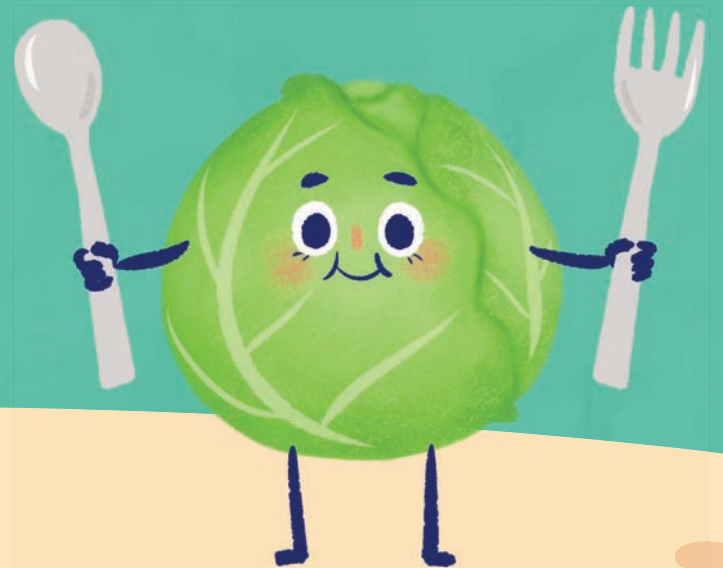




CACFP DESK REFERENCE





www.COOKINGforKIDS.ok.gov
email: cookingforkids@okstate.edu
facebook.com/cookingforkidsok
instagram.com/cookingforkidsok
twitter.com/cooking4kidsok

Cooking for Kids is funded through a contract with the Oklahoma Department of Education Child Nutrition Services.

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INTRODUCTION



This resource guide was developed by Cooking for Kids to be a quick reference to the CACFP meal patterns and best practices. Below is a list of definitions that will be useful when using this guide.

Added Sugars - Sugars and syrups that are added to foods during processing or preparation. Added sugars do not include naturally occurring sugars such as those found in milk and fruits.

Combination Food - A single serving of a food item that contains two or more of the required meal components (e.g., pizza, chef salad).

Component - A food grouped in a certain food category according to the CACFP meal pattern. These categories include fluid milk, meats/meat alternates, vegetables, fruits, and the grains components.

Food Buying Guide - The Food Buying Guide for Child Nutrition Programs, commonly referred to as the Food Buying Guide (FBG), is a resource to determine the contribution that foods make toward the meal pattern requirements in the Child Nutrition Programs, which include the CACFP, for foods produced onsite or purchased commercially.

Ounce Equivalent - Ounce equivalents tell you the amount of grain in a portion of food.

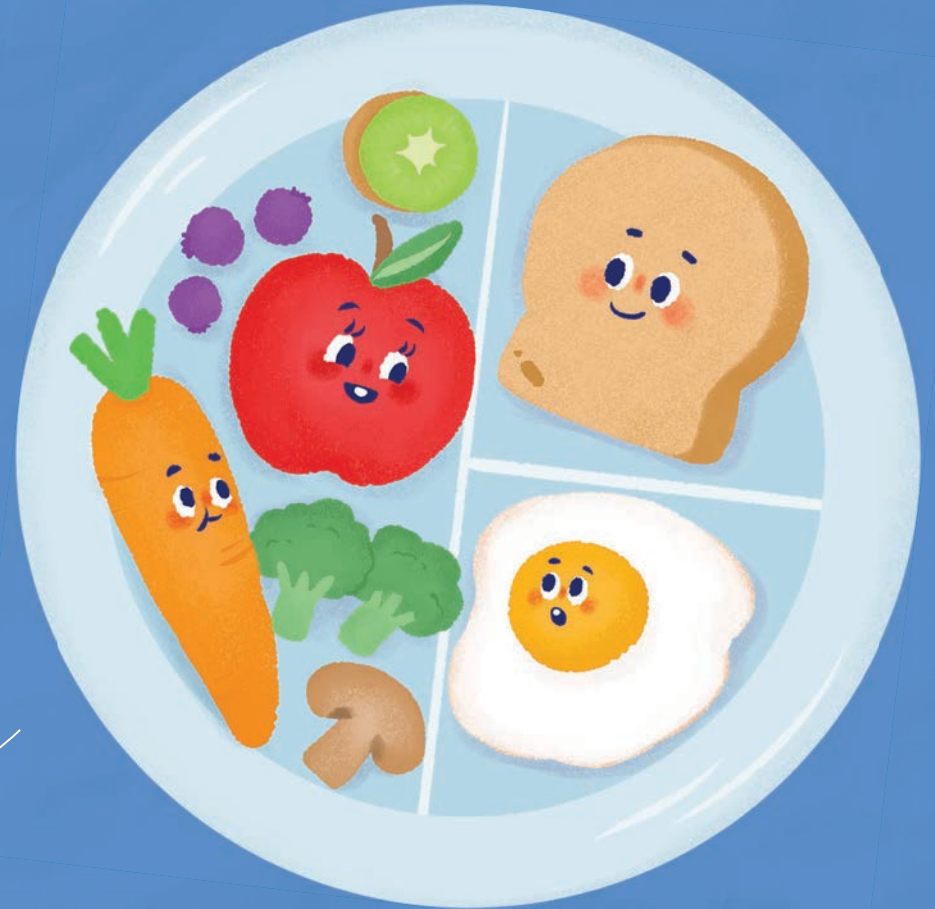
Serving Size - A single portion of a food identified by the measure, size, weight and/or volume, or number of pieces or slices. In the CACFP, serving sizes are listed on the meal pattern.

Whole Grain-Rich - Whole grain-rich foods are goods that contain at least 50 percent whole grains with the remaining grain in the food being enriched. Foods that are 100 percent whole grain also count as whole-grain rich.

(U.S. Department of Agriculture Food and Nutrition Service, 2020)

MEAL PATTERNS

llllllllll



Infants

Breakfast Meal Patterns

0-5 months 6-11 months

Lunch & Supper Meal Patterns

0-5 months 6-11 months

Snack Meal Patterns

0-5 months 6-11 months

Fruit (tbsp)

0-2 tbsp*

0-2 tbsp*

0-2 tbsp*

and/or

Vegetables (tbsp)

0-2 tbsp*

0-2 tbsp*

0-2 tbsp*

Meats/Meat
Alternate (MA)
Grain

0-4 tbsp infant cereal,
meat, fish, poultry,
whole eggs, cooked
dry beans or peas;
or 0-2 oz cheese;
or 0-4 oz (volume)
cottage cheese; or 0-
4 oz yogurt; or a
combination*

0-4 tbsp infant cereal,
meat, fish, poultry,
whole eggs, cooked
dry beans or peas;
or 0-2 oz cheese;
or 0-4 oz (volume)
cottage cheese; or 0-
4 oz yogurt; or a
combination*

0-1/2 bread
slice; or 0-2
crackers; or
0-4 tbsp
infant cereal
or ready-to-
eat cereal*

Breastmilk or formula (fl oz)

4-6 fl oz 6-8 fl oz

4-6 fl oz 6-8 fl oz

4-6 fl oz 2-4 fl oz

*Required when infant
is developmentally
ready.

*Required when infant
is developmentally
ready.

*Required when infant
is developmentally
ready.

Breakfast Meal Patterns

Ages 1-2 yr. Ages 3-5 yr.

Lunch & Supper Meal Patterns

Ages 1-2 yr. Ages 3-5 yr.

Snack Meal Patterns

Ages 1-2 yr. Ages 3-5 yr.

Fruit (cups)	1/4 c. and/or	1/2 c. and/or	1/8 c.	1/4 c.	1/2 c.	1/2 c.
Vegetables (cups)	1/4 c.	1/2 c.	1/8 c.	1/4 c.	1/2 c.	1/2 c.
Grains (oz eq)	1/2 oz.	1/2 oz.	1/2 oz.	1/2 oz.	1/2 oz.	1/2 oz.
Meats & MA (oz eq)			1 oz.	1 1/2 oz.	1/2 oz.	1-1/2 oz.
Fluid Milk (cups)	1/2 c.	3/4 c.	1/2 c.	3/4 c.	1/2 c.	1/2 c.

*Meat & MA may be used to substitute the entire grains component a maximum of three times per week.

Select 2 of the 5 components for snack.

**Breakfast
Meal Patterns**
Ages 6-12 & 13-18 yr.

**Lunch & Supper
Meal Patterns**
Ages 6-12 & 13-18 yr.

**Snack
Meal Patterns**
Ages 6-12 & 13-18 yr.

Fruit (cups)

1/2 c.

1/4 c.

3/4 c.

and/or

Vegetables (cups)

1/2 c.

1/2 c.

3/4 c.

Grains (oz eq)

1 oz.

1 oz.

1 oz.

Meats & MA (oz eq)

2 oz.

1 oz.

Fluid Milk (cups)

1 c.

1 c.

1c.

*Meat & MA may be
used to substitute the
entire grains component
a maximum of three
times per week.

Select 2 of the 5
components for
snack.

Milk

- 12 months through 23 months- serve whole milk.
- 2 through 5 years- serve unflavored fat free (skim) or unflavored low-fat (1%) milk.
- Flavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.
- Homemade flavored milk made by adding flavored syrups and powders to unflavored milk cannot be part of a reimbursable meal or snack for children 5 years old and younger.

Meat/Meat Alternate (MA)

- During breakfast, 1 oz eq of meats/MA can be substituted for 1 oz eq of grains up to 3 times per week.
- As a CACFP best practice, offer processed meats (such as hot dogs and sausage) no more than once per week.
- Foods that are deep-fat fried onsite are not creditable in the CACFP.
- Bacon and imitation bacon products are not creditable in the CACFP.
- Yogurt must contain no more than 23 grams of total sugar per 6 oz.

Meat/MA Ounce Equivalents - Lunch and Supper

	Ages 1-2	Ages 3-5	Ages 6-12
Lean meat, poultry, or fish	1 oz	1-1/2 oz	2 oz
Cheese (natural process; soft and hard)	1 oz	1-1/2 oz	2 oz
Cottage cheese, ricotta cheese, cheese spread, cheese food	2 oz (1/4 cup)	3 oz (3/8 cup)	4 oz (1/2 cup)
Large egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans or peas	1/4 cup	3/8 cup	1/2 cup
Yogurt (regular and soy)	1/2 cup (4 oz)	3/4 cup (6 oz)	1 cup (8 oz)
Peanut butter, soy nut butter, or other nut or seed butters	2 Tbsp	3 Tbsp	4 Tbsp
Peanuts, soy nuts, tree nuts, or seeds	1/2 oz	3/4 oz	1 oz
Tofu (commercially prepared)	1/4 cup (2.2 oz)	3/8 cup (3.3 oz)	12 cup (4.4 oz)
Soy products or alternate protein products	1 oz	1 1/2 oz	2 oz

Grains

- Grains served at one meal or snack every day must be whole grain-rich.
- Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack.
- Cereals must contain no more than 6 grams of sugar per dry ounce.
- More information on ounce equivalencies can be found on pg. 22.

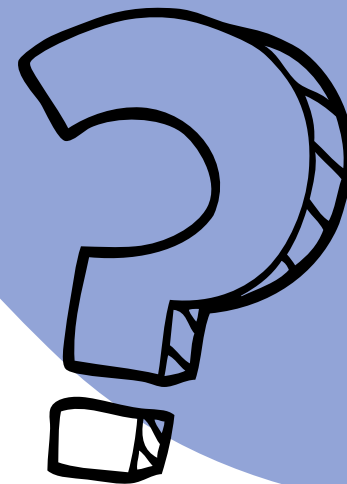
Vegetables

- At lunch and supper, at least one vegetable is required. You may also serve a second, different vegetable, in place of a fruit.
- Commercially canned vegetables may be counted. However, because of food safety concerns, home canned vegetables may not be counted.
- Potato chips are not creditable in the CACFP.
- Condiments such as ketchup or pickle relish may not count as a vegetable.
- Raw leafy green vegetables (spinach, kale, collards, and lettuce) credit for half of the amount served. For example, one cup of raw leafy greens credits as 1/2 cup of vegetables.
- Cooked leafy green vegetables credit for the entire amount served. 1 cup steamed spinach = 1 cup of vegetables
- Dry beans and peas (legumes) may be counted as either a vegetable or as a meat alternate, but not as both in the same meal.
- A single serving of vegetable must be at least 1/8 cup to count toward the quantity.

Fruits

- 100% juice is limited to one time per day.
- Fresh fruit is encouraged when possible, but isn't required.
- 1 cup cooked or cut-up fruit counts as 1 c. serving except for dried fruit. 1/4 c. of dried fruit = 1/2 c. of fruit.

Child Nutrition (CN) Labels



Why use CN labels?

- A CN label statement clearly identifies the contribution of a product toward the meal pattern requirements. It protects a child care center from exaggerated claims about a product.
- A CN label provides a warranty against audit claims, when used according to the manufacturer's directions.
- CN labels simplify cost comparisons of like products.

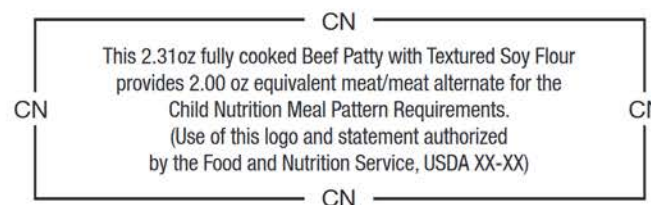
What products are eligible for CN labels?

Main dish products which contribute to the Meats/Meat Alternates component of the meal pattern requirements are eligible for a CN label. Examples of these products include beef patties, cheese or meat pizzas, meat or cheese and bean burritos, egg rolls, and breaded fish portions.

How to identify a CN labeled product?

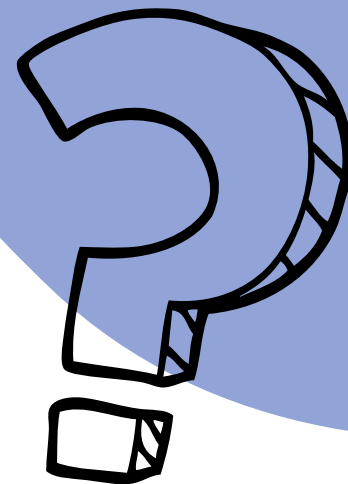
A CN labeled product will always contain the following:

- The CN logo, which is a distinct border
- The meal pattern contribution statement
- A unique 6-digit product identification number (assigned by AMS)
- The USDA/FNS authorization statement
- The month and year of AMS approval
- Other required information includes: product name, inspection legend, ingredient statement, signature/address line, and net weight.



(U.S. Department of Agriculture, 2021)

Child Nutrition (CN) Labels



Documenting CN Labeled Products

There is not a CN label that covers all products. Each product has its own CN label.

Valid and acceptable documentation for the CN Label is:

- the original CN Label from the product carton; or
- a photocopy of the CN Label shown attached to the original product carton; or
- a photograph of the CN Label shown attached to the original product carton. (CN Labels that are photocopied or photographed must be visible and legible.)

Documenting Watermarked CN Label Requirements

If the original CN Label, or the valid photograph or photocopy of the original CN Label is not available, program operators may provide the invoice containing the product name and:

1. a hard copy of the CN Label copied with a watermark displaying the product name and CN number provided by the vendor; or
2. an electronic copy of the CN Label with a watermark displaying the product name and CN number provided by the vendor.





IN THE KITCHEN

llllllllll

Kitchen Measurements

Dry vs Wet Measuring

Liquid and dry ingredients are measured differently. Dry ingredients most commonly are measured in nesting cups. Liquid ingredients should be measured in clear cups with a measurement spout and measurement lines.

Measuring Tips Dry Ingredients

Dry ingredients (such as flour, sugar, corn meal, etc.):

- Fill the cup with the ingredient and level off the top of the cup using either a spatula or the flat end of a knife.

Some ingredients such as these need special consideration:

- Brown sugar: pack into the measuring spoon before it is leveled off.
- Flour: spoon into the measuring cup and then level off. If you dip the measuring cup into the bag, you could end up with 25 percent more flour than you actually need.
- Butter or margarine: most stick butter or margarine has measurements on the wrapper. One stick of butter or margarine equals one-half cup or eight tablespoons. If no measurements are given, pack firmly into the measuring cup and level off.

Measuring Tips Wet Ingredients

Liquid ingredients (such as milk, oil, syrup, etc.):

- Place the liquid measuring cup on the counter and pour in the approximate amount.
- Bend down to eye level to check the measurement. Add or remove as much as needed until the top of the liquid is at the desired mark.
- Pour ingredient into bowl. You may need to use a rubber scraper to empty the cup.

(North Dakota State University Extension, 2021)



Nesting cups for measuring dry ingredients



Clear cup for measuring liquid ingredients

Kitchen Measurements

Dry Measuring Continued

Using a kitchen scale is the most accurate way to measure your ingredients.

Weight Conversions

16 oz =	1 lb =	1.000 lb
12 oz =	3/4 lb =	0.750 lb
8 oz =	1/2 lb =	0.500 lb
4 oz =	1/4 lb =	0.250 lb
1 oz =	1/16 lb =	0.063 lb

Metric Conversions

1 oz =	28.35 g
4 oz =	113.4 g
8 oz =	226.8 g
16 oz =	453.6 g
1 lb =	453.6 g



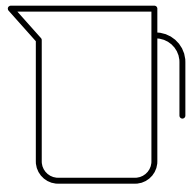
A food scale should be used to determine whole grain equivalency. A food item's weight is listed on the nutrition facts labels in grams. More information about this on page 24.

Kitchen Measurements

Liquid Measurement Conversions



Gallons



Quarts



Pints



Cups



Fluid Oz.

1 gal

4 qt

8 pt

16 cups

128 fl oz

1/2 gal

2 qt

4 pt

8 cups

64 fl oz

1/4 gal

1 qt

2 pt

4 cups

32 fl oz

1/8 gal

1/2 qt

1 pt

2 cups

16 fl oz

1/16 gal

1/4 qt

1/2 pt

1 cup

8 fl oz

Kitchen Measurements

Dry Measurement Conversions



Cup



Tablespoons



Teaspoons



Grams

1 cup	16 tbsp	48 tsp	229 g
3/4 cup	12 tbsp	36 tsp	171 g
2/3 cup	10-2/3 tbsp	32 tsp	152 g
1/2 cup	8 tbsp	24 tsp	114 g
1/3 cup	5-1/3 tbsp	16 tsp	76 g
1/4 cup	4 tbsp	12 tsp	57 g
1/8 cups	2 tbsp	6 tsp	29 g
1/16 cup	1 tbsp	3 tsp	14 g

Serving Portions

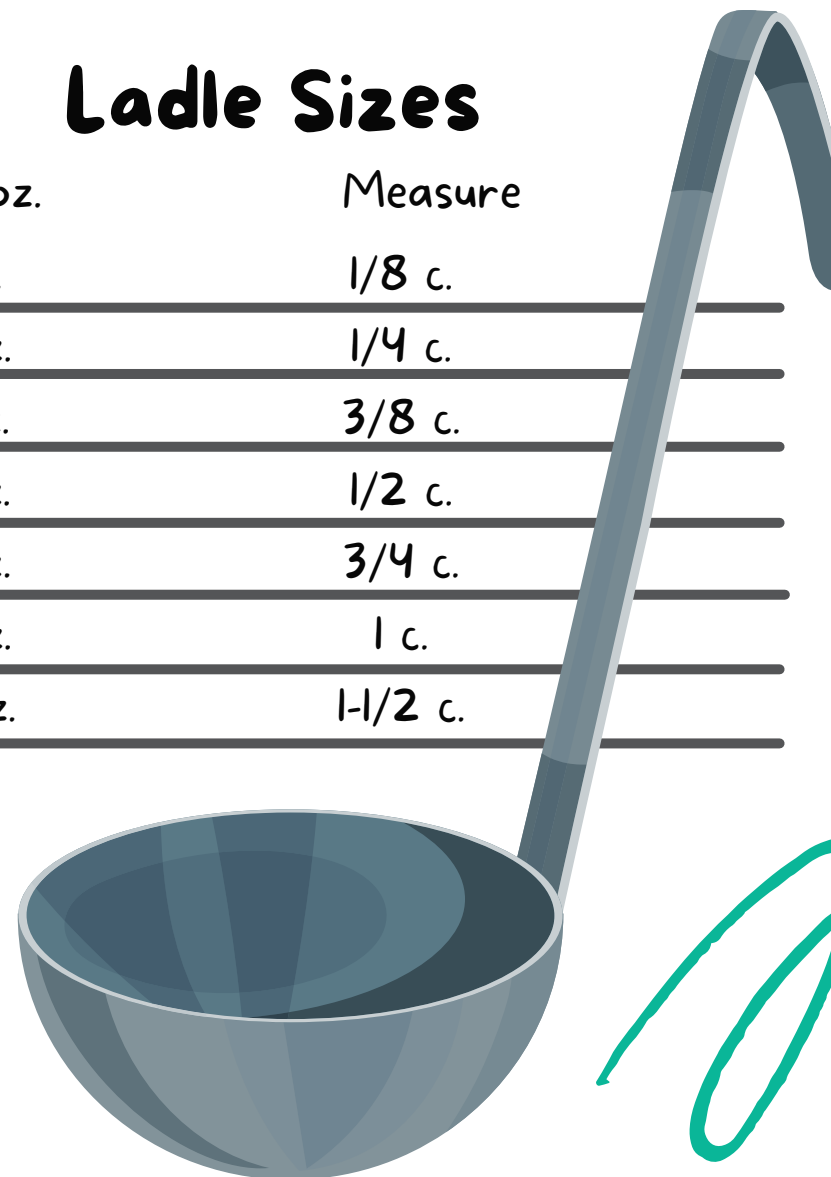
It is important to follow the portion sizes listed on a standardized recipe. This helps to prevent running out of and/or wasting food.

Disher Sizes

No.	Measure
6	$\frac{2}{3}$ c.
8	$\frac{1}{2}$ c.
10	$\frac{3}{8}$ c.
12	$\frac{1}{3}$ c.
16	$\frac{1}{4}$ c.
20	$3\text{-}\frac{1}{3}$ c.
24	$2\text{-}\frac{2}{3}$ c.
30	2 Tbsp
40	$1\text{-}\frac{2}{3}$ Tbsp
50	$3\text{-}\frac{3}{4}$ tsp
60	$3\text{-}\frac{1}{4}$ tsp
70	$2\text{-}\frac{3}{4}$ tsp
100	2 tsp

Ladle Sizes

fl oz.	Measure
1 oz.	$\frac{1}{8}$ c.
2 oz.	$\frac{1}{4}$ c.
3 oz.	$\frac{3}{8}$ c.
4 oz.	$\frac{1}{2}$ c.
6 oz.	$\frac{3}{4}$ c.
8 oz.	1 c.
12 oz.	$1\text{-}\frac{1}{2}$ c.



Kitchen Measurements

Baking Pan Substitutions

Recipe Calls For	Volume	Equivalent
	15 c.	24 standard muffins (2) 9" x 5" loaf pans

9" x 13" x 2" baking pan



12 count muffin pan

6 c.
(1/2 c. muffin)

36 mini muffins



9" x 5" loaf pan

8 c.

12 standard muffins
8" square baking pan



8" square baking pan

8 c.

12 standard muffins
(1) 9" x 5" loaf pan

Baking Sheet Sizes

Full
18" x 26"

Half
13" x 18"

Quarter
9.5" x 13"

Other Tips

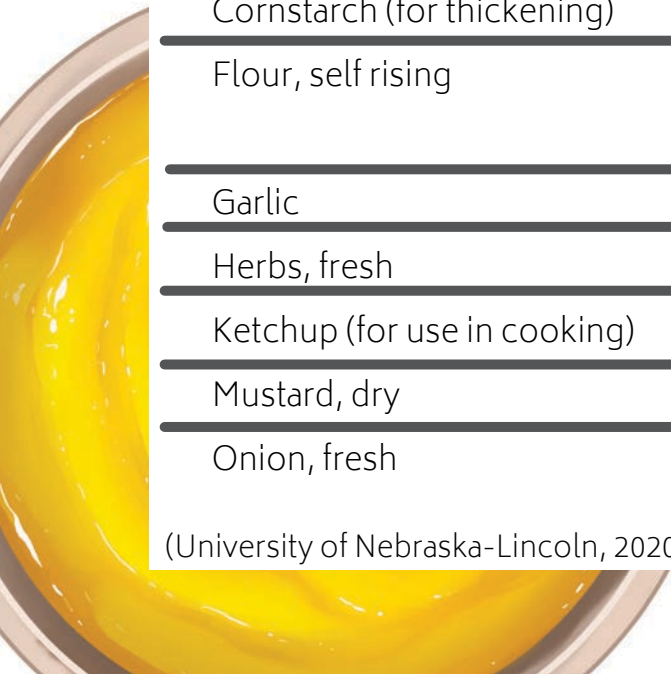
- Glass pans allow food to bake faster than metal pans. When choosing glass over metal, reduce the oven temperature by 25°F and check for doneness about 10 minutes earlier than the recipe calls for.
- Measure width, length and depth on the inside of a pan — not the outside.
- Only fill pans with batter 1/2 to 2/3 full; any more and the batter may overflow.

Ingredient Substitutions



Ingredient	Amount	Substitute
Allspice	1 tsp	1/2 tsp cinnamon plus 1/2 tsp ground cloves
Baking Powder	1 tsp	1/4 tsp baking soda plus 5/8 tsp cream of tartar
BBQ Sauce	1 c.	3/4 c ketchup, 2 tbsp mustard and 2 tbsp brown sugar
Butter	1 c.	1 c Margarine or 1 c apple sauce
Buttermilk	1 c.	1 tbsp lemon juice or vinegar plus enough regular milk to make 1 c (allow to stand 5 minutes)
Chili Sauce	1 c.	1 c tomato sauce, 1/4 c brown sugar, 2 tbsp vinegar, 1/4 tsp cinnamon, dash of ground cloves and dash of allspice
Cornstarch (for thickening)	1 tbsp.	2 tbsp flour
Flour, self rising	1 c.	1 c minus 2 tsp all-purpose flour plus 1 1/2 tsp baking powder and 1/2 tsp salt
Garlic	1 small clove	1/8 tsp garlic powder
Herbs, fresh	1 tbsp, finely cut	1 tsp dried leaf herbs or 1/2 tsp ground dried herbs
Ketchup (for use in cooking)	1 c.	1 c tomato sauce, 1/2 c sugar, and 2 tbsp vinegar
Mustard, dry	1 tsp	1 tbsp prepared mustard
Onion, fresh	1/4 c. chopped	1 tbsp instant minced onion; check label

(University of Nebraska-Lincoln, 2020)



Flavoring



By Flavor

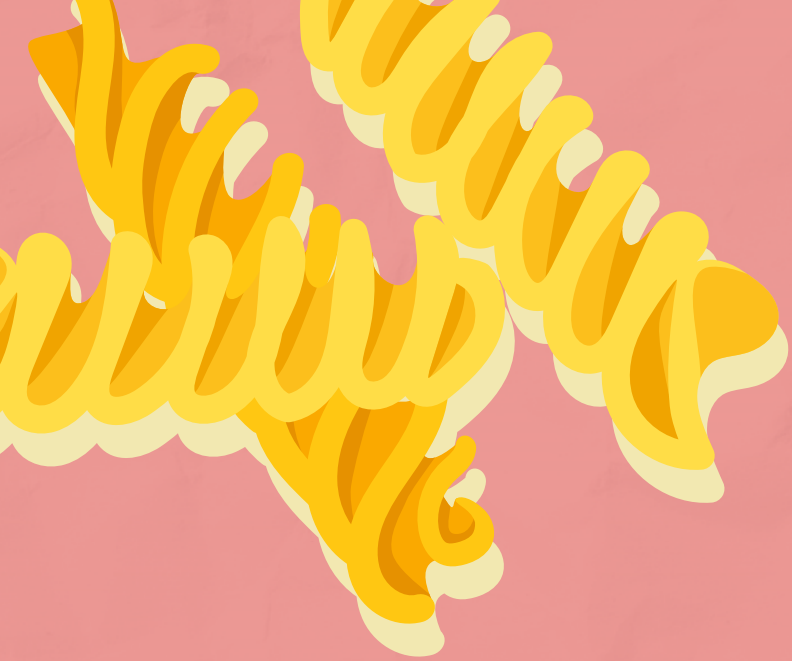
Herbs & Spices

Italian	Basil, Oregano, Thyme, Rosemary, Garlic, Chili Flakes, Parsley
Latin	Cilantro, Oregano, Chili Powder, Chili Flakes, Cumin
Asian	Garlic, Ginger, Cilantro, Chili Flakes
Indian	Garlic, Ginger, Coriander, Chili Flakes, Chili Powder
French	Rosemary, Thyme, Coriander, Dill, Parsley
Mediterranean	Parsley, Dill, Mint, Oregano, Basil, Paprika, Chives

By Food

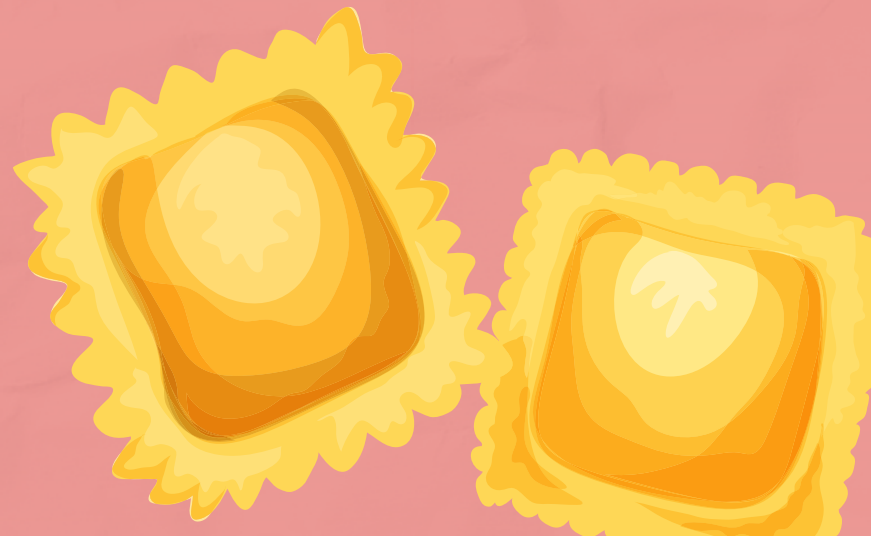
Herbs & Spices

Eggs	Dill, Paprika, Parsley
Peas	Dill, Parsley, Mint
Potatoes	Dill, Parsley, Chili Flakes, Rosemary, Thyme, Chives
Corn	Garlic, Cilantro, Chili Flakes, Chili Powder
Beans	Garlic, Cilantro, Chili Powder, Parsley, Cumin, Basil, Oregano, Thyme, Rosemary
Carrots	Coriander, Dill, Thyme, Rosemary, Ginger
Meats	Rosemary, Thyme, Oregano, Coriander, Chili Powder
Poultry	Rosemary, Thyme, Basil, Oregano, Chili Powder, Parsley, Cilantro



GRAIN EQUIVALENTS

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# Serving Grains in the CACFP

## Steps to Serving Grains in the CACFP

1

Grains served at one meal or snack every day must be whole grain-rich. To confirm a food item is whole-grain rich, use the chart on page 23.

2

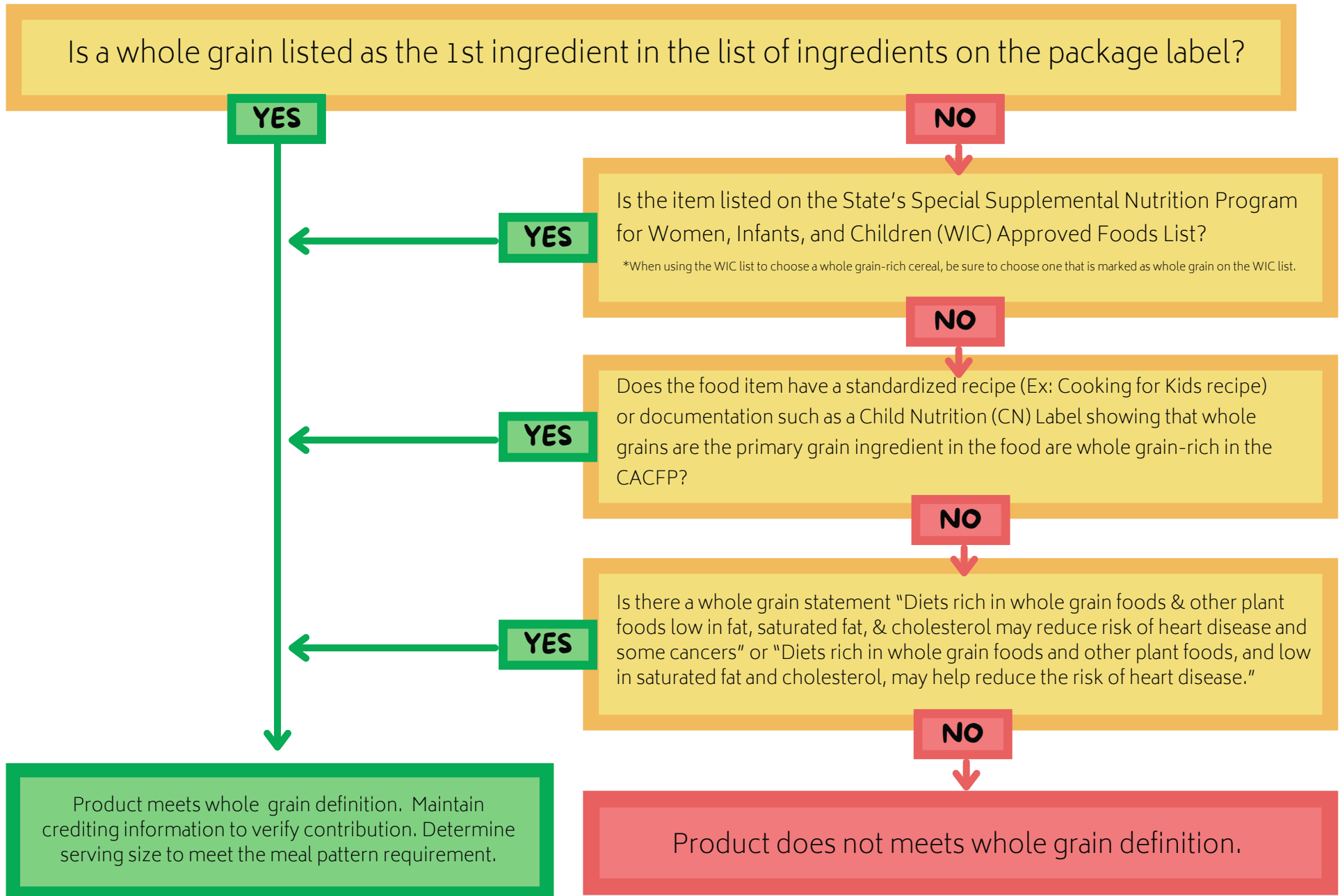
Once you have confirmed that your food item is whole grain-rich, next you will determine how much of the food item you need to serve. One of the easiest ways is to use the Grains Measuring Chart for the CACFP\*. This can be found on page 24.

\*Other ways to determine how much of an item you need to serve during meals or snacks includes using the Food Buying Guide for Child Nutrition Programs and the Calculation Method. For more information on other methods please visit:

<https://www.fns.usda.gov/tn/calculating-ounce-equivalents-grains-cacfp>.



# Step 1: Determining Whole Grain Creditability



# Step 2: Determining Whole Grain Equalivancy

## Using the Grains Measuring Chart

The Grains Measuring Chart tells you how much of a grain item you need to serve to meet 1/2 oz grain equivalent. To use this chart:

1. Find the grain item you want to serve.
2. Check if the chart lists a size or weight by the name of the grain.

If the chart:

Lists a weight for the grain, such as at least 56 grams, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as about 1 1/4" by 1 1/2", then check if the item is the same size, or larger than, this amount.

(U.S. Department of Agriculture, 2019)

| Item and Size                                          | 1/2 oz eq=                         |
|--------------------------------------------------------|------------------------------------|
| Bagel (entire bagel) at least 56 grams                 | 1/4 bagel or 14 grams              |
| Bagel, Mini (entire bagel) at least 28 grams           | 1/2 bagel or 14 grams              |
| Biscuit at least 28 grams                              | 1/2 biscuit or 14 grams            |
| Bread (whole grain-rich or enriched) at least 28 grams | 1/2 slice or 14 grams              |
| Bun or Roll (entire bun or roll) at least 28 grams     | 1/2 bun/roll or 14 grams           |
| Cereal Grains (barley, bulgur, quinoa, etc.)           | 1/4 cup cooked or 14 grams dry     |
| Cereal, Ready-to-Eat: Flakes or Rounds                 | 1/2 cup or 14 grams                |
| Cereal, Ready-to-Eat: Granola                          | 1/8 cup or 14 grams                |
| Cereal, Ready-to-Eat: Puffed                           | 3/4 cup or 14 grams                |
| Corn Muffin at least 34 grams                          | 1/2 muffin or 17 grams             |
| Cracker, Animal (about 1 1/2" by 1")                   | 8 crackers or 14 grams             |
| Cracker, Bear-Shaped, Sweet (about 1" by 1/2")         | 12 crackers (~1/4 cup) or 14 grams |
| Cracker, Cheese, Square, Savory (about 1" by 1")       | 10 crackers or 11 grams            |
| Cracker, Fish -Shaped, Savory (3/4 by 1/2")            | 21 crackers (~1/4 cup) or 11 grams |
| Cracker, Graham (about 5" by 2 1/2")                   | 1 cracker or 14 grams              |
| Cracker, Round, Savory (about 1 3/4" across)           | 4 crackers or 11 grams             |
| Cracker, Saltine (about 2" by 2")                      | 4 crackers or 11 grams             |
| Cracker, Thin Wheat, Square, Savory (1 1/4" by 1 1/4") | 6 crackers or 11 grams             |
| Cracker, Woven, Wheat, Square, (1 1/2" by 1 1/2")      | 3 crackers or 11 grams             |
| Croissant at least 34 grams                            | 1/2 croissant or 17 grams          |

# Step 2: Determining Whole Grain Equalivancy

## Using the Grains Measuring Chart

The Grains Measuring Chart tells you how much of a grain item you need to serve to meet 1/2 oz grain equivalent. To use this chart:

1. Find the grain item you want to serve.
2. Check if the chart lists a size or weight by the name of the grain.

If the chart:

Lists a weight for the grain, such as at least 56 grams, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as about 1 1/4" by 1 1/2", then check if the item is the same size, or larger than, this amount.

## Item and Size

## 1/2 oz eq=

|                                                    |                                 |
|----------------------------------------------------|---------------------------------|
| English Muffin at least 56 grams                   | 1/4 muffin or 14 grams          |
| French Toast Stick at least 18 grams               | 2 sticks or 35 grams            |
| Grits                                              | 1/4 cup cooked or 14 grams dry  |
| Melba Toast (about 3 1/2" by 1 1/2")               | 2 pieces or 11 grams            |
| Muffin and Quick Bread at least 55 grams           | 1/2 muffin/slice or 28 grams    |
| Oatmeal                                            | 1/4 cup cooked or 14 grams dry  |
| Pancake at least 34 grams                          | 1/2 pancake or 17 grams         |
| Pasta (whole grain-rich or enriched, all shapes)   | 1/4 cup cooked or 14 grams dry  |
| Pita Bread/Round at least 56 grams                 | 1/4 pita or 14 grams            |
| Popcorn                                            | 1 1/2 cups or 14 grams          |
| Pretzel, Hard, Mini-Twist (about 1 1/4" by 1 1/2") | 7 twists (~1/3 cup) or 11 grams |
| Pretzel, Hard, Thin Stick (about 2 1/2" long)      | 16 sticks or 11 grams           |
| Pretzel, Soft at least 56 grams*                   | 1/4 pretzel or 14 grams         |
| Rice (all types)                                   | 1/4 cup cooked or 14 grams dry  |
| Rice Cake at least 8 grams                         | 1 1/2 cakes or 11 grams         |
| Rice Cake, Mini (about 1 3/4" across)              | 7 cakes or 11 grams             |
| Taco or Tostada Shell, Hard at least 14 grams      | 1 shell or 14 grams             |
| Tortilla, Soft, Corn (about 5 1/2")                | 3/4 tortilla or 14 grams        |
| Tortilla, Soft, Flour (about 6")                   | 1/2 tortilla or 14 grams        |
| Tortilla, Soft, Flour (about 8")                   | 1/4 tortilla or 14 grams        |
| Waffle at least 34 grams                           | 1/2 waffle or 17 grams          |





# ORDERING


The USDA Food Buying Guide (FBG) is the best tool to use to help determine the right amount and type of food to buy for your program. The FBG can also be used to determine the specific contribution each food makes toward the meal pattern requirements.

The Food Buying Guide is available as an online tool, Mobile App, and downloadable PDF.

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

## General Procedure: How much do I need to purchase?

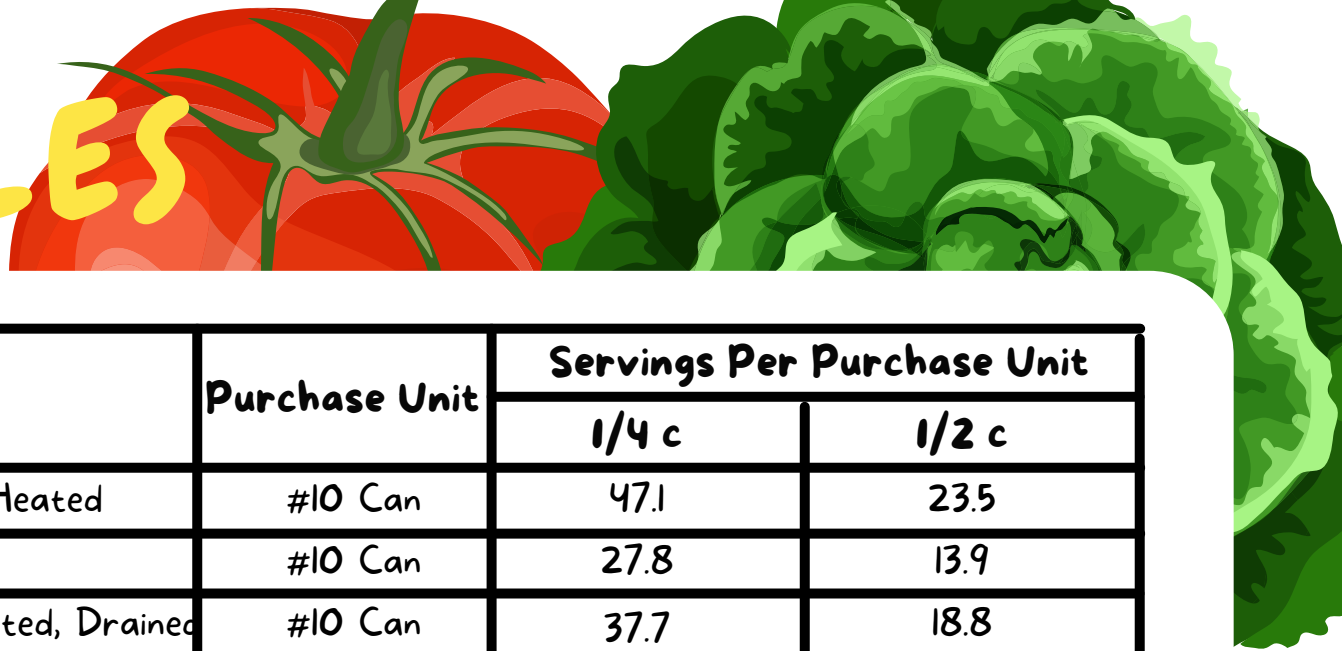
Divide the number of servings you need by the number of servings you will get from one purchase unit (pound, can, etc.). Remember, this can also be done by using the FBG Online Calculator.

$$\frac{\text{Total \# of Servings Needed}}{\text{Number of Servings You Will Get From One Unit}} = \text{Number Units Needed to Purchase (If a Decimal Round Up)}$$


Pages 29-33 can be used as a quick reference to identify the number of servings you will get from one unit for some of the most common foods used in the CACFP.

This reference guide does not replace the FBG.

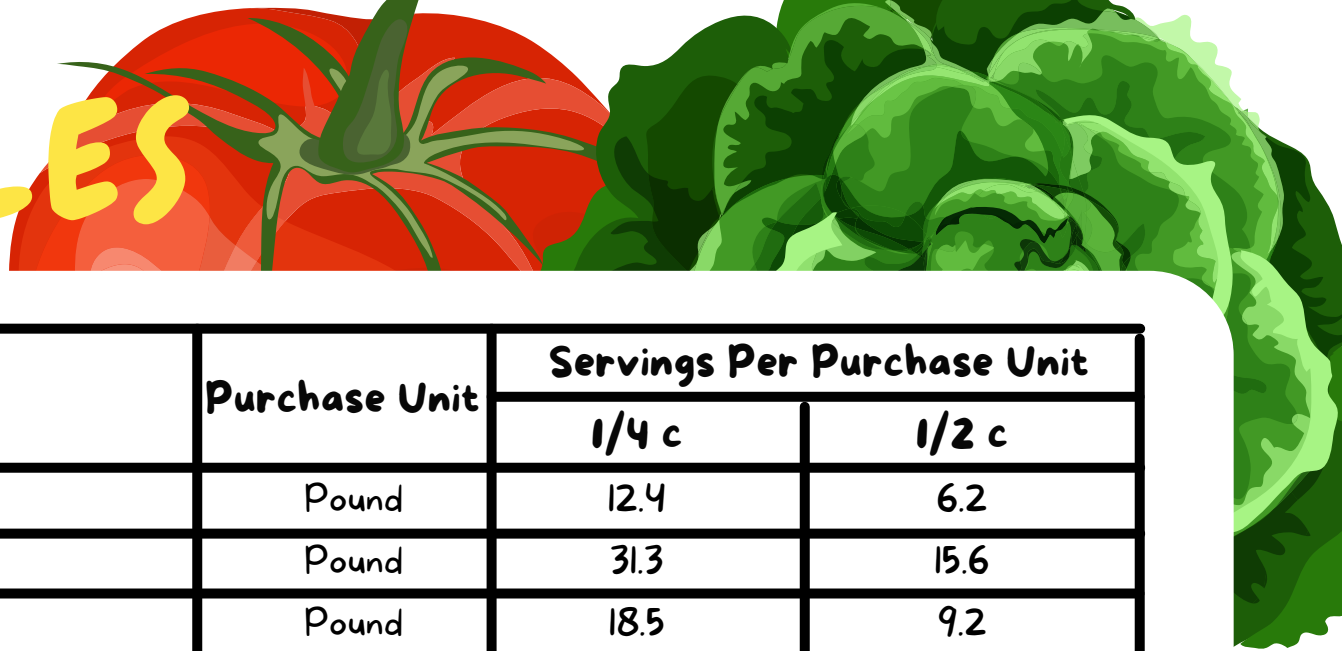
# VEGETABLES



| Item                                            | Purchase Unit | Servings Per Purchase Unit |       |
|-------------------------------------------------|---------------|----------------------------|-------|
|                                                 |               | 1/4 c                      | 1/2 c |
| Beans, Baked in Sauce, Vegetarian, Heated       | #10 Can       | 47.1                       | 23.5  |
| Beans, Black, Dry, Canned, Heated               | #10 Can       | 27.8                       | 13.9  |
| Beans, Black-eyed Peas, Canned, Heated, Drained | #10 Can       | 37.7                       | 18.8  |
| Beans, Green, Canned, Cut, Drained, Heated      | #10 Can       | 45.3                       | 22.6  |
| Beans, Pinto, Canned, Heated, Drained           | #10 Can       | 37.2                       | 18.6  |
| Beans, Refried, Canned, Heated                  | #10 Can       | 49.6                       | 24.8  |
| Broccoli, Fresh, RAW, Florets                   | Pound         | 28.8                       | 14.4  |
| Broccoli, Frozen, Chopped, Cooked, Drained      | Pound         | 9.6                        | 4.8   |
| Cabbage, Green, Shredded, RAW                   | Pound         | 27                         | 13.5  |
| Cabbage, Red, Shredded, RAW                     | Pound         | 22.8                       | 11.4  |
| Carrots, Baby, RAW                              | Pound         | 12.9                       | 6.4   |
| Carrots, Frozen, Sliced, Cooked, Drained        | Pound         | 9.8                        | 4.9   |
| Cauliflower, Fresh, Florets, RAW                | Pound         | 18.3                       | 9.1   |
| Celery, Sticks, RAW, 1/2 inch x 4 inch          | Pound         | 14                         | 7     |
| Corn, Frozen, Whole Kernel, Cooked              | Pound         | 11                         | 5.5   |
| Corn, Whole Kernel, Heated, Canned, Drained     | #10 Can       | 39.6                       | 19.8  |

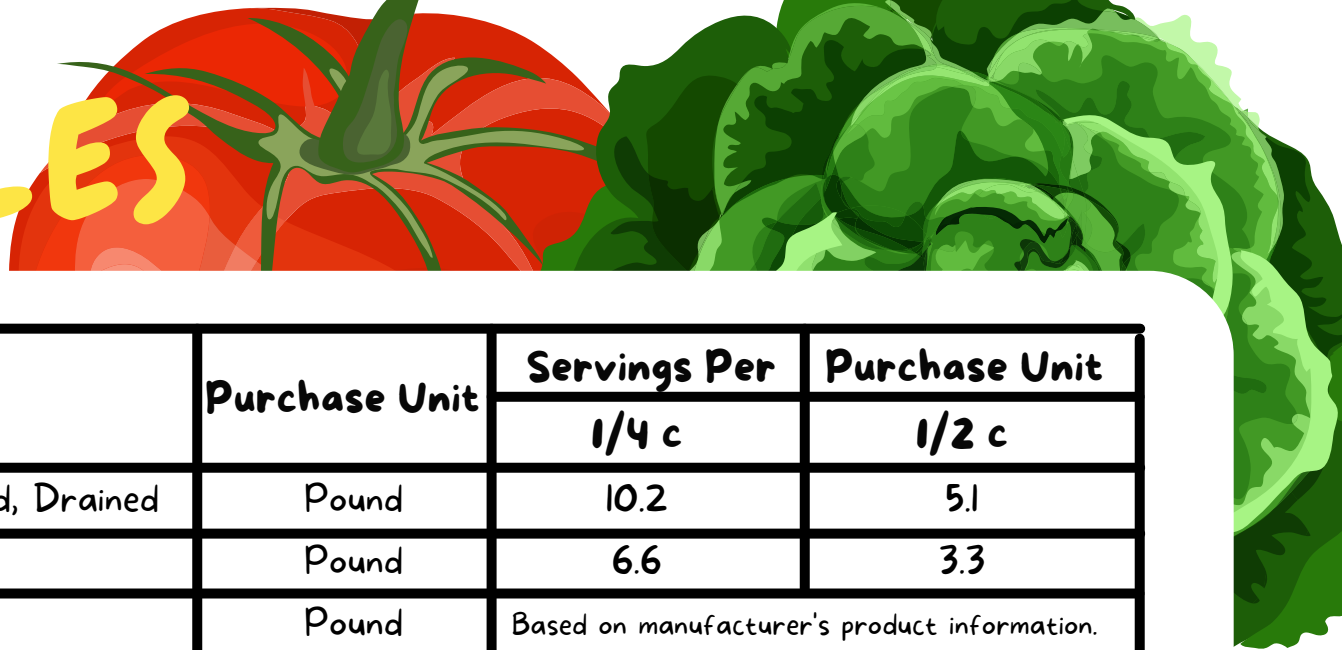


# VEGETABLES



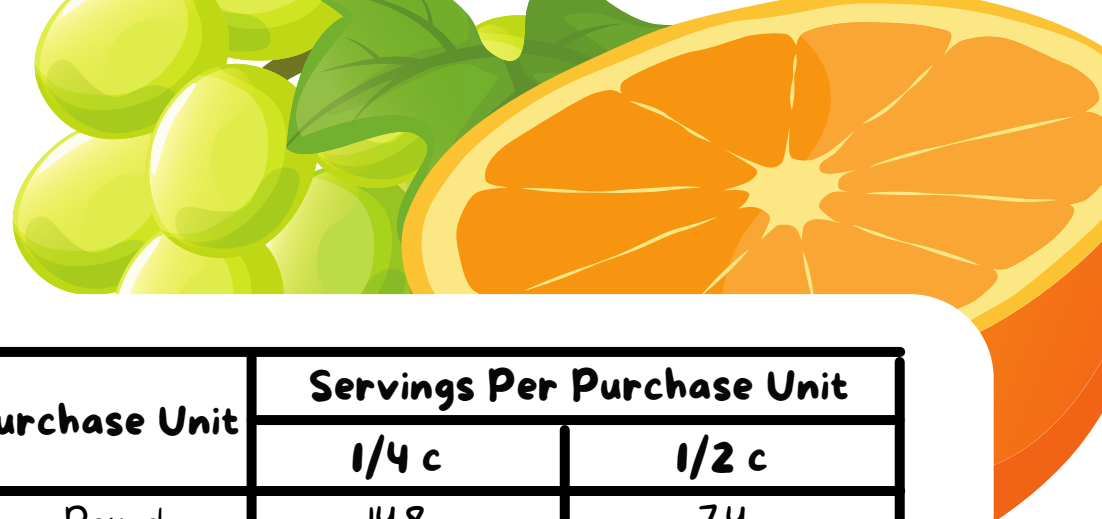
| Item                                           | Purchase Unit | Servings Per Purchase Unit |       |
|------------------------------------------------|---------------|----------------------------|-------|
|                                                |               | 1/4 c                      | 1/2 c |
| Cucumbers, Unpeeled, Sliced, RAW               | Pound         | 12.4                       | 6.2   |
| Lettuce, Romaine, Untrimmed                    | Pound         | 31.3                       | 15.6  |
| Mushrooms, Fresh, RAW, Sliced                  | Pound         | 18.5                       | 9.2   |
| Onions, Chopped, RAW, All Sizes, Whole         | Pound         | 9.3                        | 4.6   |
| Peas & Carrots, Frozen, Cooked, Drained        | Pound         | 10.9                       | 5.4   |
| Peas, Black-eyed, Canned, Heated, Drained      | #10 Can       | 37.7                       | 18.8  |
| Peas, Green, Frozen, Cooked, Drained           | Pound         | 9.5                        | 4.7   |
| Peppers, Bell, Red or Orange, Whole, Strips    | Pound         | 14.7                       | 7.3   |
| Peppers, Green, RAW, Diced                     | Pound         | 9.7                        | 4.8   |
| Potatoes, Diced, Frozen, Precooked, Cooked     | Pound         | 8.9                        | 4.4   |
| Potatoes, Fries, Crinkle Cut, Frozen, Cooked   | Pound         | 16.2                       | 8.1   |
| Salad Mix, Romaine/Spinach, w/color            | Pound         | 36                         | 18    |
| Salsa, Canned                                  | #10 Can       | 49.3                       | 24.6  |
| Spinach, Fresh Leaves                          | Pound         | 25.6                       | 12.8  |
| Squash, Butternut, Cubed, Cooked, Drained      | Pound         | 7.5                        | 3.7   |
| Squash, Yellow, Fresh, Sliced, Cooked, Drained | Pound         | 8.4                        | 4.2   |

# VEGETABLES



| Item                                             | Purchase Unit | Servings Per                                 | Purchase Unit |
|--------------------------------------------------|---------------|----------------------------------------------|---------------|
|                                                  |               | 1/4 c                                        | 1/2 c         |
| Squash, Zucchini, Fresh, Sliced, Cooked, Drained | Pound         | 10.2                                         | 5.1           |
| Sweet Potato, Fresh, Whole, Baked                | Pound         | 6.6                                          | 3.3           |
| Sweet Potato, Fries                              | Pound         | Based on manufacturer's product information. |               |
| Sweet Potato, Tots                               | Pound         | Based on manufacturer's product information. |               |
| Tomato Paste                                     | #10 Can       | 192                                          | 96            |
| Tomato Sauce, Canned                             | #10 Can       | 50.7                                         | 25.3          |
| Tomato, Spaghetti Sauce, Meatless, Heated        | #10 Can       | 47.9                                         | 23.9          |
| Tomatoes, Canned, Crushed, Heated, Veg & Juice   | #10 Can       | 46.6                                         | 23.3          |
| Tomatoes, Canned, Diced, Heated, Veg & Juice     | #10 Can       | 49.2                                         | 24.6          |
| Tomatoes, Fresh, Cherry                          | Pound         | 12.1                                         | 6             |
| Tomatoes, Fresh, Whole, All Sizes                | Pound         | 7.6                                          | 3.8           |
| Vegetables, Mixed, Frozen, Cooked, Drained       | Pound         | 8.1                                          | 4             |
|                                                  |               |                                              |               |
|                                                  |               |                                              |               |
|                                                  |               |                                              |               |
|                                                  |               |                                              |               |

# FRUIT



| Item                                            | Purchase Unit | Servings Per Purchase Unit |       |
|-------------------------------------------------|---------------|----------------------------|-------|
|                                                 |               | 1/4 c                      | 1/2 c |
| Apples, Fresh, Small, Unpeeled                  | Pound         | 14.8                       | 7.4   |
| Applesauce, Canned                              | #10 Can       | 47.6                       | 23.8  |
| Bananas, Fresh, Regular, RAW, Unpeeled          | pound         | 5.3                        | 2.6   |
| Blueberries, Fresh, Whole, RAW                  | Pound         | 11.9                       | 5.9   |
| Blueberries, Frozen, Whole, Thawed, Unsweetened | Pound         | 11.9                       | 5.9   |
| Cantaloupe, Whole, 15 Count, Cubed              | Pound         | 6.7                        | 3.3   |
| Fruit Mix Cocktail, Drained                     | #10 Can       | 37                         | 18.5  |
| Grapes, Fresh, Seedless, Whole, w/o Stem        | Pound         | 11.6                       | 5.8   |
| Kiwi, Fresh, Peeled, 33-39 Count, Whole, Chunks | Pound         | 8.3                        | 4.1   |
| Oranges, Mandarin, Canned, Drained              | #10 Can       | 39.6                       | 19.8  |
| Peach, Fresh, Medium (2½ Inch Diameter          | Pound         | 7                          | 3.5   |
| Peaches, Diced, Canned, Drained                 | #10 Can       | 35.4                       | 17.7  |
| Pineapple, Chunks, Canned, Drained              | #10 Can       | 31.8                       | 15.9  |
| Pineapple, Tidbits, Canned, Drained             | #10 Can       | 33.4                       | 16.7  |
| Plums, Fresh, (Purple, Red or Black) 2 in       | Pound         | 9.8                        | 4.9   |
| Raisins, Seedless, (¼ cup Serving = ½ c)        | Pound         | 12.6                       | 6.3   |

# MEAT/MA

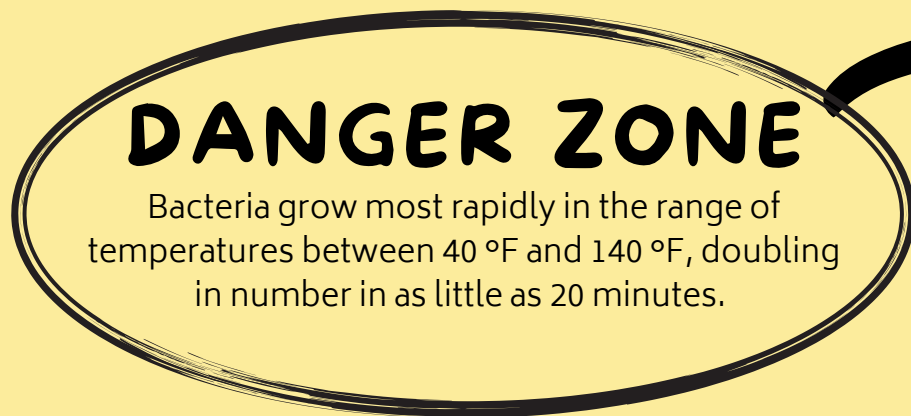


| Item                                                | Purchase Unit | Servings Per | Purchase Unit |
|-----------------------------------------------------|---------------|--------------|---------------|
|                                                     |               | 1/4 c        | 1/2 c         |
| Beans, Great Northern, Dry, Canned, Heated, Drained | #10 Can       | 132.4        | 21.6          |
| Beans, Kidney, Dry, Canned, Heated, Drained         | #10 Can       | 38.9         | 25.9          |
| Beans, Pinto, Canned, Heated, Drained               | #10 Can       | 37.2         | 24.8          |
| Beans, Refried, Canned, Heated                      | #10 Can       | 49.6         | 33            |
| Beef, Ground, Fresh or Frozen, 15% Fat, Cooked      | Pound         | 12           | 8             |
| Cheese, American, Mozzarella, Cheddar               | Pound         | 16           | 10.6          |
| Cheese, Cottage or Ricotta                          | Pound         | 8            | 5.3           |
| Chicken, Diced or Pulled, Cooked, Frozen            | Pound         | 16           | 10.6          |
| Eggs, in Shell, Fresh, Large, Whole                 | Dozen         | 24           | 16            |
| Peanut /Almond /Sunflower Butter                    | #10 Can       | #30 SC/ 97.5 | #20 SC/ 65    |
| Tuna, Water Packed, Canned, Chunk Style, Drained    | 12 oz. can    | 10.5         | 7             |
| Turkey Ham, Fully Cooked, Chilled or Frozen         | Pound         | 11.2         | 7.4           |
| Turkey, Cooked, Frozen, Diced or Pulled, w/o Skin   | Pound         | 16           | 10.6          |
| Turkey, Ground, Fresh or Frozen                     | Pound         | 11.2         | 7.46          |
| Yogurt, Fresh or Soy, Plain or Flavored             | 32 oz         | 8            | 5.3           |





# INTERNAL COOKING TEMPERATURES



- Beef and pork (chops, roasts, and steaks)\*
- Fish and seafood
- Fresh, frozen, or canned fruits and vegetables cooked for holding hot holding
- Commercially processed ready-to-eat food

- Poultry
- Casserole
- Reheat leftovers

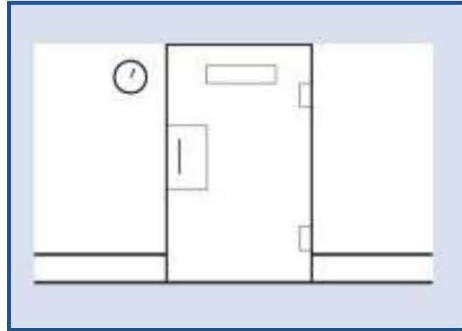
- Egg dishes
- Ground meat

\*Allow to rest for 3 minutes.



# THAWING FOOD

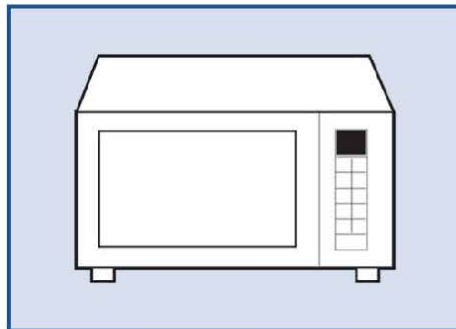
## The Four Acceptable Methods for Thawing Food



In a refrigerator, at 41°F (5°C) or lower



Submerged under running potable water, at a temperature of 70°F (21°C) or lower

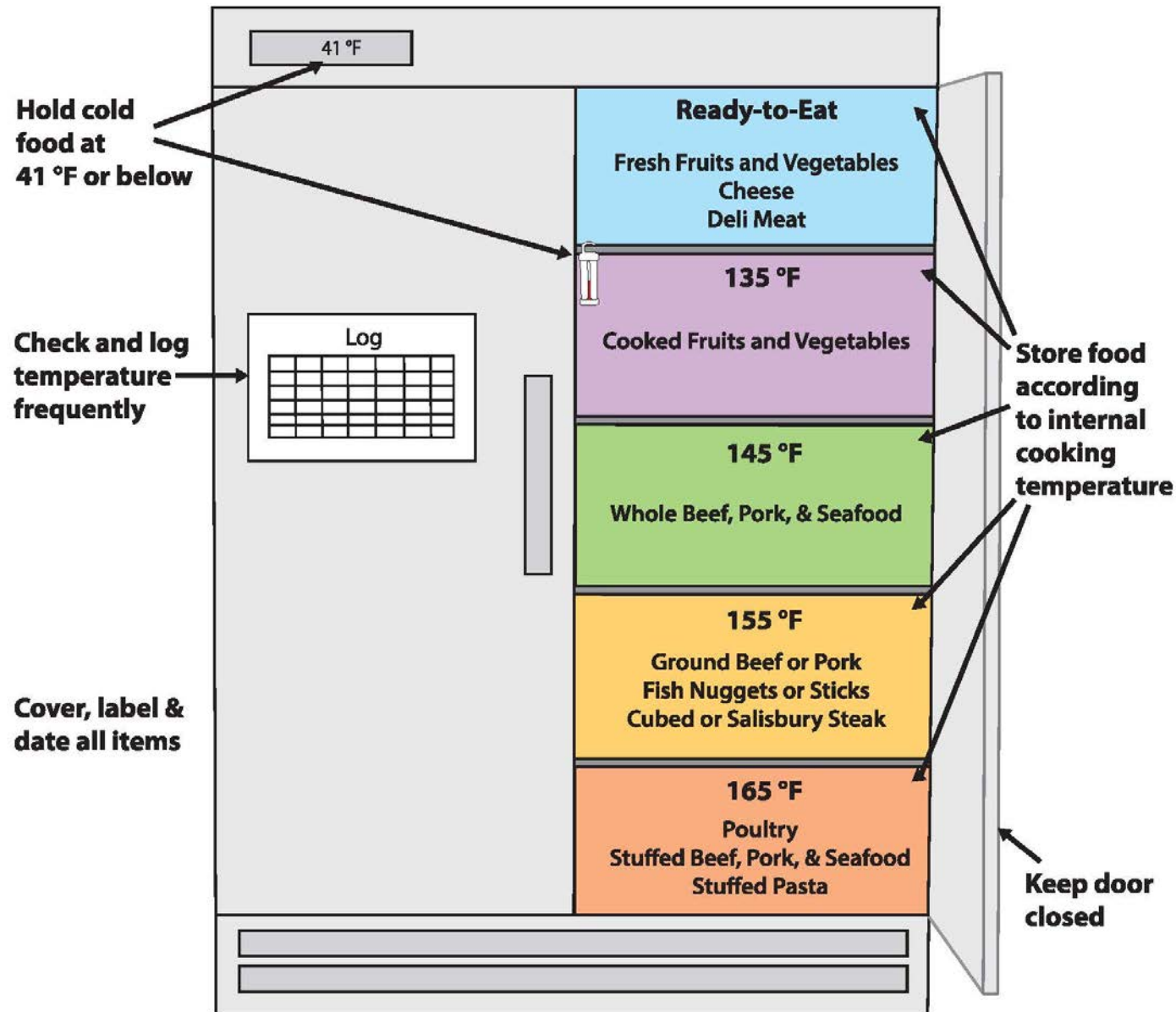


In a microwave oven, if the food will be cooked immediately after thawing



As part of the cooking process

# REFRIGERATE FOR SAFETY



# STOREROOM BASICS



**MAINTAIN TEMPERATURE  
BETWEEN 50°F - 70°F**

**USE FIFO  
FIRST IN, FIRST OUT**

**LABEL AND DATE FOOD**

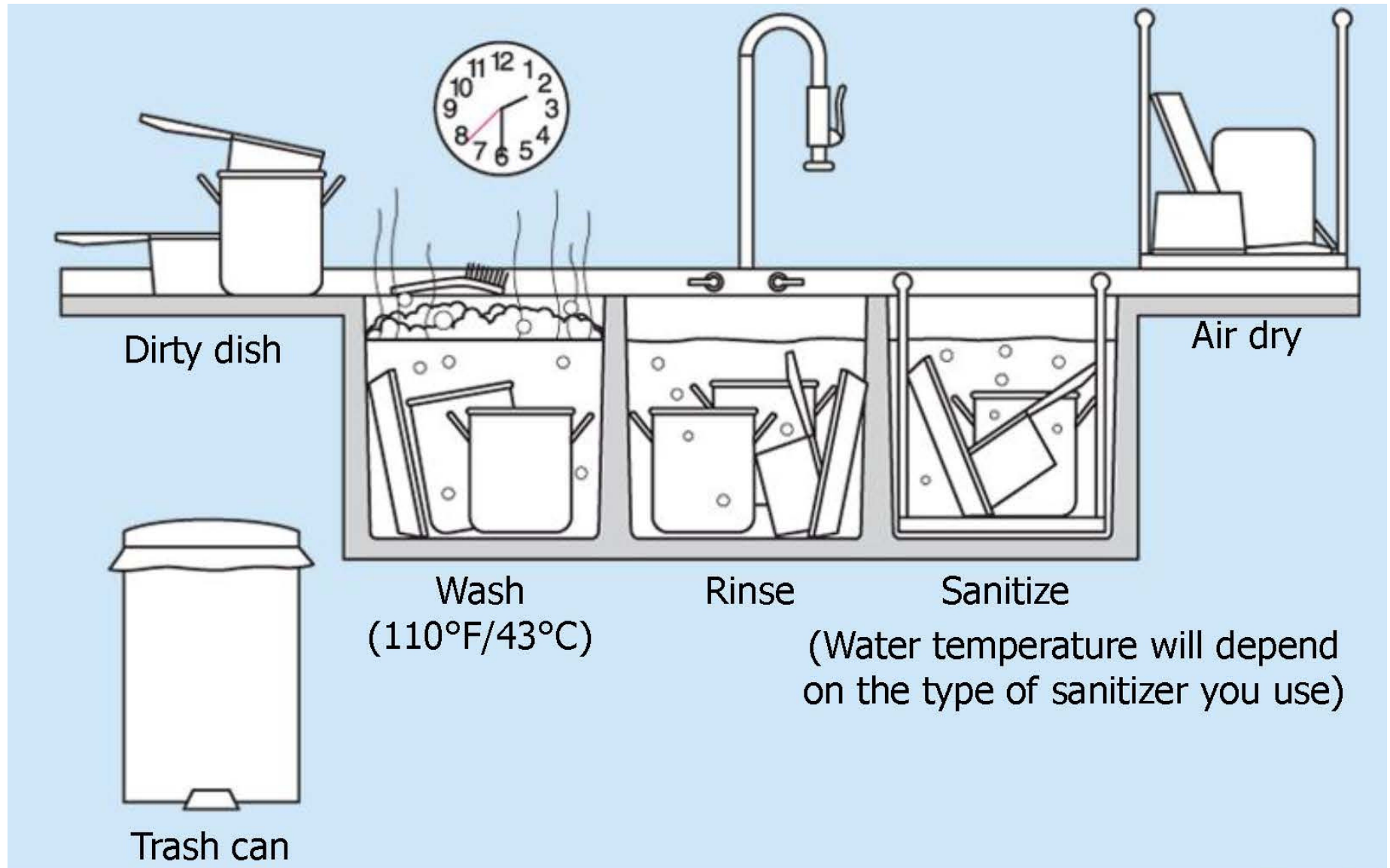
**KEEP STORAGE  
AREA CLEAN**

**STORE ITEMS AT LEAST 6  
INCHES OFF THE FLOOR**

**STORE  
CHEMICALS  
SEPARATE  
FROM  
FOODS**



# HOW TO CLEAN AND SANITIZE UTENSILS?



(Iowa State University Extension, 2011)

# SERVING FOOD

## PRACTICE GOOD PERSONAL HYGIENE

**Wash hands for  
20 seconds.**



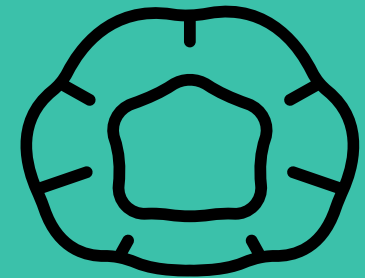
**Wear disposable gloves.  
Change after tasks.**



**Wear a clean apron.**



**Wear a hair restraint.**



## HOLD

### **DISHES AND UTENSILS**

- **PLATES BY EDGE OR BOTTOM**
- **CUP BY HANDLE OR BOTTOM**
- **UTENSILS BY HANDLE**

### **FOOD**

- **HOT FOODS AT 135° OR ABOVE AND COLD FOODS AT 41° OR BELOW**

**COVER FOOD  
BETWEEN SERVING  
PERIODS**



(The Institute for Child Nutrition , 2018)





# RESOURCES





# RESOURCES

## **North Dakota State University**

### **Now You're Cooking! Well-Measured Recipes**

<https://www.ag.ndsu.edu/publications/food-nutrition/now-serving-well-measured-recipes>

## **The Institute for Child Nutrition**

### **Good Practices for Serving Food**

<https://theicn.org/icn-resources-a-z/foodsafetyminiposters/>

### **Refrigerate For Safety!**

<https://theicn.org/icn-resources-a-z/foodsafetyminiposters/>

### **Storeroom Basics**

<https://theicn.org/icn-resources-a-z/foodsafetyminiposters/>

### **Internal Cooking Temperatures**

<https://theicn.org/icn-resources-a-z/foodsafetyminiposters/>

## **U.S. Department of Agriculture**

### **Administrative Review Process Regarding the CN Label, Watermarked CN Label and Manufacturer's Product Formulation Statement**

<https://www.fns.usda.gov/cn/administrative-review-process-regarding-child-nutrition-cn-label>

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

<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPworksheetGrainsOzEq%20.pdf>

### **Calculating Ounce Equivalents of Grains in the CACFP**

<https://www.fns.usda.gov/tn/calculating-ounce-equivalents-grains-cacfp>

### **How to Spot Whole Grain-Rich Foods for the CACFP**

<https://www.fns.usda.gov/tn/how-spot-whole-grain-rich-foods-cacfp>

### **Food Buying Guide for Child Nutrition Programs**

<https://foodbuyingguide.fns.usda.gov/Appendix/DownloadFBG>

### **Crediting Handbook for the Child and Adult Care Food Program**

[https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS\\_Crediting\\_Handbook.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/FNS_Crediting_Handbook.pdf)

## **University of Nebraska-Lincoln**

### **Basic Ingredient Substitutions**

<https://food.unl.edu/article/ingredient-substitutions>

