FDCH Provider Meal Requirements

FY2021-2022





Objectives

- Components
- Sugar Requirements
- Creditable Food Items
- Maintaining Labels
- Infant Meals



COMPONENTS



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Fluid Milk Component

1 year:

Unflavored Whole Milk

2-5 years:

- Unflavored fat-free (skim) milk
- Unflavored low fat (1%) milk

6-12 and 13-18 years (At-Risk) and Adults:

- Unflavored fat-free (skim) or low fat (1%)
- Flavored fat-free (skim) milk

Infants:

- No Milk: ONLY Iron-fortified formula or
- FDCH Provider base astmilk



Transition Period for 1 year olds

One-month transition period is allowable

- Switch from whole milk to low-fat or fat-free milk
- Children 24 months to 25 months may be served
- •Whole or reduced-fat (2%) milk



Breast Milk Past Age One

- May be served as a fluid milk to children at any age
- If the minimum serving size required by the age group is not met with breast milk, it may be served with other milk types to meet the quantity requirements

Example: A mother brings $\frac{1}{4}$ cup for 1 year old, provider would supply $\frac{1}{4}$ cup whole unflavored milk for a total of $\frac{1}{2}$ cup serving



Milk Substitutions

 An institution may allow parents to request a milk substitution

•Lactose-free is considered as milk in CACFP Therefore, this can can be served with no note and is not considered a milk substitution

• These milk substitutions are at the option & expense of the facility Collected FDCH Provider Meals FY22

Milk Substitutions Request

- Reason for the request
- Completed form signed by parent
- Nutrient requirements:
 - Calcium276 mgMagnesium24 mgProtein8 gPotassium349 mgVitamin A500 IUPhosphorus222 mgVitamin D100 IURiboflavin0.44 mgVitamin B-121.1 mgVitamin

Meets: Great Value Soy Milk & 8th Continent



Milk Substitutions (cont.)



Medical statement required when a disability requires a non-dairy beverage that is not nutritionally equivalent to cow's milk...."

Example: Almond or Coconut milk



Medical Statement

- Required for participants who are unable to consume certain foods
- Must be signed by a recognized medical authority
- Should include recommended alternate foods
- Cannot claim meals lacking required components/quantities unless meal is supported by medical statement



BEWARE When Serving Milk

- Make sure you are purchasing enough milk
- Purchase the correct cup size for anyone 6 and older
 - An 8.5 oz cup must be fill to the very top brim to meet requirements
- Use a liquid measuring cup
 - Dry measurement is ~ 1 oz short









Grains Component





From Serving to Ounce Equivalent

NEW!

- The ounce equivalent is a small increase
 - Example: Group B: Bread
 - 1 serving = 25 grams or .9 oz
 - 1 ounce equivalent = 28 grams or 1 oz
 - •Use the updated Grains Chart

•Check your labels!

• This is a name change and a small increase in grains served. <u>You are not required to write</u> <u>your grains in ounces only</u>

Not all sliced bread the same?

1 slice = 28 grams

	Serving Size 1 Slice (28g) Servings Per Container 24	ts	MATER ENHICINE MALTED BARLEY NIACIN, THIAMIN B1), RIBOFLAVI ACID], HIGH FF YEAST, WHEAT
-	Calories 70 Calories from	n Fat 0	OIL, MONO-AND PROPIONATE (P SULFATE, CITR DATEM, GRAIN
100	% Daily	% Daily Value*	
	Total Fat 0.5g	1%	EQUIPMENT USED T
	Saturated Fat Og	0%	
1	Trans Fat Og		OROGRAIN BAKER Horsham, PA 19
2.2	Polyunsaturated Fat Og		© All Rights Rese
5.3	Monounsaturated Fat 0g		and and
1	Cholesterol Omg	0%	CALCULATION OF
1	Sodium 120mg	5%	
27 3	Total Carbohydrate 14g	5%	Contraction of the second
-	Dietary Fiber 1g	4%	A
	Sugars 20		74

Nutrition Fac	cts
22 servings per contain	er
Serving size 1 Slice (26g/	0.9oz
Amount per serving	-
Calories	10
% Dail	y Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat Og	
Polyunsaturated Fat 1g	
Monounsaturated Fat 0g	
Cholesterol Omg	0%
Sodium 115mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	

1 slice =26 grams

Whole Grains per Day

- At least 1 serving of grains per day must be whole grain-rich
- All other grains must be made with enriched or whole grain meal or flour, or bran or germ
- If a whole grain-rich food is not served OR no label is available to show the product is whole grain-rich: The meal or snack containing a grain with the lowest reimbursement will be disallowed



Determining Whole Grain Rich (WGR) Products

- •WIC-Approved Whole Grain Food
- The first ingredient is listed as "Whole".
- The first ingredient can be "water" as long as the second ingredient is a "whole" grain.
- Proper documentation from a manufacturer or a standardized recipe



WIC-Approved Whole Grain Food List







Whole Grains

- Whole Wheat
- Entire Wheat
- Rye Berries
- Cracked Wheat
- Crushed Wheat
- Whole corn
- Whole Durum
- Whole Grain Specialty

- Quinoa
- Brown Rice
- Wild Rice
- Oatmeal
- Oat Groats
- Bulgar
- Sorghum



Breadsticks

Ingredients: WHOLE-WHEAT FLOUR, water, enriched unbleached wheat flour (wheat flour, malted barley flour, niacin, iron as ferrous sulfate, thiamine mononitrite, enzyme, riboflavin, folic acid), graham flour, sugar, wheat gluten.



Is it Whole Grain Rich?

First ingredient is a whole grain

 Remaining grains in the product are enriched & whole grain





Homemade Breads/Grains

If you bake your bread/grain items from scratch:

- •50% of the grain must be a Whole-grain flour
- 50% of the grain can be enriched, allpurpose flour



Limitations of Sugar in CACFP Grains/Bread Items

- Breakfast cereals must contain *no more* than 6 grams of sugar per dry oz
 - Includes: Ready-to-eat, instant, & regular hot cereal
- Grain-based desserts are not creditable
- This requirement is for all age groups including infants



Approved Breakfast Cereal

Use WIC Approved Breakfast Cereals List

http://www.womeninfantschildrenoff ice.com/oklahoma-wic-food-listwf35





24 FDCH Provider Meals FY

SOME Grain-Based Desserts Items in **RED** on the Grains Chart are not allowed to be served in CACFP

- Brownies
 Granola bars
- Cakes
 Sweet piecrusts
- Cereal/Breakfast bars
 Sweet rolls
 - Nutrigrain bar
- Cookies
 - Fig bars
 - Vanilla Wafers

- Cinnamon Roll
- Danish
- Toaster pastries
 Poptart



Grain-Based Dessert

- Some foods are not easily identified as grain-based dessert

 a cookie is labeled "breakfast round"
- •Ask the question:
 - Is this food thought of as a dessert?
 If you are not sure, reach out to your Sponsor for approval



Grain-Based Desserts & Special Occasions

 Annual festival, birthday celebrations, end-of-year bash, or other special events
 Should use discretion when serving

non-reimbursable foods/beverages

May be served as an additional item only



MEAT/MEAT ALTERNATE



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Meat/Meat Alternates (M/MA)

- M/MA may be served in place of the entire grain component at breakfast
 a maximum of three times per week
- Serve a variety of Meat/Meat Alternates
 Examples of meat alternate: beans, cheese, nut butters, tofu, eggs, and yogurt
- Soy Yogurt is not creditable for infants



Example of Meat for Grain

Serving m/ma in place of grains:

1 oz of m/ma credits as 1 ounce equivalent of grain

Menu Example:

- Cheese Omelet (Credits as the m/ma)
- Fruit
- •Milk



Crediting Meat Alternates

Nuts & Seeds Peanut butter 2T =1oz

Dry beans & peas
 1/4 cup=1 oz
 3/4 cup=1.5 oz

Beans can also be credited as vegetable but not both in the same meal

- Eggs •1 large=2 oz •½ large=1 oz
- Yogurt •4 oz=1 oz
- Natural Cheese
 1 oz=1 oz



Cheese Serving?

Nutrition Fac	ts
Serving size 1 slice (19g)
Amount per serving 5	50
% Daily	Value'
Total Fat 4g	5%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 330mg	14%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars <1g	
Includes 0g Added Sugars	0%
Protein 3g	



28 ounces = 1 oz

How many slices of cheese to make 1 oz serving?

Education



Yogurt

Use commercial yogurt products only

Soy yogurt is a dairy-free option

- •4 oz credits as 1 oz of meat alternate
- •Yogurt may be used as a meat alternate

Must contain no more than 23 grams of total sugars per 6 oz

Applies to all age groups including infants

• A copy of the label must be on file to ensure the yogurt meets the sugar requirements



Yogurt Meets Requirements?

Serving Size

- Number of servings in a package
- •Unit: ounces, cups, per container, etc.

Sugars or Total Sugars

- Amount per serving
- Means the same thing

• Do not use WIC yogurt list

g		% Daily Value 0% 0% 0%		
g		0%		
g		0%		
g		0%		
g				
-		0%		
		0%		
		0%		
Potassium Omg Sodium 65mg				
te 22g		3% 7%		
]		49		
2				
		28%		
		ie diet. Your Daily		
Less than	65g	80g		
Less than	(100)	25g		
		300mg		
Less than		2400mg		
		375g 30g		
	e based on r lower depe Calories Less than	e based on a 2,000 calor r lower depending on you Calories 2,000 Less than 65g Less than 20g Less than 300mg		



Yogurt and Sugar Guide

Yogurt Sugar Limits					
Serving Size (Ounces)	Serving Size (Grams)	Sugar Limits			
2.25 ounces	64 grams	0-9 grams			
3.5 ounces	99 grams	0-13 grams			
4 ounces	113 grams	0-15 grams			
5.3 ounces	150 grams	0-20 grams			
6 ounces	170 grams	0-23 grams			
8 ounces	227 grams	0-31 grams			



FRUITS & VEGETABLES



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Vegetable & Fruit Components

- Vegetables & fruits are two separate components, except at breakfast
- A vegetable can replace the entire fruit component at lunch/supper
 - Must be 2 different vegetables: NOT mashed potatoes & French fries. Example: Mashed potatoes & green beans.
- Juice must be 100%, pasteurized, and is limited to once per day
 - Juice is not allowed for infants

If juice is served more than once per day, the meal with the lowest reimbursement that juice was served will be disallowed



Water

Must be offered and made available throughout the day to children and adults

Mealtimes: Water is not a part of a reimbursable meal

May not be served in place of milk
May be offered alongside milk at meals or at snack



CREDITABLE FOODS





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USDA Food Buying Guide (FBG)



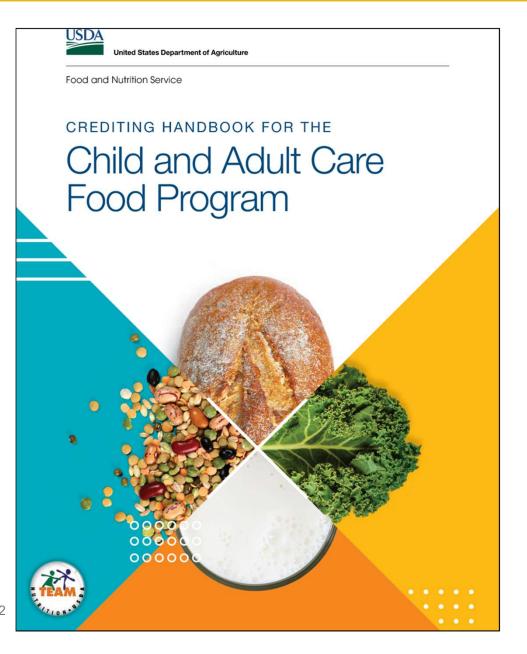
VERSIONS: Online – Interactive

App – IOS or Android

PDF – Resource Library



CACFP Crediting Handbook





Food	Creditable		Comments			
roou	Yes	Maybe	No	Comments		
Acorns			x	Acorns have a low protein content.		
Bacon and Imitation Bacon Products			x	These products are considered fats with little protein. They are not creditable toward meal pattern requirements.		
Bacon Rinds			x	These products do not qualify for the meat/meat alternate requirement.		
Bacon, Turkey		x		Turkey bacon is creditable only if it (1) is CN-labeled of (2) has a Product Formulation Statement signed by an official of the manufacturer (not a sales person).		
Beans, Dry or Canned	×			See pages 1-5 through 1-12 of the Food Buying Guide. ¼ cup cooked beans credits as 1 oz. equivalent meat alternate.		
Beans, Refried	x			See page 1-12 of the Food Buying Guide.		
Beef Jerky			x	Beef jerky does not qualify for the meat/meat alternate requirement. This product has a high sodium content and is difficult to chew.		
Bologna		x		Creditable when free of byproducts, cereals, or extenders, and/or when the product is CN-labeled. Examples of binders/extenders are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats. See page 1-36 of the Food Buying Guide.		
Canadian Bacon or Mild Cured Pork	x			1 lb. (16 oz.) will yield eleven 1-oz. servings of cooked, lean meat. See page 1-47 of the <i>Food Buying Guide</i> , CN Label, or product formulation statement for crediting information.		
Canned or Frozen combination foods: Stews, Beef-a-Roni, Chili Macaroni, Pizzas, Pot Pies, Raviolis		x		These products are creditable only if they have (1) a CN label or (2) a Product Formulation Statement signed by an official of the manufacturer (not a sales person). See pages 61 and 62 for more information on combination foods.		
Canned, Pressed Luncheon Meat (Potted/Deviled)			x	These products have a high salt and fat content. There is no standard of identity for these products, so there is no standard method of crediting.		
Ceviche Is FY22			x	Fish products must be fully cooked. Raw fish are a potential health hazard for vulnerable populations. See entry for sushi on page 28.		

Fruit & Vegetable Crediting

1 cup of raw leafy greens
 = ½ cup vegetable



• $\frac{1}{4}$ cup of dried fruit = $\frac{1}{2}$ cup of fruit





Product packaging states:

"Imitation cheese""Cheese product"



Food	Creditable			Additional Information		
	Yes	Maybe	No			
Cheese, Imitation			X	Cheese labeled as "imitation" is not creditable because the nutrient content is inferior to the food it substitutes and therefore is not creditable.		
Cheese Products			X	Cheese labeled as a cheese "product" is not creditable. Cheese products do not have a standard of identity.		





creditable. These products are high in fat and sodium and should be served on a limited frequency. See the Other Foods section in the <i>Food Buying Guide</i> for purchasing information.

Fruit Crediting in Handbook



Average size Banana & Orange = $\frac{1}{2}$ cup of fruit

Fruit	Serving Size and Yield				
Apples	1/4 raw, unpeeled medium apple = about 1/4 cup				
Bananas	1 medium banana = 1/2 cup				
Blueberries	¼ cup measure				
Strawberries	1/4 cup measure				
Cantaloupe	1/10 medium melon = about 1/4 cup				



Creditable Lunch Meat - FBG

onent	Category / Subcategory	Food As Purchased, AP				
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices ³⁴ Boiled, Without bone, (Like IMPS #508 Style B) Footnote	P			
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices ³⁴ Boiled, Without bone, (Like IMPS #508 Style B) Sootnote	Þ			
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	Pork, Mild Cureu, Fully Sooked, chilled or freezon, Ham, With natural juices ³⁴ Smoked, Without bone, (Like IMPS #509 Style B) Footnote	P			
	Pork and Pork Products PORK, MILD CURED, Fully Cooked, chilled or frozen	Pork, Mild Cured, Fully Cooked, chilled or frozen, Ham, With natural juices ³⁴ Smoked, Without bone, (Like IMPS #509 Style B) Footnote	P			
	1	1	1			





Food-Buying Guide and Deli Meat

• Ham:

 We have not found a pre-sliced ham in the section by the cheese that meets requirements

• Some MAY work in the deli section.

- A copy of the label of ham served
- The information of the ham used from the FBG

• Turkey:

 The only turkey allowed for sandwiches is you take a whole turkey, cook it, and slice it



Sandwich Suggestions

- Beef Bologna
- Homemade Pimento Cheese
- Turkey Ham

- Homemade Tuna/Chicken/Egg Salad
- Grilled Cheese
 - Must use creditable cheese

TURKEY HAM, Fully	cooked, chi	led or frozen		<i>N</i> .	
Turkey Ham, fully cooked, chilled or frozen ⁴³	Pound	11.20	1.4 oz serving provides 1 oz cooked turkey	9.00	1 lb AP = 0.70 lb cooked turkey
	Pound	7.46	2.1 oz serving provides 1-1/2 oz cooked turkey	13.50	1 lb AP = 0.70 lb cooked turkey
Turkey Ham, fully cooked, chilled or frozen ⁴³ 15% added ingredients	Pound	9.41	1.7 oz serving provides 1 oz cooked turkey	10.60	1 lb AP = 0.59 lb cooked turkey
	Pound	6.27	2.6 oz serving provides 1-1/2 oz cooked turkey	15.90	1 lb AP = 0.59 lb cooked turkey

Pre-Made Mixed Dishes

- Examples: pizza, burrito, chicken nuggets
- Items that contain 2 or more components when purchased
- Can I serve it? It depends if it is in the Food Buying Guide
 ✓ If NO – CN Label or Product Formulation Statement is required



Food Crediting Information

- CN Labels (Child Nutrition Label)

 –CN Labels must be current and the
 exact product you are purchasing
 - -Most, if not all, items with a CN Label can only be purchased from a food vendor
 - -Currently, Sam's is not carrying CN labeled products





Child Nutrition/CN Labels

- Original CN Label from the product carton
- Photocopy of CN Label that is on the original product packaging
- Photograph of CN Label that is on the original packaging
- SDE can request an invoice or receipt to validate the CN label.
 - Required if Watermarked

MUST BE VISIBLE AND LEGIBLE



Homemade Alternatives for Premade Mixed Dishes

Anything homemade does not need a label – Only A STANDARDIZED RECIPE

- Pigs in a Blanket
- Bean Burritos with refried beans & cheese
- Chicken tenders with shake & bake or other breading (breading will not count)
- Chili
- Pizza using biscuit dough, bagels, or pre-made crust
- Pizza sticks breadsticks with cheese & marinara





- A recipe is required for anything served that has 2 or more ingredients
- A recipe must be available to ensure enough food was served
- Any changes to the recipe need to be indicated



USDA CACFP Recipes



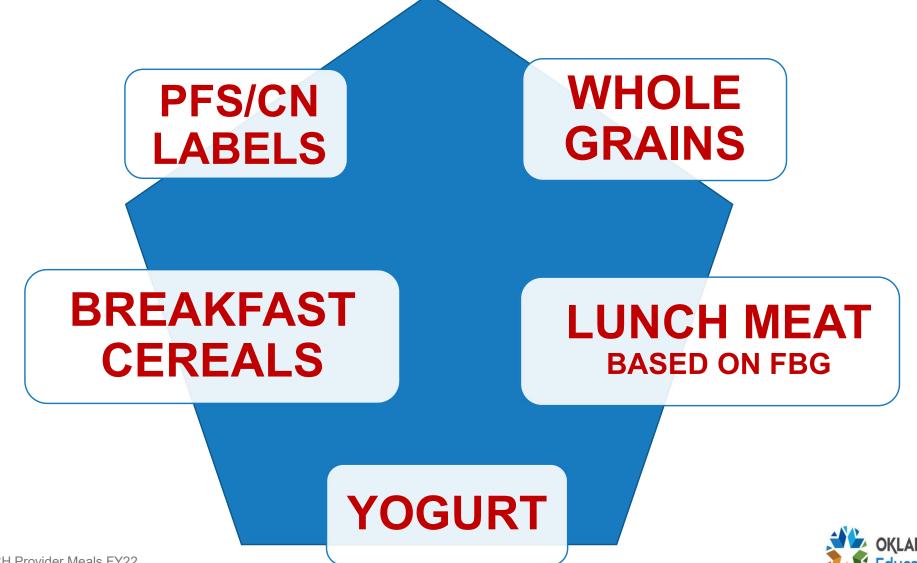
http://www.fns.usda.gov/tn/team-nutrition-recipesand-cookbook-toolkit



https://theicn.org/cnrb/?utm_source=website&utm_ medium=a-z_resources&utm_campaign=cnrb



LABELS TO BE MAINTAINED Nutrition Facts - Package - Ingredients



Issues with Food Forms

 It *must* be indicated if an items is handmade or pre-packaged on questionable items served

• DO NOT only list CEREAL

 Some cereals do not meet requirement such as honey nut cheerios, The only cheerios that meet are regular & Multigrain. *BE SPECIFIC*

•DO NOT only list CHEESE

•Not all cheese meets requirement such as Velveeta, cheese products, and imitation cheese. **BE SPECIFIC**

•Additional food items to <u>be specific</u> (not all inclusive)- hot dogs, yogurt, lunch meats, etc.



Menu as Served Records

- If your software has the pre-filling out option with menu items, it must be the exact same item as you are serving
 - **Example:** If the system has an option in the list of serving beef lunch meat, this is not clear as to what is being served. There is not beef lunch meat in the Food Buying Guide OR the CACFP Crediting Handbook. We must know the **EXACT** item that is served

• Do not depend on the dropdown list to determine what was served

Food Items Served

If it cannot be determined if the food item served meets meal pattern requirements and no labels or receipts are available, the meals will be reclaimed

• Be specific about what was served

If it continues to be a problem on items served, receipts may be required in the future to ensure food items served are allowable
The more information given is better

61 FDCH Provider Meals FY22



INFANT MEALS



Planning Meals for Infants

- Must offer access to the CACFP meals
- Infant meal waiver, if meals are not wanted by parent or guardian
- Offer a minimum of 1 type of iron-fortified infant formula (FDA approved)
- Infants are from birth to one year
- A parent can bring 1 reimbursable component for their child
- Feed on demand
 - Infants do not have to be fed during the times listed in the application and agreement



Infant Age Groups

Two age groups

Birth through five months

Six months through eleven months

Both age groups require:

- Iron-fortified formula;
- Breastmilk or;
- A combination of both

Milk served to an infant is not reimbursable



Birth Through Five Months

Breast milk or infant formula is the only meal component required

 Serve a minimum of 4-6 fluid ounces of expressed breastmilk or infant formula



Six Through Eleven Months

A minimum of 6-8 fluid ounces of expressed breastmilk or infant formula must be offered at breakfast & lunch

Snack only requires 2-4 fluid ounces of expressed breastmilk or infant formula

Foods from all food components are to be offered when the infant is developmentally ready



Infants Eating Before 6 Months

- If an infant is developmentally ready to accept solid foods prior to 6 months of age, the center or day care home may serve the solid foods and claim reimbursement for those meals
- Once an infant is developmentally ready for solid foods, the center or day care home must indicate on menus what solid foods are being served and the serving size of the food served



Infant Meals Highlights

- Infants can be breastfed on site and the meal be reimbursed
- Each component must be served once the infant is developmentally ready, *Fruit/vegetable are required at snack.*
- Juice is not creditable for infants
- Infant cereal can be served at all meals
 - It is required to be served at breakfast and lunch before any other grain item can be served
- Bread, crackers, & ready-to-eat breakfast cereals is ONLY ALLOWED at Snack
- Sugar requirements for Ready-to-eat cereal and yogurt including no grain-based desserts (requirement for all ages)



Infant Cereal is the ONLY GRAIN ALLOWED at Breakfast and Lunch

Can I serve babies in my care pancakes, fruit, & formula at breakfast or lunch and claim it as a reimbursable meal?

• NO, The only grain that is allowed at breakfast or lunch is iron-fortified infant cereal. Other grains **CANNOT** be served in place of infant cereal. The pancake could be an extra food, not part of the reimbursable meal.

(#14 on page 174 in the Feeding Infants in CACFP)



Combination Foods

- If there is at least one creditable component, the combination food may be offered
- If the package does not list the volume or percentage of each creditable ingredient, then you will need more information from the manufacturer
- If percentages listed, you may need to calculate the amount of each ingredient to determine the number of Tbsp or tsp, etc.



Combination Foods (cont.)

Creditable Food Items

 See Appendix F: Infant Food List in the Feeding Infants in the CACFP Program

Non Creditable Food Items

- Barley
- Cooked grains
- Dried or powered cheese
- Freeze-dried vegetables
- Granola
- Macaroni and other pastas
- Millet
- 71 FDCH FICTURE FIZZ Grains



Combination Foods (cont.)



Education





ADDITIONAL INFORMATION



Providing Food Components

- Parents/guardians may provide only <u>one</u> creditable food component for a reimbursable meal
 - •i.e., provide breastmilk = 1 component
- Child care providers must provide remaining components





- Your Sponsor may require certain forms to be used. Always refer to your Sponsor for the forms you must use
- If you use Kidcare, you must make sure you go in and update food items YOU are actually serving, *DO NOT* use the list provided by the company. *It does not give enough information*



Meal Counts

A Meal is counted for reimbursement at the Point of Service

- •Point of Service is at the time a reimbursable meal is given to the enrolled child/participant
- •Attendance records CANNOT be used for the meal count

Just because a child is in attendance, does not mean he received a reimbursable meal





- Your Sponsor may have a policy that requires Providers to keep a cycle menu
- If it is required by your Sponsor, you must follow your Cycle Menu or it could be a finding on your review
- OSDE highly recommends a cycle menu for Providers to help ensure you are serving the correct food items
- Cycle Menus can be changed or updated as needed by the Provider, however, it must be approved by your Sponsor



Food Related Issues That Can Cause an Overclaim

(This list is not all-inclusive)

- NOT serving one whole-grain rich item per day
- Serving Juice *more than once a day*
- Serving Juice to infants
- Serving lunch meat that does not meet requirements

Serving grain-based desserts



Food Related Issues That Can Cause an Overclaim

(This list is not all-inclusive)

- Serving food items not found in the Food-Buying Guide, that do not have a CN label, or a Product Formulation Statement (PFS)
- Not having labels for whole grain-rich foods, yogurt, cereal, and deli meat
- Quantities or Components not listed on Menu as Served form
- Insufficient quantities served



Resources from OSDE

•Providers: Contact your Sponsor

Sponsors: Go to the Resource Library

Meal Pattern Section

OSDE Connect

- Self-paced Trainings
- Instructions & Courses available is under the Training & Workshops section
- A certificate is given once the training is completed



Questions?

If you have any additional questions on anything discussed in this presentation, contact your Sponsor

