

Nutrition Made Easy

Created for Wildwood CACFP 2022
Provides 1.5 hours of Nutrition

There are several different meals and/or snacks that can be claimed on the food program as a licensed provider. The requirements for these are simple, and in order to be reimbursed you must have all the components. In this course you will learn which different components are necessary, and even though something might not be considered creditable, you have to make sure the required components are offered and the non-creditable item is just an extra.

Now that fruits and vegetables are two different components, you will be more likely to serve more of each and children will develop a taste for healthier foods from the start.

Good nutrition means, lowering sugar, lowering salt, increasing fruits, vegetables and adding whole grains. Meats or meat alternate is required as well as the proper liquid milk for whatever age group is in your care.

You should try to select foods that have limited food coloring and dyes which some children have sensitivity to. Digestive problems have increased with children, so choose foods with plenty of fiber.

AM/PM Snacks: You must have 2 of the 5 components for a reimbursable snack. The components are as follows: milk, meat/or meat alternate, vegetable, fruit and grain.

If you're serving an AM or PM snack you could serve apples and toast, or cheese and crackers. That would be 2 of the 5 components. You could serve yogurt and oranges, or peanut butter on whole wheat bread. The combinations are endless.

Breakfast: You must have 3 components for a reimbursable breakfast and one component must be milk. In addition to milk, the components are as follows: vegetable and/or fruit, and grain. Three times a week you may substitute the grain at breakfast with the meat/or meat alternate. If you are serving breakfast, you could serve milk, cereal and a banana or you could serve an egg, potatoes, and milk, or you could serve yogurt, blueberries, and milk. Serving breakfast is a great opportunity to serve your whole grain rich item since it is required at least once each day.

Lunch/Supper: You must have 5 components for a reimbursable lunch or supper. The components are as follows: milk, meat/or meat alternate, vegetable, fruit, and grain.



If you are serving lunch or supper, you could serve spaghetti, meat balls, vegetable or green salad, fruit cocktail and milk, or you could serve a turkey sandwich on wheat bread, broccoli, milk, and oranges. There are so many different combinations, just be sure to include one of each component and you will be set.

Now let's get started and go into details of the components. What is creditable and what is not. There are so many creditable items, that it would be impossible to list everything, but if we talk about a lot of them, we believe you will get the idea and make smart choices when it comes to feeding the children.

First, we will talk about **Milk**.

It is very important to serve the proper milk. The CACFP regulations require that each participant's breakfast, lunch, or supper include fluid milk for it to be reimbursable.

Breastmilk is allowed at any age in the CACFP. Twelve months to twenty-three-month old's must receive unflavored whole milk, children two to five-year old's must be served unflavored skim milk or low-fat milk (1%). Realizing that it takes time to transition a child from whole milk to skim milk, there is a one-month grace period to make this transition gradually. Children or adults six and older must be served (flavored or unflavored) skim milk or low-fat milk (1%). Studies show that children do not need the fat in whole milk after the age of two. Switching children to fat free (skim milk) or low-fat (1%) will help avoid excess fat intake for children.

If you care for a child who cannot consume, or their parents do not want them to consume, fluid cow's milk for religious reasons, non-dairy options may be served in place of fluid milk.

This substitute must be nutritionally equivalent to the fluid milk. Soy milk is a popular substitute for cow's milk. A medical statement is not required for this substitute. Lactose-free milk, lactose-reduced milk, cultured buttermilk, acidified milk, or acidophilus milk are creditable fluid milk options and can be served without a medical statement. A medical statement is required when a child cannot consume cow's milk and a substitute does not meet the nutritional value of cow's milk. When yogurt is served in place of milk to adults, the yogurt may credit as either the milk or meat/or meat alternate as one component per meal, but not both.

Second, let's talk about **Meat/or Meat Alternates**.

Meat/or meat alternates include lean meats, poultry, fish, shellfish, cheese, eggs, tofu, yogurt, cooked dry beans or peas, nuts and seeds, nut or seed butters (except acorn), or an equivalent quantity of any combination of these foods. All meats, poultry, fish,



and shellfish must meet State or local regulations for food safety. Try to limit processed meats to no more than one time per week. These meats have proven to cause some cancers, heart disease, and diabetes. Studies have shown that eating limited amounts will not significantly harm health. Some of the most common processed meats include, but not limited to, bacon, sausage, hot dogs, salami, and lunch meats. Processed meats also contain harmful chemicals, that fresh meats do not have. A meat/or meat alternate is not required to be served at breakfast; however, you can replace the grain at breakfast three times a week with a meat/or meat alternate.

Nuts and seeds may fulfill only 1/2 of the meat/or meat alternate requirements for a reimbursable meal. However, nut and seed butters may credit towards the entire meat/or meat alternate components. Please be sure to recognize any allergies associated with nuts and serve with caution. Some of the more common meat/or meat alternates would be: Homemade Pizza can be creditable for meat, cheese, grain, and vegetable. Chicken nuggets can be creditable only if they have a CN label or Product Formulation Statement. Homemade chicken nuggets are creditable. Vegetarians can have a complete creditable meal by including cheese, eggs, yogurt, tofu or dried beans and peas. Commercially prepared tofu is creditable. Fresh soybeans (edamame) can be credited as meat/or meat alternate or vegetable. Yogurt is creditable as a meat alternate but be sure to watch the sugar content. No more than 23 grams of sugar per 6 ounces is creditable. Commercially prepared yogurt with fruit added is only credited for the meat alternate, not as a fruit component.

Third, let us talk about **Vegetables**.



Vegetable juices must be 100% of vegetable juice to be creditable for an entire component. If milk is being served, you cannot count the juice as a component at snack time. Fresh vegetables, frozen vegetables, dried vegetables, or canned vegetables may be served as a creditable component. You can serve two different vegetables and claim both in replacement of a fruit. When claiming two components of vegetables they must be two different vegetables to be creditable. Mixtures of different types of vegetables, such as frozen carrots and peas, credit as one serving of vegetables. Beans and peas may be used to meet all or part of a component of vegetables. Some of the beans and peas would be black beans, fresh edamame, garbanzo beans, lentils, kidney beans, navy beans, and pinto beans. Beans and peas may also count as the meat alternate, but not both the vegetable and meat alternate. Home canned vegetables are not creditable in the CACFP program due to health and safety reasons.

Fourth, let us talk about **Fruits**.



Fresh fruits, frozen fruits, dried fruits, canned fruits or 100% fruit juice may be served as a creditable component. Commercial fried fruit chips, such as banana chips and other fruit chips are not creditable. When you find fresh fruits that are on sale, you can freeze them for a later date. This would be a creditable component. Home grown fruits that are canned are not creditable, for health and safety reasons. The types of fruits that you choose to serve should be mindful of the age of the children to avoid a choking hazard.

If you are serving a combination salad with fruits and vegetables, you must make sure there are the minimum requirement in serving size to be able to credit both a fruit and vegetable. Remember you cannot serve two fruits at lunch or dinner. You must have one vegetable for it to be creditable. Any product listed on your WIC (Woman, Infants, Children) list is also creditable for CACFP.

Fifth, let us talk about **Grains**.

Grains are required components in a reimbursable breakfast, lunch, and supper. Grains are not required at snack but may be served. All grain



products must be made with whole grains and/or enriched flour or bran or germ, to be creditable based on the combination of grains and flour in the product. Grains seem to be the most confusing component of the meal pattern. Grains are now measured by ounce equivalents to make sure each child is receiving the proper amount for their age group. To emphasize the importance of whole grains, the CACFP meal pattern requires that at least one grain item per day be whole grain rich (WGR). That means that at least half (50%) of the grain ingredients in the food are whole grain ingredients and any other grains may be enriched. Any additional grains served that do not meet the whole grain-rich criteria may still count toward the program requirements if they are made of creditable grains. Just remember, whole grain rich is required once per day.

Criteria to determine Whole Grain Rich product.

1. WIC approved whole-grain food list.
2. FDA provides Standard of Identity, which means the product must contain specific WGR.
3. FDA – Health claim on packages “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 and some cancers”.
4. Food meets the whole grain rich criteria under the National School Lunch Program (NSLP).
5. Rule of Three; 1st ingredient (or 2nd after water) must be whole grain, and the next 2 grains ingredients (if any) must be whole grains, enriched grains, bran or germ.
6. Manufacturer Documentation or Standardized Recipe - Proper documentation from a manufacturer can demonstrate that whole grains are the primary grain ingredient by weight.

Which grains are Creditable? As stated above, whole grains, enriched grains, bran and germ.

Let's talk about each:

Whole Grains: Consist of the entire grain, seed, or kernel. A whole grain has 3 parts: the bran, the germ and the endosperm. Usually the kernel is cracked, crushed, or flaked during processing. If the finished product has about the same amount of bran, germ, and endosperm as the original grain did before processing, it is considered a whole grain.

Enriched and Fortified Grains: These are grains that have been processed to remove all part of the bran and the germ to give the grain product a smoother texture. Then certain nutrients are added back during or after processing. The USDA sets the standards for food enrichment and fortification. If the product is labeled “enriched”, it must contain certain amounts of niacin, iron, thiamine, riboflavin, and folic acid. If a product is labeled “fortified”, it can have any nutrients added to increase the nutritional quality.

Bran and Germ: Bran is the seed husk or outer coating of grains, such as wheat, rye, and oats. The bran can be a good source of many nutrients, including B vitamins, iron, potassium, and fiber. Germ is the vitamin-rich portion of the grain kernel, which can provide a good source of B vitamins, phosphorus, and zinc. The germ can be separated before processing for use as a cereal or food supplement.

There are many grains or flours that are not creditable as a grain component in CACFP. These include grain ingredients that are not whole, enriched, bran, or germ such as bromated flour, and non-enriched wheat flour. Also, legume and vegetable flours (tapioca, potato, bean, and other vegetable flours) are flours that do not contain any grains and are considered a non-creditable grain or flour.

Grain-Based Desserts are not creditable for the CACFP program. Grain-based desserts are those food items considered as desserts regardless of what the label says. Some of these items are cookies, sweet pie crusts, doughnuts, cereal bars, granola bars, sweet rolls, toaster pastries, cakes, and brownies. There are some grain-based items that may be considered a dessert or savory snack, such as scones, which can be savory or sweet. Savory scones, made with cheese and herbs, are not considered grain-based desserts. However, scones made with fruit and/or icing, are grain-based desserts. If there are any questions, always feel free to contact your field representative or the office for clarification. Some excellent examples of replacements for grain-based dessert would be, fresh fruit cups, dried fruit, yogurt parfaits, cheese and whole-grain crackers, or peanut butter and crackers.



On occasion, limited variety in food choices during early childhood could result in concerns about possible nutrient deficiencies. Finding a middle ground regarding food choices will help most children learn to eat well. Children usually will be willing to try new foods because they want to please and learn. You are their role model, so if you eat the new foods, chances are they will at least try it. Remember, if you keep catering to the children by making different meals at the same time, your mealtime will become stressful and tiresome, and the children will become “more demanding and less capable of trying”.

Reading labels when purchasing food will become habit instead of a hassle. You will learn to recognize what is healthy versus what is not.

It is a misconception that eating healthy cost too much money. Here are a few suggestions that can reduce your grocery food bill.





1st-When meal planning, use some of the same ingredients for more than one meal.

2nd-Always shop sale prices.

3rd-You can shop at large discount stores and purchase a lot of the ingredients, and complete your shopping at the local grocery store.

4th-Shop the farmer's market. Most of the time the produce is cheaper than retail stores.

5th-Buy in bulk. Buy pasta, rice, flour, and other dry ingredients in bulk and save.

6th-Make more meals meatless. Beans, cheese, and eggs are a good protein alternatives.

By saving at the grocery store, you can offer a wide variety of different foods and keep the children from getting bored with the same meals over and over.

Remember, WIC (Woman, Infant, Children), located throughout the United States have listed foods they determine as creditable. CACFP accepts any grain item on the WIC list as creditable.

This course is a summary of what is necessary for the food program to avoid deductions. Wildwood's job is to teach and help with explaining the best way for providers to feed children healthy meals and get the most out of your reimbursement.

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A few Options:

Replace Refined Grains

Use Whole Grains



White flour
*Enriched flour
*All Purpose



Whole wheat
Spelt



White rice



Brown Rice



Parboiled rice



Wild rice



Cream of
Wheat



Oats



Cellemed
Cornflour



Whole grain
Cornmeal

Size Up Your Serving

Choose Lowfat Or Fat-Free Dairy

1 cup
equivalent



8 ounces yogurt



1½ ounces cheese



⅓ cup shredded cheese



1 cup milk

Focus On Fruits

½ cup
equivalent



½ cup 100% fruit juice



1 small apple



¼ cup dried fruit



½ cup strawberries

Vary Your Veggies

1 cup
equivalent



2 cups raw, leafy greens



1 cup carrots



1 medium baked potato



3 spears cooked broccoli

Make Half Your Grains Whole

1 ounce
equivalent



1 slice bread



½ cup cooked rice



1 cup cereal



5 whole wheat crackers

Vary Your Protein Routine

1 ounce
equivalent



1 egg



¼ cup cooked beans



½ ounce nuts or seeds



1 ounce cooked poultry,
fish or lean meat

Visualize Your Size



Palm
= 3 ounces



Fist
= 1 cup

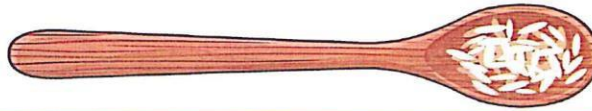


Cupped hand
= ½ cup



Thumb
= 1 tablespoon

Grains Ounce Equivalents Chart



ITEMS	¼ oz eq Equals	½ oz eq Equals	¾ oz eq Equals	1 oz eq Equals	2 oz eq Equals
Bagels	7 g	14 g	21 g	28 g	56 g
Batter-Type Coating	7 g	14 g	21 g	28 g	56 g
Biscuits	7 g	14 g	21 g	28 g	56 g
Bread Sticks (hard)	6 g	11 g	17 g	22 g	44 g
Bread-Type Coating	6 g	11 g	17 g	22 g	44 g
Breads	7 g	14 g	21 g	28 g	56 g
Bulgur/Cracked Wheat*	7 g	14 g	21 g	28 g	56 g
Buns	7 g	14 g	21 g	28 g	56 g
Cereal, Breakfast (all types, including grits oatmeal, (ready-to-eat, etc)*)	7 g	14 g	21 g	28 g	56 g
Cereal Grains (barley, quinoa, etc)*	7 g	14 g	21 g	28 g	56 g
Chow Mein Noodles (ready-to-eat)	6 g	11 g	17 g	22 g	44 g
Corn Muffins	9 g	17 g	26 g	34 g	68 g
Corn bread	9 g	17 g	26 g	34 g	68 g
Crackers, Savory	6 g	11 g	17 g	22 g	44 g
Crackers, Sweet	7 g	14 g	21 g	28 g	56 g
Croissants	9 g	17 g	26 g	34 g	68 g
Croutons	6 g	11 g	17 g	22 g	44 g

oz eq = ounce equivalent(s)
g = grams

*Weights listed refer to the dry/ uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.



Grains Ounce Equivalents Chart

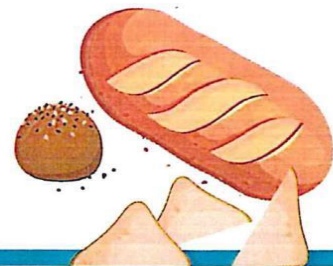


ITEMS	¼ oz eq Equals	½ oz eq Equals	¾ oz eq Equals	1 oz eq Equals	2 oz eq Equals
Egg Roll Wrappers	7 g	14 g	21 g	28 g	56 g
English Muffins	7 g	14 g	21 g	28 g	56 g
French Toast	18 g	35 g	52 g	69 g	138 g
Muffins (all, except corn)	14 g	28 g	42 g	55 g	110 g
Pancakes	9 g	17 g	26 g	34 g	68 g
Pasta (whole grain-rich or enriched; all types)*	7 g	14 g	21 g	28 g	56 g
Pie Crust (for savory pies)	9 g	17 g	26 g	34 g	68 g
Pita Bread	7 g	14 g	21 g	28 g	56 g
Pizza Crust	7 g	14 g	21 g	28 g	56 g
Pretzels, Hard	6 g	11 g	17 g	22 g	44 g
Pretzels, Soft	7 g	14 g	21 g	28 g	56 g
Rice*	7 g	14 g	21 g	28 g	56 g
Rolls	7 g	14 g	21 g	28 g	56 g
Stuffing (weights apply to bread in stuffing)	6 g	11 g	17 g	22 g	44 g
Taco Shells	7 g	14 g	21 g	28 g	56 g
Tortilla Chips	7 g	14 g	21 g	28 g	56 g
Tortillas	7 g	14 g	21 g	28 g	56 g
Waffles	9 g	17 g	26 g	34 g	68 g

oz eq = ounce equivalent(s)

g = grams

*Weights listed refer to the dry/uncooked version of the item. For example, 28 grams of uncooked barley, breakfast cereal, rice, etc. equals 1 ounce equivalent of grains.





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Read each field to ensure that your certificate is accurate
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for your training needs.

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