

Commission Approval Date:

04/16/2013

USDA, FNS Approval Date:

04/16/2013

Arkansas Department of Human Services	Procedure: AR CACFP 2013-13
Division of Child Care and Early Childhood Education	Section: All Institutions
Child and Adult Care Food Program	Subject: Required Components & Definitions
	Effective date: 04/16/2013

REQUIRED COMPONENTS / DEFINITIONS

Milk

Milk is served in the CACFP must be consistent with the 2010 Dietary Guidelines for Americans, which recommend that participants two years of age and older consume *only* fat free (skim) or low-fat (1%) fluid milk. *Whole milk and reduced-fat (2%) milk may not be served to participants two years of age and older, unless there is change on file for the participant from a licensed medical authority.*

Fluid milk served to participants two years of age and older must be fat-free (skim) or low-fat (1%) milk, fat-free or low-fat lactose reduced milk, fat-free or low-fat lactose free milk, fat-free or low-fat buttermilk, or fat-free or low-fat acidified milk. Milk served must be pasteurized fluid milk that meets State and local standards for milk, and may be flavored or unflavored.

Fruit/Vegetable

Vegetables and fruits are credited as served. Serving sizes, of at least 1/8 cup must be served to be credited towards one serving of fruit/vegetable requirement (this is minimum for the 1 to 2 year olds). Less than 1/8 cup of vegetables or fruits must be considered flavorings or optional ingredients. In addition, garnishes, condiments, olives, pickles and relishes cannot be counted to meet the vegetable/fruit requirement.

Juice must be 100% full-strength fruit or vegetable juice or juice blends, with no added sugar or sweeteners. *Fruit juice should only be served no more than 3 times per week.*

Cooked dry beans or dry peas may be counted as a vegetable component or meat/meat alternate, but not both in the same meal.

Meat and Meat Alternates

Meat and meat alternates include lean meat, poultry, fish, cheese, egg, cooked dry beans/peas, nuts and seeds and their butters, alternate protein products or an equivalent quantity of any combination of these foods. Foods must be served in a main dish, or in a combination main dish (with one other component) to meet this requirement.

Nuts and seeds may fulfill no more than one-half of the meat/meat alternate requirement for lunch/supper for CACFP and all of the meat/meat alternate requirements for the snack for

CACFP. Peanut butter cannot be served as the only meat/meat alternate component for the lunch/supper meal. **An additional meat/meat alternate component must be offered when peanut butter is served at lunch or supper.**

Processed foods such as breaded meat products, frozen pizza, ravioli, corn dogs, or tamales cannot be counted toward fulfilling the meat/meat alternate unless the center has documentation or the composition of the processed product, either by a CN label or a product formulation statement from the manufacturer.

Bread

Foods that qualify as grains/breads in the CACFP are enriched or whole-grain products which include bread, rolls, and quick breads, crackers and low moisture breads, pastas, cereal grains and breakfast cereals, dumplings, pancakes, and miscellaneous bread products.

In order to be creditable, a bread or grain must:

1. Be whole-grain or enriched or made from whole-grain or enriched meal or flour, germ or bran; or if it is a cereal, the product must be whole-grain, enriched, or fortified. *Cereals must contain less than 14 grams of sugar per serving.*
2. Contain whole-grain and/or enriched flour and/or meal as specified on the label or according to the recipe; or must be enriched in preparation or processing and labeled enriched.
3. Must be provided in quantities specified in the Program Regulations and in minimum serving sizes as specified in program guidance.
4. Must serve the customary function of bread in a meal.

Fortified products have had iron, thiamine, riboflavin, and niacin added to the product.

Water

The Healthy, Hunger-Free Kids Act of 2010, Public Law 111-296 established the requirement to make potable water available to children in CACFP throughout the day *and at meal times*. Centers participating in the CACFP are required to make drinking water available to children to drink at their request but water does not have to be available for children to self-serve. While drinking water must be made available to children during meal times, it is not part of the reimbursable meal and may not be served in lieu of fluid milk.