

OSPI CNS Child and Adult Care Food Program (CACFP) Reference Sheet

CACFP Grain Requirements

Grains are a required component at breakfast, lunch, and supper meals, and are an optional component at snack.

A serving may contain whole grain-rich or enriched bread, cornbread, biscuits, rolls, muffins, and other bread products; or whole grain-rich, enriched, or fortified cereal grain, cooked pasta or noodle products, or breakfast cereal; or any combination of these foods.

Requirements

- ✓ All grain products must be made with whole grains or enriched meal and/or enriched flour, or bran or germ, to be creditable in the CACFP.
- ✓ At least one serving of grains per day must be whole grain-rich (WGR) for meals served to children or adults.
- ✓ Breakfast cereals served may contain up to 6 grams of sugar per dry ounce, and include ready-to-eat cereals, instant cereals, and hot cereals.
- ✓ Grain-based desserts may not count towards the grain component in the CACFP, even if the grain-based dessert is whole grain-rich.
- ✓ Starting October 1, 2021, all grain products served in the CACFP must be credited based on ounce equivalents.
- ✓ If only snack is served and includes a grain, the grain item must be WGR.

Definitions

- ✓ **Whole grains** contain all three parts of the grain kernel: the bran, the germ, and the endosperm. Whole grains are more nutritious when compared to other grains because they contain the fiber, iron, and other essential nutrients for good health.
- ✓ **Refined grains** are milled, which is a process that removes the bran and the germ. During processing, dietary essential nutrients found in whole grains are removed.
- ✓ **Enriched grains** are refined grains that have been processed to remove the nutrient-rich bran and germ, and then have thiamin, riboflavin, niacin, folic acid, and iron added after processing.



- ✓ **Fortified grains** have vitamins and minerals added that weren't originally in the product to increase the nutritional quality. They are commonly associated with breakfast cereals or infant formula.

For a list of whole grains or to learn how to identify a whole grain-rich item, or a fortified or enriched grain, refer to the reference sheets listed in the Resources section, below.

Reference

- [7 CFR 226.20\(a\)\(4\)\(i\)](#)
- [7 CFR 226.20\(a\)\(4\)\(i\)\(A\)](#)
- [CACFP 09-2018](#)

Resources

- [CACFP Meal Patterns and Menu Planning Webpage](#)
- [CACFP Meal Patterns Moodle Training Course](#)
- [CACFP Grain Requirements – Enriched and Fortified Grains Reference Sheet](#)
- [CACFP Grain Requirements – Whole Grain-Rich Reference Sheet](#)
- [CACFP Grain Requirements – Rule of Three Reference Sheet](#)
- [CACFP Grain Requirements- Whole and Enriched Grains Reference Sheet](#)
- [CACFP Grain-Based Desserts Reference Sheet](#)
- [USDA CACFP Crediting Handbook](#)

Acronym Reference

- CNS- Child Nutrition Services
- CACFP- Child and Adult Care Food Program
- CFR- Code of Federal Regulations
- OSPI- Office of Superintendent of Public Instruction
- USDA- United States Department of Agriculture
- WGR- Whole Grain Rich