# 2023 CACFP Annual Training

### **Back to Basics**







### Welcome!





# PARKING LOT

### WHICH GENERATION SPENDS THE MOST TIME ON THEIR PHONE?

3.7 hours Millennials
3 hours Generation X
2.5 hours Boomers



The average person will spend almost 9 years of their life on their phone.

whistle Out

### Today's Training Agenda:

- Program Updates
- Enrollment & IEFs: Mission #1
- Meal Patterns: Mission #2, Part I
- Lunch
- Meal Patterns: Mission #2, Part II
- Tracking CACFP Income & Expenses:
   Mission #3
- Closing Remarks- Giveaways!!





### Program Updates



### 2023 Program Updates:

- End to Off-Site Monitoring & Other Pandemic Flexibilities
  - Off-Site Monitoring ends July 1
  - Emergency Shelter Flexibilities end May 11
- Reporting center claim enrollment #'s
- State & Federal Audits
  - CNP Web User Access form
- Reviews in CNP Web- update
- DRSSs ("doctor notes" /"medical statements")



### 2023 Program Updates:

### Proposed Meal Pattern Changes for SY25/26 affecting CACFP

Public Comment period open through May 10: <u>Proposed Updates to the School Nutrition Standards</u> | Food and Nutrition Service (usda.gov)

- Sugar limits switch from total sugars to added sugars:
  - RTE Cereals: no more than 6g added sugars
  - Yogurts: no more than 12g added sugars
- Menu Planning Flexibilities:
  - Programs serving primarily American Indian participants could serve vegetable to meet grain requirement
  - Nuts & seeds could credit toward full M/MA req
- Terminology Changes:
  - Meat/Meat Alternate= "Protein Sources"
  - Legumes (Beans & Peas)= "Beans, peas & lentils"
  - WGR definition



- ✓ Training
- ✓ Advocacy
- ✓ Networking





#### **Contact your Legislator**

You are

Letters are extremely effective. Personal visits are also valuable. Personal postcards, phone calls, e-mails and well written letters all help. Be sure to tell your legislator why you support or oppose a measure.



To reach your Representative:
 House of Representatives, 2 State House Station, Augusta, ME 04333-0002



- To reach your Senator:
   Maine State Senate, 3 State House Station, Augusta, ME 04333-0003
- Please include your name and address so your Representative can respond.

Link to list of e-mail addresses for members who have them



- You may leave a message for your legislator during session by calling a toll free number. If you would like a return call, please
  include your name and phone number in your message.
- To reach your Representative: 1-800-423-2900

TTY - please use Maine Relay 711



- To reach your Senator:
- 1-800-423-6900

TTY - please use Maine Relay 711

If you wish to speak to a member of the staff, you may call the Office of the Clerk at 207-287-1400 or the Office of the Secretary of the Senate at 207-287-1540.



### Helping Schools Feed Kids Act of 2023 (H.R. 1424)

Representative Abigail Spanberger (D-VA) and Brian Fitzpatrick (R-PA) cosponsored the Helping Schools Feed Kids Act of 2023 (H.R. 1424), to extend the additional 10 cent reimbursement outlined in the KKFA through school year 2023-2024.

If the bill is passed, CACFP operators will continue to receive an additional 10 cents for each meal and snack served through the end of the school year 2023-2024.





**Contact local and National Hunger Advocates** 





Enrollment & Income Eligibility Forms (IEFs)



At Risk Afterschool Programs

Ages 0-18

At Risk Afterschool programs **DO NOT** collect enrollment forms or IEFs (=FREE rate for all)

- Site Info Sheet Enrollment Numbers:
  - Max site capacity
- Claim Enrollment Numbers:
  - FREE enrollment= total monthly attendance at the meal service during the month (Count the total daily attendance at the meal service; add up daily totals for the entire claim month)
- Documentation that enrichment/educational activities are open to all
- Attendance taken separately from meal counts



### **Emergency Shelters**

Ages 0-18

Emergency Shelter programs **DO NOT** collect enrollment forms or IEFs (=FREE rate for all)

- Site Info Sheet Enrollment Numbers:
  - Max site capacity
- Claim Enrollment Numbers:
  - Report number of unique participants during month
- Participants over 18 yrs of age require documentation of disability
- Attendance records= documented dates of residency



# Enrollment & Income Eligibility Forms (IEFs):

### **Adult Care Centers**

Ages 65+ & Disabled Adults

- Adult participants must complete "Dear Household Member" IEF annually
  - =enrollment & rate of reimbursement
- If participant receives SNAP/SSI/MEDICAID= FREE rate of reimbursement
- Income to include:
  - Adult participant's income;
  - Spouse's income
  - Dependent children's income
  - Do <u>not</u> include **in**dependent children's income if living together
- Adult participants require individualized plans of care



### **Enrollment Forms:**

Head Start/Early Head Start Programs

Ages 0-5

- All children in Head Start/Early Head Start centers are categorically eligible for the FREE rate
  - Even HS participants above the income limit
- Head Start Enrollment Forms are required for each participant (not IEFs)
  - Collect annually
  - Collect: parent/guardian signature & date and D/H/M while in care
- HS/Pre-K Collaborations in schools:
  - Only children enrolled in HS are categorically FREE
  - Other children's rate of reimbursement= IEF



### **Enrollment Forms:**

Family
Childcare
Providers

**Ages 0-12** 

- Every CACFP participant must have current/complete enrollment form on file
- Both sponsor and provider must retain copies of forms
- Update provider enrollment numbers as needed in CNP Web



# Enrollment & Income Eligibility Forms (IEFs):

# Child Care Centers & Outside School Hours Centers

Ages 0-12



Every CACFP participant must have current/complete IEF on file:

- Collect annually
- Valid back to 1<sup>st</sup> day of month in which signed
  - Use either date parent signs -or- date center staff sign IEF
- Collect 1 per family (not per child)
- Collect/document:
  - Child(ren)'s first & last name
  - Child(ren)'s age(s)
  - Days/hours/meals while in care
  - Parent/guardian signature/date
  - Rate of reimbursement
  - Center staff signature/date & determination

# Enrollment & Income Eligibility Forms (IEFs):

Child Care
Centers &
Outside
School Hours
Centers

Ages 0-12



1. Foster Child Status

2. Benefit Status

3. Household Income



### Income Eligibility Forms (IEFs): Foster Children

- Automatically eligible for FREE rate
- Foster parent signature & date are required
- NO income info or SSN# required

Thursday	PMS Su ES
NOTE: If you are applying for CACFP benefits on behalf of a Foster Child, please check this boyou return this form.   Foster Child	ox and notify the person to whom
PART I: HOUSEHOLDS RECEIVING SNAP, TANF OR FDPIR BENEFITS:  If you, your child, or any other person living in your household, <u>currently</u> receives SNAP, TANF or provide their SNAP, TANF or FDPIR case number. DO NOT COMPLETE Part II; skip to Part III. name and signature of the adult who completes this application. The date the application included also.	Part III must include the printed
(a) YES: A member of this household receives SNAP, TANF or FDPIR benefits.	
(b) SNAP Case Number: # (not EBT number)	
(c) TANF Case Number: #	
(d) FDPIR Case Number: #	
If applicable, your child's Free or Reduced Drice most alleibility information will be displaced to Medicald applicable.	dies CCHID unless you also be to

have the information disclosed. The information will be used to identify children eligible for, and to seek to enroll children in, a health program. Your decision on whether to disclose this information will not affect your child's eligibility for Free or Reduced-Price meals.

If you elect not to have this information disclosed to Medicald and/or SCHIP, please check this box:



### Income Eligibility Forms (IEFs): Benefit Status

- =SNAP, TANF & FDPIR benefits
- Valid benefit numbers= 8 digits long followed by a letter (e.g 12345678A)
- Parent/Guardian signature & date are required
- NO income info or SSN# required

	* Br = Breakfast	AM S = AM Snack	Lu = Lunch	PM S = PM Snack	Su = Supper	E S = Evening Snack		
NOTE: If you are applying for CACFP benefits on behalf of a Foster Child, please check this box and notify the person you return this form.   Foster Child								
PART I: HOUSEHOLDS RECEIVING SNAP, TANF OR FDPIR BENEFITS:  If you, your child, or any other person living in your household, <u>currently</u> receives SNAP, TANF or FDPIR benefits, please provide their SNAP, TANF or FDPIR case number. DO NOT COMPLETE Part II; skip to Part III. Part III <u>must</u> include the print name and signature of the adult who completes this application. The date the application was completed needs to be included also.								
	(a) YES: A member of this household receives SNAP, TANF or FDPIR benefits.							
	(b) SNAP Cas	e Number: #		(not EBT number)				
	(c) TANF Cas	e Number: #		_				
	(d) FDPIR Ca	se Number: #						
				mation will be disclosed to l tify children eligible for, and		IP unless you elect not to dren in, a health insurance		

program. Your decision on whether to disclose this information will not affect your child's eligibility for Free or Reduced-Price meals.

If you elect not to have this information disclosed to Medicald and/or SCHIP, please check this box:

### Income Eligibility Forms (IEFs): Household Income

Parent/Guardian signature & date are required

applicable State and Federal Criminal Statutes.

Last 4 digits of SSN# are required

allowances as income.		-	• • • •	
LIST ALL HOUSEHOLD MEMBER: Names of Household Members:	S: Age	Monthly Gross Wages or Net Self-Employment	Monthly TANF, Alimony, Welfare, Child Support	Monthly Pensions, SSI, Social Security, Workers Comp, Unemployment Comp, Insurance & Retirement
1.				
2.				
3.				
4.				
5.				
6.				
Note: Weekly income x 4.333 weeks;		5 weeks) ILY HOUSEHOLD IN(	COME:	



(PRINT NAME OF ADULT)

(LAST 4 DIGITS OF SS#)

(DATE)

(DATE)

<u>PENALTIES FOR MISREPRESENTATION</u>: I certify that <u>all of</u> the above information is true and correct and that all income is reported. I understand this information is being given in connection with the receipt of Federal Funds and Program Officials may verify the information on the application and that deliberate misrepresentation of any of the information on this application may subject me to prosecution under

### Income Eligibility Forms (IEFs): Household Income

## What do I do if a family leaves the income section blank?

- ➤ Ensure the family understands that leaving the income section blank means they have \$0 income
- Make sure that IEF contains parent/guardian signature & date
- SSN# is required (since IEF is approved on \$0 income)
- Maine
  Department of
  Folloation
- > Approve for the FREE rate of reimbursement!

### Income Eligibility Forms (IEFs): Household Income

What do I do if a family writes "over income" or "do not qualify"

#### That's OK!

- Make sure that IEF contains parent/guardian signature & date
- SSN# is NOT required (since IEF is not being approved based on income)



Approve for the PAID rate of reimbursement!

# Annual Collection of Racial and Ethnic Data

### \*Required for all programs\*

### At Risk Afterschool Programs & Emergency Shelters:

 Collect on institution registration/intake forms

#### -or-

- Use the following website annually to collect aggregate data: <a href="www.census.gov/programs-surveys/acs/">www.census.gov/programs-surveys/acs/</a>
- Keep on file like other CACFP records



# Annual Collection of Racial and Ethnic Data

### \*Required for all programs\*

- Adult Centers:
  - Collect on Adult IEF
  - Have applicants self-report -or- use R/E data you have on file -or- leave blank
- Head Start Programs:
  - Collect on HS enrollment form/institution registration form
  - Have families self-report -or- use R/E data you have on file -or- leave blank
- Child Care & OSHC Centers:
  - Collect on IEF
  - Have families self-report -or- use R/E data you have on file -or- leave blank



Site Information Sheets & Monthly Claims

At Risk Afterschool & Emergency Shelters



### **Site Information Sheets:**

"Free Enrollment"= maximum site capacity

### **Monthly Claims**:

- "Free Enrollment"=
  - Total monthly attendance at the meal service

-or-

 The number of unique children that participated during the month

# Site Information Sheets & Monthly Claims

### All Other CACFP Programs

#### Site Information Sheets:

- F/R/P Enrollment= the numbers of free, reducedprice & paid eligible participants currently enrolled.
  - For-profit sites- keep 25% free or reducedprice qualifier in mind
  - Revise as needed
  - If enrolling over licensed capacity, explain in comments box

### **Monthly Claims**:

- F/R/P Enrollment= #'s of participants with current enrollment forms during claim month
  - Current enrollees do not have to have attended or eaten during month...
  - As long as you consider them to be still enrolled!



Site
Information
Sheets &
Monthly
Claims

All Programs

Claims system will not allow payment of claims that have higher total enrollment than total enrollment approved on site info sheets

Remember to keep enrollments/IEFs on file for 3 yrs + current year like all CACFP records!



Site
Information
Sheets &
Monthly
Claims

F/R/P Rosters

### Monthly F/R/P Enrollment Roster: For programs with IEFs

- Helps fill out monthly claim
- Helps keep track of monthly F/R% for for-profit programs
- Update as participants join and leave your CACFP





### **Calculating Number of Operating Days:**

### All CACFP Programs

 Operating days in the month= days that you were both open for childcare AND served at least 1 meal or snack through CACFP

JANUARY 2023						
SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



### **Calculating Total Monthly Attendance:**

### At Risk & Emergency Shelters:

- Use total monthly attendance at the meal service (count total daily attendance at meal service; add up daily totals for month).
- Attendance at meal service ≠ ate

### **All Other CACFP Programs:**

 Count number of unique, enrolled participants that attended your center each day AND ate at least one meal/snack through CACFP during month; add up daily totals for month.

### Mission #1: Enrollments and IEFs



### Sticky Fingers Child Care Center

CACFP Child Care Center program

[=2 meals/1 snack per child/day]

[use date that parents sign IEFs]

Open M-F: 6 a.m.-5 p.m.

Breakfast: 7 a.m. - 8:30 a.m.

AM Snack: 10 a.m. - 10:30 a.m.

Lunch: 12 p.m. – 1 p.m.

Approved to claim: B, AMS & L
[also serve PMS but **not** claimed through CACFP]

#### Mission #1:

Using the IEFs, Income Guidelines, POS Meal Counts & Attendance records provided...

- 1. Create F/R/P roster for the month of 8/2022
- 2. Calculate total meals/snacks, days operated & total monthly attendance for 8/2022
  - 3. Find errors/missing info
  - 4. Fill out paper claim form for 8/2022



# Sticky Fingers Child Care Center August 2022 F/R/P Roster

Free Reduced and Paid List			August			Year: 2022		
To use excel to total FRP columns, add a nu	mber 1 in the e	nrolled colu	umn if that child was enrolled during the month.					
Children in Free	Date Signed	Enrolled	Children in Reduced	Date Signed	Enrolled	Children in Paid	Date Signed	Enrolled
Florence Adiza**	7/2/2022					Roland Bennett	7/10/2022	
Raven Blake	7/27/2022		George Shanon	7/2/2022		Sasha Kelechi	7/15/2022	
Bobbie Harlow	7/26/2022		Nova Swiftwater*	6/1/2022		Reuben Shemer	7/15/2022	
Lilian Randolph	7/1/2022		Moki Swiftwater*	6/1/2022		Matthew Shemer	7/15/2022	
•						Knox Nyongesa***	7/15/2022	
Total Free	4		Total Reduced	3		Total Paid	5	
	1							,



# Sticky Fingers Child Care Center

### **August 2022 Claim Form**

Center Operating and Enrollment Data (Must reflect the claiming period)

1.	Free Enrollment	4	Number of Operating Days	20
2.	Reduced Enrollment	3	Total Monthly Attendance	156
3.	Paid Enrollment	5	Average Daily Attendance	
4.	Total Enrollment	(12)	Capacity (from Site Info Sheet)	49

Meal Count Data	Breakfast	AM Snack	Lunch	PM Snack
5. Free	0	0	0	0
6. Reduced	0	0	0	0
7. Paid	0	0	0	0
8. Total Meals	137	156	153	. 0



WE INTERRUPT THIS PROGRAM FOR A COMMERCIAL BREAK

# Harvest of the Month

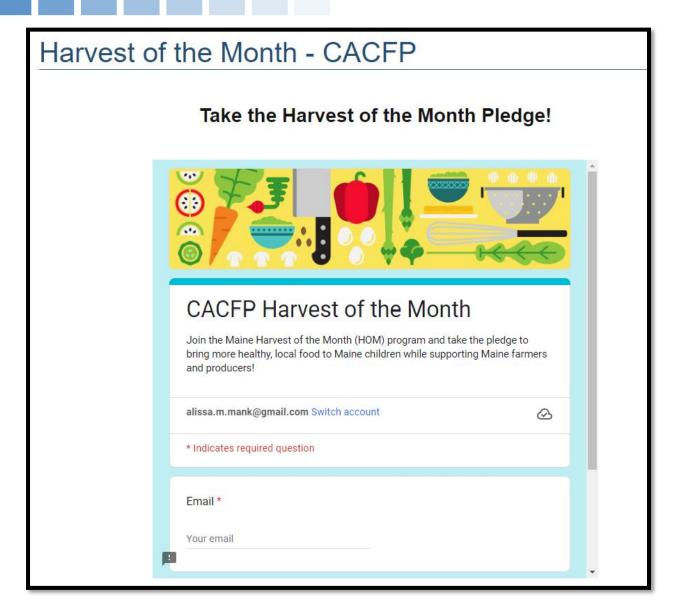
#### MAINE HARVEST OF THE MONTH CALENDAR

Harvest of the Month products must be grown or caught in Maine.

Month	Product		
January	Maine Potatoes		
February	Maine Root Vegetables		
March	Maine Protein		
April	Maine Dairy		
Мау	Maine Wild Blueberries		
June	Maine Leafy Greens		
July	Maine Summer Squash		
August	Maine Cucumbers		
September	Maine Tomatoes		
October	Maine Apples		
November	Maine Brassicas		
December	Maine Winter Squash		











# Meal Patterns



## Meal Patterns Overview:

#### Part I:

- Identifying Whole Grain Rich (WGR) Items
- Calculating Serving Sizes of Grains in Ounce Equivalents (Oz Eq) using Food Labels & USDA Resources

#### Part II:

- Posted Menu Requirements: Children & Adults
- Calculating Cereal & Yogurt Sugar Limits





# Identifying Whole Grain Rich (WGR) Items



### Identifying Whole Grain Rich (WGR) Items:

WGR= <u>at least 50</u>% of grain ingredients are whole grains and the remaining grains are enriched

Children and adults only: 1 grain item served per day must be whole grain rich

Other daily grain items served do not have to be WGR but they do need to contain <u>creditable</u> grains

<u>Creditable grains</u>= whole grains, enriched grains, bran and germ



- Labeled "Whole wheat" & meets USDA's Standard of Identity
- 2. If the food is found on any state's WICapproved whole grain food list
- 3. If packaging includes FDA statement
- 4. Rule of Three
- 5. Meets WGR criteria under NSLP
- 6. Manufacturer documentation/standardized recipe



#1: Food is labeled "Whole Wheat" & Meets FDA's Standard of Identity

➤ Only breads, buns/rolls and pastas with these exact product names conform to FDA Standard of Identity.

E.g.:

Whole wheat bread

Entire wheat buns/rolls

Entire wheat bread

whole wheat macaroni

Whole wheat buns/rolls

Whole wheat macaroni

Graham bread or buns

Whole wheat spaghetti



#### Beware of deceptive packaging!

FDA standard of identity only applies to breads, rolls/buns and pastas!

(not bagels, English muffins, crackers, etc.)



**BEWARE:** Manufacturers may label their food with similar terms to FDA's Standard of Identity. Watch for terms such as, "whole grain," "made with whole grain," "made with whole wheat," or "contains whole grains." These terms do not indicate an FDA Standard of Identity for whole wheat products.

Not WHOLE GRAIN-RICH using this identification method but it is still CACFP creditable.

#2: Food is found on ANY state's WIC-approved whole grain food list



#### #3: FDA statement

"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."

-OR-

Diets rich in shole 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."





#4: Rule of Three

One: The first ingredient (second if after water) must be whole grain

**Two & Three**: The next two grain ingredients (if any) must be whole grains, enriched grains, bran or germ.



#4: Rule of Three



#2 Grain Ingredient **INGREDIENTS** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/Or

Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery),

#1 Whole Grain

Baking Soda, Monocalcium Phosphate, Dehydrated Onions,

Annatto Extract For Color.

CONTAINS WHEAT, Milk

There is no 3<sup>rd</sup> grain ingredient.

#4: Rule of Three- Exception

**Disregarded ingredients** 

## **Disregarded Ingredients**

Disregarded ingredients may be ignored, as these ingredients are included in the rule of three.

Grains which can be disregarded are:

Any grain ingredients that are listed on as "less than 2%..." of the product weight.

Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.



#4: Rule of Three- Exception

**Disregarded ingredients** 

#### **Exception to the Rule of Three**

## Disregarded Ingredients

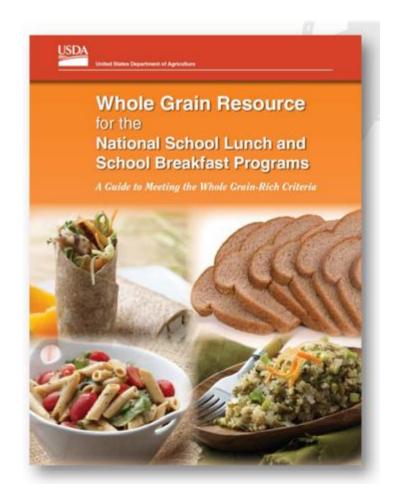


#1 Whole Grain

INGREDIENTS Whole Grain Wheat Flour, Canola Oil,
Sugar, Cornstarch, Malt Syrup (from Corn and Barley),
Salt, Refiner's Syrup, Leavening (Calcium Phosphate and
Baking Soda). BHT Added to Packaging Material to
Preserve Freshness.

Any grain derivatives, such as wheat gluten, wheat starch, wheat dextrin, corn starch, corn dextrin, rice starch, tapioca starch, or modified food starch.

#5: Food Meets WGR Criteria under NSLP





#6: Manufacturer Documentation or

Standardized Recipe



Rich Products Corporation 1150 Niagara St., PO Box 245, Buffalo, NY 14240

#### 1-800-449-8764 \* (559) 227-9265 \* Fax (559) 227-9924 BID SPECIFICATION

Product Name:	WHOLE GRAIN RICH DINNER ROLL	Serving Size:	1 roll
Floudct Name.	DOUGH 2.50Z	Case Count:	160
Product Codo:	13918	Case Weight:	26.025 lbs
Floudet Code.	13910	Case Cube (ft):	0.7795

ood authority may have the option of determining bread servings based on the actual flour content of the product or use "FCS Instruction 783-1, Rev 2, Exhibit A.							
Grain/Bread Serving Based on Flour Content			Whole Grain-Rich Oz. Eq.Ba	Whole Grain-Rich Oz. Eq.Based on Baked Weight			
Grain/Bread Serving Food Based Menu Credits (Based on 16 grams Flour Conte		GRAINS	Grain/Bread Serving Food Based Serving Credits: (Based on Baked Weight)	2.0 OZ EQ GRAINS			
Reference used to determine grain servings:			Reference used to *US determine bread servings:	DA SP 30 2012- Ehibit A Chart (issued April 26, 2012)			
Flour content 16 g=1 az eq	Whole Grains: Enriched flour:	16.9 gms 16 gms					
Frozen Dough Weight:	2.5 oz (70.9 g)		Group B 1 oz eq = 28 gm or 1.0 oz	1/2 az eq = 14 gm or 0.5 az			
Baked Weight:	2.11 oz (60 g)		3/4 oz eq = 21 gm or 0.75 oz	1/4 az eq = 7 gm or 0.25 az			

Calories:	170	Sodium:	135 mg	Vitamin A:	0.01 IU
Fat:	3.0 g	Carbohydrates:	28 g	Vitamin C:	0.01 mg
Saturated Fat:	.5 g	Dietary Fiber:	3.4 g	Calcium:	12.70 mg
Trans Fat:	0g	Sugar:	3 mg	Iron:	0.85 mg
Cholesterol:	0 mg	Protein:	7 g		

Ingredient Statement:
WATER, WHOLE WHEAT FLOUR, ENRICHED UNBLEACHED WHEAT FLOUR (WHEAT FLOUR, NIACIN, IRON AS FERROUS SULFATE, THIAMINE MONONITRATE, ENZYME, RIBOFLAVIN, FOLIC ACID), YEAST, WHEAT GLUTEN, SUGAR, SOYBEAN OIL, CONTAINS LESS THAN 2% OF THE FOLLOWING: OAT FIBER, NATURAL FLAVOR (CONTAINS WHEAT INGREDIENTS), SEA SALT, DATEM, HONEY, ACESULFAME POTASSIUM, ASCORBIC ACID, ENZYME CONTAINS: WHEAT,

MAY CONTAIN MILK SOV EGG AND SESAME

A 2.5 oz individually frozen yeast dinner roll dough. Each roll contributes a 2.0 oz eq grain serving on the USDA Child Nutrition Food Based Menus as determined by the grams of whole wheat flour and enriched wheat flour and 2.0 OZ EQ grain servings as determined by baked weight. Contains 16.9 g of whole wheat flour and 16 g of enriched wheat flour.

#### **Bid Specification Description:**

A 2.5 oz dinner roll dough made with whole grain, ready to thaw, bake and serve. Eachroll contains 16.9 grams of whole wheat flour and 16 grams enriched wheat flour. Bulk packed 160 roll doughs per poly lined case. Rich's® PC# 13918

I certify that the above product information is accurate.

Sudita n. Crisafully

#### Child Nutrition Product Statement:

A 2.5 oz individually frozen yeast dinner roll dough. Each roll contributes a 2.0 oz eg grain serving on the USDA Child Nutrition Food Based Menus as determined by the grams of whole wheat flour and enriched wheat flour and 2.0 OZ EQ grain servings as determined by baked weight. Contains 16.9 g of whole wheat flour and 16 g of enriched wheat flour.



# Methods for Identifying WGR Items: Breakfast Cereals

#### What about cereal?

If a ready-to-eat breakfast cereal has a whole grain as the first ingredient (or second after water),

#### and...

it is fortified, it also meets the whole grain-rich criteria.





# Methods for Identifying WGR Items: Breakfast Cereals



#### #1 Whole Grain

INGREDIENTS Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Wheat Starch. Vitamin E (Mixed Tocopherols) Added to Preserve Freshness.

VITAMINS AND MINERALS Calcium Carbonate, Iron and Zinc (Mineral Nut ents), Vitamin C (Sodium Ascorbate), a B Vitamin (Niacinamide), Vitamin B6 (Pyridoxine Hydrochloride), Vitamin A (Palmitate), Vitamin B2 (Riboflavin), Vitamin B1 (Thiamin Mononitrate) A B Vitamin (Folic Acid), Vitamin B12, Vitamin D3.

#### **Fortified**



#### Don't forget...

Not only does a ready-to-eat breakfast cereal have to meet the above criteria but it also has to meet the sugar limits in order to be creditable in the first place.



# Methods for Identifying WGR Items: Breakfast Cereals



Not WHOLE GRAIN-RICH under cereal identification method or Rule of Three.

#1 Whole Grain

#2 Grain Ingredient

INGREDIENTS Whole Grain Oats\*, Cane Sugar\*, Rice\*,
Sunflower Oil\*, Honey\*, Molasses\*, Sea Salt, Natural Flavor\*.
Vitamin E (Mixed Tocopherols) Added To Preserve
Freshness.\*Organic

No "Vitamins & Minerals" Therefore not Fortified.



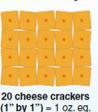
Food and Nutrition Service

## 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?









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

5 woven whole-wheat crackers (1 ½" by 1 ½") = 1 oz. eq.

Calculating Serving Sizes of Grains in Ounce Equivalents using Nutrition Facts Labels & USDA Resources

(Grains Measuring Charts & Online Exhibit A Grains Tool)



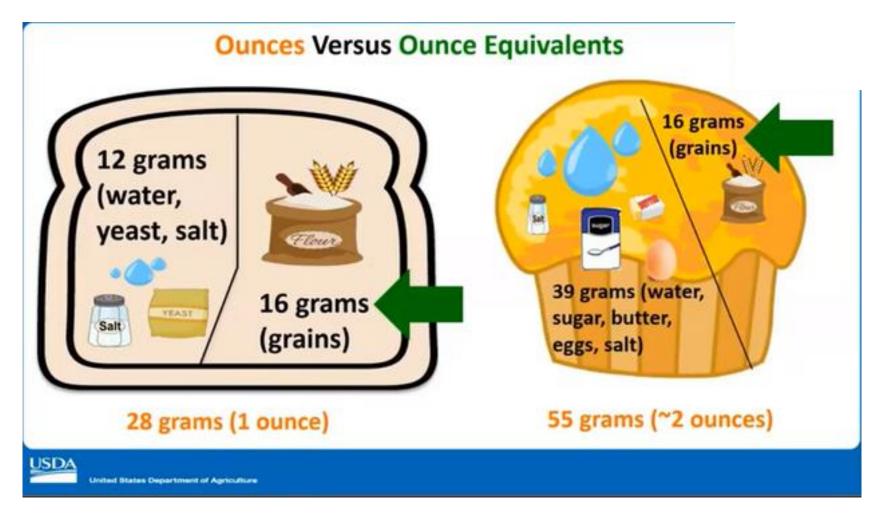
# Ounce Equivalents (Oz Eq):

- Unit of measure that tells you the <u>amount of</u> grain in a serving of food
  - > 1 Oz Eq Serving= 16 grams of grains
  - >1 Oz Eq ≠ 1 Ounce

- ➤ Ounces (oz) = Unit of weight
  - $\geq$  1 Oz = 28 grams

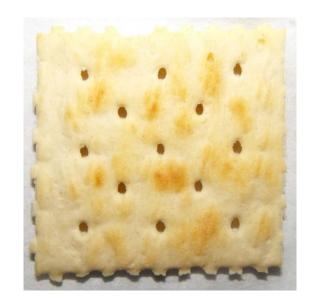


## Ounce Equivalents (Oz Eq)





# Ounce Equivalents (Oz Eq)











# Ounce Equivalents (Oz Eq)

## Oz Eq Requirements for Children:

1-5 year olds: ½ oz eq (all meals/snacks)

6-18 year olds: 1 oz eq (all meals/snacks)

## Oz Eq Requirements for Adults:

Meals: 2 oz eq

Snacks: 1 oz eq



#### Ounce Equivalents and Nutrition Facts Labels:





1 bagel= 95g





56g ÷ 2 = 28g 1 tortilla= 28g

#### Find the Serving Size listed on the Label:

- 1. How many items/pieces are in 1 serving?
  - 2. How much does 1 serving weigh?

### Ounce Equivalents and Nutrition Facts Labels:

Single Serve Packages







# Ounce Equivalents: USDA Resources USDA Grains Measuring Charts

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?



Using the Grains Measur



Feeding Infants Using Ounce Equivalents for Grains

in the Child and Adult Care Food Program



Grains in the form of bread/bread-like items, crackers, iron-fortified infant cereal, or ready-to-eat cereals are an important part of meals and snacks in the Child and Adult Care Food Program (CACFP). To make sure infants get enough grains, required amounts of grain items are listed in the infant meal pattern as ounce equivalents (oz eq). Ounce equivalents tell you the amount of grain in a portion of food.





Iron

orn

United States Department of Agriculture

Food and Nutrition Service

Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program

Child and Adult Care Food Program (CACFP) operators may serve single-serving or snack-sized packages of grain items, such as breakfast cereals or whole grain crackers to meet grains requirements at snacks and meals.

In the CACFP, the minimum required amounts for grains are listed in the meal pattern as ounce



#### Grains Measuring Chart for the Child and Adult Care Food Program



1- through 5-year-olds at Breakfast, Lunch,

Supper, Snack

6- through 18-year-olds at Breakfast, Lunch, Supper, Snack

Adults at Snack only

Age Group and Meal

Adults at Breakfast, Lunch, Supper

Serve at Least ½ oz. eq., which equals 1 oz. eq., which equals about...

1/4 bagel or 14 grams

Serve at Least about...

Serve at Least 2 oz. eq., which equals about...

BREAD/BREAD-LIKE ITEMS = ½ oz eg

IRON-FORTIFIED INFANT CEREAL = ½ oz eg

Bagel (entire bagel) at least 56 grams\*

Bagel, Mini (entire bagel) ½ bagel or 14 grams at least 28 grams\*

Biscuit at least 28 grams\* ½ biscuit or 14 grams

½ slice or 14 grams

Grains Measuring Chart for the CACFP Infant Meal Pattern

Bread (whole grain-rich or enriched) at least 28 grams\*

Bun or Roll (entire bun ½ bun/roll or 14 grams Grain Item and Size

Creditable at

1/2 oz eq is about...

or roll) at least 28 grams\* Cereal Grains (barley, bulgur, quinoa, etc.)

14 grams dry

¼ cup cooked or

Biscuit at least 28 grams

1/2 biscuit or 14 grams Snack only

Cereal, Ready-to-Eat: Flakes or Rounds Cereal, Ready-to-Eat:

½ cup or 14 grams

1/2 cup or 14 grams

Bread at least 28 grams Bun or Roll (entire bun or roll

at least 28 grams

Grain Item and

Package Weight\*

Grains Measuring Chart for Single-Serving Packages Child and Adult Care Food Pro

Supper, Snack

Adults

at Snack

Age Group and Meal

Meals or Snacks?

Cereal, Ready-to-Eat:

Granola

Puffed

34 cup or 14 grams

Corn Muffin at least 34 grams

1- through 6- through 5-vear-olds 18-year-olds at Breakfast, Lunch,

Corn Muffin ½ muffin or 17 grams at least 34 grams\*

English Muffin (top and botto at least 56 grams

at Breakfast, Lunch, OATMEAL Supper, Snack

Serve at Least 1/2 oz eq, which equals about... Serve at Least 1 oz eg, which equals about...

Cracker Animal



Pancake at least 34 grams

(single and multigrain)

Iron-Fortified Infant Cereal

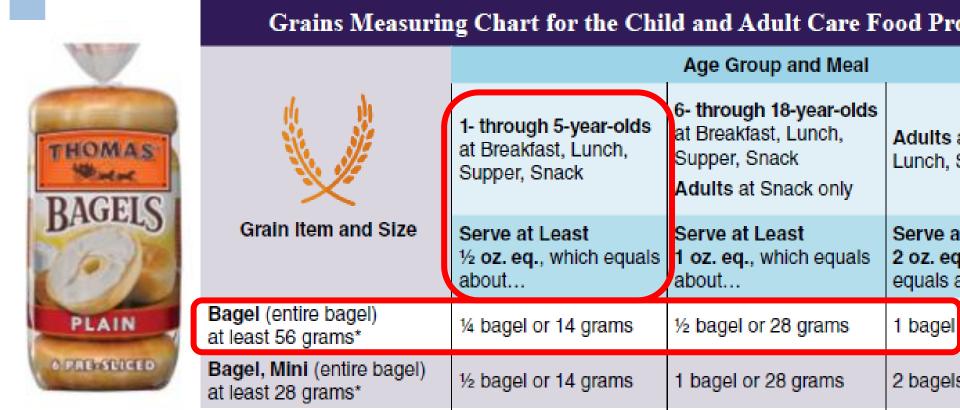
Crackers, Savory (e.g., cheese, saltines, whole-wheat, etc.) at least 22 grams or 0.8 ounces

1/2 package

1 package

Grains Measuring Chart for the Child and Adult Care Food Program							
		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		Adults at Breakfast, Lunch, Supper		
Grain Item and Size	Serve at Least ½ oz. eq., which equals about		Serve at Least 1 oz. eq., which equals about		Serve at Least 2 oz. eq., which equals about		
Cracker, Graham (about 5" by 2 ½")**	1 cracker o	14 grams	2 crackers o	r 28 grams	4 crackers of	r 56 grams	
Cracker, Round, Savory (about 1 ¾" across)**	4 crackers	or 11 grams	7 crackers c	22 grams	14 crackers	or 44 grams	
Cracker, Saltine (about 2" by 2")**	4 crackers	or 11 grams	8 crackers c	r 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 c	r 22 grams	10 crackers	or 44 grams	
Croissant at least 34 grams*	½ croissan	or 17 grams	1 croissant	r 34 grams	2 croissants	or 68 grams	
English Muffin (top and	¼ muffin or	14 grams	½ muffin or	28 grams	1 muffin or	6 grams	

# Example: we want to serve Full-Sized Bagels at Breakfast for Children age 1-5



Full-Sized Bagels at Breakfast for Children age 1-5





#### Grains Measuring Chart for the Child and Adult Care Food Pro

in Item and Si

Grain Item and Size

Bagel (entire bagel) at least 56 grams\* 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack

Serve at Least ½ oz. eq., which equals about...

1/4 bagel or 14 grams

Age Group and Meal

6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only

Serve at Least 1 oz. eq., which equals about...

1/2 bagel or 28 grams

Adults a Lunch, S

Serve a 2 oz. eq equals a

1 bagel

#### Grains Measuring Chart for the Child and Adult Care Food Program



1- through 5-year-olds at Breakfast, Lunch, Supper, Snack 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only

Age Group and Meal

Adults at Breakfast, Lunch, Supper

Serve at Least ½ oz. eq., which equals about...

Serve at Least 1 oz. eq., which equals about... Serve at Least 2 oz. eq., which equals about...

Waffle at least 34 grams\*

1/2 waffle or 17 grams

1 waffle or 34 grams

2 waffles or 68 grams



#### Nutrition Facts Datos de Nutrición

5 servings per container/5 raciones por envase

Serving size/Tamaño por ración 2 Waffles/2 Waffles (70g)

70 grams ÷ 2 waffles = 35 grams per waffle

## Grains Measuring Chart for the Child and Adult Care Food Program

#### Age Group and Meal 6- through 18-year-olds 1- through 5-year-olds at Breakfast, Lunch, Adults at Breakfast. at Breakfast, Lunch, Supper, Snack Lunch, Supper Supper, Snack Adults at Snack only Grain Item and Size Serve at Least Serve at Least Serve at Least 1/2 oz. eq., which equals 1 oz. eq., which equals 2 oz. eq., which equals about... about... about... Cracker, Graham 1 cracker or 14 grams 2 crackers or 28 grams 4 crackers or 56 grams (about 5" by 2 1/2")\*\* Cracker, Round, Savory 4 crackers or 11 grams 7 crackers or 22 grams 14 crackers or 44 grams (about 1 3/4" across)\*\*



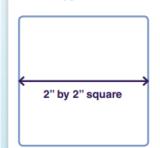
# Nutrition Facts about 24 servings per container

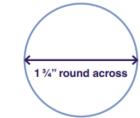
Serving size 5 crackers (16g)

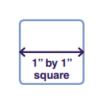
#### **Grains Measuring Tools**

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

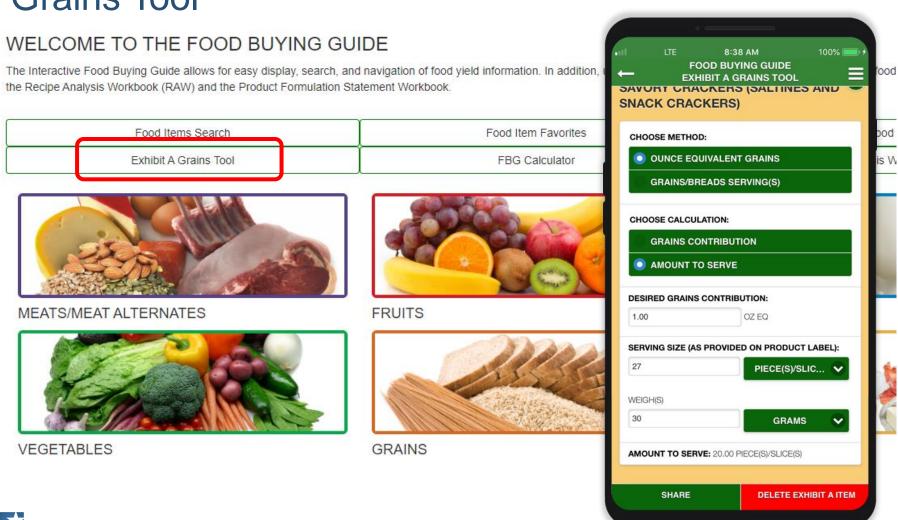
Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.







# Ounce Equivalents and USDA's Online Exhibit A Grains Tool





foodbuyingguide.fns.usda.gov

# Ounce Equivalents and USDA's Online Exhibit A Grains Tool Mobile App







Ounce Equivalents and USDA's Online Exhibit A

**Grains Tool Mobile App** 

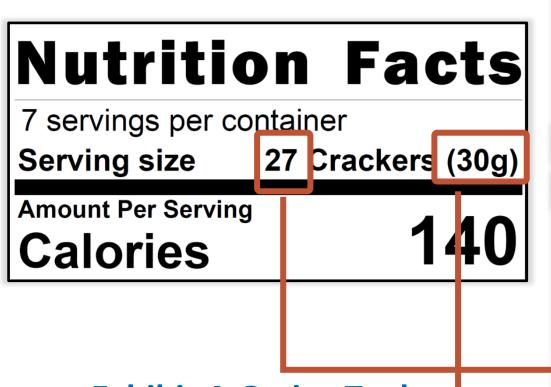
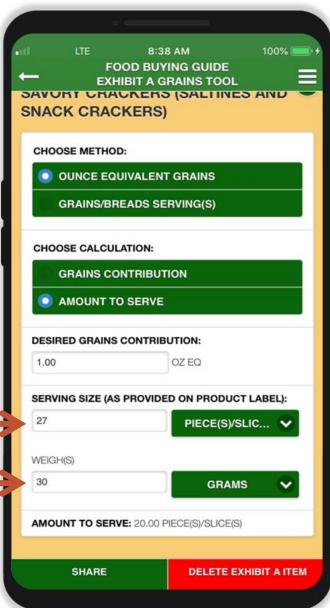


Exhibit A Grains Tool Mobile App







## Exhibit A Grains Tool - My Products

Exhibit A Grains Tool

This online tool will determine:

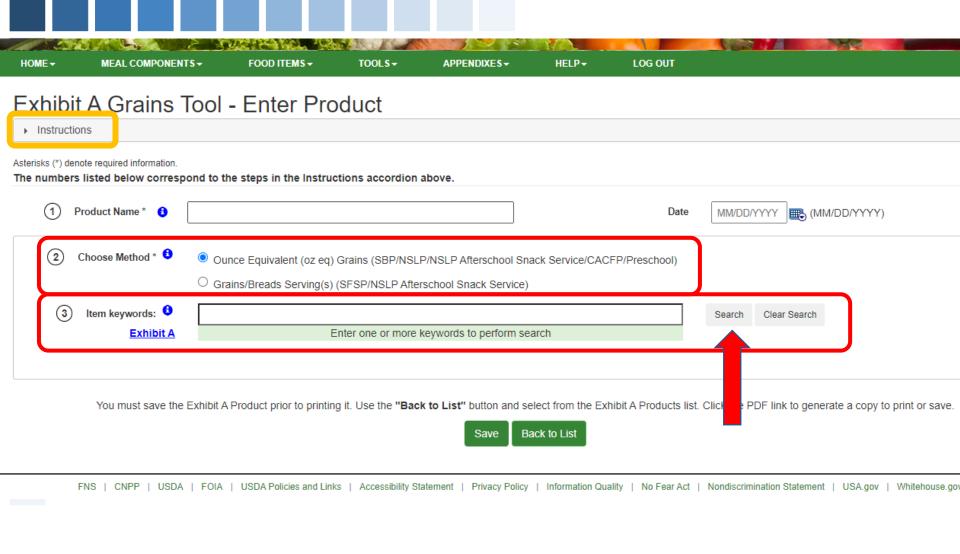
- 1. the ounce equivalent (oz eq) grains or grains/bread servings for your grain product, and
- 2. amount of a grains product to serve in order to provide a specific ounce equivalent (oz eq) grains or grains/bread servings.
- 3. amount of a grains product to serve in order to meet Minimum Grains Requirement as appropriate for the specific age group/grade group.

Please note: Only Registered Users will be able to save and retrieve the calculated result of your grain product at any time.

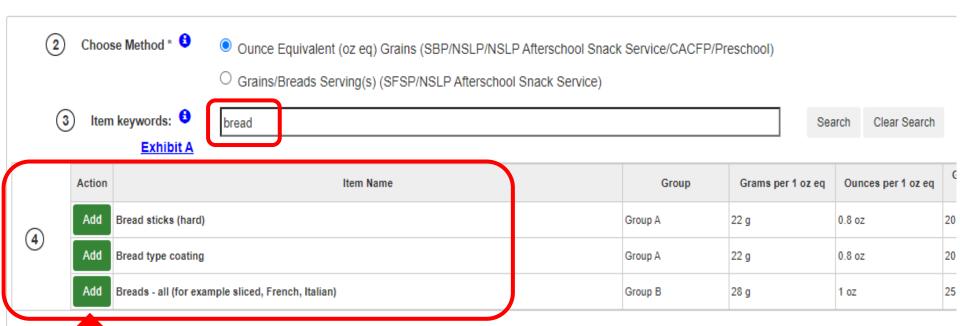
If you are not a Registered User, download the PDF of the calculated result of your grain product before exiting the Exhibit A Grains Tool.

Enter Exhibit A Product

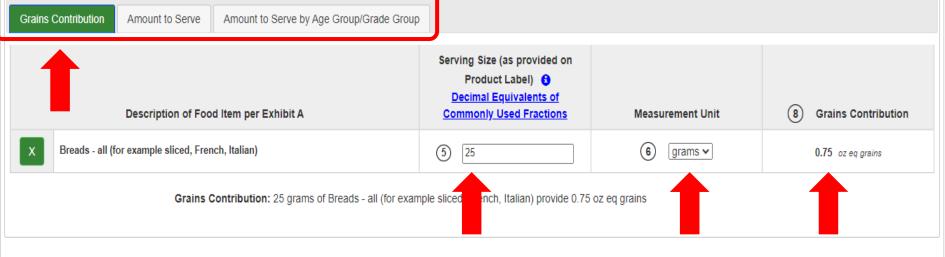










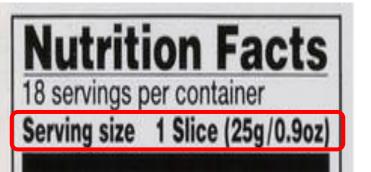


#### NOTE:

- . Refer to Exhibit A for specific guidance on creditable grain products in Child Nutrition Programs.
- Creditable grain items are made from whole or enriched grains.
- Grain-based desserts are not creditable in CACFP or NSLP/SBP infant and preschool meals.
- . Make sure the food you are entering is creditable for infants. For more information, see "Feeding Infants in the CACFP's Appendix F: Infant Foods List"
- For combination foods that credit toward more than one meal component, enter the weight of the grain portion only (e.g., for pizza, only enter the weight of the crust).

You must save the Exhibit A Product prior to printing it. Use the "Back to List" button and select from the Exhibit A Products list. Click the PDF link to generate a copy to print or save.

Save Back to List





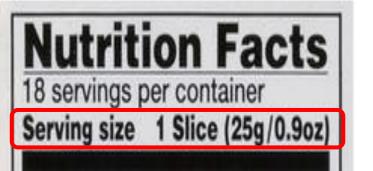
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Save

Back to List

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8 Amount to Serve by Age Group/Grade Group to Meet Minimum Grains Requirement for CACFP - Lunch and Supper Decimal Equivalents of Commonly Used Fractions

Age Group/Grade Group	Amount to Serve to Meet Minimum Grains Requirement	Minimum Grains Requirement
Ages 1-2	0.75 piece(s)/slice(s)	0.5 oz eq grains
Ages 3-5	0.75 piece(s)/slice(s)	0.5 oz eq grains
Ages 6-12	1.25 piece(s)/slice(s)	1.0 oz eq grains
Ages 13-18	1.25 piece(s)/slice(s)	1.0 oz eq grains
Adult	2.25 piece(s)/slice(s)	2.0 oz eq grains

#### NOTE:

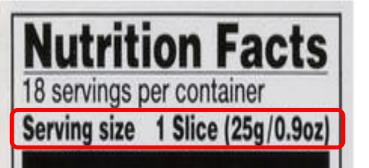
Amount to Serve

Grains Contribution

- Refer to Exhibit A for specific guidance on creditable grain products in Child Nutrition Programs.
- · Creditable grain items are made from whole or enriched grains.

Amount to Serve by Age Group/Grade Group

- . Grain-based desserts are not creditable in CACFP or NSLP/SBP infant and preschool meals.
- Make sure the food you are entering is creditable for infants. For more information, see "Feeding Infants in the CACFP's Appendix F: Infant Foods List"
- For combination foods that credit toward more than one meal component, enter the weight of the grain portion only (e.g., for pizza, only enter the weight of the crust).



Mission #2, Part I: Meal Patterns
Whole Grain Rich & Ounce Equivalents



# Mission #2 (Part I):

Using the grain item information and resources in **Mission #2, Part I** of your folders:

- 1. Determine if items are WGR
- 2. Determine how much of each item to serve to equal\*:
  - a ½ oz eq serving-and-
  - a 1 oz eq serving

\*You can also use USDA's Online Exhibit A Grains Tool! (search "USDA Food Buying Guide" to download app)

## Ingredients

Whole Wheat Flour, Water, Wheat Gluten, Yeast, Contains 2% or Less of Each of the Following: Brown Sugar, Honey, Wheat Bran, Soybean Oil, Salt, Dough Conditioners (Contains One or More of the Following: Sodium Stearoyl Lactylate, Calcium Stearoyl Lactylate, Monoglycerides and/or Diglycerides, Calcium Peroxide, Calcium Iodate, DATEM, Ethoxylated Mono- and Diglycerides, Enzymes), Vinegar, Cultured Wheat Flour, Ammonium Sulfate, Monocalcium Phosphate, Soy Lecithin.



Serving Size 2 Slices (45g/1.6oz) Servings Per Container 10



- ➤ This product IS WGR!
- > ½ oz eq= ¾ slice
- ➤ 1 oz eq= 1 ¼ slices





## Nutrition Facts Datos de Nutrición

6 servings per container/6 raciones por envase

Serving size/Tamaño por ración 1 Waffle/1 Waffle (55g)

Amount per serving/Cantidad por ración

# Calories/Calorías 120

% Daily Value\*/% Valor Diario\*

to built turne i to turne	
Total Fat/Grasa Total 4g	5%
Saturated Fat/Grasa Saturada 1g	5%
Trans Fat/Grasa Trans 0g	
Cholesterol/Colesterol 0mg	0%
Sodium/Sodio 240mg	10%
Total Carbohydrate/Carbohidrato Total 22g	8%
Dietary Fiber/Fibra Dietética 3g	10%
Total Sugars/Azúcares Totales 6g	AUCCAN
Incl. 6g Added Sugars/Incl. 6g azúcares añadidos	12%

#### Protein/Proteinas 3g

•	Calcium/Calcio 260mg 20%
•	Potassium/Potasio 80mg 0%
•	Niacin/Niacina 10%
•	Vitamin B <sub>12</sub> /Vitamina B <sub>12</sub> 10%
	•

Ingredients: Water, whole wheat flour, enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), sugar, vegetable oil (soybean, palm, canola and/or cottonseed), brown sugar, contains 2% or less of wheat bran, oat fiber, leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), molasses, salt, eggs, whey, vanilla extract, soy lecithin.

Vitamins and Minerals: Calcium carbonate, iron, vitamin A palmitate, vitamin B<sub>6</sub> (pyridoxine hydrochloride), vitamin B<sub>12</sub>.

# CONTAINS WHEAT, EGG, MILK AND SOY INGREDIENTS.

Ingredientes: Agua, harina de trigo integral, harina enriquecida (harina de trigo, niacina, hierro reducido, vitamina B<sub>1</sub> [mononitrato de tiamina], vitamina B<sub>2</sub> [riboflavina], ácido fólico), azúcar, aceite vegetal (soya, palma, canola, y/o semilla de algodón), azúcar moreno, contiene 2% o menos de salvado de trigo, fibra de avena, agentes leudantes (bicarbonato de sodio, fosfato de aluminio y sodio, fosfato monocálcico), melaza, sal, huevos, suero, extracto de vainilla, lecitina de soya.

Vitaminas y Minerales: Carbonato de calcio, hierro, palmitato de vitamina A, vitamina B<sub>6</sub> (clorhidrato de piridoxina), vitamina B<sub>12</sub>.

CONTIENE INGREDIENTES DE TRIGO, HUEVO, LECHE Y SOYA.

- This product IS WGR!
- > ½ oz eq= ½ waffle
- ➤ 1 oz eq= 1 waffle







INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, PALM OIL, REFINER'S SYRUP, SEA SALT, BAKING SODA, MALTED BARLEY FLOUR, CALCIUM CARBONATE, POTASSIUM BICARBONATE, SALT, YEAST.

- ➤ This product is **NOT** WGR
- $\geq$  ½ oz eq= 4 crackers/11g
- ➤ 1 oz eq= 8 crackers/22g



## Ingredients

MADE WITH SMILES AND WHOLE WHEAT FLOUR, ENRICHED WHEAT FLOUR (FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OILS (CANOLA AND/OR SUNFLOWER), SALT, CONTAINS 2 PERCENT OR LESS OF: BAKING POWDER (SODIUM ACID PYROPHOSPHATE, BAKING SODA, CORNSTARCH, MONOCALCIUM PHOSPHATE), MALTED BARLEY FLOUR, NONFAT MILK. CONTAINS: WHEAT, MILK.



- This product IS WGR!
- > 1/2 oz eq= 3/4 bag
- ➤ 1 oz eq= 1 ¼ bags





- > This product IS WGR!
- ➤ 1 oz eq= 34g

Ingredients: Whole wheat flour, enriched bleached flour (bleached wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), leavening (sodium bicarbonate, sodium aluminum phosphate, monocalcium phosphate), brown sugar, sugar, dried molasses, salt, wheat germ.

519-23





Ingredients: Enriched flour (wheat flour, niacin, reduced iron, vitamin B<sub>1</sub> [thiamin mononitrate], vitamin B<sub>2</sub> [riboflavin], folic acid), whole wheat flour, vegetable oil (soybean and palm oil with TBHQ for freshness), cheese made with skim milk (skim milk, whey protein, salt, cheese cultures, enzymes, annatto extract color).

Contains 2% or less of salt, paprika, yeast, paprika extract color, soy lecithin.

CONTAINS WHEAT, MILK AND SOY INGREDIENTS.

Nutritio About 12 servings	n Facts
Serving size 2	6 Crackers (29g)
Amount per serving Calories	
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1.5g	8%

- ➤ This product is **NOT** WGR
- $\geq$  ½ oz eq= 10 crackers/11g
- ➤ 1 oz eq= 20 crackers/22g



# **Nutrition Facts**

About 13 servings per container Serving size 8 crackers (31g) [1 serving = 2 full cracker sheets]

INGREDIENTS: UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), GRAHAM FLOUR (WHOLE GRAIN WHEAT FLOUR), SUGAR, CANOLA OIL, HONEY, LEAVENING (BAKING SODA AND/OR CALCIUM PHOSPHATE), SALT, SOY LECITHIN, ARTIFICIAL FLAVOR.

- ➤ This product is **NOT** WGR
- > ½ oz eq= 1 cracker sheet/14g
- ➤ 1 oz eq= 2 cracker sheets/28g





## Nutrition Facts

Serving Size : 24pieces

Servings Per Container: about 9

Graham Flour (Whole Grain Wheat Flour), Enriched Unbleached Flour (Wheat Flour, Niacin, Reduced Iron, Thiamine Mononitrate {Vitamin B1}, Riboflavin {Vitamin B2}, Folic Acid), Sugar, Canola Oil, Dextrose, Honey, Calcium Carbonate (Source of Calcium), Maltodextrin, Baking Soda, Salt, Soy Lecithin, Natural Flavor.



- > This product IS WGR!
- ➤ 1 oz eq= 24 crackers/28g

WE INTERRUPT THIS PROGRAM FOR A COMMERCIAL BREAK











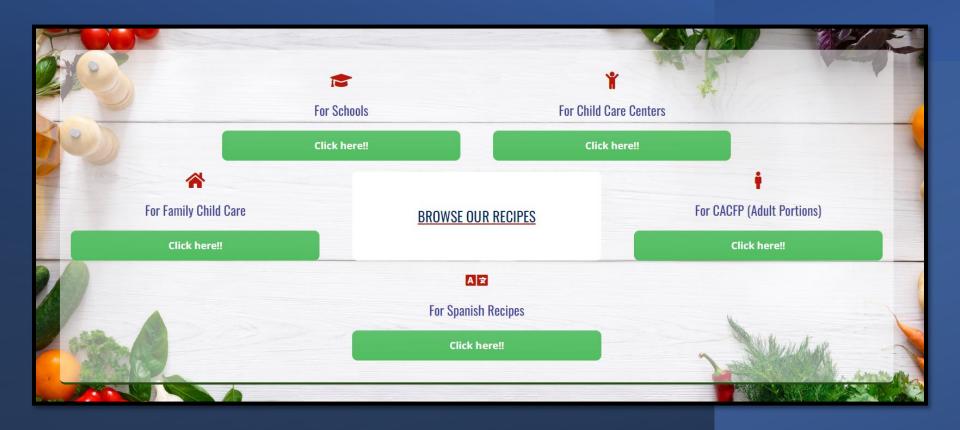


# **Child Nutrition Recipe Box**

Your resource for USDA Standardized Recipes for Child Nutrition Programs









# Turkey and Beef Macaroni USDA Recipe for CACFP

Lean ground turkey and beef are blended into tomato sauce with tomatoes and onions, then combined with whole-grain macaroni and sprinkled with cheese.

#### CACEP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 2 oz equivalent meat/meat alternate, 1/2 cup vegetable, and 1 oz equivalent grains.

INCREDIENTS	25 SERVINGS		50 SERVINGS		DIDECTIONS	
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS	
Water		1 gal 2 qt 3 gal		3 gal	Heat water to a rolling boil.	
Salt		2 tsp		1 Tbsp 1 tsp	2 Add salt.	
Whole grain elbow macaroni	1 lb 9 oz	1 qt 13/4 cups	3 lb 2 oz	2 qt 3½ cups	3 Slowly add macaroni. Stir constantly until water boils again. Cook about 8 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 8.	
Raw ground turkey (no more than 15% fat)	2 lb 8 oz	1 qt 1 cup	5 lb	2 qt 2 cups	4 Place ground turkey and ground beef in a large stock pot. Heat over high heat uncovered for 5–8 minutes.	

#### Chicken Alfredo With a Twist

VAN BUREN MIDDLE SCHOOL Kettering, Ohio

#### Our Story

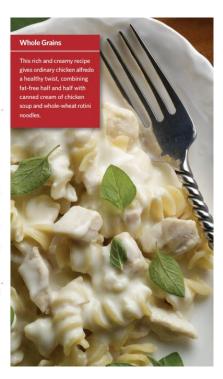
Located in southwest Ohio, Van Buren Middle School is a proud member of the Kettering City School Family. Out of the nine recipes developed for testing, two were submitted to the Recipes for Healthy Kids Competition, and the Chicken Alfredo With a Twist recipe proved to be a winner!

This recipe saves on fat and calories by using fat-free half and half, and boosts the fiber content by incorporating whole grains. Whole-wheat rotini noodles are used to replace traditional fettuccini noodles. These 'twists' make this a healthy alternative to the classic chicken alfredo. Pair a serving with a refreshing vegetable side dish to give your kids a meal that is sure to please!

#### **School Team Members**

SCHOOL NUTRITION PROFESSIONAL: Louise Easterly, LD, SNS CHEF: Rachel Tilford

COMMUNITY MEMBER: Mary Kozarec (School Nurse)
STUDENTS: Graham B., Jonathan A., Shawnrica W., and
Savannah S.



#### Chicken Alfredo With a Twist



#### Ingredients

2 ½ cups Rotini pasta, whole-wheat, dry (10 oz)

2 cans Low-fat, reduced-sodium cream of chicken soup (two 10¾-oz cans)

1 1/3 cups Fat-free half and half

1/4 tsp Ground white pepper

1/8 tsp Garlic powder

1/3 cup Grated parmesan cheese

3 cups Cooked diced chicken, 1/2" pieces (12 oz)

Preparation Time: 15 minutes Cooking Time: 15 minutes Makes six 1-cup servings

#### Directions

1. In a large pot, bring 2 quarts water to a boil. Gradually stir in pasta and return to a boil. Cook uncovered about 8-10 minutes or until tender. Do not overcook. Drain well.

2. Mix soup, half-and-half, pepper, garlic powder, parmesan cheese, and chicken in a large pot. Cook for 5 minutes over medium heat, stirring often. Heat to 165 °F or higher for at least 15 seconds

Combine noodles and sauce right before serving. Serve hot.

Note: Keep noodles and sauce separate until serving time. Sauce will

1 cup provides 2 ¼ oz equivalent meat/meat alternate and 1 ¼ oz equivalent grains.

Nutrients Per Serving: Calories 345, Protein 30 g, Carbohydrate 41 g, Dietary Fiber 3 g, Total Fat 8 g, Saturated Fat 4 g, Cholesterol 69 mg, Vitamin A 450 IU (29 RAE), Vitamin C 11 mg, Iron 2 mg, Calcium 174 mg, Sodium 572 mg

https://theicn.org/cnrb/



**Lunch Break!** 

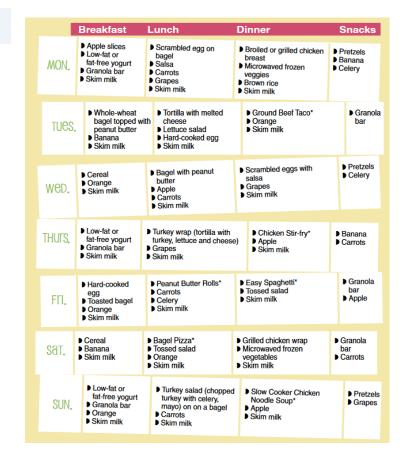
@12:00-1:00



# Meal Patterns (Part II):

- Posted Menu Requirements: Children & Adults
- Cereal & Yogurt Sugar Limits





# Posted Menu Requirements: Children & Adults



# Posted Menu Requirements: Children & Adults:

- Date(s)
- Post in public view
- Identify specific foods served to meet meal pattern:
  - All types of fluid milk (and milk subs):
    - %'s milk fat;
    - flavored/unflavored
  - Specific fruits and vegetables
  - Specific types of grain items (e.g. fish crackers; Saltines; graham crackers; hot dog bun; muffin; dinner roll)
  - Identify daily whole grain rich items (e.g. "wgr"; "ww" or highlight)
  - All foods served to meet meal pattern requirements
- Identify substitutions to planned menu



Breakfast	Life Cereal Bananas 1% milk	Waffle Pineapple 1% milk	Eggs Grapes 1% milk	Pancake Applesauce 1% milk	Muffins Mandarin oranges 1% milk
Lunch	Eggs Sausage WiG Toast Pears Pepper Strips 1% milk	WG wrap Taco with lettuce and Tomatoes Apple slices 1% milk	WG Cheese Quesadillas Corn Peaches 1% milk	Chicken Alfredo with WG noodle Broccoli Oranges Bread/butter 1% milk	Macaroni and Cheese Hotdogs Peas Peaches 1% milk
PM Snack	Graham Crackers String Cheese Water	Animal Crackers Fruit Cocktail Water	Peanut butter crackers Bananas Water	WG Goldfish Raisins Water	Make own trail mix WG Goldfish, cereals, pretzels,

Children under 2 years of age will receive whole milk. Children 2 and over will receive 1% milk. All milk is unflavored.

All menu items are subject to change. Meals are served as family style dining.

WE SERVE NUTRITOUS MEALS AND SNACKS AT NO ADDITIONAL COST and WE ARE AN EQUAL OPPORTUNITY PROVIDER.

WG = Whole grain

raisins

water

# Posted Menu:

# 10 11 Pizza Shepherd's Pie Green Peppers Dinner roll Applesauce Fruit cocktail Milk Milk

# **Portion Menu:**

	Milk, fluid				A=14	A=12
	W=whole				B=15	B=14
	1%=1 percent S=skim				C=D	C=D
	U=unflavored F=flavored	1/2 cup	3/4 cup	1 cup		
	NES=nutritionally equivalent substitute				1%	1%
	DO= doctor <u>ordered</u> <u>substitute</u>				Mílk.	Mílk.
					14 (CCIRC	1×1001€
	Fruit				applesauce	
		1/8 cup	1/4 cup	1/4 cup	2177103011100	Fruit
	Choose 1 Fruit and 1 Vegetable or 2 Vegetables					cocktail
	Vegetables					
					gr peppers	Mashed
ants		1/8 cup	1/ <u>4_cup</u>	1/2 cup		potato
Lunch	Choose 1 Fruit and 1 Vegetable or 2 Vegetables					corn
000	Grains WG=whole grain					
	Grains/Breads Biscuit, Muffin Cooked Cereal/Pasta Cold Dry Cereal October 1, 2019	1/2 slice 1/2 serving 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/4 cup 1/3 cup	1 slice 1 serving 1/2 cup 3/4 cup	Pizza dough	Roll
	Flakes or Rounds Puffed Cereal	1/2 cup 3/4 cup	1/2 cup 3/4 cup	1 cup 1 1/4 cup		
	Granola	1/8 cup	1/8 cup	1/4 cup		
	Meat/Meat Alternate					
	Meat/Poultry/Fish Tofu, Soy Product Cheese Large Egg Yogurt Seed/Nut/Soy Butters	1 ounce 1 ounce 1 ounce 1/2 egg 1/2 cup 2 Tbsp.	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 egg 3/4 cup 3 Tbsp.	2 ounces 2 ounces 2 ounces 1 egg 1 cup 4 Tbsp.	ham/cheese	85% Ground Turkey
	Cooked Beans/Peas	1/4 cup	3/8 cup	1/2 cup		ب
	Other Non-reimbursable extra food items					Butter







# Calculating Cereal & Yogurt Sugar Limits



# Yogurts=

No more than 23g total sugars per 6 oz

## **Breakfast Cereals=**

No more than 6g total sugars per dry ounce



# **Yogurt:**

- Look at Nutrition Facts Labels for amount of sugar contained in your yogurt
- Compare amount of sugar in yogurt to USDA's "Choose Yogurts..." handout



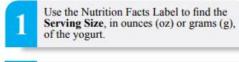
**United States Department of Agriculture** 

## **Choose Yogurts That Are Lower in Added Sugars**

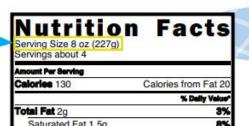
As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.





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





# **Yogurt:**

**Look for Serving Size and Total Sugars (or Sugars):** 

Serving Size= 170g Sugars= 20g



	170 g
Serving Size	170 9
Amount Per Serving  Calories	130
	% Daily Value <sup>*</sup>
Total Fat 2.00g	3%
Saturated Fat 1.50g	8%
Trans Fat 0.00g	0%
Cholesterol 10.00mg	3%
Sodium 110.00mg	5%
Total Carbohydrate 21.00g	8%
Dietary Fiber 0.00g	0%
Sugars 20.00g	0%
Added Sugars 10.00g	20%

# Yogurt:

# **Nutrition Facts Label Info:**

# Serving Size= 170g

	Sugars= 2	0g	Serving Size	Serving Size Grams (g)	Curana
			Ounces (oz)	(Use when the serving size is not listed in ounces)	Sugars
		Serv. Oun	If the ser	Sugars must not be more than:	
		1	4.75 oz	135 g	18 g
		1.	5 oz	142 g	19 g
		1.7	5.25 oz	149 g	20 g
		2.2	5.3 oz	150 g	20 g
		2.	5.5 oz	156 g	21 g
	•	3.1 3.	5.75 oz	163 g	22 g
	Maine Department of	3.'	6 oz	170 g	23 g
Education		4.	625.07	177 o	24 a

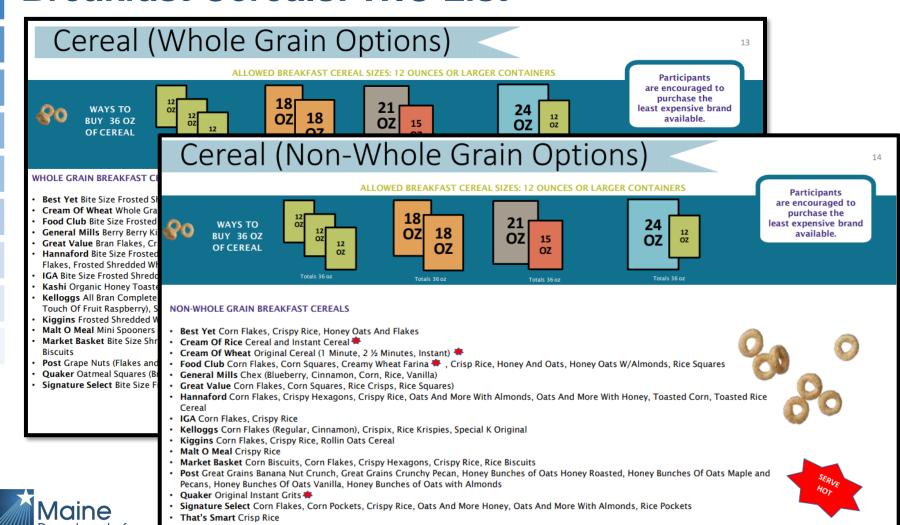
### **Breakfast Cereals:**

Two ways to determine if breakfast cereals meet sugar limits:

- 1) Use the WIC approved breakfast cereal list
  - -or-
- 2) Look at Nutrition Facts Labels for amount of sugar contained in your cereal and compare amount of sugar to USDA's "Choose Cereals..." handout



### **Breakfast Cereals: WIC List**

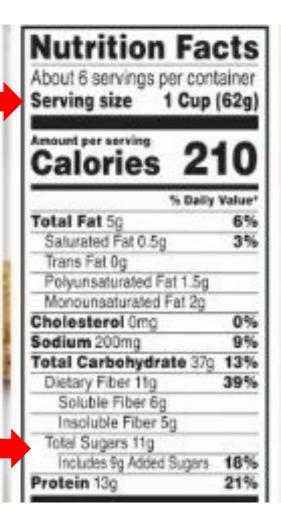


# Breakfast Cereals: Nutrition Facts Labels and USDA's "Choose Breakfast Cereals" handout

Look for Serving Size and Total Sugars:

Serving Size= 1 c/62 g
Total Sugars= 11g





# Breakfast Cereals: Nutrition Facts Labels and USDA's "Choose Breakfast Cereals" handout

Serving Size= 1 c/62 g

**Total Sugars= 11g** 

### **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

Serving Size	Sugars
If the serving size is:	Sugars cannot be more than:
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

# Mission #2 (Part II):

Posted Menu Requirements: Children & Adults Cereal & Yogurt Sugar Limits



### Mission #2 (Part II):

Using the grain item information and resources in **Mission #2, Part II** of your folders:

 Identify any missing information on the posted menu from Sticky Fingers Child Care Center

2. Determine if the yogurts and breakfast cereals meet CACFP sugar limits



# Sticky Fingers Child Care Center

August 2022

**Dates in August?** 

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Vegetable, Fruit (or both)	strawberries	fruit/veg?	100% orange juice	banana	fruit
Grains	wgr cereal	ww toast	HM muffin	pancakes	
Meat/Meat alternate (sub for grains up to 3x/week)	Milk	scrambled eggs	Milk	Daily WGR	yogurt
Milk	MIK		mick	MILK ICCITI	Milk
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
	PB Sandwich/Cheese stick	roast chicke Grain?	chicken nuggets	meat sauce	turkey & cheese sandwich
Vegetables	celery sticks	corn	french fries	broccoli	cucumber
Fruits	carrot sticks	gr bean casserole	orange stices	pineapple	apple slices
Grains		mashed potato	ww dinner roll	spaghetti & garlic bread	
Milk	Milk	Milk	Milk	Milk	Milk
Snack (2 of 5)	Snack	Snack	Snack Juice	Snack	Snack
Meat/Meat Alternate					
Vegetables			2x/day	hummus	
Fruit	peaches		strawberry-yogurt smoothie		oranges
Grains	banana bread	graham crackers		crackers	wgr Goldfish
Milk		milk			D- ** CONTROL (1995)

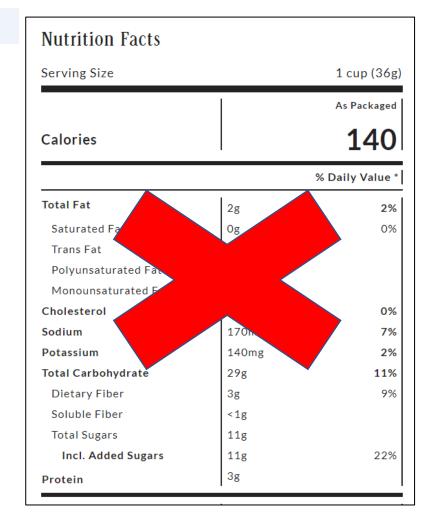
WGR or WW indicates whole grain rich

HM indicates Home Made

All milk served to participants is unflavored

%'s milk served?





Serving Size= 1 cup/36g
Sugars/Total Sugars= 11g
Limit is 8g= does **NOT** meet sugar limits!





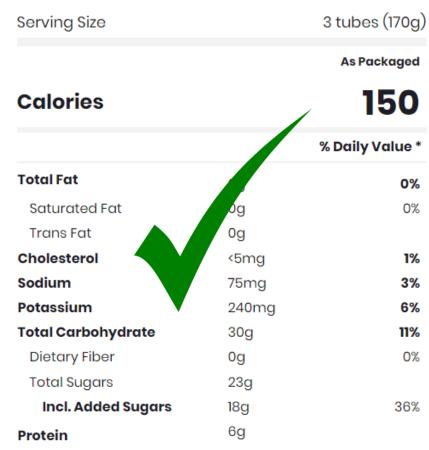
Nutritio		cts
About 13 servings per <b>Serving size</b>	container	up (40g)
Calories 1	Berry Berry Kix	with % cup skim milk
Calories i	<u>~</u>	% DV**
Total Fat 1.5g*	2%	2%
Saturated Fat 0g	0%	0%
Trans Fat Og		
Polyunsaturated		
Monounsaturated i	g	
Cholesterol Omg	0%	1%
Sodium 190mg	8%	10%
Total Carbohydrate 34g	12%	15%
Dietary Fiber 2g	7%	7%
Total Sugars 8g		
Incl. Added Sugars 8g	16%	16%

Serving Size= 1 ½ cup/40g
Sugars/Total Sugars= 8g
Limit is 8g= **DOES** meet sugar limits!





### **Nutrition Facts**



Serving Size= 170g
Sugars/Total Sugars= 23g
Limit is 23g= **DOES** meet sugar limits!





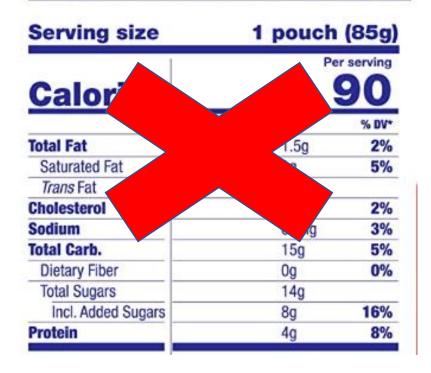
about 5 servings per container Serving size 3/4 cup (170g)
Amount per serving
Calories 130
Total Fat 1.5g 2%
Saturated Fz /g 5%
Transasat
Cholest 5mg 2%
Sodium 7 ng 3%
Total Carbohydrate 26g 9%
Dietary Fiber 0g 0%
Total Sugars 21g
Includes 16g Added Sugars 32%
Protein 5g

Serving Size= 170g
Sugars/Total Sugars= 21g
Limit is 23g= **DOES** meet sugar limits!





# **Nutrition Facts**



Serving Size= 85g
Sugars/Total Sugars= 14g
Limit is 11g= does **NOT** meet sugar limits!





### APPLE

Nutrition	Amount/Serving	% DV	Amount/Serving	% DV
Facts	Total Fat 4g	13%	Total Carb 12g	13%
3 servings	Saturated Fat 2.5g		Dietary Fiber 0g	
per container	Trans Fat 0g		Total Sugars 9g	
Serving size	Cholesterol 15mg		Incl. 6g Added Sugars	
1 tub (113g)	— Sodium 55mg		Protein 4g	36%
Calories 10	O Vitamin D 1.2mcg 10° calc	ium 140mç	50% • Iron Omg 0% • Potas. 18	0mg 25%

### BLUEBERRY

Nutrition	AL	ing	% DV	Amount/Serving	% DV
Facts	Tota	<b>£</b> 4g	13%	Total Carb 12g	13%
3 servings	Satura	ted Fat 2.5g		Dietary Fiber 0g	
per container	Trans	Fat Og		Total Sugars 9g	
Serving size	Chole	sterol 15mg		Incl. 6g Added Sugars	3
1 tub (113g)	Sodiu	<b>m</b> 60mg		Protein 4g	36%
Calories 10	O Vitamin D	1.2mcg 10% • 0	Calcium 140mg	50% • Iron Omg 0% • Potas.	180mg 25%

Serving Size= 113g
Sugars/Total Sugars= 9g
Limit is 15g= **DOES** meet sugar limits!





<b>Nutrition</b>
Facts

Serving size 1 Cup (150g)

Calories 130

Amount/serving	% DV	Amount/serving	% DV
Total Fat 3g	4%	<b>Total Carbohydrate</b> 19g	7%
Saturated t 0	0%	Dietary Fiber 2g	7%
Trans Fat u		Total Sugars 13g	19
<b>Cholestero</b> ng	0%	Includes 12g Added Sugars	24%
Sodium 65mg	3%	Protein 6g	12%
Vitamin D 10% ● Ca	dcium 159	6 ● Iron 4% ● Potassium	18%

Serving Size= 150g
Sugars/Total Sugars= 13g
Limit is 20g= **DOES** meet sugar limits!







Serving Size= 36g
Sugars/Total Sugars= 10g
Limit is 8g= does **NOT** meet sugar limits!



# **Tracking CACFP Income and Expenses**







# **VCA**

- ✓ It is financially VIABLE
- ✓ It is administratively CAPABLE of operating the program
  - ✓ It has internal controls in effect to ensure ACCOUNTABLILITY



### **Financial Viability Regulations:**

- 7 CFR 226.6
- FNS Instruction 796-2 Rev. 4
- 2 CFR 200, subpart D
- USDA Implementing Regs under 2 CFR, parts 400 and 415.



# What is Financial Viability?





### PART A-

"The Sponsoring organizations demonstrated ability to generate sufficient income and the possession of sufficient resources to meet the sponsoring organizations total operating obligations and debt commitments and to maintain sufficient contingency funds for any claims that may be assessed against the sponsoring organization."



### Part B-

"This demonstrated ability to generate and maintain sufficient income must be evidenced in the sponsoring organization's official books and records. The sponsoring organization must also demonstrate that its financial management system is in compliance with 2 CFR 200.302 and all CACFP nonprofit food service requirements.



### Part C-

"Further, It's financial management policies and procedures, both documented and in practice, ensure the implementation of the appropriate fiscal activities and are communicated to all sponsoring organization staff having financial management responsibilities."



Month:	August	
Year:	2022	
Month	ly CACFP Reimbursement Earned:	
Monthly	Food Program Expenses:	-
Α	mount Needed from Other	
	Funding Source:	-

Directions: Track the monthly food program expenses and the CACFP reimbursement received. The total expenses and amount needed from other funding sources will auto-populate. Enter expense \$ amount in applicable column, columns will total on line 34. Attach receipts, invoices, cancelled/copies of checks, reimbursement confirmations, and any other supporting documentation for each cost/payment. CACFP Contract Specialists conducting on-site reviews will need access to the monthly reports and supporting documents to verify that institutions are maintaining a not-for-profit meal service.

#### CACFP General Ledger (Entries can be made on lines 10 through 33)

						Labor &	Benefits			Of	her		
Date	Check No.	Name (Payee on Check)	Total Amount of Check	Food	Nonfood/ Kitchen Supplies	Food Service (Kitchen)	Admin.	Contracted Services (Food Vendor)	Kitchen Equipment	CACFP Travel (Admin.)	CACFP Travel (Oper.)	Misc.	Specify Misc.
Monthly	CACFP Exp	enses:		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
													ı

### Center Operating and Enrollment Data (Must reflect the claiming period)

1.	Free Enrollment	4	Number of Operating Days	20
2.	Reduced Enrollment	3	Total Monthly Attendance	156
3.	Paid Enrollment	5	Average Daily Attendance	
4.	Total Enrollment	(12)	Capacity (from Site Info Sheet)	49

Mea	l Count Data	Breakfast	AM Snack	Lunch	PM Snack
5.	Free	0	0	0	0
6.	Reduced	0	0	0	0
7.	Paid	0	0	0	0
8.	Total Meals	137	156	153	, 0
9.	Average Daily Participation	0	0	0	0



=\$710.37

Month:	August	
Year:	2022	
Month	y CACFP Reimbursement Earned:	\$710.37
Monthly	Food Program Expenses:	
Α	mount Needed from Other	
	Funding Source:	-

Directions: Track the monthly food program expenses and the CACFP reimbursement received. The total expenses and amount needed from other funding sources will auto-populate. Enter expense \$ amount in applicable column, columns will total on line 34. Attach receipts, invoices, cancelled/copies of checks, reimbursement confirmations, and any other supporting documentation for each cost/payment. CACFP Contract Specialists conducting on-site reviews will need access to the monthly reports and supporting documents to verify that institutions are maintaining a not-for-profit meal service.

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Monthly	CACFP Exp	enses:		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
													ı

25.

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En:

Ens

Ensi Main Satisf Sanita Satisfy comple shoppi claim pr claim rev cooking

Payr	08/15/2022
Check Date:	08/1/2022-08/12/2022
Period Range:	Weeks #1 & #2
Week Number:	Check Date

Sticky Fingers Childcare				Wes	Check#	Check Date	
				Frequency			
Employee Name	SSN Rate of Pay	Hours	Amount	Bi-Weekly	1025	08/15/2022	
Earnings description	XXX-XXX-XXXX		\$720.00				1
Janice Stickey	\$18.00	40	\$720.00			(2022	-
Regular	•			Bi-Weekly	1026	08/15/2022	
				BI-Meekiy			
George Jones	XXX-XXX-XXXX	30	\$480.00				
Regular	\$16.00					08/15/2022	$\dashv$
				Bi-Weekly	1027	08/13/2022	
Flynn Partridge	XXX-XXX-XXXX		\$490.00				
1	\$14.00	35					
Regular					1028	08/15/20	22
				Bi-Weekly			
www.dow	XXX-XXX-XXXX		\$560.00				
Ali Harlow	\$14.00	40	•				
Regular						_	

(1) CACFP

lours per Month

2

2

10

# Carol's Country Store

M

60

Anyte

Carrots 5 lb

Bananas

WW Bread

WW Bread Vanilla yogurt

Vanilla yogurt Vanilla yogurt

Whole chicken Cheese sticks Cheese sticks Canned peaches

Canned peaches

Canned peaches Canned peaches Canned pears

Canned pears

Canned pears Froz Broccoli

Froz Broccoli Froz Broccoli Paper plates Paper cups WG Goldfish Infant formula Spaghetti Spaghetti Spaghetti Spaghetti Canned corn

Canned corn

Canned corn

Canned corn Canned corn

Kitchen cleaner

Lil Debbie Donuts Ground coffee

Coffee creamer

Ground Turkey

**Ground Turkey** 

Trash bags

\$0 \$0 \$0 \$0

\$3.

\$10

\$2.3

\$10.

\$5.9

\$3.98

\$3.98

Celery Hearts Celery Hearts

Cucumbers 0.72

123 Country St Anywhere, ME 04444 207-123-4567

18 pk eggs 1 Gallon 1% milk 1 Gallon 1% milk 1 Gallon 1% milk WW Sliced Bread Potato Chips 12oz 48oz applesauce Fam size M&M's	\$3.37 \$4.29 \$4.29 \$4.29 \$3.48 \$3.99 \$2.79 \$5.79 \$32.29
Fam size M&M's Total CASH TEND	\$5.79 \$32.29 \$32.29

Approval # 0265473 Cashier #5 8/2/2022

#### RESTAURANT SUPPLY STORE ONLINE DISTRIBUTOR INVOICE #2569 08/15/2022

	\$6.99
8 inch frying pan	\$3.50
Spatula	\$5.29
Non-stick Loaf pan	\$18.00
18" Plastic wrap	

TOTAL: \$33.78 PAID IN FULL

# Super Foods Emporium

2555 Busy Street Anycity, ME 04999

1	Jeny, A	1E 04999
Sliced (	Th.	
		\$14.5
		\$14.98
Silced to		\$14.98
canned n		\$8.48
Canned pi	neapple	\$8.48
		\$1.28
		\$1.28
	capple	\$1.28
	capple	\$1.28
Gala annia		\$1.28
rancake com		\$3.82
othato Some		\$3.82
Tomato Saus	e	\$6.68
1 omato Sau-	;	\$1.68
Tomato San		\$1.68
Tomato Sau		\$1.68
unant cereat		\$1.68
Soda 24nole		\$1.68
I omato Sam		\$4.94
mant ceres!		\$11.18
OJ		\$1.68
Butter		\$4.94
Butter		\$5.58
Pancake min		\$3.98
Flour		\$3.98
Sugar		\$4.99
Baking no.		\$3.98
WW dinner rolls		\$2.94
Hummus Hummus		\$1.99
Oranges		\$4.99
Mashed Day	\$	4.97
Mashed Potato	S	6.68
WW bread	3.	3.97
WW bread	\$3	.97
Gal 1% Man	\$2.	59
Gal 1% Min.	\$2.	59
Wiustard	\$3.9	93
Ketchup	\$3.9	3
Mayo	\$2.2	4
Aluminum foil	\$4.76	5
Paper towels	\$3.98	
Iced tea	\$13.48	3
Ranch dressing	\$22.18	
Peanut butter	\$3.98	
Sunbutton	\$6.98	
Jelly	\$5.92	
Frozen blueberries	\$6.98	
- di blueberries	\$2.48	
	\$8 21	

\$8.24

Garlic bread Garlic bread \$3.28 Frozen strawberries \$3.28 Lactaid 1% milk \$9.98 Almond milk \$3.38 Life cereal \$4.68 \$4.78

\$274.44

\$274.44

Approval #00012587 Terminal #2258T21 08/16/22

VISA TEND



Month:	August	
Year:	2022	
Month	y CACFP Reimbursement Earned:	\$710.37
Monthly	Food Program Expenses:	
Α	mount Needed from Other	
	Funding Source:	-

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	Labor & Benefits Other												
Date	Check No.	Name (Payee on Check)	Total Amount of Check	Food	Nonfood/ Kitchen Supplies	Food Service (Kitchen)	Admin.	Contracted Services (Food Vendor)	Kitchen Equipment	CACFP Travel (Admin.)	CACFP Travel (Oper.)	Misc.	Specify Misc.
Monthly	CACFP Exp	enses:		0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	0.00	
													ı

# Independent or Group Work Time!!





Month:	August		
Year:	2022		
Monthly CAC	CFP Reimbursement Earned:	010.20	\$710.37
•	Program Expenses: from Other Funding Source:	1,973.05	<b>-</b> \$1,262.68

Directions: Track the monthly food program expenses and the CACFP reimbursement received. The total expenses and amount needed from other funding sources will auto-populate. Enter expense \$ amount in applicable column, columns will total on line 34. Attach receipts, invoices, cancelled/copies of checks, reimbursement confirmations, and any other supporting documentation for each cost/payment. CACFP Contract Specialists conducting on-site reviews will need access to the monthly reports and supporting documents to verify that institutions are maintaining a not-for-profit meal service.

#### CACFP General Ledger (Entries can be made on lines 10 through 34)

						Labor &	Benefits			Ot	her		
Date	Check No.	Name (Payee on Check)	Total Amount of Check	Food	Nonfood/ Kitchen Supplies	Food Service (Kitchen)	Admin.	Contracted Services (Food Vendor)	Kitchen Equipment	CACFP Travel (Admin.)	CACFP Travel (Oper.)	Misc.	Specify Misc.
8/2/2022		Carols Store	32.29	22.51									
8/6/22		MallWart	238.84	149.35	27.45								
8/15/22	visa debit	Rest Supply	33.78		33.78								
8/16/22	visa debit	Super foods	274.44	223.62	35.66								
8/25/22	visa debit	Hanafoods	98.68	70.62	28.06								
8/15/22	1025	J Stickey	720.00			36.00	54.00						
8/15/22	1026	G Jones	480.00			240.00	16.00						
8/15/22	1027	F Partridge	490.00			28.00							
8/15/22	1028	A Harlow	560.00			343.00							
8/29/22	1029	J Stickey	720.00				54.00						
8/29/22	1030	G Jones	480.00			240.00							
8/29/22	1031	F Partridge	490.00			28.00							
8/29/22	1032	A Harlow	560.00			343.00							
	24050 5			100.16	101.05	4.050.00	404.00	2.22	0.00	0.00	0.00	0.00	
Monthly (	CACFP Expe	enses:		466.10	124.95	1,258.00	124.00	0.00	0.00	0.00	0.00	0.00	Dama 4 of 4

Quarter: 4th Quarter (July 1 - September 30)					Directions: Total CACFP expenses and funding sources to pay the expenses will auto-populate from the 4th quarter (July-September). Excess CACFP funds must be spent and used solely for the conduct of the									
Year: 2022						food service operation or to improve food service operations, principally to benefit enrolled participants (e.g. cups that hold the entire serving size of milk, more fresh produce, small kitchen equipment, etc.). All CACFP expenses must be allowable and related to food service operations. If the quarterly totals sheet shows excess CACFP funds, document how the money will be spent and include estimated costs.								
Quarterly CACFP Reimbursement Earned: \$ 7,308.37														
Total Quarterly Food Program Expenses: \$			11,044.05											
Amoun	Amount Needed from Other Funding Source: \$ 3,735.68													
CACFP General Ledger														
						Labor &		& Benefits	Other					
					Food	Nonfood/ Kitchen Supplies	Food Service (Kitchen)	Admin.	Contracted Services (Food Vendor)	Kitchen Equipment	CACFP Travel (Admin.)	CACFP Travel (Oper.)	Miscellaneous	
Total Qua	arterly CA	CFP Expenses	:	\$	5,184.10	\$ 181.95	\$ 5,252.00	\$ 426.00	\$ -	\$ -	\$ -	\$ -	\$	-

Quarter:	4th Quarter (July 1 - September 30)							
Year:	Year: <b>2022</b>							
Quart	erly CACFP Reimbursement Earned: \$ 14,390.00							
Tota	al Quarterly Food Program Expenses: \$ 10,039.00							
Amount	Needed from Other Funding Source: \$ (4,351.00)							

Sect	ion II: CACFP Expenses	Actual Revenue Prior Fiscal Year	Proposed Budget New Fiscal Year
PA	Prior approval is required. PA is effective when the Center Sponsor Budget is approved with the annual Program Year Packet unless MDOE disallows the specific	cost in writing.	
II-B:	Nonprofit Food Service Administrative Expenses	Prior Year	New Year
Adm	inistrative costs charged to the CACFP may not exceed 15% of the federal meal reimbursement amount. (7 CFR 226.7(g))		
1.	Administrative Labor & Benefits  Include allowable costs for planning, organizing and managing the CACFP program.  ** SPWA required for overtime pay, holiday pay for work performed on a non-work holiday and compensatory leave.  (FNS 796-2 Rev 4 VIII I 23 h p 51-53; see section 23h for exceptions)	19,527.00	19,527.00
	Subtotal Administrative Labor and Benefits	19,527.00	19,527.00
2.	Office Supplies	Prior Year	New Year
а	Expendable Office Supplies  Items costing less than \$500 per item per year (examples: pencils, pens, folders, paperclips) may be grouped here.	0.00	200.00
	List expendable office supply item(s) costing more than \$500 per year and the total annual cost of each item (these costs should be included in (a):		
b	Durable Office Supplies under \$5,000 Include costs for administrative supplies having a life expectancy of more than one year and an acquisition cost less than \$5,000 per unit or less than the institution's definition of equipment, whichever is less. Durable office supplies may be expensed at time of purchase. (FNS 796-2 Rev 4 VIII I 27)	0.00	0.00
С	Equipment Purchase, over \$5,000 Include costs for administrative equipment with a useful life expectancy of more than a year and an acquisition cost of \$5,000 or more per unit or less than the institution's definition of equipment, whichever is less. A unit is defined as all components required to make the piece of equipment operational.  ** SPWA required for expensing instead of depreciating.  (FNS 796-2 Rev 4 VIII I 16)	0.00	0.00
d	Equipment-Rental/Lease Include costs for administrative equipment rental, lease and repair. Submit copies of all leases and repair contracts to MDOE.	0.00	0.00

0.00

0.00

200.00

0.00

0.00

0.00

Subtotal Administrative Office Supplies



Do not include office copier costs.

\*\* Requires PA (FNS 796-2, Rev 4 VIII I 33)

List postage meter rental under d. Equipment-Rental/Lease.

e. Printing-Professional

f. Postage











