

Is it a Grain-Based Dessert?

Perception Counts!



How a food item is perceived plays a role in determining if it is a Grain-Based Dessert (GBD). Before adding an item to your menu, consider whether the food is commonly thought of as a dessert or sweet treat. If yes, choose another option.

Grain-Based Desserts

GBDs are not creditable in the CACFP. This includes both store-bought and homemade items. Even items made from scratch with healthy ingredients (i.e. less sugar and/or fat) are NOT creditable.

| Grain-Based Desserts – NOT CREDITABLE ON CACFP | |
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| Brownies | Bread/breadstick with sweet filling (such as pie filling) |
| Cake, including coffee cake and cupcakes | Caramel popcorn and kettle corn |
| Cereal bars, breakfast bars, granola bars, marshmallow cereal treats | Pie crusts of dessert pies, cobblers, and fruit turnovers |
| Cookies, including vanilla wafers and fruit-filled rolls/bars/cookies (i.e. fig) | Sweet biscotti/scones with fruits, chocolate, icing, etc. |
| Doughnuts | Sweet croissants, such as chocolate-filled |
| Gingerbread | Sweet pita chips, such as cinnamon-sugar flavored |
| Ice cream cones | Sweet rolls, including cinnamon rolls |
| | Sweet bread pudding and rice pudding |
| | Toaster pastries |

Not sure if an item is a GBD? Ask yourself if the item is:

- Shaped like a cookie?
- Shaped like a bar (breakfast, cereal, or granola bar)?

Some GBDs may be labeled with a different name (i.e. breakfast flat instead of granola bar or breakfast round instead of cookie); however, they are still a GBD and must not be served.



Sweetened Food Items

Programs are discouraged from serving creditable foods that contain sweet ingredients, as they are perceived as a sweet treat. Instead, purchase or prepare healthier alternatives.

Things to Consider When Selecting Foods for Your Menu
If the answer to the questions below is yes, choose a healthier option

| Does the food item contain: | Is the food item: |
|--|--|
| <ul style="list-style-type: none"> • Candy pieces? • Jam, fruit puree, or custard fillings? • Marshmallows? • Flavored chips (chocolate, caramel, white chocolate, strawberry, butterscotch, peanut butter, etc.)? | <ul style="list-style-type: none"> • Dessert-flavored (chocolate, caramel, butterscotch, etc.)? • Coated with dessert-flavored coatings or toppings (cocoa, caramel, cinnamon-sugar, powdered sugar, glazes, etc.)? • Iced or frosted? • Covered with sprinkles, jimmies, or other sweet garnishes? • A sweetened and/or dessert-flavored cereal snack food? • A cereal/trail mix with sweetened cereal and/or candy pieces? |

Not sure if an item is a GBD? Contact your assigned [Consultant](#).