

FOOD PROGRAM Memo



NOVEMBER 2021

The October claim payment will be deposited or checks sent by Friday, November 25, 2021.

OUNCE EQUIVALENTS FOR GRAINS

A refresher about Ounce Equivalents for the CACFP. Starting October 1, 2021, Ounce Equivalents (Oz. Eq.) for Grains was required to be used in the CACFP meal Pattern (for both children and infants). Using Oz. Eq. only changes the method of measuring and portioning grains - as a result, the required serving sizes change for a few grain items. The term used for a serving of grains changed from “serving” (or “slice” for bread) to Oz. Eq. The required amount of grains per serving increased from 14.75 grams to 16 grams (g). 1 Oz. Eq. of grains is the amount of food, or the serving size, needed to provide 16 g of grain. This does not change how you document the grain items you serve.

As home visits for the new fiscal year have begun, you will find that your Nutrition Specialists will check in with you at each visit about all of the resources provided and review portion sizes of grains you are serving and give technical assistance on using Oz. Eq.

A reminder about the many resources available to help with this transition:

- ***Using Ounce Equivalents for Grains in the Child and Adult Care Food Program***
<https://fns-prod.azureedge.net/sites/default/files/resource-files/CACFPworksheetGrainsOzEq%20.pdf>
- ***Crediting Single-Serving Packages of Grains in the Child and Adult Care Food Program***
https://fns-prod.azureedge.net/sites/default/files/resource-files/Crediting_SS_Pkgs_of_Grains_in-the_CACFP.pdf
- ***Feeding Infants Using Ounce Equivalents for Grains***
https://fns-prod.azureedge.net/sites/default/files/resource-files/Feeding_Infants_Using_Ounce_Equivalents_for_Grains.pdf
- ***Determining Ounce Equivalents of Grains in CACFP Recipes***
https://fns-prod.azureedge.net/sites/default/files/resource-files/Deter_Oz-Eq_of_Grains_in-CACFP-Recipes.pdf
- ***Calculating Ounce Equivalents of Grains in the CACFP***
https://fns-prod.azureedge.net/sites/default/files/resource-files/Calc_OzEqGrainsCACFP.pdf

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- **CACFP Grains Chart**
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cacfp_grains_chart.pdf
- **Cereal Types - Flakes, Rounds, Puffed, or Granola**
https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/cereal_types.pdf

RESOURCES

- ❖ USDA Team Nutrition has recently updated one of their forms: "Identifying Whole-Grain Rich Foods for the CACFP Using the Ingredient List"
 - <https://fns-prod.azureedge.net/sites/default/files/resource-files/cacfp-worksheet-identifying-wgrfoods-en-2021.pdf>
- ❖ Child Nutrition Recipe Box Has USDA Standardized Recipes for Child Nutrition Programs
<https://theicn.org/cnrb/>
- ❖ DPI Snack Inspirations https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/snack_inspiration.pdf

RECIPE

BROCCOLI CHEDDAR QUINOA BITES

Ingredients

2 cups cooked quinoa
2 large eggs
2 garlic cloves, minced
1.5 cups grated sharp cheddar cheese
1 cup finely chopped broccoli
1/2 tsp ground mustard
1/2 tsp salt
1/2 tsp pepper

Instructions

Preheat oven to 350 degrees.
Mix all ingredients together in a large bowl.
Spray mini-muffin pan with non-stick spray and spoon a heaping tablespoon of the mixture into each cup, pressing down mixture into each cup as you go.
Bake for 15-20 minutes until the bites are firm to the touch and slightly browned on top.
Serve immediately. Dip in ranch dressing.
Can freeze them for up to three months! Pop them in the microwave to warm them up.



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