

Commission Approval Date:

04/16/2013

USDA, FNS Approval Date:

04/16/2013

Arkansas Department of Human Services	AR CACFP 2013-29
Division of Child Care and Early Childhood Education	Section: All Institutions
Child and Adult Care Food Program	Subject: Creditable Food Guidance
	Effective date: 04/16/2013

CREDITABLE FOOD GUIDANCE

Creditable food refers to foods counted toward the meal components in the CACFP meal pattern. Non-creditable food refers to foods that do not count as meal components in the CACFP meal pattern. For details see the Requirements for Meals found in 7 CFR Part 226.20 of the USDA Food and Nutrition Service. To be claimed for reimbursement, meals served must meet federal CACFP meal requirements and creditable foods guidance.

Milk

In the CACFP, milk means fluid milk that is pasteurized and meets State and local standards. Examples include whole milk (for children between one (1) year and two (2) years of age), low-fat, skim, lactose-free. Fluid milk served to participants two years of age and older must be fat-free (skim) or low-fat (1%) fluid milk.

When is milk non-creditable?

Milk is not creditable when used in cooking. Milk with any flavoring (syrup or powder) added is not creditable.

Fruits and Vegetables

Fruits and vegetables include fresh, frozen and canned fruits and vegetables, including beans, peas, lentils and 100% juice. Juice shall be served only **three times** per week.

When are fruits and vegetables non-creditable?

Fruits and vegetables are not creditable when they are filling in bars, pies; gummy style fruit snacks or roll-ups; condiments such as jam, jelly, preserves, relish, pickles, olives, fruits and vegetables in breads such as banana bread and blueberry muffins. Home canned products are not creditable due to food safety concerns.

Bread and bread Alternates

Breads and bread alternates include enriched or whole grain products including breads, plain rolls, flours and grains, hot and cold cereals, rice, tortillas, noodles, macaroni, muffins, dumplings, fry bread, plain crackers, granola, cornbread, gingerbread, bread as stuffing, and baked goods. Dough and crusts in savory recipes and products such as pizza, pastries, quiches and shepherd's pie, for example, are creditable. Cookies are creditable as long as first ingredient

is not sugar. Cookies should not be served more than twice a week. Product labels must demonstrate that the primary ingredient is enriched or whole grain.

When are breads and bread alternates non-creditable?

The following are not creditable as bread or bread alternate: boxed macaroni and cheese, highly sweetened cereals (12 grams or more per serving), popcorn, hominy, bread crumbs used in baking, puffed Cheetos. This list is not all inclusive. Read the product label or call the State agency.

Meat and Meat Alternates

Meats that are creditable include beef, chicken, turkey, pork (not bacon), ham, lamb, fish that are 100% meat. Sliced or fillet cuts of these meats are also creditable. Creditable meat alternates include eggs, dry beans and peas, lentils, cheeses, yogurt, nuts, seeds and their butters, and all-meat hotdogs. Creditable cheeses are natural cheeses including, but not limited to cheddar, mozzarella, Swiss, provolone, ricotta, feta cheese and cottage cheese. Yogurt and flavored yogurt are both creditable as meat alternate but in snack meals only.

When are meat and meat alternates non-creditable?

Imitation cheese, powdered cheese, cheese spread, and frozen yogurt are not creditable. Wild game meat is not permitted due to safety concerns.