

Eating Through Meal Patterns

Child and Adult Care Food Program

Grain-Based Desserts

Starting on October 1, 2017, grain-based desserts can no longer be claimed as a grains/breads component on the Child and Adult Care Food Program (CACFP).



WHAT IS A GRAIN-BASED DESSERT?

The definition of grain-based dessert includes:

Breakfast & cereal bars	Cookies (including vanilla wafers)	Sweet crackers (e.g. graham & animal crackers)	Sweet pie crusts
Brownies	Granola bars	Sweet scones	Sweet rice pudding
Cakes	Sweet bread pudding		Sweet rolls
Doughnuts			Toaster pastries

WHY NO GRAIN-BASED DESSERTS?

Grain-based desserts are top sources of added sugar and unhealthy fats in children's diets. There are many creditable grains that are healthier alternatives. *CACFP participants continue to have the flexibility to serve grain-based desserts as extra items or at meals or snacks that are not claimed.*

WHAT COUNTS AS A COOKIE OR SWEET CRACKER?

A cookie by any other name still tastes as sweet. Cookies, sweet crackers, and other grain-based desserts go by many names. Even if the package does not explicitly say "cookie," wafers, biscuits, dessert squares, or even breakfast rounds may be the same as a cookie. The expectation is that child care homes and centers use their best judgement when planning menus and keep in mind the end goal of the new CACFP meal patterns: growing healthy children.



FUN FACT!

Many grain-based desserts are more expensive than other grains. Child care homes and centers can save money by making the switch!



The new CACFP Meal Patterns go into effect on October 1, 2017.

For more information, visit us on the web at www.acdkids.org or like us on Facebook!

ONE BITE AT A TIME

WHAT CAN I SERVE INSTEAD?

Fortunately, there are many alternatives to grain-based desserts. Here are just a few examples:

Breakfast Ideas			
On October 1, 2017, sites will be able to serve meat/meat alternates such as eggs, yogurt, ham, or cottage cheese for breakfast in place of the grains/breads component up to three times per week.			
Bagels Biscuits Breads Bread pudding (savory) Cereal*	Corn grits* English muffins French toast Grain porridges* Granola*	Muffins Muesli* Oats and oatmeal* Pancakes Quick breads	Rice pudding (savory) Rolls Scones (savory) Waffles

Snack Ideas			
Alternatively, skip the grains at snack and serve two other components instead (fruits, vegetables, meat/meat alternates, or milk).			
Bagels Biscuits Breads Bread pudding (savory) Bread sticks Buns Cereals*	Corn chips Cornbread Corn muffins Crackers (savory) English muffins Grain salads Melba toast	Muffins Pasta Pita bread Pretzels (soft or hard) Quick breads Ravioli Rice cakes	Rice pudding (savory) Rolls Scones (savory) Taco shells Tostada shells Tortilla chips Tortillas

*Note hot and cold cereals will need to contain no more than 23 grams of sugar per 100 grams of dry cereal. See ACD's Breakfast Cereal Guide for more information.

FREQUENTLY ASKED QUESTIONS

① Are muffins and quick breads (such as banana bread or zucchini bread) still creditable?

Yes, muffins and quick breads will still be creditable.

② Are homemade grain-based desserts still creditable?

No, both homemade and store-bought grain-based desserts will no longer be creditable.

③ Can I serve cake or another grain-based dessert for special celebrations such as birthdays?

Cake or other grain-based desserts can be served as an extra food item or at meals or snacks that are not claimed. Claimed meals and snacks must meet the meal pattern requirements.

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