

Module 13: Whole Grain-rich Requirement

1

What's in a Meal Modules

1: Introduction to Training	2: Introduction to School Meal Patterns	3: National School Lunch Program (NSLP) Meal Pattern	4: School Breakfast Program (SBP) Meal Pattern
5: Dietary Specifications	6: Meal Pattern Documentation	7: Milk Component	8: Meat/Meat Alternates Component
9: Fruits Component	10: Vegetables Component	11: Grains Component	12: Whole Grain-rich (WGR) Requirement
13: Grain Ounce Equivalents	14: Water Availability During Meal Service	15: Offer versus serve (OVS) in the NSLP	16: Offer versus serve (OVS) in the SBP

<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

2

3

Module 12 Topics

- Weekly WGR requirement ($\geq 80\%$)
- WGR criteria ($\geq 50\%$ whole grains and noncreditable grains limit)
 - Commercial grain products
 - Ready-to-eat (RTE) breakfast cereals
 - Combination foods with grain portion
 - Grain foods made from scratch
- How to identify WGR foods
- Crediting documentation
 - When product formulation statement (PFS) is required
- Resources

4

5

Key Messages About WGR Requirement

- $\geq 80\%$ of weekly grains must be WGR
- WGR criteria
 - $\geq 50\%$ whole grains
 - Limit for noncreditable grains
- Documentation required

6

WHAT'S IN A MEAL
Grades K-12

Weekly WGR Requirement

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7

WGR Requirement

≥ 80% of weekly grains must be WGR

Grains that are not WGR must be enriched (≤ 20%)

Enriched grains = thiamin, riboflavin, niacin, folic acid, and iron

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8

Determining If Weekly Menu Contains ≥ 80% WGR Foods

Calculated separately for lunch and breakfast

Based on total ounce equivalents (oz eq) of all grain items offered during week

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9

Steps to Determine WGR Percentage

- Determine total oz eq of all offered grain items (WGR and enriched)
- Determine total oz eq of all offered WGR items
- Divide total oz eq WGR by total oz eq of all grains
 - Multiply by 100

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10

Steps to Determine WGR Percentage

- Determine total oz eq of all offered grain items (WGR and enriched)

Menu Item	Monday	Tuesday	Wednesday	Thursday	Friday
Milk (any)	1 cup	1 cup	1 cup	1 cup	1 cup
Meat/beans	2 oz eq	2 oz eq	2 oz eq	2 oz eq	2 oz eq
Vegetables	1 cup	1 cup	1 cup	1 cup	1 cup
Fruit	1 cup	1 cup	1 cup	1 cup	1 cup
Grains	1 cup	1 cup	1 cup	1 cup	1 cup
Dairy (any)	1 cup	1 cup	1 cup	1 cup	1 cup
Protein	2 oz eq	2 oz eq	2 oz eq	2 oz eq	2 oz eq
Whole grains	1 cup	1 cup	1 cup	1 cup	1 cup
Enriched grains	1 cup	1 cup	1 cup	1 cup	1 cup
Other	1 cup	1 cup	1 cup	1 cup	1 cup

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11

Steps to Determine WGR Percentage

- Determine total oz eq of all offered grain items (WGR and enriched)

Grain items	Oz Eq	
	Total	WGR
Whole-wheat roll	2	
Brown rice	2	
Enriched crackers	1	
Total oz eq	5	

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12

Steps to Determine WGR Percentage

2

Determine total oz eq of all offered WGR items

Grain items	Oz Eq	
	Total	WGR
Whole-wheat roll	2	2
Brown rice	2	2
Enriched crackers	1	0
Total oz eq	5	4

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13

Steps to Determine WGR Percentage

3

- Divide total oz eq WGR by total oz eq of all grains
- Multiply by 100

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14

Sample Calculation for 5-day Lunch Menu


Day	Oz Eq		
	WGR	Total	
1	4	5	
2	3	4	
3	4	4	
4	4	5	
5	3	3	$18 \div 21 =$
Total	18	21	$0.857 \times 100 =$
			85.7%

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15

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Calculating the Weekly Percentage of Whole Grain-rich Menu Items in the National School Lunch Program and School Breakfast Program



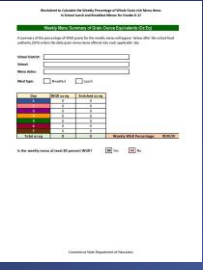
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Calculate_WGR_Percentage_SNP.pdf

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16

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Worksheet to Calculate the Weekly Percentage of Whole Grain-rich Menu Items in School Lunch and Breakfast Menus for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Worksheet_Calculating_WGR_Percentage_SNP_grades_K-12.xlsx

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17

Menu Planning for WGR Requirement



- Consider all daily meal choices
- Cannot offer daily alternate meal choice with enriched grain

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18

Example of Alternate Lunch Menu with Enriched Grain

Grades 9-12

Not allowed as daily lunch choice (exceeds 20%)

- Chef's Salad, 3 cups vegetables and 3 oz eq turkey, cheese, and egg
- Fresh fruit, 1 cup
- Enriched crackers, 2 oz eq
- Low-fat or fat-free milk, 1 cup

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19

WHAT'S IN A MEAL

Grades K-12

WGR Criteria

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20

USDA's Exhibit A: Grain Requirements for Child Nutrition Programs

- 9 grain groups (A-I)
- Different WGR criteria
 - Groups A-G: baked goods
 - Group H: cereal grains
 - Group I: ready-to-eat (RTE) breakfast cereals

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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21

USDA's Exhibit A: Grain Requirements for Child Nutrition Programs

- Quantities are not the same for all Child Nutrition Programs
 - Ounce equivalents
 - Servings

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

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22

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CSDE's Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Oz_Eq_SNP_grades_K-12.pdf

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Reviewing the Different WGR Criteria


Commercial Products

- Baked goods (groups A-G)
- Cereal grains (group H)
- RTE breakfast cereals (group I)
- Combination foods with grain portion from groups A-I

Grain foods made from scratch

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WGR Criteria for Commercial Grain Products in Groups A-G (Baked Goods)

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Examples of Foods in Groups A-G

- Breads and bread products
- Snack products, e.g., crackers, hard pretzels, tortilla chips, popcorn
- Grain-based desserts



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26

Two WGR Criteria for Commercial Baked Goods in Groups A-G

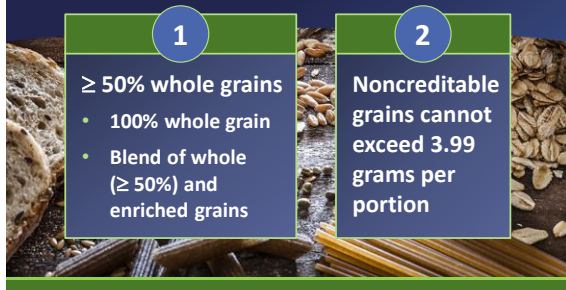
1

≥ 50% whole grains

- 100% whole grain
- Blend of whole (≥ 50%) and enriched grains


2

Noncreditable grains cannot exceed 3.99 grams per portion



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27




WGR Criteria for Cereal Grains (Group H)

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Examples of Foods in Group H

- Cooked breakfast cereals, e.g., oatmeal and cream of wheat
- Bulgur (cracked wheat)
- Cereal grains
- Pasta
- Rice



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29

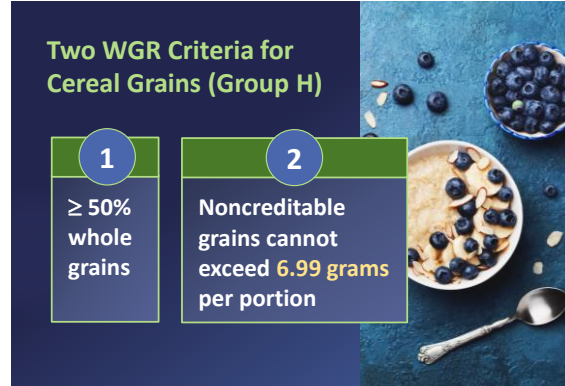
Two WGR Criteria for Cereal Grains (Group H)

1

≥ 50% whole grains

2

Noncreditable grains cannot exceed 6.99 grams per portion



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30




WGR Criteria for RTE Breakfast Cereals (Group I)

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Two WGR Criteria for RTE Breakfast Cereals (Group I)

- Different from cooked breakfast cereals in group H



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Two WGR Criteria for RTE Breakfast Cereals (Group I)


1

First ingredient is **whole grain** and cereal is **fortified** *

* Fortification is not required if 100% whole grain

2

Noncreditable grains cannot exceed **6.99 grams** per portion




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33

Example of WGR Cereal

Ingredients: **Whole-grain wheat**, raisins, wheat bran, sugar, brown sugar syrup, contains 2% or less of salt, malt flavor.

➔ **Vitamins and Minerals:** Potassium chloride, niacinamide, reduced iron, vitamin B6 (pyridoxine hydrochloride), zinc oxide, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, folic acid, vitamin D, vitamin B12.



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34

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Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program

Crediting Breakfast Cereals for Grades K-12 in the National School Lunch Program and School Breakfast Program

Introduction

The purpose of this document is to provide information to school food authorities (SFA) regarding the crediting of breakfast cereals for grades K-12 in the National School Lunch Program (NSLP) and the School Breakfast Program (SBP). This document is intended for use by SFA, state agency staff, and other interested parties.

Requirements for WGR Foods


The NSLP and SBP are required to serve whole grain-rich foods. The NSLP and SBP are required to serve whole grain-rich foods that contain at least 50 percent whole grain by weight. The NSLP and SBP are required to serve whole grain-rich foods that contain at least 50 percent whole grain by weight. The NSLP and SBP are required to serve whole grain-rich foods that contain at least 50 percent whole grain by weight.

NSLP and SBP requirements for grades K-12: The NSLP and SBP are required to serve whole grain-rich foods that contain at least 50 percent whole grain by weight. The NSLP and SBP are required to serve whole grain-rich foods that contain at least 50 percent whole grain by weight. The NSLP and SBP are required to serve whole grain-rich foods that contain at least 50 percent whole grain by weight.

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Credit_Cereals_SNP_grades_K-12.pdf

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35



WGR Criteria for Commercial Combination Foods with Grain Portion

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Combination Foods

Contain more than one of the five food components

Meat/meat alternates (MMA)	Vegetables
Grains	Fruits
	Milk

Terms to Know

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37

WGR Criteria for Commercial Combination Foods

- Same as groups A-I but apply only to **grain portion**




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38


Commercial Combination Foods with Grain Portion from Groups A-I

<p>1</p> <p>≥ 50% whole grains in grain portion</p>	<p>2</p> <p>Noncreditable grains in grain portion meet limit</p> <ul style="list-style-type: none"> Groups A-G: ≤ 3.99 grams Groups H-I: ≤ 6.99 grams
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39




How to Determine if Commercial Grain Products are WGR

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40

Is the commercial grain product WGR?

- Criterion 1: Contains ≥ 50% whole grains
- Criterion 2: Meets limit for noncreditable grains



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41



WGR Criterion 1: Determining if Commercial Grain Product Contains ≥ 50% Whole Grains

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42

Contains $\geq 50\%$ whole grains?

Use any method

Four Methods

1. Minimum whole grains per oz eq
2. Whole grains are primary grain ingredient by weight
3. Food and Drug Administration (FDA) whole-grain health claim
4. WIC whole-grain food list

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43

Contains $\geq 50\%$ whole grains?

Obtain PFS

Method 1: Minimum Whole Grains per Oz Eq

Groups A-G (baked goods) 1 oz eq =	Group H (cereal grains) 1 oz eq =
≥ 8 grams per oz eq	≥ 14 grams per oz eq OR $\geq \frac{1}{4}$ cup per $\frac{1}{2}$ cup cooked

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44

Contains $\geq 50\%$ whole grains?

Method 2: Primary Grain Ingredient by Weight

- Whole grain is first ingredient OR
- Water is first ingredient and whole grain is second ingredient OR
- PFS indicates whole grains are greatest ingredient by weight

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45

Contains $\geq 50\%$ whole grains?

Method 2: Primary Grain Ingredient by Weight

Whole-wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yeast, molasses

100% whole grain

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46

Contains $\geq 50\%$ whole grains?

Method 2: Primary Grain Ingredient by Weight

Water, whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), yeast, wheat gluten

50% whole grain

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47

Contains $\geq 50\%$ whole grains?

Method 3: Food and Drug Administration (FDA) Whole-grain Health Claim

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.

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48

Contains $\geq 50\%$ whole grains?

Method 4: WIC Whole-grain Food List

- Breads, tortillas, pasta, rice
- Some breakfast cereals (if marked "whole grain")



<https://portal.ct.gov/DPH/WIC/Approved-Food-Guide>

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49

Contains $\geq 50\%$ whole grains?


Use any method

Summary of Four Methods

1. Minimum whole grains per oz eq
2. Whole grains are primary grain ingredient by weight
3. Food and Drug Administration (FDA) whole-grain health claim
4. WIC whole-grain food list

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50



WGR Criterion 2: Determining if Commercial Grain Product Meets Limit for Noncreditable Grains


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51

Meets limit for noncreditable grains?

- **Groups A-G** ≤ 3.99 grams
- **Groups H-I** ≤ 6.99 grams

Grain foods that exceed these limits do not credit



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52

Examples of Noncreditable Grain Ingredients

- Corn (not whole grain, enriched, or nixtamalized), e.g., cornmeal, corn flour, degermed corn, stone-ground corn, yellow corn flour
- Fiber, e.g., corn fiber, soluble corn fiber, oat fiber, oat hull fiber, soy fiber
- Flour (not whole grain or enriched), e.g., durum flour, malted barley flour, fermented wheat flour, rice flour, semolina flour, stone-ground corn flour, white flour, wheat flour
- Grits (not whole grain, enriched, or nixtamalized), e.g., corn grits, durum grits, barley grits
- Modified food starch, e.g., modified cornstarch, modified rice starch, modified tapioca starch, modified wheat starch
- Rice, white (not enriched)
- Soy products, e.g., soy flakes, soy fiber, soy grits
- Starch, e.g., cornstarch, cultured wheat starch, hydrolyzed starch, potato starch, rice starch, tapioca starch
- Vegetable and legume flours, e.g., chickpea flour, fava bean flour, pea flour, potato flour

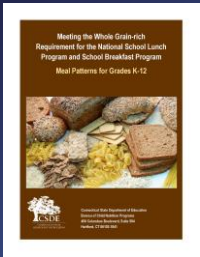
This list is not all-inclusive

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53

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Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGR_Requirement_SNP_grades_K-12.pdf

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54

Meets limit for noncreditable grains?

Identifying and Counting Noncreditable Grains

- Review product's ingredients statement

Noncreditable grains	Meets limit?
None	Yes
1 or more	Depends on grams per serving (requires PFS)




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55

Meets limit for noncreditable grains?

Ignoring Noncreditable Grains

- Three situations when
 - noncreditable grains do not count toward limit
 - PFS not required



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56

Ignore Noncreditable Grains When Listed

1

Listed after statement, "contains 2% or less"

Ingredients: Whole wheat flour, sugar, water, enriched flour (flour, malted barley flour, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), soybean oil, contains 2% or less of: oat fiber, cornmeal, salt



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57

Ignore Noncreditable Grains When Listed

2

Listed in a non-grain ingredient, e.g., dough conditioner or filling

Ingredients: Whole wheat flour, sugar, corn oil, FILLING: corn syrup, evaporated apples, cinnamon, lemon juice, wheat flour, salt



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58

Ignore Noncreditable Grains When

3

Listed in non-grain portion of commercial combination food

Ingredients: Filling: Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow's milk (cultured milk, salt, enzymes), salt, sugar bleached wheat flour, modified cornstarch, Pasta: Whole-wheat flour, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg



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59

Ignore Noncreditable Grains When

3

Listed in non-grain portion of commercial combination food

Ingredients: Filling: Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow's milk (cultured milk, salt, enzymes), salt, sugar bleached wheat flour, modified cornstarch, Pasta: Whole-wheat flour, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg



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60


Ignore Noncreditable Grains When

3
Listed in non-grain portion of commercial combination food

Ingredients: **Filling:** Fat-free ricotta cheese (whey, skim milk [made from nonfat dry milk powder], egg, low moisture part skim mozzarella cheese (cultured part skim milk, salt, enzymes), whey protein isolate, sodium caseinate, Romano cheese made from cow's milk (cultured milk, salt, enzymes), salt, sugar

Pasta: Whole-wheat flour, enriched durum wheat flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid), water, egg

61



How to Determine if Commercial Combination Foods are WGR


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62

Is the commercial combination food WGR?

Grain portion

- Criterion 1: Contains $\geq 50\%$ whole grains
- Criterion 2: Meets limit for noncreditable grains




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63

Contains $\geq 50\%$ whole grains?

Commercial Combination Foods

- Depends on how grain ingredients are listed
 - Separate grain portion
 - Together with all non-grain ingredients



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64


Contains $\geq 50\%$ whole grains?

Commercial Combination Foods

Separate grain portion

$\geq 50\%$ if whole grain is first ingredient in grain portion

Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** white whole-wheat flour, water, enriched flour, salt, spices



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65


Contains $\geq 50\%$ whole grains?

Commercial Combination Foods

Together with all non-grain ingredients

$\geq 50\%$ if whole grain is first grain ingredient


Ingredients: Boneless, skinless chicken breast with rib meat, water, whole-wheat flour, contains 2% or less of the following: dried garlic, dried onion, salt, salt, soybean oil, spice, sugar



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66

Meets limit for noncreditable grains?




Commercial Combination Foods

- Grain portion in groups A-G ≤ 3.99 grams
- Grain portion in groups H-I ≤ 6.99 grams

PFS must document grams of noncreditable grains if not listed after "contains 2% or less"

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67





WGR Documentation for Commercial Grain Products and Combination Foods

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68

WGR Documentation for Commercial Products

Combination Foods	Grain Foods
Always required	Required if insufficient information

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69

WGR Documentation for Commercial Products

Documentation	Combination foods	Grain products
Child Nutrition (CN) label	✓	
PFS	✓	✓

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70

WGR Documentation for Commercial Products




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71

CN Labels

- Reviewed and approved by USDA
- Available for main dish entrees with ≥ ½ oz eq meat/meat alternate
- Two terms for oz eq



oz eq grains = WGR


oz eq grains (enriched) = enriched

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72


PFS Forms

- Not reviewed, approved, or monitored by USDA
- Must indicate
 - weight (grams) of each creditable grain
 - combined weight of noncreditable grains
- Must be based on Food Buying Guide



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73



When a PFS is Required to Document WGR Compliance

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74

When a PFS is Required


- Whole grain is not first ingredient, but > 1 whole grain
- Whole grain is first ingredient and ≥ 2 enriched grains
- First ingredient is flour blend of whole and enriched flour
- Contains noncreditable grains
- Combination food is not CN labeled
- Manufacturer claims product's serving size is < required weight or volume in Exhibit A
- Product not listed in Exhibit A

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75

When a PFS is Required

- Whole grain is not first ingredient, but > 1 whole grain



Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], whole-wheat flour, whole oats, sugar, yeast, soybean oil, salt




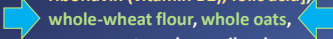
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76

When a PFS is Required

- Whole grain is not first ingredient, but > 1 whole grain

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], whole-wheat flour, whole oats, sugar, yeast, soybean oil, salt





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77

When a PFS is Required

- Whole grain is first ingredient and ≥ 2 enriched grains



Ingredients: Whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), yeast, soybean oil, sugar, salt, baking soda





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78

When a PFS is Required

2. Whole grain is first ingredient and ≥ 2 enriched grains

Ingredients: Whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), yeast, soybean oil, sugar, salt, baking soda




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79

When a PFS is Required

2. Whole grain is first ingredient and ≥ 2 enriched grains

Ingredients: Whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), enriched corn meal (corn meal, ferrous sulfate, niacin, thiamin mononitrate, riboflavin, folic acid), yeast, soybean oil, sugar, salt, baking soda



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80

When a PFS is Required

3. First ingredient is flour blend of whole and enriched flour

Ingredients: Flour blend (whole wheat flour, enriched flour [wheat flour, niacin, iron, thiamine mononitrate, riboflavin, folic acid]), sugar, egg, oil, salt

- Whole grain ≥ 8 grams per oz eq (groups A-G) OR
- Whole grain weighs more than first ingredient after flour blend

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81

When a PFS is Required

4. Contains noncreditable grains not listed

- after "contains 2% or less"
- in non-grain ingredient
- in non-grain portion of combination food

Ingredients: Whole-wheat flour, sugar, wheat starch, contains 2% or less of each of the following: honey, salt, yeast, molasses




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82

When a PFS is Required

5. Combination food that is not CN labeled




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83


When a PFS is Required

6. Manufacturer claims serving is less than weight or volume in Exhibit A



"This $\frac{3}{4}$ -ounce WGR bagel credits as 1 oz eq"

Group B: 1 ounce = 1 oz eq



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84

When a PFS is Required

7. Product not listed in Exhibit A




Group	Product	Whole Grain Requirement
Group 1	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
Group 2	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
Group 3	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
Group 4	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%
	Whole Grain Flour	100%

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85

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When Commercial Grain Products Require a Product Formulation Statement to Credit in the School Nutrition Programs




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/When_Commercial_Grain_Products_Require_PFS_SNP.pdf

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86

PFS Documentation

- Verify accuracy
- Cannot accept if missing or incorrect information
 - Request supporting documentation and updated PFS
- Maintain PFS forms and crediting documentation

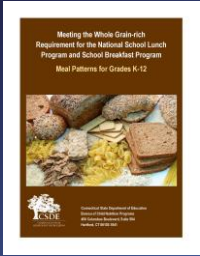


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87

CSDE Resource

Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12



- Section 6 includes guidance on how to evaluate a grain PFS

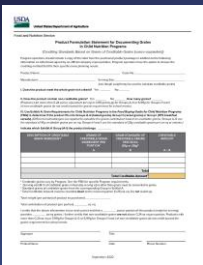
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGR_Requirement_SNP_grades_K-12.pdf

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88

USDA Webpage

Product Formulation Statement for Documenting Grains in Child Nutrition Programs



<https://www.fns.usda.gov/cn/labeling/food-manufacturersindustry>

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89

CSDE Resource

Using Product Formulation Statements in the School Nutrition Programs



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Product_Formulation_Statements.pdf

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90

**Knowledge Check:
Determining if
Commercial
Products are
WGR**

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91

**Knowledge Check:
Determining if
Commercial
Products are WGR**

- Commercial grain products in groups A-H
- Decide if WGR or need PFS

https://portal.ct.gov/-/media/SDE/Nutrition/Training/WIAM/WIAM_Worksheet_Module_12_Determining_Whole_Grain_Rich.pdf

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92

Use Pause and Play Buttons

Click **pause** to stop the module and review the product

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93

Use Pause and Play Buttons

Click **play** to resume the module when your product review is complete

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94

**Reminder:
WGR Criteria
for Commercial
Grain Products
in Groups A-H**

- ≥ 50% whole grains
- Noncreditable grains cannot exceed
 - 3.99 grams: groups A-G
 - 6.99 grams: groups H-I

PFS required if insufficient information

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95

Product 1: Whole-wheat Bagel

Ingredients: Whole-wheat flour, sugar, wheat gluten. Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (date), ascorbic acid, mono- and diglycerides, l-cysteine, enzymes

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96

Product 1: Whole-wheat Bagel 


Ingredients: **Whole-wheat flour**, sugar, wheat gluten.
 Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono- and diglycerides, l-cysteine, enzymes

100% whole grain

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

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97

Product 1: Whole-wheat Bagel 


Ingredients: **Whole-wheat flour**, sugar, wheat gluten.
 Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono- and diglycerides, l-cysteine, enzymes

100% whole grain

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

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98

Product 1: Whole-wheat Bagel 


Ingredients: **Whole-wheat flour**, sugar, wheat gluten.
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100% whole grain

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS
2: Noncreditable grains limit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

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99

Product 1: Whole-wheat Bagel 

Ingredients: **Whole-wheat flour**, sugar, wheat gluten.
 Contains 2% or less of each of the following: honey, salt, yellow corn flour, yeast, molasses, diacetyl tartaric acid esters of mono-diglycerides (datem), ascorbic acid, mono- and diglycerides, l-cysteine, enzymes


100% whole grain

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS
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WGR

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100

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100% whole grain

WGR Criteria	Meets Criteria?
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2: Noncreditable grains limit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

WGR

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101

Product 2: Oat Bread 


Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

WGR

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102


Module 13: Whole Grain-rich Requirement

Product 2: Oat Bread 

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

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103

Product 2: Oat Bread 

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

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104


Product 2: Oat Bread 

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

WGR Criteria	Meets Criteria?	PFS
1: ≥ 50% whole grains	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	

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105

Product 2: Oat Bread 

Ingredients: Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid], water, whole-wheat flour, whole oats, sugar, wheat gluten, yeast, soybean oil, salt, monoglycerides, datem, calcium sulfate, citric acid, calcium carbonate, soy lecithin, whey, nonfat milk

WGR Criteria	Meets Criteria?	PFS
1: ≥ 50% whole grains	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	
2: Noncreditable grains limit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS	

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106

Product 3: Iced Cinnamon Roll

Ingredients: Water, flour blend [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar, corn oil, nonfat dry milk, yeast, cinnamon, dough conditioner (soybean oil, vegetable glycerides, soy flakes), salt, wheat gluten and 2% or less of each of the following: icing stabilizer (calcium carbonate, sugar, agar, salt, mono and diglycerides), vanilla



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107

Product 3: Iced Cinnamon Roll 

Ingredients: Water, flour blend [whole-wheat flour, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, enzyme, folic acid)], brown sugar, corn oil, nonfat dry milk, yeast, cinnamon, dough conditioner (soybean oil, vegetable glycerides, soy flakes), salt, wheat gluten and 2% or less of each of the following: icing stabilizer (calcium carbonate, sugar, agar, salt, mono and diglycerides), vanilla

WGR Criteria	Meets Criteria?	PFS
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108

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109

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WGR Criteria	Meets Criteria?	PFS
1: ≥ 50% whole grains	<input type="checkbox"/> Yes <input type="checkbox"/> No	<input checked="" type="checkbox"/> Requires PFS
2: Noncreditable grains limit	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No	<input type="checkbox"/> Requires PFS

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110

Product 4: Corn Muffin

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, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum.



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111

Product 4: Corn Muffin

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, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum.

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112

Product 4: Corn Muffin

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, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum.

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113

Product 4: Corn Muffin

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, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum.

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114

Product 4: Corn Muffin

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WGR Criteria	Meets Criteria?	PFS
1: ≥ 50% whole grains	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	

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115

Product 4: Corn Muffin

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, modified cornstarch, milk whey, leavening (sodium acid pyrophosphate, baking soda), vital wheat gluten, sugar, nonfat milk, xanthan gum, guar gum.


WGR Criteria	Meets Criteria?	PFS
1: ≥ 50% whole grains	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	
2: Noncreditable grains limit	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	

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116

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor. Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices



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117

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor.
Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

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118

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor.
Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

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119

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor.
Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, contains 2% or less of the following: yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices

WGR Criteria	Meets Criteria?
1: ≥ 50% whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS

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120

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor. 

Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, **contains 2% or less of the following:** yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices

WGR Criteria	Meets Criteria?	PFS
1: $\geq 50\%$ whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS	PFS
2: Noncreditable grains limit	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	

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121

Product 5: Breaded Chicken Nuggets

Ingredients: Chicken, water, salt, and natural flavor.

Breaded with: white whole-wheat flour, water, wheat starch, enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), salt, **contains 2% or less of the following:** yellow corn flour, cornstarch, dried onion, dried garlic, dried yeast, brown sugar, paprika, spices


WGR Criteria	Meets Criteria?	PFS
1: $\geq 50\%$ whole grains	<input checked="" type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Requires PFS	PFS
2: Noncreditable grains limit	<input type="checkbox"/> Yes <input type="checkbox"/> No <input checked="" type="checkbox"/> Requires PFS	

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122

Reminder

- A PFS is required for many commercial grain products



When Commercial Grain Products Require a Product Exemption Request to Credit in the School Nutrition Program

When a commercial grain product is used in a school nutrition program, the product must meet the requirements of the Connecticut State Department of Education (SDE) School Nutrition Program (SNP) Policy Manual. The policy manual requires that all grain products used in the program must be whole grain-rich or enriched. The policy manual also requires that all grain products used in the program must be certified as safe for consumption by children. The policy manual also requires that all grain products used in the program must be certified as safe for consumption by children.

Criteria of Crediting Requirements for Grains

Grain products are eligible for crediting if they meet the following criteria:

- Whole grain-rich: At least 50% of the grain must be whole grain.
- Enriched: The grain must be enriched with vitamins and minerals.

Product Exemption Request (PER) and PFS

The PER and PFS are used to request a product exemption from the crediting requirements. The PER and PFS are used to request a product exemption from the crediting requirements.

https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/When_Commercial_Grain_Products_Require_PFS_SNP.pdf

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123




Review of Commercial Grain Products

- WGR criteria
- Determine if meet WGR criteria
- Required documentation

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124



WGR Criteria for Grain Foods Made from Scratch

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125

Two WGR Criteria for Grain Foods Made from Scratch

1

$\geq 50\%$ whole grains

- 100% whole grain
- Blend of whole ($\geq 50\%$) and enriched grains


2

Noncreditable grains cannot exceed limit

- Groups A-G: ≤ 3.99 grams
- Groups H-I: ≤ 6.99 grams

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126



How to Determine if Grain Foods Made from Scratch are WGR

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127

WGR Documentation for Foods Made from Scratch

- Standardized recipes required
- Must document weight of creditable and noncreditable grains



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128

Is the standardized recipe WGR?

- Criterion 1: Contains $\geq 50\%$ whole grains
- Criterion 2: Meets limit for noncreditable grains




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129

Contains $\geq 50\%$ whole grains?

- Compare weight of whole grain and enriched ingredients
- $\geq 50\%$ whole grains if weight of all whole grains \geq weight of all enriched grains




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130

Meets limit for noncreditable grains?

Review Standardized Recipe's Ingredients

Contains noncreditable grains?	
No	Meets limit
Yes	Calculate grams of noncreditable grains per serving




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131

Meets limit for noncreditable grains?

How to Calculate Grams per Serving


- Add weight of all noncreditable grains
- Convert pounds or ounces to grams
 - 1 pound = 453.6 grams
 - 1 ounce = 28.35 grams
- Divide total grams by number of servings



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132

Example 1: Oatmeal Muffins



Ingredient	Weight	Measure
Whole-wheat flour	15% oz	3½ cups
Bread flour, enriched	15 oz	3½ cups
Oats, rolled, dry	14% oz	1 qt 1½ cups
Baking soda		1 Tbsp 1 tsp
Cinnamon, ground		1 Tbsp
Salt		1 tsp
Eggs, whole	10 oz	1½ cups
Sugar	8 oz	1 cup
Vanilla extract		2 Tbsp

Whole grains	30 oz
Enriched grains	15 oz
Noncreditable grains	0

1: ≥ 50% whole grains
 Yes No


2: Noncreditable grains limit
 Yes No

WGR

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133

Example 2: Cornbread



Ingredient	Weight	Measure
Whole-wheat flour	1 lb	3 cups
White whole-grain cornmeal	1 lb	2½ cups
Sugar	6oz	1 cup
Baking powder		¾ cup
Salt		1½ tsp
Whole eggs, frozen, thawed	6 oz	¾ cup
Nonfat milk		3¾ cups
Canola oil	10 oz	½ cup

Whole grains	2 lb
Enriched grains	0
Noncreditable grains	0

1: ≥ 50% whole grains
 Yes No

2: Noncreditable grains limit
 Yes No


100% whole grain

WGR

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134

Example 3: Banana Bread



Ingredient	Weight	Measure
Sugar	1 lb 9 oz	4 cups
Shortening	12 oz	1½ cups
Eggs	12 oz	7
Vanilla	1 Tbsp	1 Tbsp
Bananas, mashed	2 lb 11 oz	4 cups
Flour, whole-wheat	10 oz	2½ cups
Flour, enriched	1 lb	3½ cups
Baking soda		3½ tsp
Salt		1½ tsp

Whole grains	10 oz
Enriched grains	16 oz
Noncreditable grains	0

1: ≥ 50% whole grains
 Yes No

2: Noncreditable grains limit
 Yes No

Not WGR


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135

USDA Resource

Food Buying Guide for Child Nutrition Programs


Recipe Analysis Workbook (RAW): Standardized Recipes



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

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136




Review of Foods Made from Scratch

- WGR criteria
- Determine if meet WGR criteria

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137



Resources for WGR Requirement


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138

Module 13: Whole Grain-rich Requirement

USDA Resource

USDA Memo SP 30-2012: Grain Requirements for the National School Lunch Program and School Breakfast Program




<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

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139

USDA Resource

USDA Memo SP 05-2022: Meal Requirements Under the National School Lunch Program and School Breakfast Program: Questions and Answers for Program Operators Updated to Support the Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022



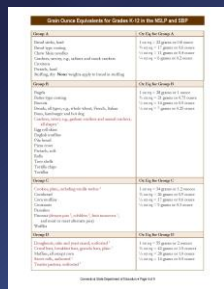
<https://www.fns.usda.gov/cn/sp052022-questions-answers-program-operators>

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140

CSDE Resource

Grain Ounce Equivalents for Grades K-12 in the National School Lunch Program and School Breakfast Program



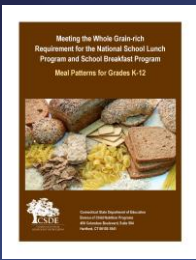
https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/Grain_Oz_Eq_SNP_grades_K-12.pdf

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141

CSDE Resource

Meeting the Whole Grain-rich Requirement for the National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12




https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/Crediting/WGR_Requirement_SNP_grades_K-12.pdf

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142

CSDE Webpage

Crediting Foods in School Nutrition Programs



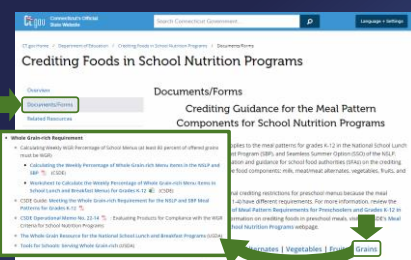
<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#Grains>

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143

CSDE Webpage

Crediting Foods in School Nutrition Programs



<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-School-Nutrition-Programs/Documents#WGR>


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144

Module 13: Whole Grain-rich Requirement

CSDE Resource

Resources for the School Meal Patterns for Grades K-12



https://portal.ct.gov/-/media/SDE/Nutrition/NSLP/MealPattern/Resources_School_Meal_Patterns_grades_K-12.pdf

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145

Questions?

Contact the school nutrition programs staff



<https://portal.ct.gov/-/media/SDE/Nutrition/CNstaff/countyassign.pdf>

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146

Thank you for participating in module 12!



<https://portal.ct.gov/SDE/Nutrition/Meal-Pattern-Training-Materials>

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147

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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

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Connecticut State Department of Education • August 2023

148

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 State Department of Education • August 2023

149