USDA Child and Adult Care Food Program

Fruit and Vegetable Components

This handout covers information about the new fruit and vegetable requirements for children 1 year and older and adult participants in the Adult Care Program. There is a separate handout on the new infant meal pattern requirements. The term Program refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters, and adult care centers. Find this handout and more information on the New CACFP Meal Pattern webpage: https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern.

New Requirements
Effective October 1, 2017

- Fruits and vegetables are separate components at lunch, supper and snack. A vegetable is required at lunch and supper.
- A fruit and a vegetable can be served as a snack.
- Juice may only be served at one meal or snack per day.

Separate Vegetable & Fruit Components

- **Breakfast**: No Change. Vegetables and fruits remain combined as one meal component.
- **Lunch & Supper**: Change. Vegetables and fruits are separate meal components.
  - A vegetable and a fruit, OR two different vegetables must be served. Two fruits cannot be served.
  - Lunch/Supper for 6-18 yr olds: Must serve a minimum of ½ cup of vegetables and ¼ cup of fruit

<table>
<thead>
<tr>
<th>Lunch &amp; Supper</th>
<th>1-2</th>
<th>3-5</th>
<th>6-18</th>
<th>Adults</th>
</tr>
</thead>
<tbody>
<tr>
<td>Breakfast</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Lunch &amp; Supper</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>½ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruits</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
<td>¼ cup</td>
</tr>
<tr>
<td>Snacks</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Vegetables</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
</tr>
<tr>
<td>Fruits</td>
<td>½ cup</td>
<td>½ cup</td>
<td>¾ cup</td>
<td>½ cup</td>
</tr>
</tbody>
</table>

- **Snacks**: Change. A fruit and a vegetable can be served as the two required components.
  - Items from two different components must be served, therefore, two fruits or two vegetables cannot be served.

<table>
<thead>
<tr>
<th>Snack</th>
<th>Allowed</th>
<th>Not Allowed</th>
<th>Not Allowed</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kiwi</td>
<td>Carrots</td>
<td>Celery</td>
<td>Strawberries</td>
</tr>
<tr>
<td>Carrots</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

New CACFP Meal Pattern Change:
- 1 cup of raw leafy greens = ½ cup vegetable
- ¼ cup dried or dehydrated fruit (100%) = ½ cup

Vegetable & Fruit Serving Size Requirements

The minimum serving sizes for the vegetable and fruit components are provided in the table below.

**Lunch/Supper for 6-18 yr olds**: Must serve a minimum of ½ cup of vegetables and ¼ cup of fruit

Pop Quiz

Are tomatoes and avocados counted as fruits or vegetables?

The answer is on the next page...
Fruit and Vegetable Mixtures
Mixtures of vegetables and fruits, such as a carrot-raisin salad, may credit towards both the vegetable component and the fruit component if they contain at least ⅛ cup vegetable and ¼ cup fruit per serving. For example, a carrot-raisin salad served to 6 years olds that contains ½ cup carrots and 1/8 cup raisins (credits as ¼ cup fruit) meets the full vegetable component and the full fruit component.

Preparation
Deep-Fat Frying: Submerging foods in hot oil or other fat cannot be used as a cooking method to prepare fruits or vegetables; e.g. French fries, tator tots and hash browns, etc.

Find yummy, no-fry recipes that offer a fresh, healthy spin on your favorite flavors at USDA’s What’s Cooking website.

Q&A
How do vegetables served as a combination item (e.g. mixed vegetables, peas and carrots), credit at lunch/supper? Can double the amount be served when serving two vegetables at lunch/supper?

Combination vegetables credit as one vegetable. Therefore, if two vegetables are served at lunch/supper, the combination item counts as one vegetable, and another vegetable will need to be served. Example: (1) peas and carrots, (2) broccoli. Double the amount of the combination item cannot be served.

Best Practices
- Serve a vegetable or fruit for at least 1 of the 2 required components of a snack
- Serve a variety of fruits and vegetables (fresh, frozen, and canned)
- Offer at least 1 serving of each of dark green vegetables, red & orange vegetables, beans & peas (legumes), starchy vegetables, and other vegetables each week

Juice
- Can only be served at one meal or snack per day.

Juice may only be served at one meal or snack per day, even if snacks and meals are served to different groups of participants.

If juice is served at more than one meal or snack a day, the least reimbursable meal or snack serving juice must not be claimed. For example, if juice is served at breakfast and snack, snack must not be claimed.

Recordkeeping Requirements
All Programs must document specific fruits and vegetables on menus for each meal and snack. If changes are made, record substitutions on menus filed with the claim.

For More Information: refer to USDA Policy Memo CACFP 25-2016 and the CACFP New Meal Pattern website.

Pop Quiz Answer:
The answer is . . .
Both tomatoes and avocados are considered vegetables.

Programs can refer to the Food Buying Guide (FBG) for a list of creditable vegetables and fruits. The FBG does not include information on every possible vegetable or fruit that can be served in the CACFP, so Programs may also reference ChooseMyPlate.gov to determine if a food is a fruit or a vegetable.

Crediting Foods
Fruits, vegetables and other foods not found in the Food Buying Guide may be served in CACFP. Use yield information of a similar food to determine the contribution towards meal pattern requirements.

Resources
- Fruits and Vegetables by Subgroup: Food Buying Guide for Child Nutrition Programs
- USDA MyPlate: choosemyplate.gov

Find the Community Nutrition Team here:
https://www.facebook.com/WisDPICommunityNutrition/
https://twitter.com/WisDPI_CNT

This institution is an equal opportunity provider.