



NC CACFP MONTHLY INSTITUTION CALL

All the information on this call is
true and accurate as of
May 6th, 2022.

TODAY'S AGENDA

- Policy Memos
- GCOM Updates
- Application Update Trainings
- Upcoming SA Trainings
- Grain-Based Desserts
- Additional Information
- Q&A





POLICY MEMOS



CACFP 04-2022: Question and Answer Guidance on the Final Rule Child Nutrition Programs: Transitional Standards for Milk, Whole Grains, and Sodium Effective July 1, 2022

CACFP 05-2022: Fiscal Year (FY) 2022 Reallocation of State Administrative Expense (SAE) Funds in Child Nutrition Programs

CACFP 06-2022: Promoting Access to Voting through the Child Nutrition Programs

CACFP 07-2022: Consolidated Appropriations Act, 2022: Effect on Child Nutrition Programs



**NEW MANAGEMENT
INFORMATION SYSTEM
UPDATES**

GCOM UPDATES



Vision Statement: Providing an innovative and efficient technology solutions for the successful administration of the NC Child and Adult Care Food Program

A person is holding a large, light green ceramic bowl filled with a variety of fresh vegetables. The vegetables include several red and yellow tomatoes, a purple eggplant, a green cucumber, a yellow bell pepper, a white onion, a red potato, a purple potato, and several carrots. The background is a blurred green field, suggesting a farm or garden setting. The text "NC CACFP APPLICATION UPDATE 2023" is overlaid in the center of the image in a bold, white, sans-serif font.

**NC CACFP
APPLICATION UPDATE 2023**

APPLICATION UPDATE 2023



- Trainings to be offered in June, July, and August
- Roll over on July 11th, 2022
- **ALL applications due by September 30th, 2022.** This is a hard deadline due to the change to a new system. **NO Exceptions**

APPLICATION UPDATE SCHEDULE

Date	Day	Time	Institution Type
6/21/2022	Tuesday	8:00 AM – 12:00 PM	IC
6/22/2022	Wednesday	1:00 PM – 5:00 PM	SO
6/23/2022	Thursday	8:00 AM – 12:00 PM	SO
6/23/2022	Thursday	1:00 PM – 5:00 PM	IC
6/24/2022	Friday	10:00 AM – 12:00 PM	SFA-ARAM only
6/28/2022	Tuesday	8:00 AM -12:00 PM	IC
6/29/2022	Wednesday	8:00 AM – 12:00 PM	SO
6/29/2022	Wednesday	1:00 PM – 5:00 PM	IC
6/30/2022	Thursday	8:00 AM – 12:00 PM	SO
7/28/2022	Thursday	1:00 PM – 5:00 PM	SO
7/28/2022	Thursday	8:00 AM – 12:00 PM	IC
8/2/2022	Tuesday	8:00 AM – 12:00 PM	SO
8/3/2022	Wednesday	1:00 PM – 5:00 PM	IC

**WHAT
QUESTIONS DO
YOU HAVE?**





UPCOMING STATE AGENCY TRAININGS

UPCOMING STATE AGENCY TRAININGS

A whole pineapple with its green crown and several slices of pineapple are arranged on a rustic wooden surface. The pineapple is the central focus, with its characteristic diamond-shaped scales and sharp eyes. The slices are cut into wedges, showing the bright yellow-orange flesh and the dark brown core. The background is a dark, textured wood, providing a natural and fresh aesthetic.

Wednesday, May 11th, 2022

Get Started with NC CACFP for IC's
1:00 pm – 4:00 pm

Thursday, May 12th, 2022

Get Started with NC CACFP for SO's
9:00 am - 12:00 pm

Tuesday, May 17th, 2022

Compliance Review: Are You Ready?
9:00 am – 11:00 am

Go to <https://www.nutritionnc.com/snp/training.htm> to register (Live Webinars Section)

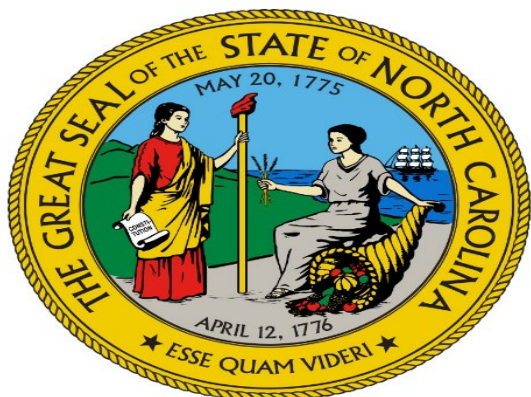
DCDEE CONTACT HOURS

Training Title	DCDEE Contact Hours
Menu Planning for Older Adults	1 contact hour
Menu Planning Success in the CACFP Series: Part 1 Laying the Foundation (New Training Series)	2 contact hours
Menu Planning Success in the CACFP Series: Part 2 Answers to Common Questions (New Training Series)	2 contact hours
Menu Planning Success in the CACFP Series: Part 3 Using Helpful Tools (New Training Series)	2 contact hours
Duties and Documents	3 contact hours
Compliance Review - Are You Ready?	2 contact hours
Get Started with NC CACFP	3 contact hours
Sponsoring Organization Monitoring Review Tool Training	2 contact hours

Go to <https://www.nutritionnc.com/snp/training.htm> to register



GRAIN- BASED DESSERTS



NC Department of Health & Human Services

Identifying Grain-Based Desserts in the North Carolina CACFP



Nutrition, Training, and Policy Team

May 6, 2022

Knowledge Check

#1. How does the CACFP define a Grain-Based Dessert?

- a) A grain food that is made with neither enriched nor whole grain
- b) A grain food with added sugars and saturated fats
- c) A grain food that is sweet and served at the end of a meal

#2. True or False: Grain-Based Desserts are creditable in the CACFP.

#3. Which of the following food items are considered Grain-Based Desserts? (Select all that apply.)

- a) Oatmeal breakfast bar
- b) Chicken Pot Pie prepared with a pie crust
- c) Carrot cake
- d) Graham crackers

What are Grain-Based Desserts?

- Foods that are made with grains and have added sugars and saturated fats



Amount Per	% Daily Value
Calories 190 Cal	
Total Fat 12g	12%
Saturated Fat 2.5g	0%
Trans Fat 0g	5%
Cholesterol 0mg	
Sodium 250mg	10%
Carbohydrate 15g	4%



What are Grain-Based Desserts?

- Exhibit A

Exhibit A: Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue Footnote 3 or 4 = Red

Tortilla chips Taco shells		
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies ³ , cobbler ³ , fruit turnovers ⁴ , and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

What are Grain-Based Desserts?

- Exhibit A

Exhibit A: Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue **Footnote 3 or 4 = Red**

#1. How does the CACFP define a Grain-Based Dessert?

- a) A grain food that is made with neither enriched nor whole grain
- b) A grain food with added sugars and saturated fats
- c) A grain food that is sweet and served at the end of a meal

Why are Grain-Based Desserts Not Allowable in the CACFP?

- Dietary Guidelines for Americans
- Federal Regulations: 7 CFR226.20(a)(4)(iii):
 - Desserts: Grain-based desserts do not count towards meeting the grain requirement.
- CACFP Policy Memo 18-08



Why are Grain-Based Desserts Not Allowable in the CACFP?

- Dietary Guidelines for Americans



#2. True or False. Grain-Based Desserts are creditable in the CACFP.

False

- CACFP Policy Memo 18-08

Policy Memo: Identifying Grain-Based Desserts in the NC CACFP



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

ROY COOPER • Governor

KODY H. KINSLEY • Secretary

YVONNE COPELAND • Director, Division of Child and Family Well-Being

Memorandum

To: Institutions Participating in the North Carolina Child and Adult Care Food Program (NC CACFP)

Subject: Identifying Grain-Based Desserts in the North Carolina CACFP

The *Dietary Guidelines* recommend limiting consumption of added sugars and saturated fats as part of a healthy eating pattern, and *The Richard B. Russell National School Lunch Act* requires the CACFP meal patterns to be consistent with the *Dietary Guidelines*. The *Dietary Guidelines* specifically identify grain-based desserts as sources of added sugars and saturated fats. To better align the CACFP meal patterns with the *Dietary Guidelines*, grain-based desserts cannot count towards the grain requirement at any meal or snack ([7 CFR 226.20\(a\)\(4\)\(iii\)](#)) under the CACFP meal pattern requirements.¹ Grain-based desserts are those items that have a superscript 3 or 4 in Exhibit A. Under Exhibit A, the following foods are considered grain-based desserts: cookies, sweet pie crusts, doughnuts, cereal bars, breakfast bars, granola bars, sweet rolls, toaster pastries, cake, and brownies.²

It is important to note that Exhibit A is not an exhaustive list of all grain-based desserts. There are some food items not listed in Exhibit A that would also be considered a grain-based desserts, because they are thought of as a dessert or they have a misleading product label from a food manufacturer. For example, a food manufacturer may come up with food item labels that could



NC DEPARTMENT OF
HEALTH AND HUMAN SERVICES

Policy Memo Key Points

- Defines grain-based desserts (GBDs) in the CACFP
- Explains what to consider when determining whether a food is a GBD
- Includes a list of common GBDs



List of Grain-Based Desserts

- Belvita Breakfast Biscuits (cookies)
- Breakfast bars, commercial and homemade
- Brownies
- Biscuits, sweetened or sugar-coated
- Cake, cupcakes, and coffee cake
- Caramel popcorn and kettle corn
- Cereal bars, commercial and homemade
- Churros
- Cinnamon rolls
- Cookies (wafers, sandwich, bars, biscotti, and cookie-like biscuits)
- Cream puff shells
- Crisp and cobbler crust
- Doughnuts
- Fig or fruit bars
- Gingerbread
- Granola bars and oatmeal bars
- Ice cream cones
- Marshmallow cereal treats
- Nature Valley Biscuits (cookies)
- Pastries
- Pie crust for dessert pies
- Pop-Tarts, toaster pastries
- Rice pudding
- Sopapillas
- Sweet bread pudding and rice pudding, such as tapioca
- Sweet Chex Mix, such as Muddy Buddies
- Sweet croissants, such as chocolate filled
- Sweet pita chips, such as cinnamon-sugar flavored
- Sweet rice cakes
- Sweet rolls, buns, including cinnamon rolls
- Sweet scones with fruits, chocolate, icing, etc.
- Tapioca
- Turnover Crust
- Vanilla wafers (plain cookies)

Knowledge Check

#1. How does the CACFP define a Grain-Based Dessert?

- a) A grain food that is made with neither enriched nor whole grain
- b) A grain food with added sugars and saturated fats**
- c) A grain food that is sweet and served at the end of a meal

#2. True or False: Grain-Based Desserts are creditable in the CACFP.

False.

#3. Which of the following food items are considered Grain-Based Desserts? (Select all that apply.)

- a) Oatmeal breakfast bar
- b) Chicken Pot Pie prepared with a pie crust
- c) Carrot cake
- d) Graham crackers

Tip Sheet: Identifying Grain-Based Desserts in the NC CACFP

Department of Health and Human Services
Division of Child and Family Well-Being, Community Nutrition Services Section
Child and Adult Care Food Program



Identifying Grain-Based Desserts in the NC CACFP Tip Sheet

The CACFP meal patterns state that grain-based desserts cannot count towards the grain requirement at any meal or snack.¹ But, how do you know if a food is considered a grain-based dessert (GBD) in the NC CACFP? Read on for tips on identifying GBDs, examples of popular GBDs with misleading labels, and a list of GBDs to avoid in the NC CACFP.

How to Know if a Food Is a Grain-Based Dessert

To identify grain-based desserts (GBDs), a menu planner should:

- 1) Look at the food item to see if it is made or coated with sweet treats.
 - If the food has sprinkles, chocolate-coating, caramel, frosting, candy pieces, flavored chips, marshmallows, etc., the food item is a GBD.
- 2) Read the product name and description of the food.
 - Food companies may call the food by a misleading name. For example, a food labeled as a “breakfast biscuit” may really be a cookie.
 - Check the sides or back of the package for more information about the food item. If the item looks or sounds like a GBD, it must not be served as a grain



Tip Sheet: How To Identify Grain- Based Desserts



Look to see if the food is made or coated with sweet treats



Read the product name and description



Review Exhibit A



Contact the State agency or your Sponsoring Organization

Available Resources:

- Policy Memo: Identifying Grain-Based Desserts in the NC CACFP
- Tip Sheet: Identifying Grain-Based Desserts in the NC CACFP
- Crediting Handbook for the CACFP
- USDA Worksheet: Grain-Based Desserts in the CACFP
- Regional Consultant and Nutrition, Training, and Policy Team

CACFPTraining@dhhs.nc.gov

Scenario # 1:

You are searching for a snack to serve that meets the grain-based component and spot “Little Debbie Birthday Cake Mini Muffins” Would these be considered a creditable grain or a grain-based dessert?

- A. Creditable Grain
- B. Grain-Based Dessert



Scenario # 2:

You have come across these Blueberry Yogurt Pretzels. Can you serve these as a creditable grain at your institution?

- A. Yes
- B. No



Scenario # 3:

You would like to make banana muffins to serve at your institution. You find two standardized recipes and are unsure of which one to use.

The first uses whole wheat flour as the main ingredient. The second recipe also uses whole wheat flour but calls for chocolate chips as well.

Which of these recipes can be used at your institution?

- A. Recipe 1
- B. Recipe 2
- C. Both recipes can be used.



Scenario # 4:

At the grocery store, you find “Chocolate Graham Bear Bites”. Are these a grain-based dessert?

- A. Yes
- B. No



Annie's
 HOME GROWN




GLUTEN FREE
Bunny Grahams™
 Cocoa & Vanilla
 Flavored With Other Natural Flavors
GRAHAM-STYLE SNACKS



Made with Goodness!

- ✓ No Artificial Flavors or Synthetic Colors
- ✓ No High-Fructose Corn Syrup

Kellogg's

SCOOBY-DOO!

BAKED GRAHAM CRACKER SNACKS
CINNAMON




MADE WITH WHOLE GRAIN

NET WT 11 OZ (311g)

PER 9 PIECES

130	0g	125mg	9g
CALORIES	SAT FAT	SODIUM	TOTAL SUGAR

Scenario # 5:

You recently came across a recipe for a “Banana Oatmeal Breakfast Cookie”. There are only a few ingredients, and they all seem very healthy, but you are still unsure if you can serve them. Are these creditable?

- A. Yes
- B. No



Scenario # 6:

You are creating a standardized recipe for a homemade trail mix and want it to credit towards the grain component. Which of these grain-based foods can be used in your trail mix?

- A. Cheerios
- B. Caramel Popcorn
- C. GoldFish Crackers
- D. All of the above
- E. Both A and C



Tips to Remember:

- ✓ Grain-Based Desserts are NOT creditable in the CACFP

- ✓ Resources:
 - Identifying Grain-Based Desserts in the North Carolina CACFP Policy Memo and Tip Sheet
 - Exhibit A
 - Crediting Handbook for the CACFP
 - USDA Worksheet: Grain-Based Desserts in the CACFP

- ✓ What is the perception, description, and/or appearance of the food item?

- ✓ When in doubt, leave it out or reach out to the State agency.

Upcoming Training

- Thursday, May 19th 2:00pm – 3:00pm
- Visit <https://www.nutritionnc.com/snp/training.htm> to sign up



A top-down view of a wooden table with a green plate of skewered grilled meats and vegetables, a bowl of salsa, and a bowl of salad. The text "ADDITIONAL INFORMATION" is overlaid in the center.

ADDITIONAL INFORMATION

UEI REMINDER

- Change Took Place April 4, 2022
- Instructional Video on Obtaining a UEI - https://youtu.be/4Hqs_L0B5kl
- Questions? Contact FinancialManagementTeam@dhhs.nc.gov





UPDATED MEAL PATTERNS

CHILD & ADULT

- Combined
- Grouped by meal
- Simplified
- Ounce equivalents for grains

INFANT

- Combined breakfast & lunch/supper
- Ounce equivalents for grains

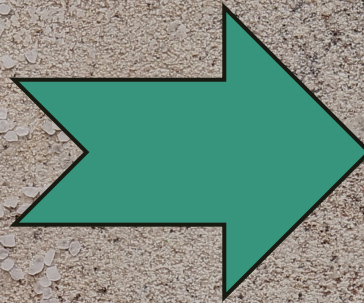
UPDATED MEAL PATTERNS

CHILD MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq)^{5,6,7}				
Whole grain-rich or enriched bread	½ slice	½ slice	1 slice	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	½ serving	½ serving	1 serving	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	¼ cup	¼ cup	½ cup	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}				
Flakes or rounds	½ cup	½ cup	1 cup	1 cup
Puffed cereal	¾ cup	¾ cup	1 ¼ cup	1 ¼ cup
Granola	½ cup	½ cup	¼ cup	¼ cup

ADULT MEAL PATTERN

Breakfast (Select all three components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	8 fluid ounces
Vegetables, fruits, or portions of both ³	½ cup
Grains (oz eq)^{4,5,6}	
Whole grain-rich or enriched bread	2 slices
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	2 servings
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁷ , cereal grain, and/or pasta	1 cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{7,8}	
Flakes or rounds	2 cups
Puffed cereal	2 ½ cups
Granola	½ cup



Child and Adult Care Food Program Breakfast

[Select the appropriate components for a reimbursable meal]

Food components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)	Adult participants
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Vegetables, fruits, or portions of both ⁴	¼ cup	½ cup	½ cup	½ cup	½ cup
Grains (oz. eq.) ^{5,6,7,8}	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

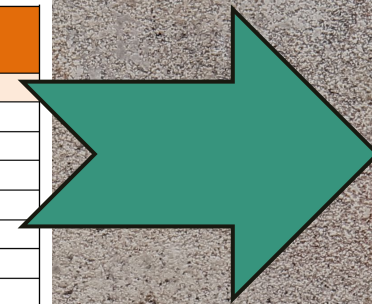
UPDATED MEAL PATTERNS

CHILD MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	1 ounce	1 ½ ounce	2 ounces	2 ounces
Tofu, soy product, or alternate protein				

ADULT MEAL PATTERN

Lunch and Supper (Select all five components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ^{2,3}	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	2 ounces
Tofu, soy product, or alternate protein product ⁴	2 ounces
Cheese	2 ounces
Large egg	1
Cooked dry beans or peas	½ cup
Peanut butter or soy nut butter or another nut or seed butter	4 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁵	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement: Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	1 ounce = 50%
Vegetables ⁶	½ cup
Fruits ^{6,7}	½ cup
Grains (oz eq) ^{8,9}	
Whole grain-rich or enriched bread product, or muffin	2 slices
Whole grain-rich or fortified cooked cereal ¹⁰ , cereal	2 servings
Whole grain-rich, enriched or fortified breakfast cereal ¹⁰ , cereal grain, and/or pasta	1 cup



Child and Adult Care Food Program Lunch and Supper (Select the appropriate components for a reimbursable meal)					
Food components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² (at-risk afterschool programs and emergency shelters)	Adult participants
Fluid Milk ³	4 fluid ounces	6 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces ⁴
Meat/meat alternates (edible portion as served):					
Lean meat, poultry, or fish	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
Tofu, soy products, or alternate protein products ⁵	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
Cheese	1 ounce	1 ½ ounces	2 ounces	2 ounces	2 ounces
Large egg	½	¾	1	1	1
Cooked dry beans or peas	¼ cup	⅜ cup	½ cup	½ cup	½ cup
Peanut butter or soy nut butter or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp	4 Tbsp	4 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁶	4 ounces or ½ cup	6 ounces or ¾ cup	8 ounces or 1 cup	8 ounces or 1 cup	8 ounces or 1 cup
The following may be used to meet no more than 50% of the requirement:					
Peanuts, soy nuts, tree nuts, or seeds, as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates (1 ounce of nuts/seeds = 1 ounce of cooked lean meat, poultry, or fish)	½ ounce = 50%	¾ ounce = 50%	1 ounce = 50%	1 ounce = 50%	1 ounce = 50%
Vegetables ^{7,8}	½ cup	¼ cup	½ cup	½ cup	½ cup
Fruits ^{7,8}	½ cup	¼ cup	½ cup	½ cup	½ cup
Grains (oz eq) ^{9,10,11}	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents

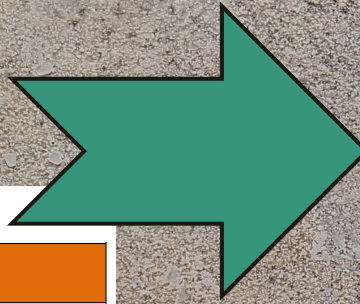
UPDATED MEAL PATTERNS

CHILD MEAL PATTERN

Snack (Select two of the five components for a reimbursable snack)				
Food Components and Food Items ¹	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>
Fluid Milk ³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates				
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce
Tofu, soy product, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce
Cheese				
Large egg				
Cooked dry beans				

ADULT MEAL PATTERN

Snack (Select two of the five components for a reimbursable meal)	
Food Components and Food Items ¹	Minimum Quantities
Fluid Milk ²	8 fluid ounces
Meat/meat alternates	
Lean meat, poultry, or fish	1 ounce
Tofu, soy product, or alternate protein product ³	1 ounce
Cheese	1 ounce
Large egg	½
Cooked dry beans or peas	¼ cup
Peanut butter or soy nut butter or another nut or seed butter	2 tbsp
Yogurt, plain or flavored, sweetened or unsweetened ⁴	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	1 ounce
Vegetables ⁵	½ cup
Fruits ⁵	½ cup
Grains (oz eq) ^{6,7}	
Whole grain-rich or enriched bread	1 slice
Whole grain-rich or enriched bread product, such as biscuit, roll or muffin	1 serving
Whole grain-rich, enriched or fortified cooked breakfast cereal ⁸ , cereal grain, and/or pasta	½ cup
Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold) ^{8,9}	
Flakes or rounds	1 cup
Puffed cereal	1 ¼ cup
Granola	¼ cup



Child and Adult Care Food Program Snack [Select two of the five components for a reimbursable meal]

Food components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ² <small>(at-risk afterschool programs and emergency shelters)</small>	Adult participants
Fluid Milk ³	4 fluid ounces	4 fluid ounces	8 fluid ounces	8 fluid ounces	8 fluid ounces
Meat/meat alternates (edible portion as served):					
Lean meat, poultry, or fish	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Tofu, soy products, or alternate protein products ⁴	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Cheese	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Large egg	½	½	½	½	½
Cooked dry beans or peas	⅛ cup	⅛ cup	¼ cup	¼ cup	¼ cup
Peanut butter or soy nut butter or other nut or seed butters	1 Tbsp	1 Tbsp	2 Tbsp	2 Tbsp	2 Tbsp
Yogurt, plain or flavored unsweetened or sweetened ⁵	2 ounces or ¼ cup	2 ounces or ¼ cup	4 ounces or ½ cup	4 ounces or ½ cup	4 ounces or ½ cup
Peanuts, soy nuts, tree nuts, or seeds	½ ounce	½ ounce	1 ounce	1 ounce	1 ounce
Vegetables ⁶	½ cup	½ cup	¾ cup	¾ cup	½ cup
Fruits ⁶	½ cup	½ cup	¾ cup	¾ cup	½ cup
Grains (oz. eq.) ^{7,8,9}	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

UPDATED MEAL PATTERNS

Infant Meal Pattern

Breakfast

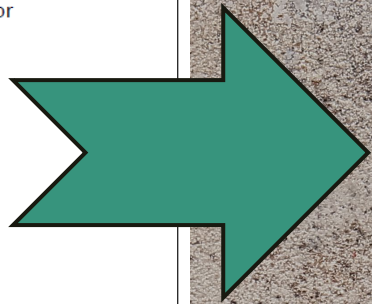
Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry

Lunch and Supper

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-4 tablespoons infant cereal ^{2,3} meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or

Snack

Birth through 5 months	6 through 11 months
4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ slice bread ^{3,4} ; or 0-2 crackers ^{3,4} ; or 0-4 tablespoons infant cereal ^{2,3,4} or ready-to-eat breakfast cereal ^{3,4,5,6} ; and 0-2 tablespoons vegetable or fruit, or a combination of both ^{6,7}



(CACFP) Infant Meal Patterns

Infants	Birth through 5 months	6 through 11 months
Breakfast, Lunch, or Supper	4-6 fluid ounces breastmilk ¹ or formula ²	6-8 fluid ounces breastmilk ¹ or formula ² ; and 0-½ ounce equivalent infant cereal ² ; or 0-4 tablespoons meat, fish, poultry, whole egg, cooked dry beans, or cooked dry peas; or 0-2 ounces of cheese; or 0-4 ounces (volume) of cottage cheese; or 0-4 ounces or ½ cup of yogurt ⁴ ; or a combination of the above; ⁵ and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}
Snack	4-6 fluid ounces breastmilk ¹ or formula ²	2-4 fluid ounces breastmilk ¹ or formula ² ; and 0-½ ounce equivalent bread ^{3,7} ; or 0-¼ ounce equivalent crackers ^{3,7} ; or 0-½ ounce equivalent infant cereal ^{2,3} ; or 0-¼ ounce equivalent ready-to-eat breakfast cereal; ^{3,5,7,8} and 0-2 tablespoons vegetable or fruit, or a combination of both. ^{5,6}

CREDITING HANDBOOK

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

CREDITING HANDBOOK FOR THE Child and Adult Care Food Program



CREDITING IN ACTION: DETERMINING MEAL PATTERN CONTRIBUTIONS

CREDITING GRAIN ITEMS

This handbook focuses on using ounce equivalent to credit grains and specifically how to use Exhibit A (found on page 94) to credit grain products in ounce equivalents.

Ounce Equivalents versus Grains/Breads Servings

EXHIBIT A: GRAIN REQUIREMENTS FOR CHILD NUTRITION PROGRAMS^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
<ul style="list-style-type: none"> Bread coating Bread sticks (hard) Chow mein noodles Savory crackers (salines and snack crackers) 	1 oz eq = 22 g or 0.8 oz	1 serving = 20 g or 0.7 oz
	½ oz eq = 11 g or 0.4 oz ←	½ serving = 15 g or 0.5 oz
	¼ oz eq = 6 g or 0.2 oz ←	¼ serving = 10 g or 0.4 oz ←
	1/8 oz eq = 3 g or 0.1 oz ←	1/8 serving = 5 g or 0.2 oz ←
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
<ul style="list-style-type: none"> Bagels Batter type coating Biscuits Breads—all (for example sliced, French, Italian) 	1 oz eq = 28 g or 1.0 oz →	1 serving = 25 g or 0.9 oz →
	½ oz eq = 14 g or 0.5 oz	½ serving = 19 g or 0.7 oz
	¼ oz eq = 7 g or 0.25 oz	¼ serving = 13 g or 0.5 oz
	1/8 oz eq = 3.5 g or 0.125 oz	1/8 serving = 6 g or 0.2 oz

Exhibit A: Grain Requirements for Child Nutrition Programs with ounce equivalent and serving highlighted.

When transitioning from using grains/ breads servings to ounce equivalents, remember, an ounce equivalent of grains is slightly heavier (16 grams of grains) than a grains serving (14.75 grams of grains).

Examples using Exhibit A:

You want to meet half of the grains component with crackers and each cracker weighs 5 grams:

- 2 crackers (10 grams total weight) were needed to meet the minimum serving requirement for a ½ serving of grains/ breads
- 3 crackers (15 grams total weight) are now needed to ensure you serve at least the 11 grams required for a ½ ounce equivalent of grains.

You want to meet 1 ounce equivalent grains with a slice of bread that weighs 28 grams per slice:

- 1 slice of bread (28 grams total weight) was needed to meet the minimum serving requirement for 1 grains/breads serving (25 grams).
- 1 slice of bread (28 grams total weight) is still needed to meet the 1 ounce equivalent grains requirement (28 grams).

In this example, you need to serve the same amount of bread (1 slice that weighs 28 grams per slice) to meet 1 ounce equivalent grains as you did to meet 1 grains/breads serving.

IN CLOSING



QUESTIONS & ANSWERS

- 1) Please use the Q&A function to submit your questions.
- 2) We will review what we have time for that pertains to the good of the group.
- 3) Questions that apply to one specific institution will be handled offline.



MONTHLY INSTITUTION CALLS

The PowerPoints for the institution calls can now be found on our website www.nutritionnc.com

- 1) Click on “Child and Adult Care Food Program”
- 2) Click on “Program Resources”
- 3) Click on “Monthly Institutions Call”



The screenshot shows the NCDHHS website header with the logo and navigation menu. The breadcrumb trail indicates the current location: DPH > NISB > Child and Adult Care Food Program > Resources. The main heading is 'Program Resources', followed by expand/collapse controls. A list of resource links is displayed, with a red arrow pointing to the 'Monthly Institutions Call' link.

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Home About Breastfeeding Promotion And Support Child And Adult Care Food Program WIC Program Contacts

DPH > DPH > NISB > Child and Adult Care Food Program > Resources

Program Resources

[\[+\] Expand Items Below](#) | [\[-\] Collapse Items Below](#)

- [+ NC CACFP Newsletter](#)
- [+ Monthly Institutions Call](#)
- [+ Ethnic and Racial Data](#)
- [+ Policies and Procedures](#)
- [+ School Data - Free and Reduced Meals](#)
- [+ Regulations](#)
- [+ Reimbursement Rates](#)

EVALUATION SURVEY

Please complete an evaluation survey to share your feedback with us

1) Click on “EVALUATION SURVEY” below

2) Complete the survey questions

3) Click the blue “Submit” button

North Carolina CACFP Monthly Institution Call Evaluation Survey

Thank you for attending the **Monthly Institution Call** for the North Carolina Child and Adult Care Food Program. Please indicate your responses to the below questions.

We appreciate your feedback.

The objectives of the call were clearly defined. *

- Yes
 No (Please explain)

The objectives were met. *

- Yes
 No (Please explain)

Participation and interaction were encouraged. *

- Yes
 No (Please explain)

Thank You!

