



## CACFP Tuesday Talks Creditable and Non-creditable Foods Part 1: Milk, Vegetables, Fruit Questions and Answers

If you have additional questions, contact your [assigned consultant](#). If you are a family day care home provider, contact your home sponsor.

**1. If there is a doctor's note for a disability, can meals/snacks that serve almond milk be claimed?**

Yes, when there is valid medical statement on file for a disability (physical or mental impairment that restricts the diet) and the statement indicates that almond milk must be served in place of cow's milk to accommodate the disability, meals and snacks may be claimed. This is also the case when a different non-creditable non-dairy beverage (such as coconut, rice or oat milk) is requested to be served to accommodate a disability. The valid medical statement must be completed and signed by a Wisconsin State Licensed healthcare professional authorized to write medical prescriptions (physician, physician assistant or Advanced Practice Nurse Prescriber). A valid medical statement must include a description of the impairment (reason for request), how to accommodate the impairment and recommended substitutions.

**2. If the center supplies almond milk, can you still serve almond milk but not claim that child for the meal that it is served at.**

If almond milk is being served in place of cow's milk due to a personal preference and not a disability the almond milk can be served, however, because almond milk is not creditable the meal is not creditable, and therefore meals cannot be claimed. In these cases, the program or the family can supply almond milk. With that said, because almond milk is not a creditable milk substitute, when supplied by the program it cannot be paid for with CACFP reimbursement.

**3. Are fruit chips that are just dried with no added sugar or salt creditable?**

Fruit or vegetables that are dried, dehydrated or baked are creditable. Commercial fried fruit chips, such as banana and other fruit chips, and vegetable chips, such as potato chips, are not creditable. These products are highly processed and typically high in salt and/or sugar. They may not be credited toward meeting meal pattern requirements.

**4. Are home canned fruits and vegetables allowed?**

No. Home-canned fruit or vegetable products are not allowed to be served in CACFP meals due to health and safety reasons because they may contain harmful bacteria even when there is no evidence of spoilage. However, home frozen fruits and vegetables are allowed. For example, when sweet corn or blueberries are in season (when it is the most economical to buy and tastes the best), you may freeze them for later use in the winter months when fresh corn or berries are not available or are very expensive.

**5. Are cucumbers creditable? What about potato salad and coleslaw?**

Cucumbers are creditable as a vegetable. The vegetable portion of potato salad and coleslaw, without condiments or other ingredients are creditable as vegetables. Document meal pattern contribution with a recipe or Product Formulation Statement (PFS).

**6. Is salsa creditable as a vegetable to serve at a snack?**

Yes, salsa is creditable as a vegetable - at snack, breakfast, lunch and supper.

**7. What brands of veggie pasta have a CN label or a Product Formulation Statement (PFS)?**

The DPI does not have a list of vegetable pasta products that have a CN label or PFS. The example given in the presentation is Barilla Chickpea Rotini. The only ingredient in this pasta is Chickpea Flour. When looking for other 100% vegetable pasta products, read the ingredients list and look for ingredients that are only bean or pea (legume) flour.

If the ingredients list includes wheat products, such as wheat flour or semolina, along with vegetable ingredients, the product is not 100% vegetable pasta. Also, be aware of product packaging that states "Veggie Pasta" on the front of the package. Many of these products contain vegetable ingredients but are not 100% veggie pasta.

**8. Are fruits and vegetables in quick breads and muffins creditable?**

Generally, there is an insufficient amount of fruit or vegetable per serving in quick breads or muffins to count as the fruit or vegetable component, and the breads/muffins normally are considered a grain, not the fruit or vegetable. However, if you are to count the fruit or vegetable in muffins or quick breads as the fruit or vegetable component, each serving must contain at least 1/8 cup (2 tablespoons) of **VISIBLE** fruit or vegetable, and meal pattern contribution must be documented with a standardized recipe or Product Formulation Statement. USDA says that the fruit or vegetable must be visible, so banana and pumpkin bread/muffins are not creditable because when in breads/muffins, the banana or pumpkin would not be visible. Zucchini, carrot and blueberry may be visible, but again, you need to follow the requirements previously mentioned. In addition, 1/8 cup is only a portion of the required minimum amount that must be served to each participant at each meal/snack, so you may have to serve a second fruit or vegetable to offer the minimum meal pattern amounts.

**9. Can you count the fruit or juice in Jell-O as the fruit component?**

Whole fruit may count in Jell-o or gelatin, however, there must be at least an 1/8 cup (2 tablespoons) of **VISIBLE** fruit per serving. Document meal pattern contribution with a standardized recipe or a Product Formulation Statement. Juice included in Jell-O or gelatin **does not** count toward the fruit component because juice is only creditable when served as a beverage. Also, keep in mind the minimum serving sizes that must be served to each participant, as discussed in question #8.

**10. How would you credit a mixed fruit and vegetable salad (ex. apple and broccoli salad)?**

At breakfast, you can serve the salad as the one fruit/vegetable combined component. At lunch, supper and snack, because the fruit and vegetable components are separate, mixtures of vegetables and fruits must be credited separately. The mixture must contain at least an 1/8 cup of vegetable to count toward the vegetable component and an 1/8 cup fruit to count toward the fruit component. You must have a recipe that identifies the quantity of the fruit and the vegetable separately in each serving to know how each item credits to the meal pattern. If the salad is store-bought, you need a Product Formulation Statement to document meal pattern contribution for each component.

**11. What about baby food - are Gerber fruit/ veggie pouches creditable?**

Infant fruit and vegetable pouches are creditable as the fruit/vegetable component as long as they are single fruits or vegetables, or a mixture of fruits and/or vegetables, and a fruit or vegetable is the first ingredient.