



Provider's Food Program

# April 2016 Newsletter

**Provider Trainings!**  
As a reminder, it is very important for you to keep up to date on your trainings! During the Home Review, your Monitor will be checking to see that you have completed all the trainings for this year!



## GRAINS & BREADS

As delicious as cupcakes and cookies are, we might be tempted to serve them to the children all the time. However, there is a limit to what is creditable under the CACFP Guidelines. As a reminder, here are a few points to keep in mind *(as found in the USDA Crediting Handbook)*:

### Your Meal Pattern

The meal patterns for breakfast, lunch, or supper each contain a bread or bread alternate requirement in the amount specified for each age group. A bread or bread alternate may also be served as one of the two components of a snack.

Grains/breads products are important dietary sources of iron, thiamin, niacin, riboflavin, and, often, fiber in the diet. The USDA *2010 Dietary Guidelines for Americans* encourage that at least half of daily grain servings be whole-grain for all ages at each calorie level. Therefore, additional varieties of whole grains consumed by various populations have been added to this revision.

### WHOLE-GRAIN

#### WATCH FOR THE FOLLOWING:

Grains/breads must be whole-grain, enriched, or made from whole-grain or enriched meal or flour. Cereal products must be whole-grain, enriched, or fortified. Bran and germ are credited the same way as enriched or whole-grain meals or flours.



## CRITERIA

Sweet foods such as toaster pastries, coffee cake, doughnuts, sweet rolls, cookies, and cakes are permitted when made with enriched or whole-grain meal or flour and served as described in the USDA *Food Buying Guide, Exhibit A*. Toaster pastries ("Pop Tarts"®), coffee cakes, doughnuts, sweet rolls, and fruit-grain/granola bars are allowed for breakfast and snacks. Cookies, dessert pies, cakes, and brownies may be served as snacks only. Sweet snack foods should not be served more than twice a week.

Grains/breads must be provided in the quantities specified in the regulations. One-quarter (1/4) of a serving is the smallest amount that can be credited toward the minimum quantities of grains/breads specified in program regulations.

Cornmeal by FDA standards is not a whole grain, and thus, items made with enriched cornmeal also must contain no less than the 14.75 grams of enriched corn meal per serving.

French, Vienna, Italian, Syrian, and other specialty breads are commercially made and sometimes prepared with unenriched flour. Check the ingredient statement or contact the manufacturer to be sure that the product is made with enriched or whole-grain flour/meal, bran, or germ.

NOTE: Using the Minute Menu Web Kids program makes claiming much easier!  
Call us today to find out how to switch to Web Kids for FREE!