

Summer Meals Annual Sponsor Training

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

Part 2: Milk Component



**Summer Meals
Annual Sponsor Training**

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

Part 2: Milk Component

 Connecticut State Department of Education
Bureau of Child Nutrition Programs

SUN SUMMER NUTRITION PROGRAMS FOR KIDS

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Summer Meals Recorded Training Modules

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



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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



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Summer Meals Recorded Training Modules



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



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This Module Applies Only To

- Summer Meals sites that follow SFSP meal patterns



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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



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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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Topics

- Requirements for fluid milk
- Recommended types of milk for different ages
- State beverage statute for public schools
- Menu planning requirements
- Crediting milk in smoothies
- Fluid milk substitutes for disability reasons
- Fluid milk substitutes for non-disability reasons (school food authority sponsors only)
- Keeping milk cold
- Noncredible milk
- Resources



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Requirements for Fluid Milk



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Requirements for Fluid Milk

- Pasteurized
- Meet all state and local requirements
- Contain vitamins A and D at levels specified by Food and Drug Administration (FDA)



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Allowable Types of Milk

- Whole milk
- Reduced-fat milk
- Low-fat milk
- Fat-free milk
- Buttermilk
- Lactose-reduced milk
- Acidophilus milk

Unflavored or flavored



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Recommended Types of Milk for Different Ages



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- CSDE recommends following Dietary Guidelines for Americans



<https://www.dietaryguidelines.gov/>

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Recommended Types of Milk

- Age 1**
Unflavored whole milk
- Ages 2-5**
Unflavored low-fat or fat-free milk
- Ages 6 and older**
Unflavored or flavored low-fat or fat-free milk



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Requirements of State Beverage Statute (C.G.S. Section 10-221q)

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State Beverage Statute Applies Only To

- Summer sites operating in public schools



https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

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Nutrition Standards for Milk

- No artificial sweeteners
- ≤ 4 grams of sugars per fluid ounce



https://www.cga.ct.gov/current/pub/chap_170.htm#sec_10-221q

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State Beverage Statute Does Not Apply To

- Summer sites not operating in public schools



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Menu Planning Requirements for Meals and Snacks

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Menu Planning Requirements for Milk

- 1 cup for breakfast and lunch/supper
- 1 cup for snack, if milk is offered

Served as	Breakfast	Snack	Lunch/Supper
Beverage	X	X	X
On cereal	X	X	
Both	X	X	



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Menu Planning Requirements for Milk

Snack

- Only 1 meal component may be creditable beverage
- Cannot serve milk if juice is only other meal component



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Crediting Milk in Smoothies

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Milk in Smoothies Containing Fruits and Vegetables

- At least $\frac{1}{4}$ cup
- If less than 1 cup, meal must include additional milk to provide full serving



Meal Component	Amount
Milk in smoothie	$\frac{1}{4}$ cup
Additional milk in meal	$\frac{1}{4}$ cup

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CSDE Resource

Crediting Smoothies in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingssfsp/credit_smoothies_sfsp.pdf

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Guidance for Meal Modifications in the Summer Food Service Program

- Required Modifications for Disability Reasons
- Medical Statement
- Procedural Safeguards
- Optional Meal Modifications for Non-disability Reasons
- Summary Chart



https://portal.ct.gov/-/media/sde/sde/nutrition/sfsp/mealpattern/meal_modification_guidance_sfsp.pdf

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Keeping Milk Cold

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Keeping Milk Cold

- Food safety
≤40 degrees
- Best taste
35 degrees



Maintain at 35 degrees during meal service

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Noncredible Milk

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Examples of Noncredible Milk



- Fluid milk substitutes, e.g., soy milk, rice milk, almond milk, and cashew milk)
- Dairy foods made from milk, e.g., cheese and yogurt
- Milk cooked or baked in foods (e.g., cereals, puddings, and cream sauces)
- Nutrition supplement beverages
- Powdered milk beverages
- **SFA school sites only:** Milk and that does not meet state beverage requirements
- **SFA school sites only:** Nondairy milk substitutes that do not meet state beverage requirements

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Noncreditable Foods in the Summer Food Service Program



https://portal.ct.gov/-/media/sde/sde/nutrition/sfsp/creditingsfsp/noncredible_foods_sfsp.pdf

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Requirements for the Milk Component of the Summer Food Service Program Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/credittingsfp/component_milk_sfsp.pdf

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USDA Resource

Crediting Fluid Milk in the Child Nutrition Programs Tip Sheet



<https://ns-prod.azureedge.us/sites/default/files/resource-files/tn-crediting-milk.pdf>

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Crediting Foods in the Summer Food Service Program

▪ Milk section



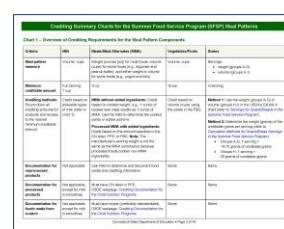
<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program>

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Crediting Summary Charts for the Summer Food Service Program (SFSP) Meal Patterns



https://portal.ct.gov/-/media/sde/nutrition/sfsp/credittingsfp/crediting_summary_charts_sfsp.pdf

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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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