

Child Care Food Program Crediting Guide



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Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

This institution is an equal opportunity provider.

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INTRODUCTION

USDA reimburses child care centers, family day care home and center sponsors, afterschool meal programs, and homeless shelters participating in the Child Care Food Program (CCFP) for the **meals** served to enrolled eligible children, not for individual foods. A meal is reimbursable if it contains creditable foods in the amounts outlined in the CCFP meal patterns.

The USDA publication, *The Food Buying Guide (FBG) for Child Nutrition Programs*, is the principal tool with which to determine the contribution that foods make toward the child meal pattern requirements, regardless of whether foods are produced on-site or are purchased commercially. The USDA publication, *Feeding Infants: A Guide for Use in the Child Nutrition Programs*, provides guidance for feeding infants and meeting the infant meal pattern requirements.

This handbook is a supplementary resource prepared to provide additional information on creditable foods for both infants and children in child care centers, outside school hours care centers, and family day care homes. The lists of creditable and non-creditable foods in this publication are not all-inclusive. This handbook includes commonly served foods, foods about which we have received inquiries, and foods noted as being credited incorrectly.

The following terms are used throughout this handbook:

Creditable Foods: are those foods that may be counted toward meeting the meal pattern requirements for a reimbursable meal. Foods are determined to be creditable based upon the following factors: (1) nutrient content; (2) customary function in a meal; (3) compliance with regulations governing the Child Care Food Program (in quantity requirements and/or by definition); (4) compliance with FDA's Standards of Identity; (5) (if they are meat or meat products) compliance with USDA's standards for meat and meat products; and (6) compliance with administrative policy decisions on the crediting of popular foods.

Non-Creditable Foods: are those foods that do not count toward meeting meal pattern requirements because they do not meet the above criteria. Nevertheless, non-creditable foods often supply additional nutrients and calories that help meet the energy and nutritional needs of participants.

PROGRAM AIDS AND PUBLICATIONS

Food Buying Guide for Child Nutrition Programs

www.fns.usda.gov/tn/foodbuying-guide-child-nutrition-programs

The purpose of the Food Buying Guide (FBG) is to help ensure that meals served meet program requirements. It is the principal tool to determine the contribution foods make toward the meal requirements, whether foods are produced on site or purchased commercially. The FBG also helps determine the quantities needed when purchasing food items. A food item is creditable under USDA standards 1) if it is listed in the FBG and 2) if it is used in the same manner as described. Also, information provided at the beginning of each of the sections gives additional background for the component presented in that section. Please note that Section 5, Other Foods, contains food items that do not meet the requirements for any components in the meal pattern; they are included for the ease in planning since many of the items are condiments or seasonings.

Also available online: Food Buying Guide Interactive Web-Based Tool

<https://foodbuyingguide.fns.usda.gov/>

Online tool to assist with purchasing correct quantities of food for the number of children being served.

USDA Crediting Guide

www.cacfp.org/files/9914/4240/2457/CACFP_creditinghandbook.pdf

USDA Recipes for Child Care

www.fns.usda.gov/usda-standardized-recipe

Quantity Recipes are available alphabetically or numerically.

Recipes for Healthy Kids: Cookbooks for Child Care Centers and Schools

Recipes for Healthy Kids: Cookbook for Homes

www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers

www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-homes

The recipes in these cookbooks feature foods both children and adults should consume more of: dark green and orange vegetables, dry beans and peas, and whole grains. All of these healthy recipes are low in total fat, saturated fat, sugar and sodium. With fun names like Porcupine Sliders, Smokin' Powerhouse Chili, and Squish Squash Lasagna, these kid-tested, kid-approved recipes are sure to please children and be an instant hit!

USDA What's Cooking? Mixing Bowl

<https://whatscooking.fns.usda.gov>

Searchable database of recipes and menu planning tools.

DEFINITIONS

1. Child Nutrition (CN) Label: The CN Labeling Program is a voluntary Federal labeling program for Child Nutrition Programs, which is run by the Food and Nutrition Service (FNS) of USDA. The program requires an evaluation of a product's formulation (what the product consists of) by the Agricultural Marketing Service (AMS) to determine its contribution toward meal pattern requirements. It allows manufacturers to state this contribution on their labels.

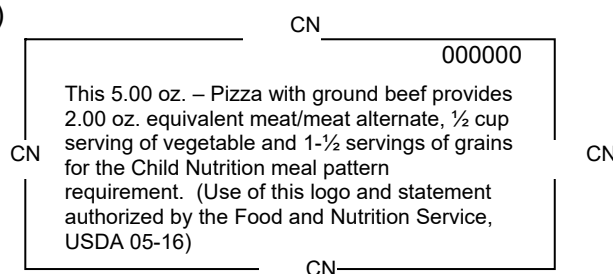
The program provides a warranty against audit claims and disallowances for purchasers of CN-labeled products.

Products eligible for CN labels:

- Main dish products that contribute to the meat/meat alternate component of the CCFP meal pattern. Examples include chicken nuggets, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.
- Juice and juice drink products containing at least 50% full-strength juice by volume. Examples include grape drink, fruit punch, frozen juice drink bars, and sherbets.

CN labels will always contain:

- The CN logo, which is a distinct border
- The meal pattern contribution statement (by serving)
- A six digit product identification number
- USDA/FNS authorization statement
- The month and year of approval



Example of a CN-labeled Product:

For a detailed explanation of CN Labeling, visit the USDA Food and Nutrition Service (FNS) website at www.fns.usda.gov/cnd/cnlabeling.

2. Child Nutrition Programs (CNP): CNP are funded by the United States Department of Agriculture and include: the Child Care Food Program; the Afterschool Snack Program; the Homeless Children Nutrition Program; the National School Lunch Program; the School Breakfast Program; the Special Milk Program; and the Summer Food Service Program.
3. Combination Food: Foods that provide more than one food item from different food components that cannot be separated, such as a vegetable pizza (contains grain, vegetable, and meat alternate). For more information refer to the section, Crediting Combination Foods.
4. Component: A food grouped in a certain category according to the CCFP meal pattern. These categories are the grains, vegetables, fruits, meat/meat alternates and milk components.
5. Food Buying Guide (FBG): Resource manual that helps determine the amount of food to be prepared to serve the correct serving size for the number of children/staff served.
6. Food Item: a specific food offered within the food components that are part of the reimbursable meal such as broccoli (vegetable).

7. Medical Exceptions: CCFP regulations require that allowances be made for children with disabilities and special dietary conditions.

Children with Disabilities:

Child care providers must make reasonable modifications to meals to accommodate disabilities which restrict a child's diet. A disability means any person who has a physical or mental impairment which substantially limits one or more "major life activities." "Major life activities" include eating, digestion, and feeding skills. A physical or mental impairment does not need to be life threatening to constitute a disability. Examples of a disability may include diabetes, food allergy/intolerance, developmental delay, or autism.

Meals with substitutions that meet all meal pattern requirements are reimbursable. For example, the child care provider can substitute lactose-free milk in place of "regular" cow's milk or substitute bananas for oranges. A medical statement is not needed in this case; however, a parent note should be on file.

When substitutions are made and the meal pattern is not met, a medical statement is required. In this situation, the medical statement must include the following:

- Description of the child's physical or mental impairment that restricts diet.
- An explanation of what must be done to accommodate the disability, e.g., listing food(s) to be omitted and the food(s) to be substituted or any necessary adaptive feeding equipment.
- Signature of a licensed physician, a physician's assistant (PA), or an advanced registered nurse practitioner (ARNP).

A parent/guardian may supply one or more components of the reimbursable meal as long as the institution/facility provides at least one required meal component.

Dietary preference:

Meals with substitutions that meet all food component requirements of the meal pattern are reimbursable. No medical statement is needed; a note from the parent/guardian should be on file. For example, the child care provider can substitute meat alternates for a child who does not eat meat due to religious preference or vegetarianism.

A parent/guardian may supply only one component of the reimbursable meal as long as the institution/facility provides the other required meal components.

Milk substitutions:

Soy milk

Child care providers or parents may provide a non-dairy beverage (e.g., soy milk) that is nutritionally equivalent to the fluid milk component of the meal pattern. For the meal to be reimbursable, the beverage must be listed on the current *CCFP Approved Milk Substitution List for Children Ages 1 and Older* on the CCFP website under Nutrition and Menu Planning/Special Dietary Needs at: www.flhealth.gov/ccfp/

The following must be maintained on file:

- A letter from the parent/guardian requesting a nutritionally equivalent milk substitute (e.g. soy milk) is required if no medical statement is on file. The letter must state whether the parent/guardian or the center will provide the milk substitute.

If parent/guardian prefers to provide the approved soy milk, it must be in the original container and labeled with the child's name.

All other milk substitutes (e.g., almond milk, rice milk, coconut milk): These milks are not nutritionally equivalent to fluid cow's milk and require a medical statement.

8. Manufacturer's Product Formulation Statement (PFS): When a processed product is purchased and served without a valid CN Label, a PFS is required. Valid and acceptable documentation for the PFS may be obtained by calling the 1-800 number on the packaging of the food item.

A valid PFS is:

- a statement on company letterhead about the amount of meat/meat alternate, grain, and/or vegetable or fruit component per serving; and
- verification of how the processed product contributes to the meal pattern requirements; and
- assurance that the creditable component(s) are in the finished product; and
- signed by an official of the manufacturer (not a salesperson)

9. Reimbursement: Money received from the USDA for serving creditable meals and snacks to eligible participants.

10. Serving Size or Portion: A serving size or portion size is described by the weight, measure, or number of pieces or slices. The serving size specified in the meal patterns can be credited toward meeting the meal pattern requirements.

11. Standards of Identity: Government standards for the contents, preparation, and labeling of food before it is manufactured and sold in commerce. Standards of Identity set specific and optional ingredients that a food must contain when a product is to be labeled or identified by that product name. Standards for meat products are developed by the U.S. Department of Agriculture and for other food products by the U.S. Food and Drug Administration (FDA). For more details and the latest information on the status of any of these standards, contact the State agency.

Child Care Food Program Meal Pattern for Infants

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children. Child care providers have a powerful opportunity to demonstrate healthy habits at an early age that can serve children throughout life.

To comply with CCFP regulations, the Infant Meal Pattern lists the amount of food to be offered to children from birth through the 11th month (their 1st birthday). **To support and encourage moms who breastfeed, meals containing breastmilk have different guidelines for reimbursement than meals containing formula.** Food within the meal pattern should be the texture and consistency appropriate for the age of the infant and may be served during a span of time consistent with the infant's eating habits. The infant meal must contain each of the following components in the amounts indicated for the appropriate age group in order to qualify for reimbursement.

Infant Meal Pattern Food Components:		Age Group and Serving Size:	
		Birth – 5 months:	6 – 11 months:
Breakfast and Lunch/Supper	Breastmilk ¹ or formula ²	4-6 fl. oz.	6-8 fl. oz.
	<i>*And one or more of the following:</i>		
	Infant cereal ^{2,3,5} , meat, fish, poultry, whole egg, cooked dry beans/peas		*0-4 Tbsp.
	Cheese		*0-2 oz.
	Cottage cheese		*0-4 oz. (volume)
	Yogurt ⁴		*0-8 oz. (1 cup)
	<i>*And:</i>		
Vegetable or fruit, or a combination of both ⁷		*0-2 Tbsp.	
Snack	Breastmilk ¹ or formula ²	4-6 fl. oz.	2-4 fl. oz.
	<i>*And one or more of the following:</i>		
	Bread ^{3,5}		*0-1/2 slice
	Crackers ^{3,5}		*0-2
	Infant cereal ^{2,3,5} or ready-to-eat cereal ^{3,5,6}		*0-4 Tbsp.
	<i>*And:</i>		
	Vegetable or fruit, or a combination of both ⁷		*0-2 Tbsp.
*NOTE: A SERVING OF THIS COMPONENT(S) IS REQUIRED WHEN THE INFANT IS DEVELOPMENTALLY READY TO ACCEPT IT.			

1. Breastmilk or formula or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
2. Infant formula and dry infant cereal must be iron-fortified.
3. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
4. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
5. A serving of grains must be whole grain, whole-grain rich, enriched meal, or enriched flour.
6. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams of sucrose and other sugars per 100 grams of dry cereal).
7. Fruit and vegetable juices must not be served.

CCFP Meal Pattern for Infants Guidelines to Follow

Breastmilk and/or Infant Formula:

- Breastmilk or iron-fortified infant formula, or portions of both, must be served to infants birth through 11 months of age.
- Breastmilk is recommended in place of formula from birth through 11 months
- For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered. Additional breastmilk must be offered at a later time if the infant will consume more.
- Infant formula must be iron-fortified. Facilities must offer at least two infant formulas; one milk-based and one soy-based (Refer to the *CCFP Approved Formula List*).
- When a parent or guardian chooses to provide breastmilk or iron-fortified infant formula and the infant is consuming solid foods, the institution or facility must supply *all other required meal components* in order for the meal to be reimbursable.
- Meals in which a mother directly breastfeeds her infant at the institution or facility are eligible for reimbursement.

Fruits/vegetables:

- Fruit and vegetable juices must not be served.
- A vegetable, fruit, or combination of both must be served at snack to 6-11 month old developmentally ready infants.

Grains:

- Grain items (bread, soft tortilla, crackers, teething biscuit, ready-to-eat breakfast cereals) must be whole grain, enriched, or made from whole grain or enriched meal or flour.
- Only ready-to-eat breakfast cereals containing 6 grams of sugar or less per dry ounce may be served (Refer to the *Cereal List for Infants*).

Solid foods:

- The gradual introduction of solid foods may begin at 6 months of age, or before or after 6 months of age if it is developmentally appropriate for the infant and in accordance with USDA/FNS guidance.
- Once an infant is developmentally ready to accept solid foods, the institution or facility is required to offer them to the infant.
- Must be of an appropriate texture and consistency and should only be introduced after consulting with the infant's parent or guardian.
- Parents or guardians should request in writing when an institution or facility should start serving solid foods to their infant.
- Parents or guardians may supply only one component of their infant's reimbursable meal.
- Can be either home-prepared baby foods or commercially prepared baby foods.
- Infant cereal must be iron-fortified, plain, dry.
- Do not serve honey or food that contains honey to infants less than one year of age - honey may contain botulinum spores, which can be harmful to infants.

INFANT FOODS

General Requirements

CCFP requires all participating family day care homes and child care centers to offer meals to all infants enrolled in care. Child care facilities must offer at least one iron-fortified milk-based formula and one iron-fortified soy-based formula that would satisfy the needs of one or more of the infants in care.

In recognition of the non-food cost of serving meals to infants from birth through 6 months of age, CCFP will reimburse for meals and snacks containing **only** breast milk or iron-fortified formula, whether supplied by the caregiver or the parent. As soon as the infant is developmentally ready to begin eating solid foods, the caregiver must offer the infant a meal that is appropriate for the infant's developmental state. Parents may supply *only one* component of each reimbursable meal and/or snack.

Solid foods should be introduced gradually when the infant is about 6 months of age and developmentally ready. The parents will take the lead with new food introductions due to the possibility of allergic reactions. Food served should be of appropriate texture and consistency.

Refer to the Infant Meal Pattern for serving size requirements. The Infant Meal Pattern chart uses ranges for portion sizes to allow for flexibility in the types and amounts of foods that must be served to infants when claimed for reimbursement. *0 Tbsp.* means that the item is not required if the infant is not developmentally ready for that food. The range for portion sizes from *0-4 Tbsp.* also means that less than 1 Tbsp. can be served once the infant is developmentally ready for that food.

Cautions:

- Never prop a bottle or give a bottle to a baby during naptime. This can cause choking as well as tooth decay and ear infections.
- Feeding on demand is recommended. Babies may have small appetites. The amounts listed in the meal pattern are the minimum portions. Infants may need to eat every 2 hours or more frequently.
- Combination foods and dinners are not creditable.
- Do not heat bottles and solid foods in a microwave oven because uneven heating can occur and burn the infant's mouth.
- Cow's milk must not be served to infants less than one year of age. Whole milk may only be served beginning at 1 year of age until the second birthday.

Food Substitutions:

When an exception to the meal pattern is necessary (such as serving low-iron fortified formula to an infant under 1 year of age), a statement from a recognized medical authority must be kept on file by the provider/center. It must state the required food substitution(s). Only then is the meal/snack eligible for reimbursement. Please refer to page 7 for more details.

INFANT FOODS

Food	Creditable Yes/No		Comments
Baby Foods, commercial, combination dinners/foods		X	The amount of each component is difficult to determine when there is a combination of foods present. Often water is the first ingredient. Examples: meat/ vegetable dinners/ combinations, meat dinners, dehydrated dinners.
Baby Foods, commercial, fruits with or without modified food starch	X		Fruit or vegetable must be listed as the first ingredient on the nutrition label. If water is listed first, it is not creditable.
Baby Foods, commercial, single-item	X		Examples: plain fruits, vegetables, meats. Must be listed as the first ingredient.
Baby Foods, desserts		X	Not 100% fruit. Often very high in sugar, fat, and low in nutrients. Examples: baby puddings, custards, cobblers, fruit desserts.
Baby Foods, puddings		X	Often high in sugar and low in nutrients.
Bread	X		Bread or toast is creditable for developmentally ready infants for snack only. Must be whole-grain or enriched and have no nuts or seeds.
Breast Milk (in bottle)	X		Breast milk is the best food for infants and is recommended in place of formula from birth through 11 months.
Breast Milk (fed by mother)	X		Meals in which a mother directly breastfeeds her infant at the center or home are eligible for reimbursement.
Buttermilk		X	Must not be given to infants.
Cereal, adult, <i>cold</i>	X		Adult ready-to-eat <i>cold</i> cereals may be served to developmentally ready infants at snack only. These cereals must contain no more 6 grams of sugar per dry ounce. Refer to the <i>Cereal List for Infants</i> .
Cereal, adult, <i>hot</i>		X	Adult <i>hot</i> cereals, including oatmeal, farina (cream of wheat), and grits are not creditable for infants.
Cereal, infant, with fruit		X	It is difficult to determine the amount of cereal and fruit.
Cereal, infant, iron-fortified, single grain	X		Iron-fortified dry infant cereals such as rice, barley, and oatmeal.
Cereal, infant, iron-fortified, multiple grains	X		Iron-fortified dry infant cereals with mixed grains are creditable for infants 8 months of age and older.
Cheese – natural cheese, cottage cheese	X		Natural cheeses such as American cheese, cheddar, Monterey Jack, and cottage are creditable.
Cheese – cheese food, cheese spread		X	High in salt and fat, not appropriate for infants.
Chocolate		X	Not appropriate for infants.

INFANT FOODS

Food	Creditable Yes/ No		Comments
Combination Foods/Dinners – commercial baby food		X	The amount of each component is difficult to determine when there is a combination of foods present. Often water is the first ingredient. Examples: meat/ vegetable dinners/ combinations, meat dinners, dehydrated dinners.
Cookies		X	Grain-based desserts are not creditable.
Crackers, savory	X		May be served to developmentally ready infants for snack only. Must be made from whole-grain or enriched flour or meal.
Crackers, sweet	X		Animal crackers and graham crackers are creditable. Must be plain.
Cream		X	
Desserts, baby food		X	Not 100% fruit. Often very high in sugar, fat, and low in nutrients. Examples: baby puddings, custards, cobblers, fruit desserts.
Dry Milk, reconstituted		X	
Egg, Whole, hard cooked	X		Creditable for developmentally ready infants. Should be properly cooked and prepared (pureed or mashed).
Egg, Yolk only		X	Whole egg should be served in place of egg yolk only.
English Muffin	X		May be served to developmentally ready infants at snack only. Must be made from whole-grain or enriched flour or meal.
Evaporated Milk		X	Cow's milk must not be served to infants under 1 year of age. Medical exception: Must have a signed statement from a recognized medical authority on file.
Fish, boneless fin (such as haddock, cod)	X		Examine fish closely and remove bones. Serve only after it has been introduced with no problems.
Fish, shellfish	X		Serve only after it has been introduced with no problems.
Fish Sticks, commercially prepared		X	Is difficult to determine the amount of creditable fish in commercially breaded or battered fish or seafood products. These products are often high in fat.
Formula, infant, iron-fortified (includes soy-based)	X		During the first year of life, the only acceptable alternative to breast milk is iron-fortified infant formula. Refer to the <i>Approved Infant Formula List</i> on the CCFP website for acceptable formulas.
Formula, infant, low-iron (includes soy-based)		X	Only iron-fortified formula is creditable. Medical exception: Must have a signed statement from a recognized medical authority on file.
Formula, follow-up		X	Refer to the <i>Approved Infant Formula List</i> on the CCFP website for acceptable formulas.
Fruit, plain cooked (homemade)	X		Plain, fresh, or canned, pureed or mashed, and cooked if necessary. Raw fruits may cause choking if not prepared to the appropriate texture for an infant, which is cooked, if necessary, and/or pureed or mashed.
Fruit, single-item commercial baby food	X		Commercial baby fruits with or without modified food starch with a fruit or vegetable as the first ingredient on the label. See Baby foods, commercial, single item.

INFANT FOODS

Food	Creditable Yes/No		Comments
Fruit Juice		X	Fruit juice is not creditable for infants.
Fruit/Vegetable Juice Blends		X	See Fruit juice.
Fruit Drink or Punch		X	Fruit drinks are not 100% fruit juice and may be high in sugar.
Half and Half		X	
Home-Canned Infant Foods		X	Not creditable due to the risk of foodborne illness.
Homemade Infant Foods	X		Must be plain fruits, vegetables, or meats. Avoid adding salt, fat, sugar, and other seasonings.
Honey		X	Honey (including cooked or baked in products such as honey graham crackers) should not be served to infants less than 1 year of age. Honey is sometimes contaminated with <i>Clostridium botulinum</i> spores. If an infant ingests these spores, they can produce a toxin that may cause a severe food borne illness called infant botulism.
Hot Dogs		X	May cause choking; not intended for infants to eat.
Juice		X	See Fruit juice.
Legumes – dried or canned beans	X		Dried or canned legumes should be prepared (mashed or pureed) to the appropriate texture for infants. Whole cooked legumes may cause choking in infants.
Meat, plain cooked (homemade)	X		Fresh or frozen meats must be cooked thoroughly and then prepared (pureed, ground or finely chopped) to the appropriate texture for infants.
Meat, single-item commercial baby food	X		Plain commercial baby food meats may be served.
Meat Sticks		X	May cause choking; not intended for infants to eat.
Milk, reduced-fat (2%), lowfat (1%) or fat-free (skim)		X	Not creditable for infants. Medical exception: Must have a signed statement from a recognized medical authority on file.
Milk, raw		X	Unpasteurized.
Milk, whole		X	Cow's milk must not be served to infants under 1 year of age. Cow's milk can place stress on an infant's kidneys, cause allergic reactions, and cause blood loss through the intestines, leading to iron deficiency anemia. The American Academy of Pediatrics recommends serving breast milk and/or iron-fortified formula during the first year of life. Medical exception: Must have a signed statement from a recognized medical authority on file.
Mixed Cereal with Fruit		X	Infant cereals must be plain, iron-fortified and dry.
Nuts		X	May cause choking; not intended for infants to eat.

INFANT FOODS

Food	Creditable Yes/No		Comments
Peanut Butter (or other nut butters or seeds)		X	May cause choking; not intended for infants to eat.
Pita Bread	X		May be served to developmentally ready infants at snack only. Must be made from whole-grain or enriched flour or meal.
Puff infant snacks		X	Does not meet cereal/bread/cracker meal pattern requirement.
Sausages		X	May cause choking; not intended for infants to eat.
Single-Item Baby Foods, commercial	X		See: Fruit, Meat, Vegetables
Soy Formula	X		See: Formula, iron-fortified
Teething Biscuits	X		May be served to developmentally ready infants at snack only. Must be made from whole-grain or enriched flour or meal.
Tortilla, soft	X		Must be enriched or whole grain.
Vegetables, plain cooked (homemade)	X		Raw vegetables may cause choking. Should be plain cooked and/or pureed to the appropriate texture.
Vegetables, single-item commercial baby food	X		Commercial baby vegetables must list vegetable or fruit as the first ingredient on the label. See Baby foods, commercial, single item.
Vegetable Juice		X	Juice is not creditable for infants.
Whole Egg	X		
Yogurt, cow's milk	X		Must contain no more than 23 grams of total sugar per 6 ounces (15 g per 4 oz or 3.8 g per oz).
Yogurt, soy		X	Only cow's milk yogurt is creditable for infants.

INFANT FOODS

Questions and Answers

1. Q: If a physician prescribes whole cow's milk as a substitute for breastmilk for an infant less than 12 months of age, is the meal reimbursable?

A: Yes. A meal or snack containing whole fluid cow's milk and served to an infant less than 12 months of age is eligible for reimbursement if the substitution is authorized, in writing, by the infant's physician. Similarly, if a physician prescribes a formula such as low-iron formula, which is not currently listed as a formula for CCFP, the meal is eligible for reimbursement.

We have always recognized the unique dietary needs of infants and that decisions concerning diet, during this first year of life, are for the infant's health care provider and parents or guardians to make together. Therefore, to support the request, a medical statement that explains the food substitution or modification is needed. The statement must be submitted and kept on file by the child care facility.

2. Q: Cottage cheese is a meat alternate in the breakfast, lunch and supper meal pattern-how much cottage cheese must be offered to fulfill the meat/meat alternate meal pattern requirement?

A: Cottage cheese is an acceptable meat alternate in the CCFP infant meal pattern. The correct amount, which may be offered as a meat alternate to infants, is 1 to 4 ounces volume of cottage cheese and 1 to 4.

3. Q: Is yogurt creditable in the infant meal pattern?

A: Yes. Creditable yogurts must not contain more than 23 grams of total sugar per 6 ounces (15 g per 4 oz or 3.8 g per oz).

4. Q: Is enriched farina, regular oatmeal, and corn grits allowable substitutes for cereal in the infant meal pattern?

A: No. These hot cereals are not reimbursable as a substitute for iron-fortified infant cereal. Infant cereals must be plain, dry, and iron-fortified (which are then mixed with formula or breastmilk). Reimbursable infant cereals include rice, oat, barley, wheat, and mixed-grain. Infant cereals that are pre-mixed with ingredients such as formula, fruit, or yogurt are not allowable.

5. Q: Are combination jar baby foods that include a vegetable, fruit, or pasta/rice and meat an allowable meat/meat alternate in the infant meal pattern?

A: No. Only commercial baby food meats with meat or poultry as the first ingredient in the ingredient listing are reimbursable as a meat/meat alternate in the infant meal pattern. Commercially prepared baby food combination dinners are not reimbursable, including those that list meat as the first ingredient. These dinners include but are not limited to: Chicken Lasagna, Macaroni and Beef, or Broccoli and Turkey.

6. Q: If a parent wants the day care provider to feed solids to an infant under 6 months of age, is the day care provider required to supply all of the components even though the meal pattern only states formula/breastmilk until 6 months?

A: Yes, although breastmilk/formula is the only required component 0-5 months; the final rule and recent infant feeding memo states that once an infant is developmentally ready for solids, the provider *must* offer foods appropriate for that child.

7. Q: If fruit or vegetable is the first ingredient listed on a jar of baby food cereal or dessert, is it allowable in the infant meal pattern?

A: No. Commercially prepared baby food vegetables and fruits are reimbursable only if vegetable or fruit is listed as the first ingredient in the ingredient listing on the label of single item vegetables and fruits or multiple vegetables and fruits. Jar baby foods with cereal, dessert, or pudding on the label are not reimbursable.

Also, vegetable or fruit jar baby food with a label stating that the first ingredient is water is not reimbursable.

8. Q: Is food prepared at the child care facility allowable in the infant meal pattern?

A: Yes. Preparing baby food at the child care facility can be equally nutritious and more economical than commercially prepared baby foods. Care must be taken to prepare and store foods safely. Foods prepared at the child care facility must be of an appropriate texture and consistency for the age of the infant. Cooking methods used to prepare foods must conserve nutrients and avoid adding unnecessary ingredients such as sugar and salt.

9. Q: Are whole grains required for infants?

A: No. The whole grain requirement is only for children ages one and older.

10. Q: Is it true that parents of infants can only bring in one component?

A: Yes. Parents may supply *only one* component of the infant's reimbursable meal/snack. The one component may be breastmilk, formula, or a solid food item (e.g. vegetables, cereal).

11. Q: I know moms can breastfeed on-site, is it still okay if she provides breastmilk in a bottle and that is the only thing the baby consumes?

A: Yes. Until a baby is developmentally ready for solids (around 6 months of age), meals containing only breastmilk or formula (provided by facility or parent) are creditable.

12. Q: Can a provider, or any other staff member of a child care center or day care home, breastfeed her own infant on-site and claim the meal for reimbursement? If yes, does the staff member have to be "on the clock"?

A: A center or day care home provider, or any other staff member of a child care center or day care home, may breastfeed her infant on-site and the center or day care home may claim the meal for reimbursement if the infant is enrolled at the center or day care home. The provider or other staff member can breastfeed her infant while she is working, during a break, or during off-work hours. Whether a provider or other staff member is "on the clock" when she breastfeeds her infant is a business decision to be made by the center or day care home. As long as the provider or staff member breastfeeds her infant on-site and the infant is enrolled for care, the meal can be claimed for reimbursement, including when she is working, on a break, or during off-work hours.

13. Q: Are meals served to children 12 months and older reimbursable if they contain infant formula?

A: Yes, for a period of one month, when a child is weaning from infant formula to whole cow's milk (i.e., transitioning), meals that contain infant formula may be reimbursable. When a child is weaned from formula (or breastmilk) to cow's milk, it is a common practice to provide the infant with both foods at the same meal service, to gradually ease the infant to accepting some of the new food. However, unlike breastmilk, infant formula is not an alternative type of milk, which can be substituted to meet the fluid milk requirement for the CCFP meal pattern for children over the age of one year. Thus, for a child 13 months of age and older, a statement from a recognized medical authority is needed for a meal containing infant formula to be eligible for reimbursement.

14. Q: Is there a sugar limit for ready-to-eat cereals served to infants?

A: Yes. All ready-to-eat cold breakfast cereals served to infants must contain no more than 6 grams of sugar per dry ounce.

15. Q: Are baby pouch food products allowed in CCFP?

A: Commercially prepared infant foods that contain one food component and are packaged in a jar, plastic container, pouch or any other packaging are creditable in CCFP. The way a food is packaged does not impact whether a food is creditable or not.

16. Q: Are foods that are considered to be a major food allergen or foods that contain these major food allergens allowed for infant meals?

A: Foods that contain one or more of the eight major food allergens identified by the FDA (milk, egg, fish, shellfish, tree nuts, peanuts, wheat, and soybeans), and are appropriate for infants, are allowed and can be part of a reimbursable meal. The American Academy of Pediatrics recently concluded that there is no current convincing evidence that delaying the introduction of foods that are considered to be major food allergens has a significant positive effect on the development of food allergies.

To align with scientific recommendations, FNS is allowing whole eggs to credit towards the meat alternate component of the updated infant meal pattern. Under the updated infant meal pattern requirements, the whole egg (yolk and white) must be served to the infant in order to be creditable. Previously, only egg yolks were allowed due to concerns with developing food allergies when infants are exposed to the protein in egg whites.

Even though most food allergies cause relatively mild and minor symptoms, some food allergies can cause severe reactions, possibly life-threatening. With this in mind, it is good practice to check with parents or guardians of all infants to learn about any concerns of possible allergies and their preference on how solid foods are introduced.

Child Care Food Program Meal Pattern for Children

The Child Care Food Program (CCFP) provides aid to child care institutions and family day care homes for the provision of nutritious foods that contribute to the wellness, healthy growth, and development of young children.

Child care providers must ensure that each meal served to children contains, at a minimum, each of the food components in the amounts indicated for the appropriate age group as stated in the CCFP Meal Pattern for Children.

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18 ¹ year olds:
Breakfast (3 components)	Milk²			
	Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	Vegetables, fruits, or portions of both³			
	Vegetable(s) and/or fruit(s)	1/4 cup	1/2 cup	1/2 cup
	Grains^{*5,6,7} *whole grain, whole grain-rich, enriched			
	Bread	1/2 slice	1/2 slice	1 slice
	Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving
	Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup
	Ready-to-eat breakfast cereal (dry, cold) ⁸	1/4 cup	1/3 cup	3/4 cup
	*Meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. ⁶	*1/2 oz. (optional)	*1/2 oz. (optional)	*1 oz. (optional)
Lunch/Supper (5 components)	Milk²			
	Fluid milk	4 fluid ounces	6 fluid ounces	8 fluid ounces
	Meat and Meat Alternates			
	Lean meat, poultry, or fish ¹⁰	1 oz.	1 1/2 oz.	2 oz.
	Tofu, soy products, or alternate protein products ¹¹	1 oz.	1 1/2 oz.	2 oz.
	Cheese	1 oz.	1 1/2 oz.	2 oz.
Large egg	1/2 egg	3/4 egg	1 egg	
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup	
Peanut butter or soynut butter or other nut/seed butters	2 Tbsp.	3 Tbsp.	4 Tbsp.	
Yogurt, plain or flavored, unsweetened or sweetened ¹²	4 oz. or 1/2 cup	6 oz. or 3/4 cup	8 oz. or 1 cup	
Peanuts, soynuts, tree nuts, or seeds ⁹	1/2 oz. = 50%	3/4 oz. = 50%	1 oz. = 50%	
	Vegetables^{3,4}			
Vegetables	1/8 cup	1/4 cup	1/2 cup	
	Fruits^{3,4}			
Fruits	1/8 cup	1/4 cup	1/4 cup	
	Grains^{*5,7} *whole grain, whole grain-rich, enriched			
Bread	1/2 slice	1/2 slice	1 slice	
Bread product such as biscuit, roll, muffin	1/2 serving	1/2 serving	1 serving	
Cooked breakfast cereal ⁸ , cereal grain, and/or pasta	1/4 cup	1/4 cup	1/2 cup	

Note: Milk must be served with each breakfast, lunch and supper meal. Between a child's first and second birthday, whole milk is required. After the child's second birthday, it is required that lowfat or fat-free milk be served. Flavored milk cannot be served to children less than 6 years of age.

Conversions:

1/2 cup = 4 fl. oz.

3/4 cup = 6 fl. oz.

1 cup = 8 fl. oz.

1 pint = 2 cups

1 quart = 2 pints = 4 cups

1 gallon = 4 quarts = 16 cups

CCFP Meal Pattern for Children *(continued)*

Child Meal Pattern Food Components:		Age Group and Serving Size:		
		1 and 2 year olds:	3 – 5 year olds:	6 – 18 ¹ year olds:
Snack¹³ (Select 2 different components)	Milk² Fluid milk	4 fluid ounces	4 fluid ounces	8 fluid ounces
	Meat and Meat Alternates Lean meat, poultry or fish ¹⁰ Tofu, soy products, or alternate protein products ¹¹ Cheese Large egg Cooked dry beans or peas Peanut butter or soynut butter or other nut/seed butters Yogurt, plain or flavored, unsweetened or sweetened ¹² Peanuts, soynuts, tree nuts, or seeds	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 2 oz. or 1/4 cup 1/2 oz.	1/2 oz. 1/2 oz. 1/2 oz. 1/2 egg 1/8 cup 1 Tbsp. 2 oz. or 1/4 cup 1/2 oz.	1 oz. 1 oz. 1 oz. 1/2 egg 1/4 cup 2 Tbsp. 4 oz. or 1/2 cup 1 oz.
	Vegetables³ Vegetables	1/2 cup	1/2 cup	3/4 cup
	Fruits³ Fruits	1/2 cup	1/2 cup	3/4 cup
	Grains*^{5,7} *whole grain, whole grain-rich, enriched Bread Bread product such as biscuit, roll, muffin Cooked breakfast cereal ⁸ , cereal grain, and/or pasta Ready-to-eat breakfast cereal (dry, cold) ⁸	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/3 cup	1 slice 1 serving 1/2 cup 3/4 cup

1. Larger portion sizes than specified may need to be served to children 13 through 18 years old to meet their nutritional needs.
2. For children age one – must be unflavored whole milk.
For children two through five years – must be unflavored lowfat (1 percent) or unflavored fat-free (skim) milk.
For children six years and older – must be unflavored or flavored lowfat (1 percent), or fat-free (skim) milk.
3. Pasteurized full-strength juice may only be used to meet the vegetable or fruit requirement at one meal, including snack, per day.
4. A vegetable may be used to meet the entire fruit requirement. When two vegetables are served at lunch or supper, two different kinds of vegetables must be served.
5. At least one serving per day, across all eating occasions, must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirement.
6. At breakfast, meat and meat alternates may be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat and meat alternates is equal to one ounce equivalent of grains (one serving).
7. Beginning October 1, 2019, ounce equivalents are used to determine the quantity of creditable grains.
8. Breakfast cereals must contain no more than 6 grams of sugar per dry ounce (no more than 21 grams sucrose and other sugars per 100 grams of dry cereal).
9. At lunch and supper, no more than 50% of the meat/meat alternate requirement can be met with nuts or seeds. Nuts or seeds must be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 ounce of nuts or seeds is equal to 1 ounce of cooked lean meat, poultry, or fish.
10. The serving size for lean meat, poultry, or fish is the edible portion as served.
11. Alternate protein products must meet the requirements in Appendix A of Part 226.
12. Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
13. At snack, select two of the five components for a reimbursable snack. Only one of the two components may be a beverage.

CCFP Meal Pattern for Children (*continued*)

Child care providers have the unique opportunity to ensure healthy eating habits are developed early and promote wellness to all children in their care.

Fluid Milk:

- After the child's first birthday and prior to the second birthday, whole milk must be served.
- After the child's second birthday, lowfat (1%) or fat-free (skim) milk must be served.
- Flavored milk is not allowed for children under the age of six. Children ages six and older may be served lowfat or fat-free flavored milk.
- The type(s) of milk served must be noted on the menu (fat content and flavored or unflavored).

Vegetable or fruit or juice:

- Vegetable or fruit juice must be full-strength, pasteurized, and 100% juice. Unless orange or grapefruit juice, it should also be fortified with 100% or more of Vitamin C.
- Fruit juice must not be served more than once a day.
- One cup of leafy greens counts as ½ cup of vegetables.
- Less than 1/8 cup of vegetables and fruits may not be counted to meet the vegetable and/or fruit component.
- At lunch and supper, one vegetable and one fruit *or* two different vegetables may be served (two fruits may not be served to meet this requirement).

Grains:

- Grain foods must be whole grain, enriched, or made from whole grain or enriched meal or flour. Bran and germ are counted as enriched or whole-grain meals or flours. Cornmeal, corn flour, plain corn tortillas/chips, and corn grits must be designated as whole or enriched to be creditable.
- At least one serving per day, across all eating occasions, should be 100% whole grain. Whole grain-rich allowed. This must be noted on the menu (e.g. "whole grain bread" or "WG Bread" or "WGR crackers").
- Only ready-to-eat and cooked breakfast cereals containing 6 grams (g) of sugar or less per dry ounce may be served (refer to the *Florida WIC Approved Cereal List*).
- Prepackaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
- Grain-based desserts (e.g. cookies, donuts, granola bars) do not count towards meeting the grains requirements.

Meat or meat alternate:

- Commercially processed combination foods (convenience entrees – frozen or canned) must have a CN Label or manufacturer's Product Formulation Statement stating the food component contribution to the meal pattern.
- A serving of cooked dry beans or peas may count as a vegetable or as a meat alternate, but not as both components in the same meal.
- Yogurt must not contain more than 23 g of total sugars per 6 ounces (15 g per 4 ounces or 3.8 g per ounce).
- At breakfast, meat/meat alternates *may* be used to meet the entire grains requirement a maximum of three times a week. One ounce of meat/meat alternate is equal to one ounce equivalent of grains (one serving).

****Please note that donated foods cannot be used to contribute to the meal pattern requirements****

MILK

General Requirements

CCFP regulations require that in order to be eligible for cash reimbursement, each child's breakfast, lunch, and supper must include fluid milk. Fluid milk may also be served as one of the two components of a snack.

Between the child's first and second birthday, serving unflavored whole milk is **required**. After the child's second birthday, it is **required** that unflavored lowfat (1%) or fat-free milk be served. Flavored milk is not allowed for children under the age of six. Children ages six and older may be served fat-free or lowfat flavored milk.

Milk means pasteurized fluid types of unflavored or flavored whole milk, lowfat milk, fat-free milk, or cultured buttermilk that meet State and local standards for such milk. All milk should contain vitamins A and D at levels specified by the Food and Drug Administration. Lactose-free and lactose-reduced milk may be offered as options for children who are lactose intolerant.

The breakfast meal pattern requires that a serving of fluid milk be served as a beverage, used on cereal, or used in part for each purpose. Lunch and supper must contain a serving of fluid milk as a beverage. Refer to the CCFP meal pattern for the quantity requirements by age. If milk is one of the two components served for a snack, it must be fluid milk served as a beverage, used on cereal, or used in part for each purpose. Milk may not be credited for snacks when juice is served as the other component. Milk is not creditable when used in cooking for such foods as cooked cereals, custards, puddings, or other foods.

Breastmilk and/or iron-fortified infant formula must be served to infants until their first birthday. Cow's or goat's milk may not be served in the CCFP for children less than one year of age. Iron-fortified infant formula served to a child beyond 13 months requires a medical statement from a recognized medical authority. Breastmilk does not need a medical statement to be served past one year of age and can be served as a substitute for cow's milk in the meal pattern for children.

MILK

Food	Creditable Yes/No		Comments
Milk, fluid (unflavored)	X		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Unflavored milk must be served to children ages one through five.
Milk, fluid (flavored)	X		The milk served as part of any meal or snack for the purpose of reimbursement must be fluid milk. Flavored milks include (but are not limited to) such flavors as strawberry, blueberry, and banana. See chocolate milk below. Flavored milks (including purchased/prepared flavored milks and powders/liquids) may only be served to children ages six and older and must be fat-free or lowfat.
Acidified Milk, Acidified Kefir Milk	X		Acidified fluid milk is produced by souring fluid whole, lowfat or fat-free milk with an acidifying agent. Examples include acidified kefir milk and acidified acidophilus milk.
Buttermilk	X		Must be cultured and meet state and local standards.
Certified Raw Milk		X	Raw milk is not pasteurized and regulations require the use of pasteurized milk.
Chocolate Milk or Cocoa Milk (cold or hot)	X		Chocolate milk or cocoa milk must be made with fluid milk and meet state and local standards for milk. Only the fluid milk portion is creditable. May only be served to children ages six and older. Cocoa made with powder mixes and hot water is not creditable as a milk item.
Cultured Milk, Cultured Kefir Milk	X		Cultured milk is made by adding selected microorganisms to fluid whole, lowfat, or fat-free milk under controlled conditions to produce a product with a specific flavor and/or consistency. Examples include cultured buttermilk, cultured kefir milk, and cultured acidophilus milk.
Fat-free Milk, Non-fat Milk, Skim Milk	X		Fat-free milk (or lowfat 1% milk) is required for children 2 years of age and older.
Goat's Milk	X		Must be pasteurized and meet State and local standards.
Lactose-reduced Milk, Lactose-free Milk	X		Lactose-reduced milk and lactose-free milk is fluid milk with the addition of lactase enzymes. The lactose (milk sugar) has been broken down into simple sugars. Children who cannot digest the lactose in milk may benefit from the use of lactose-reduced milk or lactose-free milk.
Lowfat Milk (1%)	X		Lowfat (or fat-free) milk is required for children 2 years of age and older.
Reduced-fat Milk (2%)		X	Lowfat or fat-free milk is required for children 2 years of age and older.
Soy Beverages/Drinks		X	Soy drinks and beverages are not fortified and do not contain calcium, niacin, or vitamins D, E, or C.
Soy or Soybean Milk, fortified	X		Soy-based beverages that are nutritionally equivalent to fluid cow's milk are creditable for children that cannot drink cow's milk. <u>A parent note or medical statement must be on file.</u> Refer to the CCFP website for a list of approved soy-based beverages. Unflavored soy milk must be served to children ages one through five. Flavored soymilk (including purchased/prepared flavored soymilk) may only be served to children ages six and older.

MILK

Food	Creditable Yes/No		Comments
UHT (Ultra High Temperature) Milk	X		UHT is a Grade A pasteurized milk that has been heated to about 280°F for a few seconds then cooled and packaged. It can be stored without refrigeration until opened.
Whole Milk	X		Must be served to children between one and two years of age. Whole milk is not creditable for children over the age of one.
Other Milk Products			
Almond Milk		X	Almond milk does not meet the definition of milk. Medical exception: Must have a signed statement from a recognized medical authority on file.
Cheese		X	Cheese does not meet the definition of milk. Look for cheese items under the meat/meat alternate sections.
Cream		X	Cream does not meet the definition of milk.
Cream Sauces		X	Cream sauces do not meet the definition of milk.
Cream Soups		X	Cream soups do not meet the definition of milk.
Custard		X	Custard does not meet the definition of milk.
Eggnog, commercial	X		For commercial eggnog, only the fluid milk portion is creditable. A CN label or PFS is required.
Eggnog, homemade		X	Requires the use of raw eggs which can present a health hazard.
Evaporated Milk		X	Evaporated milk does not meet the definition of milk.
Half and Half		X	Half and Half does not meet the definition of milk.
Ice Cream		X	Ice cream does not meet the definition of milk.
Ice Milk		X	Ice milk does not meet the definition of milk.
Imitation Milk		X	Imitation milk does not meet the definition of milk.
Milkshakes	X		Milkshakes may be used to meet the milk component of a meal/snack <i>only for children ages 6 and older</i> . Fat-free or lowfat milk must be used. A standardized recipe must be on file.
Pudding		X	Pudding does not meet the definition of milk.
Pudding Pops		X	Pudding pops do not meet the definition of milk.
Reconstituted Dry Milk (powdered)		X	Only creditable under certain conditions of limited fluid milk availability. See Sections 226.20 (e) and (f) of the CCFP regulations concerning the availability of fluid milk.
Rice Milk		X	Rice milk does not meet the definition of milk. Medical exception: Must have a signed statement from a recognized medical authority on file.
Sherbet/Sorbet		X	Sherbet does not meet the definition of milk. Please refer to the vegetables and fruits section.
Smoothie	X		Smoothies may be used to meet the milk component of any meal/snack, if they contain the minimum quantity of fluid milk per serving for each age group being served. A standardized recipe must be on file.
Sour Cream		X	Sour cream does not meet the definition of milk.
Sweetened Condensed Milk		X	Sweetened condensed milk does not meet the definition of milk.
Yogurt		X	Yogurt does not meet the definition of milk. See the meat/meat alternate section.

MILK

Questions and Answers

1. Q: If a participant cannot have milk, can I be reimbursed for breakfast and lunch?

A: Yes, however you must obtain a written medical statement from a recognized medical authority that states what the medical or dietary condition is, what food/beverage the participant cannot consume, and what to offer in its place. At the present time, only soy-based beverages that are nutritionally equivalent to fluid milk are creditable for children who cannot consume milk due to a special dietary condition, other than a disability. Refer to the CCFP website for the list of approved soy-based beverages.

2. Q: Can non-dairy beverages such as soymilk be served to meet the milk requirement?

A: The Healthy, Hunger-Free Kids Act (HHFKA) of 2010 allows the substitution of non-dairy beverages that are nutritionally equivalent to fluid milk for children with special dietary conditions, other than a disability, who cannot drink any of the creditable milks (breastmilk, pasteurized fluid types of unflavored or flavored cow or goat milk, lactose-free or lactose-reduced milk, UHT (Ultra High Temperature) milk, acidified or cultured milk, and organic milk). Non-dairy milk substitutes must meet specific nutritional standards. See *Milk Substitutes and Creditable Milks* on the CCFP website at: www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/special-needs.html

3. Q: Must non-dairy beverages served to children 1 through 5 be unflavored?

A: Yes, fluid milk and non-dairy beverages that are served to children 1 through 5 years of age must be unflavored.

4. Q: Must non-dairy beverages meet the fat content requirements of fluid milk?

A: No. Non-dairy beverages are not required to be lowfat or fat-free when served to children 2 years of age and older. In order for a non-dairy beverage to meet the nutrient requirements for milk substitutes, they must be fortified and some fat is needed to help mask the flavor of the nutrient packet added. Therefore, setting a fat standard for non-dairy beverages would severely restrict the number of available non-dairy beverage options that are nutritionally equivalent to cow's milk.

5. Q: Can a child care provider add chocolate or strawberry syrup to unflavored milk and serve it to children 1 through 5 years old?

No, adding syrup to unflavored milk adds sugar to the unflavored milk and turns the beverage into flavored milk. Flavored milk is not allowed as part of a reimbursable meal for children 1 through 5 years old. Added sugars are currently consumed in excessive amounts and contribute a substantial portion of calories consumed by Americans without contributing importantly to the overall nutritional adequacy of the diet.

Additionally, zero calorie and sugar-free syrups are not allowed to be added to unflavored milk served to children 1 through 5 years old. Research indicates that flavor and food preferences are shaped early in life and that the more sweet foods children consume, the more they prefer sweet foods. It is important to establish in young children the habit of drinking unflavored milk as taste preferences are developed at a young age.

6. Q: When submitting menus for review, do contractors need to document the type of milk that they serve?

A: Yes. Contractors must document the type of milk served on their menus. The menu must indicate the fat content of the milk and if it is flavored. In addition, it is the responsibility of the State or sponsor, as applicable, to further ensure that the correct type of milk is being served when conducting reviews.

7. Q: If one year old and two year old children sit together for the same meal, must they be served different types of milk?

A: Yes. Children two years old and older must be served unflavored lowfat or unflavored fat-free milk and children one year of age must be served unflavored whole milk. The fluid milk requirements are based on age to ensure that children are receiving the nutrients they need for growth and development. Child care providers must ensure that children of various ages seated together receive the appropriate type of milk.

8. Q: Can the milk used in the preparation of products such as puddings, cream sauces, and ice cream count toward the milk requirement?

A: No. Fluid milk served must be served as a beverage at breakfast, lunch/dinner, or snack in order to be credited toward the milk requirement. At breakfast or snack, milk may also be poured over cereal.

9. Q: Why does the meal pattern indicate that whole milk is not permitted for infants under one year of age and fat-free/lowfat milk is not allowed for children under two years of age?

A: CCFP regulations do not permit the use of whole cow's or goat's milk before age one. If whole milk is served to a child prior to its first birthday, there must be a doctor's note on file. These regulations reflect the position of the American Academy of Pediatrics that breastmilk or iron-fortified formula be used for the entire first year.

Pediatric nutrition authorities agree that fat-free or lowfat milk (1 percent) should not be fed to infants and children younger than age two. These milks contain insufficient quantities of healthy fats, iron, and vitamins E and C. They also contain excessive amounts of protein, sodium, potassium and chloride for infants. These milks may put a strain on an infant's kidneys as does whole cow's and goat's milk.

10. Q: Can milk be purchased directly from a farm?

A: Yes. It must be pasteurized fluid milk and meet state and local health standards. Also, it must include vitamins A and D at levels consistent with state and local standards.

11. Q: Can milkshakes be served to meet the milk requirement?

A: Milkshakes may be used to meet the milk component of a meal/snack *only for children ages 6 and older*. The milkshake must use fat-free milk and a standardized recipe must be on file.

12. Q: Why is reconstituted dry milk not creditable as fluid milk?

A: Reconstituted milk is not included in the definition of milk in the Program Regulations. Reconstituted milk *may* be used in an emergency situation where the availability of fluid milk has been affected. Regulations permit dry milk to be used on an ongoing basis but only when the facility is unable to obtain a supply of fluid milk on a continuing basis. These provisions are discussed in Parts 226.20 (e) and (f). In either of these situations, contact the state agency or the sponsoring agency as applicable, for guidance prior to taking action.

MEAT/MEAT ALTERNATES

General Requirements

CCFP regulations require that lunch and supper must contain the required serving amount of meat or meat alternate specified in the meal pattern. A serving of meat or meat alternate may be credited as one of the two components of a snack when served in the amount specified in the snack pattern. A meat/meat alternate may be served in place of the grains component no more than three times each week. One ounce of meat/meat alternate is equivalent to one ounce of grains.

A menu item must provide a minimum of $\frac{1}{4}$ ounce of meat or meat alternate to be counted toward meeting any part of the meat/meat alternate requirement.

Meat and meat alternates include lean meat, poultry, or fish; cheese; eggs; yogurt; cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut, and coconut); or an equivalent quantity of any combination of these foods. When cooked dried beans or peas are counted as a meat alternate, they may not also be credited as a vegetable in the same meal.

Crediting for shellfish has been included. However, when including shellfish in menus, you should consider costing factors, acceptability, and the potential for food intolerances among preschool day care populations.

Alternate protein products (APP) are processed from soy or other vegetable protein sources. APP may be used alone or in combination with other food ingredients to fulfill the meat/meat alternate component. Examples of these combined items are beef patties, beef crumbles, pizza topping, meat loaf, meat sauce, taco filling, burritos, and tuna salad. The product may be colored or uncolored and seasoned or unseasoned. APP may be used in the dry form (non-hydrated), partially hydrated, or fully hydrated form. Up to 100% APP may meet the meat/meat alternate component. Before using APP and claiming these meals for reimbursement, contact your State agency or sponsoring organization for information and assistance on the preparation, serving, and crediting of these products. Manufacturer documentation (CN/PFS) is required. See Appendix A to part 226.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper. You also should be aware of potential food intolerances or allergies with some populations. In such circumstances, you should make appropriate accommodations under the medical substitution requirement. Also, children under four years of age are at high risk of choking. Nuts and seeds should be ground or finely chopped in meal preparation and nut/seed butters should be spread thinly.

Commercially processed combination foods such as ravioli, chili, spaghetti with meat sauce, beef stew, and pot pies may not count as a meat/meat alternate unless:

- They have a CN Label (see pages 6 and 57 for more information)
- Or
- Have a PFS on company letterhead signed by an official of the manufacturer (not the sales person) stating the amount of cooked lean meat or meat alternate per serving.

NOTE: If the information indicates that the product contributes less than the required amount of meat or meat alternate, supplement the product with an appropriate amount of additional meat or meat alternate.

Cheese

Cheese is considered a meat/meat alternate. There are several types of cheese available that vary in nutrient quality:

Natural or Pasteurized Processed Cheese or Cheese Substitutes – Counts ounce for ounce toward the meat/meat alternate (examples include: American, cheddar, mozzarella, and Swiss).

Cottage Cheese and Ricotta Cheese – These are made from milk liquids. Serve twice as much of these as the natural cheeses in order to count as one serving.

Cheese Foods and Spreads – Two ounces of these cheeses can count for one ounce as a meat/meat alternate.

Cheese Product and Imitation Cheese – The term “Cheese Product” is a category name and is non-standardized. It is not creditable as a meat/meat alternate. Neither would any product labeled “imitation”.

Cream Cheese – Cream cheese is not creditable because of the low protein content.

MEAT/MEAT ALTERNATES

Food	Creditable Yes/No		Comments
Acorns		x	Acorns have a low protein content.
Baco - Bits		x	Are low in protein and high in fat.
Bacon and Imitation Bacon Products		x	These products are considered fats with little protein.
Bacon, turkey	x		Must have a CN label or Product Formulation Statement (PFS) signed by an official of the manufacturer (not a sales person).
Beans, dried or canned	x		See the Food Buying Guide (FBG) for serving size information.
Beef Jerky or other dried meat, poultry, or seafood snacks		x	Beef jerky and other dried meat snacks do not meet the usual and customary function of the meat/meat alternate component in a meal and do not qualify for CN-labeling.
Bologna	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders. This product is high in fat and salt.
Canadian Bacon or Mild Cured Pork	x		See the FBG for serving size information.
Canned or Frozen: Beef Stew, Beef-a-Roni, Chili Macaroni, Meat Stew, Pizza, Pot Pies, Ravioli	x		Must have a CN label or PFS.
Canned, Pressed Luncheon Meat (e.g., Spam)	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders.
Cheese Foods, Cheese Spreads	x		A 2 oz serving equals 1 oz of meat alternate.
Cheese, Imitation		x	Products labeled <i>imitation</i> are not creditable.
Cheese Products		x	While cheese foods and spreads have a Standard of Identity, cheese products do not.
Cheese, natural or processed, or Cheese Substitute	x		These products count ounce for ounce towards the meat/meat alternate.
Cheese, cottage or ricotta	x		A 2 oz serving equals 1 oz of meat alternate.
Cheese Sauce	x		Only the amount of cheese in the sauce is creditable toward the meat/meat alternate component. Commercial cheese sauces must have a CN label or PFS.
Chestnuts		x	Chestnuts have a low protein content.
Chicken Nuggets	x		Only the edible chicken portion is creditable as a meat/ meat alternate. For breading/batter crediting, see the grain section. Must have a CN label or PFS.
Chitterlings		x	Chitterlings are considered a fat.
Coconuts		x	Coconuts have a low protein content.
Corn Dogs, Corn Dog Nuggets	x		The frankfurter is credited as a meat/meat alternate. The crust is credited like cornbread. These products are high in fat and salt. Must have a CN label or PFS.

MEAT/MEAT ALTERNATES

Food	Creditable Yes/No	Comments
Crab, imitation	x	Products labeled <i>imitation</i> are not creditable.
Cream Cheese	x	Cream cheese is considered a fat. It contains less protein and more fat than creditable cheese.
Deviled Eggs	x	Only the whole egg portion is credited.
Eggbeaters	x	Inadequate meat/meat alternate.
Eggs, whole	x	Eggs may be credited only when cooked. Raw eggs are a potential health hazard.
Eggs, liquid	x	Creditable if label states the product is whole egg.
Falafel	x	The pre-ground weight of beans is credited. See the FBG.
Fish, self-caught	x	Self-caught fish are not creditable. Self-caught fish can be a safety hazard because of the danger of pollution and contamination.
Fish Sticks	x	Only the edible fish portion is creditable as a meat/meat alternate. For breading/batter crediting, see the grain section. Must have a CN label or PFS.
Frankfurters or Hot Dogs	x	Must be all meat and poultry products with no by-products, cereal, or extenders. These products are high in fat and salt. Remember to serve hot dogs in small strips for those children where choking is a potential hazard.
Frankfurters, imitation	x	Products labeled <i>imitation</i> are not creditable.
Game (e.g., squirrel, rabbit, venison, etc.)	x	For safety reasons, game is not creditable in the CCFP unless it is inspected and approved by the appropriate State or Federal agency.
Goat Meat	x	Must be inspected and approved by the appropriate State or Federal agency.
Ham Hocks	x	Ham hocks are high in fat and low in protein.
Home-Slaughtered Meat	x	For safety reasons, home-slaughtered meat is not creditable in the CCFP.
Hummus	x	The pre-ground weight of the beans is credited. See the FBG.
Kidney, Liver, Gizzards	x	See FBG for serving size information.
Liverwurst	x	Must have a CN label or PFS.
Luncheon Meat (chicken, turkey, beef, pastrami, pork)	x	Only luncheon meats that are listed in the FBG or have a CN label/PFS are creditable. These products are high in fat and salt.
Meat Sauce	x	May be homemade sauce from a standardized recipe or commercial sauce with a CN label or PFS.
Neufchatel Cheese	x	A soft un-ripened cheese similar to cream cheese.
Nuts	x	See meal patterns for crediting. Nuts may be a choking hazard for preschoolers.
Ostrich Meat, ground	x	See the FBG.
Oxtails	x	This product has an insufficient amount of meat.
Neufchatel Cheese	x	A soft un-ripened cheese similar to cream cheese.
Nuts	x	See meal patterns for crediting. Nuts may be a choking hazard for preschoolers.

MEAT/MEAT ALTERNATES

Food	Creditable Yes/No		Comments
Peanut Butter (and other nut/seed butters such as almond, sunflower, soynut)	x		2 tablespoons provide 1 oz. meat alternate. It is suggested that peanut butter (and other nut/seed butters such as sunflower seed and almond) be served in combination with another meat/meat alternate since the required portion sizes for peanut butter may be too large for preschool children.
Peanut Butter, reduced fat	x		It must meet the FDA Standard of Identity for peanut butter with 90% peanuts or peanut flour.
Peanut Butter (and other nut/seed butter) Spreads		x	Peanut and other nut/seed butter spreads (including flavored spreads such as chocolate, hazelnut, etc.) do not meet FDA Standards of Identity.
Peas or Lentils, dried	x		See the FBG.
Pepperoni		x	Dried pepperoni is only creditable when used as a topping on CN-labeled pizza.
Pig's Feet, Neck Bones, or Tails (parts)		x	These products contain small amounts of meat and are high fat products.
Pimento Cheese	x		A 2 oz. serving equals 1 oz of meat or meat alternate. See the cheese spread entry in the FBG.
Pizza, commercial	x		Must have a CN label or PFS.
Pizza, homemade	x		The amounts of meat/meat alternate ingredients must be identified and documented.
Polish Sausage	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders. This product is high in fat and salt.
Pot Pies, commercial	x		Must have a CN label or PFS. These products may not contain adequate amounts of meat.
Pot Pies, homemade	x		The meat in homemade pot pies can be credited if there is sufficient meat/meat alternate per serving, must have a standardized recipe on file
Potted or Deviled Meats		x	These products are high in fat and salt and include extenders and binders.
Powdered Cheese in Boxed Macaroni and Cheese		x	The powdered cheese mix is not credited toward any of the meal pattern components. See the grains sections for crediting of the macaroni noodles.
Quiche	x		The egg, cheese, and/or meat may be credited if there is sufficient meat/meat alternate per serving. See crediting for crusts under the grains section. Must have a standardized recipe or CN label/PFS.
Salt Pork		x	This product is extremely high in fat and salt.
Sausage	x		Refer to the FBG for serving size information
Scrapple		x	Scrapple has insufficient meat content.
Seeds	x		See meal pattern for crediting. Be careful of the use of seeds with preschoolers to avoid choking hazards.
Shellfish	x		Shellfish must be fully cooked; only the edible fish portion is creditable.
Quiche	x		The egg, cheese, and/or meat may be credited if there is sufficient meat/meat alternate per serving. See crediting for crusts under the grains section. Must have a standardized recipe or CN label/PFS.

MEAT/MEAT ALTERNATES

Food	Creditable Yes/No		Comments
Salt Pork		x	This product is extremely high in fat and salt.
Sausage	x		Refer to the FBG for serving size information
Shellfish, imitation		x	Products labeled <i>imitation</i> are not creditable.
Soups, commercial (e.g., bean, lentil or split pea)	x		Refer to the FBG. ½ cup soup contains ¼ cup heated beans ¾ cup soup contains 3/8 cup heated beans.
Soups, homemade with meat or meat alternate	x		Homemade soups are creditable if the minimum of ¼ oz. meat/meat alternate per serving can be identified and documented through the use of a standardized recipe.
Soy Butter	x		Soy butter provides a good alternative to peanut butter for those participants who are allergic to peanut butter. Soy butter is credited like peanut butter.
Spare Ribs	x		These products contain small amounts of meat and are high fat products. Only the lean meat portion is creditable.
Tempeh		x	Tempeh is fermented soybean. USDA has no Standard of Identity for this product.
Tofu	x		2.2 oz (1/4 cup) of commercially prepared tofu, containing at least 5 grams of protein is creditable as 1.0 oz meat alternate.
Tripe	x		Refer to the FBG.
Vienna Sausage	x		Must be all meat and/or poultry products with no by-products, cereal, or extenders. This product is high in fat and salt.
Yogurt, commercial - plain, unflavored, flavored, sweetened – cow’s milk or soy	x		Commercially prepared products meeting the Standard of Identity for yogurt, lowfat, and nonfat yogurt may be credited. 4 oz of yogurt equals 1 oz of the meat/meat alternate requirements. Must contain no more than 23 grams of total sugar per 6 ounces (15 g per 4 oz or 3.8 g per oz).
Yogurt, homemade		x	There are potential safety concerns with this product.
Yogurt, in a tube	x		This product must meet all requirements to be labeled as yogurt on the ingredient label. The 2.2 oz size tube may be credited at .5 oz of the meat/meat alternate requirements. Must contain no more than 23 grams of total sugar per 6 ounces (15 g per 4 oz or 3.8 g per oz).
Yogurt, liquid/drinkable		x	This product does not meet the definition of yogurt.
Yogurt Products (e.g., frozen yogurt, yogurt bars, yogurt-covered fruit and/or nuts)		x	These are considered “other” foods. There is insufficient yogurt in these products to be creditable.

MEAT/MEAT ALTERNATES

Questions and Answers

1. Q: Why are nuts, seeds, and nut/seed butters allowed as meat alternates?

A: Peanut butter has always been included as a meat alternate in the CCFP because of its high protein content. Other nut and seed butters are also available on the market. **Nuts are not recommended for children under four years of age because choking may occur. Please also be aware that some individuals may have food intolerances or allergies to these foods.**

2. Q: Are grated Romano and parmesan cheeses creditable?

A: Yes. However, small amounts of these cheeses, when used as a garnish or seasoning, or in a breading, should not be counted toward meeting the meat/meat alternate requirement of a meal. For both Romano and parmesan cheeses, a 3/8 cup serving (6 tablespoons) of shredded cheese provides 1 ounce of meat alternate.

3. Q: Can pizza be credited as a meat/meat alternate?

A: Yes. Pizza must have a standardized recipe or CN label/PFS.

4. Q: Can vegetarian meals be served in the CCFP?

A: Yes. However, the meals must meet meal pattern requirements. Examples of acceptable vegetarian meat alternates that are creditable in the CCFP include natural and processed cheese, cheese foods, cheese spreads, cottage cheese, eggs, yogurt, tofu, cooked dried beans and peas, nut and seed butters, or any combination of the above. Please be aware that meat alternates such as seitan and tempeh are not creditable.

5. Q: We have several participants who cannot eat certain foods because of religious reasons that attend our day care. Can we claim these participants on the food program?

A: Yes. In many cases substitutions to accommodate religious dietary restrictions can be made within existing meal pattern requirements. In those cases, the provider may make such adjustments as are needed. Please also refer to FNS Instructions 783-13, Rev 3 Variations in Meal Pattern Requirements: Jewish Schools, Child Care Institutions and Service Institutions (March 27, 2013). If religious dietary restrictions need additional accommodation, contractors may request that alternate meal patterns be allowed by submitting a letter to the state agency that administers the program. The letter must state the reasons for the proposed changes and describe the dietary accommodations that are needed. At that time, the state agency will make a decision based upon the nutritional needs of the participants.

6. Q: Must yogurt be offered in four-ounce portions in order to be credited?

A: No. No. Although yogurt is credited at a ratio of four ounces of yogurt to one ounce of meat, this does not mean that programs are limited to offering yogurt in four-ounce or eight-ounce servings.

7. Q: What is the smallest amount of yogurt that may be credited as meeting the meat/meat alternate requirement?

A: Meal planners, at their discretion, may vary the portion sizes in the reimbursable meal in a range from 1 ounce (credited as 1/8 cup or 1/4 ounce of the meat/meat alternate) to 8 ounces (credited as 1 cup or 2 ounces of the meat/meat alternate). Please refer to the CCFP Meal Pattern for Children.

8. Q: How are cups of commercially prepared yogurt containing fruit to be credited? Does the volume of fruit have to be subtracted from the total weight of the containers?

A. Commercially prepared fruit and non-fruit yogurt products both receive full crediting toward the meat/meat alternate requirement, based on the portion size by weight/volume in the carton; i.e., **four ounces of either fruited or non-fruit yogurt fulfill the equivalent of one ounce of meat/meat alternate**. It should be noted that the fruit in commercial fruited yogurts cannot be credited toward the fruit/vegetable component. Fruit may be credited only when the provider adds sufficient quantities of fresh, frozen, or canned fruit to commercial yogurt.

9. Q: Chicken nuggets, hot dog nuggets, and fish sticks are very popular in our center. How many nuggets or sticks should we serve to meet requirements?

A. Check either the CN label or the PFS. The CN label or PFS will provide crediting information specific to the product. This documentation must be maintained on file.

VEGETABLES AND FRUITS

General Requirements

A reimbursable breakfast shall contain a serving of vegetable(s) or fruit(s) or full strength vegetable or fruit juice or an equivalent quantity of any combination of these foods. Lunch and supper shall contain a vegetable and fruit or two vegetables (not two fruits). A serving of vegetable or fruit may be credited as one of the two required components of a snack. However, juice may not be credited as one of the components of a snack when milk is served as the only other component. **Full strength vegetable or fruit juice may be counted to meet the vegetable or fruit requirement no more than once per day.**

In order to be creditable, a juice must be pasteurized and 100% full-strength vegetable or fruit juice. Unless orange or grapefruit juice, it must also be fortified with 100% or more of vitamin C. It is important to read the product label. Juice may be fresh, canned, frozen, or reconstituted from concentrate and may be served in either liquid or frozen state or as an ingredient in a recipe. Please note that traditionally, cranberry juice cocktails were served by contractors and were disallowed since 100% commercial cranberry juice cocktails do not meet juice requirements. Currently there are 100% juice blends which include 100% cranberry juice in a blend with other 100% juices. If you wish to serve these products, please maintain a label on file for documentation purposes in the event of review.

Two forms of the same vegetable or fruit served at lunch/supper or snack cannot both be counted toward the minimum portion requirements for vegetables and fruits. For example, if tomato sauce and sliced tomatoes are served at lunch, an additional and different vegetable or fruit must be served. This requirement is intended to provide the variety of fruits and vegetables needed for healthful growth.

Vegetables or fruits served as a combination item, e.g., fruit cocktail, succotash, peas and carrots, mixed vegetables etc., may count towards the vegetable and fruit component at lunch and supper if they contain at least 1/8 cup of two different kinds of vegetables or a vegetable and a fruit. This is because a vegetable can replace the fruit component at lunch and supper meals. *However*, if the quantities of the different vegetables/fruits are not known (such as frozen carrots and peas), the vegetable mixture counts as one serving of vegetables and another vegetable or fruit would need to be served.

Good sources of vitamin A from vegetables and fruits should be served at least two times a week. Good sources of vitamin C from vegetables and fruits should be served daily. Refer to *Fruit and Vegetable Sources of Vitamins A and C*, page 64.

Cooked dried beans or peas may be counted either as a vegetable or as a meat alternate but not as both in the same meal.

Vegetables and fruits are credited as served. A minimum of 1/8 cup fruit/vegetable per serving is required. Small amounts (less than 1/8 cup) of fruits and vegetables used for flavorings or optional ingredients, such as garnishes, may not be counted to meet the fruit/vegetable requirement. Condiments and seasonings are not creditable food items; they serve as extras to enhance the acceptability of the meal. 1/4 cup dried fruit credits as 1/2 cup fruit. 1/2 cup raw, leafy greens credit as 1/4 cup vegetable.

Home canned fruit and vegetable products are not allowed for service in the CCFP because of health and safety reasons. Clostridium botulism is dangerous and can produce a deadly toxin in canned food. This poison can be present even when there is no evidence of spoilage.

VEGETABLES AND FRUITS

Food	Creditable		Comments
	Yes	No	
Ade Drinks		x	
Apple Butter		x	Insufficient amount of fruit.
Apple Cider	x		Cider must be pasteurized.
Apple Fritters		x	Grain-based desserts are not creditable.
Aspic (fruit in)	x		See gelatin salads.
Baked Beans	x		Yes, but beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Banana in Bread		x	There is not enough fruit present.
Banana in Pudding (fruit added)	x		The pudding must have at least 1/8 cup banana (fruit) per serving.
Barbecue Sauce		x	
Bean Sprouts	x		Extreme care should be used with raw sprouts. Bean sprouts may be contaminated with Salmonella or E-coli. Pregnant women, children, elderly, and those with compromised immune systems are more susceptible to illness from these food borne pathogens.
Cake Containing Fruit		x	Grain-based desserts are not creditable.
Carrot Bread		x	There is not enough vegetable present.
Catsup or Chili Sauce		x	These products are condiments.
Corn Chips		x	These are not classified as a fruit/vegetable; see the grains crediting list.
Corn Syrup		x	Corn syrup is a sugar, not a vegetable. It is not recommended for children under age one.
Cranberry Juice Blend	x		100% cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice.
Cranberry Juice Cocktail		x	Juice cocktails contain less than 50% full strength juice.
Cranberry Sauce/Relish	x		Only if it contains whole or crushed berries.
Dried Fruit (e.g., raisins, apricots, prunes, cranberries)	x		Dried fruits are concentrated. Check the FBG for serving sizes. ¼ cup of dried fruit credits as ½ cup fruit.
Dried (dehydrated) Vegetables	x		Yields for dehydrated vegetables are based on the rehydrated volume, not the fresh volume that may be stated on the container.
Drinks, fruit		x	Fruit drinks contain less than 50% full strength juice.
Dry Spice Mixes		x	
Fig Bar Cookies		x	Grain-based desserts are not creditable.

VEGETABLES AND FRUITS

Food	Creditable Yes/No		Comments
Frozen Fruit-flavored Bars		x	These bars do not contain enough, if any, fruit juice.
Frozen Fruit/Fruit Juice Bars	x		Only the fruit or full-strength fruit juice portion may be credited toward the fruit requirement. Maintain a standardized recipe, CN label or PFS.
Fruit Cobblers/Crisps		x	Grain-based desserts are not creditable.
Fruit Juice Bases		x	Juice bases do not contain sufficient fruit per serving.
Fruit Juice Concentrates	x		These are credited as reconstituted juice. See question and answer #6 on page 42.
Fruit Drinks		x	Drinks contain less than 50% full strength juice.
Fruit-Flavored Canned Punch		x	This product contains less than 50% full strength juice.
Fruit-Flavored Powders ("kool-aid")		x	Fruit-flavored powders do not meet the definition of fruit.
Fruit Pies	x		Fruit pies must contain at least 1/8 cup of fruit per serving. Must have a standardized recipe or CN label/PFS. These products have a high sugar content.
Fruit Pie Filling	x		If the predominant ingredient is fruit, it will provide one-half credit; that is ½ cup fruit pie filling will provide ¼ cup of fruit, unless otherwise documented. These items have a high sugar content.
Fruit Sauces, homemade	x		The sauce must contain at least 1/8 cup or 2 Tbsp of fruit or full-strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content. Must have a standardized recipe or CN label/PFS. These products are high in sugar.
Fruit Snacks (e.g., bars, roll-ups, leathers, wrinkles, gummy styles)		x	Only creditable if product contains at least 1/8 cup (2 Tbsp) of vegetable or fruit per serving. <i>Must have CN label or PFS.</i>
Gelatin Desserts with Fruit and/or Vegetables	x		These desserts must contain at least 1/8 cup or 2 Tbsp of fruit or full-strength fruit or vegetable juice per serving. Must have a standardized recipe. "Fruit flavored" gelatins are not creditable.
Gravy Base		x	This is not a vegetable.
Hominy		x	Hominy is a grain. The product has no nutritional value other than minimal amounts of fiber and starch.

VEGETABLES AND FRUITS

Food	Creditable Yes/No		Comments
Honey		x	Honey is a sugar, not a fruit. This product is not recommended for children under one year of age.
Ice Cream, fruit flavors		x	No fruit flavoring is creditable.
Jam		x	Jam has insufficient fruit content per serving.
Jelly		x	Jelly has insufficient fruit content per serving.
Juice Bars	x		With 100% juice only (see frozen fruit juice bars).
Juice Blends - all fruit or all vegetable	x		These are combinations of full-strength juices. Label must state "100 Juice."
Ketchup (Catsup)		x	This is a condiment.
Kiwi Fruit	x		
Lemon Pie Filling		x	Lemon pie filling does not contain fruit solids; the juice contained requires dilution beyond the 50% limit for palatability.
Lemonade		x	Lemonade requires dilution beyond the 50% limit for palatability.
Macaroni Salad		x	Macaroni is not a vegetable. Only the documented amount of vegetables in the salad may be credited if at least 1/8 cup per serving is prepared.
Maple Syrup		x	Maple syrup is a sugar not a fruit. See the entry for corn syrup.
Mayonnaise, Salad Dressing, Margarine, Salad Oil or Butter		x	Mayonnaise, margarine, butter, salad oils, and salad dressings are fats, not fruits or vegetables.
Muffins with Fruit		x	There is not enough fruit present.
Nectars		x	Nectars do not commonly contain sufficient quantities of full-strength juice to be creditable.
Olives	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Onion Rings	x		They may be credited if they are homemade, or if a CN label/PFS is available. Must have at least 1/8 cup of cooked onion per serving. This product is high in fat.
Pickles	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Pineapple Upside-Down Cake		x	There is not enough fruit present.
Pizza Sauce	x		Pizza sauce may be credited as tomato sauce if at least 1/8 cup (2 Tbsp.) per serving is provided.
Plantains	x		Plantains are creditable as a vegetable, but plantain chips are not creditable.

VEGETABLES AND FRUITS

Food	Creditable Yes/No		Comments
Pop Tart Filling		x	There is not enough fruit present.
Popsicles		x	These are not 100% juice.
Posole		x	Posole is not made from the whole kernel corn.
Potatoes (including French fries, tater tots, hash browns)	x		See Food Buying Guide for more information.
Potato Chips (including other vegetable straws, puffs)		x	These are “other foods”. Fruit/vegetable chips/straws/puffs are not creditable.
Potatoes, dehydrated, instant/dry	x		Yields for dehydrated vegetables are based on the rehydrated volume, not the fresh volume that may be stated on the container; also refer to the FBG.
Preserves		x	See jams and jellies.
Puddings with Fruit, commercial		x	There is not enough fruit present.
Pumpkin in Bread		x	There is not enough vegetable present.
Rice, whole grain or enriched		x	Rice is not a vegetable. It is creditable as a grain only.
Salsa, homemade or commercial	x		Salsa may be credited if the recipe documents 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis.
Sherbet or Sorbet	x		Only Sherbet/Sorbet with a CN label/PFS is creditable.
Soups:	x		See entries below.
<u>Canned, Condensed</u> All vegetable and vegetable with meat.	x		1 cup of reconstituted soup (1 part soup to one part water) will yield ¼ cup of vegetable. Refer to the FBG.
<u>Canned or Frozen Ready-to-Serve Soup</u>	x		1 cup serving will yield ¼ cup of vegetable. Refer to the FBG.
<u>Dehydrated Soup Mixes</u>	x		To credit vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer’s instructions. Heat, then separate the vegetable pieces from noodles rice, etc. and measure the volume. Volume measurements must be recorded for each brand and type of soup.
<u>Home Made Soups</u>	x		Use the quantities of vegetables in the recipe to calculate crediting amounts.

VEGETABLES AND FRUITS

Food	Creditable Yes/No		Comments
Spaghetti Sauce (Tomato Sauce)	x		Spaghetti sauce is credited as tomato sauce if at least 1/8 cup (2 Tbsp) per serving is provided.
Sprouts (e.g., alfalfa, bean)	x		Extreme care should be used with raw sprouts. Bean sprouts may be contaminated with Salmonella or E-coli. Pregnant women, children, elderly, and those with compromised immune systems are more susceptible to illness from these food borne pathogens.
Syrup, fruit flavored		x	
Toaster Pastries with Fruit (Pop Tarts™)		x	There is insufficient fruit content. This product is a grain-based dessert and not creditable.
Vegetable Juice Blends (e.g., V-8 Juice)	x		Must be 100% fruit/vegetable juice.
Vegetables, chopped	x		Vegetables such as celery or onions in prepared dishes, may be credited, provided that at least 1/8 cup (2 Tbsp) per serving is supplied.
Yogurt with Fruit, commercial		x	Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement – See the meat/meat alternate section. Fruit may be added to the yogurt by the provider in the amount of at least 1/8 cup and counted to meet the fruit requirement.
Yucca (Cassava)	x		
Zucchini in Bread (Squash in Bread)		x	There is not enough vegetable present.

VEGETABLES AND FRUITS

Questions and Answers

1. Q: Are foods like coleslaw, potato salad, and Waldorf salad creditable?

A: Yes. The fruit and vegetable ingredients in these items all count toward meeting the vegetable/fruit requirement. However, other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a $\frac{1}{4}$ cup serving of coleslaw containing non-creditable ingredients would not equal $\frac{1}{4}$ cup of fruit/vegetable. Use the amount of vegetables/fruits contained as ingredients in the standardized recipe to determine credit.

2. Q: Can combination items such as fruit cocktail, mixed vegetables, or peas and carrots be credited for more than one serving of a fruit or vegetable?

A: No. Combinations of multiple vegetables/fruits considered as only one item for crediting purposes.

3. Q: With separate vegetable and fruit components at lunch, supper, and snack, how do food items that are mixtures of vegetables and fruit (such as carrot-raisin salad) credit?

A: Food items that are mixtures of vegetables and fruits, such as a carrot-raisin salad, may credit towards both the vegetable component and the fruit component if they contain at least $\frac{1}{8}$ cup vegetable and $\frac{1}{8}$ cup fruit per serving that are easily identifiable. For example, a carrot-raisin salad served to 6 year olds that contains $\frac{1}{2}$ cup carrots and $\frac{1}{8}$ cup raisins (credits as $\frac{1}{4}$ cup fruit) meets the full vegetable component and the full fruit component. A standardized recipe should be followed and on file.

However, if the quantities of the different vegetables are not known, such as frozen carrots and peas, the vegetable mixture counts as one serving of vegetables and cannot count towards the fruit component. Another vegetable or fruit would need to be served to fulfill the fruit component.

4. Q: How can I tell if juice is 100% full strength juice?

A: The label will state "juice", "full-strength juice", "single-strength juice", "100% juice", "reconstituted juice", "juice from concentrate" or "juice concentrate." Juices that have the words "cocktail", "beverage", or "drink" are not 100% juice. The statements "natural" or "organic" do not indicate if the juice is 100% strength.

In addition to being full strength, juice must also be pasteurized and, unless orange or grapefruit juice, must be fortified with 100% or more of vitamin C.

5. Q: Can the fruit in pudding or gelatin be counted towards the fruit requirement?

A: Yes. However, at least $\frac{1}{8}$ cup fruit or fruit juice must be present in each serving. Documentation must be available (such as a standardized recipe) to show that sufficient juice or fruit was used. Gelatin made with water and without fruit or pudding without fruit will not meet CCFP requirements.

6. Q: Can juice concentrate in its concentrated form be used to meet the fruit/vegetable requirement?

A: Yes. When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis. For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive $\frac{1}{4}$ cup fruit credit since the orange juice could be reconstituted on a ratio of one part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full strength reconstituted juice or $\frac{1}{4}$ cup credit).

7. Q: What is “blended” juice?

A: There are 100% juice blends that are labeled by the primary flavored juice as opposed to the primary volume juice. For example, a juice blend of white grape, apple, pear, and raspberry juice may be labeled as “Raspberry Juice Blend”, which leads the purchaser to assume that raspberry juice is the primary ingredient when actually only 10% of the blend is raspberry juice. By not paying attention to the ingredients on labels, it would be possible to serve the same juice every day, with the only difference being color and flavor.

8. Q: Can full strength juice now count as a full serving of fruit or vegetable at lunchtime?

A: Fruits and vegetables are separate components so a fruit juice could fulfill the entire fruit component, but only once per day.

9. Q: Are fruit sauces, such as orange sauce made with orange juice or blueberry sauce made with canned/frozen blueberries, creditable?

A: Yes. However, only the fruit portion of the sauce, i.e., the orange juice or blueberries, is creditable. At least $\frac{1}{8}$ cup of fruit must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the servings prepared.

10. Q: How do raw leafy greens contribute to the vegetable component? Similarly, how does dried fruit contribute to the fruit component?

A: One cup of leafy greens (e.g., lettuce, raw spinach, etc.) counts as $\frac{1}{2}$ cup of vegetables and $\frac{1}{4}$ cup dried fruit counts as $\frac{1}{2}$ cup of fruit under the updated CCFP meal patterns. This is consistent with the National School Lunch and School Breakfast Programs.

11. Q: Do leafy greens that are served cooked (such as collard greens) count as half the volume served?

A: No. Leafy greens that are served cooked credit as the volume served. For example, $\frac{1}{2}$ cup of cooked collard greens credits as $\frac{1}{2}$ cup vegetables. Conversely, raw leafy greens count as half the volume served. For example, one cup of raw leafy greens (e.g. lettuce or raw spinach) counts as $\frac{1}{2}$ cup vegetables.

12. Q: Are the raisins in homemade rice or bread pudding creditable?

A: Yes. However, at least $\frac{1}{8}$ cup (2 Tbsp) must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

13. Q: Is a tomato a fruit or vegetable? What about an avocado?

A: Both tomatoes and avocados are considered vegetables. Refer to the *Food Buying Guide for School Meal Programs* (www.fns.usda.gov/tn/food-buying-guide-school-meal-programs), which provides a list of creditable vegetables and a list of creditable fruits. This guide is currently being revised to include the CCFP and the Summer Food Service Program so that there will be one Food Buying Guide for all Child Nutrition Programs. While the Food Buying Guide provides a relatively comprehensive list of foods commonly served in Child Nutrition Programs, it does not include information on every possible vegetable or fruit that can be part of a reimbursable meal.

CCFP contractors may also reference ChooseMyPlate.gov to determine if a food is a vegetable or a fruit. The website includes a list of vegetables, including vegetable subgroups, and a list of fruits. CCFP contractors should work with their sponsor or State agency, as appropriate, when they have questions about the crediting of foods.

14. Q: Can two servings of broccoli be served at lunch to fulfill the vegetable and fruit components?

A: No. While contractors may serve two servings of vegetables at lunch and supper, the two servings of vegetables must be different. This is designed to be consistent with the Dietary Guidelines recommendation that all Americans should consume a variety of vegetables.

The two different servings of vegetables do not need to be from different vegetable subgroups (e.g., dark green vegetables, red and orange vegetables, starchy vegetables, beans and peas (legumes), or other vegetables). For example, a lunch with a serving of carrots and a serving of red peppers (both in the red and orange vegetable subgroup) would be allowable.

As a *best practice*, contractors are encouraged to provide at least one serving of vegetables from each subgroup over the course of one week. Offering a variety of vegetables can help improve the overall nutritional quality of the meals and it increases the amount of vegetables participants are exposed to. To learn more about the CCFP meal pattern best practices, please see the memorandum CCFP 15-2016, *Optional Best Practices to Further Improve Nutrition in the Child and Adult Care Food Program* (www.fns.usda.gov/sites/default/files/cacfp/CACFP%2015-2016os.pdf).

15. Q: May food ingredients that are unrecognizable contribute to meal pattern requirements (for example, carrots pureed in a sauce for macaroni and cheese)?

A: Pureed vegetables or fruits may contribute to the meal pattern requirements as long as the dish also provides an adequate amount ($\frac{1}{8}$ cup) of recognizable, creditable fruits or vegetables per serving. If the dish does not contain at least $\frac{1}{8}$ cup of a recognizable component per serving then the blended foods do not contribute to the meal requirements. Therefore, in the carrots and mac and cheese scenario, the pureed or mashed carrots can count towards the vegetable component if there is at least $\frac{1}{8}$ cup of another recognizable vegetable per serving. FNS requires an adequate amount of recognizable fruits or vegetables because meals served in the Child Nutrition Programs are a nutrition education opportunity to help children learn how to build a healthy plate. It is important for young children to be able to identify the components in a healthy meal.

16. Q: If two servings of different beans and peas (legumes) are served during one meal, can one serving count as a vegetable and one serving as a meat alternate?

A: Yes. A contractor may offer two distinct servings of different beans and peas (legumes) in one meal and count one towards the vegetable component and one towards the meat/meat alternate component if they are in separate dishes. For example, legumes may be served as part of a salad (vegetable component) and as part of a chili or bean soup (meat/meat alternate component). Please note, when a meal contains one serving of beans and peas (legumes), it can only count towards the meat/meat alternate component or the vegetable component, and not both.

17. Q: How much tomato paste, tomato puree, or tomato sauce would be needed to equal $\frac{1}{4}$ cup vegetable?

A: Tomato paste 1 tablespoon = $\frac{1}{4}$ cup vegetable
Tomato puree 2 tablespoons = $\frac{1}{4}$ cup vegetable
Tomato sauce 4 tablespoons = $\frac{1}{4}$ cup vegetable

18. Q: Can we purchase homemade juices such as apple cider from local farm stands?

A: Yes. However, since there are significant safety problems with the service of un-pasteurized ciders and juices, we require that only pasteurized juice products are served. Children are often at increased risk from potentially toxic bacteria. Most local farmers now pasteurize these products.

SERVING SIZE AND YIELD for Selected Fresh Vegetables and Fruits

Please note that the serving sizes and yields are approximate. This chart is intended as a reference only. Refer to the **Food Buying Guide** for a full listing of serving sizes and yields for vegetables and fruits.

Vegetable	Serving Size and Yield	Fruit	Serving Size and Yield
Broccoli	1 medium spear = 1/4 cup	Apples	1 <i>small</i> apple = 1/2 cup 1/2 apple = 1/4 cup 1/4 apple = 1/8 cup
Carrots baby carrots	14 baby carrots = 1/2 cup 7 baby carrots = 1/4 cup 4 baby carrots = 1/8 cup	Bananas	3 small bananas = 1 pound 1/2 small banana = 1/4 cup 1/4 small banana = 1/8 cup
sticks	1 stick is 4 inches long x 1/2 inch wide 6 sticks = 1/2 cup 3 sticks = 1/4 cup 2 sticks = 1/8 cup	Cantaloupe	1/8 large melon = 1/2 cup 1/16 large melon = 1/4 cup 1/32 large melon = 1/8 cup
Cauliflower	1 medium head = 6 cups florets	Grapes, seedless	14 large grapes = 1/2 cup 7 large grapes = 1/4 cup 4 large grapes = 1/8 cup
Celery sticks	1 stick is 3 inches long x 3/4 inch wide 8 sticks = 1/2 cup 4 sticks = 1/4 cup 2 sticks = 1/8 cup	Nectarines	1 nectarine = 1/2 cup 1/2 nectarine = 1/4 cup 1/4 nectarine = 1/8 cup
Cucumber slices	2 inches across, 1/8 inch thick slices 8 slices = 1/2 cup 4 slices = 1/4 cup 2 slices = 1/8 cup	Oranges	4 oranges = 1 pound 1 orange = 1/2 cup 1/2 orange = 1/4 cup 1/4 orange = 1/8 cup
Dill pickles	4 to 4 3/4 inches long 3 pickles = 1/2 cup 1 1/2 pickles = 1/4 cup 3/4 pickle = 1/8 cup	Peaches	4 peaches = 1 pound 1 peach = 1/2 cup 1/2 peach = 1/4 cup 1/4 peach = 1/8 cup
Radishes	14 radishes = 1/2 cup 7 radishes = 1/4 cup 4 radishes = 1/8 cup	Pears	4 pears = 1 pound 1 pear = 1/2 cup 1/2 pear = 1/4 cup 1/4 pear = 1/8 cup
Tomatoes slices	1/4 inch thick slices 4 slices = 1/2 cup 2 slices = 1/4 cup 1 slice = 1/8 cup	Raisins	1 pound = 3 cups 5 1/3 ounces = 1 cup 2 2/3 ounces = 1/2 cup 1 1/3 ounces = 1/4 cup 1 package (1 1/2 ounces) = 1/4 cup
cherry	6 tomatoes = 1/2 cup 3 tomatoes = 1/4 cup 2 tomatoes = 1/8 cup	Tangerines	1 tangerine = 1/2 cup
		Watermelon	1 melon = 28 pounds 1/16 piece = 1/2 cup 1/32 piece = 1/4 cup 1/64 piece = 1/8 cup

GRAINS

General Requirements

The meal patterns for breakfast, lunch, and supper each contain a grain requirement in the amount specified for each age group. A grain may also be served as one of the two components at snack.

Grain products are important dietary sources of iron, thiamin, niacin, riboflavin, and often fiber in the diet.

Grains must meet the following criteria to be creditable:

1. The grain must be whole grain, whole grain-rich, enriched, or made from whole grain or enriched meal or flour. If it is a cereal, the product must be whole grain, enriched, or fortified. Bran and germ are credited in the same way as are enriched or whole grain meals or flours. Cornmeal, corn flour, and corn grits must be designated as whole or enriched to be creditable.
2. The product label must indicate that the product is enriched, whole grain, or whole grain-rich; made from enriched or whole grain meal or flour, bran, and/or germ; or is fortified.
Cuban, French, Vienna, Italian, and Syrian breads are often prepared with un-enriched flour. Check the label or with the manufacturer to be sure that the product is made with enriched flour.
3. Breakfast cereals (cold and hot) must contain no more than 6 grams of sugar per dry ounce.
4. The grain must be provided in the quantities specified on the meal pattern. One-quarter (1/4) of a serving is the smallest amount allowable to be credited toward the minimum quantities of grains specified in program regulations.
5. The grain must serve the customary function of bread in a meal, for lunch or supper. That is, it must be served as an accompaniment to, or a recognizable, integral part of, the main dish and not merely as an ingredient.
6. Pre-packaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package.
7. Grain-based desserts (e.g. cookies, granola bars, etc.) are not creditable.
8. At least one serving of grains per day must be 100% whole grain or whole grain-rich.

Serving Size Information

For the types of food items listed in Groups A-E of Exhibit A to count as one full serving; an item must contain no less than 14.75 grams (0.52 ounces) of the total of enriched or whole grain meal and/or flour. Cornmeal is considered to be a grain meal and thus, items made with cornmeal also must contain no less than the 14.75 grams of enriched or whole grain meal. The weights listed in each group of Exhibit A reflect the total weight of the product needed so that the 14.75 grams of whole grain, meal, and/or flour (along with the other ingredients) are included in the serving.

The crediting of a food item as a grain serving is determined by the total amount of enriched or whole grain meal and/or flour in the recipe divided by the number of servings the recipe yields.

Please note that in the calculation of grains, the use of flavorings and spices such as cinnamon and nutmeg do not significantly affect weight for crediting purposes and thus are not indicated as separate products. There is insufficient space in a publication to list all different flavors of each grain product. For the types of food items listed in Groups H and I of Exhibit A to count as one full serving, the weights and volumes listed in the applicable group must be used.

For commercial products (including such products as individually packaged crackers, etc.), the information on the package food label as to **weight per serving size** compared against the applicable group in Exhibit A serves as documentation of the serving size. A sample label should be maintained on file. Do not use the serving size on the Nutrition Facts label since this serving size is for adult portion sizes (see question 11 on page 53).

Grains Requirement for Child Care Food Program

Revised Exhibit A – Grains Requirements^{1, 2}

GROUP A	Minimum Serving Size for GROUP A
<ul style="list-style-type: none"> • Bread type coating • Bread sticks (hard) • Chow mein noodles • Savory Crackers (saltines and snack crackers) • Croutons • Pretzels (hard) • Stuffing (dry) <p style="margin-left: 40px;"><i>Note: weights apply to bread in stuffing</i></p>	<p>1 serving = 20 gm or 0.7 oz</p> <p>½ serving = 10 gm or 0.4 oz</p>
GROUP B	Minimum Serving Size for GROUP B
<ul style="list-style-type: none"> • Animal crackers (plain) • Bagels • Batter type coating • Biscuits • Breads (sliced, French, Italian) • Buns (hamburger and hot dog) • Egg roll skins • English muffins • Graham crackers (plain) • Pita bread • Pizza crust • Pretzels (soft) • Rolls • Tortillas • Tortilla chips • Taco shells 	<p>1 serving = 25 gm or 0.9 oz</p> <p>½ serving = 13 gm or 0.5 oz</p>
GROUP C	Minimum Serving Size for GROUP C
<ul style="list-style-type: none"> • Cornbread • Corn muffins • Croissants • Pancakes • Waffles 	<p>1 serving = 31 gm or 1.1 oz</p> <p>½ serving = 16 gm or 0.6 oz</p>
GROUP D	Minimum Serving for GROUP D
<ul style="list-style-type: none"> • Muffins (all, except corn) 	<p>1 serving = 50 gm or 1.8 oz</p> <p>½ serving = 25 gm or 0.9 oz</p>
GROUP E	Minimum Serving for GROUP E
<ul style="list-style-type: none"> • French toast 	<p>1 serving = 63 gm or 2.2 oz</p> <p>½ serving = 31 gm or 1.1 oz</p>
GROUP F/G	Minimum Serving for GROUP F/G
Grain-based desserts are not creditable.	
GROUP H	Minimum Serving for GROUP H
<ul style="list-style-type: none"> • Breakfast cereals (cooked)³ • Bulgur or cracked wheat • Cereal Grains (barley, quinoa, etc.) • Macaroni (all shapes) • Noodles (all varieties) • Pasta (all shapes) • Ravioli (noodle only) • Rice (white or brown) 	<p>1 serving = ½ cup cooked or 1 oz (28 g) dry</p>
GROUP I	Minimum Serving for GROUP I
<ul style="list-style-type: none"> • Ready to eat breakfast cereal (cold, dry)³ 	<p>1 serving = ¾ cup for children ages 6-18</p> <p>1 serving = ⅓ cup for children ages 3-5</p> <p>1 serving = ¼ cup for children ages 1-2</p>

1. The following foods must be whole grain, whole grain-rich, or enriched.
2. Some of the following foods or their toppings/extras (such as cream cheese, syrup, etc.) may contain more sugar, salt and/or fat than others. This should be a consideration when deciding how often to serve them.
3. Breakfast cereals are traditionally served as a breakfast item but may be served in meals other than breakfast. Cereals must contain no more than 6 grams of sugar per dry ounce and must be whole-grain, whole grain-rich, or enriched or fortified cereal. Refer to *Florida WIC-Approved Cereal List*.

Note: Cornmeal and corn flour and products using cornmeal and corn flour such as arepa, tortillas, tortilla chips, taco shells, cornbread, and corn muffins must be whole grain, whole grain-rich, or enriched.

GRAINS

Food	Creditable Yes/No		Comments
Animal Crackers	x		Must be plain.
Bagel	x		
Bagel Chips	x		These products are high in fat and sodium. They should be served with caution due to potential choking hazards.
Banana Bread	x		Homemade breads must contain 14.75 grams per serving of enriched grain or flour. Commercial quick breads are credited in the same group as muffins (other than corn) of Exhibit A.
Barley	x		
Biscuits	x		Plain or savory biscuits are creditable.
Boston Brown Bread	x		
Bread Pudding, sweet		x	Grain-based desserts are not creditable.
Bread Pudding, savory	x		Savory bread pudding with ingredients such as cheese or vegetables is creditable.
Bread Sticks	x		
Bread Stuffing	x		
Breading/Batter	x		See Group B, Exhibit A for batter coatings. For foods such as commercial fish sticks, chicken, a CN label/PFS is required.
Brownies		x	Grain-based desserts are not creditable.
Bulgur	x		
Buns, hot dog or hamburger	x		
Cakes		x	Grain-based desserts are not creditable.
Caramel Corn		x	See popcorn.
Carrot Bread	x		See banana bread.
Cereal Bars		x	Grain-based desserts are not creditable.
Chips, corn/cornmeal	x		Corn/cornmeal/tortilla chips must be plain. Label must state product is whole grain, whole grain-rich, or enriched.
Chips, potato (including other vegetable chips/straws/puffs)		x	These are considered "other" foods. Fruit and vegetable chips are not creditable.
Chow Mein Noodles	x		
Cobbler, Crisp		x	Grain-based desserts are not creditable.
Coffee Cake, Cinnamon/ Danish Rolls		x	Grain-based desserts are not creditable.
Cookies		x	Grain-based desserts are not creditable.
Cornbread	x		Label must state product is whole grain, whole grain-rich, or enriched.
Corndogs, batter	x		See breading/batter; a CN label/PFS is required.
Cornpone	x		This product is credited in Group C, Exhibit A.
Couscous	x		This pasta product must be enriched or whole grain.
Crackers, savory	x		For crediting purposes specify the type served, e.g., whole grain cheese cracker, etc. See page 48.
Crackers, sweet		x	Grain-based desserts are not creditable. See animal crackers and graham crackers.
Cream Puff Shells		x	Grain-based desserts are not creditable.
Crepes	x		See Group C, Exhibit A.

GRAINS

Food	Creditable Yes/No		Comments
Croissants	x		These are high in fat.
Croutons	x		See Group A, Exhibit A.
Cupcakes		x	Grain-based desserts are not creditable.
Danish Pastries		x	Grain-based desserts are not creditable.
Doughnuts		x	Grain-based desserts are not creditable.
Dumplings	x		
Egg Roll or Won Ton Wrappers	x		
English Muffins	x		
Fig Bar		x	Grain-based desserts are not creditable.
French Bread	x		This product must be whole grain or enriched.
French Toast	x		See Group E, Exhibit A.
Gingerbread		x	Grain-based desserts are not creditable.
Graham Crackers	x		Must be plain.
Granola Bars		x	Grain-based desserts are not creditable.
Grits	x		This product must be whole grain or enriched.
Hominy		x	Hominy is not made from the whole kernel of corn.
Hushpuppies	x		See Group C, Exhibit A.
Ice Cream Cones		x	Insufficient flour to meet requirements.
Ice Cream Sandwich Wafers		x	Grain-based desserts are not creditable.
Italian Bread	x		This product must be enriched or whole grain.
Muffins	x		
Nachos	x		This product must be enriched or whole grain.
Noodles	x		
Noodles in canned soup	x		If the product contains sufficient noodles per serving to meet minimum portion sizes. Maintain documentation on file.
Pasta	x		
Pie Crust (dessert crust)		x	Grain-based desserts are not creditable.
Pie Crust (meat/meat alternate or with vegetables)	x		If it is a recognizable, integral part of the main dish and is served as an accompaniment to the main dish as in beef or chicken pot pies.
Pineapple Upside Down Cake		x	Grain-based desserts are not creditable.
Pita	x		See Group B, Exhibit A.
Pizza Crust	x		See Group B, Exhibit A.
Polenta	x		This cornmeal product must be enriched or whole grain.
Pop Tarts		x	Grain-based desserts are not creditable.
Popcorn		x	Popcorn provides fiber but little nutritional value. There is a potential choking hazard for preschoolers.
Popover		x	Grain-based desserts are not creditable.
Potato Pancakes		x	Potato pancakes contain a minimal quantity of flour.
Potatoes		x	Potatoes (including French fries, tater tots, hash browns) are not a grain. They are creditable as a vegetable only.
Pound Cake		x	Grain-based desserts are not creditable.
Pretzel, hard	x		
Pretzel, soft	x		

GRAINS

Food	Creditable Yes/No		Comments
Puff Pastry - with a meat/ meat alternate or vegetable	x		See the pie crust entry. Puff pastry is high in fat. Puff pastry may not credit when used with fruit as a dessert.
Pumpnickel Bread	x		
Pumpkin Bread	x		Quick breads are credited in the same group as muffins. See Group D, Exhibit A. See banana bread.
Quinoa	x		A cereal-like plant product derived from an herb, creditable as a whole-grain type of flour. Seeds may be red, black or white.
Raisin Bread	x		This product is credited in the same way as breads without raisins (grain only).
Ravioli (or other stuffed pasta product)	x		For homemade ravioli, the pasta portion is credited based on the amount of whole grain or enriched meal or flour in the recipe. Commercially produced stuffed pasta must have a CN label or PFS.
Rice, white or brown	x		
Rice Cakes	x		Plain or savory rice cakes are creditable.
Rice in Pudding, homemade		x	Grain-based desserts are not creditable.
Rice Treats		x	Grain-based desserts are not creditable.
Rolls, all types	x		For example, hard, parkerhouse, dinner, kaiser, whole wheat, onion, hamburger, hot dog, etc.
Rye Wafers	x		
Scone, savory	x		
Scone, sweet		x	Grain-based desserts are not creditable.
Snack Type Crackers	x		Refer to Group B, Exhibit A.
Sopapillas		x	Grain-based desserts are not creditable.
Spoon Bread	x		Credited in the same group as cornbread. For serving size see Group C, Exhibit A.
Squash or Zucchini Bread	x		Quick breads are credited in the same group as muffins (other than corn). See banana bread. See Group D, Exhibit A.
Stuffing, bread, dry	x		See Group A, Exhibit A. Weights apply to the bread in the stuffing.
Sweet Rolls/Buns		x	Grain-based desserts are not creditable.
Taco or Tortilla Chips (plain)	x		The chips must be plain and enriched, fortified, or whole grain.
Taco or Tortilla Shells (plain)	x		The shells must be plain and enriched, fortified, or whole grain.
Tapioca		x	Tapioca is not a grain.
Turnover Crust		x	Grain-based desserts are not creditable.
Wafers, vanilla		x	Grain-based desserts are not creditable.
Waffles	x		
Wheat Germ/Bran	x		Bran and germ are credited in the same manner as whole grain meal or flour - at least 14.75 grams per serving.

GRAINS

Questions and Answers

1. Q: Are fig bar cookies creditable?

A: No. Fig bars are considered a grain based-dessert and are not creditable.

2. Q: Are Rice Crispy bars or similar bars made from a cereal product creditable?

A: No. Cereal bars are considered a grain based-dessert and are not creditable.

3. Q: Can pie crusts, crisps, and cobblers be credited as a grain?

A: Pie crust can be credited when it is being served as an accompaniment to, or as an integral part of the main dish (e.g. chicken pot pie). Crisps or cobbler crusts are not creditable.

4. Q: Are granola bars creditable?

A: No. All granola bars, cereal bars, cookies, etc., are considered grain-based desserts and are not creditable, regardless of documentation on file or whether or not they are whole grain.

5. Q: Is granola cereal creditable as a grain?

A: Yes. Both commercial and homemade granola cereals are acceptable. In determining the serving size, only the grain portion of the cereal is creditable as a grain. In other words, any nuts, seeds, coconut, dried fruit, etc. are not to be included when determining the serving size. Since each commercial granola is based upon its own formulation, the contractor should take a sample box and separate out the whole grain portion and weigh it to calculate out the number of allowable servings and required serving size for each type and brand of granola used. This information should be maintained on file.

6. Q: Can nut or seed meal or flour be used to meet the grain requirement for a meal?

A: No. Nuts and seeds are not grains and there are no standards of enrichment for these products.

7. Q: Can crackers be served as a grain?

A: Yes. Non-sweet (savory) crackers can be served as a grain for breakfast, lunch, supper, or snack. Children who are in the 1- to 2-year-old age range and in the 3- to 5-year-old age range require ½ serving for any of these meals. Children six years old require one serving.

Saltines and snack cracker serving sizes are listed under Group A, Exhibit A. One serving of Group A equals 20 grams or 0.7 ounces; ½ serving of Group A equals 10 grams or 0.4 ounces.

8. Q: I looked up a product listed as breakfast “Biscuit” but other places list them as a breakfast “cookie”. Can you tell me if this is considered a “sweet” item?

A: This **is** a sweet item/grain-based dessert. Items may have fanciful names such as “breakfast round” but if it is a breakfast bar/cookie it is still considered a “grain-based dessert” and thus not able to be part of a reimbursable meal.

9. Q: Is durum wheat a creditable grain? What about semolina (pasta)?

A: Durum wheat and semolina are creditable as a grain (usually in pasta) as long as it is whole grain or enriched.

10. Q: Bagels are all listed under Group B, Exhibit A, but there is a wide variance in sizes; how do we calculate appropriate serving sizes?

A: Whenever there is an apparent variance in size, we encourage child care providers to verify serving sizes, especially if they are purchased from a local bakery. The actual size of a bagel varies greatly from the various frozen commercial bagel varieties to deli size bagels. Providers are encouraged to weigh a sample bagel product and to serve the equivalent required grams for the age group being served. For example, a half of one brand of bagel may meet requirements while a half of another type of bagel may provide too small a serving size for a three- to five-year-old child. As a general reference, one small (mini) commercial bagel will usually meet meal pattern requirements for three- to five-year-old children. One-half of a 3" diameter commercial bagel usually meets requirements for one grain serving and ¼ of a 3" diameter bagel meets the ½ serving size for three- to five-year-olds. Documentation supporting the weight and serving size of each different bagel product should be maintained on file for review purposes, whenever the product differs from the standardized size in Exhibit A.

11. Q: Rather than use the gram weight on commercial packaging for determining serving size, can I use the Nutrition Facts label serving size as a basis for calculation?

A: No. The serving sizes on the Nutrition Facts labels are calculated differently than the USDA meal pattern requirements. The serving size for the Nutrition Facts label is calculated on the nutritional needs of the *general adult* population. CCFP serving sizes are calculated with consideration to the specific nutritional needs of our target population: children. Therefore, the grams per serving on the Nutrition Facts label differ from the allowable number of grams in the Exhibit A serving size groups.

12. Q: What is the difference between whole grain and whole wheat?

A: Wheat is a type of grain. You may serve whole wheat *or* whole grain. A whole grain product may have a mixture of grains (wheat, rye, corn, etc.) but to credit as 100% whole grain, *each* grain must be whole.

13. Q: If we serve non-creditable extras like vanilla wafers, is it okay for them to be on the receipt?

A: Program funds *may not* be used to purchase non-creditable foods. The cost of any non-creditable items must be deducted from your operating expenses.

14. Q: Are fully cooked-grain products, such as pasta and bread, whose ingredient list has water as the first ingredient and a whole grain as the second ingredient, considered whole grain?

A: Yes, a grain product is considered whole grain if water is listed as the first ingredient and a whole grain is listed as the second ingredient on the ingredient list. All other grains listed must be whole grain.

15. Q: Are homemade granola bars or other homemade grain-based desserts allowed?

A: No. Homemade and commercially prepared grain-based desserts cannot count towards the grain component.

16. Q. How do I determine the serving size of a grain item?

A: The majority of products are listed by serving size in the meal pattern chart. For example, one or one-half slice of bread or $\frac{3}{4}$ cup of cold, dry cereal.

Most of the remaining grains are listed in Exhibit A by serving size group. When using a commercial product listed in Exhibit A, check to see what the serving size of the product is required and then check the *total weight per serving* of the product. The weight per serving should be at least the minimum serving listed for the applicable group in the Exhibit A list. As an example, a provider wishes to use a package of wheat crackers for a snack. She serves three- to five-year-olds. In this case, the package size as listed on either the box or the wrapper must weigh at least either 10 grams or 0.4 oz to meet the required $\frac{1}{2}$ serving size.

17. Q: Do providers have the discretion to choose which meals will include a whole grain?

A: Yes. Providers may choose to serve a whole grain item at any meal or snack as long as one whole grain per day over the course of all meals and snacks served that day is 100% whole grain. For example, a provider may serve a whole grain cereal at breakfast one day and a whole grain pasta at lunch the next day. If a provider only serves one meal (e.g. supper) and a grain is required at that meal, then every supper meal must contain a 100% whole grain.

18. Q: Pancakes and waffles are not grain-based desserts according to Exhibit A. If syrup, honey, jam or another sweet topping is served with the pancakes or waffles, are they then considered grain-based desserts?

A: No, adding a sweet topping, such as syrup, to pancakes or waffles does not make them grain-based desserts and they can continue to be counted towards the grain component. However, FNS strongly encourages providers to explore healthier alternatives for toppings, such as fruit or yogurt. Minimizing sweet toppings will help reduce children's consumption of added sugars. When sugars are added to foods and beverages to sweeten them, they add calories without contributing essential nutrients.

19. Q: If a day care home serves breakfast and snack and a grain is served at both breakfast and snack, but neither of the grains are whole grain-rich, which meal is disallowed?

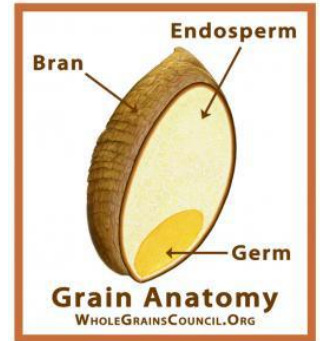
A: The snack would be disallowed. This is because the snack is the meal with the lowest reimbursement rate that contained a grain. Conversely, if a grain was not served at snack and the grain at breakfast is not whole grain-rich, then the breakfast meal would be disallowed. In that situation, the breakfast meal is the meal with the lowest reimbursement rate that contained a grain.

Whole Grains Adapted from the Institute of Child Nutrition

Whole grains consist of the entire grain seed or kernel. The kernel has three parts – the bran, the germ, and the endosperm. Usually the kernel is cracked, crushed, or flaked during the milling process. If the finished product retains the same relative proportions of bran, germ, and endosperm as the original grain, it is considered a whole grain.

Identifying whole grain ingredients:

- The word “whole” listed before a grain, such as “whole wheat” or “whole corn;”
- The words “berries” and “groats” are used to designate a whole grain, such as “wheat berries” or “oat groats;”
- Rolled oats and oatmeal (including old fashioned, quick cooking, and instant oatmeal); and
- Other whole-grain foods that do not use the word “whole” in their description, such as brown rice, brown rice flour, wild rice, quinoa, millet, triticale, teff, amaranth, buckwheat, and sorghum.



Whole Grains*	Not Whole Grains
<ul style="list-style-type: none"> • Amaranth • Barley (whole, hulled, or hull-less) • Bromated Whole-Wheat Flour • Bulgur • Buckwheat • Cracked Wheat • Crushed Wheat • Einkorn • Freekeh • Graham Flour • Millet • Quinoa • Rice (Brown, Black, Red, Wild) • Rye Berries (or whole rye) • Sorghum • Teff • Triticale • Wheat Berries • Whole Corn • Whole Durum Wheat Flour • Whole Farro • Whole Grain Barley • Whole Spelt • Whole Wheat Flour • Whole Wheat Pasta (Macaroni, Spaghetti, or other Whole Grains Noodles) 	<ul style="list-style-type: none"> • All-Purpose Flour • Bread Flour • Bromated Flour • Cake Flour • Corn • Corn Grits • Degerminated Corn Meal • Durum Flour • Enriched Flour • Enriched Rice • Enriched Self-Rising Flour • Enriched Wheat Flour • Farina • Instantized Flour • Long-Grain White Rice • Pearled Barley • Phosphated Flour • Rice Flour • Rice (White) • Rye • Self-Rising Flour • Self-Rising Wheat Flour • Unbleached Flour • Wheat Flour • White Flour

*Bran and/or germ may also contribute to the whole grain requirements

How to Identify a 100% Whole Grain Food

Step 1: Is this a creditable grain (made with whole grain or enriched flour)? Check the Creditable and Non-Creditable Grain Foods List. Note: If cereal – it must meet the sugar limit.

If yes, you can serve this grain, but continue to step 2 to see if it will meet the 100% whole grain per day requirement.

If no, find another grain product. A grain must be creditable to meet the 100% whole grain requirement.

Step 2: Is this a naturally occurring whole grain like brown rice, wild rice, or oatmeal? Check the whole grains list on the previous page.



If yes, you found a 100% whole grain and it will meet your 1 whole grain for the day requirement! You don't need to do steps 3 or 4.

If no, continue to step 3.

Step 3: Does the front of the package state “100% Whole Grain” or “100% Whole Wheat”?



If yes, you found a 100% whole grain and it will meet your 1 whole grain for the day requirement! You don't need to do step 4.

If no, continue to step 4.

Step 4: There is still a chance this is a 100% whole grain product. You must check the ingredients label. All of the grain ingredients must be whole grain.

Which items are 100% whole grain based on the ingredients?

A) Bread

Ingredients: Wheat Flour, Malted Barley Flour, Soybean Oil, Salt, Honey, Wheat Starch, Thiamin, Niacin, Iron, Riboflavin, Folic Acid

B) Tortilla

Ingredients: Whole Wheat Flour, Soybean Oil, Salt, Whole Corn, Starch, Wheat Starch

C) Dry Cereal

Ingredients: Whole Corn Meal, Oats, Corn Starch, Canola Oil, Cinnamon, Brown Sugar

D) Cracker

Ingredients: Whole Grain Brown Rice Flour, Sesame Seeds, Potato Starch, Safflower Oil, Quinoa Seeds, Flax Seeds, Salt

E) Roll

Ingredients: Unbleached Enriched Wheat Flour, Sugar, Salt, Soybean Oil, Oat Bran, Yellow Corn Meal, Salt

Answer: b, c, and d are 100% whole grains because all grain ingredients are whole grain

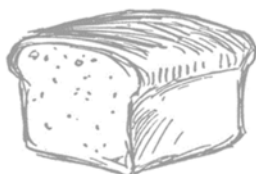
Creditable and Non-Creditable Grains

Grain-based desserts are not creditable on the CCFP. The following chart lists creditable and non-creditable grain items. Non-creditable grain items cannot contribute towards a reimbursable meal, but may be served as an “extra” food on occasion. Program funds may not be used to purchase non-creditable items. Creditable grain items must be in the correct portion for the age group served (refer to Exhibit A-Grains Requirement) and must be whole grain, enriched, or made from whole grain or enriched meal or flour. Prepackaged products must have whole grain or enriched flour or meal as the first ingredient (or second after water). At least one serving per day, across all eating occasions, must be 100% whole grain or whole grain-rich.



Non-Creditable Grains

Brownies
 Cake (all varieties, frosted or unfrosted)
 Cereal Bar/Treat
 Cobbler/Fruit Crisp Cookies
 Cookies (all kinds)
 Doughnuts
 Fig Bar
 Fruit Turnover
 Grain Fruit Bar
 Granola Bar (all kinds)
 Honey Bun
 Oatmeal (more than 6 grams of sugar per dry ounce)
 Pastry
 Popcorn
 Pop Tart
 Potato/Vegetable Chips (or puffs/straws/sticks)
 Ready-to-eat Cereal (more than 6 grams of sugar per dry ounce)
 Sweet Roll/Sticky Bun
 Tortilla chips—flavored²
 Wafers (chocolate, vanilla)



Creditable Grains¹

Animal Crackers (plain)
 Bagel/Bagel Chips
 Banana Bread (or other fruit/vegetable breads)
 Barley
 Batter or Bread Type Coating
 Biscuits
 Bread, Buns
 Bread Sticks (hard or soft)
 Bulgur or Cracked Wheat
 Cornbread/Corn Muffin
 Croissants
 Crepes
 Crackers (savory snack crackers, plain, cheese, peanut butter)
 Croutons
 Egg Roll Skins, Won Ton Wrappers
 English Muffin
 French Toast (slices or sticks)
 Graham Crackers (plain, all shapes)
 Grits
 Muffins/Quick Bread
 Oatmeal (with 6 grams of sugar or less per dry ounce)
 Pancakes
 Pasta/Couscous/Macaroni/Noodles (all shapes)
 Pita Bread/Pita Chips
 Pizza Crust
 Pretzels (hard or soft)
 Quinoa
 Ravioli
 Ready-to-eat Cereal (6 grams of sugar or less per dry ounce)
 Rice
 Rolls
 Stuffing (dry)
 Tortillas/Arepa
 Tortilla Chips/Shells – unflavored²

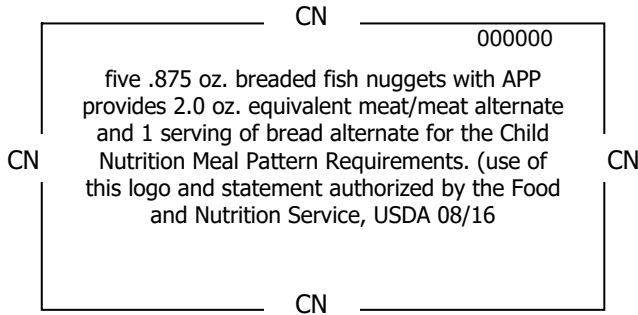
1. Toppings and extras including brown sugar, butter, chocolate chips, cream cheese, honey, jelly, and syrup are a concentrated source of empty calories. They should be served in small portions and used minimally.

2. Tortilla chips with a flavor coating are not creditable. Only plain tortilla chips may be served.

CREDITING COMMERCIAL COMBINATION FOOD PRODUCTS

Main dish combination products that are commercially processed, such as ravioli, beef stew, spaghetti with meat sauce, egg rolls, pizza, chicken nuggets, fish sticks, etc., must contain a CN Label or Product Formulation Statement (PFS) to show that the product contains sufficient quantities of meat/meat alternate, grains, and vegetables or fruits to meet the meal pattern. Otherwise, it may not be counted towards a reimbursable meal.

Example of a CN Label:



For a detailed explanation of CN Labeling visit the USDA Food and Nutrition Service (FNS) website at: <http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>.

Manufacturer's Product Formulation Statement (PFS):

- Can be obtained by calling the 1-800 number on the packaging of the food item
- Can usually be faxed or mailed from them to you
- Will differ from food manufacturer to food manufacturer
- Must contain a statement about the amount of meat/meat alternate, grain, and/or vegetable or fruit component per serving
- Must be signed by an official of the manufacturer, not a salesperson

If a CN Label or PFS Cannot Be Obtained:

A processed combination food may be used if another creditable ingredient is added in sufficient quantity to meet the meal pattern.

The added ingredient must:

1. Be sufficient on its own to meet the meal pattern requirement, and
2. Be one of the ingredients already in the processed combination food or typically associated with the food being served. For example, beef chunks could be added to canned stew, ground beef could be added to spaghetti sauce, or shredded cheese could be added to pizza.

***For your use in determining serving sizes, a CN Label and PFS Calculator is available on our website (www.floridahealth.gov/programs-and-services/childrens-health/child-care-food-program/nutrition/cn-calculator.html).**

CREDITING COMBINATION FOODS

You may credit some combination foods for a total of two different meal components, as long as the amounts served are sufficient to meet meal pattern requirements:

1. Meat/meat alternate
2. Grains
3. Vegetable
4. Fruit

Example 1: Hamburger on a bun with lettuce and tomatoes

Credit as:

Meat/meat alternate	hamburger
Grain	hamburger bun

Example 2: Chef salad with hard boiled egg, turkey, cheese, lettuce, tomato, celery, cucumber

Credit as:

Meat/meat alternate	egg, turkey, cheese
Fruit/vegetable	any of the tomato, celery, cucumber to equal at least 1/8 cup

Example 3: Fruit salad with cottage cheese, peaches, pineapple, pears, bananas, blueberries. In this case the fruit is not mixed together and are separately identifiable. For example, peach or pear halves set on a platter with pineapple rings in comparison with bits of peaches, pears, and pineapple mixed together in a fruit cocktail.

Credit as:

Meat/meat alternate	cottage cheese
Fruit/vegetable	a combination of the separate pear or peach halves, pineapple rings/chunks, banana slices, or blueberries

Example 4: Banana/Strawberry Cow (smoothie with banana, strawberries, and milk)

Credit as:

Milk	milk
Fruit	bananas and strawberries

Combination foods in beverage form made from milk and solid fruits (or juice concentrates), may be credited at all meals and snacks as meeting the meal components. However, the amounts served must meet meal pattern requirements.

CREDITING SOME POPULAR FOODS

Commercial Gelatin Dessert: Gelatin is considered an “other” food. The gelatin itself is not a creditable food item. Under certain circumstances, the fruits, vegetables, or juices used in gelatin products may be credited (see Fruited Gelatin below). Check the ingredient listings for participants who do not eat meat, since some, but not all, gelatins contain animal products.

Fruited Gelatin: Only the fruit or vegetable portion of a fruited gelatin will contribute toward the fruit or vegetable component if it is made with water as directed. To be creditable, each serving must include at least 1/8 cup (2 Tbsp) of fruit or vegetable.

Peanut Butter and Jelly Sandwich: When a peanut butter and jelly sandwich is served as the only meat alternate, the sandwich must contain three tablespoons of peanut butter for ages 3 to 5, to meet the minimum portion size. However, three tablespoons of peanut butter is often too much peanut butter to be consumed by a preschool child. We strongly suggest that a second meat/meat alternate (such as cheese cubes, yogurt, or ½ of a hard cooked egg) be served along with a smaller serving of the peanut butter.

Pickle Slices: Since pickles are high in sodium and low in nutrients, it is encouraged that pickles be served as a garnish in combination with other fruits and/or vegetables.

Popcorn: Popcorn is not credited in the CCFP because of its low nutritive value. **The use of popcorn as an “other” food for this age group is also discouraged because of the potential risk of choking with preschoolers.**

Quiche: Homemade quiche may be credited toward the meat/meat alternate if it contains sufficient egg, cheese, and meat to meet portion size requirements. Please note that bacon is considered an “other” food and may not be credited. The crust may be credited toward meeting the grain requirement if it is a recognizable, integral part of the main dish and served as an accompaniment to the main dish.

Raisins: We recommend that smaller portions of raisins be served, such as 1/8 cup (2 Tbsp). Preschoolers may not be able to digest larger portions of dried fruit. Please note that dried cherries, cranberries, and blueberries are credited in the same manner as raisins and 1/8 cup dried fruit credits as ¼ cup fruit.

Seasonings, Garnishes, and Condiments: Condiments, garnishes, and seasonings are not creditable food items. They serve as extras to enhance the acceptability of the meal.

Snack/ Party Mixes, Trail Mixes (sometimes also called “bird seed”): These are snack food mixtures with a variety of items including nuts, cereals, seeds, dried fruits etc. These items cannot be credited unless the menu contains an explanation of the creditable ingredients included in the mix on the menu.

Meal Pattern and Menu Checklist

Use this checklist to ensure that all CCFP meal requirements are met. All answers must be marked "Yes."

CHILD MEAL PATTERN REQUIREMENTS

I. Breakfast:	Yes	No
A. 3 components: Fluid Milk, Vegetables and/or Fruits, Grains		
B. Only ready-to-eat breakfast cereals (cold/hot) containing 6 g of sugar or less per dry oz are served (refer to the <i>Florida WIC-Approved Cereal List</i>).		
C. Meat/Meat alternates are used to meet entire grains requirement no more than three times/week.		
II. Lunch/Supper:	Yes	No
A. 5 components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains		
B. One vegetable and one fruit or two different vegetables are served (two fruits may not be served).		
III. Snack:	Yes	No
A. 2 different components: Fluid Milk, Meat/Meat Alternates, Vegetables, Fruits, Grains <i>Note: Juice must not be served when milk is the only other component.</i>		
B. Water does not appear on the menu as one of the two required components.		
IV. General Menu Requirements:	Yes	No
A. Fruit juice does not appear on the menu more than once a day.		
B. At least one grain serving per day, across all eating occasions, is 100% whole grain or whole grain-rich. <i>Menus must clearly identify the whole grain or whole grain-rich item (e.g. "WG bread" or "WGR crackers").</i>		
C. Grain-based desserts (e.g. granola bars, cookies) are not served as part of a reimbursable meal. <i>Grain-based desserts may be served as an "extra." Plain graham and animal crackers are creditable.</i>		
D. Yogurt (milk or soy) contains no more than 23 g of total sugars per 6 oz (15 g/4 oz or 3.8 g/oz).		
E. Children age one receive unflavored whole milk (unless breastfed).		
F. Children ages 2 through five receive unflavored lowfat (1%) or unflavored fat-free (skim) milk.		
G. Flavored milk is not served to children under 6 years of age. <i>Flavored powder/liquid may not be added to milk (cow or soy) for children ages 1-5.</i>		
H. Flavored milk served to children age 6 years and older is fat-free (skim) or lowfat (1%).		
I. The menu clearly identifies the types of milk served (fat content and flavored or unflavored).		
J. Commercially processed combination foods (served at <i>any</i> meal) have a CN label or manufacturer's Product Formulation Statement (PFS) stating the food component contribution. Self-prepared combination foods have a standardized recipe on file.		
K. Pre-packaged grain products must have enriched flour or meal or whole grains as the first ingredient listed on the package. <i>Sugar cannot be the first ingredient.</i>		
L. Meals do not include foods deep-fried on site. <i>Providers may purchase or receive pre-fried foods but must reheat them using an alternate method (baking or pan frying/sautéing).</i>		
M. CCFP funds are not used to purchase non-creditable food items (e.g.: grain-based desserts).		
N. Children with special dietary needs (not a disability): parents do not provide more than one component of the reimbursable meal. <i>Parents may supply only one component of the reimbursable meal for children with special dietary needs. The contractor must supply all other components.</i> Children with documented disabilities: <i>parents may supply one or more components of the reimbursable meal. The contractor must supply at least one component.</i>		
Reminders: <ul style="list-style-type: none"> • <i>During snack, juice must not be served when milk is the only other component.</i> • <i>Tofu is creditable as a meat/meat alternate.</i> 		

INFANT MEAL PATTERN REQUIREMENTS

V. General Menu Requirements:	Yes	No
A. Two different approved iron-fortified infant formulas are offered: one milk-based and one soy-based.		
B. Breastmilk and/or formula is served at every meal and snack.		
C. Solid foods are served to infants when they are developmentally ready for them. <i>Solids should be introduced around 6 months of age, but may be served/claimed earlier.</i>		
D. Once an infant is developmentally ready to accept solid foods, the contractor offers them to the infant.		
C. Juice is not served as part of a reimbursable meal.		
D. Only ready-to-eat breakfast cereals (cold) containing 6 g of sugar or less per dry oz are served (refer to the <i>Cereal List for Infants</i>). <i>These cereals may only be served at snack to developmentally ready 6-11 month olds.</i>		
E. Yogurt contains no more than 23 g of total sugars per 6 oz (15 g/4 oz or 3.8 g/oz). <i>Soy yogurt is not creditable for infants. Yogurt must be traditional/"cold" yogurt; not baby yogurt blends that are shelf-stable. Whole milk yogurt is recommended.</i>		
F. Cheese food and cheese spread are not served/included on the menu.		
G. Commercially prepared combination baby foods (e.g. chicken and rice) and baby food "desserts" are not served.		
H. When eggs are served to infants, the whole egg (white and yolk) is served.		
I. CCFP funds are not used to purchase non-creditable food items (e.g.: juice).		
J. Children with special dietary needs (not a disability): parents do not provide more than one component of the reimbursable meal. <i>Parents may supply only one component of the reimbursable meal for children with special dietary needs. The contractor must supply all other components.</i> Children with documented disabilities: parents may supply one or more components of the reimbursable meal. <i>The contractor must supply at least one component.</i>		
<i>Reminder: a reimbursable meal may contain breastmilk fed to baby by mother</i>		
<i>Reminder: whole grains are not required for infants</i>		
VI. Best Practices for Children Ages One and Older (strongly recommended):		
<ul style="list-style-type: none"> ▪ Fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week on the breakfast menu and twice a week on the snack menu. Please note: For those centers that claim two snacks and one meal, instead of two meals and one snack, fresh, frozen, or canned vegetables and/or fruits should be served at least twice a week <u>at each</u> snack time. 		
<ul style="list-style-type: none"> ▪ *Good vitamin A sources from vegetables and fruits should be served a minimum of two times a week. 		
<ul style="list-style-type: none"> ▪ *Good vitamin C sources from vegetables and fruits or fruit juice should be served daily. 		

*Please refer to *Fruit and Vegetable Sources of Vitamins A and C* found on the CCFP website and in *A Guide to Crediting Foods*.

GENERAL GUIDANCE

FOOD SAFETY

Food Safety in the Child Care Food Program (CCFP)

Serving safe food to children participating in the CCFP is as important as serving well-balanced and appetizing meals. Preventing foodborne illness must be a top priority for child care staff that prepare and serve meals to young children.

CCFP regulations require child care facilities to have a current health/sanitation permit or satisfactory food service inspection report issued by a local authority at least yearly. Facilities must provide a copy of their current food service inspection documentation as part of the application process and also make it available during a CCFP monitoring review. Food service inspection documentation is valid for one year from date of issuance or until the expiration date on the document, whichever date is earlier.

When adding a site, sponsors must provide a copy of each site's food service inspection documentation. Catered sites that wish to change to self-prep must provide a copy of their food service inspection documentation supporting this change.

Improper food handling, preparation, or storage can cause food to become contaminated with bacteria or germs that could result in children becoming sick if the contaminated food is eaten. Bacteria multiply quickly at temperatures between 41°F and 135°F. Keeping foods out of this temperature danger zone is critical to keeping foods safe and keeping children healthy.

The following food safety resources and training modules can assist you in preventing foodborne illness at your child care site.

From the CCFP website at www.floridahealth.gov/ccfp/ click on Food Safety and Alerts from drop down box to access:

- Online module, *Serving Safe Food in the CCFP*, located under Child Care Food Program Resources
- Institute of Child Nutrition online course, *Serving Safe Food in Child Care*, also located under Child Care Food Program Resources

Please refer to www.FoodSafety.gov for the latest in food recall and safety alert information. FoodSafety.gov is the gateway to food safety information provided by government agencies.

Fruit and Vegetable Sources of Vitamins A and C

The following charts list fruits and vegetables that meet the recommendation to serve good sources of vitamins A and C in the child meal pattern.

Items listed in the Good column provide at least 10-24% of the Recommended Dietary Allowance (RDA) for children ages 1-5.

Items listed in the Better column provide at least 25-39% of the RDA for children ages 1-5.

Items listed in the Best column provide 40% or more of the RDA for children ages 1-5.

Items with an * appear on both the vitamin A and C charts. Be sure to serve the appropriate amounts. For example, if you use frozen, cooked broccoli, you would have to serve at least ½ cup to meet the minimum requirement for both vitamins A and C. However, if you use fresh broccoli, you would only have to serve ¼ cup.

The shaded spaces indicate that there are no easily measurable items that fit into that category.

VITAMIN A (Include at least twice a week)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apricot*	2 medium, fresh 7 halves, dried ¼ cup, canned	½ cup, canned	
Cantaloupe*	¼ cup, fresh	½ cup, fresh	
Cherries, red sour*	½ cup, canned		
Grapefruit*	½ medium, fresh, pink or red		
Mandarin Oranges*	½ cup, canned		
Mango*	½ medium, fresh ½ cup, fresh		
Melon Balls*	½ cup, fresh or frozen		
Nectarine*	2 medium, fresh		
Papaya*	1 small, fresh ½ cup, fresh		
Plum*	½ cup, canned		
Peach	3 halves, dried		
Tangerine*	2 medium, fresh		
Watermelon*	1 cup, fresh		

VITAMIN A

(Include at least twice a week)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Broccoli*	¼ cup, fresh, cooked ½ cup, frozen, cooked		
Cabbage, Chinese (Bok Choy)	¼ cup, fresh, cooked		
Carrots*			¼ cup, all forms 4 baby carrots
Greens, Collard*			¼ cup, fresh or frozen, cooked
Greens, Mustard*		¼ cup, cooked	
Greens, Turnip*			¼ cup, fresh or frozen, cooked
Kale*			¼ cup, fresh or frozen, cooked
Mixed Vegetables*	¼ cup, frozen, cooked		¼ cup, canned, cooked
Peas, Green*	¼ cup, frozen, cooked ¾ cup, canned, cooked		
Peas & Carrots*			¼ cup, frozen or canned, cooked
Plantain*	½ medium, fresh, raw ¾ cup, fresh, cooked		
Pepper, Red*	¼ cup, fresh, raw or cooked	½ cup, fresh, raw or cooked	
Pumpkin*			¼ cup, fresh or canned
Romaine Lettuce	¼ cup, fresh, raw	½ cup, fresh, raw	
Spinach*	½ cup, fresh, raw		¼ cup, fresh, frozen or canned, cooked
Squash, Butternut* or Winter*			¼ cup, fresh or frozen, cooked
Sweet Potato*			¼ medium, fresh, cooked ¼ cup, canned
Tomato*	¾ cup, fresh, raw 6 cherry tomatoes, fresh		
Tomato Paste*	¼ cup, canned		
Tomato Puree*	¼ cup, canned		

VITAMIN C

(Include daily)

FRUIT	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Apple	½ medium, fresh	1 medium, fresh	
Apricots*	¼ cup, canned 1 medium, fresh		
Avocado	¼ cup, fresh		
Banana	¼ medium, fresh	¾ medium, fresh	
Blackberries		¼ cup, fresh	½ cup, fresh
Blueberries	¼ cup, fresh 1 cup, frozen	½ cup, fresh	
Cantaloupe*			¼ cup, fresh
Cherries, red sweet	6 cherries, fresh		
Cherries, red sour*	½ cup, canned		
Fruit Cocktail	½ cup, canned		
Grapefruit*			¼ medium, fresh ¼ cup, canned
Guava			¼ medium, fresh
Honeydew		¼ cup, fresh	
Kiwi			¼ medium, fresh
Mandarin Oranges*			¼ cup, canned
Mango*			¼ medium, fresh ¼ cup, fresh
Melon Balls *	¼ cup, frozen		¼ cup, fresh
Nectarine*		1 medium, fresh	
Orange			¼ medium, fresh ¼ cup, fresh
Papaya*			¼ cup, fresh
Peach	½ medium, fresh ½ cup, canned	1 medium, fresh	¼ cup, frozen
Pear	½ medium, fresh ¾ cup, canned	1 medium, fresh	
Pineapple	¼ cup, canned		¼ cup, fresh
Plum*	½ cup, canned or stewed	1 medium, fresh	
Raspberries		¼ cup, fresh	½ cup, fresh ¼ cup, frozen
Strawberries			¼ cup, fresh or frozen
Tangerine*			½ medium, fresh
Watermelon*	¼ cup, fresh	½ cup, fresh	1 cup, fresh

VITAMIN C

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Asparagus	3 spears, fresh, cooked	2 spears, canned or frozen	¼ cup, frozen
Broccoli*			¼ cup, all forms
Brussels Sprouts			¼ cup, fresh or frozen, cooked
Cabbage, all types		¼ cup, fresh, raw	¼ cup, fresh, cooked
Carrots*	½ cup, fresh, raw or cooked ¾ cup, frozen or canned 9 baby carrots		
Cauliflower			¼ cup, all forms
Celery	¾ cup, fresh, raw		
Corn	¼ cup, canned, cooked ½ cup, fresh, cooked ¾ cup, frozen, cooked		
Cucumber	¾ cup, fresh, raw		
Green Beans	¼ cup, fresh, cooked ½ cup, frozen, cooked ¾ cup, canned, cooked		
Greens, Collard*		¼ cup, fresh, cooked	¼ cup, frozen, cooked
Greens, Mustard*		¼ cup, fresh, cooked	
Greens, Turnip*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kale*		¼ cup, frozen, cooked	¼ cup, fresh, cooked
Kohlrabi			¼ cup, cooked
Lima Beans	¼ cup, frozen		
Mixed Vegetables*	½ cup, canned or frozen, cooked		
Okra	¼ cup, frozen, cooked	¼ cup, fresh, cooked	
Peas & Carrots*	¼ cup, canned or frozen, cooked	½ cup, canned or frozen, cooked	
Peas, Green*	¼ cup, frozen ½ cup, canned		
Peas, Snow		¼ cup, frozen, cooked	¼ cup, fresh, cooked

VITAMIN C, *continued*

(Include daily)

VEGGIE	GOOD (10-24% of RDA)	BETTER (25-39% of RDA)	BEST (40% or more of RDA)
Peppers, all colors*			¼ cup, all forms
Plantain*	¼ cup, fresh, cooked	¼ cup, fresh, raw	
Potato	¼ medium, cooked ¼ cup, mashed (from flakes)		
Pumpkin*	¼ cup, fresh or canned		
Rhubarb	½ cup, frozen, cooked		
Rutabaga		¼ cup, fresh, cooked	½ cup, fresh, cooked
Spinach*	¼ cup, fresh, cooked ½ cup, fresh, raw ¾ cup, frozen, cooked	¼ cup, canned	
Squash, Winter* or Summer	¼ cup, fresh, cooked or raw		
Squash, Butternut*	¼ cup, fresh, cooked ½ cup, frozen, cooked		½ cup, fresh, cooked
Sweet Potato*	¼ medium, cooked	½ medium, cooked	¼ cup, canned
Tomatillo	1 medium, fresh		
Tomato, Canned	¼ cup, canned or stewed		
Tomato*	¼ cup, fresh, raw		5 cherry tomatoes
Tomato Paste*		⅛ cup, canned	¼ cup, canned
Tomato Puree*		¼ cup, canned	
Turnips	¼ cup, fresh, cooked		
Yam	¼ medium, cooked	½ medium, cooked	