

## VIBRANT FUTURES CACFP FOOD REMINDERS

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### IDENTIFYING WHOLE GRAIN RICH FOODS

Foods that meet the whole grain-rich criteria are foods that contain 100 percent whole grains, or that contain at least 50 percent whole grains and the remaining grains in the food are enriched. This whole grain-rich requirement only applies to meals served to children and adults one year and older and **does not** apply to infant meals.

There are **four** simple ways to determine if a grain product meets the whole grain-rich criteria.

1. **The food is labeled as “whole or entire wheat”.** Grain products that are specifically labeled as “whole wheat bread”, “entire wheat bread”, “whole wheat rolls”, “entire wheat rolls”, “whole wheat buns”, and “entire wheat buns” are 100 percent whole wheat and meet the whole grain-rich criteria.
2. **A whole grain is listed as the first ingredient** on the food’s ingredient list (or second after water), and the next two grain ingredients are creditable whole or enriched grains, bran, or germ.

Some **examples of whole grains** are whole wheat, brown rice or wild rice, oatmeal, bulgur, whole-grain corn, and quinoa.

3. The **product includes one** of the following Food and Drug Administration approved whole-grain health claims on its packaging:

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

4. When a whole grain is not listed as the first ingredient, the **primary ingredient by weight may be whole grain** if there are multiple whole-grain ingredients and the combined weight of those whole grains is more than the weight of the other ingredients. Proper documentation (from a manufacturer or a standardized recipe) **MUST** show that whole grains are the primary grain ingredient by weight.

\*INDICATE WHOLE GRAINS AS INSTRUCTED ON PAPER MENUS.

\*IN KIDKARE, CLICK THE “IS THIS WHOLE GRAIN-RICH” BUTTON TO SWITCH TO “YES” FOR FOOD ITEMS THAT ARE WG OR WGR.

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### MIXED DISHES

“Mixed dishes” such as casseroles, soups or salads may contain two or more vegetables, however, you are required to offer a fruit or vegetable on the side and record it on the menu. To be reimbursed for homemade/mixed dishes, you must write HM (Homemade) on your menu or check the homemade box at the top of the menu and list all components when writing out the meal. See the following examples:

|                               |                             |                                 |                           |
|-------------------------------|-----------------------------|---------------------------------|---------------------------|
| 1. Beef stew (HM)             | 1. Cheese (HM)              | 1. Chicken (HM)                 | 1. Tuna                   |
| 2. Bread                      | 2. Pizza crust              | 2. Taco shells                  | 2. Noodles                |
| 3. <b>v</b> Carrots, potatoes | 3. <b>v</b> Tomato sauce    | 3. <b>v</b> Lettuce/Tomato      | 3. <b>v</b> Peas          |
| <b>f/v</b> Peas (side)        | <b>f/v</b> Pineapple (side) | <b>f/v</b> Refried beans (side) | <b>f/v</b> Fruit cocktail |
| 4. Milk                       | 4. Milk                     | 4. Milk                         | 4. Milk                   |

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### FRUITS/VEGETABLES

Two vegetables or one fruit and one vegetable are required at Lunch and Supper for children one year of age and older. A fruit and a vegetable may be served at Snack.

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## GRAIN BASED DESSERTS

All cookies, poptarts (any toaster pastries), donuts, cakes, brownies, the crust on dessert pies, cobblers, or fruit turnovers, fruit/ cereal/or granola bars, sweet rolls, vanilla wafers, cupcakes, bread pudding (sweet) and rice pudding **are not** creditable on the CACFP. Zucchini, banana, apple, pumpkin, carrot, etc. breads/muffins are considered quick breads and creditable.

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## CEREAL

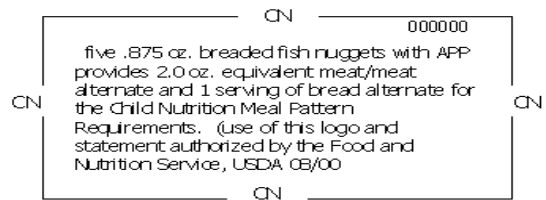
All cereal (Ready to eat cereals, Infant, and hot cereals) must contain no more than 6 grams of added sugar per dry ounce. We recommend serving a variety of hot and cold cereals.

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## CHILD NUTRITION (CN) LABEL

The Michigan Child and Adult Care Food Program (CACFP) does not allow commercially prepared main dish products such as pizza, burritos, egg rolls, etc., to contribute to the protein requirement of the meal pattern. Exceptions to this policy are commercially prepared products having a Child Nutrition (CN) Label. If you serve a CN product, you must write CN by the meal, and be sure to meet the minimum serving size.

- The CN validation expires in 5 years.
- A manufacturer sends their product information to Food & Nutrition Services United States Department of Agriculture who evaluates and issues a CN label.
- The CN label states a product's contribution toward the CACFP meal pattern requirements.



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## SOUP

A soup is a mixed dish and only counts for one serving of vegetables. One cup of the canned soups listed below will yield 1/4 cup of vegetables. At least 1/2 cup of these canned soups must be served to make a contribution to the fruit/vegetable requirement. If less than 1/2 cup of soup is served per child, enough vegetables must be added to make 1/8 cup of vegetables for each child.

|              |            |                                 |
|--------------|------------|---------------------------------|
| Bean         | Minestrone | Vegetable w/meat, noodles, etc. |
| Clam Chowder | Split Pea  | Vegetarian Vegetable            |
| Lentil       | Tomato     | Vegetable                       |

One 3/4 cup or more of bean, lentil, or split pea soup must be served to each child to meet the protein requirement of children three (3), four (4), and five (5) years of age. If less than this is served, another source of protein, such as cheese, must be served so that each child receives the equivalent of 1 1/2 ounces of protein.

**Note:** A serving of split pea, bean or lentil soup may contribute to the vegetable or protein requirements, but not both at the same meal.

These canned soups cannot be used for the vegetable requirement or for the protein requirement. They do not count as anything and may only be used as an extra food.

|                         |                   |                           |               |
|-------------------------|-------------------|---------------------------|---------------|
| Consommé                | Cream of Mushroom | Chicken with Rice         | Chicken Gumbo |
| Cream of Chicken        | Home Style Beef   | Cream of Celery           | Pepper Steak  |
| Beef, Chicken or Turkey | Turkey or Chicken | Chicken with Stars        | Chicken       |
| Noodle                  | French Onion      | Beef w/Vegetable & Barley | Corn Chowder  |

Homemade soups with at least 1/4 ounce cooked lean meat, poultry or fish or 1/4 cup cooked dry beans or cooked dry peas per serving may contribute to the protein requirement. Homemade soups containing 1/8 cup of vegetables per serving make a contribution to the vegetable requirement. Dehydrated soups with vegetables may contribute to the vegetable requirement if the volume of vegetables is measured as follows:

- 1.) Reconstitute the soup according to package directions.
- 2.) Separate the vegetables from the other ingredients.
- 3.) Measure the vegetables (by volume) to determine the amount of vegetables.

A minimum of 1/8 cup of vegetables per serving is required to contribute toward the vegetable requirement.

# YOGURT

1. Dairy and soy yogurt are creditable as a protein at breakfast, lunch and supper, not snacks, beginning at 6 months. Yogurt is creditable for all meals/snacks beginning at age one.
2. Yogurt is not creditable as a milk component. It is not recommended that yogurt and milk be served together at snack for children ages one and up because milk and yogurt are too similar in nutritional value, texture, and color. Serving a variety of foods from the fruit, vegetable or grain/bread group is recommended to complement the serving of yogurt.
3. Yogurt is creditable if it is commercially prepared and contains no more than 12 grams of added sugar per 6 ounces. Low fat or nonfat yogurt is recommended.
4. Noncommercial and non-standardized yogurt products such as frozen yogurt, yogurt flavored products, yogurt bars, yogurt covered fruit, nuts, or similar products are not creditable.
5. Homemade yogurt is not creditable.
6. Commercially added ingredients to yogurt, such as fruit, fruit juice, granola, etc., shall not be credited toward meeting the second food component required for the snack. However, if you mix any of these ingredients into the yogurt yourself, meeting the required serving size, this counts as the second component. Nuts and seeds, while not contributing to the meal pattern, can also be added.  
**Example: Snack: 1. Yogurt**  
**2. Strawberries (side)**
7. Four ounces (weight) or 1/2 cup (volume) of yogurt is equivalent to one ounce of the protein requirement in the meal pattern.
8. Yogurt may be served no more than three times a week as a meat/meat alternate at breakfast for children ages one and up instead of a grain.

\* Refer to the following chart for specific requirements.

| Food Component   | Ages 1 and 2     | Ages 3, 4, and 5 | Ages 6 through 12 |
|--|------------------|------------------|-------------------|
| <b>LUNCH OR SUPPER</b><br>Yogurt plain or flavored, unsweetened or sweetened | 4 oz. or 1/2 cup | 6 oz. or 3/4 cup | 8 oz. or 1 cup    |
| <b>SNACK</b><br>Yogurt plain or flavored, unsweetened or sweetened           | 2 oz. or 1/4 cup | 2 oz. or 1/4 cup | 4 oz. or 1/2 cup  |

## Homemade Smoothies

Smoothies – Milk that meets the requirements, yogurt that meets the requirements (the only meat alternate credible), vegetables and fruits are the only components that can be credited in a smoothie at any meal.

- Dairy and soy yogurts are creditable in smoothies.
- Smoothies with fruit or vegetables (fresh, frozen, or canned) credit as juice.
- Grains are not creditable when served in a smoothie.
- At snack, a smoothie only counts as one component.
- Peanut butter is not creditable in a smoothie.
- **Commercially prepared smoothies** can contribute to the meat/meat alternate, fruit, vegetable, and milk components if the product meets Federal meal requirements with a product formulation statement or CN label.

Food from the grain/bread group must always be served at lunch and supper. A meat/meat alternate may be served instead of a grain at breakfast a maximum of three times per week.

The only corn meal/grits that count on the CACFP are those made with whole or enriched corn.

Boxed macaroni & cheese, any store-bought pizza/rolls or canned pastas only count toward the grain/bread requirement when made with enriched flour or whole grain. A protein must be added to them or served on the side to meet the protein requirement. (This also includes ravioli and Spaghettios with meat.) Tomato sauce in canned pastas does not count as a vegetable. Commercially prepared spaghetti sauces only count as a vegetable, even if they contain meat.

Home-canned foods, non-commercial fish, wild or farm game or their by-products, such as eggs, are prohibited on the CACFP. The only exception is if you have the food processed by a United States Department of Agriculture (USDA) inspected facility. This needs to be indicated on your menu, example: USDA Venison.

Homemade meat/meat alternate pies can count for the protein, grain and one of the vegetable requirements, if serving sizes are met. Commercial potpies fulfill only the grain requirement.

When serving breaded fish/chicken products, make sure to serve a grain product (rice, bread, etc.) with it. Corndogs will count as a protein **and** a grain.

2-4 T. of peanut butter are required per child to meet USDA requirements. If you serve peanut butter to children, we suggest you serve an additional protein like cheese or yogurt.

Cream cheese in vegetable dips, including ranch dressing, does not count. Dips made from cottage cheese, beans, cheese or yogurt contribute to the protein requirement.

Tofu, that is firm or extra firm, may be served as a meat/meat alternate. 2.2 ounces of tofu or ¼ cup is equal to 1.0 ounces of a meat alternate.

You must serve foods from two (2) **different** food groups at snack. Fruits and vegetables are considered two separate food groups.

The fruit or vegetable in breads, muffins, pancakes, waffles and store bought cereal does not count on the CACFP.

All juice served must be 100% and indicated on your menu. Check your labels carefully! Juice can only be served **once a day** as a vegetable or fruit at any meal or snack and may not be served to infants 0-12 months of age.

Jell-O must be made with fruit or 100% juice. Please write the type of fruit or juice added.

Jell-O, when only made with 100% juice, cannot be served alone with milk at snack.

Listing the type of fruit, vegetable, and juice served is required on your menu.

**Potatoes count as a vegetable on the Child and Adult Care Food Program, not as a grain/bread.**

Mixed fruits/vegetables only count as one serving. For example, peas and carrots, lettuce and tomato (on a salad, taco or sandwich), fruit salad or fruit cocktail fulfill only one of the two (2) fruit/vegetable requirements.

Homegrown fruits and vegetables that are frozen or fresh are creditable.

Water must be readily accessible throughout the day but does not contribute to the CACFP meal pattern.

You must serve fluid milk at breakfast, lunch, and supper. Milk on cereal or in a glass is creditable at any meal/snack. This includes: fat-free or low-fat milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Whole milk is required for children between ages one and two. Low-fat is 1% or lower milk.

**Chocolate or flavored milk counts as fluid milk starting at age six and must be low-fat (1% or lower) or fat-free.** Chocolate **drink** cannot be used. Dry and evaporated milk can only be used in cooking, but they do not count toward the milk requirement.

Probiotic dairy drinks, drinkable yogurt, or yogurt drinks are not creditable.

The Provider must offer at least one type of formula. Parents who decline the type of formula and/or food offered by the Provider must sign the statement indicating this on the Child Enrollment Form.

Deep fat frying is not allowed on the CACFP. This means submerging food in hot oil or other fat, however, purchasing pre-fried food is allowable but not recommended more than once a week.

A parent may supply one or more components of a reimbursable meal for participants with disabilities as long as the provider serves at least one required component. A parent may supply only one component of a reimbursable meal for participants with non-disability dietary needs. Any changes to the required meal patterns must be supported by a Special Diet Statement.

Popcorn is a creditable whole grain but is a choking hazard. It should be served to only age-appropriate children.

# MEAL AND SNACK IDEAS

## BREAKFAST

Poached egg, cantaloupe and milk  
Canadian bacon, strawberries and milk  
Grits, honeydew and milk  
Bagels, cooked apple slices, raisins and milk  
Biscuits, warm peaches and milk  
Apple slices, peanut butter and milk  
Pancakes, topped with banana slices and milk  
Cooked oatmeal with extra raisins and milk  
Cinnamon toast, grapes and milk  
Breakfast burrito (soft shell), scrambled egg, hash browns and milk  
Yogurt, blueberries and milk  
Cooked rice, mango and milk  
Whole grain toast, applesauce and milk  
Waffle, strawberries and milk

## LUNCH/SUPPER

Tuna, noodle (casserole), peas, kiwi and milk  
Shrimp, chicken, or beef (stir-fry), rice, mixed vegetables, pears and milk  
Chili dog, bun, baked beans, mixed fruit and milk  
Ground beef, corn chips, lettuce & tomato (Walking Taco), apples and milk  
Beef or Chicken Enchiladas (soft shell), rice, refried beans, cooked plantains and milk  
Baked Cod, corn bread, peas, celery sticks and milk  
Chicken, dumplings, corn, mandarin oranges and milk  
BBQ pulled pork/beef, dinner roll/bun, tater tots, green beans and milk  
Yogurt, toast, carrot sticks, strawberries and milk  
Peanut butter, toast, watermelon, celery and milk

## SALADS

Pasta salad  
Potato salad  
Caesar salad  
Coleslaw  
Lettuce with strawberries and pecans  
Carrot/raisin salad  
Cottage cheese with pineapple

## FINGER FOODS

Finger Jell-O made with 100% fruit juice, cheese or meat chunks, English muffins, hard-boiled eggs, French toast sticks, grapes, celery or apples with peanut butter, cucumber slices, pepper slices, bagel chips with hummus.

## SNACKS

Hummus with cucumber slices  
Crackers and homemade spinach dip  
Cottage cheese and pineapple  
Bread sticks with pizza sauce  
Pita bread wedges with melted cheese  
Rice cakes with peanut butter  
Trail mix and yogurt  
Tuna/chicken salad with celery sticks  
Deviled eggs with crackers  
Tortilla chips with avocado  
Rice and beans  
Biscuits with strawberries and vanilla yogurt  
Low mein noodles with chicken  
Apples and peanut butter  
Homemade artichoke dip and warm pita slices

## FRUIT AND VEGETABLES

Offer fruits like mango, nectarines, cantaloupe, kiwi, pineapple, papaya, apricots, star fruit and avocados.

Offer vegetables like greens, asparagus, brussel sprouts, cherry tomatoes, 100% vegetable juice and cucumbers.

Shred vegetables or fruits for young children to prevent choking.

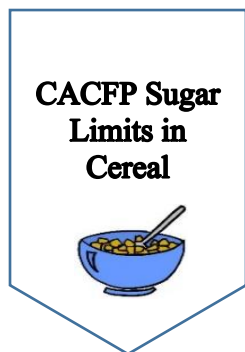
Prepare a fruit dip: 2 cups of plain or vanilla yogurt and 2 tsp. of frozen orange or grape juice from concentrate.

Prepare dips for raw vegetables. Mix 1 cup of small curd cottage cheese and one of the following: ketchup, chili sauce, dill weed, grated cheddar cheese, cucumber, relish or onion soup mix. Mix 1 cup of yogurt with peanut butter.

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## Tables for Cereal & Yogurt

Suggestion – Take a pic & save to your mobile device. Take it shopping with you to help make creditable choices.



### CACFP Sugar Limits in Cereal



Threshold:

No more than

6 grams added sugar per dry oz.  
(dry ounce = 28.35 grams)

$$\frac{\text{Added Sugars (g)}}{\text{Serving Size (g)}} = \frac{6}{28.35} \leq 0.212$$

*Cereals must be whole grain, enriched, or fortified*

### SERVING SIZE

### SUGARS

### SERVING SIZE

### SUGARS

| If the serving size is: | Added sugars no more than: |
|-------------------------|----------------------------|
| 0-2 grams               | 0 grams                    |
| 3-7 grams               | 1 gram                     |
| 8-11 grams              | 2 grams                    |
| 12-16 grams             | 3 grams                    |
| 17-21 grams             | 4 grams                    |
| 22-25 grams             | 5 grams                    |
| 26-30 grams             | 6 grams                    |
| 31-35 grams             | 7 grams                    |
| 36-40 grams             | 8 grams                    |
| 41-44 grams             | 9 grams                    |
| 45-49 grams             | 10 grams                   |

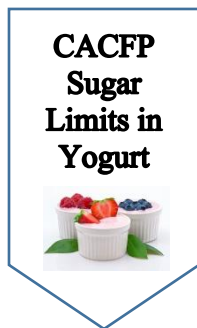
| If the serving size is: | Added sugars no more than: |
|-------------------------|----------------------------|
| 50-54 grams             | 11 grams                   |
| 55-58 grams             | 12 grams                   |
| 59-63 grams             | 13 grams                   |
| 64-68 grams             | 14 grams                   |
| 69-73 grams             | 15 grams                   |
| 74-77 grams             | 16 grams                   |
| 78-82 grams             | 17 grams                   |
| 83-87 grams             | 18 grams                   |
| 88-91 grams             | 19 grams                   |
| 92-96 grams             | 20 grams                   |
| 97-100 grams            | 21 grams                   |

### SERVING SIZE

### SUGARS

### SERVING SIZE

### SUGARS



### CACFP Sugar Limits in Yogurt



Threshold:

No more than

12 grams added sugar per 6 oz.

$$\frac{\text{Added Sugars (g)}}{\text{Serving Size (oz)}} = \frac{12}{6} \leq 2.0$$

*Yogurt may be plain or flavored, unsweetened or sweetened*

| If the serving size is: |       | No more than: |
|-------------------------|-------|---------------|
| 1 oz                    | 28 g  | 2 g           |
| 1.25 oz                 | 35 g  | 2 g           |
| 1.5 oz                  | 43 g  | 3 g           |
| 1.75 oz                 | 50 g  | 3 g           |
| 2 oz                    | 57 g  | 4 g           |
| 2.25 oz                 | 64 g  | 4 g           |
| 2.5 oz                  | 71 g  | 5 g           |
| 2.75 oz                 | 78 g  | 5 g           |
| 3 oz                    | 85 g  | 6 g           |
| 3.25 oz                 | 92 g  | 6 g           |
| 3.5 oz                  | 99 g  | 7 g           |
| 3.75 oz                 | 106 g | 7 g           |
| 4 oz                    | 113 g | 8 g           |
| 4.25 oz                 | 120 g | 8 g           |
| 4.5 oz                  | 128 g | 9 g           |

| If the serving size is: |       | No more than: |
|-------------------------|-------|---------------|
| 4.75 oz                 | 135 g | 9 g           |
| 5 oz                    | 142 g | 10 g          |
| 5.25 oz                 | 149 g | 10 g          |
| 5.3 oz                  | 150 g | 10 g          |
| 5.5 oz                  | 156 g | 11 g          |
| 5.75 oz                 | 163 g | 11 g          |
| 6 oz                    | 170 g | 12 g          |
| 6.25 oz                 | 177 g | 12 g          |
| 6.5 oz                  | 184 g | 13 g          |
| 6.75 oz                 | 191 g | 13 g          |
| 7 oz                    | 198 g | 14 g          |
| 7.25 oz                 | 206 g | 14 g          |
| 7.5 oz                  | 213 g | 15 g          |
| 7.75 oz                 | 220 g | 15 g          |
| 8 oz                    | 227 g | 16 g          |