Crediting Smoothies in the Summer Food Service Program

This guidance applies to the meals and snacks served in the U.S. Department of Agriculture's (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the vegetables/vegetables/fruits component, visit the "Meal Patterns" section of the Connecticut State Department of Education's (CSDE) SFSP webpage and refer to the CSDE's *Requirements for the Vegetables/Vegetables/fruits component of the Summer Food Service Program Meal Patterns*. For information on the crediting requirements, visit the CSDE's Crediting Foods in the Summer Food Service Program webpage and Crediting Documentation for the Child Nutrition Programs webpage.

Contents

Creditable Ingredients 2
Required Crediting Documentation for Smoothies 2
- Documentation for commercial smoothies 2
- Documentation for smoothies made from scratch 3
- Storing crediting documentation 3

Recommended Daily Limit for Smoothies 4
Crediting Fruits and Vegetables in Smoothies 4
- Breakfast 4
- Lunch and supper 4
- Snack 4

Crediting Milk in Smoothies 5
- Allowable types of milk 5
- Minimum creditable amount 6

Crediting Yogurt in Smoothies 6
Additional Ingredients 6
Smoothie Crediting Example 6
Commercial Products 7
- Crediting pureed vegetables/fruits 7
- Crediting milk 7
- Crediting yogurt 8
- Limit for crediting amount 8
- Noncreditable commercial smoothies 8
- Review accuracy of PFS 8

Resources 9

Crediting Smoothies in the Summer Food Service Program

Creditable Ingredients

Smoothie ingredients that credit toward the SFSP meal patterns include:

- full-strength vegetable juice and pureed vegetables (vegetables/fruits component);
- full-strength fruit juice and pureed fruits (vegetables/fruits component);
- milk (milk component); and
- yogurt and soy yogurt (meats/meat alternates (MMA) component).

Creditable ingredients in smoothies must provide at least the minimum creditable amount to credit toward the SFSP meal patterns. The minimum creditable amount is ⅛ cup for the vegetables/fruits component, ¼ cup for the milk component (applies only to milk in smoothies), and ⅛ cup (¼ ounce) for yogurt.

Required Crediting Documentation for Smoothies

SFSP sponsors must maintain appropriate documentation to indicate the crediting information for each meal component in a smoothie. For example, to credit a strawberry-yogurt smoothie as ½ cup of the vegetables/fruits component and 1 ounce of the MMA component, the SFSP sponsor's documentation must indicate that the serving contains ½ cup of pureed strawberries and ½ cup of yogurt. Documentation must be based on the food yields and crediting information in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG).

Documentation for commercial smoothies

Commercial smoothies require a product formulation statement (PFS) that indicates the amount of each meal component per serving. A Child Nutrition (CN) label might be available for some commercial smoothies that contain yogurt. For information on CN labels and PFS forms, refer to the CSDE's resources, *Using Child Nutrition (CN) Labels in the Summer Food Service Program* and *Using Product Formulation Statements in the Summer Food Service Program*. For guidance on how to review a PFS, visit the USDA's Child Nutrition Programs: Tips for Evaluating a Manufacturer's Product Formulation Statement webpage.

For more information on crediting documentation, refer to the CSDE's resource, *Accepting Processed Product Documentation in the Summer Food Service Program,* and USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements.* Additional guidance is available on the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

Crediting Smoothies in the Summer Food Service Program

Training on the documentation requirements is available in the CSDE's Summer Meals Annual Training Module, Crediting Documentation for Summer Meals. Training on the requirements for CN labels and PFS forms is available in Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products of the CSDE's training program, *What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs*.

Documentation for smoothies made from scratch

SFSP sponsors must have recipes on file that document the ounces of MMA per serving in all foods prepared from scratch, including foods made on site by the SFSP sponsor and foods prepared by vendors. The USDA encourages SFSP sponsors to use standardized recipes. Standardized recipes ensure accurate meal component contributions and document that menus meet the SFSP meal pattern requirements. For more information, visit the "Standardized Recipes" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.

> 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

Storing crediting documentation

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



Crediting Smoothies in the Summer Food Service Program

Recommended Daily Limit for Smoothies

The USDA recommends limiting smoothies to one meal or snack per day. For example, if a smoothie is served at breakfast, the lunch menu and snack menu should not include a smoothie.

Crediting Fruits and Vegetables in Smoothies

Pureed fruits and vegetables in smoothies credit as juice. Crediting is based on the volume (cups) of pureed fruits and vegetables per serving. For example, a smoothie that contains ½ cup of pureed strawberries credits as ½ cup of fruit juice. SFSP sponsors must document the amount of pureed fruits and vegetables per serving (refer to "Required Crediting Documentation for Smoothies" in this document). Menu planners must follow the guidance below when crediting fruits and vegetables in smoothies.

Breakfast

The SFSP breakfast meal pattern requires a serving of vegetables, fruits, or both. Smoothies that contain ½ cup of juice (including pureed fruits and vegetables) may credit as the entire vegetables/fruits component at breakfast. For example, a serving of smoothie that contains ½ cup of pureed mangoes and carrots credits as the full vegetables/fruits component.

Lunch and supper

The SFSP lunch and supper meal pattern requires at least ¾ cup (combined total) of two different kinds of vegetables and/or fruits. Juice (including pureed fruits and vegetables in smoothies) cannot credit for more than half of the vegetables/fruits component.

SFSP lunch and supper menus cannot offer a smoothie and juice as the only two servings of fruits and vegetables (because both credit as juice. For more information, refer to CSDE's resource, *Crediting Juices in the Summer Food Service Program*.

Snack

The SFSP snack meal pattern requires any two of the four meal components: 1 cup of milk, 1 ounce of MMA, ¾ cup of vegetables/fruits, and 1 serving of grains/breads. Smoothies that contain ¾ cup of juice (including pureed fruits and vegetables) may credit as the entire vegetables/fruits component at snack. Smoothies that contain juice and milk may credit as either juice or milk but cannot credit as both meal components in the same snack. The snack

menu cannot include juice (including pureed fruits and vegetables in smoothies) when milk is the only other snack component. The examples below show how these requirements apply.

- **Example 1:** A smoothie recipe's serving contains ¾ cup of pureed fruit (credits as fruit juice) and 1 cup of unflavored low-fat milk. The menu planner may choose to credit the smoothie as either the vegetables/fruits component or the milk component but cannot credit the smoothie as both components in the same snack. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA or grains.

- **Example 2:** A smoothie recipe's serving contains ¾ cup of pureed fruit (credits as fruit juice) and ½ cup of unflavored low-fat milk. The pureed fruit credits as the vegetables/fruits component. However, the milk cannot credit as the full milk component because the serving is less than 1 cup. To be reimbursable, the snack must include the full serving of a second component, i.e., MMA or grains.

Crediting Milk in Smoothies

Milk in smoothies credits as the milk component based on the cups per serving. For example, a smoothie that contains ½ cup of milk credits as ½ cup of the milk component. SFSP sponsors must document the amount of milk per serving (refer to "Required Crediting Documentation for Smoothies" in this document).

Allowable types of milk

The allowable types of milk for the SFSP include unflavored or flavored whole milk, reduced-fat milk, low-fat milk, and fat-free milk. For information on the crediting requirements for milk, refer to CSDE's resource, *Requirements for the Milk Component of the Summer Food Service Program Meal Patterns*, and visit the "Milk" section of the CSDE's Crediting Foods in the Summer Food Service Program webpage.

Training on the crediting requirements for the milk component is available in the CSDE's Summer Meals annual training module, Crediting Foods in the Summer Food Service Program Meal Patterns Part 2: Milk Component.

Crediting Smoothies in the Summer Food Service Program

Minimum creditable amount

The minimum creditable amount of milk in a smoothie is ¼ cup. SFSP sponsors must document the amount of milk per serving with a recipe for smoothies made from scratch and a PFS for commercial products (refer to "Required Crediting Documentation" in this document).

Crediting Yogurt in Smoothies

Yogurt and soy yogurt used as an ingredient in smoothies credits as the MMA component based on the amount per serving. A ½-cup serving of yogurt credits as 1 ounce of the MMA component. The minimum creditable amount is ⅛ cup.

SFSP sponsors must document the amount of yogurt or soy yogurt per serving with a standardized recipe for smoothies made from scratch and a PFS for commercial products (refer to "Required Crediting Documentation" in this document). For information on the crediting requirements for yogurt, refer to the CSDE's resource, *Crediting Yogurt in the Summer Food Service Program*.

Additional Ingredients

Smoothies may include additional noncreditable ingredients to improve flavor and consistency, such as oatmeal and peanut butter. However, these ingredients do not credit toward the SFSP meal patterns.

Smoothie Crediting Example

The example below shows how to credit a smoothie made with blueberry puree, low-fat yogurt, fat-free milk, and oatmeal.

Smoothie ingredient	Meal pattern contribution
Frozen blueberry puree, ½ cup	½ cup fruit juice (vegetables/fruits component)
Low-fat blueberry yogurt, ½ cup	1 ounce MMA
Low-fat milk, 4 fluid ounces	4 fluid ounces milk
Oatmeal, 2 tablespoons	None (does not credit in smoothies)

Crediting Smoothies in the Summer Food Service Program

Commercial Products

Commercial smoothies credit the same as smoothies made from scratch. Product formulation and labeling can vary greatly because commercial smoothies do not have a Food and Drug Administration (FDA) standard of identity. To credit commercial smoothies in SFSP menus, SFSP sponsors must obtain a PFS (or CN label, if available). This documentation must state the amount of all creditable ingredients per serving, such as pureed fruits and vegetables, juice, yogurt, and milk (refer to "Required Crediting Documentation" in this document).

The crediting documentation for commercial smoothies must follow the guidance below.

Crediting pureed vegetables/fruits

Commercial smoothies made with juices or pureed fruits/vegetables credit only as juice toward the vegetables/fruits component or vegetables/fruits component. Crediting is based on the volume of fruits/vegetables after pureeing and before freezing. The product label must include a statement regarding the "percent juice content," which is required by the FDA for beverages made with fruit/vegetable juice or puree.

For example, an 8-fluid ounce smoothie made from fruit puree that is labeled with "contains 50% juice" credits as 4 fluid ounces (½ cup) of juice. SFSP sponsors may need to obtain a PFS from the manufacturer to document the amount of pureed fruit in the product.

> Concentrated fruit puree and concentrated juice are added sugars and do not credit in smoothies unless they are reconstituted to full-strength fruit puree or full-strength juice.

Crediting milk

The type of milk used as an ingredient in commercial smoothies must be consistent with the meal pattern requirements (refer to "Allowable types of milk" in this document). The manufacturer's product documentation must attest that commercial mixes with milk are made using ingredients that meet federal, state, and local definitions for fluid milk.

Crediting Smoothies in the Summer Food Service Program

Crediting yogurt

Yogurt and soy yogurt credit as the MMA component when used as an ingredient in commercial smoothies. The minimum creditable amount is amount is ¼ ounce, which equals ⅛ cup of yogurt. The product documentation must attest that commercial mixes with yogurt are made in compliance with the federal definition for yogurt.

Limit for crediting amount

The total creditable amount in a smoothie cannot exceed the volume served. For example, ½ cup of a commercial smoothie cannot credit as 1 cup of juice.

Noncreditable commercial smoothies

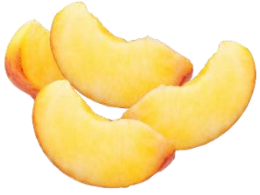
Probiotic dairy drinks, drinkable yogurt, and yogurt drinks are not smoothies, and do not credit in the SFSP meal patterns. Commercial smoothies that contain dietary supplements (such as whey protein powder) or herbal supplements (such as gingko biloba, ginseng, and echinacea) do not credit.

Review accuracy of PFS

The USDA requires that SFSP sponsors must verify the PFS for accuracy prior to purchasing, serving, and claiming the food product in reimbursable meals and snacks (refer to "Documentation for commercial smoothies" in this document). Check that the listed volumes of pureed fruits and vegetables are prior to freezing. Check that milk meets the meal pattern requirements. Check that yogurt meets the federal definition for yogurt.

.





Crediting Smoothies in the Summer Food Service Program

Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfspaccepting_processed_product_documentation_sfsp.pdf

Accepting Product Documentation (CSDE's Crediting Documentation for the Child Nutrition Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/accepting-product-documentation

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 Foods in the Summer Food Service Program (CSDE webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program

Crediting Juices in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_juices_sfsp.pdf

Crediting Yogurt in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/credit_yogurt_sfsp.pdf

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

Vegetables/Fruits Component (CSDE's Crediting Foods in the Summer Food Service Program webpage):
https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/vegetables-and-fruits

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 Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/records_retention_sfsp.pdf

Crediting Smoothies in the Summer Food Service Program

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

Summer Meals Annual Training Module: Crediting Foods in the SFSP Meal Patterns Part 2: Milk Component ("Annual Training" section of CSDE's SFSP webpage)
https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingFoods

Summer Meals Annual Training Module: Crediting Foods in the SFSP Meal Patterns Part 5: Vegetables/Fruits Component ("Annual Training" section of CSDE's SFSP webpage)
https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingFoods

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans (89 FR 31962):
https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program, and Summer Food Service Program:
https://www.fna.usda.gov/cn/crediting-tofu-soy-yogurt-products-school-meals-cacfp

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

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:
https://www.fna.usda.gov/cn/smoothies-offered

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CDSE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/cn_labels_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):
https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingsfsp/product_formulation_statements_sfsp.pdf

Crediting Smoothies in the Summer Food Service Program

What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs): https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials#module8

For more information, visit the CSDE's Crediting Foods in the Summer Food Service Program webpage or contact the Summer Meals 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/sfsp/creditingsfsp/credit_smoothies_sfsp.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

Crediting Smoothies in the Summer Food Service 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.