



**Summer Meals  
Annual Sponsor Training**

**Crediting Foods in the Summer  
Food Service Program (SFSP)  
Meal Patterns**

**Part 4: Grains/Breads Component**

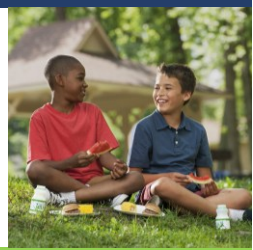



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Bureau of Child Nutrition Programs  
Revised March 2026

1

**Summer Meals Recorded Training Modules**


- Part of CSDE's required annual training for Summer Meals sponsors
- Reflects current requirements of the SFSP regulations



2

**Crediting Foods in the SFSP Meal Patterns: 5 Modules**

- Part 1: Introduction to Crediting Foods
- Part 2: Milk Component
- Part 3: Meats/Meats Alternate Component
- Part 4: Grains/Breads Component
- Part 5: Vegetables/Fruits Component



3

**Annual Training Section of SFSP Webpage**




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



4

**This Module Applies Only To**

- Summer Meals sites that follow SFSP meal patterns



5

**This Module Does Not Apply To**

- School food authority (SFA) sponsors of SFSP that choose to follow school meal patterns
  - National School Lunch Program (NSLP)
  - School Breakfast Program (SBP)
  - Afterschool Snack Program (ASP)
- Seamless Summer Option (SSO) of NSLP



6

### CSDE Webpage

#### Meal Pattern Training for School Nutrition Programs

- 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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7

### Topics

- Allowable grains, grain products, and creditable grains
- How to identify enriched grains
- How to identify whole grains
- Restrictions for grain-based desserts
- Crediting breakfast cereals
- Crediting corn masa, masa harina, corn flour, cornmeal, and hominy
- Crediting popcorn
- Methods to determine grains/breads servings
- Rounding rules for calculating grains/breads servings
- Noncreditable grains/breads
- Resources

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### Allowable Grains and Grain Products

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### Allowable Grains and Grain Products

- Breads and bread products
- Snack products, e.g., crackers, hard pretzels, tortilla chips, popcorn
- Cereal grains, e.g., brown rice, quinoa
- Ready-to-eat (RTE) breakfast cereals
- Cooked breakfast cereals
- Bread products used as ingredient in another menu item
- Pasta products
- Grain-based desserts

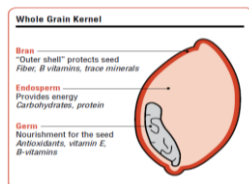


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### Products and Recipes Must Contain Creditable Grains

- Whole grains
- Enriched grains
- Bran
- Germ



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### Creditable Grain Foods for SFSP

#### Grain and Bread Products and Foods Made from Scratch

- Whole grain
- Enriched
- Contain blend of whole and enriched grains

#### Cooked and RTE Breakfast Cereals

- Whole grain
- Enriched
- Fortified



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12

### Whole Grain-rich (WGR) Foods

- No WGR requirement for SFSP
- Serve most often for more nutritious meals and snacks




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### Whole Grain-rich (WGR)

The grains content of a product or recipe is between 50 and 100 percent whole grain with any remaining grains being enriched





**Terms to Know**

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### How to Identify Enriched Grains

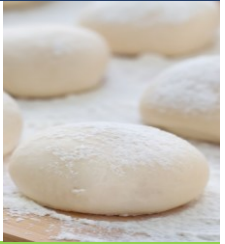



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### Enriched Grains

- **Refined grains**  
e.g., wheat, rice, and corn
- **Refined grain products**  
e.g., cereal, pasta, and bread



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### 5 Enrichment Nutrients

- Thiamin
- Riboflavin
- Niacin
- Folic acid
- Iron

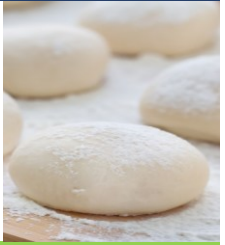


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17

### Examples of Enriched Grains

- Enriched corn flour
- Enriched durum flour
- Enriched farina
- Enriched rice
- Enriched rye flour
- Enriched wheat flour
- Enriched white flour
- Any grains stating "enriched"



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### Method 1: Contains "Whole" Before Grain Name

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### Method 1: Contains "Whole" Before Grain Name

- Whole grain [name of grain, e.g., wheat, rye, oats]
- Whole wheat
- Whole [name of grain]
- Stoneground whole [name of grain]




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### Crediting "Stoneground" Products

- Check ingredients to determine if whole grain




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### Example: Stoneground Wheat Crackers


Ingredients: **Unbleached enriched wheat flour** (wheat flour, niacin, iron, thiamine, riboflavin, folic acid), canola oil, salt, yeast, malted barley flour, baking soda

- Stone-ground whole wheat = whole grain
- Stone-ground wheat = not whole grain



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### Method 2: Other Names for Whole Grains

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### Other Names for Whole Grains

- Berries
- Groats
- Oats and oatmeal
- Graham flour
- Brown rice
- Other grains, e.g., quinoa, millet, amaranth, sorghum, buckwheat, bulgur (cracked wheat), and sprouted wheat



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**Method 3:  
 FDA Standard  
 of Identity**

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**FDA Standard of Identity**

A set of rules for what a certain product, such as whole-wheat bread, must contain or may contain to be legally labeled with that product name


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**FDA Standard of Identity for Whole Wheat Products**

- Only for certain types of whole-wheat breads, rolls, buns, and pastas



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**FDA Standard of Identity for Breads, Rolls, Buns**

- Whole wheat bread, rolls, buns
- Entire wheat bread, rolls, buns
- Graham bread, rolls, buns
  - Does not include graham crackers

**Must have exact product name**



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**FDA Standard of Identity for Whole Wheat Pastas**

- Whole wheat spaghetti
- Whole wheat vermicelli
- Whole wheat macaroni
- Whole wheat macaroni products

**Must have exact product name**



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**Other Grain Products without These Exact Names**


- Do not have an FDA standard of identity
- Examples
  - Whole wheat crackers
  - Whole wheat tortillas
  - Whole wheat bagels
  - Whole wheat biscuits

**May or may not be whole grain or WGR**




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### Method 4: Nixtamalized Corn



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### Nixtamalization

- The process of soaking and cooking dried corn in an alkaline (or slaked lime) solution




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38

### CSDE Resource

Crediting Whole Grains in the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit\\_whole\\_grains\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_whole_grains_sfsp.pdf)

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### Crediting Restrictions for Grain-based Desserts




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### Restrictions for Grain-based Desserts

- Lunch and Supper**  
Cannot credit
- Snack and breakfast**  
Only certain types credit



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### Crediting Graham Crackers and Animal Crackers

- Credit at any meal or snack



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### Allowable Grain-based Desserts

Food Item	Breakfast	Snack
Cereal bars, breakfast bars, granola bars	X	X
Brownies, plain		X
Cakes and cupcakes, plain or frosted		X
Cobbler/crisp topping in fruit cobblers and crisps		X
Coffee cakes, including cinnamon streusel quick breads	X	X
Cookies and bars, all types		X
Doughnuts, all types	X	X
Pastries, plain or frosted, e.g., cinnamon rolls, sweet rolls, toaster pastries, fruit turnovers, sweet croissants (e.g., chocolate), sweet scones (e.g., fruit/chocolate)	X	X
Piecrust in dessert pies, e.g., fruit, chocolate, pecan		X

43

### Considerations for Grain-based Desserts

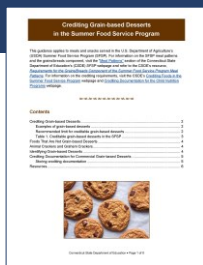
- Often contain more fat and added sugars than traditional grains
- Recommended limit**  
No more than twice per week



44

### CSDE Resource

Crediting Grain-based Desserts in the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit\\_grain\\_based\\_desserts\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_grain_based_desserts_sfsp.pdf)

45

### Crediting Breakfast Cereals

46

### Breakfast Cereals Include

- RTE cold breakfast cereals
- Cooked instant and regular hot cereals



47

### Crediting Requirements for Breakfast Cereals

- Must be whole grain, enriched, or fortified
- Choose whole-grain, low-sugar cereals most often




48

### Serving Size for Breakfast Cereals

1 serving =

- RTE = ¾ cup or 1 ounce, whichever is less
- Cooked = ½ cup cooked or 25 grams dry




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### CSDE Resource

Crediting Breakfast Cereals in the Summer Food Service Program




[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit\\_cereals\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_cereals_sfsp.pdf)

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### Crediting Corn Masa, Masa Harina, Corn Flour, Cornmeal, and Hominy



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### Creditable Corn Ingredients

- Whole grain
- Enriched
- Nixtamalized



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### Products Made with Nixtamalized Corn

- Hominy
- Masa harina
- Corn masa
- Certain types of cornmeal




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### How to Identify Nixtamalized Corn

- Ingredients statement indicates corn is treated with lime
  - Ground corn with trace of lime
  - Ground corn treated with lime
- Package includes FDA whole grain health claim



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### FDA Whole Grain Health Claims

**Low Fat Claim**

Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol, may reduce the risk of heart disease and some cancers

**Moderate Fat Claim**

Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease

Not common on most products

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### Crediting Dried Milled Hominy Grits

- Credit as WGR food
- ½ cup cooked or 25 grams dry = 1 serving grains/breads
- Canned hominy or cooked whole hominy from dried credits as vegetables/fruits component



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56

### USDA Resource

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs



<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

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57

### Crediting Popcorn



Crediting Popcorn

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### Serving Size for Popcorn

- 3 cups popped (1 ounce) = 1 serving grains/breads
- Minimum creditable amount = ¼ cup popped = ¼ grains/breads servings
- Consider if serving size is reasonable



59

### Required Documentation for Foods Containing Popcorn


- Commercial products
  - PFS
- Foods made from scratch
  - Recipe



60

### USDA Resource


USDA Memo SP 23-2019, CACFP 10-2019 and SFSP 9-2019: Crediting Popcorn in the Child Nutrition Programs



<https://www.fns.usda.gov/school-meals/crediting-popcorn-child-nutrition-programs>

61


### Methods to Determine Grains/Breads Servings



62


### How to Determine Grains/Breads Servings

- Two methods
- Depends on
  - type of grain food
  - whether packaging and ingredients provide sufficient crediting information



63

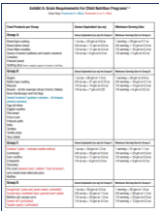
### Method 1: Weight or Volume



64

### Overview of Method 1: Exhibit A Weight or Volume

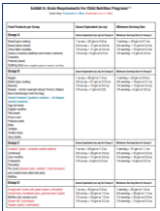
- Uses required weight or volume for each grain group in USDA's Exhibit A: Grain Requirements for Child Nutrition Programs
  - 9 grain groups (A-I)
- Used for most commercial products
  - Some exceptions



65

### Exhibit A Includes Required Grain Quantities for All Child Nutrition Programs

- Other Child Nutrition Programs require grain ounce equivalents (oz eq) instead of grains/breads servings
- Oz eq require larger quantities



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/servings\\_grains\\_breads\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/servings_grains_breads_sfsp.pdf)

66

### Use CSDE's Grains/Breads Servings Chart

- Includes quantities that apply to SFSP
- Determine quantities of grain menu items for SFSP meals and snacks
  - Servings for Grains/Breads in the Summer Food Service Program

[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/servings\\_grains\\_breads\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/servings_grains_breads_sfsp.pdf)

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### Required Exhibit A Quantities

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### Required Quantities for Groups A-G: Baked Goods

#### Examples

Breads and bread products, crackers and pretzels, pancakes and waffles, muffins, cookies and granola bars, and doughnuts and pastries

- Weight (grams and ounces)
- Required weight varies because different types of foods contain different amounts of creditable grains



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### Four Different Servings for Groups A-G

Group A	Group A Servings
Bread-type coating	1 serving = 20 grams or 0.7 ounce
Breadsticks, hard	1/4 serving = 15 grams or 0.5 ounce
Chow Mein noodles	1/2 serving = 10 grams or 0.4 ounce
Crackers, savory, e.g., saltines and snack crackers	1/4 serving = 5 grams or 0.2 ounce
Croutons	
Pretzels, hard	
Stuffing, dry (weights apply to bread in stuffing)	

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### Required Weight for 1 Serving of Groups A-G



Group A: 20 grams



Group B: 25 grams



Group C: 31 grams



Group D: 50 grams



Group E: 63 grams



Group F: 75 grams



Group G: 115 grams

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71

### Required Quantities for Group H: Cereal Grains

#### Examples

- Rice
- Pasta
- Barley
- Quinoa

- 1 serving = 1/2 cup cooked  
25 grams dry



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### Required Quantities for Group I: Cold Breakfast Cereals

**Examples**

- Puffed cereals
- Round cereals
- Flaked cereals
- Granola

- Volume (cups) or weight
- 1 serving =  $\frac{3}{4}$  cup or 1 ounce, whichever is less



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### Using Method 1 for Commercial Products or Recipes

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### Using Method 1

- Must know **weight** (groups A-G) or **volume** (groups H-I) of prepared serving
- Cannot use method 1 if product or recipe does not indicate serving weight or volume
  - Recipes do not typically provide serving weight unless they are standardized

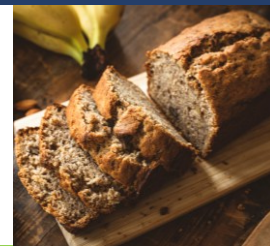


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### Two Options for Recipes without Serving Weight

1. Conduct a yield study to determine average cooked weight of one serving and use method 1
2. Use method 2 (creditable grains)

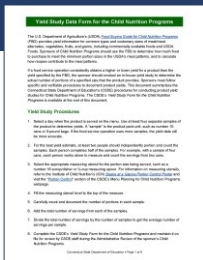


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76

### CSDE Resource

Yield Study Data Form for the Child Nutrition Programs



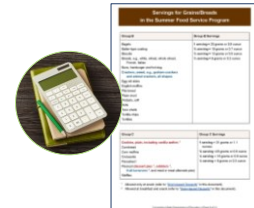
[https://portal.ct.gov/-/media/sde/nutrition/nsp/crediting/yield\\_study\\_form.pdf](https://portal.ct.gov/-/media/sde/nutrition/nsp/crediting/yield_study_form.pdf)

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### How to Use Method 1

- Divide**
- Manufacturer's serving weight or volume
- By**
- Required weight or volume for 1 serving from Exhibit A



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### CSDE Resource

How to Use the Grains/Breads Servings Chart for the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/how\\_to\\_use\\_grains\\_breads\\_servings\\_chart\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/how_to_use_grains_breads_servings_chart_sfsp.pdf)

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### USDA's Exhibit A Grains Tool

- Part of USDA's Food Buying Guide for Child Nutrition Programs (FBG)
- Determines meal pattern contribution of commercial grain products



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### Create Free Account to Save Crediting Information

- Exhibit A Grains Tool main page
  - Login or create a Profile



<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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### How to Use USDA's Exhibit A Grains Tool

- Enter name of product
- Choose grains/breads servings
- Search for food in Exhibit A



<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

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### Instructions Tab

- Located at top of Exhibit A Grains Tool



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83

### USDA Resource

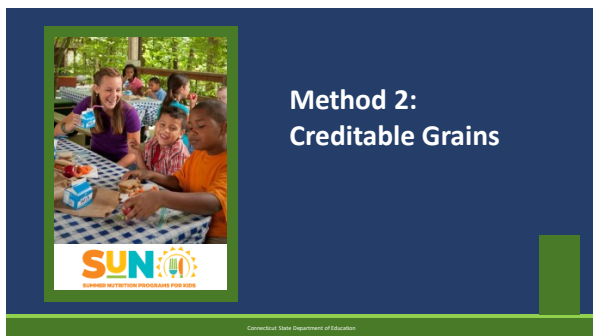
How to Maximize the Exhibit A Grains Tool



<https://www.fns.usda.gov/tn/food-buying-guide-training-resources>

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**Method 2:  
Creditable Grains**

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**Overview of Method 2: Creditable Grains**

- Based on grams of creditable grains per serving (whole, enriched, bran, and germ)
- May use for any commercial grain products
  - Required for some commercial products
- Common for foods made from scratch




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**How Many Grams of Creditable Grains = 1 Serving**

- Depends on grain group where food belongs in Exhibit A




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**1 Serving of Grains/Breads =**

- Groups A-G**  
14.75 grams of creditable grains
- Groups H-I**  
25 grams of creditable grains



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**Using Method 2**

- Must know grams of creditable grains per serving

**Required Documentation**

- PFS for commercial products
- Recipe for foods made from scratch (standardized recipe)
  - Convert pounds and ounces to grams
  - If weight is not listed, convert volume to grams
  - Divide total grams of creditable grains in recipe by number of servings




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89

**CSDE Resource**

Calculation Methods for Grains/Breads Servings in the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/grain\\_calculation\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/grain_calculation_sfsp.pdf)

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### When Method 2 is Required for Commercial Products

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### When Method 2 is Required for Commercial Products

- Ingredients statement and packaging do not provide sufficient information to determine crediting
- Must obtain PFS
- 4 situations when commercial product requires PFS




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### Situation 1 When PFS is Required

- Creditable grain is not first ingredient, but product contains more than 1 creditable grain

**Example**  
 Ingredients: Water, **sugar**, whole-grain corn flour, whole wheat flour, enriched flour (wheat flour, niacin, iron, thiamin mononitrate, riboflavin, folic acid), eggs, soybean/canola oil, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, guar gum





PFS must indicate weight of creditable grains is more than weight of sugar

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### Situation 2 When PFS is Required

- Combination food with grain portion is not CN labeled

PFS must indicate creditable grains are greatest ingredient by weight in grain portion

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### Situation 3 When PFS is Required

- Manufacturer claims product's serving size is less than required quantity in Exhibit A

**Example**

- Manufacturer claims **0.75 ounce** bagel credits as **1 serving**
- Group B: 1 serving = **0.9 ounce (25 grams)**

PFS must indicate grams of each creditable grain per serving and USDA guidance allowing that crediting


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### Four Situations Require Method 2 (PFS)

- Product not listed in Exhibit A

PFS must indicate grams of each creditable grain per serving and USDA guidance allowing that crediting




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### CSDE Resource

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/when\\_commercial\\_grain\\_products\\_require\\_pfs\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/when_commercial_grain_products_require_pfs_sfsp.pdf)

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97

### CSDE Resource

Using Product Formulation Statements in the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/product\\_formulation\\_statements\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/product_formulation_statements_sfsp.pdf)

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### Rounding Rules for Calculating Grain/Breads Servings




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### Two Rounding Rules

1. Servings of grains/breads
2. Number of pieces required to provide 1 serving of grains/breads



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### Example 1 of Rounding for Grains/Breads Servings

- Round down to nearest ¼ serving
  - 1.49 servings of bagel = 1.25 servings




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### Example 2 of Rounding for Grains/Breads Servings

- Round down to nearest ¼ serving
  - 1.27 servings of muffin = 1.25 servings






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**Example 3 of Rounding for Grains/Breads Servings**

- Round down to nearest  $\frac{1}{4}$  serving
  - 1.24 servings of bread = 1 serving





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**Rounding Rule 2: Number of Pieces per Serving**

- Round up to next whole number





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**Example 1 of Rounding for Number of Pieces per Serving**

- Round up to next whole number
  - 1 serving = 4.2 crackers
  - Must serve 5 crackers






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**Example 2 of Rounding for Number of Pieces per Serving**

- Round up to next whole number
  - 1 serving = 6.7 pretzels
  - Must serve 7 pretzels





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**Summary of Rounding Rules**

- Servings of grains/breads  
Round down to nearest  $\frac{1}{4}$  serving
- Number of pieces per serving  
Round up to next whole number



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**Noncredible Grains/Breads**




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### Examples of Noncredible Grains/Breads



- Commercial products that do not contain a creditable grain as the greatest ingredient by weight
- Breakfast cereals that are not whole grain, enriched, or fortified
- Recipes not made with creditable grains
- Grain-based desserts at lunch/supper




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109

### CSDE Resource

#### Noncredible Foods in the Meal Patterns for the Summer Food Service Program



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/noncredible\\_foods\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/noncredible_foods_sfsp.pdf)

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110

### Resources





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### CSDE Resource

#### Requirements for the Grains/Breads Component of the Summer Food Service Program Meal Patterns



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component\\_grains\\_breads\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/component_grains_breads_sfsp.pdf)

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112

### USDA Resource

#### Crediting Grains in Child Nutrition Programs Tip Sheets

- Part 1: Creditable Grains in Child Nutrition Programs
- Part 2: Identifying Grain Products that are Whole Grain-Rich
- Part 3: Program Requirements



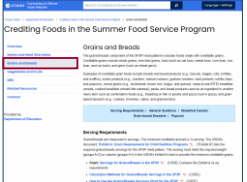
<https://www.fns.usda.gov/tn/cn/crediting-tipsheets/grains>

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113

### CSDE Webpage

#### Grains and Breads 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/grains-and-breads>

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114

**CSDE Resource**

Crediting Summary Charts for the Summer Food Service Program Meal Patterns



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/crediting\\_summary\\_charts\\_sfsp.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/crediting_summary_charts_sfsp.pdf)

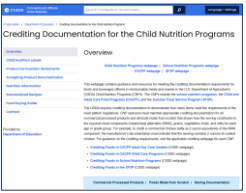
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115

**CSDE Webpage**

Crediting Documentation for the Child Nutrition Programs

- Child Nutrition labels
- Product formulation statements
- Nutrition information
- Accepting product documentation
- Standardized recipes
- Food Buying Guide for Child Nutrition Programs




<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

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116

**CSDE Resource**

Resources for the Summer Food Service Program Meal Patterns



[https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/resources\\_sfsp\\_meal\\_patterns.pdf](https://portal.ct.gov/-/media/sde/nutrition/sfsp/mealpattern/resources_sfsp_meal_patterns.pdf)

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117

**Questions? Contact CSDE's Summer Meals Staff**



[https://portal.ct.gov/-/media/sde/nutrition/cnstaff/county\\_assign\\_summer\\_meals.pdf](https://portal.ct.gov/-/media/sde/nutrition/cnstaff/county_assign_summer_meals.pdf)

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118

**Thanks for participating!**

More guidance and resources



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

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119

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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](mailto:program.intake@usda.gov)

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120

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