



Crediting Grains Using Ounce Equivalencies for the SNPs and for Children and Adults in the CACFP

Child Nutrition Program (CNP) Operators serving students in the School Nutrition Programs (SNP) and children and adults in the Child and Adult Care Food Program (CACFP) must ensure that they are offering the minimum required serving size of creditable grains for each age group and meal pattern they serve. Crediting grains using ounce equivalencies (oz eq) is a requirement in the SNP and a new requirement in the CACFP, effective October 1, 2019.

NOTE: CACFP Operators must also credit grains using oz eq for infants effective October 1, 2019; however, this tip sheet only applies to grains served to students in the SNP and to children and adults in the CACFP.

There are two methods that CNP Operators can use to determine the oz eq of creditable grains in a product: (1) Use the weight of creditable flour/grains in one serving size of a product, and (2) Use the ounce (oz) weights listed in the U.S. Department of Agriculture (USDA) Exhibit A: Grain Requirements for CNPs.

Method 1: Use the Weight of Creditable Flour/Grains.

Use this method if you have a standardized recipe or documentation from a manufacturer, such as a product formulation statement (PFS).

NOTE: If the amount of creditable flour/grains is provided in a weight other than g or in a volume, convert the amount of each creditable grain ingredient to g. Use the Conversions chart in the Worksheet for Calculating Grains Contribution Using Grams of Creditable Grains tab in the USDA Food Buying Guide Grains web page, <http://bit.ly/2O2kZU3>, for commonly used conversions (e.g., 1 oz = 28 g.) The USDA has established that 16 g of creditable grain is equal to 1 oz eq.

STEP 1: Add up the total grams (g) of creditable flour/grains in the recipe or PFS.

STEP 2: For recipes, divide the number from Step 1 by the number of portions in the product.

STEP 3: Divide the number from Step 2 by 16 to determine the number of oz eq. Round down to the nearest 0.25 oz eq.

STEP 4: Refer to the minimum serving size for each age group, accessible on the California Department of Education (CDE) National School Lunch Program (NSLP) and School Breakfast Program (SBP) Meal Patterns web page at <https://www.cde.ca.gov/ls/nu/he/smi.asp>, and the USDA CACFP Child and Adult Meal Patterns (PDF) at <http://bit.ly/2O6eNKt>, to determine the amount of product to offer.

Method 1 Example: Standardized Muffin Recipe

A recipe for muffins served to students in grades K–12 in the School Breakfast Program includes 200 g of whole wheat flour and 140 g of enriched white flour. The yield is 20 servings.

STEP 1: 200 g whole wheat flour + 140 g enriched white flour = 340 g creditable flour

STEP 2: 340 g creditable flour (from Step 1) divided by 20 servings = 17 g creditable flour per serving



STEP 3: 17 g (from Step 2) divided by 16 g of creditable grains in 1 oz eq = 1.06 oz eq = 1.0 oz eq

STEP 4: According to the CDE NSLP and SBP Meal Patterns web page at <https://www.cde.ca.gov/ls/nu/he/smi.asp>, students in grades K–12 must be offered a minimum serving size of 1 oz eq grains at breakfast. Therefore, one muffin meets the minimum serving size required for this meal and age group.

Method 2: Use the USDA Exhibit A: Grain Requirements for CNPs

Use this method if you only have the Nutrition Facts label from a commercially prepared grain food item. You may not use this method to determine oz eq for combination foods (e.g., burritos).

STEP 1: Determine what Group the food item or product belongs to in the USDA Exhibit A, found at <http://bit.ly/2OO3dAQ>, to determine the weight of 1 oz eq.

STEP 2: Use the Nutrition Facts label to determine the weight in oz or g of the item.

STEP 3: Divide the total weight determined in Step 2 by either the g or oz weight for 1 oz eq listed in the Oz Eq (for the appropriate Group) column in the USDA Exhibit A. Round down to the nearest 0.25 oz eq.

STEP 4: Divide the serving size on the Nutrition Facts label by the number obtained in Step 3 to determine how much of the product must be offered to equal 1.0 oz eq.

STEP 5: Refer to the minimum serving size for each age group in the USDA School Meals Patterns, and the USDA CACFP Child and Adult Meal Patterns to determine the amount of product to offer.

Method 2 Example: Fishy Crackers

A child care center is serving fishy crackers as one of the two required components at snack to children aged three through five, and they need to determine how much to offer each child.

STEP 1: Savory snack crackers are in Group A of USDA Exhibit A. There are 22 g (0.8 oz) in 1 oz eq.

STEP 2: According to the Nutrition Facts label, a serving of 55 crackers weighs 1.1 oz. Step 3: 1.1

STEP 3: 1.1 oz (weight of 55 crackers) ÷ 0.8 oz (oz eq weight in the Oz Eq for Group A column of USDA Exhibit A) = 1.38 oz eq = 1.25 oz eq (rounded down to the nearest 0.25 oz eq)

STEP 4: 55 crackers ÷ 1.25 oz eq = 44 crackers in 1.0 oz eq

STEP 5: According to the USDA CACFP Child and Adult Meal Pattern (PDF), <http://bit.ly/2O6eNKt>, children aged three through five must be offered a minimum serving size of ½ oz eq grains at snack. In this example, there are 44 crackers in 1.0 oz eq which equals 22 crackers in 0.5 oz eq (or ½ oz eq). This means 22 fishy crackers meet the minimum serving size required for this meal and age group.