

Smoothies in CACFP

- Smoothies prepared by the program:
 - Milk, fruit, vegetables, fruit/vegetable juice and yogurt can credit in a smoothie
 - Milk used in smoothies must meet the federal requirements of fluid milk for each age group
 - Pureed fruit and vegetables **credit as juice** when served in a smoothie
 - Amount based on volume after pureeing, before including in smoothie
 - Juice can only be served at one meal or snack per day, this includes when served in a smoothie
 - Yogurt may be regular or soy
 - Yogurt credits as meat/meat alternate, not fluid milk
 - Yogurt must meet the sugar limits
 - Grains and other meat/meat alternates (*such as peanut butter or tofu*) do not credit to the meal pattern when served in a smoothie, but may be included to improve flavor and consistency
 - All components must be offered in the required quantities to meet the meal pattern requirements
 - Smoothies may be served at any meal or snack
 - Snack: A smoothie containing fruit/vegetable and milk can credit as either juice **or** milk, not both. There must be a separate, second creditable component served in addition to the fruit/vegetable and milk smoothie. Juice may not be served when milk is the only other component.



Recipe for a Creditable Smoothie

Ingredient

4 fluid oz. fat free milk
 ½ cup blueberry puree, frozen
 4 oz. low fat yogurt

Crediting*

½ cup milk
 ½ cup fruit juice
 1 oz. meat alternate

*Refer to the CACFP meal pattern for required minimum amounts for each age group

- Commercially prepared smoothies:
 - May only credit towards the fruit or vegetable components
 - Products that have a label which includes a statement regarding the “percent juice content” is required for beverages made with fruit and/or vegetable juice or puree
 - Only the portion of 100% juice can credit towards the fruit or vegetable component
 - Ex. An 8.0 fluid ounce smoothie made from fruit puree with juice content labeled as “contains 50% juice” credits as 4.0 fluid ounces or ½ cup of juice
 - Prepackaged smoothies do not comply with standard of identity for “milk” or “yogurt” and **do not** meet the Child Nutrition Program requirements for “fluid milk” or “yogurt.”