**USDA Child and Adult Care Food Program**

**Grains Component**

This handout provides information on grain requirements for infants, child and adult participants in the Child and Adult Care Food Program (CACFP). Throughout the handout, the term *program* will be used which 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](https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern).

**What is Whole Grain-Rich (WGR)?**

At least 1 serving of grains per day must be whole grain-rich. Whole grain-rich (WGR) foods contain **100% whole grains**, or at least **50% whole grains**, and the remaining grains are enriched.

The whole grain-rich requirement only applies to meals served to children 1 year and older, and adult participants; it does **not** apply to infant meals.

**Whole Grains**

*“Whole” or “whole grain” before the grain’s name*

<table>
<thead>
<tr>
<th>Amaranth</th>
<th>Oats/Oatmeal: (rolled oats, steel cut, quick-cooking, old fashioned, instant)</th>
<th>Quinoa</th>
</tr>
</thead>
<tbody>
<tr>
<td>Berries</td>
<td>Sprouted whole grains</td>
<td>Sorghum</td>
</tr>
<tr>
<td>Brown rice</td>
<td>Whole cornmeal</td>
<td>Spelt</td>
</tr>
<tr>
<td>Buckwheat</td>
<td>Whole durum flour</td>
<td>Teff</td>
</tr>
<tr>
<td>Bulgur</td>
<td>WG einkorn flour</td>
<td>Triticale</td>
</tr>
<tr>
<td>Crushed wheat</td>
<td>Whole rye flour</td>
<td>Wild rice</td>
</tr>
<tr>
<td>Graham flour</td>
<td>WG wheat flakes</td>
<td>WG barley</td>
</tr>
<tr>
<td>Groats</td>
<td></td>
<td>WG corn</td>
</tr>
<tr>
<td>Millet</td>
<td></td>
<td>Whole corn</td>
</tr>
</tbody>
</table>

Foods labeled with: *made with whole wheat, bran, multi-grain, 100% wheat, or seven-grain*, are usually not whole grain

**Serving Meals with WGR Foods**

Each day, at least one meal or snack must include a whole grain-rich food. If your program serves:

- One meal (breakfast, lunch or supper), the grain must be WGR.
- One snack, if one of the two components is a grain item, it must be WGR.
- More than one meal or snack (breakfast, lunch and snack), you may choose which meal to serve the WGR food.

**Recordkeeping Requirements**

Whole grain (WG), whole wheat (WW) or whole grain-rich (WGR) must be written on menus next to the grain item. If you do not serve a WGR item on a given day, the least reimbursable meal or snack serving a grain must not be claimed.

**Whole Grain-Rich Criteria**

Identify whole grain-rich foods by **ONE** of the **6** options below:

1. **Product is labeled as Whole Wheat**
   - Only breads, buns or rolls labeled as “whole wheat”, “entire wheat” or “graham” are 100% whole wheat and WGR
   - Only the following *pasta* labeled as “whole wheat” are 100% whole wheat and WGR:
     - Macaroni, macaroni product, spaghetti, vermicelli
   - For other items labeled as “whole wheat” such as crackers, tortillas, bagels, and biscuits, use another method to determine if they are WGR.

2. **Product is found on any State agency’s WIC-approved whole grain food list**

3. **Package includes one of the following FDA health claims**:
   - Diets rich in whole 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. **OR**
   - 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.

4. **The food meets the whole grain-rich criteria under the National School Lunch Program**

5. **The food meets the Rule of Three**
   - A) First ingredient (or 2nd after water) must be whole grain, AND
   - B) The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ
     - *Non-creditable grains or flours* cannot be one of the first 3 grain ingredients
     - *Grain derivatives* must be ignored and not included in the Rule of Three
     - Any ingredients listed after the statement “contains 2% or less” are disregarded

6. **CN Label, Product Formulation Statement** from the manufacturer or a *recipe* that shows the item is WGR

For More Information on Grains:

Refer to this [website](https://dpi.wi.gov/community-nutrition/cacfp/new-cacfp-meal-pattern) and USDA Policy Memo 01-2018

Rev. 9/2019
Grain-based desserts are not creditable to the grains component, including store-bought and homemade items.

One intention of the CACFP is to teach healthy eating. Meal times should be used as teachable moments, helping to shape the food choices children will make later in life. By serving GBD, children learn to view these foods as a healthy snack.

- Even items homemade with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable because they are still identified as a GBD; and, while a homemade version may be healthier; often what is purchased in stores is not.

Recordkeeping Requirements
If a grain-based dessert is served as the grain component at a meal or snack, that meal/snack must not be claimed.

Here are some healthy snacks to serve in place of desserts:

Breakfast Cereal Sugar Limit
Breakfast cereals (ready-to-eat, and instant or regular hot cereal) must contain no more than 6 grams of sugar per dry ounce. There are three ways to determine if a cereal meets this sugar limit:

1. Cereal is on the WIC approved breakfast cereals list
2. Using the Sugar Limits in Cereal Table (example below)
3. Completing a Calculation

Sugar Limits in Cereal Table

1. Use the Nutrition Facts label to find the serving size, in grams (g), of the cereal.
2. Find the sugars line. Look at the number of grams (g) next to sugars.
3. Use the serving size identified in step 1 to find the sugar of your cereal in the table below.
4. In the table, look at the number to the right of the serving size amount, under the ‘sugars’ column. If your cereal has that amount of sugar, or less, your cereal meets the sugar requirement.

Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Cereal</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>100</td>
<td>5</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100</td>
<td>5</td>
<td>6%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>140mg</td>
<td>3%</td>
<td>11%</td>
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<tr>
<td></td>
<td></td>
<td>90mg</td>
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<tr>
<td></td>
<td></td>
<td>22g</td>
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<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3g</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td>5g</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>14g</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Answer: The cereal has 5 grams of sugar per 30 grams. The maximum amount of sugar allowed for cereal is 6 grams. 5 is less than 6, so this cereal meets the sugar limit.

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