



Opportunity Council Child Care Nutrition Program Annual Training 2021



GRAINS/ BREADS: OUNCE EQUIVALENTS

To help insure that you are serving the correct amount of grains to the children in your care, we now have a new tool: ounce equivalents. Children ages 1 year through 5 years require at least ½-ounce equivalent of grain for each meal when grain is served. Children ages 6 years and older require at least 1 ounce equivalent of grain for each meal when grain is served. Fortunately, USDA developed a **Grain Measuring Chart** that will show you just the right amount of bread, cereal, cracker, pasta, rice, or tortilla you will need to serve to these two age groups. Serving sizes for many products have not changed much; this tool is simply more specific and helps determine serving amounts for a greater variety of the grains you serve than the old Meal Pattern Chart. **PRINT THE CHART AND KEEP IT ON HAND.**

For example, you can see by the Grain Measuring Chart that a child ages one through five would require 8 Animal Crackers, and a child ages 6 and up would require 15 Animal Crackers. Serving sizes have always been larger for children older than six years for other food groups as well. Therefore, it is important to be aware when you are serving foods to children in this age group to serve the correct amount.



United States Department of Agriculture

Food and Nutrition Service

Using Ounce Equivalents for Grains in the Child and Adult Care Food Program

Grains are an important part of meals in the Child and Adult Care Food Program (CACFP). To make sure children and adults get enough grains at CACFP meals and snacks, required amounts for the grains component are listed in the meal pattern as ounce equivalents (oz. eq.). Ounce equivalents tell you the amount of grain in a portion of food.

How Much Is 1 Ounce Equivalent?



20 cheese crackers
(1" by 1") = 1 oz. eq.



12 thin wheat crackers
(1 ¼" by 1 ¼") = 1 oz. eq.



5 woven whole-wheat crackers
(1 ½" by 1 ½") = 1 oz. eq.

Using the Grains Measuring Chart

The Grains Measuring Chart on pages 2-4 tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements. To use this chart:

1 Find the grain you want to serve under the "Grain Item and Size" column.


2 Check if the chart lists a size or weight by the name of the grain. If the chart:

Lists a weight for the grain, such as *at least 56 grams*, then use the Nutrition Facts label for the item you want to serve to make sure it weighs the same, or more than, the grain on the chart. See page 5.

Does not list a weight or size for the grain, then you do not need to check the size or weight of the product before using the chart.

Lists a size for the grain, such as *about 1 ¼" by 1 ½"*, then check if the item is the same size, or larger than, this amount. See page 6.

3 Find the column for the age of your participants and the meal or snack you are serving. This column lists the amount of a grain you will need to serve to meet the meal pattern requirement for grains.

|  Grain Item and Size | |
|--|---|
| Pita Bread/Round (whole grain-rich or enriched) (at least 56 grams*) | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack Serve at Least ½ oz. eq., which equals about... |
| Popcorn | ¼ pita or 14 grams |
| Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")** | 1 ½ cups or 14 grams |
| | 7 twists or 11 grams |

Grains Measuring Chart for the Child and Adult Care Food Program

|  Grain Item and Size | Age Group and Meal | | |
|--|---|---|---|
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least ½ oz. eq. , which equals about... | Serve at Least 1 oz. eq. , which equals about... | Serve at Least 2 oz. eq. , which equals about... |
| Bagel (entire bagel) at least 56 grams* | ¼ bagel or 14 grams | ½ bagel or 28 grams | 1 bagel or 56 grams |
| Bagel, Mini (entire bagel) at least 28 grams* | ½ bagel or 14 grams | 1 bagel or 28 grams | 2 bagels or 56 grams |
| Biscuit at least 28 grams* | ½ biscuit or 14 grams | 1 biscuit or 28 grams | 2 biscuits or 56 grams |
| Bread (whole grain-rich or enriched) at least 28 grams* | ½ slice or 14 grams | 1 slice or 28 grams | 2 slices or 56 grams |
| Bun or Roll (entire bun or roll) at least 28 grams* | ½ bun/roll or 14 grams | 1 bun/roll or 28 grams | 2 buns/rolls or 56 grams |
| Cereal Grains (barley, bulgur, quinoa, etc.) | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Cereal, Ready-to-Eat: Flakes or Rounds | ½ cup or 14 grams | 1 cup or 28 grams | 2 cups or 56 grams |
| Cereal, Ready-to-Eat: Granola | ⅔ cup or 14 grams | ¼ cup or 28 grams | ½ cup or 56 grams |
| Cereal, Ready-to-Eat: Puffed | ¾ cup or 14 grams | 1 ¼ cup or 28 grams | 2 ½ cups or 56 grams |
| Corn Muffin at least 34 grams* | ½ muffin or 17 grams | 1 muffin or 34 grams | 2 muffins or 68 grams |
| Cracker, Animal (about 1 ½" by 1")** | 8 crackers or 14 grams | 15 crackers or 28 grams | 30 crackers (~1 cup) or 56 grams |
| Cracker, Bear-Shaped, Sweet (about 1" by ½")** | 12 crackers (~¼ cup) or 14 grams | 24 crackers (~½ cup) or 28 grams | 48 crackers (~1 cup) or 56 grams |
| Cracker, Cheese, Square, Savory (about 1" by 1")** | 10 crackers or 11 grams | 20 crackers (~⅓ cup) or 22 grams | 40 crackers (~⅔ cup) or 44 grams |
| Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")** | 21 crackers (~¼ cup) or 11 grams | 41 crackers (~½ cup) or 22 grams | 81 crackers (~1 cup) or 44 grams |



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program


|  Grain Item and Size | Age Group and Meal | | |
|--|---|--|---|
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least ½ oz. eq., which equals about... | Serve at Least 1 oz. eq., which equals about... | Serve at Least 2 oz. eq., which equals about... |
| Cracker, Graham (about 5" by 2 ½")** | 1 cracker or 14 grams | 2 crackers or 28 grams | 4 crackers or 56 grams |
| Cracker, Round, Savory (about 1 ¾" across)** | 4 crackers or 11 grams | 7 crackers or 22 grams | 14 crackers or 44 grams |
| Cracker, Saltine (about 2" by 2")** | 4 crackers or 11 grams | 8 crackers or 22 grams | 16 crackers or 44 grams |
| Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")** | 6 crackers or 11 grams | 12 crackers or 22 grams | 23 crackers or 44 grams |
| Cracker, Woven Whole- Wheat, Square, Savory (about 1 ½" by 1 ½")** | 3 crackers or 11 grams | 5 crackers or 22 grams | 10 crackers or 44 grams |
| Croissant at least 34 grams* | ½ croissant or 17 grams | 1 croissant or 34 grams | 2 croissants or 68 grams |
| English Muffin (top and bottom) at least 56 grams* | ¼ muffin or 14 grams | ½ muffin or 28 grams | 1 muffin or 56 grams |
| French Toast Stick at least 18 grams* | 2 sticks or 35 grams | 4 sticks or 69 grams | 8 sticks or 138 grams |
| Grits | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Melba Toast (about 3 ½" by 1 ½")** | 2 pieces or 11 grams | 5 pieces or 22 grams | 8 pieces or 44 grams |
| Muffin and Quick Bread (banana, etc.) at least 55 grams* | ½ muffin/slice or 28 grams | 1 muffin/slice or 55 grams | 2 muffins/slices or 110 grams |
| Oatmeal | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Pancake at least 34 grams* | ½ pancake or 17 grams | 1 pancake or 34 grams | 2 pancakes or 68 grams |



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

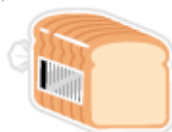
Grains Measuring Chart for the Child and Adult Care Food Program

|  Grain Item and Size | Age Group and Meal | | |
|--|---|---|---|
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least ½ oz. eq., which equals about... | Serve at Least 1 oz. eq., which equals about... | Serve at Least 2 oz. eq., which equals about... |
| Pasta (whole grain-rich or enriched, all shapes) | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Pita Bread/Round (whole grain-rich or enriched) at least 56 grams* | ¼ pita or 14 grams | ½ pita or 28 grams | 1 pita or 56 grams |
| Popcorn | 1 ½ cups or 14 grams | 3 cups or 28 grams | 6 cups or 56 grams |
| Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")** | 7 twists (~⅓ cup) or 11 grams | 14 twists (~⅔ cup) or 22 grams | 27 twists (~1 cup) or 44 grams |
| Pretzel, Hard, Thin Stick (about 2 ½" long)** | 16 sticks or 11 grams | 31 sticks or 22 grams | 62 sticks or 44 grams |
| Pretzel, Soft at least 56 grams* | ¼ pretzel or 14 grams | ½ pretzel or 28 grams | 1 pretzel or 56 grams |
| Rice (all types) | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Rice Cake at least 8 grams* | 1 ½ cakes or 11 grams | 3 cakes or 22 grams | 5 ½ cakes or 44 grams |
| Rice Cake, Mini (about 1 ¾" across)** | 7 cakes or 11 grams | 13 cakes or 22 grams | 25 cakes or 44 grams |
| Taco or Tostada Shell, Hard at least 14 grams* | 1 shell or 14 grams | 2 shells or 28 grams | 4 shells or 56 grams |
| Tortilla, Soft, Corn (about 5 ½")** | ¾ tortilla or 14 grams | 1 ¼ tortillas or 28 grams | 2 ½ tortillas or 56 grams |
| Tortilla, Soft, Flour (about 6")** | ½ tortilla or 14 grams | 1 tortilla or 28 grams | 2 tortillas or 56 grams |
| Tortilla, Soft, Flour (about 8")** | ¼ tortilla or 14 grams | ½ tortilla or 28 grams | 1 tortilla or 56 grams |
| Waffle at least 34 grams* | ½ waffle or 17 grams | 1 waffle or 34 grams | 2 waffles or 68 grams |



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



Using the Nutrition Facts Label

Some items on the Grains Measuring Chart may have weights listed by the name of the item. Follow the steps below to see if your grain meets the minimum weight listed in the chart:

- 1 Find the grain item and its minimum weight in the Grains Measuring Chart.

For example, the minimum weight for a pancake is at least 34 grams.

| Grain Item and Size | Age Group and Meal | | |
|--------------------------------|---|--|---|
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least 1/2 oz. eq., which equals about... | Serve at Least 1 oz. eq., which equals about... | Serve at Least 2 oz. eq., which equals about... |
| Pancake (at least 34 grams) | 1/2 pancake or 17 grams | 1 pancake or 34 grams | 2 pancakes or 68 grams |

- 2 Look at the Nutrition Facts label of the grain you wish to serve. Find the weight of the serving size (usually provided as grams (g)). One serving of Brand P pancakes weighs 117 grams.

- 3 Using the Nutrition Facts label, find how many items are in one serving. There are three pancakes in one serving of Brand P pancakes.

- 4 If there is more than one of an item in a serving, you will need to divide to find the weight of each item. For example, the serving size of Brand P pancakes is three pancakes.

Divide the serving weight by the number of items in one serving to find the weight of each item.

Brand P Pancakes

Nutrition Facts

4 servings per container

Serving size (3 Pancakes) 117g

Amount per serving

Calories 280

% Daily Value*

Total Fat 9g 12%

Saturated Fat 1.5g 8%

Trans Fat 0g

$$\begin{array}{ccccc} 117 \text{ grams} & \div & 3 \text{ pancakes} & = & 39 \text{ grams per pancake} \\ \text{Serving Weight} & & \text{Serving Size} & & \text{Weight of Each Item} \end{array}$$

Compare the weight of one item to the minimum weight listed in the Grains Measuring Chart (from Step 1). Is your item the same weight as, or heavier than, the minimum weight?



Yes: Use the Grains Measuring Chart to see how much of your grain to serve to meet CACFP meal pattern requirements. In the example above, pancakes must weigh at least 34 grams in order to use the Grains Measuring Chart. Because each Brand P pancake weighs 39 grams, you may use the chart as a guide to the minimum serving amount.



No: Use another method to determine how much of a grain item to serve. See "What If My Grain Is Different?" on page 6 for more information.



Are There Other Menu Planning Considerations?

If you serve an item that is larger, or weighs more, than what's listed on the Grains Measuring Chart, then you might serve more grains than required by the CACFP meal pattern. The Grains Measuring Chart can help make serving enough grains easier. However, the tools described under "What If My Grain Is Different?" can also help you determine how much of an item to serve to meet the meal pattern without serving more than what is needed.

What If My Grain Is Different?

Is the grain item you want to serve:

- Smaller than the item listed on the Grains Measuring Chart?
- Lighter in weight than the item listed on the Grains Measuring Chart?
- Not listed on the Grains Measuring Chart?

If so, you will need to use another way to tell how much to serve in order to meet CACFP meal pattern requirements. You could:

- Enter information from the Nutrition Facts label into the *Food Buying Guide for Child Nutrition Program's (FBG) Exhibit A Grains Tool*.^{*} This tool will let you know how many ounce equivalents of grains are in one serving of the item.
- Use the *FBG Recipe Analysis Workbook (RAW)*^{*} to determine the ounce equivalents per serving for standardized recipes.

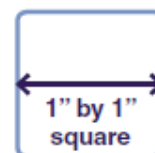
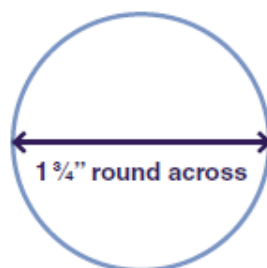
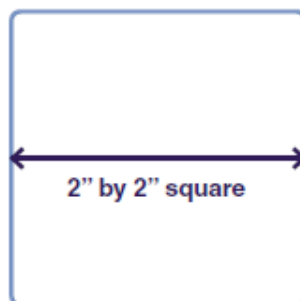
^{*}Available at <https://foodbuyingguide.fns.usda.gov>.



Grains Measuring Tools

Compare your food to the guides below to see if it is the same size or larger than the item listed on the Grains Measuring Chart.

Guides appear as actual size when this worksheet is printed at 100% on standard 8 1/2" by 11" paper.



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Using the **Grain Measuring Chart**, you can see that the serving size increases once a child reaches the age of 6 years. See examples below:

| Food | child aged 1 thru 5 yr | child aged 6 and up |
|-----------------|-------------------------------|------------------------------|
| Bagel full size | ¼ bagel or 14 grams | ½ bagel or 28 grams |
| Cereal (flakes) | ½ cup or 14 grams | 1 cup or 28 grams |
| Bread | ½ slice or 14 grams | 1 slice or 28 grams |
| Pasta | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry |
| Tortilla flour | ½ tortilla | 1 tortilla |

Sometimes, it may be necessary for you to use the **Nutrition Facts Label**, if you are not sure of the serving size. See the example above on page five. It shows that a serving size is **3 pancakes which equals a total of 117 grams**. So each pancake is $117 / 3 = 39$ grams per pancake. According to the Grain Measuring Chart, under pancakes, a child ages 1 thru 5 years requires 17 grams per pancake and a child ages 6 and up requires 34 grams. So using this formula, the 1 thru 5 year old would only require ½ pancake and the child ages 6 and up would require one pancake.

It is helpful to have a measuring cup on hand to use for products such as ready to eat cereal, pasta, and rice. It is also helpful to remember that children ages 6 and up require approximately double the serving size of the younger age group.

GRAIN BREAD REMINDERS

The following bread/ grain products are considered to be sweet grain products and are **NOT creditable for CACFP**: Even home made sweet grain products cannot be credited, since it is very important to limit added sugar in the diets of young children. All sweet products that appear to be a cookie or a bar, are coated with icing, or contain chocolate chips are considered sweet grain products. This includes products such as granola bars, nutrition bars, and breakfast cookie products. Other products you may not credit are sweetened versions of items that are normally considered a savory product. Examples include sweetened rice cakes, or sweetened popcorn.



Sweet grain products both homemade and commercial **that may not be credited**:

- Cookies
- Donuts
- Cereal bars
- Breakfast bars
- Granola bars
- Sweet rolls
- Toaster pastries
- Cake
- Brownies
- Marshmallow treats
- Sweet pita chips
- Sweet popcorn or sweet popcorn cakes
- Ice cream cones
- Sweet pie crusts

Beware of products that contain messages on the box such as ***Made with Whole Grain, Multi-grain, or Made with Whole Wheat***. This simply means the product contains **some** whole grain. The products shown below **are ok to serve, but they are NOT whole grain rich**. Please do not mark these as whole grain rich in Kidkare.



MILK SUBSTITUTES: Products below require a **Request for Fluid Milk Substitution** Form to be completed by parent. **Flavored non-dairy beverages are NOT approved for children ages 1 through 5 years.**

OSPI Child Nutrition Services Milk Substitutes Handout

Approved Non-Dairy Beverages

Alternate milk products must meet certain nutritional guidelines. To assist Child Nutrition Program operators, we have compiled a current list of alternate non-dairy beverages that may be served in place of milk. These products may be served without a Request for Special Dietary Accommodations in the Child and Adult Care Food Program, the National School Lunch Program, and the School Breakfast Program. CACFP requires a Parent Request for Fluid Milk Substitution to be on file.

Only pictured products are creditable and approved; all other flavors and varieties are NOT creditable. Program operators are responsible for ensuring products meet nutrient requirements as products may be updated or changed. See Table 1 for nutritional requirements.

8th Continent Soymilk -- Original or Vanilla*



Great Value Soymilk - Original from Wal-Mart (red top only)



Pacific Foods Ultra Soy -- Original (32-ounce or 8-ounce shelf-stable)



Kirkland Organic Soy -- Original (32-ounce shelf-stable)

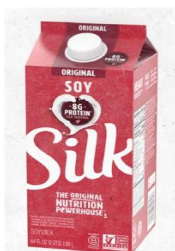


OSPI Child Nutrition Services



Washington Office of Superintendent of
PUBLIC INSTRUCTION

Silk Original Soymilk



Ripple Dairy-Free Shelf-Stable Milk
Original (32 ounce or 8 ounce), Chocolate* (8 ounce) or Vanilla* (8 ounce)



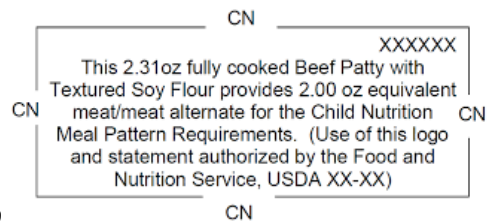
(The Ripple 48 oz. refrigerated container is not equivalent and is not approved)

**Flavored non-dairy beverages cannot be served to children 1 through 5 years of age.*

MEAT /MEAT ALTERNATES

Meats and Meat alternatives: The foods listed below are creditable as meat/ meat alternatives.

- eggs, cheese, peanut butter or other nut butters, seeds, hummus, canned tuna, canned chicken.
- Beans, other legumes, such as lentils, dried peas
- Fish, **non –breaded**, fresh or frozen, such as cod, halibut, salmon
- **ham and turkey ham are allowable**, because they are a standardized product.
- meat or poultry you have cooked and sliced at home, such as roast beef, chicken, turkey, pork
- Homemade Hamburgers
- rotisserie chicken purchased from the grocery store



Please be reminded: CN LABEL REQUIRED

- Chicken nuggets, fish sticks, and other breaded meat products: ALL commercially prepared breaded chicken and fish products MUST contain a CN label.

Other foods that require this label in order to credit as a meat/ meat alternate:

- Corn dogs/ hot dogs
- Take out or frozen pizza
- Canned or frozen casseroles containing meat or cheese such as lasagna
- Frozen burritos
- Canned or frozen products containing meat such as beef stew or ravioli
- Frozen pot pies
- Most commercial lunchmeats are NOT creditable. This is because most contain binders, fillers, or by- products. USDA requires that lunch meats, including beef, turkey, chicken and pork, hot dogs, sausage, and pepperoni MUST contain a CN label in order to be credited.

If you wish to serve these products and they do not have a CN label, please serve one of the meat/ meat alternatives listed in the box at the top of the page to credit for the meat.

- **String cheese: you may need to serve additional meat/ meat alternate at lunch or dinner.** The serving size for meats and meat alternatives at lunch and dinner for children 3 years through 5 years is 1.5 ounces, and for children 6 years and up, the serving size is 2 ounces. Since one string cheese contains 1 ounce, children ages 3 through five years would require 1.5 sticks of cheese, and children ages 6 and up would require two sticks. Since this may not be practical, if you plan to serve string cheese as a meat alternative during lunch, serve additional protein, such as peanut butter, nuts or seeds, yogurt, hummus, legumes, egg, or ham.

VEGETABLES

It is very important to serve a variety of vegetables from the **five vegetable sub groups**. This is because each sub group contains different nutrients.



Dark green vegetables include bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mustard greens, spinach, turnip greens, and watercress. Dark green leafy vegetables are low in calories and provide vitamins A and C, folate, fiber, potassium, magnesium, and calcium.



Red and orange vegetables include acorn squash, butternut squash, carrots, Hubbard squash, pumpkin, red bell peppers, and sweet potatoes. These vegetables are good sources of vitamin A, potassium, and fiber.



Starchy vegetables include corn, green peas, lima beans, and potatoes. Starchy vegetables are higher in calories than other vegetables. They are a source of carbohydrates and fiber.



Other vegetables include artichokes, asparagus, beets, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, jicama, mushrooms, okra, onions, tomatoes, tomato juice, wax beans, and zucchini. The vegetables in this subgroup vary in their nutrient content and have unique contributions to your diet, so eating a variety is key.



Beans and peas include black, garbanzo, kidney, lima, navy, pinto, soy, and white beans; black-eyed peas; split peas; and lentils. Dry beans and peas are a good source of protein, fiber, minerals, and folate. Beans, peas, and legumes can be used as a vegetable or as a protein.



Include More Vegetables in your Snacks!

Here are some snack ideas that include vegetables from the five vegetable subgroups.

Hummus and Pita Bread

Green beans and apple slices

Cucumbers and whole-wheat crackers

Sliced red peppers and ham

Spinach in scrambled egg

Broccoli and sliced cheddar cheese

Avocado and whole-wheat toast

Carrots sticks and peanut butter

Green pea pods and hard-boiled eggs

Mashed pinto beans and tortillas

Steamed sweet potatoes and raisins

Black beans and rice

Green pepper slices and mozzarella cheese

DAILY RECORD KEEPING REQUIREMENTS AND CORRECTIVE ACTION

Your meal records must be kept daily. If you are a Kidkare Internet user, be sure to enter meals served, children attending each meal, and child in and out times **every day** on your computer. Meal information may also be entered on your smart phone or iPad. You do not need to download or install any software on your computer or mobile device to use it. Simply open a web browser and navigate to app.kidkare.com to log in. You can wait until the end of the day to record these records, but they must be done **by the close of each business day**.

Be prepared: *Print Daily Meal Worksheets now* so that if you ever have computer problems, you will have a way to keep your records. To obtain this report, on the Kidkare main menu go to *reports/worksheet/Daily Meal Worksheet*. This is only alternative method of keeping your records. If you use the Daily Meal Worksheet, be sure to complete **ALL sections** of the form, **including food served, child in and outs, and meal attendance check off**. Also, keep **the dated forms** on file. You will need these on hand in the event that you receive a home review.

Corrective Action: Getting behind on your records keeping could lead to Corrective Action. This is a term used by both the state and federal government. While it sounds like a punitive thing, it does not have to be. If you ever get a “Corrective Action” letter, it usually becomes a learning opportunity, and nothing more.

First, only a small percentage of you will ever receive a corrective action letter (Do not feel bad if you become one of them.) For nearly every provider who has ever received one, it has been because the provider has gotten **3 or more days behind** in keeping their records. (Other reasons could be not feeding the children according to meal pattern, or health and / or safety violations, among others.) However, it has been our experience that providers feed the children very well; It is just that some have not created an adequate system for insuring that they keep daily records. You will be asked to write a specific plan to address how you will insure compliance with program regulations. Any assistance you require will be provided, and you are strongly urged to keep in close contact with your program representative to insure that any questions you have will be answered.

The Reimbursement Process: Submitting your Claim for Reimbursement

PLEASE SEND YOUR CLAIM ON TIME EACH MONTH We have a monthly deadline with the state in which **ALL providers claims must be adjusted and submitted as a group** in order to ensure that every provider is reimbursed on time. Please send your claim at the **beginning of each month** as soon as you record your last meal of the month. **And please be sure that you have sent any new child enrollments BEFORE you send your claim.**

The Child Nutrition Program will reimburse licensed and approved Family Home Child Care Providers for the nutritious meals they serve to children in their care. A tiered system of reimbursement based upon area / and or family income will determine the amount of money providers receive each month.

Child Care providers keep daily records of the foods served and the children who participated in each meal using the Kidkare Internet system. At the end of each month, after entering the final meal served, the provider submits the claim to the sponsor via Internet. Providers must always be sure that any supporting documents for each claim have been sent to the office, such as new child enrollments.

These records must be submitted to the Sponsoring Organization on or before the fifth day of each month, in order to insure timely reimbursement. Late claims will be reimbursed according to state mandates. The sponsoring organization will distribute the payment within five working days of receipt of the funds by the state.

The sponsor representative processes each claim and makes upward or downward adjustments as needed. Final reimbursement totals are submitted to the state according to monthly deadlines.

This chart illustrates the monthly reimbursement process

| | | | | | |
|---|---|--|---|--|--|
| Provider keeps daily meal records for the month of May | Provider submits records to the sponsor for May by June 5th | Sponsor processes May meal records, makes adjustments and requests reimbursement from the state , based on the adjusted totals | The state sends the reimbursement money for May to the sponsor on the last working day of June | The sponsor sends the reimbursement money via Direct Deposit for May to the provider on the last working day of June | The provider receives the money for May on or about July 1st |
| Provider keeps daily meal records for the month of June | Provider submits records to the sponsor for June by July 5th | Sponsor processes June meal records, makes adjustments, and requests reimbursement from the state based on adjusted totals | The state sends the reimbursement money for June to the sponsor on the last working day of July | The sponsor sends the reimbursement money via Direct Deposit for June to the provider on the last working day of July | The provider receives the money for June on or about August 1st |

Civil Rights / Non Discrimination

Civil rights regulations are intended to assure that benefits of Child Nutrition Programs are made available to all eligible people in a non-discriminatory manner. Those participating in USDA Child Nutrition Programs are required to administer program services and benefits in accordance with all laws, regulations, instructions, policies, and guidance related to non-discrimination in program delivery.

Conflict Resolution can reduce the likelihood of complaints:

- Address conflict early and prevent from escalating.
- Treat all parties with respect and dignity.
- Provide timely services.
- Avoid casual comments involving race, color, national origin, sex, age, or disability.
- Bring in neutral third party when appropriate.

You may always refer a family to Opportunity Council Child Care Nutrition Program if they have questions about any of the program policies.

Discrimination is intentionally treating a person or group of persons differently.

This different treatment makes a distinction of one person or a group of persons in protected classes. This may be caused by:

Intentional actions.

Lack of actions.

A person can allege that discrimination has occurred and file a discrimination complaint because they feel that they were...

- Delayed in receiving benefits or services that others receive.
- Denied benefits or services that others receive.
- Treated Differently than others to their disadvantage.
- Given Disparate Treatment, something which does not seem discriminatory, but has a discriminatory impact in practice.

Providers must post the ***Building for the Future*** flyer in a place visible to families, and all new families must be given a copy of the Building for the Future flyer. This flyer explains to families what to do if they believe they have been treated unfairly. It also gives contact information for the sponsor, Opportunity Council, and for the state agency, Office of Superintendent of Public Instruction in the event that the family has questions. Providers may contact the office at any time to request additional copies of this flyer.

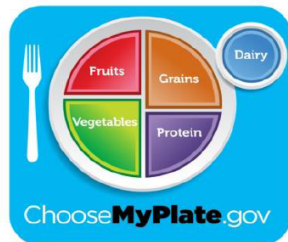
Building for the Future

This child care home participates in the Child and Adult Care Food Program (CACFP). The CACFP is a federally funded program that reimburses in-home child care providers for the healthy meals/snacks served free of charge to children in their care.

Each day more than 2.6 million individuals participate in the CACFP across the country. Providers are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of child care and making it more affordable for low-income families.

CACFP homes follow meal requirements established by USDA.

| Breakfast | Lunch or Supper | Snacks (Two of the four groups) |
|---|---|---|
| Milk Fruit or Vegetable Grains or Bread | Milk Meat or meat alternate Grains or bread Two different servings of fruits or vegetables | Milk Meat or meat alternate Grains or bread Fruit or vegetable |



Homes operating the CACFP share the common goal of bringing nutritious meals and snacks to children. State agencies reimburse child care providers who offer non-residential child care to children through the age of 12 years.

If you have questions about the CACFP, please contact one of the following:

| Sponsoring Organization | State Agency |
|---|---|
| Opportunity Council | Office of Superintendent of Public Instruction Child Nutrition Services |
| 1111 Cornwall, Suite 200 Bellingham, WA 98225 | PO Box 47200 Olympia, WA 98504-7200 |
| 1-888-444-1862 x 426 | 360-725-6200 |

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| Grains Measuring Chart for the Child and Adult Care Food Program | | | |
|--|---|--|---|
|  Grain Item and Size | Age Group and Meal | | |
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least ½ oz. eq., which equals about... | Serve at Least 1 oz. eq., which equals about... | Serve at Least 2 oz. eq., which equals about... |
| Bagel (entire bagel) at least 56 grams* | ¼ bagel or 14 grams | ½ bagel or 28 grams | 1 bagel or 56 grams |
| Bagel, Mini (entire bagel) at least 28 grams* | ½ bagel or 14 grams | 1 bagel or 28 grams | 2 bagels or 56 grams |
| Biscuit at least 28 grams* | ½ biscuit or 14 grams | 1 biscuit or 28 grams | 2 biscuits or 56 grams |
| Bread (whole grain-rich or enriched) at least 28 grams* | ½ slice or 14 grams | 1 slice or 28 grams | 2 slices or 56 grams |
| Bun or Roll (entire bun or roll) at least 28 grams* | ½ bun/roll or 14 grams | 1 bun/roll or 28 grams | 2 buns/rolls or 56 grams |
| Cereal Grains (barley, bulgur, quinoa, etc.) | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Cereal, Ready-to-Eat: Flakes or Rounds | ½ cup or 14 grams | 1 cup or 28 grams | 2 cups or 56 grams |
| Cereal, Ready-to-Eat: Granola | ⅓ cup or 14 grams | ¼ cup or 28 grams | ½ cup or 56 grams |
| Cereal, Ready-to-Eat: Puffed | ¾ cup or 14 grams | 1 ¼ cup or 28 grams | 2 ½ cups or 56 grams |
| Corn Muffin at least 34 grams* | ½ muffin or 17 grams | 1 muffin or 34 grams | 2 muffins or 68 grams |
| Cracker, Animal (about 1 ½" by 1")** | 8 crackers or 14 grams | 15 crackers or 28 grams | 30 crackers (~1 cup) or 56 grams |
| Cracker, Bear-Shaped, Sweet (about 1" by ½")** | 12 crackers (~¼ cup) or 14 grams | 24 crackers (~½ cup) or 28 grams | 48 crackers (~1 cup) or 56 grams |
| Cracker, Cheese, Square, Savory (about 1" by 1")** | 10 crackers or 11 grams | 20 crackers (~½ cup) or 22 grams | 40 crackers (~¾ cup) or 44 grams |
| Cracker, Fish-Shaped or Similar, Savory (about ¾" by ½")** | 21 crackers (~¼ cup) or 11 grams | 41 crackers (~½ cup) or 22 grams | 81 crackers (~1 cup) or 44 grams |



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program

|  Grain Item and Size | Age Group and Meal | | |
|--|---|--|---|
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least ½ oz. eq., which equals about... | Serve at Least 1 oz. eq., which equals about... | Serve at Least 2 oz. eq., which equals about... |
| Cracker, Graham (about 5" by 2 ½")** | 1 cracker or 14 grams | 2 crackers or 28 grams | 4 crackers or 56 grams |
| Cracker, Round, Savory (about 1 ¾" across)** | 4 crackers or 11 grams | 7 crackers or 22 grams | 14 crackers or 44 grams |
| Cracker, Saltine (about 2" by 2")** | 4 crackers or 11 grams | 8 crackers or 22 grams | 16 crackers or 44 grams |
| Cracker, Thin Wheat, Square, Savory (about 1 ¼" by 1 ¼")** | 6 crackers or 11 grams | 12 crackers or 22 grams | 23 crackers or 44 grams |
| Cracker, Woven Whole- Wheat, Square, Savory (about 1 ½" by 1 ½")** | 3 crackers or 11 grams | 5 crackers or 22 grams | 10 crackers or 44 grams |
| Croissant at least 34 grams* | ½ croissant or 17 grams | 1 croissant or 34 grams | 2 croissants or 68 grams |
| English Muffin (top and bottom) at least 56 grams* | ¼ muffin or 14 grams | ½ muffin or 28 grams | 1 muffin or 56 grams |
| French Toast Stick at least 18 grams* | 2 sticks or 35 grams | 4 sticks or 69 grams | 8 sticks or 138 grams |
| Grits | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Melba Toast (about 3 ½" by 1 ½")** | 2 pieces or 11 grams | 5 pieces or 22 grams | 8 pieces or 44 grams |
| Muffin and Quick Bread (banana, etc.) at least 55 grams* | ½ muffin/slice or 28 grams | 1 muffin/slice or 55 grams | 2 muffins/slices or 110 grams |
| Oatmeal | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Pancake at least 34 grams* | ½ pancake or 17 grams | 1 pancake or 34 grams | 2 pancakes or 68 grams |



*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.

Grains Measuring Chart for the Child and Adult Care Food Program

|  Grain Item and Size | Age Group and Meal | | |
|--|---|--|---|
| | 1- through 5-year-olds at Breakfast, Lunch, Supper, Snack | 6- through 18-year-olds at Breakfast, Lunch, Supper, Snack Adults at Snack only | Adults at Breakfast, Lunch, Supper |
| | Serve at Least ½ oz. eq., which equals about... | Serve at Least 1 oz. eq., which equals about... | Serve at Least 2 oz. eq., which equals about... |
| Pasta (whole grain-rich or enriched, all shapes) | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Pita Bread/Round (whole grain-rich or enriched) at least 56 grams* | ¼ pita or 14 grams | ½ pita or 28 grams | 1 pita or 56 grams |
| Popcorn | 1 ½ cups or 14 grams | 3 cups or 28 grams | 6 cups or 56 grams |
| Pretzel, Hard, Mini-Twist (about 1 ¼" by 1 ½")** | 7 twists (~⅓ cup) or 11 grams | 14 twists (~⅓ cup) or 22 grams | 27 twists (~1 cup) or 44 grams |
| Pretzel, Hard, Thin Stick (about 2 ½" long)** | 16 sticks or 11 grams | 31 sticks or 22 grams | 62 sticks or 44 grams |
| Pretzel, Soft at least 56 grams* | ¼ pretzel or 14 grams | ½ pretzel or 28 grams | 1 pretzel or 56 grams |
| Rice (all types) | ¼ cup cooked or 14 grams dry | ½ cup cooked or 28 grams dry | 1 cup cooked or 56 grams dry |
| Rice Cake at least 8 grams* | 1 ½ cakes or 11 grams | 3 cakes or 22 grams | 5 ½ cakes or 44 grams |
| Rice Cake, Mini (about 1 ¾" across)** | 7 cakes or 11 grams | 13 cakes or 22 grams | 25 cakes or 44 grams |
| Taco or Tostada Shell, Hard at least 14 grams* | 1 shell or 14 grams | 2 shells or 28 grams | 4 shells or 56 grams |
| Tortilla, Soft, Corn (about 5 ½")** | ¾ tortilla or 14 grams | 1 ¼ tortillas or 28 grams | 2 ½ tortillas or 56 grams |
| Tortilla, Soft, Flour (about 6")** | ½ tortilla or 14 grams | 1 tortilla or 28 grams | 2 tortillas or 56 grams |
| Tortilla, Soft, Flour (about 8")** | ¼ tortilla or 14 grams | ½ tortilla or 28 grams | 1 tortilla or 56 grams |
| Waffle at least 34 grams* | ½ waffle or 17 grams | 1 waffle or 34 grams | 2 waffles or 68 grams |

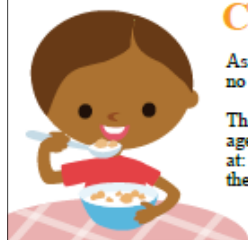


*Check that the item you want to serve weighs this amount, or more. See "Using the Nutrition Facts Label" on page 5 for more information.

**Check that the item you want to serve is about this size or larger. See "Grains Measuring Tools" on page 6 for more information.



United States Department of Agriculture



Choose Breakfast Cereals That Are Lower in Added Sugars

As of October 1, 2017, breakfast cereal served in the Child and Adult Care Food Program (CACFP) must contain no more than 6 grams of sugar per dry ounce.

There are many types of cereal that meet this requirement. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list, found as part of the State's approved food lists at: <https://www.fns.usda.gov/wic/links-state-agency-wic-approved-food-lists>. You can also find cereals that meet the requirement using the Nutrition Facts label and by following the steps below:

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 serving size of your cereal in the table below.

| Serving Size* | Sugars |
|-------------------------|-----------------------------|
| If the serving size is: | Sugars cannot be more than: |
| 12-16 grams | 3 grams |
| 26-30 grams | 6 grams |
| 31-35 grams | 7 grams |
| 45-49 grams | 10 grams |
| 55-58 grams | 12 grams |
| 59-63 grams | 13 grams |
| 74-77 grams | 16 grams |

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.

**Serving sizes here refer to those commonly found for breakfast cereals. For serving size requirements in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.*

Yummy Brand Cereal

Nutrition Facts

Serving Size $\frac{3}{4}$ cup (30g)
Servings Per Container about 15

| Amount Per Serving | Cereal | with 1% cup skim milk |
|---------------------|--------|-----------------------|
| Calories | 100 | 140 |
| Calories from Fat | 5 | 5 |
| % Daily Value* | | |
| Total Fat | 0.5g | 1% 1% |
| Saturated Fat | 0g | 0% 0% |
| Trans Fat | 0g | |
| Polyunsaturated Fat | 0g | |
| Monounsaturated Fat | 0g | |
| Cholesterol | 0mg | 0% 1% |
| Sodium | 140mg | 6% 9% |
| Potassium | 90mg | 3% 8% |
| Total Carbohydrate | 22g | 7% 9% |
| Dietary Fiber | 3g | 11% 11% |
| Sugars | 5g | |
| Other Carbohydrate | 14g | |
| Protein | 140mg | |

Test Yourself:

Does the cereal above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

☐ Yes ☐ No

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.



Sugar Limits in Cereal

| Serving Size | Sugars | Serving Size | Sugars |
|-------------------------|-----------------------------|-------------------------|-----------------------------|
| If the serving size is: | Sugars cannot be more than: | If the serving size is: | Sugars cannot be more than: |
| 8-11 grams | 2 grams | 55-58 grams | 12 grams |
| 12-16 grams | 3 grams | 59-63 grams | 13 grams |
| 17-21 grams | 4 grams | 64-68 grams | 14 grams |
| 22-25 grams | 5 grams | 69-73 grams | 15 grams |
| 26-30 grams | 6 grams | 74-77 grams | 16 grams |
| 31-35 grams | 7 grams | 78-82 grams | 17 grams |
| 36-40 grams | 8 grams | 83-87 grams | 18 grams |
| 41-44 grams | 9 grams | 88-91 grams | 19 grams |
| 45-49 grams | 10 grams | 92-96 grams | 20 grams |
| 50-54 grams | 11 grams | 97-100 grams | 21 grams |

Cereals To Serve in the CACFP*

| Cereal Brand | Cereal Name | Serving Size | Sugars (g) |
|----------------------|-------------|--------------|------------|
| Healthy Food Company | Nutty Oats | 28 grams | 5 grams |
| | | | |
| | | | |
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| | | | |

*The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: The cereal has 5 grams of sugar per 30 grams.
The maximum amount of sugar allowed for 30 grams of cereal is 6 grams.
5 is less than 6, so this cereal is creditable.



United States Department of Agriculture

Choose Yogurts That Are Lower in Added Sugars

As of October 1, 2017, yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than 23 grams of sugar per 6 ounces.

There are many types of yogurt that meet this requirement. It is easy to find them by using the Nutrition Facts label and following the steps below.



1

Use the Nutrition Facts Label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

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 serving size of your yogurt in the table below.

| Serving Size* Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Sugars Grams (g) |
|------------------------------|---|---------------------|
| If the serving size is: | | |
| 2.25 oz | 64 g | 9 g |
| 3.5 oz | 99 g | 13 g |
| 4 oz | 113 g | 15 g |
| 5.3 oz | 150 g | 20 g |
| 6 oz | 170 g | 23 g |
| 8 oz | 227 g | 31 g |

4

In the table, look at the number to the right of the serving size amount, under the "Sugars" column.

If your yogurt has that amount of sugar, or less, the yogurt meets the sugar requirement.

| Nutrition Facts | |
|-------------------------------|----------------------|
| Serving Size 8 oz (227g) | |
| Servings about 4 | |
| Amount Per Serving | |
| Calories 130 | Calories from Fat 20 |
| % Daily Value* | |
| Total Fat 2g | 3% |
| Saturated Fat 1.5g | 8% |
| Trans Fat 0g | |
| Cholesterol 10mg | 3% |
| Potassium 400mg | 1% |
| Sodium 160mg | 7% |
| Total Carbohydrate 21g | 7% |
| Dietary Fiber 4g | 17% |
| Sugars 9g | |
| Protein 10g | |
| Vitamin A 6% | Vitamin C 4% |
| Calcium 35% | Iron 0% |
| Vitamin D 6% | |

TIP: If the serving size says "one container," check the front of the package to see how many ounces or grams are in the container.

Test Yourself:

Does the yogurt above meet the sugar requirement?
(Check your answer on the next page)

Serving Size: _____

Sugars: _____

☐ Yes ☐ No



**Serving sizes here refer to those commonly found for store-bought yogurts. Homemade yogurt is not creditable in the CACFP. For serving size requirements of yogurt in the CACFP, please visit <https://www.fns.usda.gov/cacfp/meals-and-snacks>.*

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.





Try It Out!



Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.

Sugar Limits in Yogurt

| Serving Size Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Sugars | Serving Size Ounces (oz) | Serving Size Grams (g) (Use when the serving size is not listed in ounces) | Sugars |
|-----------------------------|---|----------------------------------|-----------------------------|---|----------------------------------|
| If the serving size is: | | Sugars must not be more than: | If the serving size is: | | Sugars must not be more than: |
| 1 oz | 28 g | 4 g | 4.75 oz | 135 g | 18 g |
| 1.25 oz | 35 g | 5 g | 5 oz | 142 g | 19 g |
| 1.5 oz | 43 g | 6 g | 5.25 oz | 149 g | 20 g |
| 1.75 oz | 50 g | 7 g | 5.3 oz | 150 g | 20 g |
| 2 oz | 57 g | 8 g | 5.5 oz | 156 g | 21 g |
| 2.25 oz | 64 g | 9 g | 5.75 oz | 163 g | 22 g |
| 2.5 oz | 71 g | 10 g | 6 oz | 170 g | 23 g |
| 2.75 oz | 78 g | 11 g | 6.25 oz | 177 g | 24 g |
| 3 oz | 85 g | 11 g | 6.5 oz | 184 g | 25 g |
| 3.25 oz | 92 g | 12 g | 6.75 oz | 191 g | 26 g |
| 3.5 oz | 99 g | 13 g | 7 oz | 198 g | 27 g |
| 3.75 oz | 106 g | 14 g | 7.25 oz | 206 g | 28 g |
| 4 oz | 113 g | 15 g | 7.5 oz | 213 g | 29 g |
| 4.25 oz | 120 g | 16 g | 7.75 oz | 220 g | 30 g |
| 4.5 oz | 128 g | 17 g | 8 oz | 227 g | 31 g |

Yogurts To Serve in the CACFP*

| Yogurt Brand | Flavor | Serving Size (oz or g) | Sugars (g): |
|--------------|---------|------------------------|-------------|
| Yummy Yogurt | Vanilla | 6 oz | 13 |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |
| | | | |

*The amount of sugar in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to "Test Yourself" activity on page 1: This yogurt has 9 grams of sugar per 8 ounces (227 grams). The maximum amount of sugar allowed in 8 ounces of yogurt is 31 grams. 9 is less than 31, so this yogurt is creditable.

FNS-652 April 2017

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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