



Child and Adult Care Food Program (CACFP)

CONTINUING EDUCATION
NUTRITION HOME ASSIGNMENTS

What You Need to Know Before Serving Store-Bought Combination Foods

Updated May 2019

Successful completion of this assignment will result in a certificate for 2 hours of continuing education.

Please Note: 4-C CACFP Continuing Education Nutrition Home Assignments are a benefit of participation in the 4-C CACFP. You must be currently enrolled in the 4-C CACFP to receive continuing education credit for these assignments.

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What You Need to Know Before Serving Store-Bought Combination Foods

The mission of the Child and Adult Care Food Program (CACFP) is to promote the health and nutrition of young children. In order to achieve this goal, we will be providing information on the topic of **Store-Bought Combination Foods**, so providers can make informed decisions on what products they choose to serve that provide the nutrition needed to meet the **CACFP Meal Pattern** requirements.

This assignment also includes information on Child Nutrition Label (CN) requirements, best practices and additional nutritional resources for providers.

What are Store-Bought Combination Foods?

A Store-Bought Combination Food is any store-bought food product that combines two or more menu components in a single food item. These are just a few common examples of commercial combination foods and the contribution towards the individual meal components. More examples to follow.



COMBINATION FOOD PRODUCT	THIS PRODUCT COMBINES:
Cheese & Sausage Pizza	Bread (crust) and Meat (cheese & sausage)
Corn Dogs	Bread (breading) and Meat (hot dog)
Chicken Nuggets, Tenders	Bread (breading) and Meat (chicken)
Beef Ravioli (frozen)	Bread (pasta) and Meat (beef filling)
Vegetable Beef Stew	Vegetable (vegetables) and Meat (beef)
Fish Stick, Fillets	Bread (breading) and Meat (fish)

What do you need to do in order to claim a Store-Bought Combination Food on the Food Program?

- For any Store-Bought Combination Food you serve at a CACFP meal or snack, make sure you have acceptable documentation – **Child Nutrition (CN)** label from package, or **Product Formulation Statement (PFS)** from the manufacturer. **No part** of the **product** can be claimed for reimbursement without this product identification.
- The Nutrition Facts Label listed on the package is not acceptable documentation to serve a Store-Bought Combination Food product.
- Send documentation to the Food Program Office or have approval by your Nutrition Specialist before a product can be served.
- If you obtain documentation for a product, keep it on file in your home.

What are Child Nutrition (CN) Labels and Product Formulation Statements (PFS) and Alternate Protein Products (APPs)?

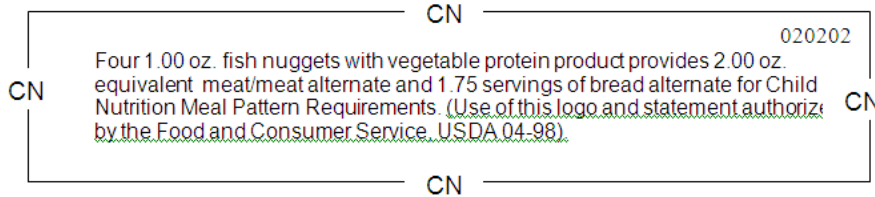
Child Nutrition Label (CN Label): a product label may be found on any Store-Bought Combination Food. To meet the CACFP Meal Requirement it is necessary to serve the proper quantities of each food component. A CN label will show how much meat or meat alternative, grain, fruit or vegetable are found in a product.

The USDA Food and Nutrition Service (FNS) administers the Child Nutrition (CN) labeling program for food companies. The CN label states a product's contribution toward the CACFP meal pattern requirements. CN labeled products, such as pizza, breaded meat and poultry products, are usually packaged in bulk quantities for food service operations. They are seldom available in typical food stores.

The CN label includes:

- Statement of the product's contribution toward meal pattern requirements
- 6-digit product identification number
- Statement specifying that the use of the CN label was authorized by FNS
- Month and year of approval.

A CN label on a product does not mean that the food provides an entire serving of a meal component. When using CN-Label products, be sure to meet the CACFP portion requirements. *A CN label does not indicate that a product is a healthier choice. *The CN label is not the same for one type of item from different companies.



Product Formulation Statement (Product Analysis Sheet): provides information regarding the product and whether it meets the standards needed to meet the CACFP Meal Pattern Requirements. Information sheets can be obtained from the manufacturer with a detailed explanation of what the product actually contains and the amount of each ingredient by weight. 4-C CACFP staff can assist in answering questions regarding commercially prepared food products and/or product analysis. See example below:

Sample Product Formulation Statement (Product Analysis) for Meat/Meat Alternate (M/MA) Products

Child Nutrition Program operators should include a copy of the label from the purchased product carton in addition to the following information on letterhead signed by an official company representative.

Product Name: _____ Code No: _____
 Manufacturer: _____ Case/Pack/Count/Portion/Size: _____

I. Meat/Meat Alternate

Please fill out the chart below to determine the creditable amount of Meat/Meat Alternate (M/MA).

Description of Creditable Ingredients per Food Buying Guide (FBG)	Ounces per Raw Portion of Creditable Ingredient	Multiply	FBG Yield/ Servings Per Unit	Creditable Amount *
		X		
		X		
		X		
A. Total Creditable M/MA Amount:				

* Creditable Amount - Multiply ounces per raw portion of creditable ingredient by the FBG yield information.

Total weight (per portion) of product as purchased: _____
 Total creditable amount of product (per portion): _____
 (Reminder: Total creditable amount cannot exceed the total weight of product.)

I certify that the above information is true and correct and that a _____ ounce serving of the above product (ready for serving) contains _____ ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

Signature: _____ Title: _____
 Printed Name: _____ Date: _____
 Phone Number: _____

Product Formulation Statements (Product Analysis Sheets): - Some food manufacturers who do not participate in the CN labeling program may still be able to provide analysis sheets that specify the composition of their products. A combination food may be credited when a product analysis sheet is on file. It must include a statement of the amount of cooked lean meat/meat alternate, bread/bread

alternate, and/or fruit/vegetable components in each serving of the food. This sheet must be signed by an official of the manufacturer (not a salesperson).



Important Reminder: - A Store Bought Combination Food product, for which a CN label or Product Analysis Sheet has not been obtained, may not be credited toward the CACFP menu pattern. It is **non-creditable**.

Supplementing such a product with additional food (meat/meat alternate, bread/bread alternate, or fruit/vegetable) does **not** make it creditable. The unapproved product may be served only as an "**additional food**," with all menu requirements being met by creditable foods.

Alternate Protein Products (APP): are food ingredients that may be used to substitute part of or to fulfill the meat, poultry or seafood requirement. Alternate Protein Products are processed from soy or other vegetable protein sources such as dehydrated food granules, flakes, meat fillers and extenders as in vegetarian burgers, Salisbury steak, meatballs, and riblets. Alternate Protein Products (APPs) [formerly Vegetable Protein Products] are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They are generally used as part of a formed meat patty or in a vegetarian patty, resembling a meat product. Meat/meat alternate products with APPs are currently being used successfully in large Child Nutrition Programs when a CN Label or product formulation statement is present. Before using products containing APPs, contact your State agency for information and assistance on the service and crediting of these products.

How to serve a Store Bought Combination Food on the CACFP Food Program:

USDA Policy: A Store Bought Combination Food may be credited to the CACFP meal pattern only if the product's composition is known and documented by the manufacturer. Amounts of each meal component (meat, vegetable, bread, etc.) for a product not otherwise specified by the manufacturer, would not meet each child's individual meal requirement for those components.

Required Serving Sizes for use of Store-Bought Combination Foods – there needs to be thought and planning when serving commercially prepared combination foods. Providers need to consider the ages of the children being served and how much of that food needs to be available for each child.

CN Label States: 3 fish sticks = ½ ounce meat/meat alternate and ½ serving of grain

- 1-2 year olds need 1-ounce meat. 3 fish sticks = 0.5 ounce (meat/serving) so a 1-2-year-old needs 2 servings of fish sticks, so 6 fish sticks must be served.
- 3-5 year olds need 1.5 ounces meat. 3 fish sticks = 0.5 ounce (meat/serving) so a 3-5-year-old needs 3 servings of fish sticks, so 9 fish sticks must be served.
- 6-18 year olds need 2 ounces meat. 3 fish sticks = 0.5 ounce (meat/serving) so a 6 -18-year-old needs 4 servings of fish sticks, so 12 fish sticks must be served.

*Note that additional servings per child would yield additional servings of grain than is required.

Proper quantities of each particular food item needs to be available at the time of the meal service to claim a meal for reimbursement on the Food Program. The meat or meat alternate should be recorded as the meat component on the menus. The grain should be recorded as the portion it contributes

towards the grain component. If a SBCF only meets ½ of the grain component, an additional grain would need to be offered and recorded to meet the full serving of grain for the individual meal component.

What are other examples of Store-Bought Combination Food Products?



- Chicken nuggets, patties, tenders, shapes, strips and breaded popcorn chicken
- Breaded fish sticks, nuggets, patties, fillets, bites, fingers, shapes and strips
- Corn dogs regular, mini corn dogs, nuggets or bites
- Pizza any type – prepared or frozen, including pizza rolls, bites, mini pizzas, bagels, rounds
- Egg rolls – prepared or frozen
- Canned and frozen ravioli – CN label or Product Formulation Statement would need to indicate what counts towards a meal component and portions per individual serving
- Lasagna, casserole types prepared or frozen combination products
- Macaroni and Cheese, and Chili Mac, boxed, canned, prepared or frozen
- Frozen soups, chili, stew – to claim for any component
- Burritos, quesadillas, and tacos
- Salisbury Steak, meat balls, taco meat, and frozen hamburgers
- Potpies – Beef, chicken, turkey, pork or vegetable, prepared or frozen
- Turkey Bacon, refrigerated or frozen, must have a CN label to serve.
- Bologna – Beef, pork, turkey. Creditable when free of byproducts, cereals, or extenders, and/or when the product is CN-labeled. Examples of binders/extendors are starch, cellulose, and nonfat dry milk. Examples of byproducts are glands, hearts, and other organ meats.
- Frankfurters or Hot Dogs – Beef, Pork or Turkey. See entry for bologna in the USDA Food Buying Guide. Only items that do not contain by-products, cereals, or extenders are creditable. *Remember to serve hot dogs in small pieces for those participants where choking is a potential hazard.
- Liverwurst - Liverwurst Creditable only if it is (1) CN-labeled or (2) has a Product Formulation Statement signed by an official of the manufacturer (not a sales person).
- Packaged Luncheon Meats - Chicken, turkey, beef, and pork, only luncheon meats that have a CN label or Product Formulation Statement are creditable. 1 lb. (16 oz.) will yield eleven 1-oz. servings of cooked, lean meat. Be aware that luncheon meats can be high in sodium, and fat, so limit use of these products. Serving lean, low sodium luncheon meats would be considered best practice on the CACFP Food Program.

- Cheese Sauce(s) canned, refrigerated, or frozen
- Imitation cheese is not creditable toward meal pattern requirements.
- Cheese Foods, Cheese Food Substitutes, Cheese Spreads, and Cheese Spread Substitutes x A 2-oz. serving equals 1 oz. of meat alternate. See USDA Food Buying Guide. Cheese, Imitation A 2-oz. serving equals 1 oz. of meat alternate.
- Cheese products - While cheese foods and spreads have a Standard of Identity, cheese products do not and are not reimbursable on the Food Program

*The **(USDA) Food Buying Guide** is a resource providers can access to look at individual food products –**USDA Food Buying Guide**: <https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs> .

CACFP Best Practices

As a suggested alternative to using Store-Bought Combination Foods, we would like you to consider evaluating your current menus and opt for preparing homemade meals and snacks. The benefits of homemade foods are:

- More nutritious
- Less expensive
- Fewer preservatives - less sodium, fat, sugar
- Taste better - more appealing to children
- Creates opportunities to involve children in meal planning and preparing.

Children may enjoy combination foods and many of the commercially prepared ones can be made from scratch. Some examples include:

- Homemade pizza – minis pizza, bagels, English muffin, pita or bread thin pizzas
- Homemade Chicken or Fish Nuggets, sticks, strips, shapes or bites
- Homemade Soups, Chili and stews
- Burritos, quesadillas and tacos
- Homemade Lasagna and casseroles

In Conclusion - careful thought and consideration should be put into the planning of meals using **Store-Bought Combination Food** products to assure that children are receiving the best nutrition to meet the CACFP New Meal Pattern Requirements for reimbursement. Appropriate documentation must be on file in order for Store-Bought Combination Foods products to be creditable on the CACFP, along with accurate recording of meal components to claim for meals.

Store Bought Combination Foods Resources - Recipes:

<http://www.fns.usda.gov/cnlabeling/child-nutrition-cn-labeling-program>

*Department of Public Instruction – Store-Bought Combination Foods handout, and Crediting Foods on the CACFP handout - <https://dpi.wi.gov/community-nutrition/cacfp>

https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/crediting_foods_in_the_cacfp.pdf

<https://www.youtube.com/watch?v=eW2hYfnCfXs> Jamie Oliver’s Home Made Chicken Nugget Recipe

<https://www.superhealthykids.com/toddler-perfect-chicken-nuggets/> - Home Made Chicken Nugget Shapes.

<https://www.momables.com/lunchbox-wars-4-chicken-nuggets/> Homemade Chicken Nuggets

<https://www.superhealthykids.com/tasty-baked-tofu-nuggets/> Tofu Nuggets

5. The Child Nutrition (CN) label should include the following:

-
-
-
-

6. What is a Product Formulation Statement?

7. Can a Store-Bought Combination Food Product be served on the Food Program without prior approval from your Nutrition Specialist or the Food Program? Why or Why not?

8. Can any part of a Store-Bought Combination Food Product be claimed for reimbursement without a CN label or Product Formulation Statement?

9. Do you currently serve Store-Bought Combination Foods? How do these food products fit into your meal planning in meeting the CACFP meal pattern requirements? What do you see as the advantage(s) of serving Store-Bought Combination Food Products?

10. If you don't serve Store-Bought Combination Foods in your program are there other alternatives you serve in place of E.g. Chicken nuggets, fish sticks, pizza. etc.? Would you consider making homemade versions of these products to be served for meals?

Activities

- ❖ Go to the grocery store and check for a combination food product(s) that has a CN label. This could be in the frozen food section (such as chicken nuggets) or on the store shelf (such as beef stew). List your findings. Considering cost and nutrition, would this be a product you would purchase?

- ❖ If you could not find a combination food product with a CN label in your local store, what ideas do you have for similar replacement foods?

- ❖ Is there a combination food product(s) you're currently using that could be prepared as "homemade" instead?

- ❖ Using the links in the resource section or selecting your own recipe for chicken or tofu nuggets, prepare and share your experience below.

CONGRATULATIONS - YOU ARE DONE!

Please return the completed answer sheets to the 4-C CACFP office:

MAIL: 5 Odana Ct. Madison, WI 53719

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SCAN/EMAIL: foodprog@4-C.org

Thank you for your participation in this Home Assignment

The 4-C CACFP Team!