



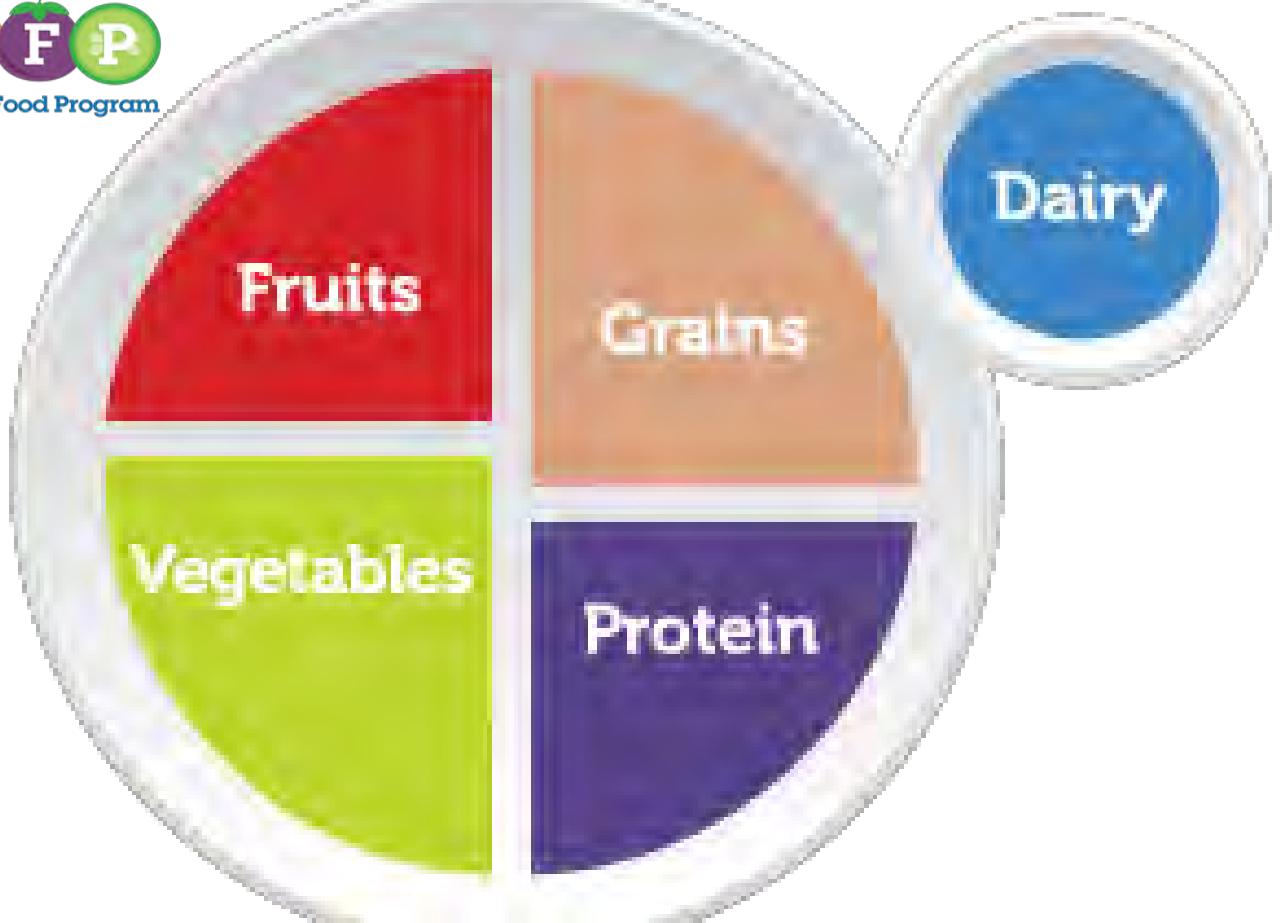
CACFP Updated Meal Pattern Requirements and Flexibilities Refresher



Georgia Dept
of Early Care
and Learning
BRIGHT FROM THE START



Child & Adult Care Food Program



Meal Pattern Requirements

Meal Pattern Requirements were updated on October 1, 2017. The purpose of this update was to enhance meals which included:

- Greater variety of vegetables and fruits
- More whole-grains
- Less added sugars and;
- Less saturated fats



Meat/Meat Alternatives



Types of Meats and Substitutes

Meat and Alternatives	Plant-Based Meat Substitutes
<ul style="list-style-type: none">• Meat and poultry<ul style="list-style-type: none">• beef, lamb, pork, chicken, turkey, etc.• Fish and seafood• Tofu, tempeh, soybeans• Legumes<ul style="list-style-type: none">• beans, lentils, chickpeas• Eggs• Cheese and Greek-style yogurt• Peanut butter• Hemp and pumpkin seeds	<ul style="list-style-type: none">• Tofu<ul style="list-style-type: none">• Source: Grilled Buffalo Tofu Po' Boy with Apple Slaw• Tempeh• Gluten-Free, Vegan Meat• Jackfruit• Mushrooms• Lentils.

Yogurt

Yogurt must contain no more than 23g of sugar per 6 ounces.



Providers Choice Approved Yogurt List

The yogurts listed below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements. Yogurts must contain no more than 23 grams of sugar per 6 ounces. Please contact Providers Choice with questions.

Name Brands



AE Yogurt
Whole Milk Yogurt
All flavors



Two Good
Lowfat Greek
Yogurt
All flavors



Brown Cow
Apricot-Mango,
Coffee, Lemon,
Maple & Vanilla
Flavors



Chobani
Fruit on the Bottom,
Blended & Smooth
All flavors



Dannon Light & Fit
Original & Greek
All flavors



Danimals
Pouches & Nonfat
All flavors



Dannon
Plain, Creamy
& Lowfat Plain



Dannon Oikos
Greek Whole Milk &
Nonfat
All flavors



Activia
Original, Fiber &
Greek
Strawberry &
Blueberry flavors



Siggi's
Cups & Tubes
All flavors



Stonyfield
Fruit on the Bottom,
Grassfed, Greek,
Smooth & Creamy
All flavors



Stonyfield Kids &
Yo Baby
Cups, Pouches
& Tubes
All flavors



Yoplait
Original & Lactose-
Free



Yoplait GoGurt &
Simply GoGurt
All flavors



Yoplait Kid Cups
All flavors/
characters



Yoplait Greek
& **Greek Whips**
All flavors



Silk
Soy Yogurt
All flavors creditable



Stonyfield
Dairy-Free
Vanilla flavor only



Any brand of **PLAIN** regular yogurt or
PLAIN Greek yogurt is creditable.

Store Brands



Aldi
Friendly Farms
Greek Fruit on the Bottom,
Greek Traditional, Moo
Tubes & Original Low Fat
Simply Nature
Whole Milk
All flavors



Cub
Essential Everyday
Blended &
Greek
All flavors *except honey
salted caramel*



HyVee
Greek,
Greek Fruit on the Bottom &
Yo Tube Go
All flavors *except honey
salted caramel*



Target
Simply Balanced
Greek, Blended Greek &
Yogurt Pouches
All flavors
Good & Gather
Blended Greek
All flavors



Walmart
Great Value
Greek & Original
All flavors *except mixed berry*

Note: Products change frequently. Check labels to confirm that a yogurt is creditable.

*Seasonal, limited edition, or specialty flavors are not included on this list.

January 2021

Meat & Meat Alternatives

Meal	1-2	3-5	6-12 & 13-18	Adults
Breakfast*	1 oz	1 1/2 oz	2 oz	2 oz
Lunch & Supper	1 oz	1 1/2 oz	2 oz	2 oz
Snack	1/2 oz	1/2 oz	1 oz	1 oz

*Meat/Meat Alternatives may be substituted for a grain (breakfast only) a maximum of three times a week.

Milk Requirements



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Milk

Newborn through 11 months old

- Breastmilk and Iron-fortified formula

Breastmilk is allowed until any age in the CACFP

12 months through 23 months

- Unflavored whole milk

Iron-fortified formula may be served between 12-13 months to help transition to whole milk



Milk

2 years through 5 years

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

Unflavored whole milk and unflavored reduced-fat 2% milk may be served to children 23 months to 24 months to help with the transition to skim/1% milk.

6 through 12 years, 13 years through 18 years, and adults

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



Milk

Adult Participants

- Yogurt may be served in place of milk once a day.
- A serving of milk is optional at supper.



Milk

Meal	1-2	3-5	6-12 & 13-18	Adults
Breakfast	1/2 cup	3/4 cup	1 cup	1 cup
Lunch & Supper	1/2 cup	3/4 cup	1 cup	1 cup
Snack	1/2 cup	1/2 cup	1 cup	1 cup

1/2 cup = 4oz

3/4 cup = 6 oz

1 cup = 8oz



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MILK CALCULATION CHART

INSTRUCTIONS: Only enter in the gray boxes as indicated for each header under each age group: total number of children/adults, number of meals served with milk and number of operating days and the worksheet will automatically calculate and total the amount of milk needed by gallon or half pint. If you entered a monthly amount, the worksheet will also calculate the weekly amount of milk needed. Whole milk is required for 1 year olds. Skim or Fat free milk is required for everyone 2 years of age and older. Flavored milk can only be served to participants 6 years of age and older. Milk is required for Breakfast, Lunch, & Supper meals. **Except for Adult meals. Refer to the Crediting Food guide and CACFP Handbooks for further information.

Age Group	Total Number of Children/Adults	Age/Serving Sizes	Meal Services	Number of Operation Days	Total oz. Needed	Total Gallons or $\frac{1}{2}$ Pints Needed	Weekly TOTAL
X the number of meals served with Milk							
1 year olds (Whole Milk)	10	4	2	20			$\div 4.33$
					Total Whole Milk :	<u>1600</u>	<u>12.5</u>
						<u>128</u>	# Gallons
						<u>1600</u>	<u>200</u>
						<u>8</u>	# $\frac{1}{2}$ Pints
2 year olds	10	4	2	20			46.189376
3-5 year olds	10	6	2	20			
6-12 year olds or At-Risk	10	8	2	20	Total :	<u>7200</u>	<u>56.25</u>
						<u>128</u>	# Gallons
						<u>7200</u>	<u>900</u>
						<u>8</u>	# $\frac{1}{2}$ Pints
X the number of meals served with Milk							
Adults		8			Total :	<u>0</u>	<u>0</u>
						<u>128</u>	# Gallons
						<u>0</u>	<u>0</u>
						<u>8</u>	# $\frac{1}{2}$ Pints

www.decal.ga.gov → Programs → Nutrition → CACFP Forms
 → Milk Calculation Chart



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Milk Substitutions in the CACFP



**Low-Fat or Fat Free Lactose-Reduced
Buttermilk
Acidified Milk
Soy Milk (calcium & vitamin D fortified)**

**Goat Milk
Sheep Milk
Buffalo Milk**



**Juice
Almond Milk & Almond Milk Plus
Rice Milk
Cashew Milk
Coconut Milk
Calcium-Fortified Orange Juice**

**Hemp Milk
Oat Milk
Whole-Grain Milk
Flax Milk
Water**



Any requests of these must be made through a medical statement, related to disability, and prescribed by a licensed physician.



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Vegetables & Fruit Requirements



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Vegetables & Fruit

Most Americans do not eat enough vegetables and fruit according to the Dietary Guidelines for Americans. The latest meal pattern requirements focuses on increasing vegetables and fruit that are nutritious (without the extra salt, starch, fat and sugar).

- Juice is limited to once a day
- Vegetable and fruit components are now separate
- Lunch and Supper- a vegetable may be used to meet the fruit requirement
- Vegetable must be the same serving size as the fruit requirement



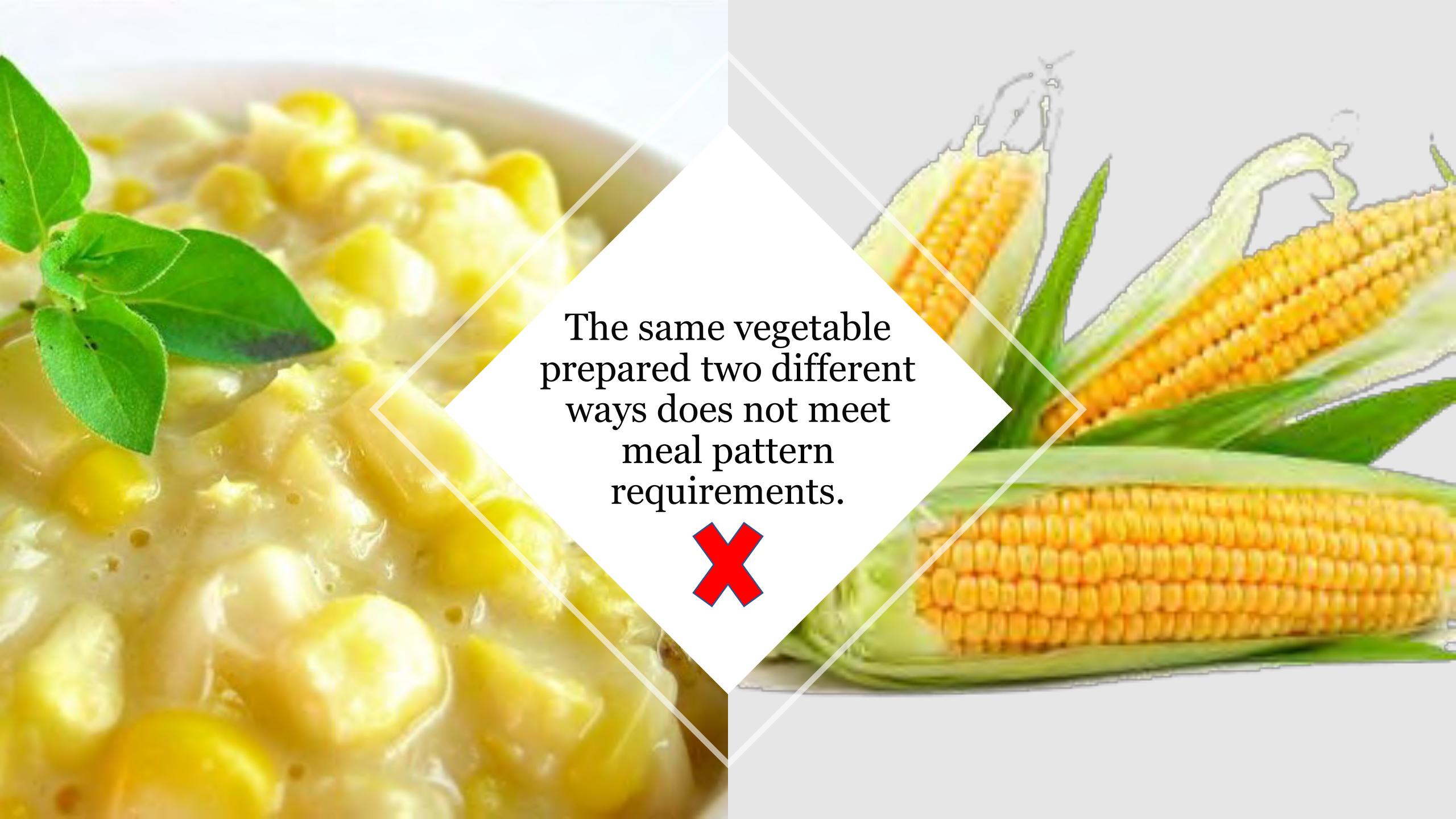
Vegetables & Fruit

Approved combinations for vegetable and fruit for lunch and supper.

- Vegetable and Fruit
- Vegetable and Vegetable

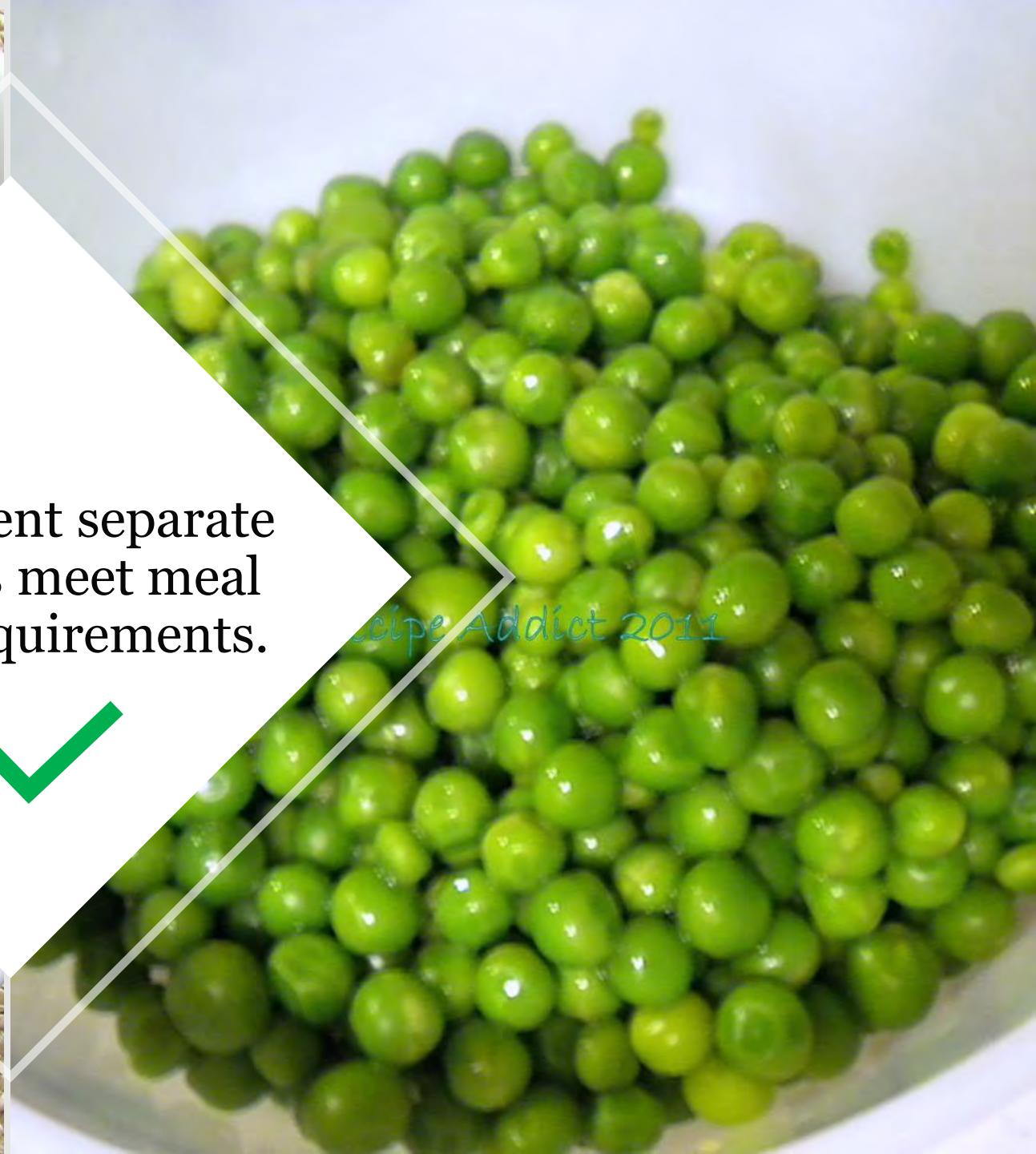
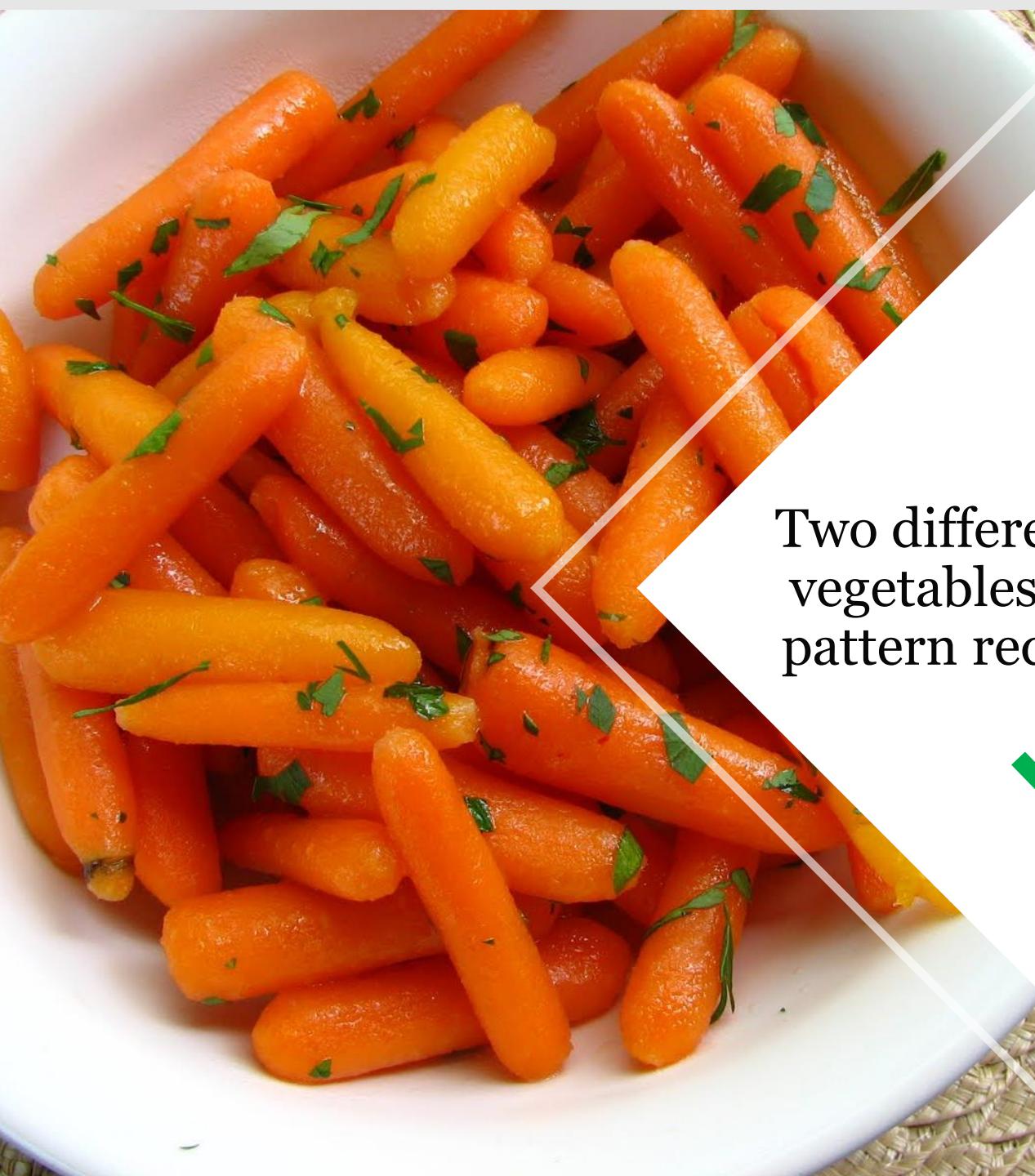
Must be two separate vegetables. Two servings of the same vegetable will not meet the meal pattern requirements.





The same vegetable prepared two different ways does not meet meal pattern requirements.

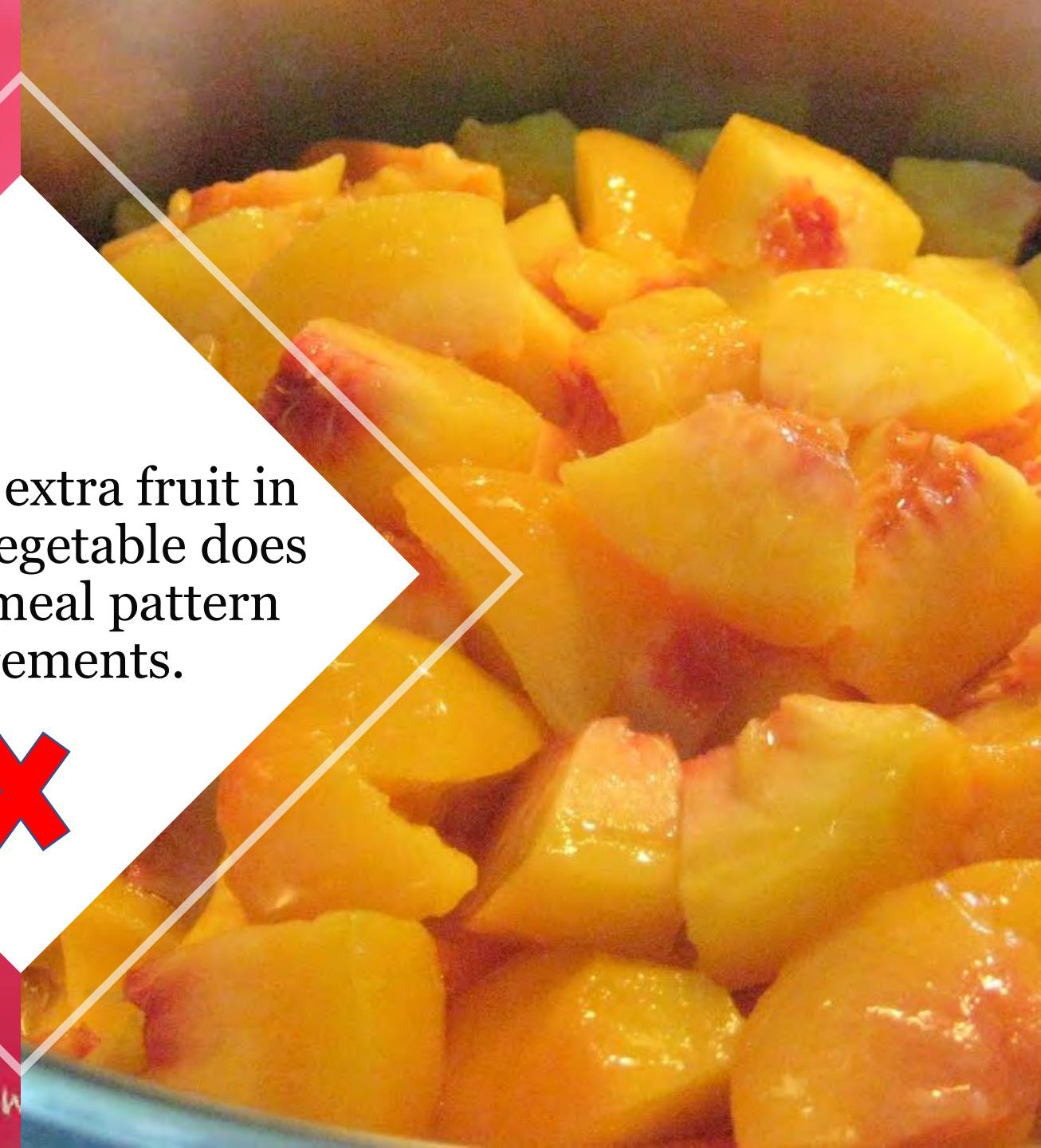
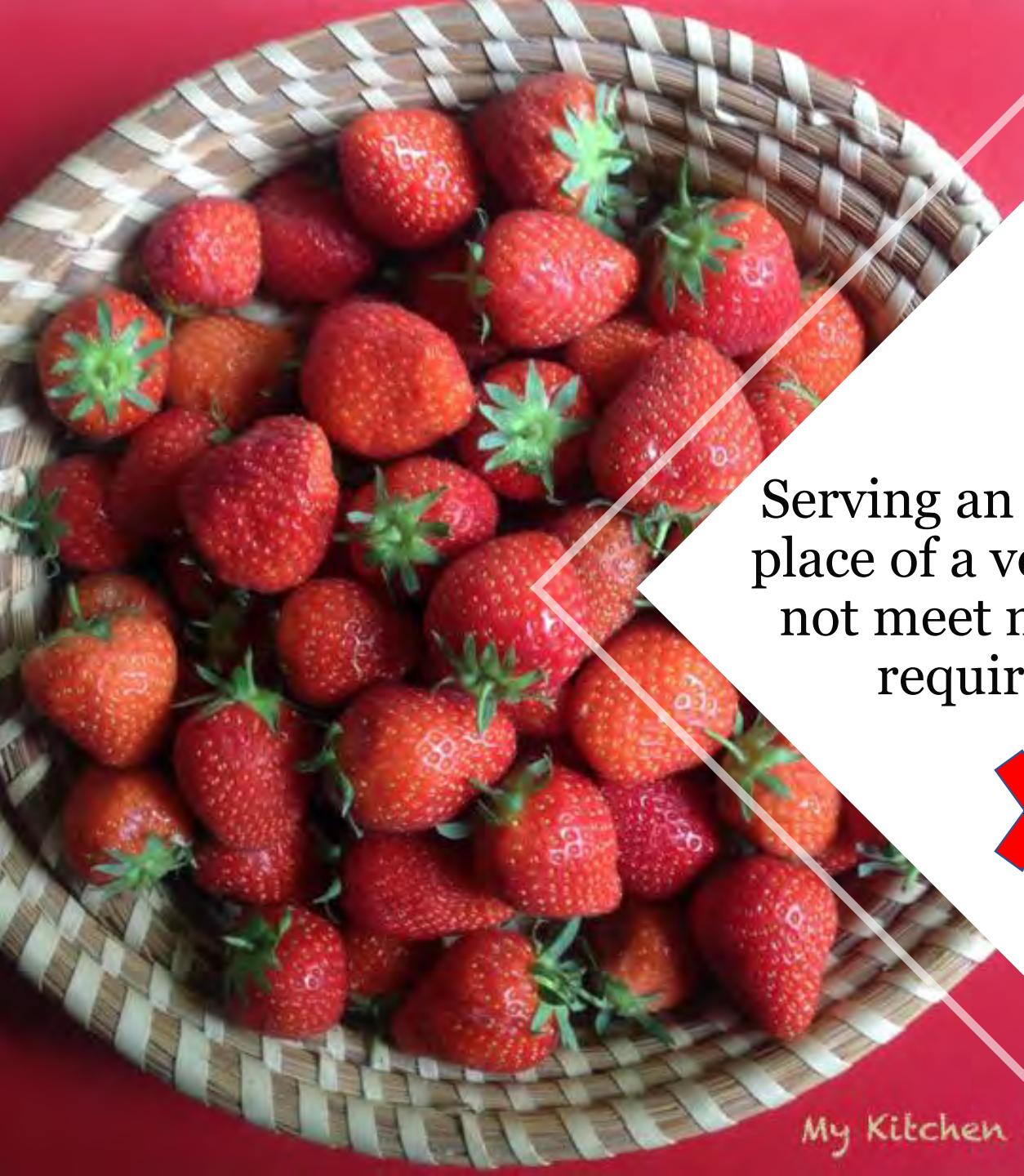




Two different separate vegetables meet meal pattern requirements.

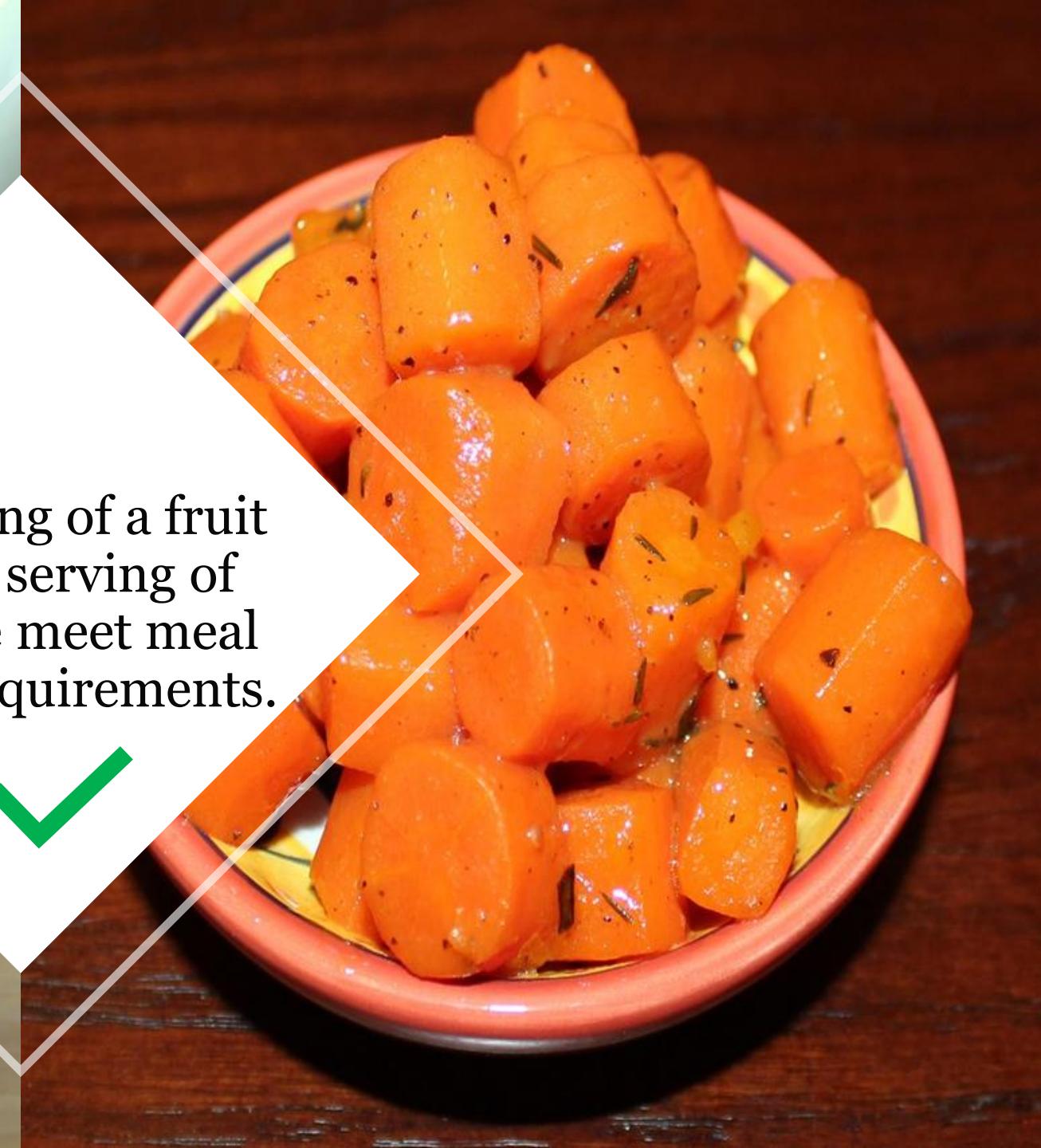
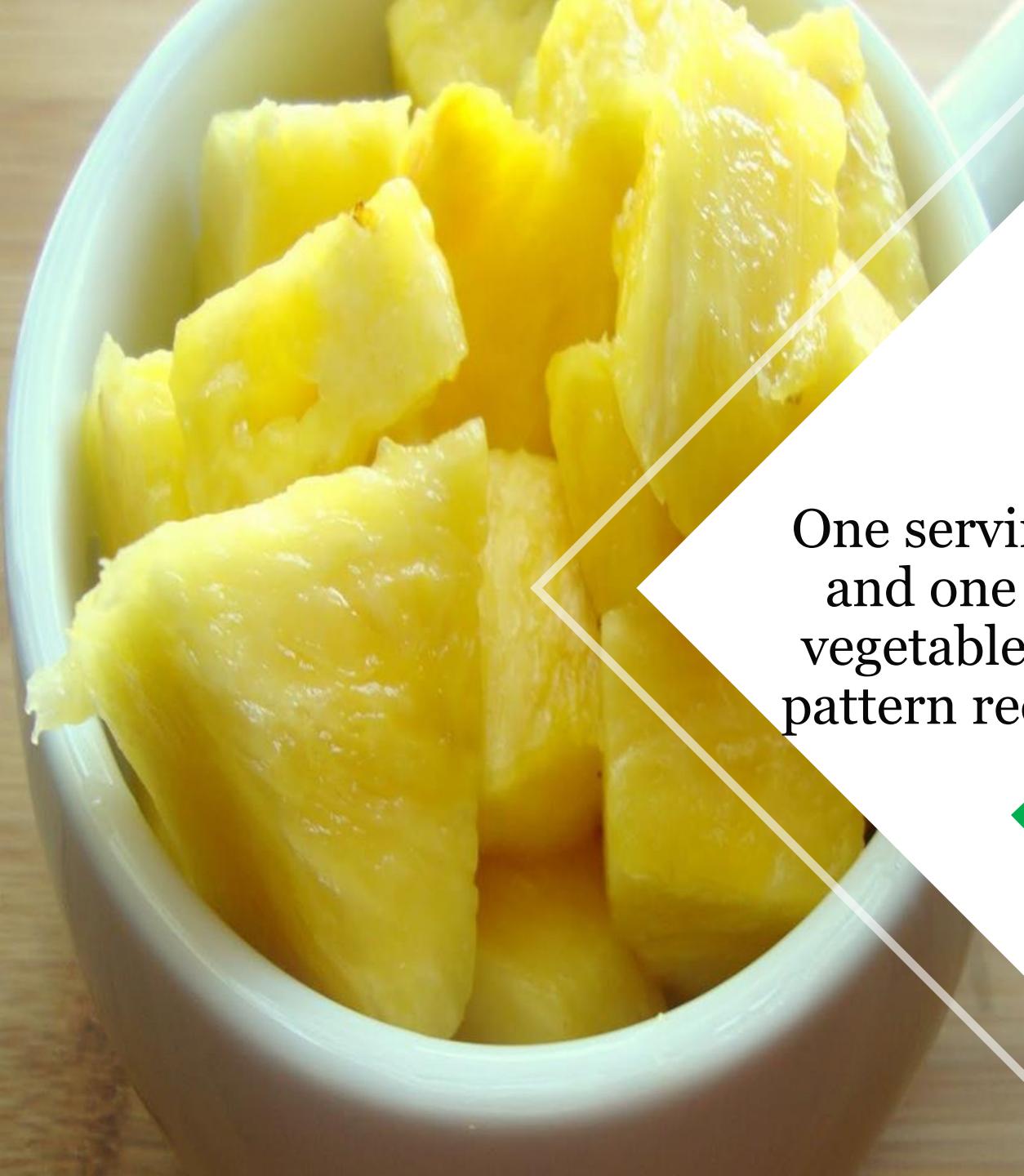


Recipe Addict 2011



Serving an extra fruit in place of a vegetable does not meet meal pattern requirements.





One serving of a fruit
and one serving of
vegetable meet meal
pattern requirements.



Vegetables

Meal	1-2	3-5	6-12 & 13-18	Adults
Breakfast*	1/4 cup	1/2 cup	1/2 oz	1/2 oz
Lunch & Supper	1/8 cup	1/4 cup	1/2 oz	1/2 oz
Snack	1/2 cup	1/2 cup	3/4 oz	1/2 oz

Fruit

Meal	1-2	3-5	6-12 & 13-18	Adults
Breakfast*	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Lunch & Supper	1/8 cup	1/4 cup	1/4 cup	1/2 cup
Snack	1/2 cup	1/2 cup	3/4 cup	1/2 cup

Grains



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GRAINS

*At least one serving per day must be whole-grain rich.

*Grain-based desserts no longer count towards the grain component.

*Breakfast cereals must contain no more than 6g of sugar per dry ounce.

*Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 2021).



Whole-Grains

- Whole grain-rich products must be offered once a day. (Whole-wheat, Whole-grain or Whole-grain rich).
- You can determine whole-grain rich foods using the rule of three:
 1. Find the ingredient list
 2. Simplify the ingredient list
 3. Look at the first ingredient
 4. Look at the second grain ingredient
 5. Look at the third grain ingredient



WHEAT BERRIES



OATMEAL



QUINOA



BROWN RICE



BUCKWHEAT



CORN



BARLEY



AMARANTH



KANIWA



FREEKEH



WILD RICE



TRITICALE



List of Common Whole Grains

Corn

popcorn	whole-grain corn flour
whole corn	whole-grain cornmeal
whole cornmeal	whole-grain grits
whole-grain corn	whole-corn flour

Brown Rice

brown rice	sprouted brown rice
brown rice flour	

Wild Rice

wild rice	wild rice flour
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Rye

flaked rye	whole-rye
rye berries	whole-rye flakes
rye groats	whole-rye flour
sprouted whole rye	

Other Grains

amaranth	sprouted spelt
amaranth flour	teff
buckwheat	teff flour
buckwheat flour	triticale
buckwheat groats	triticale flour
millet	whole-grain einkorn
millet flour	whole-einkorn berries
quinoa	whole-grain emmer (farro)
sorghum (milo)	whole-grain einkorn flour
sorghum flour	whole kamut (Khorasan wheat)

Grain-Based Dessert??



Grain-Based Desserts (Not reimbursable in the CACFP)	Non-Grain-Based Desserts (Reimbursable in the CACFP)
<ul style="list-style-type: none">• Brownies• Cakes, including coffee cakes and cup cakes• Cereal bars, breakfast bars and granola bars• Cookies- including vanilla wafers• Doughnuts- any kind• Fig rolls/bars/cookies and other fruit-filled rolls/bars/cookies• Gingerbread• Ice cream cones• Marshmallow cereal treats• Pie crusts of dessert pies, cobbler, and fruit turnovers• Sweet bread puddings• Sweet biscotti, such as those made with fruits, chocolate, icing, etc.• Sweet croissants , such as chocolate-filled• Sweet pita chips, such as cinnamon-sugar flavored• Sweet rice puddings• Sweet scones, such as those made with fruits, icing, etc.• Sweet rolls, such as cinnamon rolls• Toaster pastries	<ul style="list-style-type: none">• Banana bread, zucchini bread, and other quick breads• Cereals that meet the sugar limit and are whole-grain rich, enriched, and/or fortified• Cornbread• Crackers, all types• French Toast• Muffins• Pancakes• Pie crusts of savory pies, such as vegetable pot pie and quiche• Plain croissants• Plain or savory pita chips• Savory biscotti, such as those made with cheese, vegetables, herbs, etc.• Savory bread puddings such as those made with cheese, vegetables, herbs, etc.• Savory rice puddings, such as those made with cheese, vegetables, etc.• Savory scones, such as those made with cheese, vegetables, herbs, etc.• Teething biscuits, crackers, and toasts• Tortilla and tortilla chips• Waffles



<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>



Providers Choice Approved Cereal List

The cereals listed below meet the Child and Adult Care Food Program (CACFP) meal pattern requirements.

Cereals must contain no more than 6 grams of sugar per dry ounce. Please contact Providers Choice with questions.

Whole Grain-Rich



Granola



Bear Naked
All granola flavors creditable
EXCEPT Chocolate & Fruit & Nut



Kind
All granola flavors creditable



Nature's Path
Pumpkin Seed + Flax, Coconut Chia, Vanilla, Almond + Flax, Peanut Butter or Kirkland Signature Ancient Grains



Quaker
Granola Oats, Honey & Almonds or Oats & Honey with Vanilla & Pecan

Note: Cacao & Cashew Butter is not Whole Grain-Rich

Note: Products change frequently. Check labels to confirm that a cereal is creditable.

**PROVIDERS
CHOICE**
This institution is an equal opportunity provider.

Within Sugar Limit but NOT Whole Grain-Rich

Cereals



Kellogg's
Corn Flakes



Kellogg's
Crispix



Kellogg's
Rice Krispies



Kellogg's
Special K- Original



Malt-O-Meal
Crispy Rice



Post
Honey Bunches
of Oats
with Almonds



Post
Honey Bunches
of Oats
Honey Roasted



Post
Honey Bunches
of Oats
Cinnamon Bunches

Hot Cereals



COCO
Wheats



Cream of Rice
Gluten Free



Cream of Wheat
Original



Malt-O-Meal
Original



Malt-O-Meal
Chocolate



Quaker
Instant Grits

Granola



Sunbelt
Simple Granola



Cacao & Cashew
Butter

Whole Grain-Rich Store Brands

Bran
Flakes

Toasted
Oats
or
Tasteeos

Oatmeal
(plain)

Approved Store Brands:
Always Save, Best Choice,
Clear Value, Essential
Everyday, Fareway, Food Club,
Great Value, Hospitality,
HyTop, Hy-Vee, IGA, Market
Pantry, Our Family, Ralston,
Shurfine, Valu Time

How to Identify if a Cereal is Within the Sugar Limit:

Additional cereals may be creditable! Use this table to determine if a cereal is less than 6 grams of sugar per dry ounce.

1. Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.
2. Find the **Sugars** line. Look at the number of grams (g) next to Sugars.
3. Using the serving size identified in Step 1 to find the serving size of the cereal in the table below.
(Once you have identified the serving size, look at the number to the right under the “Sugars” column.)
If the cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

Sugar Limits in Cereal

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	16 grams
78-82 grams	17 grams
83-87 grams	18 grams
88-91 grams	19 grams
92-96 grams	20 grams
97-100 grams	21 grams

Example Cereal

Nutrition Facts		
Serving Size 1 1/4 cup (33g) Servings Per Container about 10		
Amount Per Serving	Berry Kix	with 1/2 cup skim milk
Calories	120	160
Calories from Fat	15	15
% Daily Value**		
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat 0g		
Polynsaturated Fat 0.5g		
Monounsaturated Fat 0.5g		
Cholesterol 0mg	0%	1%
Sodium 170mg	7%	10%
Potassium 70mg	2%	8%
Total Carbohydrate 28g	9%	11%
Dietary Fiber 2g	7%	7%
Sugars 7g		
Other Carbohydrate 19g		
Protein 2g		

1. Determine Serving Size in grams _____
2. Find the Sugars in grams _____

Does this cereal meet the sugar requirement? _____

(Answer: Yes, the maximum sugar allowed for 33 grams of cereal is 7 grams. This cereal is 7 grams so it is creditable.)

Grains

Meal	1-2	3-5	6-12 & 13-18	Adults
Breakfast*	1/2 oz eq	1/2 oz eq	1/2 oz eq	2 oz eq
Lunch & Supper	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq
Snack	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq

*Meat/Meat Alternative may be substituted for a grain
(breakfast only) a maximum of three times a week.



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Coming Soon

CACFP Grain Ounce Equivalents



Grain Ounce Equivalent

Credited grains serves as part of the reimbursement program for the CACFP's meals and snacks. On April 25, 2016, FNS published the Final Rule, *Child and Adult Care Food Program: Meal Pattern Revisions Related to the Hunger-Free Kids Act of 2010*, at FR 24347, altering grains were credited, and instead required meal planners to use "ounce equivalents" to determine the amount of creditable grains served as part of a reimbursable meal and snack.

- Previously delayed in 2019 to allow institutions and sponsors additional time to fully implement the crediting of grains by ounce equivalents by **October 1, 2021**.



Grain Ounce Equivalent

There are three ways to determine grain ounce equivalents.

1. Grain Measuring Chart for the CACFP
2. Food Buying Guide for the Child Nutrition Programs (FBG)
3. Calculation Method



Grain Measuring Chart



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Grains Measuring Chart for the Child and Adult Care Food Program

Grains Measuring Chart for the Child and Adult Care Food Program				
Grain Item and Size	Age Group and Meal			
	1-through 5-year-olds at Breakfast, Lunch, Supper, Snack	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper	Adults at Snack only
Bagel (entire bagel) at least 56 grams*	½ bagel or 14 grams	½ bagel or 28 grams	1 bagel or 56 grams	
Bagel, Mini (entire bagel) at least 28 grams*	½ bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams	
Biscuit at least 28 grams*	½ biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams	
Bread (whole grain-rich or enriched) at least 28 grams*	½ slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams	
Bun or Roll (entire bun or roll) at least 28 grams*	½ bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams	
Cereal Grains (barley, bulgur, quinoa, etc.)	½ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Cereal, Ready-to-Eat: Flakes or Rounds	½ cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams	
Cereal, Ready-to-Eat: Granola	½ cup or 14 grams	½ cup or 28 grams	½ cup or 56 grams	
Cereal, Ready-to-Eat: Puffed	¾ cup or 14 grams	1 ¼ cup or 28 grams	2 ½ cups or 56 grams	
Corn Muffin at least 34 grams*	½ muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams	
Cracker, Animal (about 1 ½" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams	
Cracker, Bear-Shaped, Sweet (about 1" by 1")**	12 crackers (~¾ cup) or 14 grams	24 crackers (~½ cup) or 28 grams	48 crackers (~1 cup) or 44 grams	
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~½ cup) or 22 grams	40 crackers (~¾ cup) or 44 grams	
Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")**	21 crackers (~¼ cup) or 11 grams	41 crackers (~½ cup) or 22 grams	81 crackers (~1 cup) or 44 grams	

! *Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

! **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program				
Grain Item and Size	Age Group and Meal			
	1-through 5-year-olds at Breakfast, Lunch, Supper, Snack	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper	Adults at Snack only
Cracker, Graham (about 5" by 2 ½")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams	
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams	
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams	
Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams	
Cracker, Woven Whole-Wheat, Square, Savory (about 1 ½" by 1 ½")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams	
Croissant at least 34 grams*	½ croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams	
English Muffin (top and bottom) at least 56 grams*	½ muffin or 14 grams	½ muffin or 28 grams	1 muffin or 56 grams	
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams	
Grits	½ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Melba Toast (about 3 ½" by 1 ½")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams	
Muffin and Quick Bread (banana, etc.) at least 55 grams*	½ muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams	
Oatmeal	½ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Pancake at least 34 grams*	½ pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams	

! *Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

! **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program				
Grain Item and Size	Age Group and Meal			
	1-through 5-year-olds at Breakfast, Lunch, Supper, Snack	6-through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper	Adults at Snack only
Pasta (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	¼ pita or 14 grams	½ pita or 28 grams	1 pita or 56 grams	
Popcorn	1 ½ cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams	
Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")**	7 twists (~½ cup) or 11 grams	14 twists (~¾ cup) or 22 grams	27 twists (~1 cup) or 44 grams	
Pretzel, Hard, Thin Stick (about 2 ½" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams	
Pretzel, Soft at least 56 grams*	½ pretzel or 14 grams	½ pretzel or 28 grams	1 pretzel or 56 grams	
Rice (all types)	½ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry	1 cup cooked or 56 grams dry	
Rice Cake at least 8 grams*	½ ½ cakes or 11 grams	3 cakes or 22 grams	5 ½ cakes or 44 grams	
Rice Cake, Mini (about 1 ¾" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams	
Taco or Tortilla Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams	
Tortilla, Soft, Corn (about 5 ½")**	¾ tortilla or 14 grams	1 ¼ tortillas or 28 grams	2 ½ tortillas or 56 grams	
Tortilla, Soft, Flour (about 6")**	½ tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams	
Tortilla, Soft, Flour (about 8")**	½ tortilla or 14 grams	½ tortilla or 28 grams	1 tortilla or 56 grams	
Waffle at least 34 grams*	½ waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams	

! *Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

! **Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



Grains Measuring Chart for the Child and Adult Care Food Program (Continued)

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Bagel (entire bagel) at least 56 grams*	1/4 bagel or 14 grams	1/2 bagel or 28 grams	1 bagel or 56 grams
Bagel, Mini (entire bagel) at least 28 grams*	1/2 bagel or 14 grams	1 bagel or 28 grams	2 bagels or 56 grams
Biscuit at least 28 grams*	1/2 biscuit or 14 grams	1 biscuit or 28 grams	2 biscuits or 56 grams
Bread (whole grain-rich or enriched) at least 28 grams*	1/2 slice or 14 grams	1 slice or 28 grams	2 slices or 56 grams
Bun or Roll (entire bun or roll) at least 28 grams*	1/2 bun/roll or 14 grams	1 bun/roll or 28 grams	2 buns/rolls or 56 grams
Cereal Grains (barley, bulgur, quinoa, etc.)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Cereal, Ready-to-Eat: Flakes or Rounds	1/2 cup or 14 grams	1 cup or 28 grams	2 cups or 56 grams
Cereal, Ready-to-Eat: Granola	1/4 cup or 14 grams	1/2 cup or 28 grams	1/2 cup or 56 grams
Cereal, Ready-to-Eat: Puffed	3/4 cup or 14 grams	1 1/4 cup or 28 grams	2 1/2 cups or 56 grams
Corn Muffin at least 34 grams*	1/2 muffin or 17 grams	1 muffin or 34 grams	2 muffins or 68 grams
Cracker, Animal (about 1 1/2" by 1")**	8 crackers or 14 grams	15 crackers or 28 grams	30 crackers (~1 cup) or 56 grams
Cracker, Bear-Shaped, Sweet (about 1" by 1 1/2")**	12 crackers (~1/4 cup) or 14 grams	24 crackers (~1/2 cup) or 28 grams	48 crackers (~1 cup) or 44 grams
Cracker, Cheese, Square, Savory (about 1" by 1")**	10 crackers or 11 grams	20 crackers (~1/2 cup) or 22 grams	40 crackers (~1/2 cup) or 44 grams
Cracker, Fish-Shaped or Similar, Savory (about 3/4" by 1/2")**	21 crackers (~1/4 cup) or 11 grams	41 crackers (~1/2 cup) or 22 grams	81 crackers (~1 cup) or 44 grams

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***Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.**

Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Snack only
Cracker, Graham (about 5" by 2 1/2")**	1 cracker or 14 grams	2 crackers or 28 grams	4 crackers or 56 grams
Cracker, Round, Savory (about 1 3/4" across)**	4 crackers or 11 grams	7 crackers or 22 grams	14 crackers or 44 grams
Cracker, Saltine (about 2" by 2")**	4 crackers or 11 grams	8 crackers or 22 grams	16 crackers or 44 grams
Cracker, Thin Wheat, Square, Savory (about 1 1/4" by 1 1/4")**	6 crackers or 11 grams	12 crackers or 22 grams	23 crackers or 44 grams
Cracker, Woven Whole-Wheat, Square, Savory (about 1 1/2" by 1 1/2")**	3 crackers or 11 grams	5 crackers or 22 grams	10 crackers or 44 grams
Croissant at least 34 grams*	1/2 croissant or 17 grams	1 croissant or 34 grams	2 croissants or 68 grams
English Muffin (top and bottom) at least 56 grams*	1/4 muffin or 14 grams	1/2 muffin or 28 grams	1 muffin or 56 grams
French Toast Stick at least 18 grams*	2 sticks or 35 grams	4 sticks or 69 grams	8 sticks or 138 grams
Grits	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Melba Toast (about 3 1/2" by 1 1/2")**	2 pieces or 11 grams	5 pieces or 22 grams	8 pieces or 44 grams
Muffin and Quick Bread (banana, etc.) at least 55 grams*	1/2 muffin/slice or 28 grams	1 muffin/slice or 55 grams	2 muffins/slices or 110 grams
Oatmeal	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pancake at least 34 grams*	1/2 pancake or 17 grams	1 pancake or 34 grams	2 pancakes or 68 grams

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Grains Measuring Chart for the Child and Adult Care Food Program			
Grain Item and Size	Age Group and Meal		
	1- through 5-year-olds at Breakfast, Lunch, Supper, Snack	6- through 18-year-olds at Breakfast, Lunch, Supper, Snack	Adults at Breakfast, Lunch, Supper
Pasta (whole grain-rich or enriched, all shapes)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Pita Bread/Round (whole grain-rich or enriched) at least 56 grams*	1/4 pita or 14 grams	1/2 pita or 28 grams	1 pita or 56 grams
Popcorn	1 1/2 cups or 14 grams	3 cups or 28 grams	6 cups or 56 grams
Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2")**	7 twists (~1/2 cup) or 11 grams	14 twists (~3/4 cup) or 22 grams	27 twists (~1 cup) or 44 grams
Pretzel, Hard, Thin Stick (about 2 1/2" long)**	16 sticks or 11 grams	31 sticks or 22 grams	62 sticks or 44 grams
Pretzel, Soft at least 56 grams*	1/4 pretzel or 14 grams	1/2 pretzel or 28 grams	1 pretzel or 56 grams
Rice (all types)	1/4 cup cooked or 14 grams dry	1/2 cup cooked or 28 grams dry	1 cup cooked or 56 grams dry
Rice Cake at least 8 grams*	1 1/2 cakes or 11 grams	3 cakes or 22 grams	5 1/2 cakes or 44 grams
Rice Cake, Mini (about 1 3/4" across)**	7 cakes or 11 grams	13 cakes or 22 grams	25 cakes or 44 grams
Taco or Tortilla Shell, Hard at least 14 grams*	1 shell or 14 grams	2 shells or 28 grams	4 shells or 56 grams
Tortilla, Soft, Corn (about 5 1/2")**	3/4 tortilla or 14 grams	1 1/4 tortillas or 28 grams	2 1/2 tortillas or 56 grams
Tortilla, Soft, Flour (about 6")**	1/2 tortilla or 14 grams	1 tortilla or 28 grams	2 tortillas or 56 grams
Waffle at least 34 grams*	1/2 waffle or 17 grams	1 waffle or 34 grams	2 waffles or 68 grams

! Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

****Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.**



Food Buying Guide



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Food Buying Guide for Child Nutrition Programs

U.S. DEPARTMENT OF AGRICULTURE

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WELCOME TO THE FOOD BUYING GUIDE

The Interactive Food Buying Guide allows for easy display, search, and navigation of food yield information. In addition, users can compare yield information, create a favorite foods list, and access tools, such as the Recipe Analysis Workbook (RAW) and the Product Formulation Statement Workbook.

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Calculation Method



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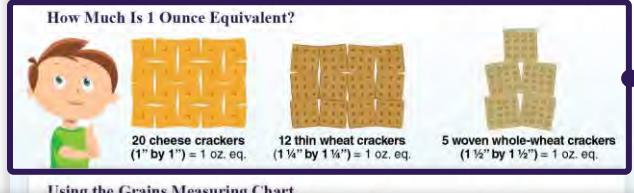
How Much Is 1 Ounce Equivalent?

USDA
United States Department of Agriculture
Food and Nutrition Service

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

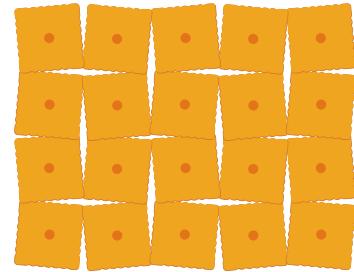
How Much Is 1 Ounce Equivalent?



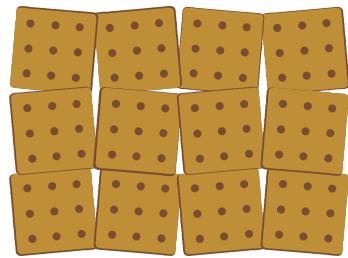
20 cheese crackers (1" by 1") = 1 oz. eq.
12 thin wheat crackers (1 1/4" by 1 1/4") = 1 oz. eq.
5 woven whole-wheat crackers (1 1/2" by 1 1/2") = 1 oz. eq.

Using the Grains Measuring Chart

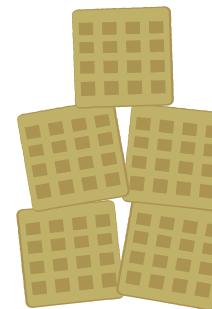
How Much Is 1 Ounce Equivalent?



20 cheese crackers
(1" by 1") = 1 oz. eq.



12 thin wheat crackers
(1 1/4" by 1 1/4") = 1 oz. eq.



5 woven whole-wheat crackers
(1 1/2" by 1 1/2") = 1 oz. eq.

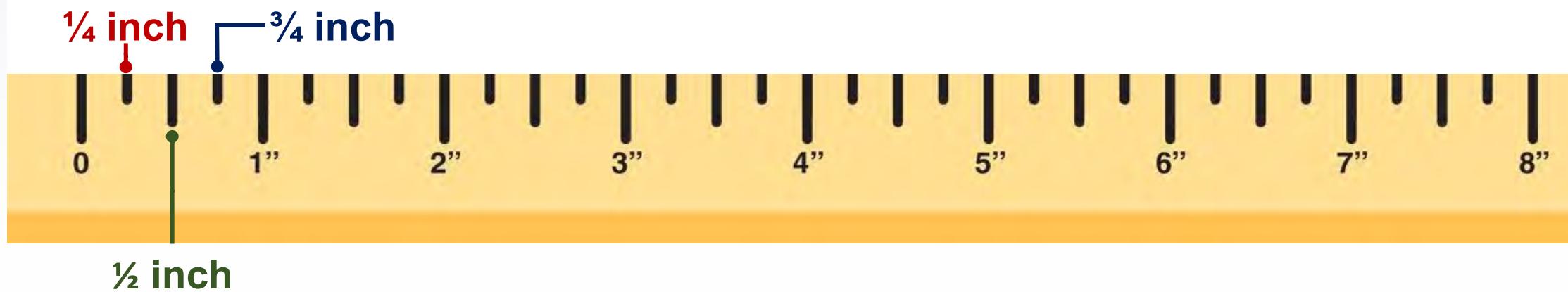
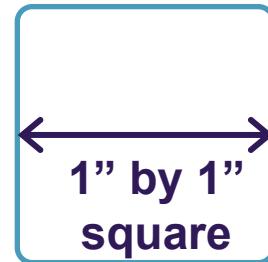
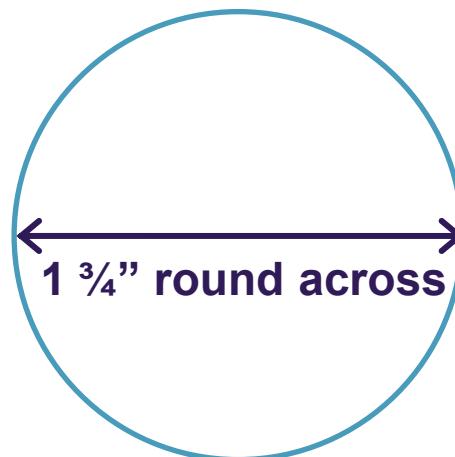
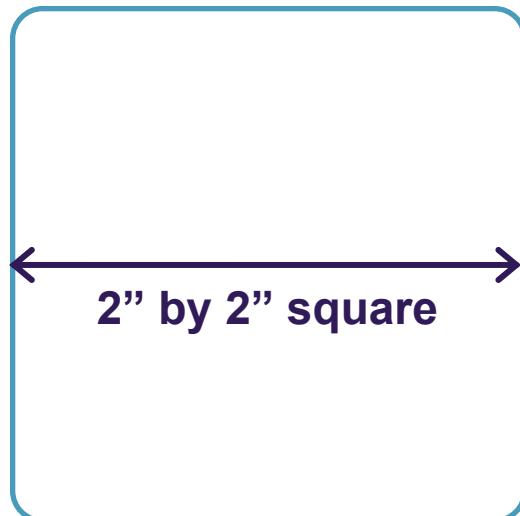


fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets

Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item(s) listed on the Grains Measuring Chart.

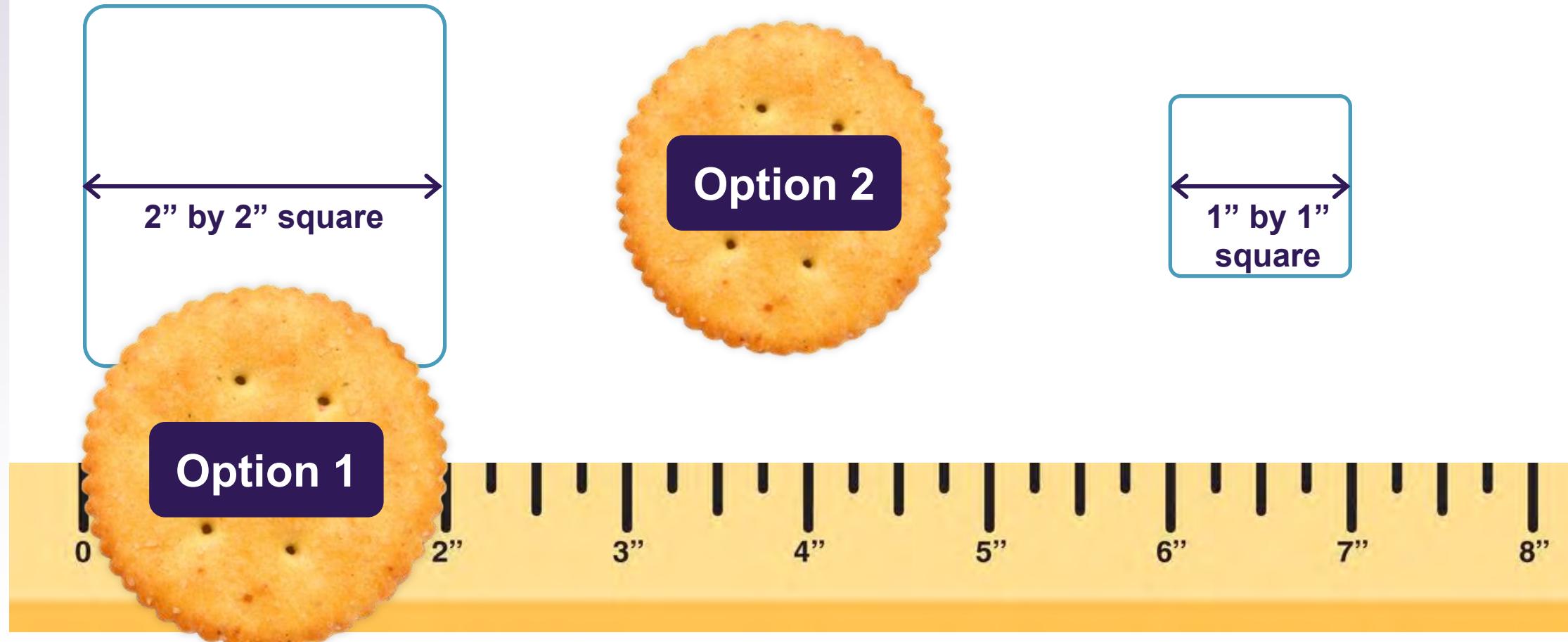
Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item(s) listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 ½" by 11" paper.





DON'T PANIC there
will be additional
training, resources
and assistance to help
prepare and guide
you!



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Infants



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Infant Meals

October 1, 2017 the new infant CACFP meal pattern requirement eliminated providing juice to infants. This is for all childcare and family childcare learning homes. New requirement is consistent with the National Academy of Medicine and American Heart Association.

- Infants (Snacks)- as developmentally ready (6-11 months) must be served a fruit or vegetables (cooked, mashed or pureed).
- Infants should be provided iron-fortified formula or breastmilk.



Infant Meals

	Birth through 5 months	6 months through 11 months
Breakfast/ Lunch/ Supper	4-6 fluid ounces breastmilk or formula	<ul style="list-style-type: none">• 6-8 fluid ounces breastmilk or formula; AND• 0-4 tablespoons infant cereal, 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 $\frac{1}{2}$ cup of yogurt; or• a combination of the above; AND• 0-2 tablespoons vegetable or fruit, or a combination of both
Snacks	4-6 fluid ounces breastmilk or formula	<ul style="list-style-type: none">• 2-4 fluid ounces breastmilk or formula; AND• 0-$\frac{1}{2}$ slice bread; or• 0-2 crackers; or• 0-4 tablespoons infant cereal or ready-to-eat breakfast cereal; AND• 0-2 tablespoons vegetable or fruit, or a combination of both

Resources

Milk Information:

<https://www.fns.usda.gov/tn/serving-milk-cacfp>

Provider's Choice Cereal List:

<https://www.providerschoice.com/pdfs/Providers%20Choice%20Approved%20Cereal%20List.pdf>

Provider's Choice Yogurt:

<https://www.providerschoice.com/pdfs/PCI%20Approved%20Yogurt%20List.pdf>

CACFP Meal Pattern Requirements:

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>



Contact Information for Training & TA

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Nkem Ijeh	TA Coordinator	(404) 973-4099	North/NW
Tanya Coleman	TA Coordinator	(470) 373-7826	Metro West
Sylvia Boykin	Trainer	(404) 463-2317	
Grushan Blake	Training Manager	(404) 651-7426	

Contact the TA Team
individually or the
TA mailbox at
[NutritionTA@decal.
ga.gov](mailto:NutritionTA@decal.ga.gov)

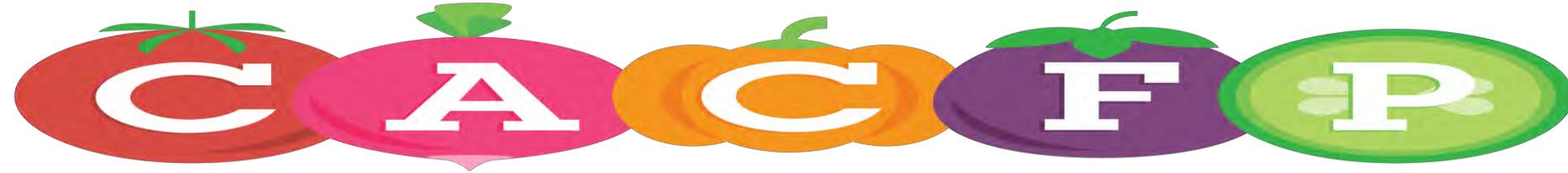
All email addresses are firstname.lastname@decal.ga.gov





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Child & Adult Care Food Program



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