

Crediting Yogurt in the Summer Food Service Program

This guidance applies to meals and snacks served in the U.S. Department of Agriculture’s (USDA) Summer Food Service Program (SFSP). For information on the SFSP meal patterns and the meats/meats alternates (MMA) component, refer to the Connecticut State Department of Education’s (CSDE) resource, visit the “[Meal Patterns](#)” section of the Connecticut State Department of Education’s (CSDE) SFSP webpage and refer to the CSDE’s [Requirements for the Meats/Meat Alternates Component of the Summer Food Service Program Meal Patterns](#). For information on the crediting requirements, visit the CSDE’s [Crediting Foods in the Summer Food Service Program](#) webpage and [Crediting Documentation for the Child Nutrition Programs](#) webpage.



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Overview of Crediting Requirements

Commercial yogurt and soy yogurt credit toward the MMA component of the SFSP meal patterns. Yogurt may be plain or flavored; sweetened or unsweetened; contain any fat content; and contain added fruit, either blended or on the bottom. Yogurt must meet the Food and Drug Administration's (FDA) standard of identity for yogurt ([21 CFR 131.200](#)).



Serving size

The required serving size for yogurt is based on volume (cups) or weight (ounces) and is the same for all types, flavors, and fat contents. A ½-cup serving (volume) or 4 ounces (weight) credits as 1 oz eq of the MMA component in the SFSP meal patterns. Table 1 shows the MMA contribution for different serving sizes of yogurt.

Table 1. Meal pattern contribution of yogurt

Serving size (volume or weight)	MMA contribution
⅛ cup or 1 ounce	¼ oz eq (minimum creditable amount)
¼ cup or 2 ounces	½ oz eq
½ cup or 4 ounces	1 oz eq
¾ cup or 6 ounces	1½ oz eq
1 cup or 8 ounces	2 oz eq

Nutrition guidance

The CSDE encourages SFSP sponsors to read labels and consider fat and sugar content when purchasing yogurt for reimbursable meals and snacks. The [Dietary Guidelines for Americans](#) recommends serving low-fat and fat-free yogurt for ages 2 and older. These types of yogurts provide the same nutrients as whole milk yogurt but contain less saturated fat and fewer calories.

Many types of yogurts are high in added sugars. For guidance on choosing yogurts with fewer added sugars, visit the USDA's [Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program](#) webpage.

The CSDE encourages SFAs to choose yogurts without nonnutritive sweeteners (such as aspartame, acesulfame potassium, sucralose, and stevia) or sugar alcohols. These products are often labeled as "light" or "lite."

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Fruits in Yogurt

Fruits in commercially prepared yogurts (either blended or on the bottom or top) do not credit toward the fruits component. Menu planners may credit fruits offered as a separate component, such as yogurt topped with fresh blueberries or sliced strawberries in a yogurt-fruit parfait.

Yogurt in Smoothies

Yogurt and soy yogurt may credit toward the MMA component when used as an ingredient in smoothies.

Crediting commercial smoothies

Commercial smoothies require a Child Nutrition (CN) label (which might be available for some brands of commercial smoothies that contain yogurt) or product formulation statement (PFS) stating the total amount of yogurt (cups or weight) contained in one serving of the product. For more information, refer to the CSDE's resources, [Using Child Nutrition \(CN\) Labels in the Summer Food Service Program](#) and [Using Product Formulation Statements in the Summer Food Service Program](#).

A PFS is required for all commercial smoothies without a CN label. This documentation must be obtained and verified for accuracy prior to purchasing, serving, and claiming the product in reimbursable meals and snacks. Commercial smoothies without a CN label or PFS do not credit in the SFSP.

For more information on crediting documentation, refer to the CSDE's resource, [Accepting Processed Product Documentation in the Summer Food Service Program](#), USDA Memo SP 05-2025, CACFP 04-2025, SFSP 02-2025: *Guidance for Accepting Processed Product Documentation for Meal Pattern Requirements*, and the USDA's resource, [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 CN labels and PFS forms is available in the CSDE's Summer Meals annual training module, [Crediting Documentation for Summer Meals](#); Module 6: Meal Pattern Documentation, Part B – Crediting Commercial Processed Products of the CSDE's training program, [What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12](#); and the Institute of Child Nutrition's online training, [FBG Module 3: Product Formulation Statements](#).

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Crediting smoothies made from scratch

Smoothies made from scratch require a recipe that documents the amount of yogurt per serving. For example, to credit a smoothie as 1 oz eq of the MMA component, the SFSP sponsor's recipe must indicate that each serving contains ½ cup of yogurt.

The USDA encourages SFSP sponsors to use standardized recipes. Standardized recipes ensure accurate meal component contributions and document that SFSP menus meet the meal pattern requirements. For information on standardized recipes, visit the "[Standardized Recipes](#)" section of the CSDE's [Crediting Documentation for the Child Nutrition Programs](#) webpage.



Storing crediting documentation

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

Noncreditable Yogurt

Drinkable or squeezable yogurt and frozen yogurt do not credit in reimbursable meals and snacks. The FDA's definition and standard of identity requires that yogurt must be "coagulated," not liquid. The FDA does not have a standard of identity for frozen yogurt.

Homemade yogurt does not credit for food safety reasons. Yogurt-flavored products (such as yogurt bars and yogurt-covered fruit or nuts) do not meet the FDA's definition and standard of identity for yogurt.

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Resources

Accepting Processed Product Documentation in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/accepting_processed_product_documentation_sfsp.pdf.

CACFP Halftime Webinar: Choose Yogurts that are Lower in Added Sugars (USDA):

<https://www.fns.usda.gov/tn/choose-yogurts-are-lower-added-sugars-cacfp-halftime>

Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program (USDA):

<https://www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar>

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

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

Crediting Smoothies in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsfp/credit_smoothies_sfsp.pdf

Food Buying Guide for Child Nutrition Programs (USDA):

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

Meats and Meat Alternates Component (CSDE's Crediting Foods in the Summer Food Service Program webpage):

<https://portal.ct.gov/sde/nutrition/crediting-foods-in-the-summer-food-service-program/meats-and-meat-alternates>

Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products in Child Nutrition Programs (USDA):

https://www.fns.usda.gov/sites/default/files/resource-files/PFS_Meats-Meat_Alternates_Fillable_508.pdf

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements (Product Analysis) for Meat/Meat Alternate (M/MA) Products

https://fns-prod.azureedge.us/sites/default/files/reviewer_checklist.pdf

Summer Meals Annual Training Module: Crediting Documentation for Summer Meals ("Annual Training" section of CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingDocumentation>

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Summer Meals Annual Training Module: Crediting Foods in the Summer Food Service Program

Meal Patterns: Part 3: Meats/Meat Alternates Component ("Annual Training" section of CSDE's SFSP webpage):

<https://portal.ct.gov/sde/nutrition/summer-food-service-program/annual-training#CreditingFoods>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.us/sites/default/files/resource-files/manufacturerPFStipsheet.pdf>

USDA Memo SP 02-2024, CACFP 02-2024, and SFSP 02-2024: Revised: Crediting Tofu and Soy Yogurt Products in the School Meal Programs, CACFP, and SFSP:

<https://www.fns.usda.gov/cn/crediting-tofu-and-soy-yogurt-products-school-meal-programs-and-cacfp>

USDA Memo SP 40-2019, CACFP 17-2019, and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered>

Using Child Nutrition (CN) Labels in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/sfsp/creditingfsp/cn_labels_sfsp.pdf

Using Product Formulation Statements in the Summer Food Service Program (CSDE):

https://portal.ct.gov/-/media/sde/nutrition/nslp/crediting/product_formulation_statements.pdf

What's in a Meal Module 6: Meal Pattern Documentation Part B – Crediting Commercial Processed Products (CSDE's Training Program, What's in a Meal: National School Lunch Program and School Breakfast Program Meal Patterns for Grades K-12):

<https://portal.ct.gov/sde/nutrition/meal-pattern-training-materials>

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For more information, visit the CSDE's [Crediting Foods in the Summer Food Service Program](#) webpage or contact the [Summer Meals 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/sfsp/creditingfsp/credit_yogurt_sfsp.pdf.

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3. email: program.intake@usda.gov

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