

CACFP ESSENTIALS SERIES

Nutrition Essentials: Part 1

Introduction to the CACFP Meal Pattern and Creditable Foods



Health and Nutrition Services
Arizona Department of Education





Disclaimer

This training was developed by the Arizona Department of Education (ADE) Health and Nutrition Services Division (HNS). The content in this training is intended for professionals operating one or more USDA Child Nutrition Programs in Arizona under the direction of ADE. The information in this training is subject to change. Attendees are encouraged to access professional development materials directly from the training library to prevent use of outdated content.

Intended Audience

This training is intended for **organizations operating the Child and Adult Care Food Program (CACFP)**.



This training is required for all new organizations who will be applying to participate in the CACFP.

Objectives

At the end of this training, attendees should be able to:

- understand the purpose of the CACFP meal pattern;
- understand CACFP meal pattern requirements; and
- determine what food items can or cannot be served to satisfy the meal pattern requirements.

TRAINING HOURS

Information to include when documenting this training for Continuing Education and Training Credit:

Training Title: Introduction to the CACFP Meal Pattern and Creditable Foods

Hours of Instruction: 1 Hour

This training counts toward Empower Program training requirements. It is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your Registry transcript, please provide your ID in the completion survey.

Quiz Time



Throughout this guide, there will be comprehension quiz questions to test your knowledge and help you apply what you're learning. Be sure to review these quiz questions and answers available within the guide.

The question mark icon below will indicate a comprehension quiz question.



Table of Contents

Section 1: Introduction to the CACFP Meal Pattern	6-8
Section 2: Child & Adult Meal Pattern	9-26
Section 3: Creditable & Non-Creditable Foods	27-73

Introduction to the CACFP Meal Pattern



SECTION 1

Child and Adult Care Meal Pattern

GOAL OF THE MEAL PATTERN

The goal of the Child and Adult Care Food Program is to improve the health and nutrition of children and adults while promoting the development of good eating habits through nutrition education. Implementing the CACFP meal patterns helps to ensure children and adults receive wholesome and nutritious meals.

The meal patterns reflect the Dietary Guidelines for Americans and recommendations from the National Academy of Medicine and the American Academy of Pediatrics. The meal patterns focus on providing a variety of nutrient-dense foods such as whole grains, vegetables, fruits, and fat-free and low-fat milk, while reducing the amount of added sugars and solid fats.

Goal of the Meal Pattern

-  **IMPROVE HEALTH AND NUTRITION OF CHILDREN AND ADULTS.**
-  **PROMOTE DEVELOPMENT OF HEALTHY HABITS.**
-  **REFLECT GUIDANCE AND RECOMMENDATIONS FROM SYSTEM PARTNERS.**
-  **INTRODUCE A VARIETY OF NUTRIENT-DENSE FOODS.**

Child & Adult Meal Pattern



SECTION 2

Meal Pattern

COMPONENTS

There are **five** meal pattern components in the CACFP. The components that must be served, and the minimum serving size requirements varies from breakfast, to lunch and supper, and snack. These components are:

- milk;
- grain;
- meat/meat alternate;
- vegetable; and
- fruit.

Required Components per Meal			
BREAKFAST (3)	LUNCH (5)	SUPPER (5)	SNACK (2)

Meal Pattern

BREAKFAST

At breakfast, there are **three** required components:

- milk;
- grain;
- fruit; vegetable; and/or combination of both fruit and vegetable.

Required Components per Meal			
BREAKFAST (3)	LUNCH (5)	SUPPER (5)	SNACK (2)
Milk			
Grain			
Vegetable, Fruit or Both			

Meal Pattern

LUNCH AND SUPPER

During lunch and supper, all **five** components are required for a reimbursable meal.

Required Components per Meal			
BREAKFAST (3)	LUNCH (5)	SUPPER (5)	SNACK (2)
Milk	Milk	Milk	
Grain	Grain	Grain	
Vegetable, Fruit or Both	Meat/Meat Alternate	Meat/Meat Alternate	
	Vegetable	Vegetable	
	Fruit	Fruit	

Meal Pattern

SNACK

Any **combination** of **two** different food components will credit as a reimbursable snack, with the exception that two beverages like milk and juice may not be served.

Required Components per Meal			
BREAKFAST (3)	LUNCH (5)	SUPPER (5)	SNACK (2)
Milk	Milk	Milk	Milk
Grain	Grain	Grain	Grain
Vegetable, Fruit or Both	Meat/Meat Alternate	Meat/Meat Alternate	Meat/Meat Alternate
	Vegetable	Vegetable	Vegetable
	Fruit	Fruit	Fruit

Meal Pattern Flexibilities

One of the goals of the meal pattern is to introduce a variety of foods.

To assist in accomplishing this goal while meeting the nutritional needs of participants, USDA has established meal pattern flexibilities.

1**BREAKFAST****2****LUNCH/SUPPER****3****ADULTS ONLY**

Meal Pattern Flexibilities

BREAKFAST

The first flexibility surrounds the grain component at breakfast. Typically, breakfast requires a milk, grain, and fruit or vegetable or combination of the two.

An allowable flexibility is to **substitute** a meat or meat/alternate in place of the entire grain component at breakfast up to three times per week.

1

BREAKFAST

Up to **3 times per week**, a meat or meat alternate may be served in place of the entire grain component at breakfast.

2

LUNCH/SUPPER

3

ADULTS ONLY

Meal Pattern Flexibilities

LUNCH

The second flexibility allows **two different vegetables** be served in place of a fruit and a vegetable at lunch or supper.

Typically, there is a greater natural exposure to fruits than there is to vegetables. To encourage variety and the introduction of new, nutrient-dense foods at lunch and supper, the fruit component may be substituted with a serving of a second, different vegetable.

1

BREAKFAST

Up to **3 times per week**, a meat or meat alternate may be served in place of the entire grain component at breakfast.

2

LUNCH/SUPPER

A **second type** of vegetable can be served in place of a fruit.

3

ADULTS ONLY

Meal Pattern Flexibilities

ADULTS ONLY

Lastly, in acknowledgement of the different nutritional needs for children and adults, USDA established **milk flexibilities** for adults only. Adult centers may serve yogurt in place of milk once per day – only when yogurt is not served as the meat alternate in the same meal.

Secondly, at supper, it is optional to serve fluid milk. Again, this flexibility only applies for adult centers.

1

BREAKFAST

Up to **3 times per week**, a meat or meat alternate may be served in place of the entire grain component at breakfast.

2

LUNCH/SUPPER

The fruit component may be replaced by a second, different vegetable.

3

ADULTS ONLY: MILK FLEXIBILITIES

Yogurt may be served in place of milk **once per day** when yogurt is not served as a meat alternate in the same meal. A serving of fluid milk is optional at supper.

Serving Sizes

MINIMUM SERVING SIZES

Be sure to review the meal pattern charts. Notice how the established serving sizes vary by **meal type** and **by age groups**. As participants grow older, the serving sizes increase.

These meal pattern charts are available on the CACFP [webpage](#) under the ‘Meal Pattern’ accordion.

Breakfast Meal Pattern

Child and Adult Care Food Program

Required Components at Breakfast: Fluid milk, vegetables/fruits/porions of both, and a grain component at breakfast.		
Food Components	Required <i>minimum</i> serving size by age group	
	Ages 1-2	Ages 3-5
Fluid Milk	4 fl oz or 1/2 cup	6 fl oz or 3/4 cup
Vegetables, Fruits, or Portions of Both	1/4 cup	1/2 cup
Grains	1/2 oz eq	1/2 oz
Meat/Meat Alternates	1/2 oz eq	1/2 oz
Beans or peas	1/8 cup	1/8 cup
Cheese	1/2 oz	1/2 oz
Cottage/ricotta cheese	1/8 cup	1/8 cup
Large Egg	1/4	1/4
Lean meat, poultry, fish	1/2 ounce	1/2 ounce
Nut butter	1 Tbsp	1 Tbsp
Tofu (store-bought or commercially prepared)	1/8 cup	1/8 cup
Yogurt	1/4 cup; 2 oz	1/4 cup; 2 oz

Lunch and Supper Meal Pattern

Child and Adult Care Food Program

Required Components at Lunch and Supper: All five components must be served at lunch and supper.			
Flexibility at Lunch and Supper: A second different vegetable can be served in place of the fruit component.			
Food Components	Required <i>minimum</i> serving size by age group		
	Ages 1-2	Ages 3-5	Ages 6-18
Fluid Milk	4 fl oz or 1/2 cup	6 fl oz or 3/4 cup	8 fl oz or 1 cup
Meat/Meat Alternates	1 oz eq	1.5 oz eq	2 oz eq
Lean meat, poultry, fish	1 oz	1-1/2 oz	2 oz
Tofu, soy product, or alternate protein products	1 oz	1-1/2 oz	2 oz
Cheese	1 oz	1-1/2 oz	2 oz
Large egg	1/2	3/4	1
Cooked dry beans/peas	1/4 cup	3/8 cup	1/2 cup
Nut/seed butters	2 tbsp	3 tbsp	4 tbsp
Yogurt	4 oz; 1/2 cup	6 oz; 3/4 cup	8 oz; 1 cup
Nuts or seeds	1/2 oz	3/4 oz	1 oz
Grains	1/2 oz eq	1/2 oz eq	1 oz eq
Vegetables	1/8 cup	1/4 cup	1/2 cup
Fruits	1/8 cup	1/4 cup	1/2 cup

Snack Meal Pattern

Child and Adult Care Food Program

Required Components at Snack: Select any two components to serve at snack. Only one of the two components may be a creditable beverage, such as milk or juice.					
Food Components	Required <i>minimum</i> serving size by age group				Additional Information
	Ages 1-2	Ages 3-5	Ages 6-18	Adults	
Fluid Milk	4 fl oz or 1/2 cup	4 fl oz or 1/2 cup	8 fl oz or 1 cup	8 fl oz or 1 cup ²	Fluid milk must be pasteurized. Participants 12-23 months must be served whole milk; participants 24 months and older must be served 1% or fat-free milk. Participants ages 6+ may be served flavored low-fat or fat-free milk. Adult participants may be served yogurt in place of milk once per day.
Meat/Meat Alternates	1/2 oz	1/2 oz	1 oz	1 oz	
Lean meat, poultry, fish	1/2 oz	1/2 oz	1 oz	1 oz	
Tofu, soy product, or alternate protein products	1/2 oz	1/2 oz	1 oz	1 oz	
Cheese	1/2 oz	1/2 oz	1 oz	1 oz	
Large egg	1/2	1/2	1/2	1/2	
Cooked dry beans/peas	1/8 cup	1/8 cup	1/4 cup	1/4 cup	
Nut/seed butters	1 tbsp	1 tbsp	2 tbsp	2 tbsp	
Yogurt	2 oz; 1/4 cup	2 oz; 1/4 cup	4 oz; 1/2 cup	4 oz; 1/2 cup	
Nuts or seeds	1/2 oz	1/2 oz	1 oz	1 oz	
Grains	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq	All grains served must be either enriched, whole grain-rich, bran or germ. At least one serving per day must be whole grain-rich. Grain-based desserts do not count towards meeting the grains requirements. Breakfast cereals must contain no more than 8 grams of sugar per dry oz. The serving size for grains is measured in ounce equivalents (oz eq).
Vegetables	1/2 cup	1/2 cup	3/4 cup	1/2 cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.
Fruits	1/2 cup	1/2 cup	3/4 cup	1/2 cup	If juice is served, it must be 100% full-strength juice and may only be served once per day.

August 2023 | Health and Nutrition Services | Arizona Department of Education | This institution is an equal opportunity provider.

Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 1 - Does lunch #1 meet the meal pattern?

Lunch #1

- Chicken
- Rice
- Broccoli
- Watermelon
- Milk



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 1 - Does lunch #1 meet the meal pattern?

Lunch #1

- Chicken
- Rice
- Broccoli
- Watermelon
- Milk

YES

Why? This lunch contains all 5 required components.

Meat/Meat Alternate = Chicken

Grain = Rice

Vegetable = Broccoli

Fruit = Watermelon

Milk = Fluid Milk



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 2 - Does lunch #2 meet the meal pattern?

Lunch #2

- Chicken
- Rice
- Broccoli
- Broccoli
- Milk



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 2 - Does lunch #2 meet the meal pattern?

Lunch #2

- Chicken
- Rice
- Broccoli
- **Broccoli**
- Milk

NO

Why? This lunch contains two vegetables, but they are the same type. Instead of a second serving of broccoli, a fruit or a second type of vegetable can be served.



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 3 - Does lunch #3 meet the meal pattern?

Lunch #3

- Chicken
- Rice
- Broccoli
- Bell Peppers
- Milk



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 3 - Does lunch #3 meet the meal pattern?

Lunch #3

- Chicken
- Rice
- Broccoli
- Bell Peppers
- Milk

YES

Why? This lunch is correctly using the meal pattern flexibility. Instead of a serving of fruit, a second type of vegetable can be served.



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 4 - Does lunch #4 meet the meal pattern?

Lunch #4

- Chicken
- Rice
- Watermelon
- Orange Slices
- Milk



Quiz Time

Does this lunch meet the meal pattern? Why or why not?

Lunch/Supper Requirement: All 5 components are required

Lunch/Supper Flexibility: Serve a second type of vegetable in place of a fruit.

Scenario 4 - Does lunch #4 meet the meal pattern?

Lunch #4

- Chicken
- Rice
- Watermelon
- **Orange Slices**
- Milk

NO

Why? This lunch does not correctly use the meal pattern flexibility. A second fruit cannot be served instead of a vegetable.



Creditable & Non-Creditable Foods

SECTION 3



Creditable Foods

DEFINED

Creditable foods are foods that may be served to satisfy a required meal pattern component. Non-creditable foods are foods that lack the nutritional quality to satisfy a meal pattern component requirement. Items served to enhance the meal, like condiments or spreads, may be served as an extra food item but are not considered a component.

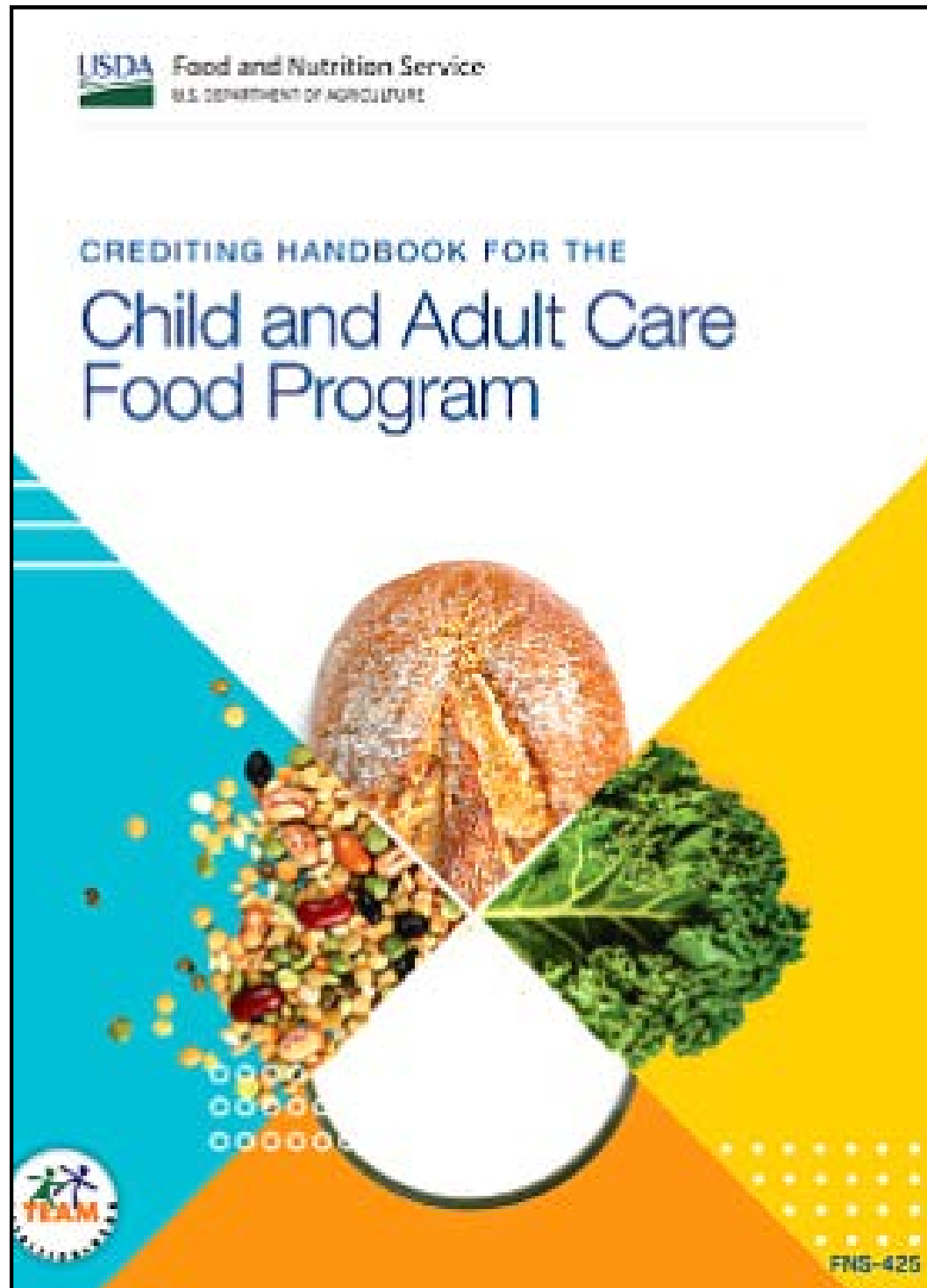
Components:

There are 5 components in the CACFP meal pattern. Foods that fit into 1 of the 5 components are defined as either:

- Creditable Foods or
- Non-Creditable Foods

Condiments/Spreads:

Condiments and spreads are never components, so they are not “creditable” or “non-creditable”. Instead, they are called extras.



Food Crediting

The [Crediting Handbook for the CACFP](#) reflects the updated CACFP meal pattern requirements, which became effective October 2017. This handbook outlines meal pattern requirements and creditable vs non-creditable foods in detail. It is a supplementary resource to the [Food Buying Guide for Child Nutrition Programs](#) and contains additional information on creditable foods.

To remain in compliance with the CACFP meal pattern, it is imperative to have knowledge of creditable and non-creditable foods for each of the five components.

Creditable Foods

MILK

To be creditable, milk must be pasteurized and served in the fluid form. Children 12–23 months of age must be served unflavored whole milk. Participants 24 months and older must receive 1% or skim milk.

Although discouraged due to its high sugar content, flavored milk may be served to participants 6 years and older. If served, it must be fat-free. Adult centers may choose to serve yogurt in place of milk once per day. Milk is also optional at supper for adult participants only.

CREDITABLE CHARACTERISTICS

- Pasteurized and served in fluid form
- Appropriate fat content for age group
 - 12-23 months: whole milk
 - 24 months and older: 1% or skim

LUNCH/SUPPER

- Flavored milk is allowable for participants 6 years+
 - Must be fat-free

FLEXIBILITIES FOR ADULTS ONLY

- Yogurt may be served once per day
- Milk is optional at supper

Creditable Foods

MILK SUBSTITUTES

For children or adults who cannot consume fluid milk due to a preference or dietary need, non-dairy beverages may be served in place of fluid milk. Creditable milk substitutes must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk.

MILK SUBSTITUTES

Creditable milk substitutes must be nutritionally equivalent to cow's milk.



Lactose-free/reduced



Nutritionally-Equivalent Soy Milks



Goat Milk



Breastmilk

Non-Creditable Foods

MILK SUBSTITUTES

Many popular milk substitutes on the market are not nutritionally equivalent to cow's milk. These include nut milks, like almond or cashew, oat milk, rice milk, and pea milk. To be able to claim meals served with any of these substitutes, the substitution must be a result of a medical need and supported by a Participant Menu Modification Form.

MILK SUBSTITUTES

Non-creditable milk substitutes are substitutes that are not nutritionally equivalent to cow's milk.

- ✓ Nut Milks (Almond, Cashew, Coconut)
- ✓ Pea Milk
- ✓ Oat Milk
- ✓ Rice Milk
- ✓ Blends of any of the above
- ✓ Water, juice, or other beverage

Creditable Foods

GRAINS

A grain is a required component at breakfast, lunch, and supper and may be one of the two components served at snack.

Grains are an important source of vitamins and nutrients. A diet rich in whole grains has been shown to reduce the risk of heart disease, type 2 diabetes, obesity, and some forms of cancer.

CREDITABLE GRAIN CRITERIA



All grains must be creditable (enriched, whole, bran or germ)



All breakfast cereal must be low in sugar



One grain per day must be whole grain-rich

Creditable Foods

GRAINS

The first way to identify if a grain is creditable is if the product is labeled “whole grain” or “enriched”.

Usually, the terms “whole grain” or “enriched” are on the front on the packaging label.

CREDITABLE GRAIN CRITERIA



All grains must be creditable (enriched, whole, bran or germ)



All breakfast cereal must be low in sugar



One grain per day must be whole grain-rich

Creditable Foods

GRAINS

A creditable grain requires use of the grain item's ingredients list, which can be found on the product under the nutrition facts label. If the first ingredient, or second after water, is whole, enriched, bran or germ, the grain item is **creditable**.

INGREDIENTS: **ENRICHED** WHEAT FLOUR
[FLOUR, MALTED BARLEY FLOUR, REDUCED
IRON, NIACIN, THIAMIN MONONITRATE
(VITAMIN B1), RIBOFLAVIN (VITAMIN B2), FOLIC
ACID], WATER, WHOLE GRAIN WHEAT FLOUR,
SUGAR, YEAST, WHEAT GLUTEN, CELLULOSE
FIBER, CALCIUM SULFATE, SALT, SOYBEAN OIL,
PRESERVATIVES (CALCIUM PROPIONATE,
SORBIC ACID), SOY FLOUR, MONOGLYCERIDES,
DATEM, CITRIC ACID, SOY LECITHIN, VITAMIN
D3, POTASSIUM IODATE, GRAIN VINEGAR,
MONOCALCIUM PHOSPHATE. R19-080-202308
CONTAINS WHEAT, SOY.
MADE IN A BAKERY THAT MAY ALSO USE MILK,
TREE NUTS.

Creditable Foods

GRAINS

The second grain requirement is that all breakfast cereal must be low in sugar.

Creditable breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

CREDITABLE GRAIN CRITERIA



All grains must be creditable
(enriched, whole, bran or germ)



All breakfast cereal must be low in
sugar



One grain per day must be whole
grain-rich

Creditable Foods

CEREAL SUGAR LIMITS

There are two ways to find cereals that meet this sugar limit. One way is to use any State's Women, Infants, and Children (WIC) Foods [list](#). WIC and CACFP have the same sugar limit for breakfast cereal, so any cereal listed on any State's WIC list will also meet the sugar limit for cereals in the CACFP.

Arizona WIC Programs Food List

Effective October 1, 2019



Creditable Foods

CEREAL SUGAR LIMITS

You can also find cereals that meet the sugar limit by using Team Nutrition's Choose Breakfast Cereals That Are Lower in Added Sugars [worksheet](#). This worksheet provides guidance to find creditable cereals in 4 easy steps.


Food and Nutrition Service
 U.S. DEPARTMENT OF AGRICULTURE



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

- Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

- In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Cereal Sugar Limits

STEP 1

Use the Nutrition Facts label to find the Serving Size, in grams (g), of the cereal.

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



Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

- 1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
- 2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.
- 3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.
- 4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size $\frac{3}{4}$ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

*Serving sizes here refer to those commonly found for breakfast cereals.

Cereal Sugar Limits

STEP 2

Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.

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

Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the "Added Sugars" column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts
15 servings per container
Serving size ¾ cup (30g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



Cereal Sugar Limits

STEP 3

Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Yummy Brand Cereal

Nutrition Facts
15 servings per container
Serving size ¾ cup (30g)

Amount per serving
Calories 100

% Daily Value*

Total Fat 0.5g

1%

Saturated Fat 0g

0%

Trans Fat 0g

Cholesterol 0mg

0%

Sodium 140mg

6%

Total Carbohydrate 22g

7%

Dietary Fiber 3g

11%

Total Sugars 5g

Includes 4g Added Sugars

8%

Protein 3g

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

Cereal Sugar Limits

STEP 4

In the table, look at the number to the right of the serving size amount, under the “Sugars” column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

In this example, the maximum amount of sugar allowed in 30 grams of cereal is 6 grams. Because this cereal only has 4 grams of added sugar per 30 gram serving, it is below the limit of 6 grams and therefore is creditable.

Yummy Brand Cereal	
Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

Creditable Foods

GRAINS

The third and final grains requirement is that at least one serving of grains each day contains a **whole grain-rich** component.

CREDITABLE GRAIN CRITERIA



All grains must be creditable
(enriched, whole, bran or germ)



All breakfast cereal must be low in
sugar



One grain per day must be whole
grain-rich

Whole Grain-Rich

DEFINED

Foods that meet the whole grain-rich criteria are foods containing at least **50% whole grains** and the remaining grains in the food are creditable. There are **six methods** to identify these grains:

1. Food is labeled whole wheat and meets FDA's Standard of Identity
2. Food is found on any State Agency's WIC-Approved whole grain food list
3. FDA Statement
4. Rule of Three
5. Food meets the whole grain-rich criteria under the NSLP
6. Manufacturer Documentation of Standardized Recipe

As long as it meets any one of these six methods, it is considered whole grain-rich.

Identifying Whole Grain-Rich

METHOD 1: BREAD AND PASTA

An FDA Standard of Identity is a set of rules for what a certain product must contain or may contain to legally be labeled with the product name.

- ✓ Food is labeled whole wheat **AND**
- ✓ Meets FDA's Standard of Identity

Identifying Whole Grain-Rich

METHOD 1: BREAD AND PASTA

Only breads and pastas with these exact product names conform to FDA’s Standard of Identity and can be considered whole grain-rich using this method.

FDA Standard of Identity	
BREAD	PASTA
Whole wheat bread/rolls/buns	Whole wheat macaroni
Entire wheat bread/rolls/buns	Whole wheat spaghetti
Graham bread/rolls/buns	Whole wheat vermicelli
	Whole wheat macaroni product

Quiz Time

Are these buns whole grain-rich based on Method 1?

A YES

B NO



Quiz Time

Are these buns whole grain-rich based on Method 1?

A YES

B NO



YES! The food is labeled whole wheat and meets FDA's standard of identity.



Identifying Whole Grain-Rich

METHOD 2

Method 2 requires use of the WIC list. Grain products on ANY State Agency's WIC-approved whole grain food list meet CACFP whole grain-rich criteria.

Complete product guides that identify all WIC approved food products can be found on State agency websites. Arizona's WIC list is located on ADE's CACFP [program forms and resources page](#) under the "Identifying and Preparing Nutritious and Creditable Foods section."

Identifying Whole Grain-Rich

METHOD 3

The FDA **whole grain health claims** are sufficient documentation to demonstrate compliance with whole grain-rich criteria in the CACFP. If one of these two claims is found on a grain items packaging, the item is whole grain-rich for the CACFP. This claim is most commonly found on whole grain crackers and oatmeal.

1. *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.*
2. *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.*

Identifying Whole Grain-Rich

METHOD 4

Method 4 is one of the more commonly used methods to identify an item as whole grain-rich. In the CACFP, you can identify grains that are whole grain-rich by looking at the **first three** grain ingredients that appear on the ingredient list.

This method is known as the **Rule of Three**.

1. First Ingredient: The first ingredient, or second after water, must be whole grain.
2. Second + Third Ingredients (if any): The next two grain ingredients, if any, must be whole grain, enriched grain, bran, or germ.

Identifying Whole Grain-Rich

METHOD 4

The first step is to find the ingredients list. The ingredients list is printed on the food packaging of products. This list includes information on flours, grains, and other ingredients that are in the product.

1. Find the ingredients list

Identifying Whole Grain-Rich

METHOD 4

The second step is to simplify the ingredients list by removing disregarded ingredients.

1. Find the ingredients list

2. **Simplify the ingredients list**

Disregarded ingredients are ingredients that may be ignored as these ingredients are not included in the rule of three. These disregarded ingredients include:

- non-grain ingredients like water, sugars, oils, spices;
- any ingredients listed as less than 2% of the product weight; and
- grain derivatives such as gluten, starch, and dextrin.

Identifying Whole Grain-Rich

METHOD 4

The third step is to identify if the first ingredient is a whole grain. For a grain item to be whole grain-rich based on the rule of three, the first ingredient or second after water must be a whole grain.

1. Find the ingredients list
2. Simplify the ingredients list
3. **Identify if the first ingredient is a whole grain**

Whole Grains		
• Amaranth	• Old fashioned oats	• Triticale flour
• Amaranth flour	• Popcorn	• Wheat berries
• Brown rice	• Quick cooking oats	• Wheat groats
• Brown rice flour	• Quinoa	• White whole wheat flour
• Buckwheat	• Rye groats	• Whole corn
• Buckwheat flour	• Sorghum	• Whole durum flour
• Buckwheat groats	• Sorghum flour	• Whole grain corn
• Bulgur	• Spelt berries	• Whole grain corn flour
• Corn masa/masa harina	• Sprouted brown rice	• Whole grain oat flour
• Corn flour	• Sprouted buckwheat	• Whole grain spelt flour
• Cornmeal	• Sprouted spelt	• Whole grain wheat
• Cracked wheat	• Sprouted whole rye	• Whole grain wheat flakes
• Graham flour	• Sprouted whole wheat	• Whole grain wheat flour
• Instant oatmeal	• Steel cut oats	• Whole rye flour
• Millet	• Teff	• Whole wheat flour
• Millet flour	• Teff flour	
• Oats	• Triticale	
• Oat groats		

Identifying Whole Grain-Rich

METHOD 4

The Rule of Three can be simplified into five steps:

1. Find the ingredients list
2. Simplify the ingredients list
3. Identify if the first ingredient is a whole grain
4. **Identify if the second grain ingredient, if any, is whole, enriched, bran or germ**

Identifying Whole Grain-Rich

METHOD 4

The Rule of Three can be simplified into five steps:

1. Find the ingredients list
2. Simplify the ingredients list
3. Identify if the first ingredient is a whole grain
4. Identify if the second grain ingredient, if any, is whole, enriched, bran or germ
5. **Identify if the third grain ingredient, if any, is whole, enriched, bran or germ**

Practice the Rule of Three

Identify if the flour tortillas are whole grain-rich based on the rule of three.

1. **Find the ingredients list**
2. Simplify the ingredients list
3. Identify if the first ingredient is a whole grain
4. Identify if the second grain ingredient, if any, is whole, enriched, bran or germ
5. Identify if the third grain ingredient, if any, is whole, enriched, bran or germ



INGREDIENTS: WHOLE WHEAT FLOUR, WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT, SUGAR, BAKING SODA, SODIUM ACID PYROPHOSPHATE, CELLULOSE GUM, DISTILLED MONOGLYCERIDES, ENZYMES, ASORBIC ACID, FUMARIC ACID AND CALCIUM PROPIONATE, SORBIC ACID AND CITRIC ACID (TO MAINTAIN FRESHNESS).

Practice the Rule of Three

Identify if the flour tortillas are whole grain-rich based on the rule of three.

1. Find the ingredients list
2. **Simplify the ingredients list**
3. Identify if the first ingredient is a whole grain
4. Identify if the second grain ingredient, if any, is whole, enriched, bran or germ
5. Identify if the third grain ingredient, if any, is whole, enriched, bran or germ



INGREDIENTS: WHOLE WHEAT FLOUR, ~~WATER, VEGETABLE SHORTENING (INTERESTERIFIED AND HYDROGENATED SOYBEAN OILS), CONTAINS 2% OR LESS OF: SALT, SUGAR, BAKING SODA, SODIUM ACID PYROPHOSPHATE, CELLULOSE GUM, DISTILLED MONOGLYCERIDES, ENZYMES, ASORBIC ACID, FUMARIC ACID AND CALCIUM PROPIONATE, SORBIC ACID AND CITRIC ACID (TO MAINTAIN FRESHNESS).~~

Practice the Rule of Three

Identify if the flour tortillas are whole grain-rich based on the rule of three.

1. Find the ingredients list
2. Simplify the ingredients list
3. **Identify if the first ingredient is a whole grain**
4. Identify if the second grain ingredient, if any, is whole, enriched, bran or germ
5. Identify if the third grain ingredient, if any, is whole, enriched, bran or germ



INGREDIENTS: **WHOLE WHEAT FLOUR**
~~WATER, VEGETABLE SHORTENING~~
~~(INTERESTERIFIED AND HYDROGENATED~~
~~SOYBEAN OILS), CONTAINS 2% OR LESS OF:~~
~~SALT, SUGAR, BAKING SODA, SODIUM ACID~~
~~PYROPHOSPHATE, CELLULOSE GUM,~~
~~DISTILLED MONOGLYCERIDES, ENZYMES,~~
~~ASORBIC ACID, FUMARIC ACID AND CALCIUM~~
~~PROPIONATE, SORBIC ACID AND CITRIC ACID~~
~~(TO MAINTAIN FRESHNESS).~~

Practice the Rule of Three

Identify if the flour tortillas are whole grain-rich based on the rule of three.

1. Find the ingredients list
2. Simplify the ingredients list
3. Identify if the first ingredient is a whole grain
4. **Identify if the second grain ingredient, if any, is whole, enriched, bran or germ**
5. **Identify if the third grain ingredient, if any, is whole, enriched, bran or germ**



INGREDIENTS: WHOLE WHEAT FLOUR
~~WATER, VEGETABLE SHORTENING~~
~~(INTERESTERIFIED AND HYDROGENATED~~
~~SOYBEAN OILS), CONTAINS 2% OR LESS OF:~~
~~SALT, SUGAR, BAKING SODA, SODIUM ACID~~
~~PYROPHOSPHATE, CELLULOSE GUM,~~
~~DISTILLED MONOGLYCERIDES, ENZYMES,~~
~~ASORBIC ACID, FUMARIC ACID AND CALCIUM~~
~~PROPIONATE, SORBIC ACID AND CITRIC ACID~~
~~(TO MAINTAIN FRESHNESS).~~

Practice the Rule of Three

Yes! This item is whole grain-rich.



First Ingredient: Is the first ingredient, or second after water, whole grain?



Second Grain Ingredient: Is there a second grain ingredient? If yes, is it whole grain, enriched grain, bran, or germ?



Third Grain Ingredient: Is there a second grain ingredient? If yes, is it whole grain, enriched grain, bran, or germ?



INGREDIENTS: WHOLE WHEAT FLOUR
~~WATER, VEGETABLE SHORTENING~~
~~(INTERESTERIFIED AND HYDROGENATED~~
~~SOYBEAN OILS), CONTAINS 2% OR LESS OF:~~
~~SALT, SUGAR, BAKING SODA, SODIUM ACID~~
~~PYROPHOSPHATE, CELLULOSE GUM,~~
~~DISTILLED MONOGLYCERIDES, ENZYMES,~~
~~ASORBIC ACID, FUMARIC ACID AND CALCIUM~~
~~PROPIONATE, SORBIC ACID AND CITRIC ACID~~
~~(TO MAINTAIN FRESHNESS).~~

Identifying Whole Grain-Rich

METHOD 5

The fifth method allows operators familiar with the National School Lunch Program to utilize the National School Lunch Program's whole grain-rich criteria for identifying whole grain-rich foods for the CACFP.

The [Whole Grain Resource](#) for the National School Lunch and Breakfast Programs is a comprehensive guide to determine whether a grain product is whole grain-rich or can credit as enriched in school meals.



Identifying Whole Grain-Rich

METHOD 6

The 6th method allows for proper documentation from a manufacturer or a standardized recipe to support that whole grains are the primary grain ingredient by weight.

Formulation Statement for Documenting Grains in School Meals
This Option is Available for SY 2012-2013
(Previous Crediting Standards Based on Grams of Creditable Grains)

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative. Grain products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 30-2012) must be used beginning SY 2013-2014. SFAs have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: _____ Code No.: _____

Manufacturer: _____ Serving Size _____
(raw dough weight may be used to calculate creditable grain amount)

I. Does the product meet the Whole Grain-Rich Criteria: Yes _____ No _____
(Refer to SP 30-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program)

II. Use the Exhibit A chart in the Food Buying Guide (page 3-15 & 16) to determine if the product fits into Groups A-G, Group H or Group I. (Different methodologies are applied to calculate servings of grain component based on creditable grains. Groups A-G use the standard of 14.75grams per serving; Group H uses the standard of 25grams per serving; and Group I is reported by volume or weight, whichever is less).

Indicate which Exhibit A Group (A-I) the Product Belongs: _____

Description of Creditable Grain Ingredient*	Grams of Creditable Grain Ingredient per Portion ¹	Gram Standard of Creditable Grain per Serving (14.75g or 25g)²	Creditable Amount A + B
	A	B	
A. Total Creditable Amount³			

* Creditable grains are whole-grain meal/flour and enriched meal/flour.
¹ (Serving size) X (% of creditable grain in formula). Please be aware serving size other than grams must be converted to grams.
² Standard grams of creditable grains from the corresponding Group in Exhibit A.
³ Total Creditable Amount must be rounded **down** to the nearest quarter (0.25) serving. Do **not** round up.

Total weight (per portion) of product as purchased _____
Total contribution of product (per portion) _____

I further certify that the above information is true and correct and that a ____ ounce portion of this product (ready for serving) provides a ____ serving(s) of Grains/Breads.

Signature _____

Title _____

Printed Name _____

Date _____

Phone Number _____

Identifying Whole Grain-Rich

METHOD C

Lastly, method C for cereals.

If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water), and it is fortified (meaning it has added vitamins and minerals), it also meets the whole grain-rich criteria.



Don't forget! Cereal also has to meet sugar limits in order to be creditable in the first place.

Creditable Foods

MEAT/MEAT ALTERNATE

Meat and meat alternates are an important source of protein, iron, B vitamins and other nutrients.

A meat/meat alternate is a required component lunch and supper. Up to three times per week, it may be served in place of the entire grain component at breakfast, and may be one of the two components served at snack.

CREDITABLE MEAT/ MEAT ALTERNATES

- Lean Meat
- Poultry
- Fish
- Cheese
- Eggs
- Beans and Peas
- Yogurt
- Tofu
- Nuts, Seeds, Nut Butters

Creditable Foods

MEAT/MEAT ALTERNATE

Processed, or commercially prepared meat or grain items, such as chicken patties, nuggets, burritos, pizza, corn dogs or fish sticks, may credit as a meat/meat alternate if appropriate documentation is on file. The documentation needed is a Child Nutrition label or a Product Formulation Statement provided by the manufacturer. It is a best practice that these items be limited due to being high in fat and sodium.

Creditable Foods

MEAT/MEAT ALTERNATE

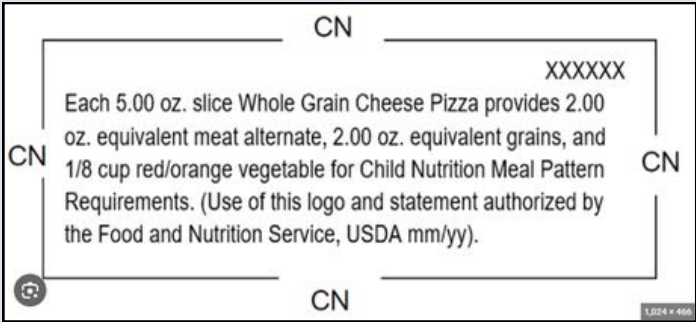
Documentation required if serving convenience items that count toward the grain or meat/meat alternate component to assist in correct portions served.

- Examples: Chicken patties/nuggets, pizza, burritos, fish sticks, corn dogs, ravioli, etc.

Similarly, if processed, or commercial meats like sandwich meat and hot dogs are served they must either contain no byproducts, cereals, or extenders or supported by a Child Nutrition label or a Product Formulation Statement provided by the manufacturer.

CHILD NUTRITION (CN) LABEL

CN labels sometimes appear on the packaging. A CN label contains 4 sides labeled “CN”.



PRODUCT FORMULATION STATEMENT (PFS)

If a CN label isn't on the packaging, you can email the manufacturer for a PFS.

Creditable Foods

BEANS AND PEAS

Beans & Peas are a creditable food within the Meat/Meat Alternate Component or the Vegetable Component, but not both in the same meal.

Creditable Foods

NUTS, SEEDS, AND NUT BUTTER

Nuts, seeds, and nut butter like peanut butter, sun butter, almonds, cashews, etc., may be served as a meat alternate.

Acorns and chestnuts lack the nutritional properties to satisfy the meat alternate component and therefore are *not* creditable.

Creditable Foods

TOFU

Store-bought, or commercially prepared tofu can be provided as a meat alternate. To be creditable, the tofu must be firm or extra firm and easily recognizable as a meat substitute.

Creditable Foods

YOGURT

Commercial yogurt and soy yogurt may be served as a meat alternate. Yogurt must be store-bought, it cannot be homemade.

Further, yogurt products, like frozen yogurt, drinkable yogurt, yogurt bars and yogurt covered fruits and nuts are not creditable meat alternates. Yogurt has sugar limits! To be creditable, yogurt must contain no more than **12 grams of added sugars per 6 ounces.**



Utilize Team Nutrition's [Choose Yogurts that are Lower in Sugar worksheet](#) to identify if a yogurt is sugar compliant.

Creditable Foods

VEGETABLE

There are many benefits to serving vegetables. Vegetables help children and adults get important nutrients and dietary fiber, which helps reduce the risk of certain diseases like heart disease and type 2 diabetes and contributes to a feeling of fullness. They also add color, crunch, and flavor to meals and snacks.

Vegetables are an optional component at breakfast, required at lunch and supper, and may be served one of the two components served at snack.

Creditable Foods

VEGETABLE

Vegetables must be served in the following ways:

- Vegetables may be served fresh, frozen, canned, or as 100% pasteurized vegetable juice.
- Pasteurized, 100% vegetable juice (or fruit juice) may be served at only one meal, including snacks, per day.
- Cooked dry beans and peas may credit as either a vegetable or as a meat alternate, but not as both in the same meal.
- A vegetable may be used to meet the entire fruit requirement at lunch and supper. When two vegetables are served at lunch or supper, two different types of vegetables must be served.
- When serving vegetables, the serving size is based on volume, except 1 cup raw leafy greens credits as $\frac{1}{2}$ cup vegetable.

Creditable Foods

FRUIT

Fruit is a required component at breakfast, lunch, and supper and may be one of the two components served at snack. Fruits may be served fresh, frozen, canned, dried, or as 100% pasteurized fruit juice. Pasteurized, full-strength, 100% fruit juice (or vegetable juice) may only be served once per day. It is a best practice to offer a variety of fruits, especially whole fruits in lieu of serving 100% fruit juice.

Common **non-creditable** fruits include:

- fruit flavored items;
- fruit flavored beverages or fruit snacks gelatin like pudding with fruit or Jell-O; and/or
- Jelly and jam may be served as a condiment (extra item).

Summary

The goal of the CACFP is to improve the health and nutrition of children and adults while promoting the development of good eating habits through nutrition education. Implementing the CACFP meal patterns helps to ensure children and adults receive wholesome and nutritious meals.

This training reviewed the five meal pattern components and what foods are creditable within each component.

INTRODUCTION TO THE MEAL PATTERN

Implementing the CACFP meal patterns helps to ensure children and adults receive wholesome and nutritious meals.

CHILD AND ADULT MEAL PATTERN

There are 5 Meal Pattern Components and minimum serving sizes for each age group. The CACFP Meal Pattern varies for meals and snacks.

CREDITABLE + NON-CREDITABLE FOODS

Foods can be creditable or not creditable within each component. Some items are “Extra” such as condiments and spreads.

CONTACT US

If you have a question or require additional assistance, please contact your assigned specialist or contact HNS.



602-542-8700



[HelpDesk](#)



www.azed.gov/hns





Congratulations

**You have completed the Online Course:
Introduction to the CACFP Meal Pattern and
Creditable Foods**

ADHS Empower Program

This training counts toward Empower Program training requirements.

Arizona Early Childhood Workforce Registry

This training is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your registry transcript, please provide your Workforce Registry ID when completing the survey.

Certificate

Requesting a training certificate

This training counts toward Empower Program training requirements. It is listed on the Arizona Early Childhood Workforce Registry. If you want this training to appear on your Registry transcript, please provide your ID in the completion survey.

Information to include when documenting training completion:

Training Title:

**Introduction to the
CACFP Meal Pattern and
Creditable Foods**

Length: 1 hour

Please note, attendees must document the amount of training hours indicated on the training despite the amount of time it takes to complete it.





In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.) should contact the state or local agency that administers the program or contact USDA through the Telecommunications Relay Service at 711 (voice and TTY). Additionally, program information may be made available in languages other than English.

To file a program discrimination complaint, complete the USDA Program Discrimination Complaint Form, [AD-3027](#), found online at [How to File a Program Discrimination Complaint](#) and at any USDA office or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

1. **Mail:** U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Mail Stop 9410, Washington, D.C. 20250-9410;
2. **Fax:** (202) 690-7442; or
3. **Email:** program.intake@usda.gov.

USDA is an equal opportunity provider, employer, and lender.