What’s New with Team Nutrition Resources

Presented by USDA Food and Nutrition Service Team Nutrition:
Kimberly Visioni, Nutritionist, Nutrition Education and Promotion Branch
Sara Bennett, Nutritionist, Nutrition and Technical Assistance Branch

Team Nutrition Initiative

Supports the Child Nutrition Programs by:

1. **Developing nutrition education resources** to help children make healthy food and physical activity choices as part of a healthy lifestyle
2. **Providing training and technical assistance for** child nutrition professionals to enable them to prepare and serve nutritious meals that appeal to students
3. **Providing technical resources** to support healthy school & child care environments

Next Steps for School Meal Patterns

1

TRANSITIONAL STANDARDS RULE

In February 2022, USDA published a rule that served as a bridge to give schools the support they needed as we worked together to rebound from the pandemic. The rule established. The rule establishes transitional standards for school years 2022-2023 and 2023-2024 in three key areas – milk, whole grains, and sodium.

COMMENT PERIOD

2

PROPOSED RULE

In February 2023, USDA issued a proposed rule on long-term school nutrition standards based on the latest Dietary Guidelines for Americans and feedback from our many partners.

COMMENT PERIOD

3

FINAL RULE

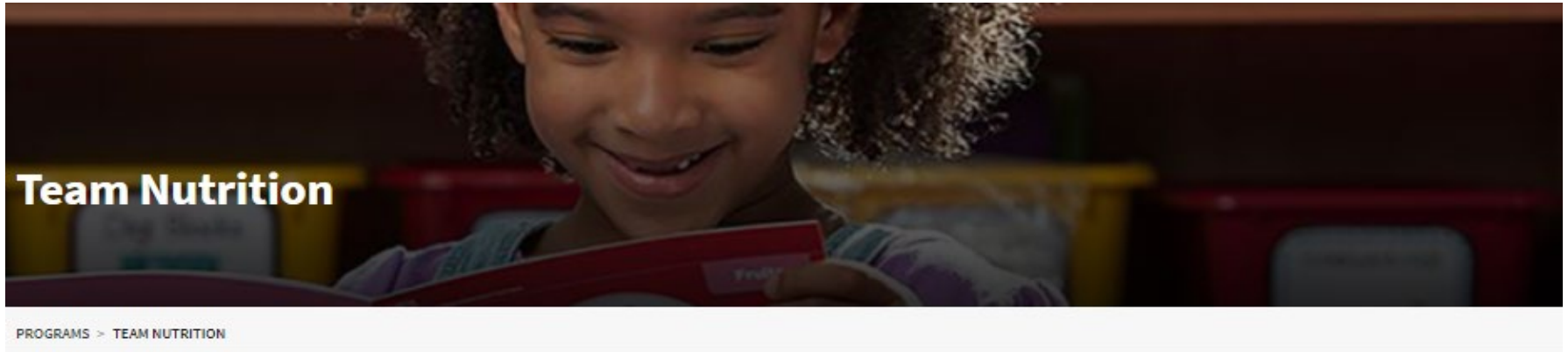
In time to plan for the 2024-2025 school year, USDA plans to issue a final rule establishing practical, implementable, science-based school meal standards that work for schools, industry, and – most importantly – the more than 30 million school children that rely on the school meal programs every day.

NUTRITION EDUCATION AND PROMOTION RESOURCES

TECHNICAL ASSISTANCE RESOURCES

In this presentation…

Accessing Team Nutrition Resources



FREE!

TeamNutrition.USDA.gov

Fueling Children's Healthy Growth, Learning, and Play

Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the child nutrition programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

About Team Nutrition | Order Team Nutrition Resources

Order Form

- State agencies, sponsoring organizations, and operators can order print copies.
- For bulk orders, email: **TeamNutrition@usda.gov**

I am a... | School | Child Care Organization | State Agency | Partner

Search for resources by audience

Team Nutrition Resource Webpages in Spanish

Desktop View

An official website of the United States government Here's how you know

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

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Languages

HOME | PROGRAMS | DATA & RESEARCH | FUNDING | NEWSROOM | RESOURCES | OUR AGENCY

Serving School Meals to Preschoolers

HOME

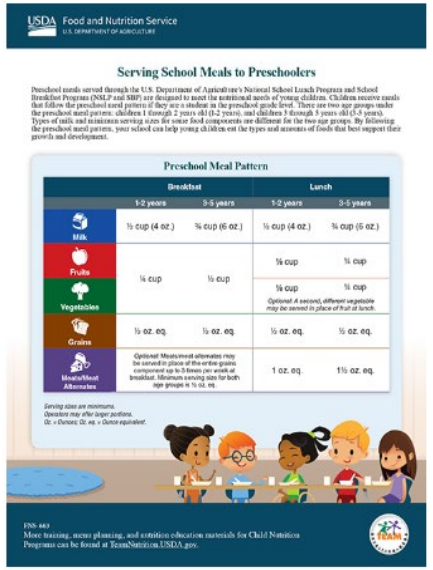
Publication Date
Monday, January 28, 2019

FNS Document #
663

Resource Type
Technical Assistance & Guidance

Resource Materials
Serving School Meals to Preschoolers (661.19 KB)

Related Content
School Breakfast Materials
School Lunch Materials



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

CONTÁCTENOS | REPORTAR FRAUDE | PREGUNTE AL USDA | USDA.GOV

Idiomas

INICIO | PROGRAMS | DATOS E INVESTIGACIONES | FINANCIACIÓN | NOTICIAS | RECURSOS | NUESTRA AGENCIA

Servir comidas escolares a niños preescolares

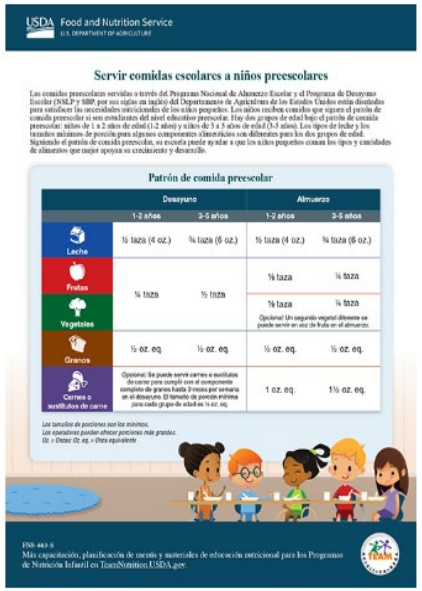
HOME

Publication Date
Monday, January 28, 2019

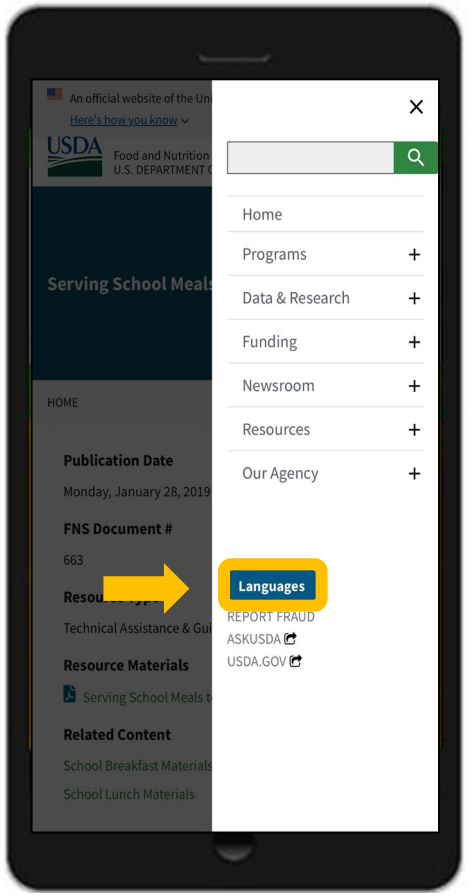
FNS Document #
663-S

Tipo De Recurso
Technical Assistance & Guidance

Contenido Relevante
Materiales para el desayuno escolar
Materiales para el almuerzo escolar



Mobile View

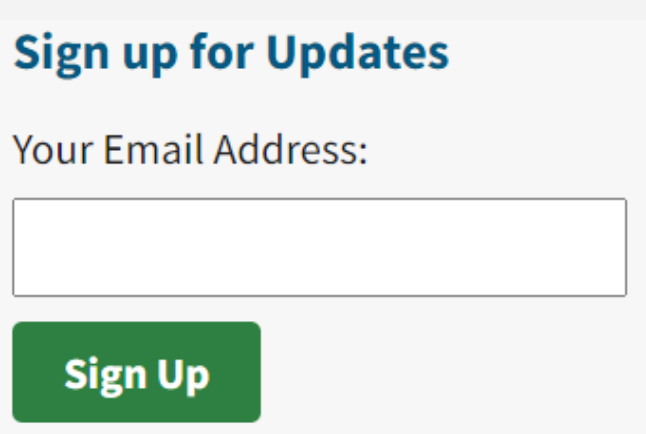


Sign Up for Team Nutrition Updates!

For English bulletins sign up at
public.govdelivery.com/accounts/USFNS/subscriber/new?topic_id=USFNS_94

For Spanish bulletins sign up at
public.govdelivery.com/accounts/USFNS/subscriber/new?topic_id=USFNS_228

Or, at the bottom of each page enter your email address in this section:

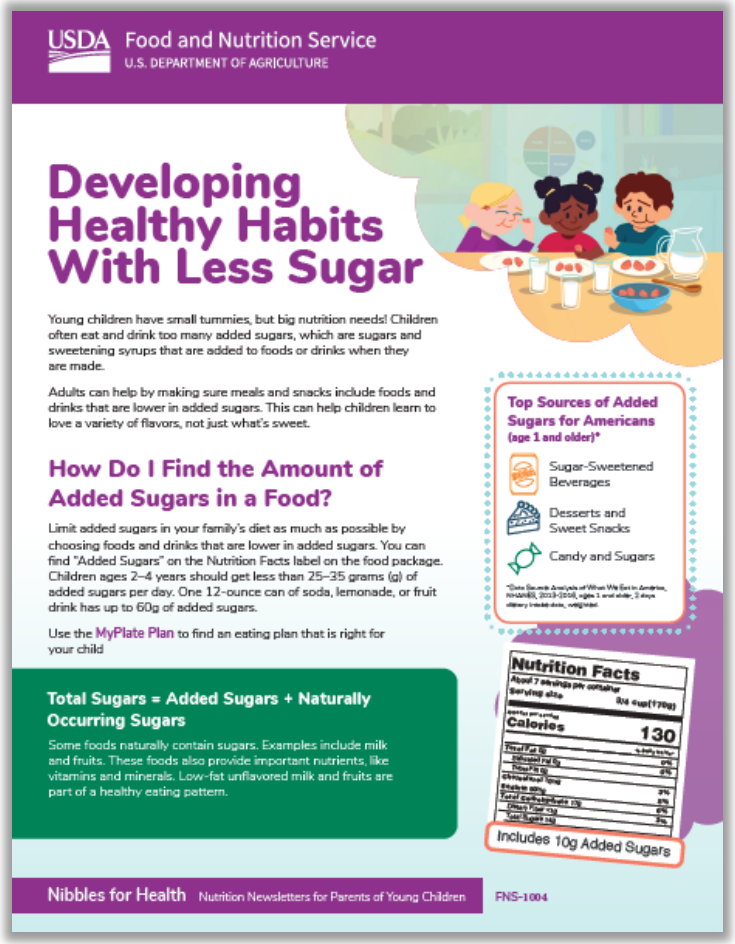


Nutrition Education and Promotion Resources

Nibbles for Health Newsletters

fns.usda.gov/tn/nibbles

Nutrition Newsletters for Parents of Young Children (3-5 years)



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Developing Healthy Habits With Less Sugar

Young children have small tummies, but big nutrition needs! Children often eat and drink too many added sugars, which are sugars and sweetening syrups that are added to foods or drinks when they are made.

Adults can help by making sure meals and snacks include foods and drinks that are lower in added sugars. This can help children learn to love a variety of flavors, not just what's sweet.

How Do I Find the Amount of Added Sugars in a Food?

Limit added sugars in your family's diet as much as possible by choosing foods and drinks that are lower in added sugars. You can find "Added Sugars" on the Nutrition Facts label on the food package. Children ages 2–4 years should get less than 25–35 grams (g) of added sugars per day. One 12-ounce can of soda, lemonade, or fruit drink has up to 60g of added sugars.

Use the MyPlate Plan to find an eating plan that is right for your child

Total Sugars = Added Sugars + Naturally Occurring Sugars

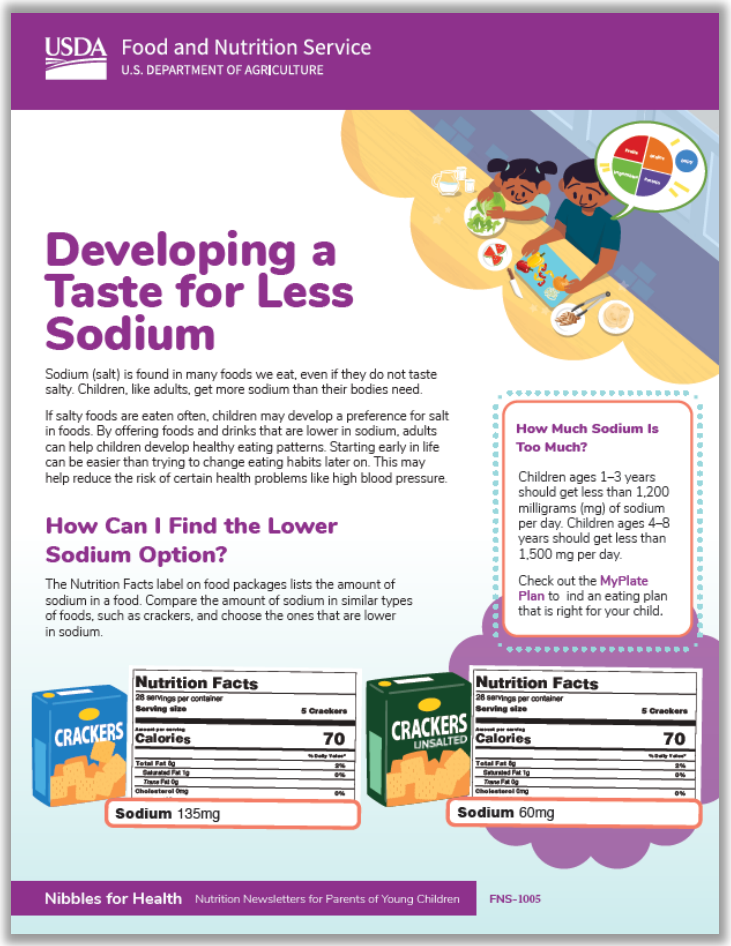
Some foods naturally contain sugars. Examples include milk and fruits. These foods also provide important nutrients, like vitamins and minerals. Low-fat unflavored milk and fruits are part of a healthy eating pattern.

Top Sources of Added Sugars for Americans (age 1 and older)*

- Sugar-Sweetened Beverages
- Desserts and Sweet Snacks
- Candy and Sugars

Nutrition Facts
Calories 130
Includes 10g Added Sugars

Nibbles for Health Nutrition Newsletters for Parents of Young Children FNS-1004



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Developing a Taste for Less Sodium

Sodium (salt) is found in many foods we eat, even if they do not taste salty. Children, like adults, get more sodium than their bodies need.

If salty foods are eaten often, children may develop a preference for salt in foods. By offering foods and drinks that are lower in sodium, adults can help children develop healthy eating patterns. Starting early in life can be easier than trying to change eating habits later on. This may help reduce the risk of certain health problems like high blood pressure.

How Can I Find the Lower Sodium Option?

The Nutrition Facts label on food packages lists the amount of sodium in a food. Compare the amount of sodium in similar types of foods, such as crackers, and choose the ones that are lower in sodium.

How Much Sodium Is Too Much?

Children ages 1–3 years should get less than 1,200 milligrams (mg) of sodium per day. Children ages 4–8 years should get less than 1,500 mg per day.

Check out the MyPlate Plan to find an eating plan that is right for your child.

CRACKERS — Nutrition Facts, Calories 70 — Sodium 135mg

CRACKERS UNSALTED — Nutrition Facts, Calories 70 — Sodium 60mg

Nibbles for Health Nutrition Newsletters for Parents of Young Children FNS-1005

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving Meals "Family Style"

Your child is learning new skills through family style meals at child care. Food is offered in serving bowls and plates, and children serve themselves and talk with others at mealtime. Family style meals can help your child:

- Build confidence with practice.
- Strengthen the small muscles in the child's hands.
- Decide how much to eat.
- Talk and connect with others.

Try Family Style Meals at Home

- **Place each food on its own serving plate or bowl.** You can start small by choosing one food item to pass around the table.
- **Sit down together.** Turn off the television and put down the phones for fewer distractions.
- **Pass each serving plate or bowl around to each person at the table.** Help young children pass the bowl or plate if needed.
- **Let each person serve their own food.** Teach children to keep the bowl on the table when serving themselves. Use the serving spoon to scoop the food.
- **Talk with one another.** Check out "Talk With Me" on the next page for ideas.

Support Young Children at Mealtime

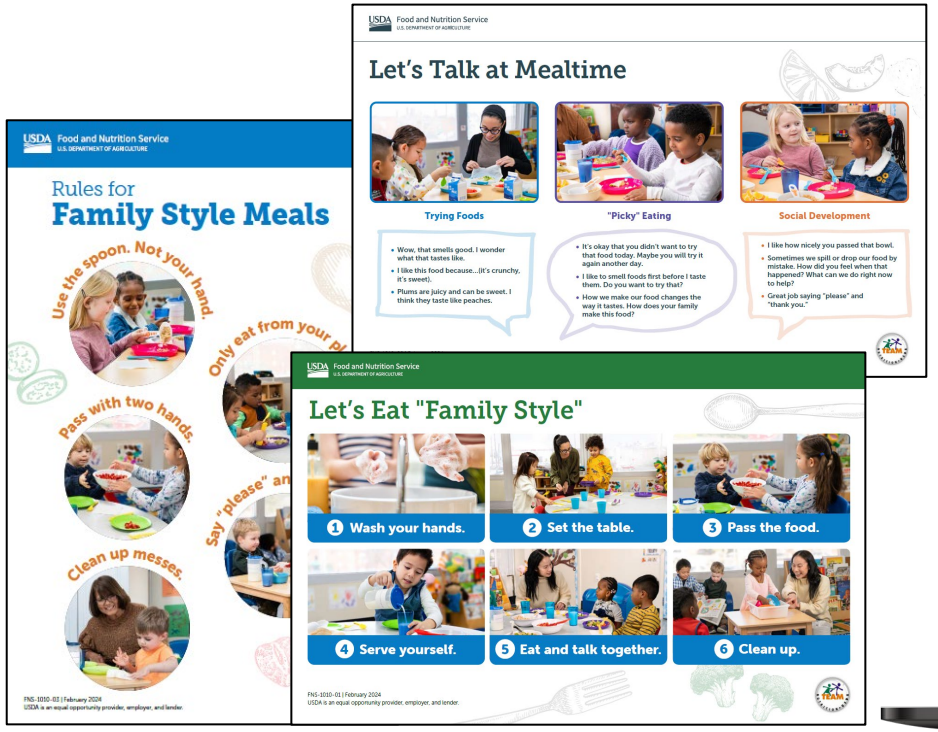
1. **Sometimes new foods take time.** Children don't always take to new foods right away. You may need to offer a food more than 10 times before your child might like it.
2. **Patience works better than pressure.** Offer your children new foods. Then, let them choose how much to eat. Children are more likely to enjoy a food when eating it is their own choice. It also helps them learn to be independent.
3. **Accept that it may be messy at first.** It will take practice for children to learn to serve themselves. But, the mess is worth the benefits. Letting them continue to practice will strengthen their skills—creating less mess.

Nibbles for Health Nutrition Newsletters for Parents of Young Children FNS-1006

Family Style Meal Service With Children in the CACFP

fns.usda.gov/tn/cacfp/family-style-meals

Operator Booklet



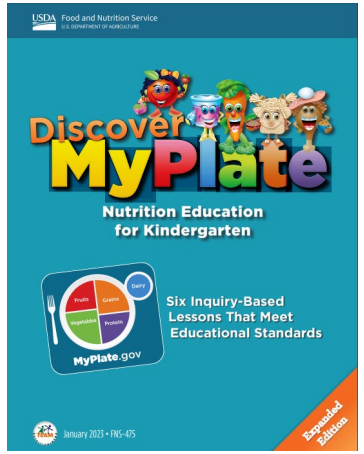
Classroom Posters (also in Spanish)

Original Photos

Training Slides

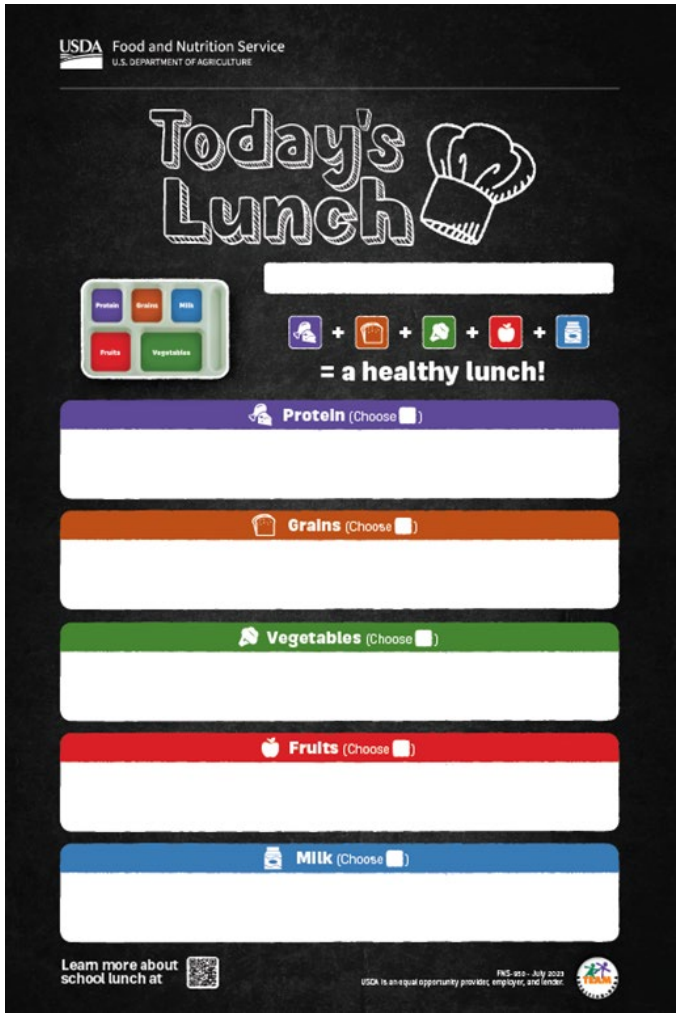
Discover MyPlate Materials

- Teacher's Guide
- Emergent Reader Mini Books (7)
- Emergent Readers: Teacher's Edition
- Reach for the Sky Song
- Food Group Friends Profile Cards (6)
- Food Cards (52)
- Look and Cook Recipes (5)
- Student Workbook
- The Five Food Groups Poster
- Parent Handouts (6)
- Discover MyPlate Videos (3)



fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten

School Lunch e-Poster

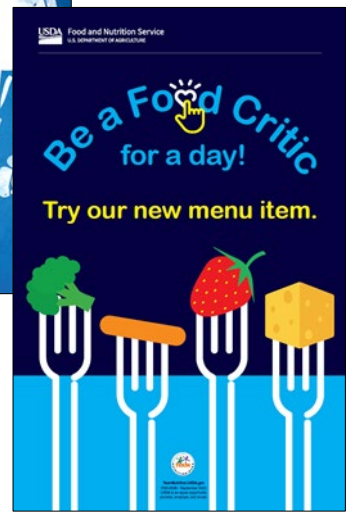


- Fillable PDF file
- Display daily menu items
- Top field can be used for:
  - Date, school name, lunch theme, or additional statements
- Can be used in:
  - Electronic message boards
  - Webpages
  - Social media

fns.usda.gov/tn/todays-lunch

Resources for Taste-Test Events

Posters



Social Media Images

Newsletter

TEAM NUTRITION

School Meals Grab n' Go

Quick tips to improve your meal service

I've got great taste!

Ingredients for a Successful Taste-Test Event

Taste tests are a great way for school nutrition professionals to introduce new menu items and get students excited to try healthy foods at school. The input collected from students can be used to improve recipes and create school meals that students want to eat. Use the tips below to help plan and host a successful taste-test event.

1. A Yummy Recipe or Food to Taste

Choose a recipe or food that you are considering adding to your school meals menus. Taste testing is a key part of the Institute of Child Nutrition's USDA Recipe Standardization Guide and the best way to measure student acceptability. Some schools fund student taste-testing events using money from the school food service account, while others use grant funds, such as Team Nutrition Training Grants. When preparing the sampling area, provide utensils, napkins,

Pasta Salad

fns.usda.gov/tn/taste-testing-event-resources

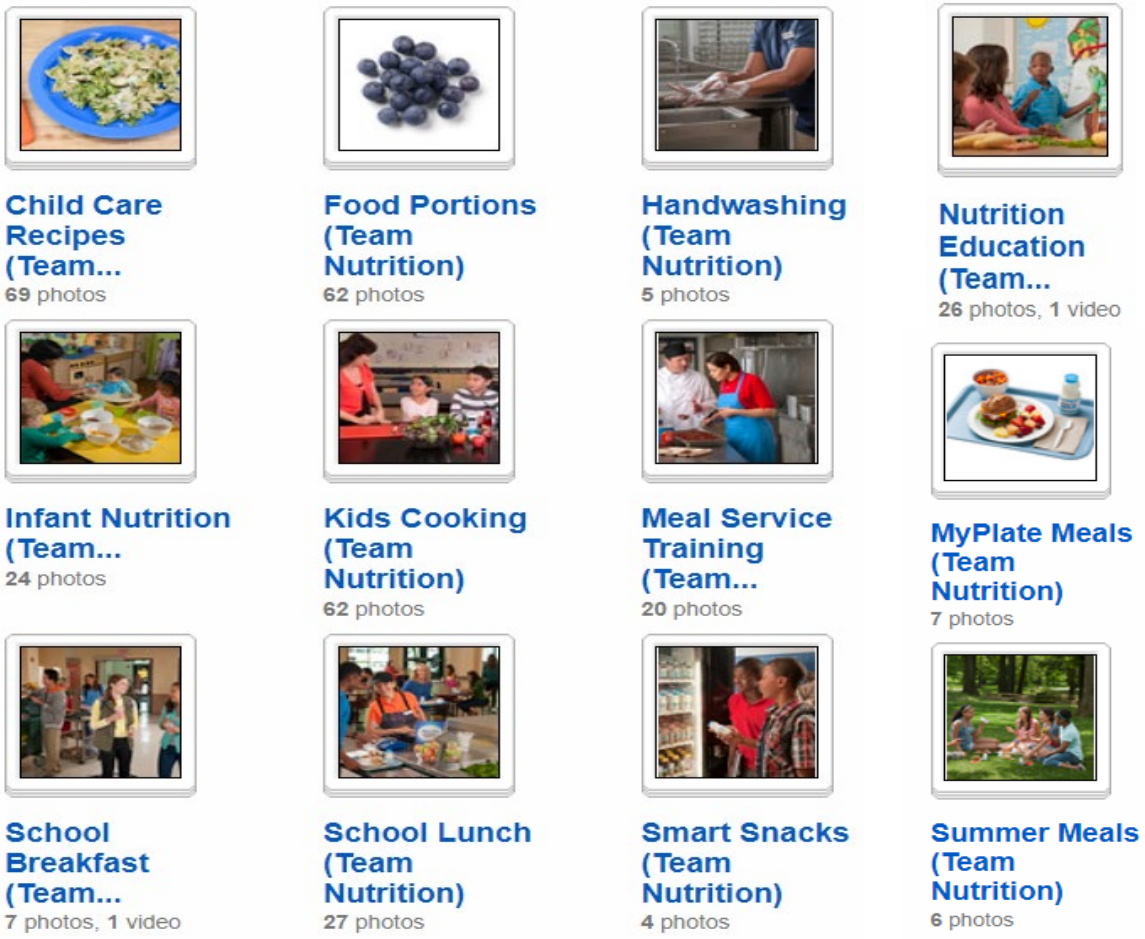
Team Nutrition Photo Collection

USDA Flickr Account

Includes 350 photos for:

- School Breakfast
- School Lunch
- Child Care Recipes
- Infant Nutrition
- MyPlate Meals

…and more!



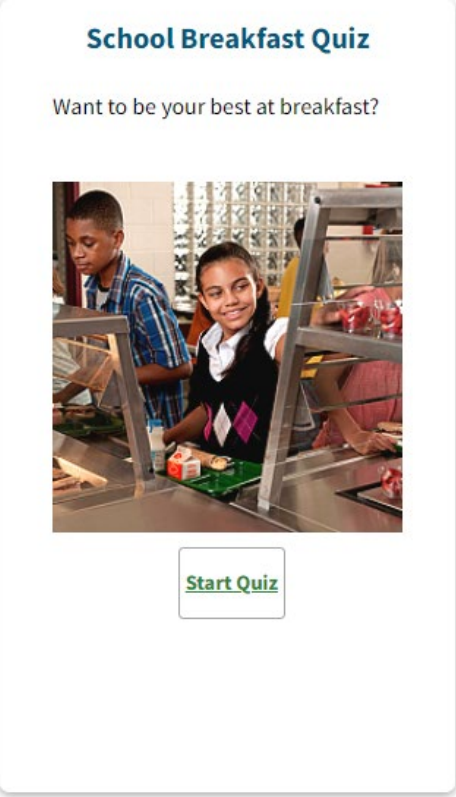
flickr.com/photos/usdagov/collections/72157719631843189/

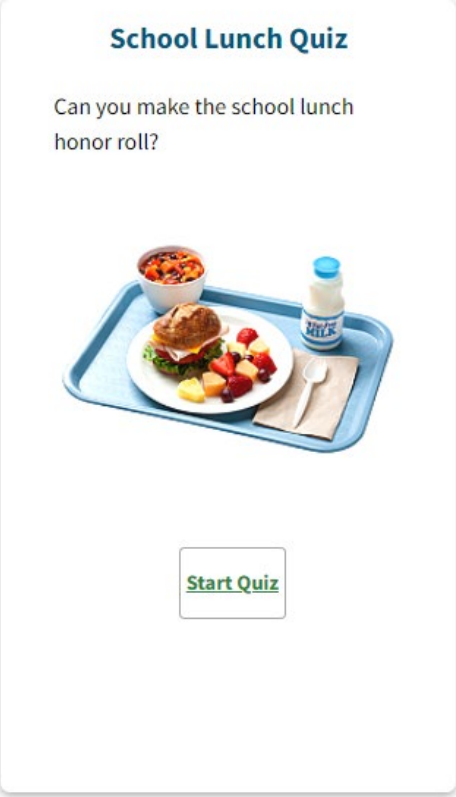
Team Nutrition Web Quizzes

Topics include:

- School Breakfast
- School Lunch
- Toddler Nutrition
- Milk in the CACFP
- Child Nutrition Label

…and more!



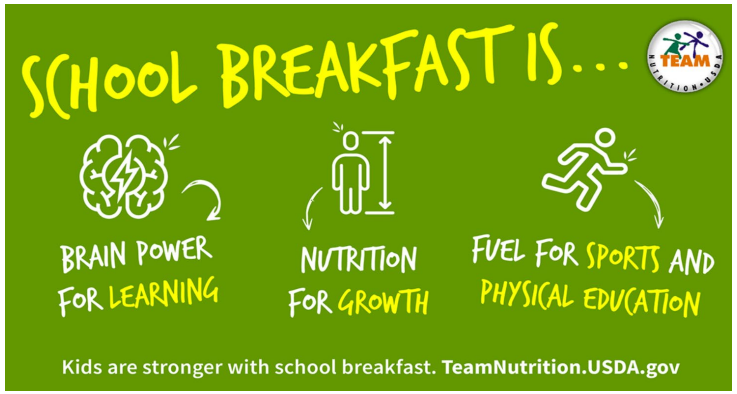


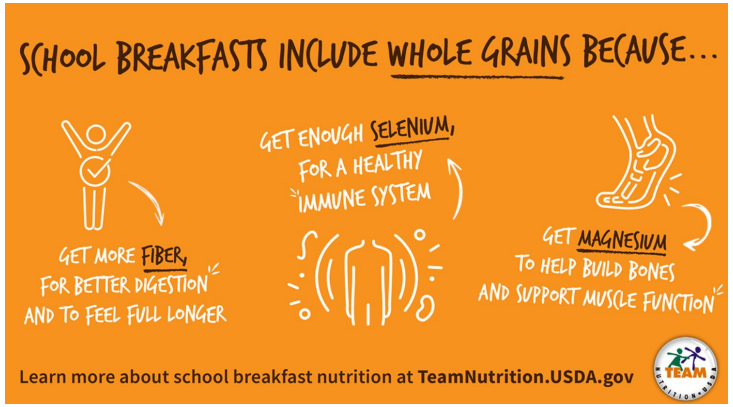
fns.usda.gov/tn/quizzes

School Breakfast Materials Webpage

Photo Props

Social Media Images





Infographic and Video

fns.usda.gov/tn/sbp-materials

School Lunch Materials Webpage

How School Lunch is Made and How You Can Help

MyPlate Guide to School Lunch for Families

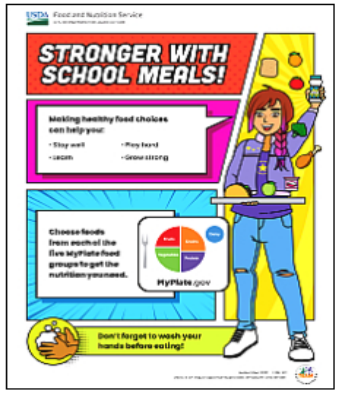
School Lunch Quiz

Stronger with School Meals Thank You Card 1

Stronger With School Meals Thank You Card 2

National School Lunch Week Social Media Shareables

Today's Lunch E-Poster



Stronger with School Meals Activity Booklet

Video: Introduction to the School Nutrition and Meal Cost Study SY2014-15

School Meals Trays, Many Ways

Taste-Test Events

Celebrating the Flavors of School Meals

fns.usda.gov/tn/school-lunch-resources

School Meals Grab n’ Go E-Newsletters

fns.usda.gov/newsroom/fns-newsletters

Technical Assistance Reources

Nutrition and Technical Assistance Branch (NTAB) PartnerWeb

What is PartnerWeb?

- SharePoint site to better communicate with FNS stakeholders and partners

What's on the NTAB PartnerWeb Site?

- New and updated policy memos and guidance
- Upcoming conferences, training, and webinars
- Latest in Team Nutrition resources

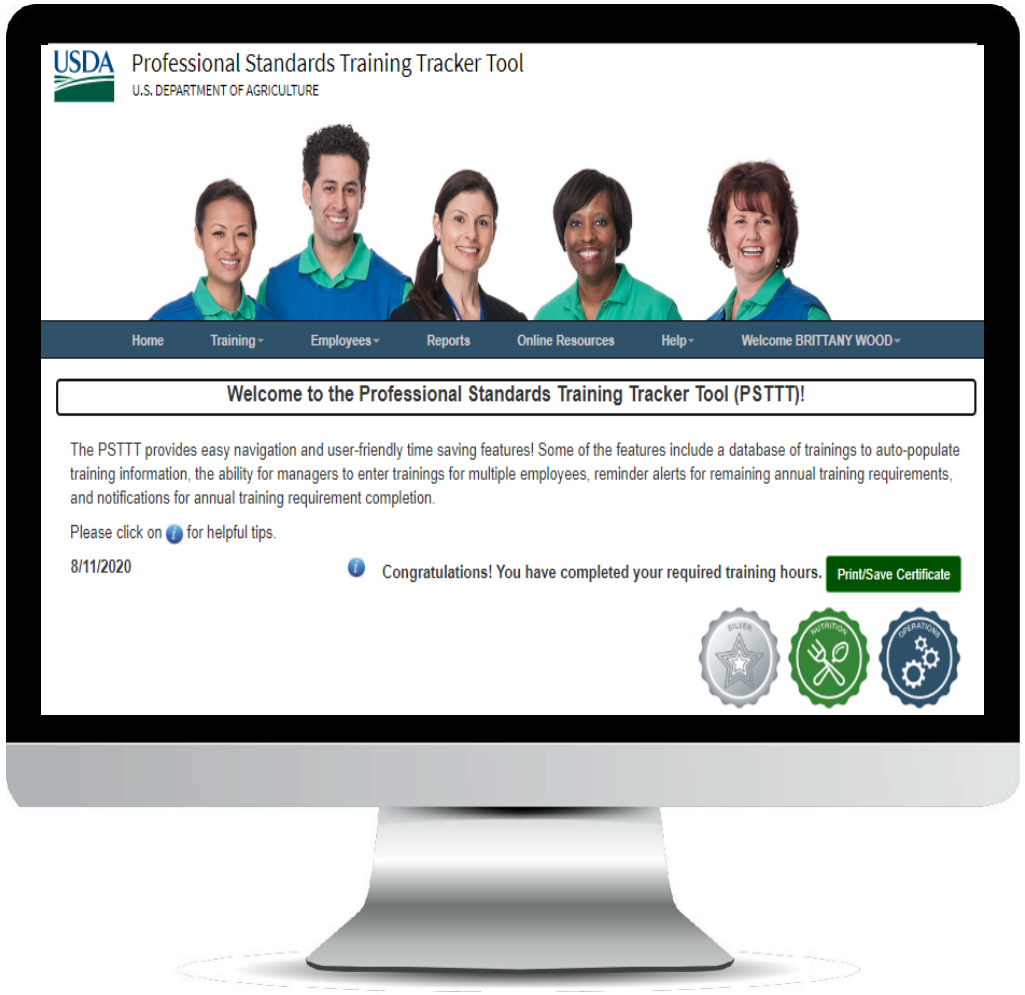
Get access by contacting cnpntab@usda.gov with the following information:

- Name, Email, Business Address, and Phone Number

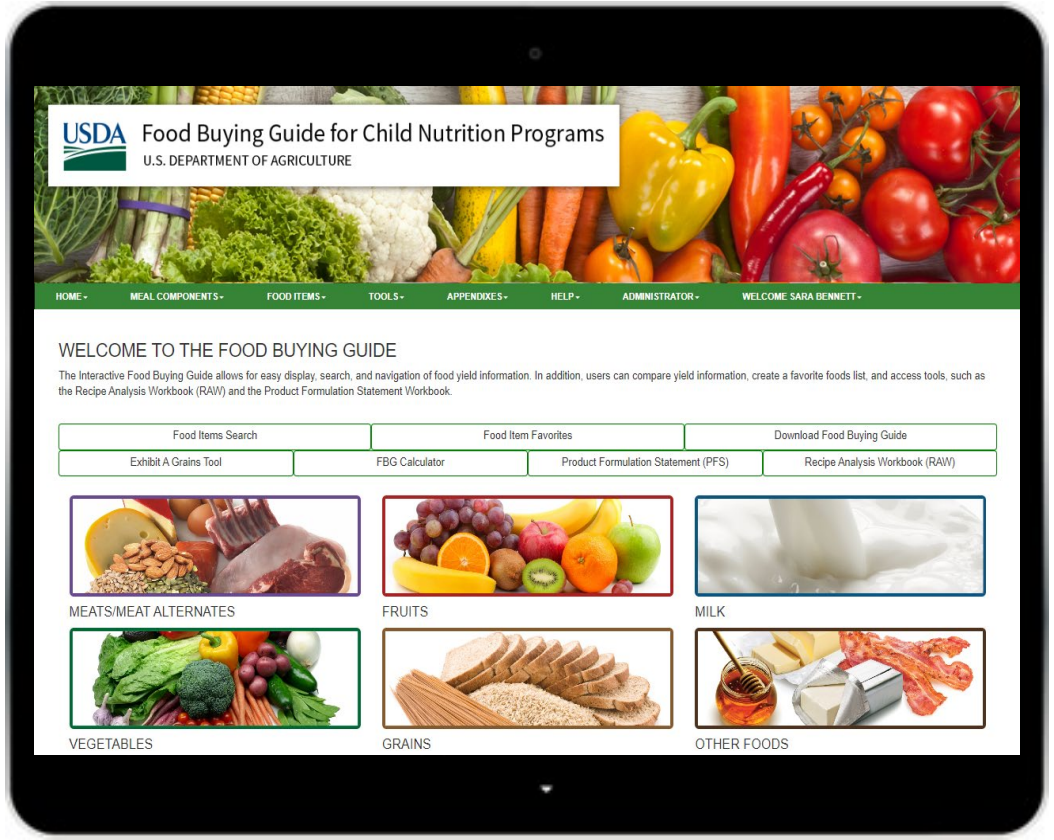
partnerweb.usda.gov/sites/CNP/NTAB/default.aspx

Digital Tools

1 Professional Standards Training Tracker Tool



2 Food Buying Guide for Child Nutrition Programs



Does Team Nutrition have a FREE resource available for school nutrition professionals that can track training and certifications for all employees in a school district?

Yes

No

USDA Professional Standards Training Tracker Tool (PSTTT)

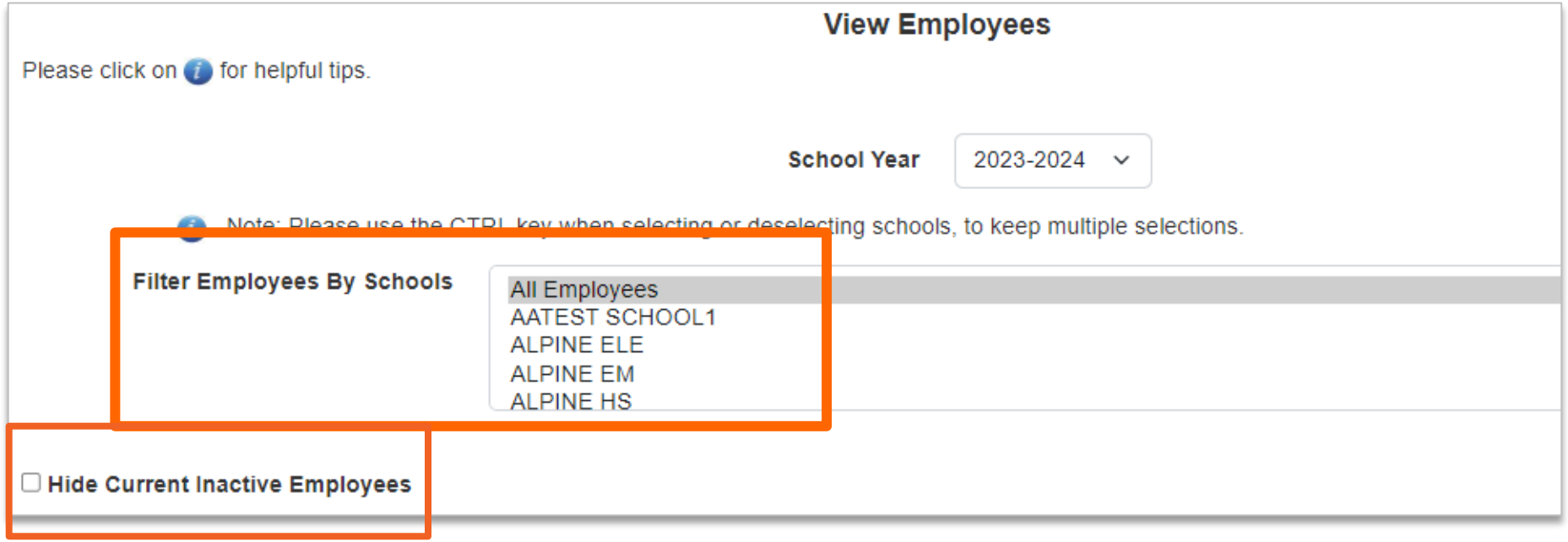
- ✓ Web-based
- ✓ Free
- ✓ Mobile friendly

- Adding, editing, and deleting training records for multiple employees at the same time
- Receiving notification of required training hours and completed training hours
- Printing certificates of completion for all employees
- Logging certifications with an expiration date
- Ability to run multiple types of reports

https://pstrainingtracker.fns.usda.gov/

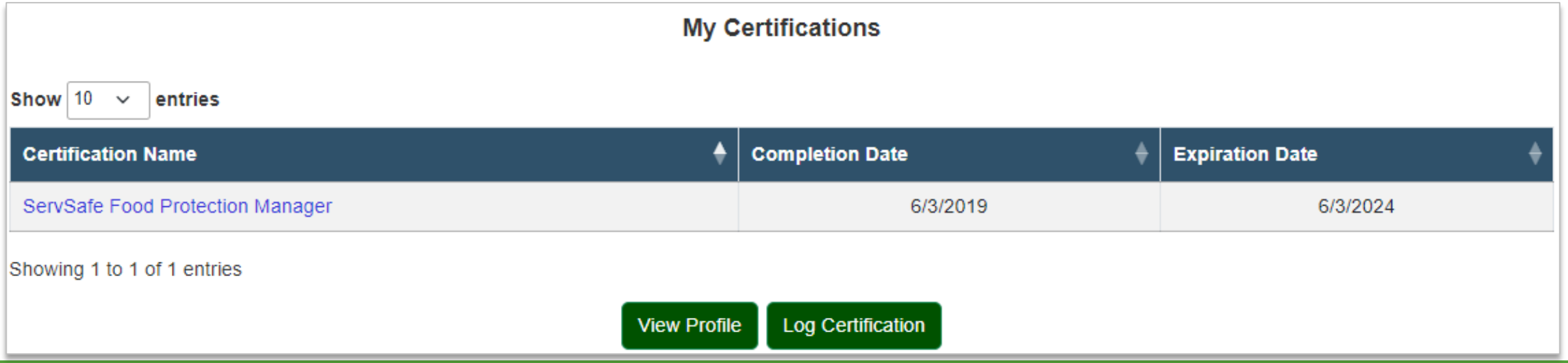
Enhancements to the PSTTT

- Streamlined ways to search:
  - ✓ Option to NOT view deactivated employees in the list when adding training or searching employee list
  - ✓ Added filter to view employees by school on the “View Employees” page



Enhancements to the PSTTT

- Duplicate training titles flagged when adding new titles
- Log Certifications function
  - ✓ Add certifications with expiration dates
  - ✓ Receive email notifications when certifications are 90-days and 30-days from expiring



Check out the New PSTTT Dashboard!

An official website of the United States government Here's how you know

USDA

Professional Standards Training Tracker Tool

U.S. DEPARTMENT OF AGRICULTURE

Home | Training | Employees | Reports | Help | Welcome SHARON LEE

View Employee List
Print Certificates
Create User Profile
Upload Bulk Employee Profiles
Deactivate Employees
Manage Schools
Generate School List

Welcome to the Professional Standards Training Tracker Tool (PSTTT)!

The PSTTT provides easy navigation and user-friendly time saving features! Some of the features include a database of trainings to auto-populate training information, the ability for managers to enter trainings for multiple employees, reminder alerts for remaining annual training requirements, and notifications for annual training requirement completion.

Please click on for helpful tips.

3/13/2024

Congratulations! You have completed your required training hours. Print/Save Certificate

Training Statistics

Complete by: 6/30/2024

- Hours completed: 10:05
- Hours remaining: 00:00

Total required hours: 10:00

Badges

Congratulations! You've earned a Platinum Badge.

Recent Trainings (up to 5 latest trainings taken):

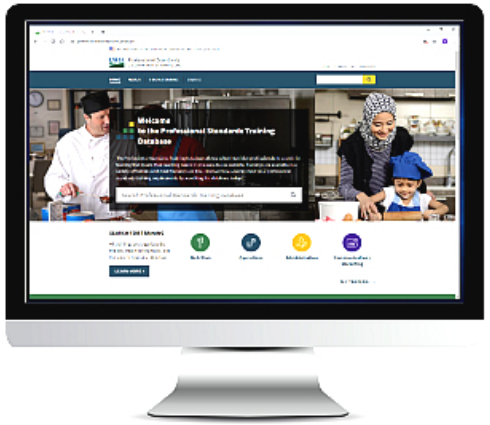
Training	School Year	Date Completed	Hours Completed
HOUSTON ISD BACK-TO-SCHOOL SEMINAR	2023-2024	1/30/2024	04:00

Professional Standards Resources

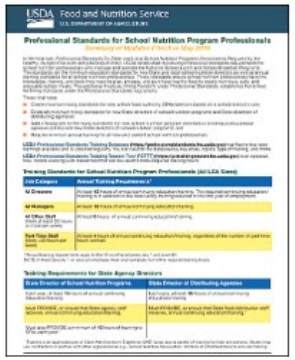
Guide to Professional Standards for School Nutrition Programs

Professional Standards Training Reward Badges

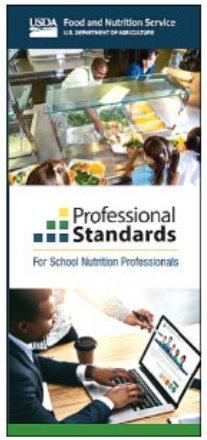
Professional Standards Training Tracker Tool



Professional Standards Training Database



Professional Standards Summary of Updates Flyer



Professional Standards Brochure

Professional Standards Training Tracker Tool

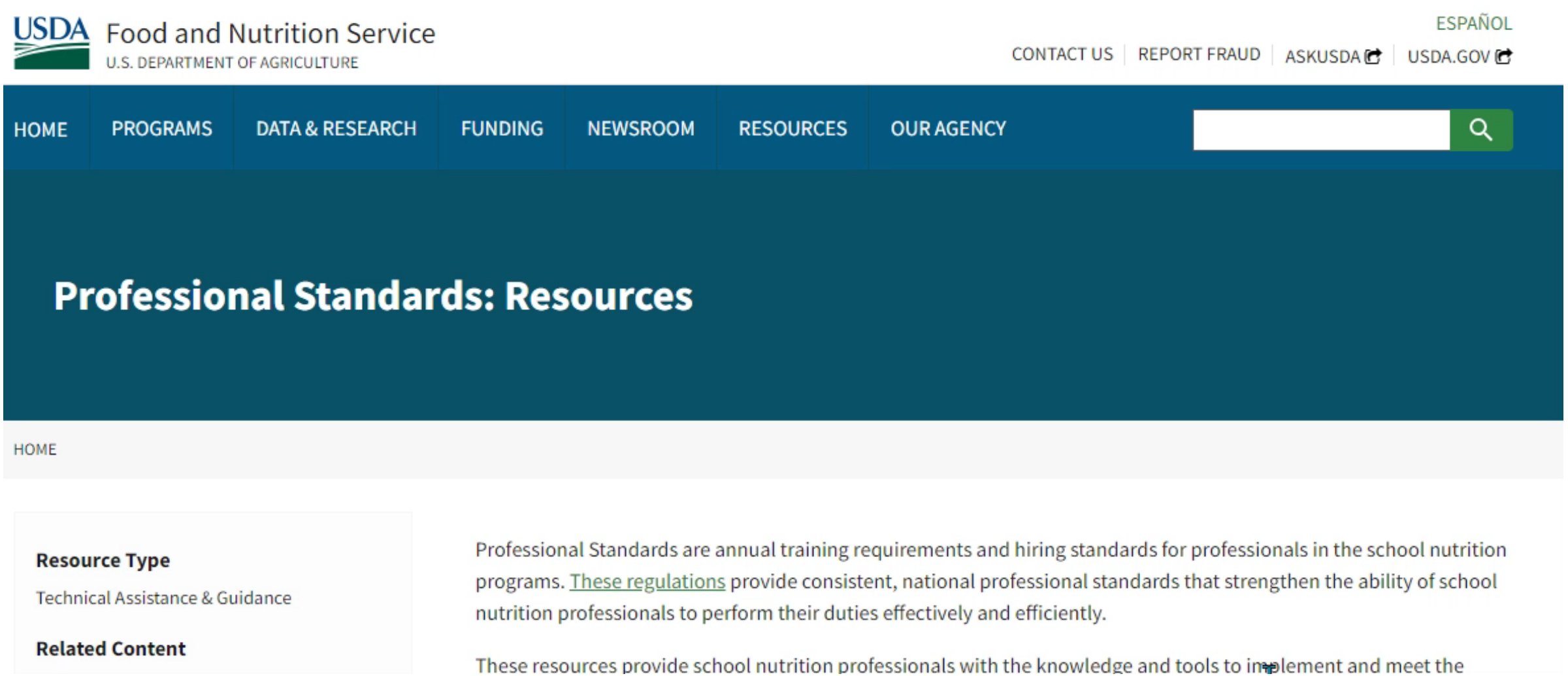
Recorded Webinar: Professional Standards Training Tracker Tool 2.0: Enhancements for Training Tracking Success!

Recorded Webinar: Track Training Like a Star with the Professional Standards Training Tracker Tool

Recorded Webinar: Master the Professional Standards Training Tracker Tool English | Spanish

fns.usda.gov/tn/professional-standards-resources

Professional Standards Resources Spanish



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HOME | PROGRAMS | DATA & RESEARCH | FUNDING | NEWSROOM | RESOURCES | OUR AGENCY

Professional Standards: Resources

HOME

Resource Type

Technical Assistance & Guidance

Related Content

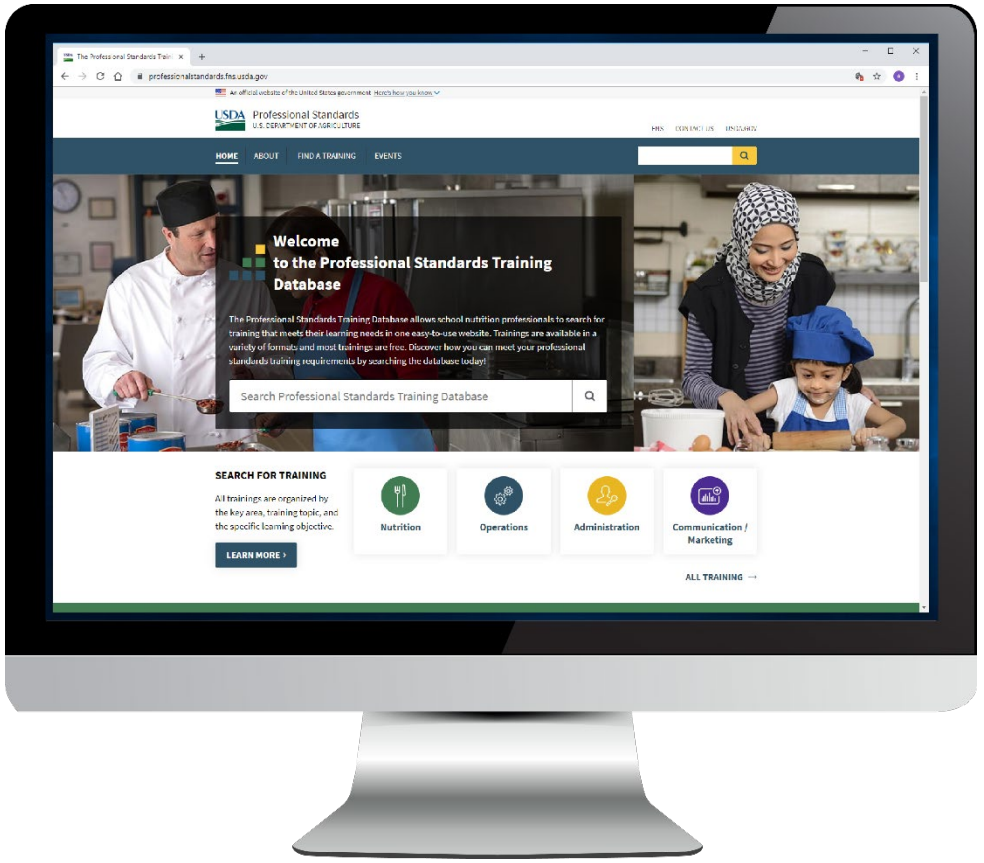
Professional Standards are annual training requirements and hiring standards for professionals in the school nutrition programs. These regulations provide consistent, national professional standards that strengthen the ability of school nutrition professionals to perform their duties effectively and efficiently.

These resources provide school nutrition professionals with the knowledge and tools to implement and meet the

Professional Standards Training Database

- Operations
- Administration
- Nutrition
- Communications/Marketing

600+ Trainings

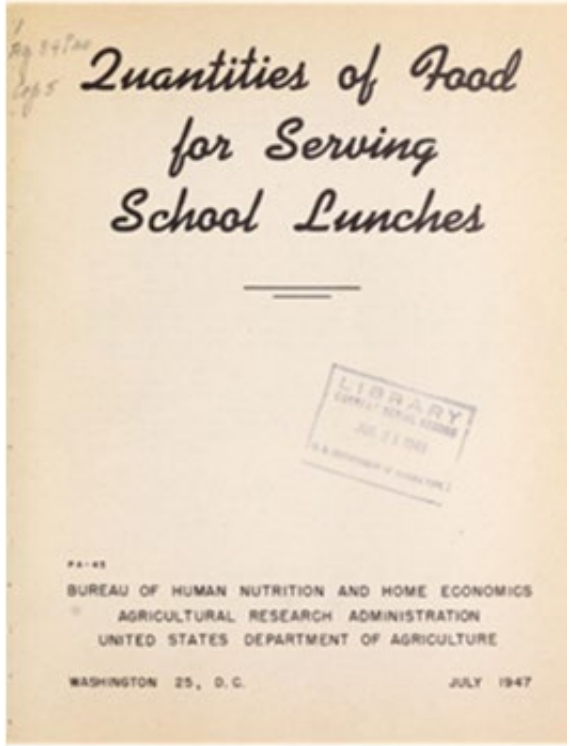


professionalstandards.fns.usda.gov/

What resource can you use to determine the amount of food items to purchase for your meals?

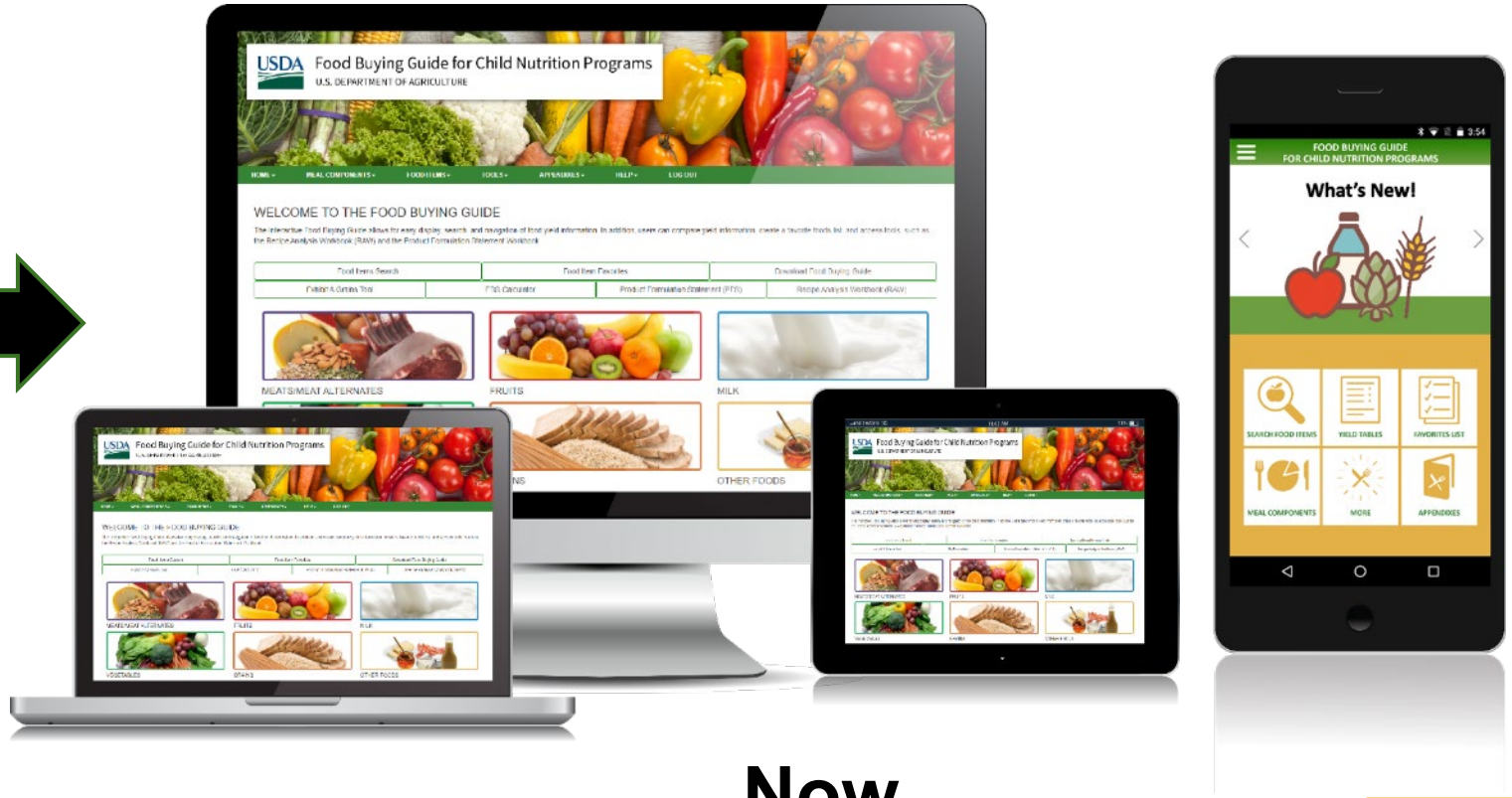
- Menu Planner
- Food Buying Guide for Child Nutrition Programs (FBG)
- The Crediting Handbook
- Crediting Tip Sheets

Food Buying Guide - Then & Now


Quantities of Food for Serving School Lunches

BUREAU OF HUMAN NUTRITION AND HOME ECONOMICS
AGRICULTURAL RESEARCH ADMINISTRATION
UNITED STATES DEPARTMENT OF AGRICULTURE

WASHINGTON 25, D.C. JULY 1947

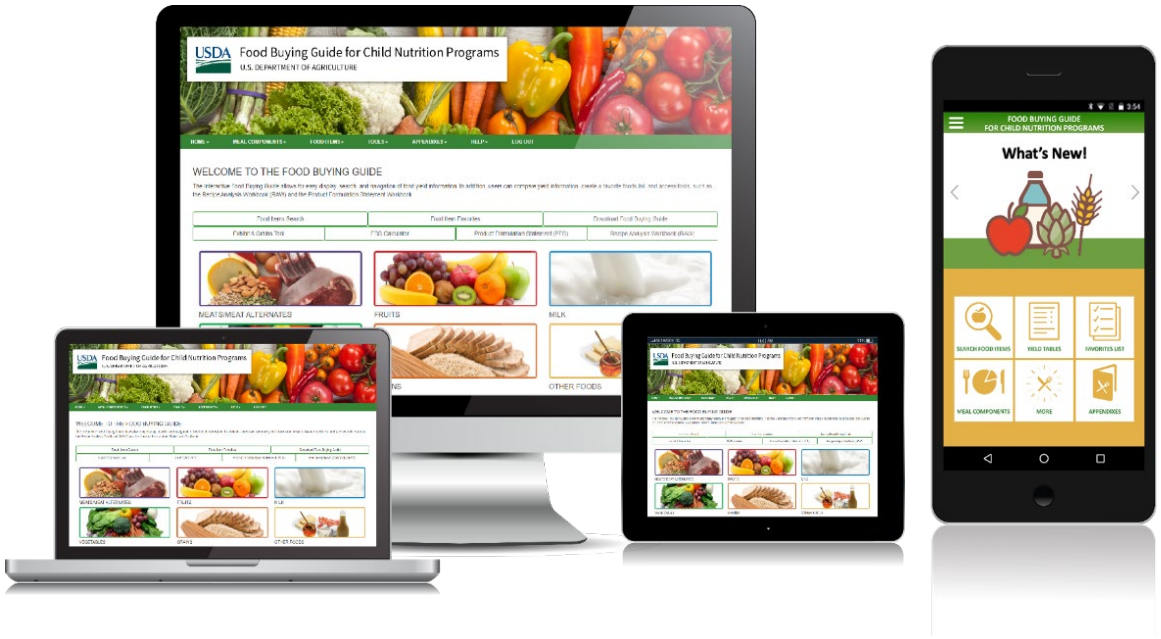


Then

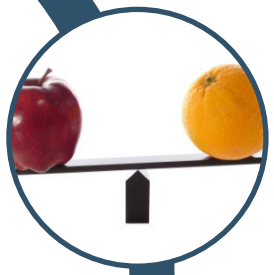
Now

fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs

Food Buying Guide Digital Resources



Easy search & navigation



Compare

Favorite list

Select serving size (fruits & vegetables)

FBG and Traditional Indigenous Foods

HOME ▾ MEAL COMPONENTS ▾ FOOD ITEMS ▾ TOOLS ▾ APPENDIXES ▾ HELP ▾ ADMINISTRATOR ▾ WELCOME SARA BENNETT ▾

▸ Food Items Search

Search Food Items

Program - Meal:

Select Program

Keywords:

Meal Component:

All Meal Components

Category:

All Categories

Status:

Active Items Inactive Items

Search Reset Search

Food Items Selected for Comparison

Compare Items Clear All

Select up to 4 food items from search results to be compared.

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Action
No item for Comparison.				

Search Results

Meal Component	Category / Subcategory	Food As Purchased, AP	Purchase Unit	Servings per	Serving Size per Meal Contribution	Add to	Add to

New Food Yields

- Grains
  - Purple rice
  - Parboiled medium grain brown rice

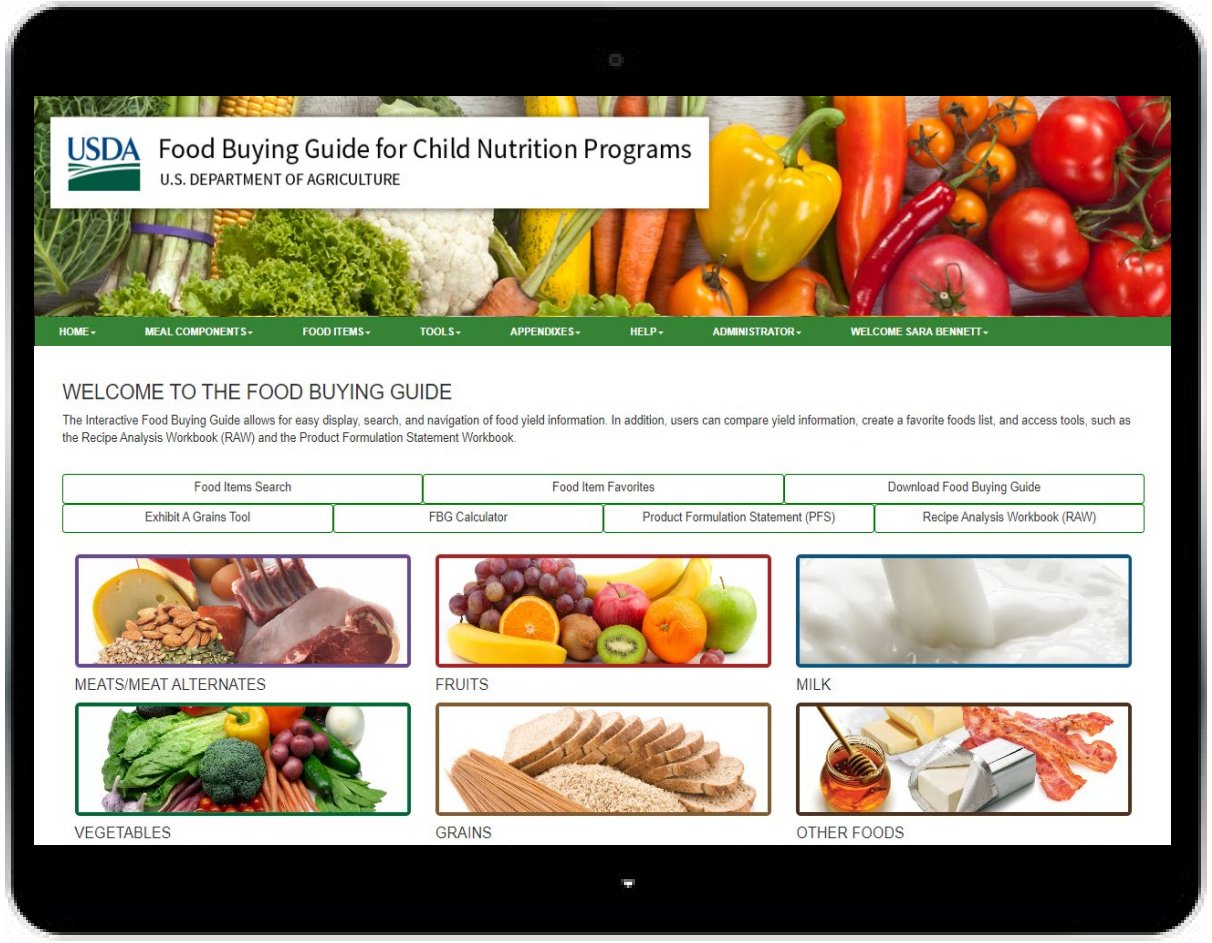
- Meats/Meat Alternates
  - Boneless, skinless chicken thighs
  - Mutton (stew meat, ground, shoulder chops)
  - Canned pork*
  - Catfish fillets
  - Pouched Tuna (11, 43, & 48 oz)
  - Smoked salmon fillet

- Vegetables
  - Frozen Mixed Vegetables*
  - Roasted chickpeas
  - Grape Tomatoes
  - Brown lentils
  - Onions (whole, diced, and sliced)
  - Frozen diced potatoes

- Fruits
  - Cactus fruit (prickly pear)
  - Canned mixed fruit*
  - Apple bananas
  - Rambutan

*USDA Foods

Food Buying Guide Features



Recipe Analysis Workbook

- Ounces to pounds calculator (New!)
- When to Use a Preparation Yield Flow Chart (New!)

Product Formulation Statement Workbook

Food Buying Guide Calculator

Exhibit A Grains Tool

Spanish Translation – Under Development

Download the Food Buying Guide Mobile App!

ANDROID APP ON Google play

Download on the App Store

www.fns.usda.gov/tn/food-buying-guide-mobile-app

Food Buying Guide for Child Nutrition Programs: Training Resources

OME

Resource Type

Technical Assistance & Guidance

Training

Related Content

The Food Buying Guide

A variety of trainings are available featuring the Food Buying Guide for Child Nutrition Programs (FBG). Complete the training modules and view recorded webinars to understand how to use all of the features on the FBG Interactive Web-Based Tool and Mobile App. Additional training videos on navigating the features of the Food Buying Guide Interactive Web-based Tool and Mobile App are accessible within the web tool under the 'Help' drop-down menu.

Training Modules

These interactive modules are designed to provide a step-by-step tour through the FBG Web-Based Tool and Mobile App. Each module provides an in-depth look at the features of these digital resources with interactive knowledge checks to assist the learner. Check out these training modules on ICN's iLearn Portal.

Module 1: Overview of the Food Buying Guide for Child Nutrition Programs

Module 2: Recipe Analysis Workbook (RAW)

Module 3: Product Formulation Statements (PFS)

Feedback on Digital Tools

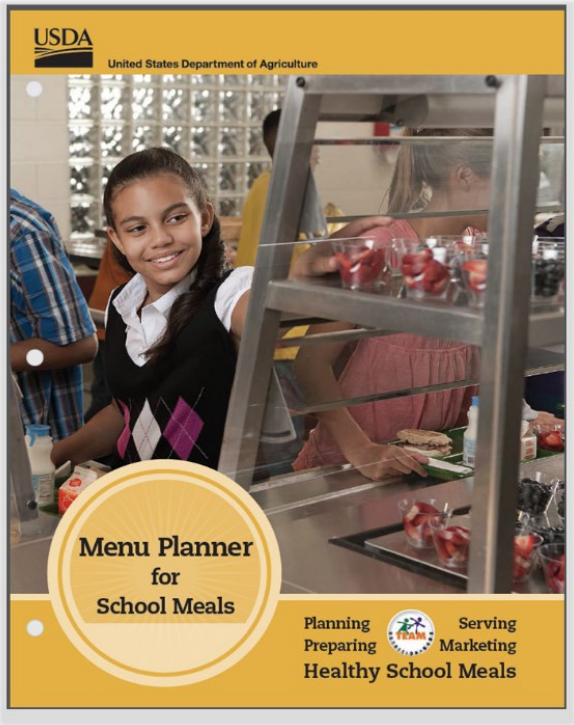
Write your wishes on back of your index card and leave it with us

Are there additional capabilities you would like to see ?

- Food Buying Guide Web Tool
- Food Buying Guide Mobile App
- Professional Standards Training Tracker Tool

Training and Technical Assistance Resources

Menu Planner for School Meals



- 7 Comprehensive Chapters
- Appendixes
- School Spotlights
- *Check Your Understanding* Quizzes
- Food Safety Tips
- And: Much, Much More!

Child Nutrition and School Meals

Food-Based Menu Planning

Menu Development

Meal Preparation Documentation

Procurement and Inventory Management

Menu Modifications for Dietary Restrictions

Marketing School Meals for Success!

https://www.fns.usda.gov/tn/menu-planner

Menu Planner for School Meals

REVIEW must do

Tips to help you prepare for an Administrative Review

A CULTURE OF FOOD SAFETY

FOOD SAFETY

Calls out practices that help you create a Culture of Food Safety

Check for Crediting

Identifies foods, amounts, and nutrients needed for a reimbursable meal

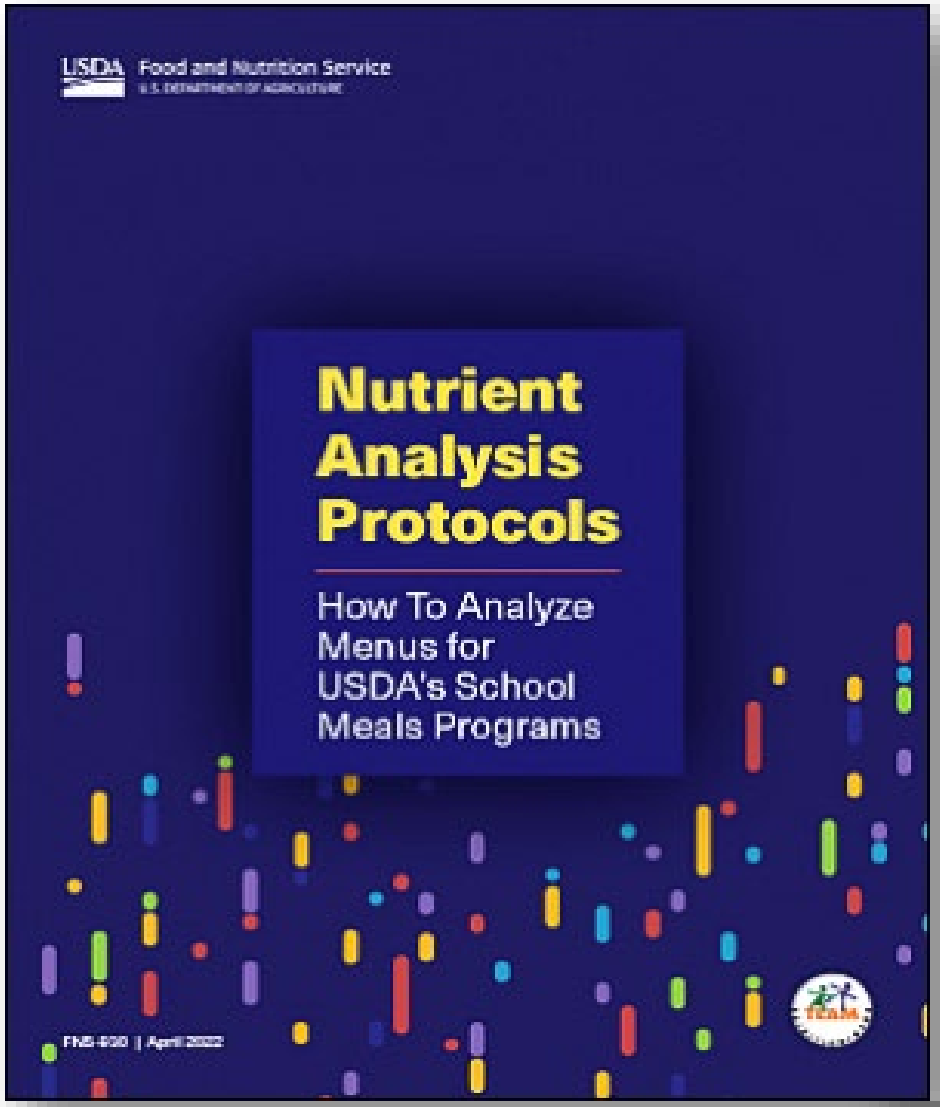
Menu Planner for School Meals

Identifies best practices and ideas for improving your school nutrition program

Identifies detailed information on regulations, procedures, and resources

Short quiz at the end of each chapter

Nutrient Analysis Protocols: How to Analyze Menus for USDA's School Meals Programs (NAP Manual)



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Chapter 4: Preparing for a Nutrient Analysis . . . . . .

Chapter 5: Entering Food Items Into Your Software's Database . . . 17

Chapter 6: Adding a Recipe to Your Software's Database 20

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Guidance for the calculation of nutrient analyses of school menus

fns.usda.gov/tn/Nutrient-Analysis-Protocols-Manual

USDA Approved Software

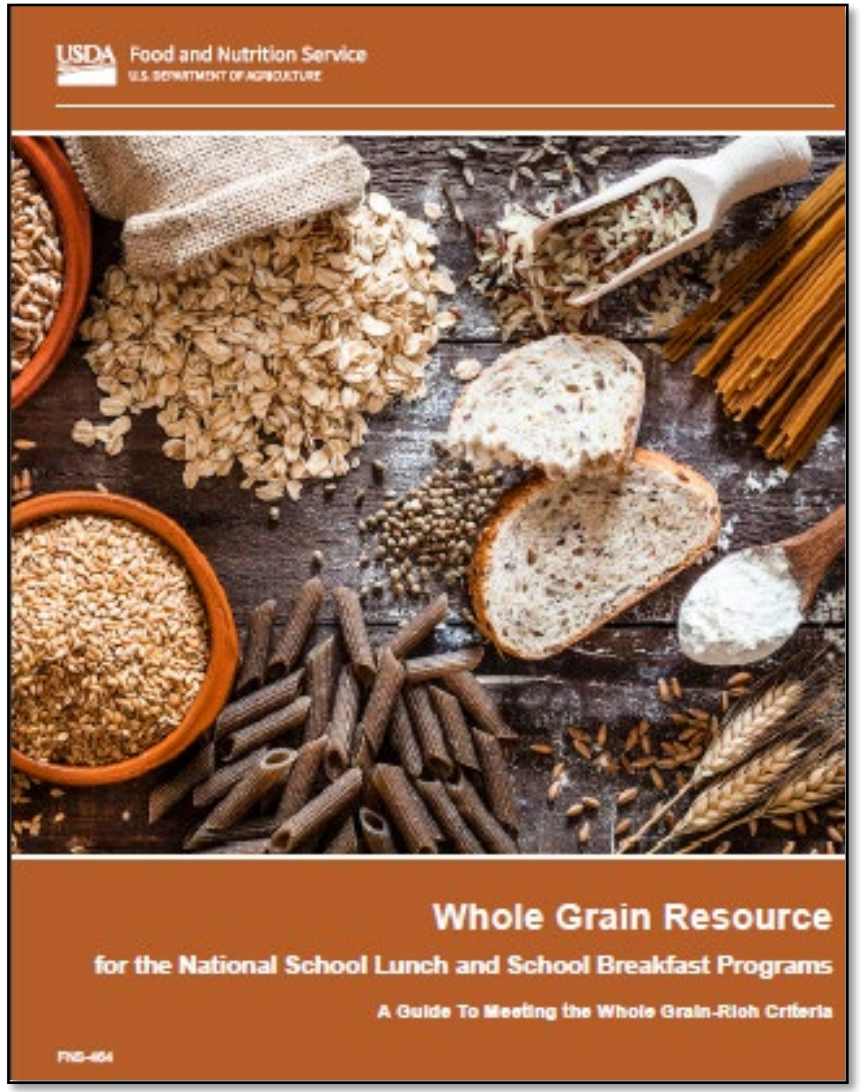
Child Nutrition Database (CNDB)
fns.usda.gov/tn/child-nutrition-database

- Current: Release 27 (CN27)
- Included in USDA-Approved Nutrient Analysis Software

- **Nutrient Analysis:** 20 Approved Software Programs
  fns.usda.gov/tn/usda-approved-nutrient-analysis-software

- **Certification of Compliance:** 17 Approved Software Programs
  fns.usda.gov/tn/usda-approved-certification-compliance-tools-and-software

Whole Grain Resource



How to use:

- Grains requirements for school meals
- What is a Whole Grain?
- Products that meet whole grain-rich criteria
- Practice Crediting

fns.usda.gov/tn/whole-grain-resource-national-school-lunch-and-breakfast-programs

Crediting Tip Sheets

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Vegetables** in the
Child Nutrition Programs
Tip Sheet

Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Fluid Milk** in the
Child Nutrition Programs
Tip Sheet

Fluid milk is a required component for reimbursable meals in Child Nutrition Programs (CNP) such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Fluid milk must be offered at each breakfast, lunch, or supper meal service. Program operators have the option to serve fluid milk as one of the two components of a snack served in the SFSP, CACFP, and in the NSLP Afterschool Snack Service.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Grains** in the
Child Nutrition Programs
Tip Sheet
Part 1: Creditable Grains in Child Nutrition Programs

Grain products made with creditable grains are a required component of reimbursable meals offered in Child Nutrition Programs (CNP), such as the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Items made with creditable grains may also be offered as part of a reimbursable snack in Preschool, CACFP, SFSP, and the NSLP Afterschool Snack Service. This tip sheet identifies creditable grains in CNP that meet meal pattern requirements.

What Is a Creditable Grain?

Whole grain flour, whole grain meal, corn masa, masa harina, hominy, enriched flour, enriched meal, bran, and germ are common grain ingredients in creditable whole grain-rich or enriched grain products (e.g., enriched bread, fortified cereal). See page 4 for a list of common creditable and non-creditable grain ingredients.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Grains** in the
Child Nutrition Programs
Tip Sheet
Part 2: Identifying Grain Products That Are Whole Grain-Rich

Whole grain-rich products are required in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, and the Child and Adult Care Food Program (CACFP) (with the exception of infants). Whole grain-rich items are not required in the Summer Food Service Program (SFSP) and the NSLP Afterschool Snack Service. This tip sheet provides helpful information to determine whether a grain product meets the whole grain-rich criteria.

What Does Whole Grain-Rich Mean?

"Whole grain-rich" is a term used by the U.S. Department of Agriculture's Food and Nutrition Service (FNS) and only refers to criteria for meeting the grains requirement for the NSLP, SBP, Preschool, and CACFP. This term is not found on product labels and should not be confused with the U.S. Food and Drug Administration's (FDA) whole grain health claim.

- Whole grain-rich foods are those that are 100 percent whole grain or at least 80 percent whole grain meal and/or flour. Any remaining ingredients must be

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Grains** in the
Child Nutrition Programs
Tip Sheet
Part 3: Program Requirements

Grain products made with creditable grains are required as part of reimbursable meals offered in Child Nutrition Programs (CNP): the National School Lunch Program (NSLP), the School Breakfast Program (SBP), Preschool, the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). Products made with creditable grains may also be offered as part of a reimbursable snack in the CACFP, NSLP Preschool, SFSP, and the NSLP Afterschool Snack Service. This tip sheet provides helpful information on serving creditable grains in CNP to meet meal pattern requirements.

How Much?

In NSLP, SBP, Preschool, and CACFP, the grains component is measured in ounce equivalents (oz eq).
To provide 1.00 oz eq grains, the product must contain at least:

- 16 grams of creditable grains for grain products listed in Groups A-G of Exhibit A: Grain Requirements for Child Nutrition Programs (Exhibit A), such as breads, crackers, bagels, pancakes, etc.
- 28 grams of creditable grains for grain products listed in Groups H and I of Exhibit A, such as dry cereal grains, pasta, and ready-to-eat (RTE) cereals.

A grain product must provide a **minimum of 0.25 oz eq grains per serving** to credit toward the grains requirement. Products that do not have a minimum grains requirement.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Fruits** in the
Child Nutrition Programs
Tip Sheet

Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool Lunch Meal Pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Fruit Requirements

- Fruits may be fresh, frozen, dried, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength (100%) fruit juice. Examples of creditable fruits can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at https://foodbuyingguide.fns.usda.gov/
- The minimum creditable serving size for fruit is ⅛ cup. **Note:** minimum creditable amounts do not apply to the infant meal pattern

- Pureed fruits credit as juice when served in a smoothie.

- Fruits credit towards a meal based on the volume served (except for dried fruit).
  - Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.
    - Example: ⅛ cup of dried cranberries credits as ¼ cup fruit.
    - ⅛ cup of any fruit is the minimum serving size that may be creditable. For example,

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Crediting **Meats/Meat Alternates** in the
Child Nutrition Programs
Tip Sheet

Meats/Meat Alternates (M/MAs) are a required meal component for reimbursable lunches and suppers in Child Nutrition Programs (CNPs), such as the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFSP). They are also a required meal component for lunches served under the Preschool Meal Pattern. M/MAs are not required for a reimbursable breakfast in CNPs, but may be offered in place of grains, with certain limitations, in the School Breakfast Program (SBP), the Preschool Breakfast Meal Pattern, and the CACFP. M/MAs may also be served as one of the two required meal components for a reimbursable snack in CNPs. When planning menus, remember:

- M/MAs are measured in ounce equivalents (oz eq). An oz eq of M/MA is the amount of the food that represents 1 ounce of edible portion of lean meat without the bone. See page 2 for a list of creditable M/MAs commonly served in CNPs and their 1 oz eq amounts.
- The M/MA amount offered **must provide a minimum of 0.25 oz eq per serving to be creditable in CNPs**
- The minimum creditable amounts do not apply to the CACFP infant meal pattern.

Specific Program Requirements

School Meals: NSLP & SBP

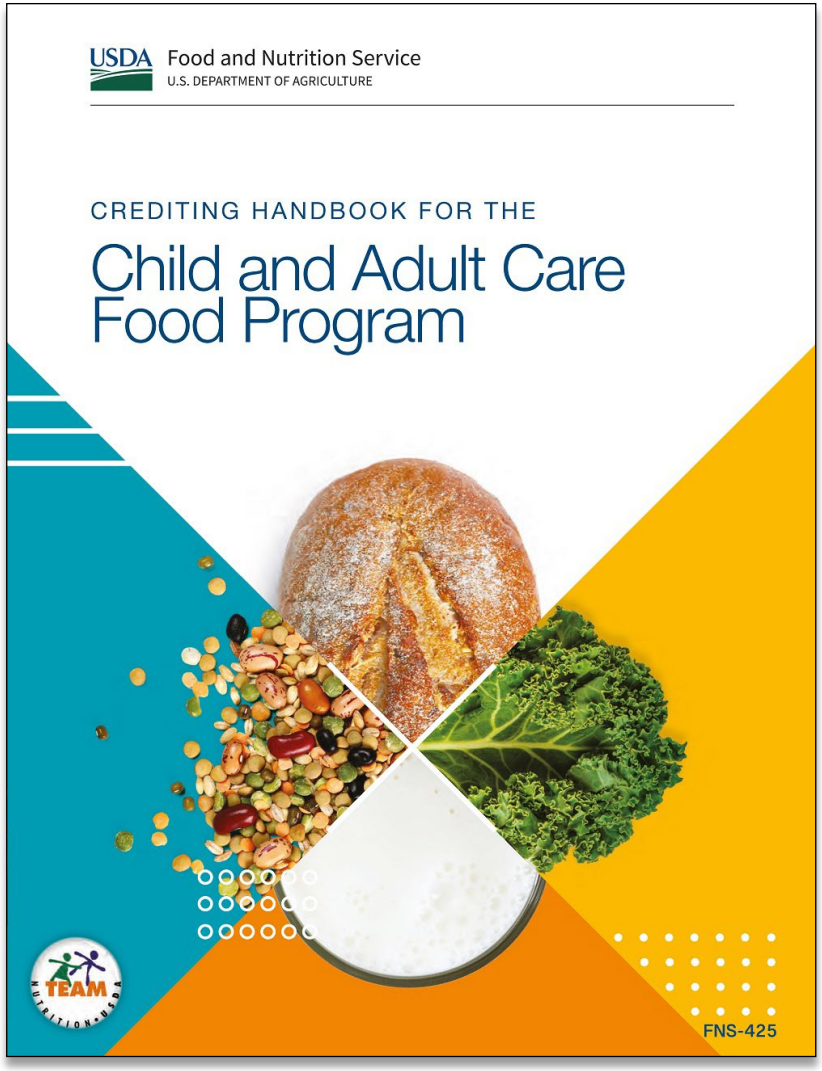
NSLP has daily minimum requirements for M/MAs as well as weekly minimums and maximums at lunch, depending on grade level. Schools may exceed the weekly maximum for M/MAs, provided that meals (on average) meet the weekly dietary specifications for calories, saturated fat, sodium, and *trans* fat.

NSLP M/MA Daily and Weekly Requirements

Grades	Daily Min (oz eq)	Weekly Min (oz eq)	Weekly Max (oz eq)
K-5	1	8	10
6-8	1	9	10

https://www.fns.usda.gov/tn/crediting-tip-sheets-child-nutrition-programs

Crediting Handbook for the CACFP



- Meal Patterns
- Meal Components
- Crediting in Action
- Resource Section

fns.usda.gov/tn/crediting-handbook-child-and-adult-care-food-program

fns.usda.gov/cn/manufacturer-documentation

Manufacturer Documentation: Child Nutrition Labels and Product Formulation Statements

Resource Type

Technical Assistance & Guidance

Related Content

CN Labeling Program

CN Labeling and PFS Guidance for Food Manufacturers/Industry

Food Buying Guide for Child Nutrition Programs

The Child Nutrition (CN) label and a manufacturer's Product Formulation Statement (PFS) are documents that provide a way for a manufacturer to demonstrate how a processed food product may contribute to the meal pattern requirements in child nutrition programs (CNP). Both a CN label and PFS are voluntarily provided by manufacturers at the request of program operators.

- A **CN label** is approved by USDA and provides a warranty of a product's meal pattern contribution when the product is used according to the manufacturer's instructions.
- A **PFS** is typically provided for processed products that do not have a CN label.

Below are links to additional guidance and technical assistance related to CN Labels and PFS.

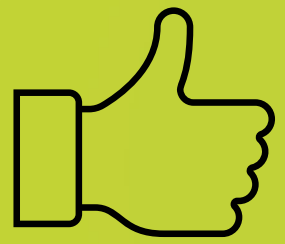
CN Labeling Program

CN Labeling Program Homepage

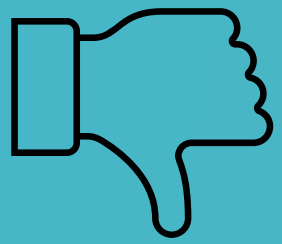
CN Label Verification Reports

Monthly updated reports listing valid CN label numbers and manufacturers that have met FNS's quality control program requirements for the CN labeling program.

Is there a Team Nutrition resource available to help me verify the crediting information for CN Labeled products?



Yes



No

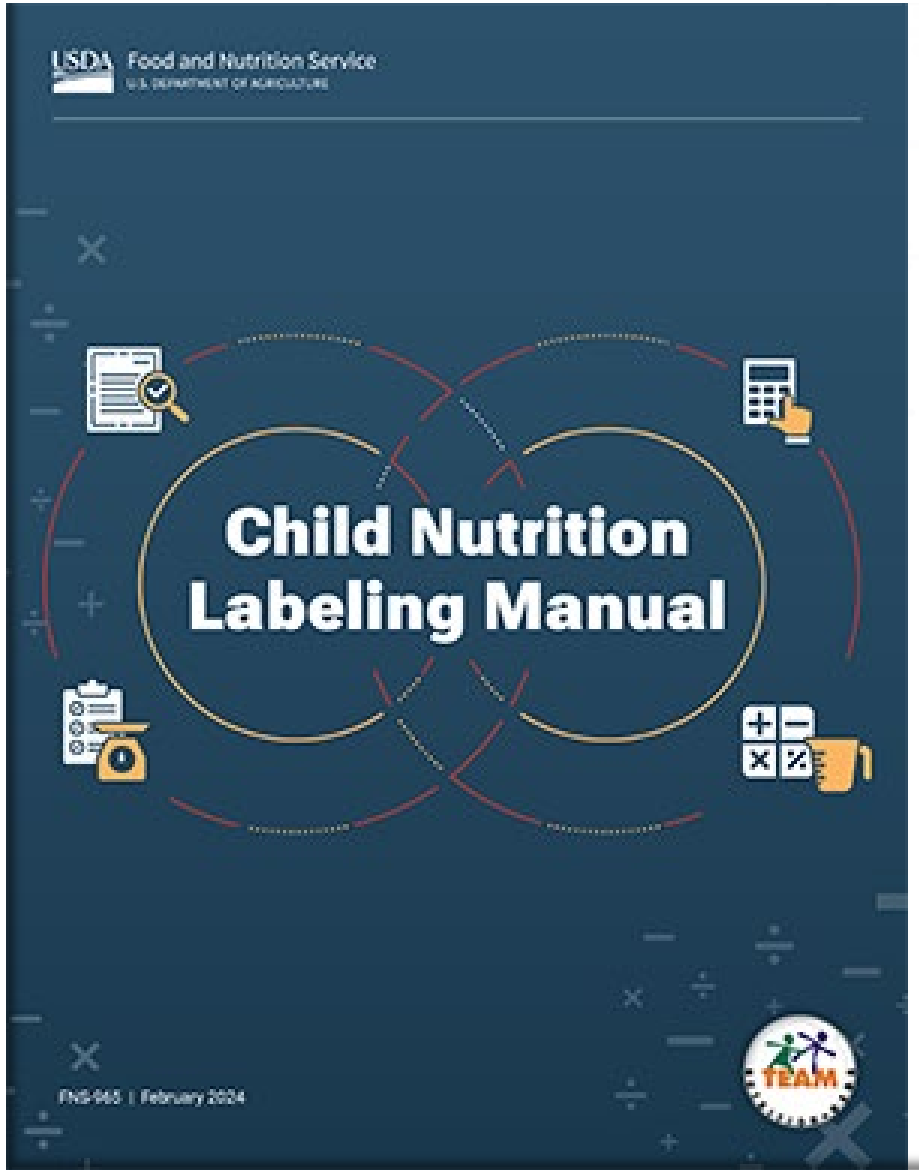
Child Nutrition (CN) Label Verification Reports

- Assists in verifying:
  - Status of CN label
  - Validity of CN labels copied with a watermark

CN Label
VERIFIED

fns.usda.gov/cnlabeling/usdausdc-authorized-labels-and-manufacturers

CN Labeling Manual



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04 About the Child Nutrition (CN) Labeling Manual

06 Section 1: Introduction
- 06 What Is the Child Nutrition (CN) Labeling Program?
- 06 Who Runs the Program?
- 07 How Does the Program Work?
- 08 What Products Can be Child Nutrition (CN) Labeled?
- 08 What Must Be Declared on the Child Nutrition (CN) Label?
- 09 What Information Is on a Child Nutrition (CN) Label?
- 09 Are Products Served in Child Nutrition Programs (CNP) Required To Be Child Nutrition (CN) Labeled?
- 10 What Are the Advantages of Using Child Nutrition (CN) Labeled Products?
- 10 The Child Nutrition (CN) Label Verification and Reporting System
- 11 Buy American Provision

12 Section 2: Child Nutrition (CN) Label Application Process
- 12 General Guidance
- 13 Application Process for Meats/Meat Alternates (M/MA)
- 15 Application Process for Seafood
- 16 Types of Approvals (Applies to All Child Nutrition (CN) Labels)

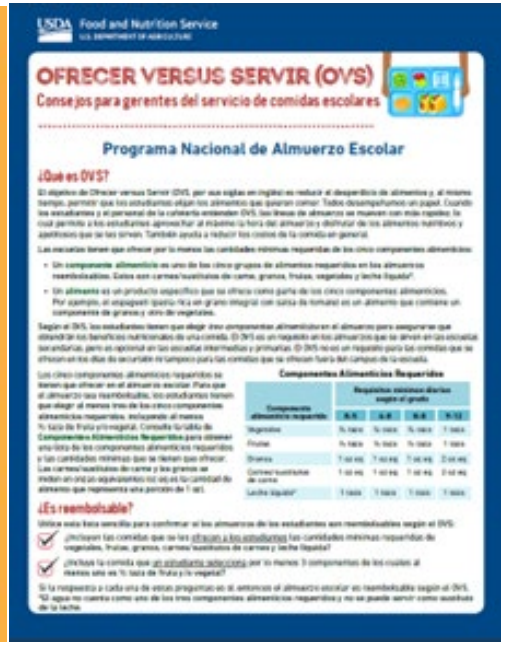
18 Section 3: Child Nutrition (CN) Contribution Statements and Calculations
- 18 Child Nutrition (CN) Contribution Statement
- 18 Meats/Meat Alternates (M/MA) Contribution
- 19 Vegetables and/or Fruits Contribution
- 20 Grains Contribution
- 21 Procedures for Determining the Meats/Meat Alternates (M/MA) Contribution
- 34 Procedures for Determining the Grains Contribution
- 43 Procedures for Determining the Vegetables Contribution
- 46 Procedures for Determining the Fruits Contribution

How to Apply

Calculations

Offer Versus Serve Materials in Spanish

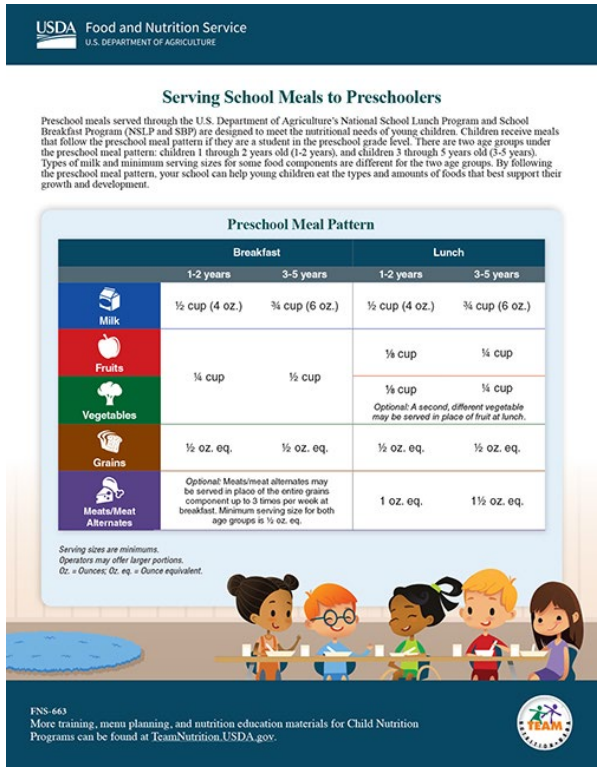
Posters



Tip Sheets

fns.usda.gov/tn/offer-versus-serve-national-school-lunch-program-posters

Other Updated School Resources



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving School Meals to Preschoolers

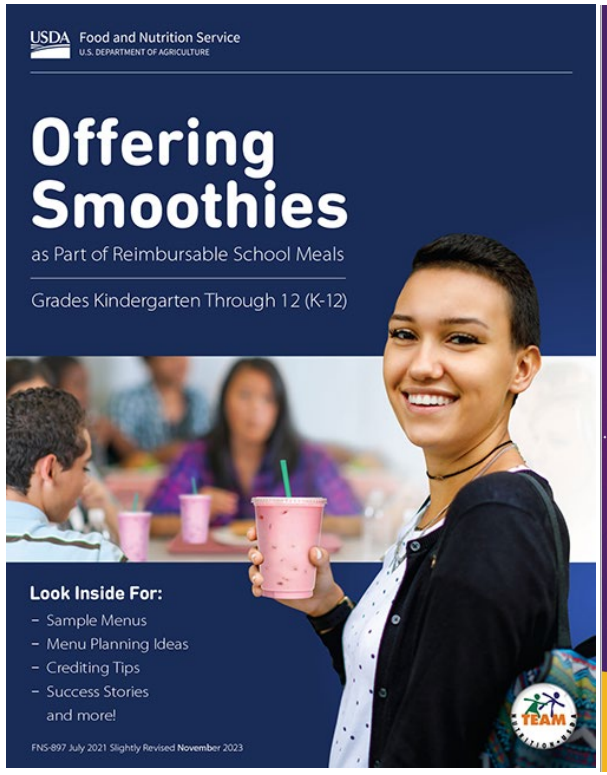
Preschool meals served through the U.S. Department of Agriculture's National School Lunch Program and School Breakfast Program (NSLP and SBP) are designed to meet the nutritional needs of young children. Children receive meals that follow the preschool meal pattern if they are a student in the preschool grade level. There are two age groups under the preschool meal pattern: children 1 through 2 years old (1-2 years), and children 3 through 5 years old (3-5 years). Types of milk and minimum serving sizes for some food components are different for the two age groups. By following the preschool meal pattern, your school can help young children eat the types and amounts of foods that best support their growth and development.

Preschool Meal Pattern

	Breakfast		Lunch	
	1-2 years	3-5 years	1-2 years	3-5 years
Milk	½ cup (4 oz.)	¾ cup (6 oz.)	½ cup (4 oz.)	¾ cup (6 oz.)
Fruits	¼ cup	½ cup	⅛ cup	¼ cup
Vegetables			⅛ cup *Optional: A second, different vegetable may be served in place of fruit at lunch.*	¼ cup
Grains	½ oz. eq.	½ oz. eq.	½ oz. eq.	½ oz. eq.
Meats/Meat Alternates	*Optional:* Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.		1 oz. eq.	1½ oz. eq.

Serving sizes are minimums.
Operators may offer larger portions.
Oz. = Ounces; Oz. eq. = Ounce equivalent.

FNS-663
More training, menu planning, and nutrition education materials for Child Nutrition Programs can be found at TeamNutrition.USDA.gov.



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)

Look Inside For:
- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories

and more!

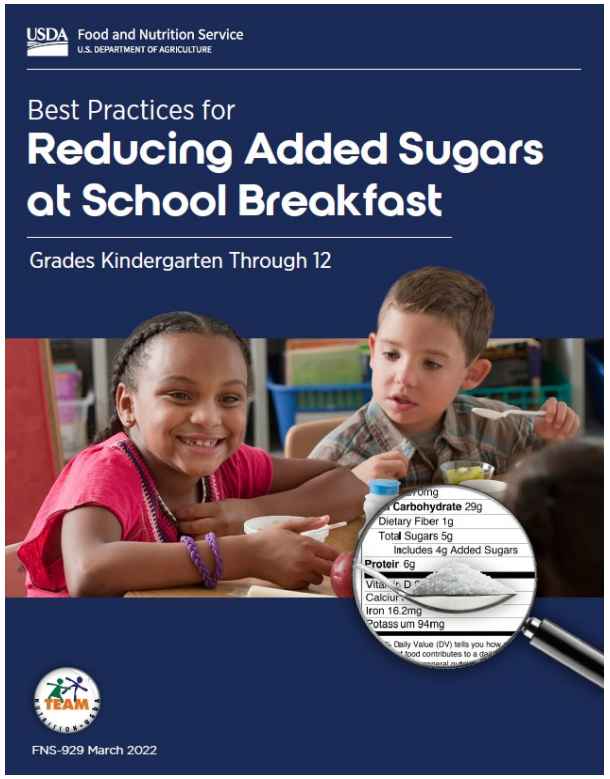
FNS-897 July 2021 Slightly Revised November 2023

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

FNS-896 August 2021



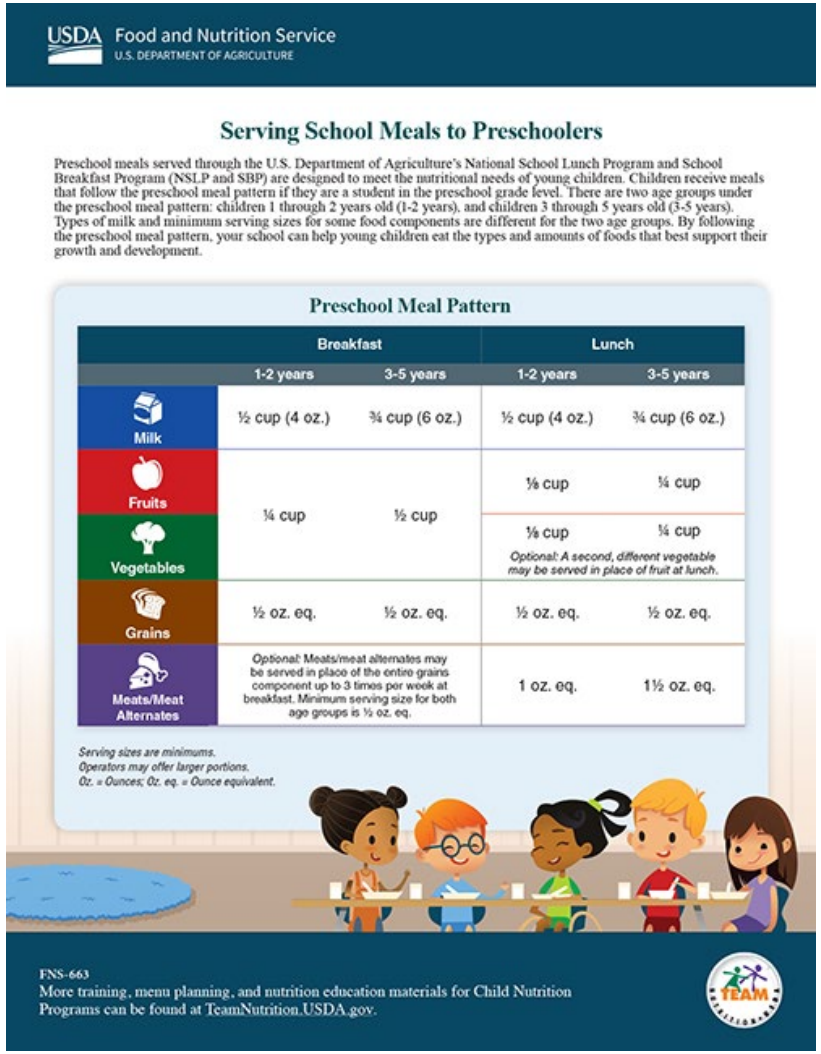
USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Best Practices for
Reducing Added Sugars at School Breakfast

Grades Kindergarten Through 12

FNS-929 March 2022

Other Updated School Resources



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Serving School Meals to Preschoolers

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Preschool Meal Pattern

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Vegetables			⅛ cup *Optional: A second, different vegetable may be served in place of fruit at lunch.*	¼ cup
Grains	½ oz. eq.	½ oz. eq.	½ oz. eq.	½ oz. eq.
Meats/Meat Alternates	*Optional:* Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast. Minimum serving size for both age groups is ½ oz. eq.		1 oz. eq.	1½ oz. eq.

Serving sizes are minimums.
Operators may offer larger portions.
Oz. = Ounces; Oz. eq. = Ounce equivalent.

FNS-663
More training, menu planning, and nutrition education materials for Child Nutrition Programs can be found at TeamNutrition.USDA.gov.

Four-page worksheet that assists program operators in planning menus that meet the preschool meal pattern.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Smoothies

as Part of Reimbursable School Meals

Grades Kindergarten Through 12 (K-12)

Look Inside For:
- Sample Menus
- Menu Planning Ideas
- Crediting Tips
- Success Stories

and more!

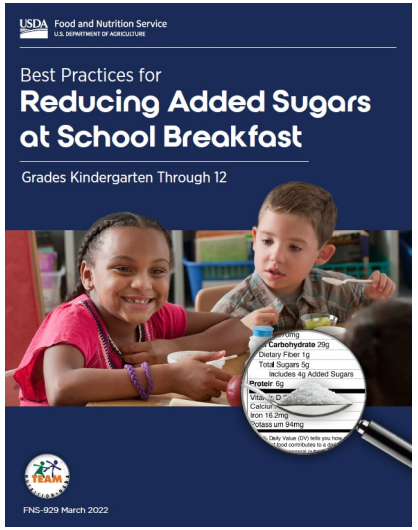
FNS-897 July 2021 Slightly Revised November 2023

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

Offering Meats and Meat Alternates at School Breakfast

Grades Kindergarten Through 12 (K-12)

FNS-896 August 2021



USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

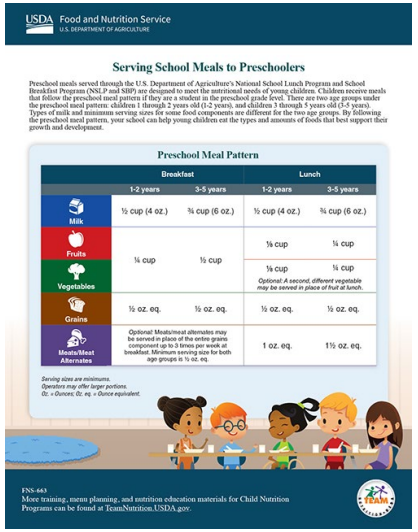
Best Practices for
Reducing Added Sugars at School Breakfast

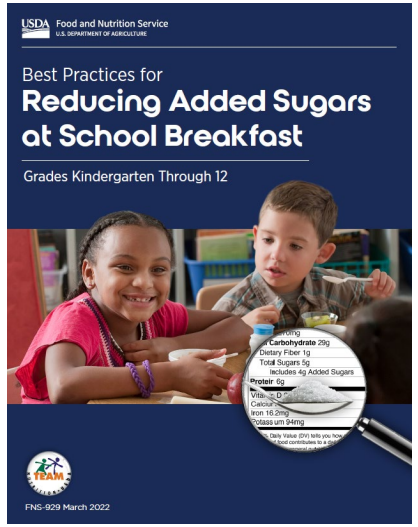
Grades Kindergarten Through 12

FNS-929 March 2022

Other Updated School Resources

Guide providing menu planning ideas, crediting tips, sample menus, and more!





Other Updated School Resources

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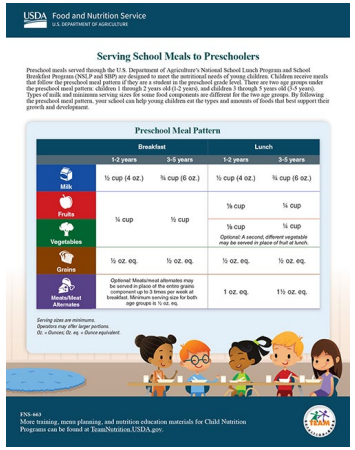
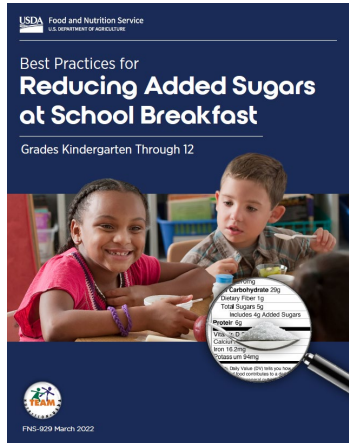
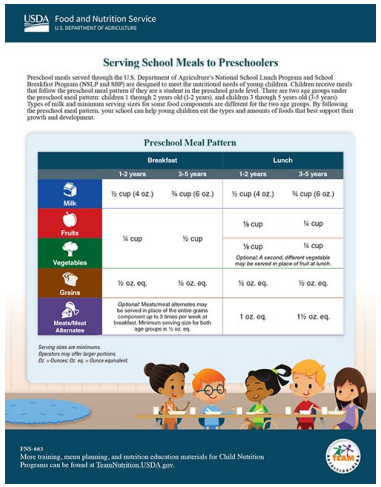
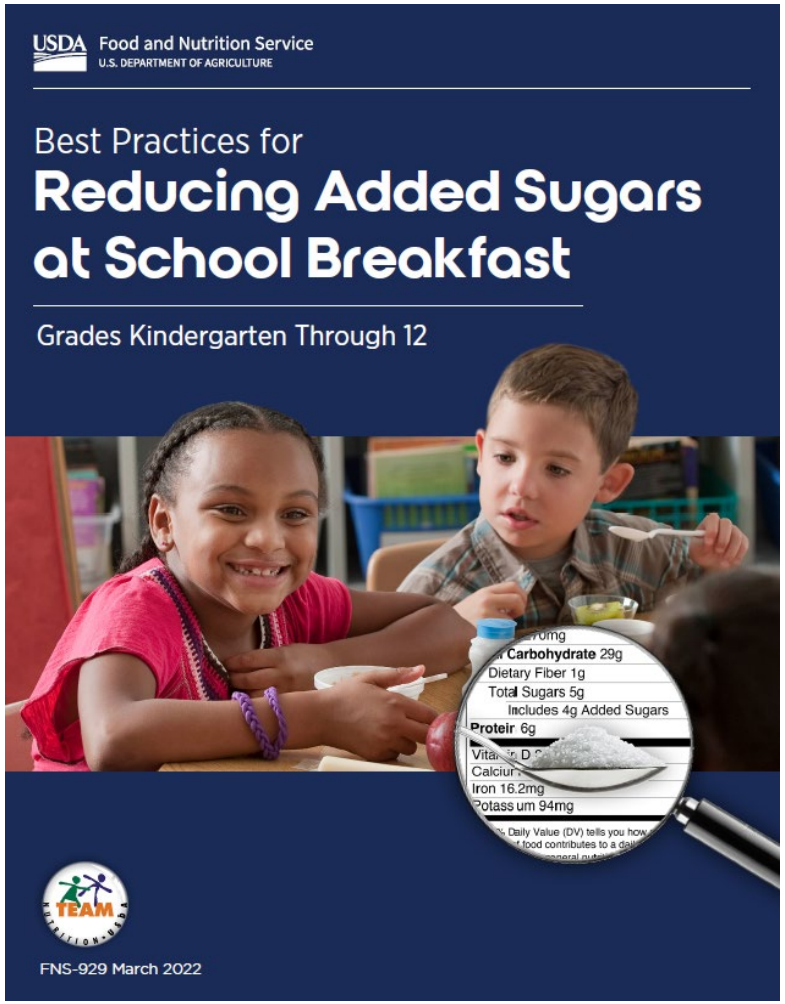




Other Updated School Resources

Training guide that outlines optional best practices to reduce added sugars at school breakfast.



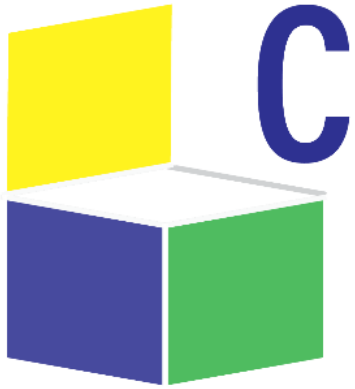


What New Resources Would You Most Like To See?

Write your thoughts on your index card and leave it with us!

1. Job aide/“how-to” (Example: Serving Smoothies in the Child Nutrition Programs)
2. Training worksheets (Example: Serving Meat/Meat Alternates at breakfast)
3. Posters or Promotional Materials (Example: School breakfast posters or OVS Posters)
4. New recipes
5. Other:_____

Child Nutrition Recipe Box



Child Nutrition
Recipe Box

Healthy Recipes for Child Nutrition Professionals

theicn.org/cnrb

CACFP Cooking Videos

fns.usda.gov/tn/instructional-cooking-videos-cacfp

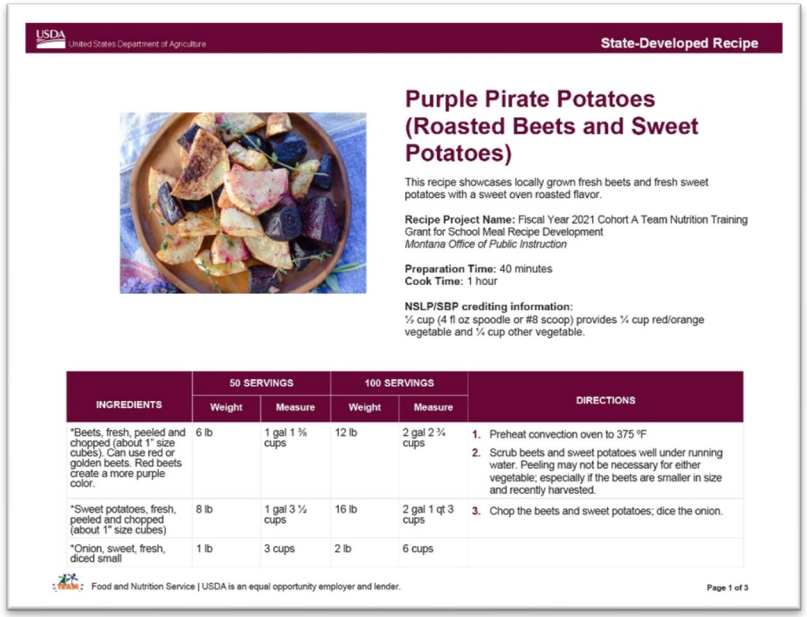
Quick and Easy Snack Recipes

fns.usda.gov/tn/team-nutrition-recipes

Quick-and-Easy Breakfast Recipes

fns.usda.gov/tn/team-nutrition-recipes

State Child Nutrition Agency Developed Recipes



USDA United States Department of Agriculture — State-Developed Recipe

Purple Pirate Potatoes (Roasted Beets and Sweet Potatoes)

This recipe showcases locally grown fresh beets and fresh sweet potatoes with a sweet oven roasted flavor.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 40 minutes
Cook Time: 1 hour

NSLP/SBP crediting information:
⅓ cup (4 fl oz spoodle or #8 scoop) provides ¼ cup red/orange vegetable and ¼ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Beets, fresh, peeled and chopped (about 1" size cubes). Can use red or golden beets. Red beets create a more purple color.	6 lb	1 gal 1 ⅗ cups	12 lb	2 gal 2 ¾ cups	1. Preheat convection oven to 375 °F 2. Scrub beets and sweet potatoes well under running water. Peeling may not be necessary for either vegetable; especially if the beets are smaller in size and recently harvested.
*Sweet potatoes, fresh, peeled and chopped (about 1" size cubes)	8 lb	1 gal 3 ⅓ cups	16 lb	2 gal 1 qt 3 cups	3. Chop the beets and sweet potatoes; dice the onion.
*Onion, sweet, fresh, diced small	1 lb	3 cups	2 lb	6 cups	

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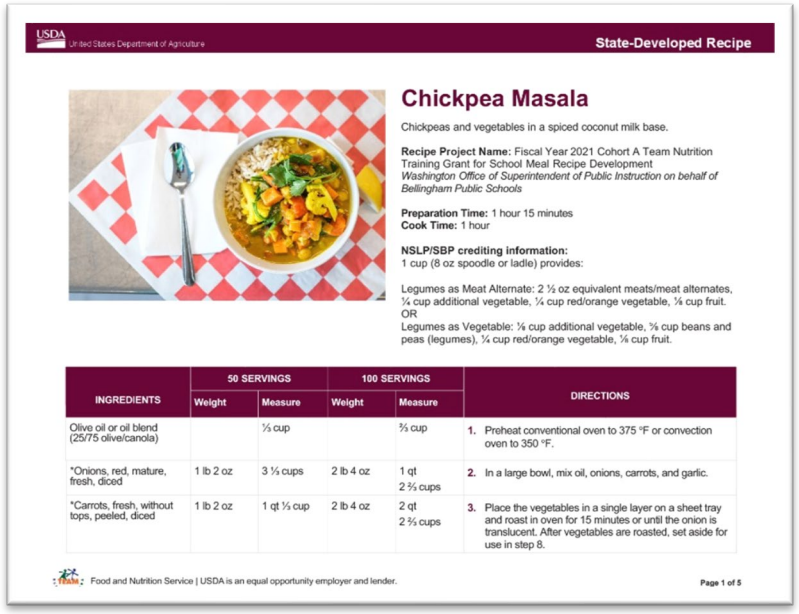

USDA United States Department of Agriculture — State-Developed Recipe

Chickpea Masala

Chickpeas and vegetables in a spiced coconut milk base.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington Office of Superintendent of Public Instruction on behalf of Bellingham Public Schools

Preparation Time: 1 hour 15 minutes
Cook Time: 1 hour

NSLP/SBP crediting information:
1 cup (8 oz spoodle or ladle) provides:

Legumes as Meat Alternate: 2 ½ oz equivalent meats/meat alternates, ¼ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup fruit.
OR
Legumes as Vegetable: ⅛ cup additional vegetable, ⅝ cup beans and peas (legumes), ¼ cup red/orange vegetable, ⅛ cup fruit.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Olive oil or oil blend (25/75 olive/canola)		⅓ cup		⅔ cup	1. Preheat conventional oven to 375 °F or convection oven to 350 °F.
*Onions, red, mature, fresh, diced	1 lb 2 oz	3 ⅓ cups	2 lb 4 oz	1 qt 2 ⅔ cups	2. In a large bowl, mix oil, onions, carrots, and garlic.
*Carrots, fresh, without tops, peeled, diced	1 lb 2 oz	1 qt ⅓ cup	2 lb 4 oz	2 qt 2 ⅔ cups	3. Place the vegetables in a single layer on a sheet tray and roast in oven for 15 minutes or until the onion is translucent. After vegetables are roasted, set aside for use in step 8.

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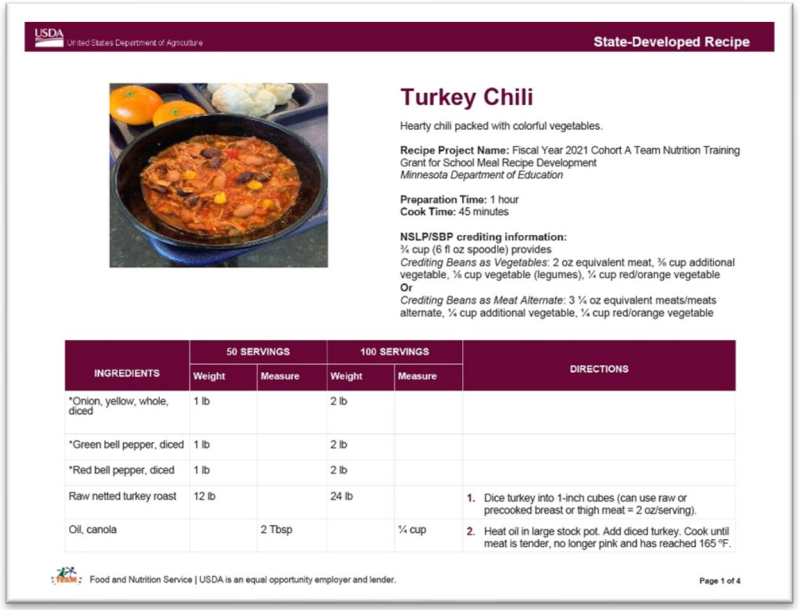

USDA United States Department of Agriculture — State-Developed Recipe

Turkey Chili

Hearty chili packed with colorful vegetables.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Minnesota Department of Education

Preparation Time: 1 hour
Cook Time: 45 minutes

NSLP/SBP crediting information:
¾ cup (6 fl oz spoodle) provides
Crediting Beans as Vegetables: 2 oz equivalent meat, ⅜ cup additional vegetable, ⅛ cup vegetable (legumes), ¼ cup red/orange vegetable
Or
Crediting Beans as Meat Alternate: 3 ¼ oz equivalent meats/meats alternate, ¼ cup additional vegetable, ¼ cup red/orange vegetable

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Onion, yellow, whole, diced	1 lb		2 lb		
*Green bell pepper, diced	1 lb		2 lb		
*Red bell pepper, diced	1 lb		2 lb		
Raw netted turkey roast	12 lb		24 lb		1. Dice turkey into 1-inch cubes (can use raw or precooked breast or thigh meat = 2 oz/serving).
Oil, canola		2 Tbsp		¼ cup	2. Heat oil in large stock pot. Add diced turkey. Cook until meat is tender, no longer pink and has reached 165 °F.

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theicn.org/cnrb/state-agency-developed-recipes/

Find More Information Here

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