for children and meal patterns for adult day care participants includes fresh, frozen, canned, and rehydrated dried vegetables; and 100 percent full-strength vegetable juice. A serving of cooked vegetables must be drained. Pureed vegetables in smoothies credit only as juice. Pasteurized full-strength juice meets the vegetables component or fruits component at only one CACFP meal or snack per day. For more information, refer to the Connecticut State Department of Education's (CSDE) resource, [Crediting Juice in the Child and Adult Care Food Program](#).

The U.S. Department of Agriculture's (USDA) [CACFP best practices](#) recommend offering at least one serving per week of the five vegetable subgroups. The vegetable subgroups include dark green, red/orange, beans and peas (legumes), starchy, and other. They are based on the recommendations of the [Dietary Guidelines for Americans](#) and the [vegetables group](#) in Choose MyPlate. The chart on page 3 identifies common vegetables in each subgroup.



For guidance on the CACFP meal pattern requirements for children, refer to the CSDE's [Guide to Meeting the Meal Pattern Requirements for CACFP Child Care Programs](#) and visit the [Meal Patterns for CACFP Child Care Programs](#) webpage. For guidance on the CACFP adult meal pattern requirements, refer to the CSDE's [Guide to Meeting the Meal Pattern Requirements for CACFP Adult Day Care Centers](#) and visit the CSDE's [Meal Patterns for CACFP Adult Day Care Centers](#) webpage.

## Crediting Vegetables

Vegetables credit based on the yields and crediting information in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG). All vegetables credit based on volume (cups) with the exceptions below.

- Raw leafy greens credit as half the volume served, e.g.,  $\frac{1}{2}$  cup of raw leafy greens credits as  $\frac{1}{4}$  cup of the vegetables component. Examples of raw leafy greens include kale, greens (e.g., beet, collard, mustard, and turnip), spinach, arugula, and lettuce (e.g., iceberg, romaine, Boston, Bibb, red leaf, and spring mix).
- Dried or dehydrated vegetables (such as potato flakes and dried soup mix) credit based on the amount of vegetables per serving in the rehydrated volume. A product formulation statement (PFS) is required (refer to "[Required Documentation](#)" on page 2).

For more information on crediting vegetables, visit the "[Vegetables Component for CACFP Child Care Programs](#)" or "[Vegetables Component for CACFP Adult Day Care Centers](#)" section of the CSDE's CACFP webpages.

# Vegetable Subgroups in the CACFP

## Required Documentation

Commercial processed vegetable products (such as vegetable egg rolls and breaded onion rings) and vegetables prepared from scratch with added ingredients (such as coleslaw, mashed potatoes, and carrot-raisin salad) require documentation to indicate the amount of vegetables per serving.

Commercially prepared foods with added ingredients require a PFS stating the specific contribution of vegetables per serving. For information on PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the 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 [Product Formulation Statement for Documenting Vegetables and Fruits in the Child and Adult Care Food Program](#), [Summer Food Service Program](#), and [NSLP Afterschool Snacks](#) 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 webpages.

Foods made from scratch require a recipe (preferably standardized) that indicates the amount of vegetables per serving. For information on recipes, visit the "[Crediting Foods Made from Scratch in CACFP Child Care Programs](#)" or "[Crediting Foods Made from Scratch in CACFP Adult Day Care Centers](#)" sections of the CSDE's CACFP webpages.

## Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Consider children's age and developmental readiness when deciding what types of vegetables to offer in CACFP menus. This consideration is also important for children and adult participants with a disability that requires dietary restrictions. Examples of vegetables that may cause choking include cooked or raw whole-kernel corn, and small pieces of raw vegetables, e.g., raw green peas, whole beans, raw carrot rounds, baby carrots, string beans, celery, and other raw or partially cooked hard vegetables. Preparation techniques for vegetables to reduce the risk of choking include cooking until soft, and cutting, dicing, or shredding into small pieces. For additional guidance, visit the "[Choking Prevention](#)" section of the CSDE's [Food Safety for Child Nutrition Programs](#) webpage.



## Vegetable Subgroups in the CACFP

Dark Green Fresh, frozen, and canned		Red/Orange Fresh, frozen, and canned		Beans and Peas (Legumes)* Cooked from dry, canned, or frozen		
■ Arugula	■ Fiddle heads	■ Acorn squash	■ Pumpkin	■ Black beans	■ Great northern beans	■ Pink beans
■ Beet greens	■ Grape leaves	■ Butternut squash	■ Red chili peppers	■ Black-eyed peas (mature, dry)	■ Kidney beans	■ Pinto beans
■ Bok choy	■ Kale	■ Carrots (orange only)	■ Red peppers	■ Cowpeas	■ Lentils	■ Red beans
■ Broccoli	■ Mesclun	■ Salsa (100% vegetables)	■ Salsa (100% vegetables)	■ Edamame	■ Lima beans, (mature, dry)	■ Refried beans
■ Broccoli rabe (rapini)	■ Mustard greens	■ Cherry peppers	■ Spaghetti squash	■ Fava beans	■ Mung beans	■ Soy beans (mature, dry)
■ Broccolini	■ Parsley	■ Hubbard squash	■ Sweet potatoes	■ Garbanzo beans (chickpeas)	■ Navy beans	■ Split peas
■ Butterhead lettuce (Boston, Bibb)	■ Spinach	■ Orange peppers	■ Tomatoes	* Does not include green peas, green lima beans, wax beans, and green (string) beans		
■ Chicory	■ Swiss chard	■ Pimientos	■ Tomato juice			
■ Cilantro	■ Red leaf lettuce		■ Winter squash			
■ Collard greens	■ Romaine lettuce		■ Yams			
■ Endive	■ Turnip greens					
■ Escarole	■ Watercress					
Starchy Fresh, frozen, and canned		Other Fresh, frozen, and canned				
■ Black-eyed peas, fresh (not dry)	■ Jicama	■ Artichokes	■ Cactus (nopales)	■ Eggplant	■ Onions (white, yellow, red)	■ Seaweed
■ Corn	■ Lima beans, green (not dry)	■ Asparagus	■ Cauliflower	■ Fennel	■ Peas in pod, e.g., snap peas, snow peas	■ Snap peas
■ Cassava	■ Parsnips	■ Avocado	■ Carrots, rainbow (e.g., pink, purple, red, white, and yellow)	■ Garlic	■ Pepperoncini	■ Snow peas
■ Cowpeas, fresh (not dry)	■ Pigeon peas, fresh (not dry)	■ Bamboo shoots	■ Celeriac	■ Green chili peppers	■ Pickles (cucumber)	■ Tomatillo
■ Field peas, fresh (not dry)	■ Plantains	■ Bean sprouts, cooked only (for food safety), e.g., alfalfa, mung	■ Celery	■ Green onions (scallions)	■ Purple peppers	■ Turnips
■ Green bananas	■ Poi	■ Beans, green and yellow	■ Chayote (mirliton)	■ Green peppers	■ Radishes	■ Wax beans
■ Green peas	■ Taro	■ Beets	■ Cucumbers	■ Horseradish	■ Rhubarb	■ White sweet Potatoes
■ Hominy, whole (canned, drained)	■ Water chestnuts	■ Breadfruit	■ Chives	■ Iceberg lettuce	■ Rutabagas	■ Yellow peppers
	■ Yautia (tannier)	■ Brussels sprouts	■ Daikon (oriental radish)	■ Kohlrabi	■ Shallots	■ Yellow summer squash
		■ Cabbage (green, red, celery, Napa)		■ Leeks	■ Sauerkraut	■ Zucchini squash
				■ Mushrooms	■ Seaweed	
				■ Okra		
				■ Olives		

# Vegetable Subgroups in the CACFP

## Resources

Bite Size Module 6: Vegetables Component (CSDE):

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

CACFP Best Practices (USDA):

[https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP\\_bestpractices.pdf](https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_bestpractices.pdf)

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 MyPlate Vegetables Group (USDA):

<https://www.choosemyplate.gov/vegetables>

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>

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

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Juice\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Juice_CACFP.pdf)

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

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Legumes\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Legumes_CACFP.pdf)

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

[https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit\\_Smoothies\\_CACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/Credit_Smoothies_CACFP.pdf)

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

[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)

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

Food Buying Guide Section 2: Overview of Crediting Requirements for the Vegetables Component (USDA):

[https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA\\_FBG\\_Section2\\_Vegetables.pdf](https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section2_Vegetables.pdf)

Food Buying Guide Section 2: Yield Table for Vegetables (USDA):

[https://foodbuyingguide.fns.usda.gov/files/Reports/USDA\\_FBG\\_Section2\\_VegetablesYieldTable.pdf](https://foodbuyingguide.fns.usda.gov/files/Reports/USDA_FBG_Section2_VegetablesYieldTable.pdf)

## Vegetable Subgroups in the 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 Vegetables and Fruits in the Child and Adult Care Food Program, Summer Food Service Program, and NSLP Afterschool Snacks (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Document\\_Total\\_Veg\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Document_Total_Veg_Fruits.pdf)

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)

Serving Vegetables in the CACFP (USDA):

<https://www.fns.usda.gov/tn/serving-vegetables-cacfp>

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

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

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 25-2016: Vegetable and Fruit Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/vegetable-and-fruit-requirements-child-and-adult-care-food-program-questions-and-answers>

USDA Memo SP 26-2019, CACFP 13-2019, and SFSP 12-2019: Crediting Pasta Products Made of Vegetable Flour in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-pasta-products-made-vegetable-flour-child-nutrition-programs>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

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

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

Vegetables Component for CACFP Adult Day Care Centers (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-Adult-Day-Care-Centers/Documents#Vegetables>

Vegetables 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#Vegetables>

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

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