

# Crediting Smoothies in the Child and Adult Care Food Program

This guidance applies 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).



Smoothies credit differently depending on whether the CACFP facility prepares them on site or purchases commercially prepared products. The USDA recommends not offering smoothies at more than one CACFP meal or snack per day.

## Smoothies Made on Site

Pureed fruits and vegetables in smoothies made on site by the CACFP facility credit only as juice in the CACFP meal patterns. Crediting is based on the actual volume of pureed fruits and vegetables per serving, which must be documented by the CACFP facility's smoothie recipe.



Menu planners must count pureed fruits and vegetables in smoothies with all other juices toward the CACFP juice limit. Pasteurized full-strength juice credits as the vegetables or fruits component at only one CACFP meal or snack per day, between all meals and snacks served to participants. For example, if a smoothie credits as the fruits component at breakfast, juice cannot credit as the fruits component or the vegetables component at lunch, supper, or snack. The USDA's crediting requirements for smoothies are summarized below.

- Smoothies that contain a mix of pureed fruits and vegetables, or that contain 100 percent fruit and vegetable juice blends, credit as the fruits component if fruit juice or fruit puree is the predominant ingredient. If vegetable juice or vegetable puree is the predominant ingredient, the smoothie credits as the vegetables component.
- Concentrated fruit puree and concentrated juice are added sugars and do not credit toward the CACFP meal patterns, unless they are reconstituted to full-strength fruit puree or full-strength juice.
- Milk used in smoothies made on site by the CACFP facility credits as the milk component if it is the appropriate type for each age group. Milk must be unflavored whole milk for age 1; unflavored low-fat (1%) or unflavored fat-free milk for ages 2-5; and unflavored low-fat milk, unflavored fat-free milk, or flavored fat-free milk for ages 6 and older, and adult day care center participants. The minimum creditable amount of milk in a smoothie is  $\frac{1}{4}$  cup. If the amount of milk in a smoothie is less than the full serving of the milk component, the meal or snack must include an additional serving of milk to meet the full requirement for each age group.

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- Yogurt and soy yogurt used in smoothies made on site by the CACFP facility credit as the meat/meat alternates component if they contain no more than 23 grams of total sugars per 6 ounces (no more than 3.83 grams per ounce). For more information, see the CSDE’s handout, [Crediting Yogurt in the CACFP](#).
- Smoothies may include additional ingredients to improve flavor and consistency, such as oatmeal and peanut butter, but these ingredients cannot credit toward the CACFP meal patterns.
- At snack, a smoothie consisting of only milk and juice (or pureed fruits/vegetables) credits as either juice or milk. To be reimbursable, the snack must also include a second component, such as grains or meat/meat alternates. CACFP facilities cannot serve juice (including pureed fruits and vegetables in smoothies) when milk is the only other snack component.

The table below shows how a smoothie made with blueberry puree, yogurt, fat-free milk, and oatmeal could credit in the CACFP meal patterns for children ages 2 and older, and the CACFP meal pattern for adults. **Note:** This smoothie recipe cannot credit as the milk component for age 1 because the CACFP meal patterns require unflavored whole milk for age 1.



Crediting example for a blueberry smoothie	
Ingredient	Crediting for CACFP meal patterns <sup>1</sup>
Frozen blueberry puree, ½ cup <sup>2</sup>	½ cup of fruit juice (fruits component)
Low-fat yogurt, ½ cup <sup>3</sup>	1 ounce of meat/meat alternates
Unflavored fat-free milk, 4 fluid ounces <sup>4</sup>	4 fluid ounces of fat-free milk
Oatmeal, 2 tablespoons	None
<p><sup>1</sup> If the amount is less than the full serving of a component, the meal or snack must include additional foods to meet the full serving for each age group.</p> <p><sup>2</sup> Pureed fruits and vegetables in smoothies credit only as juice. Juice credits as the vegetables component or fruits component at only one meal or snack per day.</p> <p><sup>3</sup> Yogurt and soy yogurt cannot contain more than 3.83 grams of sugar per ounce. For more information, see the CSDE’s handout, <a href="#">Crediting Yogurt in the CACFP</a>.</p> <p><sup>4</sup> Unflavored fat-free milk credits only for ages 2 and older. The CACFP meal patterns require unflavored whole milk for age 1. The minimum creditable amount of milk in a smoothie is ¼ cup. If the amount of milk in a smoothie is less than the full serving of the milk component, the meal or snack must include an additional serving of milk to meet the full requirement for each age group.</p>	

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## Commercial Smoothies

Commercial smoothies do not meet the USDA's requirements for fluid milk or yogurt because they do not comply with the Food and Drug Administration's (FDA) standard of identity for milk or yogurt. Smoothies with dietary supplements such as whey protein powder or herbal supplements such as ginkgo biloba, ginseng, and echinacea cannot credit in the CACFP.

Commercial smoothies made with pureed fruits/vegetables credit only as **juice** toward the fruits component or vegetables component. The product label should include a statement regarding the "percent juice content," which is required by the FDA for beverages made with fruit/vegetable juice or fruit/vegetable puree. For example, an 8-fluid ounce smoothie made from fruit puree with the juice content labeled as "contains 50% juice" credits as 4 fluid ounces or ½ cup of juice. SFAs may need to obtain a product formulation statement (PFS) to document the amount of pureed fruit in the product. For more information, see the CSDE's handout, *Using Product Formulation Statements in the CACFP*.

## Resources

Calculating Sugar Limits for Yogurt in the CACFP (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/CACFPCalcYogurt.pdf>

Choose Yogurts that are Lower in Added Sugars (USDA):

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

Create a Reimbursable Meal Smoothie (New England Dairy & Food Council):

<http://www.newenglanddairyCouncil.org/media/SmoothieRecipeBooklet2015.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 Juice in the CACFP (CSDE):

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

Crediting Yogurt in the CACFP (CSDE):

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

Food Buying Guide for Child Nutrition Programs (USDA):

<https://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs>

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>

## Crediting Smoothies in the CACFP

Product Formulation Statement for Vegetables and Fruits (USDA):

[https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS\\_Documenting\\_Vegetables\\_Subgroups\\_Fruits.pdf](https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Vegetables_Subgroups_Fruits.pdf)

Resources and Recipes for Smoothies (New England Dairy & Food Council):

<https://www.newenglanddairycouncil.org/schools/dairy-in-schools/smoothies/>

Sample Completed Product Formulation Statement for Fruits (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/PFSsamplefruits.pdf>

Sample Completed Product Formulation Statement for Vegetables (USDA):

<https://fns-prod.azureedge.net/sites/default/files/resource-files/PFSsamplevegetables.pdf>

Serving Meat and Meat Alternates at Breakfast in the CACFP (USDA):

<https://www.fns.usda.gov/sites/default/files/tn/CACFPMeatAlt.pdf>

USDA Memo SP 40-2019, CACFP 17-2019 and SFSP 17-2019: Smoothies Offered in Child Nutrition Programs:

<https://www.fns.usda.gov/cn/smoothies-offered-child-nutrition-programs>

Using Product Formulation Statements in the CACFP (CSDE):

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

Vegetable Subgroups in the CACFP (CSDE):

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

# Crediting Smoothies in the CACFP



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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/CreditSmoothieCACFP.pdf>.

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- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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