

Crediting Enriched Grains in the Child and Adult Care Food Program

This guidance applies through September 30, 2021, to meals and snacks served in child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers that participate in the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP). Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. For more information, see the Connecticut State Department of Education's (CSDE) handout, *Grain Ounce Equivalents for the CACFP*.



Enriched grains are refined grains (such as wheat, rice, and corn) and grain products (such as cereal, pasta, and bread) that have certain vitamins and minerals added to replace some of the nutrients lost during processing. The five enrichment nutrients are defined by the Food and Drug Administration (FDA) and include:

- thiamin (vitamin B₁, thiamin mononitrate, or thiamin hydrochloride);
- riboflavin (vitamin B₂);
- niacin (vitamin B₃ or niacinamide);
- folic acid (folate); and
- iron (reduced iron, ferrous sulfate, or ferric orthophosphate).

If the grain product includes enriched ingredients or the product itself is enriched, the ingredients or product must meet the applicable FDA standard of identity for enrichment. Examples of enriched ingredients include enriched flour ([21 CFR 137.165](#)) and enriched cornmeal ([21 CFR 137.260](#)). Examples of enriched products include enriched bread, rolls, and buns ([21 CFR 136.115](#)); enriched macaroni products ([21 CFR 139.115](#)); enriched noodle products ([21 CFR 139.155](#)); enriched rice ([21 CFR 137.350](#)); and enriched farina ([21 CFR 137.305](#)).

Enriched products are not nutritionally equivalent to whole-grain products because enrichment does not replace all of the nutrients originally present in the whole grain.



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Identifying Enriched Products

The ingredients statement for commercial products lists ingredients by weight, from most to least. The closer an ingredient is to the beginning of the ingredients statement, the more of it the food contains. A commercial product is enriched if it meets at least one of the two criteria below.

1. The food is labeled as “enriched.” For example, long grain rice that is enriched will have the product name “enriched long grain rice.”
2. An enriched grain is the first ingredient (or water is the first ingredient and an enriched grain is the second ingredient) in the food’s ingredients statement. The label will usually state “enriched flour” or “enriched wheat flour,” or the grain ingredient includes a sub-listing of the five enrichment nutrients in parenthesis. The ingredients statements below show some examples of enriched products.

Ingredients: Water, *enriched flour (wheat flour, niacin, reduced iron, vitamin B1 [thiamin mononitrate], vitamin B2 [riboflavin], folic acid)*, water, sugar, soybean and/or canola oil, buttermilk, eggs, contains 2% or less of leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), salt, fructose, soy lecithin.

Ingredients: *Enriched flour (wheat flour, niacinamide, reduced iron, thiamin mononitrate [vitamin B1], riboflavin [vitamin B2], folic acid)*, soybean oil with TBHQ for freshness, salt, contains two percent or less of corn syrup, baking soda, yeast, soy lecithin.

Note: For guidance on identifying enriched ready-to-eat (RTE) and cooked breakfast cereals, see the CSDE’s handout, [Crediting Breakfast Cereals in the CACFP](#).

Not all refined products are enriched. For example, when manufacturers process corn into cornmeal, they remove the germ of the grain. The resulting cornmeal is not enriched unless the product states “enriched cornmeal” or the ingredients statement lists the five enrichment nutrients, e.g., “enriched cornmeal (cornmeal, niacin, iron, thiamine mononitrate, riboflavin, folic acid).”

CACFP facilities must check the ingredients statement to ensure that a product is enriched. If the ingredients statement does not provide sufficient information, CACFP facilities must obtain a product formulation statement (PFS) from the manufacturer to document the amount of creditable grains in the product.



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Unenriched Products

If a grain product is not enriched, it cannot credit in the CACFP meal patterns. The ingredients statement below shows an example of a noncreditable commercial chicken nugget product. The first ingredient in the breading (grain portion highlighted in yellow) is wheat flour, which is not enriched.

Ingredients: Boneless chicken breast with rib meat, water. Contains less than 2% of salt, onion powder, garlic powder. **Breaded with:** *wheat flour*, water, yellow corn flour, dextrose, sugar, salt, yeast. Contains less than 2 % of spice, extractives of paprika, soybean oil, guar gum, garlic powder, natural flavors.

If the ingredients statement does not provide sufficient information to determine if a commercial product contains enriched grains, the CACFP facility must obtain a PFS from the manufacturer to document the amount of enriched grains in the product. For information on PFS forms, see the CSDE’s handouts, *Using Product Formulation Statements in the CACFP*, and *Accepting Processed Product Documentation in the CACFP*, and the USDA’s handouts, *Product Formulation Statement for Grains: Servings* (through September 30, 2021), *Sample Completed Product Formulation Statement for Grains: Servings* (through September 30, 2021), *Product Formulation Statement for Grains: Ounce Equivalents* (effective October 1, 2021), *Sample Completed Product Formulation Statement for Grains: Ounce Equivalents* (effective October 1, 2021), and *Tips for Evaluating a Manufacturer’s Product Formulation Statement*.

To determine if foods made on site in the CACFP facility contain enriched grains, the CACFP facility must review the grain ingredients in the recipe. For more information, see the CSDE’s handout, *Calculation Methods for Grain Servings in the CACFP*. For information on standardized recipes, see section 2 of the CSDE’s guides, *Meal Pattern Requirements for CACFP Child Care Programs* and *Meal Pattern Requirements for CACFP Adult Day Care Centers*, the CSDE’s handout, *Standardized Recipe Form for the CACFP*.

Table 2. Examples of creditable enriched products for the CACFP ^{1,2}

Dinner rolls

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, sugar, soybean oil, yeast, salt, preservatives (calcium propionate, sorbic acid), monoglycerides, cellulose gum, calcium sulfate, grain vinegar, datem, soy lecithin, wheat gluten.



Saltine crackers

Ingredients: **Unbleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate riboflavin folic acid), canola oil, palm oil, sea salt, salt, malted barley flour, baking soda, yeast.**



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Table 2. Examples of creditable enriched products for the CACFP ^{1,2}, continued

Oat bran bread

Ingredients: *Unbleached enriched wheat flour [flour, malted barley flour, reduced iron, niacin, thiamin mononitrate (vitamin B1), riboflavin (vitamin B2), folic acid]*, water, oat bran, sugar, oats, wheat gluten, soybean oil, salt, yeast, molasses, preservatives (calcium propionate, sorbic acid), monoglycerides, natural flavor, calcium sulfate, grain vinegar, datem, soy lecithin.



Pancakes

Ingredients: Water, *enriched flour (wheat flour, niacin, ferrous sulfate, thiamin mononitrate, riboflavin, folic acid)*, high fructose corn syrup, canola oil. Contains 2% or less of: leavening (baking soda, sodium aluminum phosphate, monocalcium phosphate), eggs, salt, buttermilk, artificial flavor.



Spanish rice ³

Ingredients: *Enriched long grain parboiled rice (rice, iron, niacin, thiamine mononitrate, folic acid)*, onion, salt, red & green bell pepper, spices (including red pepper), sugar, yeast extract, tamari soy sauce (soybean, salt) & garlic.



Breaded chicken nuggets ³

Ingredients: Chicken, water, salt, and natural flavor. **Breaded with:** *enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid)*, water, wheat starch, salt, contains 2% or less of the following: yellow corn flour, corn starch, dried onion, dried garlic, dried yeast, brown sugar, extractives of paprika, and spices. Breeding set in vegetable oil.



¹ Through September 30, 2021, creditable enriched grains must provide the required weights (groups A-G) or volumes (groups H-I) in the USDA's serving size chart for grains, or provide the minimum creditable grains. For more information, see the CSDE's handouts, [Grain Servings in the CACFP](#) and [Calculation Methods for Grain Servings in the CACFP](#).

² These products credit in the CACFP meal patterns, but do not meet the CACFP WGR criteria.

³ Commercial combination foods require a manufacturer's PFS to document the amount of creditable grains in the grain portion. To provide one serving of the grains component through September 30, 2021, a food must contain 14.75 grams of creditable grains for groups A-G and 25 grams of creditable grains for groups H-I. For more information, see the CSDE's handouts, [Using Product Formulation Statements in the CACFP](#), [Calculation Methods for Grain Servings in the CACFP](#), and [How to Identify Creditable Grains in the CACFP](#).

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Serving Size for Enriched Products

Through September 30, 2021, the grains component is in servings. To provide one serving of the grains component, enriched grain products must provide the required weight (groups A-E) or volume (groups H-I) in *Grain Servings in the CACFP*; or contain the minimum creditable grains per serving. The minimum creditable grains are 14.75 grams for groups A-E and 25 grams for groups H-I. **Note:** Groups F and G do not have crediting amounts because the grain-based desserts in these groups do not credit in the CACFP meal patterns.

For more information on determining the CACFP grain serving of a commercial product or food made on site, see the CSDE's handouts, *Grain Servings in the CACFP*, *Calculation Methods for Grain Servings in the CACFP*, *How to Identify Creditable Grains in the CACFP*, and *Crediting Breakfast Cereals in the CACFP*.

Note: Effective October 1, 2021, the required amounts for the grains component change to ounce equivalents. The minimum creditable grains are 16 grams for groups A-E and 28 grams for groups H-I. For more information, see the CSDE's handout, *Grain Ounce Equivalents for the CACFP*.

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/AcceptDocCACFP.pdf>

CACFP Training Tools (USDA):

<https://www.fns.usda.gov/cacfp-training-tools>

Calculation Methods for Grain Servings in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/GrainCalcCACFP.pdf>

Crediting Breakfast Cereals in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditCerealsCACFP.pdf>

Crediting Foods in CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Adult-Day-Care-Centers>

Crediting Foods in CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Crediting-Foods-in-CACFP-Child-Care-Programs>

Crediting Whole Grains in the CACFP (CSDE): <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditWholeGrainsCACFP.pdf>

Grain Ounce Equivalents for the CACFP (Effective October 1, 2021) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/ozeqCACFP.pdf>

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Grain-Based Desserts in the CACFP (USDA):

<https://fns-prod.azureedge.net/sites/default/files/tn/CACFPGrainBasedDesserts.pdf>

Grains Servings in the CACFP (through September 30, 2021) (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/grainsCACFP.pdf>

How to Identify Creditable Grains in the CACFP (CSDE): [https://portal.ct.gov/-](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf)

[/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf](https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/IdentifyCreditableGrainsCACFP.pdf)

Meal Patterns for CACFP Adult Day Care Centers (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Adult-Centers>

Meal Patterns for CACFP Child Care Programs (CSDE webpage):

<https://portal.ct.gov/SDE/Nutrition/Meal-Patterns-CACFP-Child-Care-Programs>

Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_oz_eq.pdf

Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Grains_Breads_Servings.pdf

Sample Completed Product Formulation Statement for Grains: Ounce Equivalents (effective October 1, 2021) (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Sample_oz_eq.pdf

Sample Completed Product Formulation Statement for Grains: Servings (through September 30, 2021) (USDA):

http://https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Samples_Grains_Breads_Servings.pdf

USDA Final Rule (81 FR 24347): CACFP Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010

<https://www.fns.usda.gov/cacfp/fr-042516>

USDA Final Rule Corrections (81 FR 75671): Child and Adult Care Food Program: Meal Pattern Revisions Related to the Healthy, Hunger-Free Kids Act of 2010:

<https://www.federalregister.gov/documents/2016/11/01/2016-26339/child-and-adult-care-food-program-meal-pattern-revisions-related-to-the-healthy-hunger-free-kids-act>

USDA Final Rule (84 FR 50287): Delayed Implementation of Grains Ounce Equivalents in the Child and Adult Care Food Program:

<https://www.federalregister.gov/documents/2019/09/25/2019-20808/delayed-implementation-of-grains-ounce-equivalents-in-the-child-and-adult-care-food-program>

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USDA Memo CACFP 09-2018: Grain Requirements in the Child and Adult Care Food Program; Questions and Answers:

<https://www.fns.usda.gov/cacfp/grain-requirements-child-and-adult-care-food-program-questions-and-answers-0>

USDA Memo CACFP 16-2017: Grain-Based Desserts in the Child and Adult Care Food Program:

<https://www.fns.usda.gov/cacfp/grain-based-desserts-child-and-adult-care-food-program>

USDA Memo SP 34-2019, CACFP 15-2019 and SFSP 15-2019: Crediting Coconut, Hominy, Corn Masa, and Masa Harina in the Child Nutrition Programs:

<https://www.fns.usda.gov/cn/crediting-coconut-hominy-corn-masa-and-masa-harina-child-nutrition-programs>

Using Child Nutrition (CN) Labels in the CACFP:

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CNlabelCACFP.pdf>

Using Product Formulation Statements in the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/PFScacfp.pdf>

Whole Grain-rich Criteria for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/WGRCriteriaCACFP.pdf>

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For more information, visit the CSDE's [Crediting Foods in CACFP Child Care Programs](#) and [Crediting Foods in CACFP Adult Day Care Centers](#) webpages, or contact the [CACFP staff](#) in the CSDE's Bureau of Health/Nutrition, Family Services and Adult Education, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841.

This handout is available at <https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/CreditEnrichedCACFP.pdf>.

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- (3) email: program.intake@usda.gov.

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