Crediting Yogurt in the Summer Food Service Program

This guidance applies 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 meats/meats alternates (MMA) component, refer to the Connecticut State Department of Education's (CSDE) resource, 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 Meats/Meat Alternates 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

Overview of Crediting Requirements 2
- Serving size 2
- Nutrition guidance 2

Fruits in Yogurt 3

Yogurt in Smoothies 3

Noncreditable Yogurt 3

Resources 4



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Overview of Crediting Requirements

Commercial yogurts and soy yogurts that meet the USDA's limit for added sugars credit toward the meats/meat alternates (MMA) component of the meal patterns for the school nutrition programs. Yogurt includes plain yogurt, flavored yogurt, and yogurt with 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 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 ounce equivalent (oz eq) of the MMA component. The table below shows the meal pattern contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt

Serving size (volume or weight)	MMA contribution
⅛ cup or 1 ounce	¼ oz eq (minimum creditable amount)
¼ cup or 2 ounces	½ oz eq
½ cup or 4 ounces	1 oz eq
¾ cup or 6 ounces	1½ oz eq
1 cup or 8 ounces	2 oz eq

Nutrition guidance

Many types of yogurts are high in added sugars. For guidance on choosing yogurts with fewer added sugars, visit the USDA's webpage, Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program.

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

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Fruits in Yogurt



Fruits in commercially prepared yogurt or soy 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 meal 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. For more information, 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 reimbursable meals and snacks. 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 credit because they do not meet the FDA's definition and standard of identity for yogurt.

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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

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program (USDA): https://www.fna.usda.gov/tn/cacfp/calculating-sugar-limits-yogurt

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA): https://www.fna.usda.gov/tn/cacfp/meal-pattern-training-worksheets/yogurts-lower-sugar

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

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

Yogurt and Soy Yogurt ("Meats and Meat Alternates" section of 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/meats-and-meat-alternates#Yogurt

Crediting Yogurt in the Summer Food Service Program

For more information, visit the CSDE's Crediting Foods in School Nutrition Programs webpage or contact the school nutrition programs staff at the Connecticut State 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/nslp/crediting/credit_yogurt_snp.pdf.

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