

Crediting Yogurt in the Summer Food Service Program

This guidance applies to 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 MMA component, refer to the Connecticut State Department of Education’s (CSDE) resource, [Requirements for the Vegetables/Fruits Component of the Summer Food Service Program Meal Patterns](#), and visit the “Meal Patterns for the SFSP,” “Meat/Meat Alternates Component for the SFSP,” and “Vegetables/Fruits Component for the SFSP” sections of the CSDE’s SFSP webpage.



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Overview of Crediting Requirements

Commercial yogurt and soy yogurt credit as meat alternates toward the meat/meat alternates (MMA) component of the [SFSP meal patterns](#). Yogurt may be plain or flavored; sweetened or unsweetened; contain any fat content; and contain added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt ([21 CFR 131.200](#)).



Serving size

The required serving size for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 oz eq of the MMA component in the school meal patterns. Table 1 shows the MMA contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt

Serving size (volume or weight)	MMA contribution
1/8 cup or 1 ounce	1/4 oz eq (minimum creditable amount)
1/4 cup or 2 ounces	1/2 oz eq
1/2 cup or 4 ounces	1 oz eq
3/4 cup or 6 ounces	1 1/2 oz eq
1 cup or 8 ounces	2 oz eq

Nutrition guidance

The CSDE encourages SFSP sponsors to read labels and consider fat and sugar content when purchasing yogurt for SFSP meals and snacks. The [Dietary Guidelines for Americans](#) recommends serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurts provide the same nutrients as whole milk yogurt but contain less saturated fat and fewer calories.

Many types of yogurts are high in added sugars. For guidance on choosing yogurt with fewer added sugars, visit the USDA's [Choose Yogurts that are Lower in Sugar](#) webpage and watch the USDA's webinar, [Choose Yogurts that are Lower in Added Sugars](#).

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The CSDE encourages SFSP sponsors to choose yogurts without nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as “light” or “lite.”

Fruits in Yogurt

Fruits in commercially prepared yogurt (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.

Yogurt in Smoothies

Yogurt and soy yogurt may credit toward the MMA component when used as an ingredient in smoothies. To credit smoothies made from scratch, SFSP sponsors must have a standardized recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 ounce of the MMA component, the SFSP sponsor’s recipe must indicate that each serving contains $\frac{1}{2}$ cup of yogurt. The USDA encourages SFSP sponsors to use standardized recipes to ensure accurate crediting information. For information on standardized recipes, refer to the CSDE’s [Standardized Recipe Form for the Summer Food Service Program](#) and visit the “[Standardized Recipes](#)” section of the CSDE’s SFSP webpage.



The addition of yogurt to a smoothie is not a substitution for fluid milk. Fluid milk must be offered in all meals and snacks to meet the milk component requirement of the SFSP meal patterns.

To credit yogurt in commercial smoothies, SFSP sponsors must obtain a Child Nutrition (CN) label or product formulation statement (PFS) stating the total amount of yogurt (cups or weight) contained in one serving of the product. Commercial smoothies cannot credit as the MMA component without a CN label or PFS.

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](#), [Using Product Formulation Statements in the Summer Food Service Program](#), and [Accepting Processed Product Documentation in the Summer Food Service Program](#). For guidance on how to review a PFS, refer to the USDA’s [Tips for Evaluating a Manufacturer’s Product Formulation Statement](#) and [Reviewer’s Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates](#). For additional guidance, visit the “[Crediting Commercial Processed Products](#)” section of the CSDE’s SFSP webpage.

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Training on the requirements for CN labels and PFS forms and how to evaluate a PFS is available in Module 6: Meal Pattern Documentation of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#).

For more information on smoothies, refer to the CSDE's resource, [Crediting Smoothies in the Summer Food Service Program](#).

Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in the meal patterns for school nutrition programs. The FDA's definition and standard of identity requires that yogurt must be "coagulated," not liquid. The FDA does not have a standard of identity for frozen yogurt.

Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA's definition and standard of identity for yogurt, and do not credit in the SFSP meal patterns.

Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/accepting_processed_product_documentation_sfsp.pdf

Choose Yogurts that are Lower in Sugar – Handouts, training slides, and webinars in English and Spanish (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-sugar>

Crediting Foods in the Summer Food Service Program ("Documents/Forms" section of the CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents>

Food Buying Guide for Child Nutrition Programs (USDA):

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

Meal Patterns for the SFSP ("How To" Section of CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/how-to#MealPatterns>

Nutrition Guide: Summer Food Service Program (USDA):

<https://www.fns.usda.gov/sfsp/nutrition-guide>

Product Formulation Statements for the SFSP ("Documents/Forms" section of the CSDE's SFSP webpage):

https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents#usda_pfs_sfsp

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Standardized Recipes (Documents/Forms section of the CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/documents#StandardizedRecipes>

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

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

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

<https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

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 Child Nutrition (CN) Labels in the Summer Food Service Program (CDSE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/cn_labels_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/product_formulation_statements_sfsp.pdf

What's in a Meal Module 6: Meal Pattern Documentation (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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For more information, visit the [Meal Patterns for the SFSP](#) and [Crediting Foods in the SFSP](#) sections of the CSDE's SFSP 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/creditingfsp/credit_yogurt_sfsp.pdf.

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