

How to Identify Creditable Grains for the Child and Adult Care Food Program

July 1, 2024, through September 30, 2025

This guidance applies to reimbursable meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture’s (USDA) Child and Adult Care Food Program (CACFP).

For information on the CACFP meal patterns for children and the CACFP adult meal patterns, visit the Connecticut State Department of Education’s (CSDE) [Meal Patterns for the Child and Adult Care Food Program](#) webpage. For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Child and Adult Care Food Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Overview of Crediting Requirements for Grains

To credit as the grains component in the CACFP meal patterns, grain products and recipes must be made with creditable grains. Creditable grains include whole grains, enriched grains, bran (such as oat bran, wheat bran, corn bran, rice bran, and rye bran), and germ (such as wheat germ). Bran and germ credit the same as enriched grains.

Creditable grain foods include commercial grain products and foods made from scratch that are whole-grain rich (WGR) or enriched. Creditable cooked and ready-to-eat (RTE) breakfast cereals include products that are WGR, enriched, or fortified. For information on identifying whole and enriched grains, refer to the CSDE's resources, [Crediting Whole Grains in the Child and Adult Care Food Program](#), [Crediting Enriched Grains in the Child and Adult Care Food Program](#), and [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

Products that are 100 percent whole grain, such as whole-wheat bread and brown rice, provide the best nutrition and should be served most often.

For detailed guidance on the grains component, visit the "[Grains](#)" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.



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Allowable Grain Foods

The grains component includes a variety of WGR and enriched foods, such as:

- breads, biscuits, bagels, rolls, tortillas, and muffins;
- snack products, such as crackers (including animal crackers and graham crackers), hard pretzels, hard breadsticks, tortilla chips, and popcorn;
- cereal grains, such as buckwheat, brown rice, bulgur, and quinoa;
- ready-to-eat (RTE) breakfast cereals;
- cooked breakfast cereals (instant and regular), such as oatmeal and cream of wheat;
- bread products used as an ingredient in another menu item, such as combination foods, e.g., breading on fish or poultry and pizza crust in pizza; and
- pasta products, such as macaroni, spaghetti, noodles, orzo, and couscous.

These foods have different crediting requirements, depending on the type of food and whether it is a commercial product or made from scratch.

Grain-Based Desserts Prohibited

Grain-based desserts do not credit in the CACFP meal patterns. Examples of grain-based desserts include breakfast bars, brownies, cakes (including cupcakes and coffee cakes), cereal bars, cinnamon rolls, cinnamon streusel quick breads, cookies (all kinds, including vanilla wafers), doughnuts, gingerbread, granola bars, ice cream cones, marshmallow cereal treats, pastries (such as cinnamon buns, Danish, sweet buns, sweet rolls, and eclairs) piecrusts in sweet pies (e.g., apple, coconut, blueberry, and pecan), sweet biscotti (such as those made with fruits, chocolate, or icing) sweet bread pudding, sweet croissants (e.g. chocolate filled), sweet scones (e.g., blueberry, raisin, and orange cranberry), rice pudding, and toaster pastries.

For more information on grain-based desserts, refer to [USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program](#) and visit the USDA's [Grain-based Desserts in the CACFP](#) webpage.

Crediting Sweet Crackers

Sweet crackers (like graham crackers and animal crackers) are not included in the restrictions for grain-based desserts. They may be served in reimbursable meals and snacks.

As a best practice, the USDA encourages CACFP facilities to limit sweet crackers due to their higher sugar content. The CSDE recommends limiting sweet crackers to no more than twice per week, between all meals and snacks served in the CACFP.

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Whole Grain-rich (WGR) Requirement

The CACFP meal patterns require at least one serving of WGR grains per day. The USDA's [CACFP best practices](#) recommend at least two servings of WGR grains per day. For guidance on menu planning considerations for the WGR requirement, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#).

The WGR requirement does not apply to the CACFP infant meal patterns for birth through 11 months.

CACFP WGR criteria

WGR foods for the CACFP meal patterns must contain at least 50 percent whole grains and the remaining grain ingredients must be enriched, bran, or germ. To credit as a WGR food in the CACFP meal patterns, grain foods must meet the requirements below.

- **Commercial grain products** (such as breads, crackers, pancakes, pasta, and cooked breakfast cereals) must contain a whole grain as the greatest ingredient by weight.
- **Commercial combination foods** (such as pizza and breaded chicken nuggets) must contain a whole grain as the greatest ingredient by weight in the grain portion.
- **RTE breakfast cereals** must list a whole grain as the first ingredient, be fortified, and contain 6 grams or less of sugars per dry ounce. **Note:** Effective October 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the limit from total sugars to added sugars. Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce (refer to [“Crediting requirements for breakfast cereals”](#) in this document).
- **Cooked breakfast cereals** must be 100 percent whole grain or contain a blend of whole and enriched grains that is at least 50 percent whole grain; and cannot exceed 6 grams of added sugars per dry ounce (refer to [“Crediting requirements for breakfast cereals”](#) in this document).
- **Recipes** must contain an amount of whole grains that is equal to or more than the combined amount of all other creditable grains.

For more information on the WGR criteria and how to determine if commercial products and

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recipes are WGR, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#), and [USDA Memo CACFP 09-2018: Grain Requirements in the CACFP: Questions and Answers](#). Additional guidance is available in under ["Whole Grain-rich Requirement"](#) in the "Grains" section of the CSDE's Crediting Foods in the Child and Adult Care Food Program webpage.

Crediting Requirements

The CACFP meal patterns have different crediting requirements for commercial grain products, commercial combination foods that contain a grain portion, breakfast cereals, and grain foods made from scratch. The crediting requirements for each type of grain food are summarized below.

Crediting requirements for commercial grain products

To credit as the grains component, commercial grain products must contain a creditable grain as the greatest ingredient by weight. Commercial grain products meet this requirement if 1) a creditable grain is the first ingredient (or water is the first ingredient and a creditable grain is the next ingredient); or 2) the manufacturer's product formulation statement (PFS) indicates that the combined weight of all creditable grains is the greatest ingredient by weight (refer to ["Crediting Documentation for Commercial Grain Products"](#) in this document).

Some examples of commercial grain products are below. Creditable grains are in *italics*. When reviewing the first ingredient on the product's label, water is ignored.

- Ingredients: *Enriched wheat flour* (*flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid*), canola and/or sunflower oil, salt, contains 2% or less of: yeast, nonfat milk, sugar, baking soda, monocalcium phosphate, paprika, spices, celery, onion powder.
- Ingredients: Water, *whole-wheat flour*, yeast, wheat gluten, contains less than 2% of each of the following: soybean oil, sugar, salt, calcium propionate (preservative), fumaric acid, baking soda, monocalcium phosphate, calcium sulfate, ammonium sulfate.
- Ingredients: Water, *enriched flour* (*wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid*), *whole-wheat flour*, vegetable oil (soybean, palm, and/or canola oil), egg whites, wheat bran, sugar, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, malt flavoring, whey, soy lecithin.

These products credit as the grains component in the CACFP meal patterns.

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Steps for identifying creditable commercial grain products in groups A-E and H

The steps below show how to identify creditable commercial grain products in groups A-E (baked goods such as breads, rolls, muffins, crackers, and waffles) and group H (pasta and cereal grains such as quinoa, rice, and millet) of the USDA's Exhibit A chart.

1. Is the food product labeled as whole grain?
 - Yes: The food is creditable.
 - No: Go to step 2.
2. Is the food product labeled as enriched?
 - Yes: The food is creditable.
 - No: Go to step 3.
3. Is the first ingredient (excluding water) a whole grain?
 - Yes: The food is creditable.
 - No: Go to step 4.
4. Is the first ingredient (excluding water) an enriched grain?
 - Yes: The food is creditable.
 - No: Go to step 5.
5. Does the product's PFS state that whole or enriched grains are the greatest ingredient by weight?
 - Yes: The food is creditable.
 - No: Go to step 6.
6. Does the ingredients statement list any other creditable grains?
 - Yes: Go to step 7.
 - No: The food is not creditable.
7. Does the product's PFS indicate that the grams of creditable grains per serving provide at least $\frac{1}{4}$ ounce equivalent?
 - Yes: The food is creditable.
 - No: The food is not creditable.

If the food is creditable, the CACFP facility must determine the required weight or volume needed to meet the meal pattern requirements (refer to "[Required Servings for Grain Products and Recipes](#)" in this document).

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Crediting requirements for commercial combination foods

Commercial combination foods that contain a grain portion (such as pizza, breaded fish sticks, and lasagna) credit as the grains component if they meet one of the criteria below.

- A creditable grain is the first grain ingredient (or if the grain portion is listed separately, a creditable grain is the first ingredient in the grain portion). When reviewing the first ingredient, water is ignored.
- The product's Child Nutrition (CN) label or manufacturer's PFS indicates that the combined weight of all creditable grains in the grain portion is the greatest ingredient by weight in the grain portion. For information on CN labels and PFS forms, refer to "[Crediting Documentation for Commercial Grain Products](#)" in this document.

Some examples of combination foods that contain a grain portion are below. Creditable grains are in *italics*.

- **Example 1: Grain ingredients listed together with other ingredients**

Ingredients: Boneless, skinless chicken breast with rib meat, water, *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, contains 2% or less of the following: dried garlic, dried onion, salt, sea salt, soybean oil, spice, sugar, torula yeast, turmeric, yeast, yeast extract. Breeding set in vegetable oil.

This product credits as an enriched grain because the first grain ingredient is enriched flour.

- **Example 2: Grain ingredients listed as separate grain portion**

Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.

The grain portion (breeding) of this product credits as an enriched grain because the first ingredient in the breeding is enriched flour.

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Steps for identifying creditable commercial combination foods with a grain portion

The steps below show how to identify creditable commercial grain products that contain a grain portion.

1. Is the grain portion of the food product labeled as whole grain?
 - Yes: The food is creditable.
 - No: Go to step 2.
2. Is the grain portion of the food product labeled as enriched?
 - Yes: The food is creditable.
 - No: Go to step 3.
3. Is the first grain ingredient (or first ingredient in the grain portion, if grain portion is listed separately) a whole grain?
 - Yes: The food is creditable.
 - No: Go to step 4.
4. Is the first grain ingredient (or first ingredient in the grain portion, if grain portion is listed separately) an enriched grain?
 - Yes: The food is creditable.
 - No: Go to step 5.
5. Does the product's PFS state that enriched or whole grains are the greatest ingredient by weight in the grain portion?
 - Yes: The food is creditable.
 - No: Go to step 6.
6. Does the ingredients statement list any other creditable grains in the grain portion?
 - Yes: Go to step 7.
 - No: The food is not creditable.
7. Does the product's CN label or PFS indicate that the grams of creditable grains per serving in the grain portion provide at least $\frac{1}{4}$ ounce equivalent?
 - Yes: The food is creditable.
 - No: The food is not creditable.

If the food is creditable, the CACFP facility must determine the weight or volume needed to meet the meal pattern requirements (refer to "[Required Servings for Grain Products and Recipes](#)" in this document).

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Crediting requirements for breakfast cereals

Breakfast cereals include RTE cereals in group I (such as puffed rice cereals, round or flaked cereal, and granola) and cooked cereals in group H (such as oatmeal, cream of wheat, and farina). Breakfast cereals must meet two criteria to credit as the grains component: 1) a creditable grain (whole, enriched, bran, or germ) must be the first ingredient or the cereal must be fortified; and 2) sugars cannot exceed 6 grams per dry ounce.

Effective October 1, 2025, the USDA final rule, [Child Nutrition Programs: Meal Patterns Consistent with the 2020-2025 Dietary Guidelines for Americans](#), changes the product-based limit for breakfast cereals from total sugars to added sugars. Breakfast cereals cannot exceed 6 grams of added sugars per dry ounce. With CSDE approval, CACFP facilities may choose to implement the added sugars limit prior to October 1, 2025.

To credit as a WGR food, breakfast cereals must meet the sugars limit and comply with the requirements below.

- **WGR criteria for RTE breakfast cereals (group I):** The first ingredient must be a whole grain and the cereal must be fortified, or the cereal must be 100 percent whole grain. Fortification is not required for RTE breakfast cereals that are 100 percent whole grain.
- **WGR criteria for cooked breakfast cereals (group H):** Cooked breakfast cereals must meet the USDA's Rule of Three criteria for WGR foods. The Rule of Three requires that the first ingredient must be a whole grain and the next two grain ingredients (if any) must be whole grain, enriched, bran, or germ. Noncreditable grains (such as yellow corn flour, wheat flour, and soy flour) cannot be one of the first three grain ingredients. For guidance on the Rule of Three, refer to the CSDE's [Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program](#).

For more information on the crediting requirements for breakfast cereals, refer to the CSDE's resource, [Crediting Breakfast Cereals in the Child and Adult Care Food Program](#).

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Crediting requirements for grain foods made from scratch

Grain foods made from scratch must be WGR or enriched.

- **Enriched grain foods:** A grain food made from scratch is enriched if enriched grains are the greatest ingredient by weight in the recipe.
- **WGR foods:** A grain food made from scratch is WGR if the combined amount of all whole grains in the recipe is equal to or more than the combined amount of all other creditable grains (enriched grains, bran, and germ).

CACFP facilities must maintain recipes that document the crediting information for all foods made from scratch used in reimbursable meals and snacks. The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information (refer to [“Documentation for grain foods made from scratch”](#) in this document).

Oz eq contribution of grain foods made from scratch

CACFP facilities must determine the recipe’s oz eq contribution per serving using one of the following methods: 1) the grams of creditable grains; or 2) if the weight of the prepared (cooked) serving is known, the required weight (groups A-E) or volume (groups H-I) for the appropriate grain group in the USDA’s Exhibit A chart (refer to [“Required Servings for Grain Products and Recipes”](#) in this document). The examples below illustrate these crediting requirements.

- Pasta is in group H. To credit a CACFP facility’s standardized recipe for macaroni and cheese as 1 oz eq of the grains component, the recipe must indicate that each serving contains ½ cup of cooked pasta (enriched, whole grain, or WGR) or 28 grams of creditable grains.
- Muffins (except corn muffins) are in group D. To credit a CACFP facility’s blueberry muffin recipe as 1 oz eq of the grains component, the standardized recipe must indicate that each muffin weighs 2 ounces or contains 16 grams of creditable grains.

Refer to [“Grain crediting tools”](#) in this document for resources that help menu planners determine the oz eq contribution of creditable recipes.

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Required Crediting Documentation

CACFP facilities must be able to document that all grain menu items served in reimbursable meals and snacks meet the crediting requirements for the grains component. The guidance below summarizes the required documentation for commercial grain products and grain foods made from scratch. Documentation must be based on the food yields and crediting information in the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG).

CACFP facilities must maintain all crediting documentation on file in accordance with the records retention requirements for the CACFP (refer to the CSDE's [Records Retention Requirements for the Child and Adult Care Food Program](#)). This documentation must be current and will be reviewed by the CSDE during the Administrative Review of the CACFP.

Documentation for commercial grain products

A PFS from the manufacturer is required if the product's ingredients statement and packaging do not provide sufficient information to determine if the grain product meets the crediting criteria.

When a PFS is required, the CACFP facility must obtain and verify the PFS for accuracy prior to purchasing, serving, and claiming the grain product in reimbursable meals and snacks. For guidance on when a PFS is required and the information it must include, refer to the CSDE's resource, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#).

For more information on PFS forms, refer to the CSDE's resources, [Using Product Formulation Statements in the Child and Adult Care Food Program](#) and [Accepting Processed Product Documentation in the Child and Adult Care Food Program](#), and the USDA's resources, [USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements](#) and [Tips for Evaluating a Manufacturer's Product Formulation Statement](#).

Additional guidance is available on the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage. Training on the requirements for PFS forms is available in What's in a Meal Module 8: Meal Pattern Documentation for Crediting Commercial Processed Products, of the CSDE's training program, [What's in a Meal: Meal Patterns for Grades K-12 in the School Nutrition Programs](#).

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Meal pattern compliance may also be documented with a Child Nutrition (CN) label if the WGR grain is part of a CN-labeled meat or meat alternate product such as pizza or breaded chicken nuggets. For more information, refer to the CSDE's resource, [Using Child Nutrition \(CN\) Labels in the Child and Adult Care Food Program](#).

Documentation for grain foods made from scratch

CACFP facilities must have recipes on file that document the crediting information for all grain foods made from scratch, including foods made on site by the CACFP facility and foods prepared by vendors. The CSDE encourages CACFP facilities to use standardized recipes to ensure accurate crediting information. Use the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) to determine food yields and crediting information for CACFP recipes.

Recipes for grain foods credit as the grains component based on the grams of creditable grains per serving. If the recipe indicates the weight of the prepared (cooked) serving, menu planners may use the required weight (groups A-G) or volume (groups H-I) for the applicable grain group in the USDA's Exhibit A chart (refer to "[Required Servings for Grain Products and Recipes](#)" in this document). For guidance on determining oz eq, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program](#).

For information on standardized recipes, refer to the CSDE's [Guide to Menu Documentation for the Child and Adult Care Food Program](#) and the Institute of Child Nutrition's [Recipe Standardization Guide for the Child and Adult Care Food Program](#) and visit the "[Standardized Recipes](#)" section of the CSDE's Crediting Documentation for the Child Nutrition Programs webpage.



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Required Servings for Grain Products and Recipes

The required quantities for the grains component are in oz eq. The CSDE's resource, [Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#), indicates the applicable Exhibit A quantities and requirements.

The amount of a creditable grain food that provides 1 oz eq varies because different types of foods contain different amounts of creditable grains. For example, to credit as 1 oz eq of the grains component, a roll (group B) must weigh 28 grams (1 ounce), a corn muffin (group C) must weigh 34 grams (1.2 ounces), and a blueberry muffin (Group D) must weigh 55 grams (2 ounces). The minimum amount that credits toward the grains component is $\frac{1}{4}$ oz eq.

The USDA allows two methods for determining the oz eq or servings of a creditable grain product or standardized recipe. CACFP facilities may use either method but must document how the crediting information was obtained. These methods are summarized below. For detailed guidance on how to use each method, refer to the CSDE's resource, [Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program](#).

Method 1: USDA's Exhibit A chart

Method 1 uses the USDA's chart, [Exhibit A: Grain Requirements for Child Nutrition Programs](#) (Exhibit A) to determine the required weight (groups A-E) or volume (groups H-I) for the grain group where the commercial product or standardized recipe belongs. This method is used for commercial grain products and may also be used for recipes if the menu planner knows the weight (grams or ounces) of the prepared (cooked) serving.

For guidance on determining the oz eq of a grain menu item, refer to the CSDE's resource, [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#).

Method 2: creditable grains

Method 2 determines oz eq from the weight (grams) of creditable grains per serving. This method is used for standardized recipes and may also be used for commercial grain products with a PFS stating the weight of creditable grains per serving. The required grams of creditable grains for 1 oz eq depend on whether the grain food is enriched or WGR.

- **Enriched grain foods:** To credit as 1 oz eq of the grains component, enriched grain foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains and enriched grain foods in groups H-I must contain 28 grams of creditable grains.

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- **WGR foods:** To credit as 1 oz eq of WGR grains, foods in groups A-E of the USDA's Exhibit A chart must contain 16 grams of creditable grains (including at least 8 grams of whole grains) and foods in groups H-I must contain 28 grams of creditable grains (including at least 14 grams of whole grains).

There are some situations when CACFP facilities must use method 2 to determine if a commercial product meets the crediting or WGR criteria for grain menu items, and a PFS is required. For more information, refer to the CSDE's resource, [When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program](#).

Grain crediting tools

The tools below help menu planners determine the meal pattern contribution of creditable grain products and recipes.

- **USDA's Exhibit A Grains Tool for commercial grain products:** This [online tool](#) of the USDA's [Food Buying Guide for Child Nutrition Programs](#) (FBG) determines the oz eq of commercial grain products. For more information, watch the USDA's webinar, [How to Maximize the Exhibit A Grains Tool](#).
- **USDA's Recipe Analysis Workbook:** The FBG's online [Recipe Analysis Workbook](#) allows menu planners to search for ingredients, develop a standardized recipe, and determine the recipe's meal pattern contribution per serving. To access this tool, users must create a free account on the USDA's FBG website.
- **CSDE's How to Use the Grain Ounce Equivalents Chart for the CACFP:** The CSDE's resource, [How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program](#), reviews the steps for using the Exhibit A quantities to determine the meal pattern contribution of three types of commercial products and standardized recipes. These include grain menu items in groups A-G that contain multiple small pieces per serving (e.g., crackers, hard pretzels, and animal crackers), multiple large pieces per serving (e.g., pancakes, slices of bread, and waffles), and one piece per serving (e.g., muffins, bagels, and rolls).

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- **CSDE’s CACFP crediting worksheets:** These Excel worksheets determine if grain products and recipes meet the CACFP crediting requirements and WGR criteria (which are the same as the CACFP meal patterns) and calculate the oz eq contribution per serving.
 - Adult Center Worksheet 1: Crediting Commercial Grains in the CACFP
 - Adult Center Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Adult Center Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP
 - Child Care Worksheet 1: Crediting Commercial Grains in the CACFP
 - Child Care Worksheet 4: Crediting Family-size Recipes for Grains in the CACFP
 - Child Care Worksheet 5: Crediting Quantity Recipes for Grains in the CACFP

The grain crediting worksheets are available in the “[CACFP Grain Crediting Worksheets](#)” section of the CSDE’s Crediting Foods in the Child and Adult Care Food Program webpage.

Considerations for Reducing Choking Risks for Young Children

Children younger than 4 are at the highest risk of choking. Examples of grain foods that may cause choking include hard pretzels; pretzel chips; corn chips; breakfast cereals that contain nuts, whole-grain kernels (such as wheat berries), and hard chunks (such as granola); and crackers or breads with seeds, nut pieces, or whole-grain kernels.

Consider children’s age and developmental readiness when deciding what types of grain foods to offer in CACFP menus and modify foods and menus as appropriate. For additional guidance, visit the “[Choking Prevention](#)” section of the CSDE’s [Food Safety for Child Nutrition Programs](#) webpage.

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Resources

Bite Size Module 7A: Grains Component Crediting Requirements (CSDE):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Bite Size Module 7B: Grains Component Whole Grain-rich Requirement (CSDE):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

Bite Size Module 7C: Grains Component Ounce Equivalents (CSDE):

<https://portal.ct.gov/sde/nutrition/meal-patterns-cacfp-child-care-programs/bite-size-meal-pattern-training>

CACFP Grain Crediting Worksheets (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#CACFPGrainCreditingWorksheets>

CACFP Meal Pattern Updates (CSDE's CACFP webpage):

https://portal.ct.gov/sde/nutrition/child-and-adult-care-food-program#CACFP_Meal_Pattern_Updates

Calculation Methods for Grain Ounce Equivalents in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_calculation_cacfp_oz_eq.pdf

Crediting Breakfast Cereals in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_cereals_cacfp.pdf

Crediting Documentation for the Child Nutrition Programs (CSDE webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs>

Crediting Enriched Grains in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_enriched_grains_cacfp.pdf

Crediting Whole Grains in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_whole_grains_cacfp.pdf

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Determining Ounce Equivalents of Grains in Child and Adult Care Food Program Recipes (USDA):

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

Exhibit A: Grain Requirements for Child Nutrition Programs (USDA):

<https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/ExhibitA.pdf>

Food Buying Guide Exhibit A Grains Tool (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-interactive-web-based-tool>

Food Buying Guide for Child Nutrition Programs (USDA):

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

Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/grain_oz_eq_cacfp.pdf

Grain-based Desserts in the CACFP (USDA):

<https://www.fns.usda.gov/tn/grain-based-desserts-cacfp>

Guide to Meeting the Whole Grain-rich Requirement for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/guide_wgr_requirement_cacfp.pdf

How to Maximize the Exhibit A Grains Tool (USDA webinar):

<https://www.fns.usda.gov/tn/how-maximize-exhibit-grains-tool>

How to Spot Whole Grain-Rich Foods for the CACFP (USDA):

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

How to Use the Grain Ounce Equivalents Chart for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/how_to_use_ounce_equivalents_chart_cacfp.pdf

Identifying Whole Grain-rich Foods for the CACFP (USDA):

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

Is My Recipe Whole Grain-Rich in the CACFP? (USDA):

<https://www.fns.usda.gov/tn/my-recipe-whole-grain-rich-cacfp>

How to Identify Creditable Grains for the Child and Adult Care Food Program

Product Formulation Statements (CSDE's Crediting Documentation for the Child Nutrition Programs webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/product-formulation-statements>

Records Retention Requirements for the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/forms/records_retention_cacfp.pdf

Standardized Recipes (CSDE's Crediting Documentation for the Child Nutrition Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-documentation-for-the-child-nutrition-programs/standardized-recipes>

USDA Final Rule: Child Nutrition Programs: Meal Patterns Consistent with The 2020-2025 Dietary Guidelines For Americans (89 FR 31962):

<https://www.federalregister.gov/documents/2024/04/25/2024-08098/child-nutrition-programs-meal-patterns-consistent-with-the-2020-2025-dietary-guidelines-for>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 05-2025, CACFP 04-2025, and SFSP 02-2025: Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements:

<https://www.fns.usda.gov/cn/labeling/guidance-accepting-processed-product-documentation>

Using Product Formulation Statements in the Child and Adult Care Food Program (CSDE):

http://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/using_product_formulation_statements_cacfp.pdf

Using the WIC Food Lists to Identify Grains for the CACFP (USDA webpage):

<https://www.fns.usda.gov/tn/using-wic-food-lists-identify-grains-cacfp>

When Commercial Grain Products Require a Product Formulation Statement to Credit in the Child and Adult Care Food Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/when_commercial_grain_products_require_pfs_cacfp.pdf

How to Identify Creditable Grains for the Child and Adult Care Food Program

Whole Grain-rich Requirement (CSDE's Crediting Foods in the Child and Adult Care Food Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-child-and-adult-care-food-program/grains#WGR>

How to Identify Creditable Grains for the Child and Adult Care Food Program

For more information, visit the CSDE's [Crediting Foods in the Child and Adult Care Food Program](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.. This document is available at https://portal.ct.gov/-/media/sde/nutrition/cacfp/crediting/credit_whole_grains_cacfp.pdf.

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