

Crediting Soup 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).



Soups Made On Site

Soups made on site by the CACFP facility credit based on the amount of the meal pattern components (e.g., vegetables, grains, and meat/meat alternates) contained in one serving of the recipe. CACFP facilities must document this information with a soup recipe based on the yields in the USDA's *Food Buying Guide for Child Nutrition Programs* (FBG). One serving of the recipe must contain at least the minimum creditable amount of a component to credit toward the CACFP meal patterns, e.g., $\frac{1}{8}$ cup of vegetables, $\frac{1}{4}$ ounce equivalent of grains, and $\frac{1}{4}$ ounce equivalent of meat/meat alternates. If the amount in a serving of soup is less than the full serving of a component, the menu must include additional foods from that component to meet the full serving for each grade group.

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*, and the CSDE's handout, *Standardized Recipe Form for the CACFP*.



Crediting Commercial Soups as the Vegetables Component

Only certain types of commercial vegetable soups credit as the vegetables component in the CACFP meal patterns. A 1-cup serving of lentil, pea, or bean soup credits as $\frac{1}{2}$ cup of the vegetables component (legumes subgroup). A 1-cup serving of other allowable commercial vegetable soups credits as $\frac{1}{4}$ cup of the vegetables component. Commercial beef barley, chicken or turkey noodle, and chicken or turkey rice soups do not credit in the CACFP meal patterns. Table 1 lists commercial vegetable soups that credit in the CACFP meal patterns.

To credit a commercial soup product differently from the yields listed in the FBG, CACFP facilities must obtain a PFS from the manufacturer stating the specific contribution of vegetables toward the vegetable subgroups. The PFS must provide the information specified in the USDA's *Product Formulation Statement for Vegetables and Fruits*. CACFP facilities cannot use any other type of manufacturer product information, such as sales literature or product specification sheets, to document compliance with the CACFP meal patterns. These materials do not provide the specific crediting information that is required on a PFS.

Note: The CACFP meal patterns do not require vegetable subgroups. However, the USDA's *CACFP Best Practices* recommends at least one serving of each vegetable subgroup per week.

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Table 1. Creditable commercial soups in the CACFP	
“Additional” vegetables ¹	Legumes ²
Minestrone soup Tomato soup Tomato soup with other basic components such as rice Vegetable soup (contains only vegetables) Vegetable soup with other basic components such as meat or poultry	Lentil soup Pea soup, e.g., split pea Bean soup, e.g., black bean, mixed bean
<p>¹ The FBG indicates that 1 cup of commercial vegetable soup credits as ¼ cup of the vegetables component. Vegetable soup cannot credit toward any other subgroup unless the manufacturer’s product formulation statement (PFS) documents the amount of each vegetable subgroup per serving.</p> <p>² The FBG indicates that 1 cup of commercial lentil, pea, or bean soup credits as ½ cup of the vegetables component (legumes subgroup).</p>	

Portion Sizes

Menu planners must ensure that a serving of soup is sufficient to provide the required amount of the vegetables component. A 1-cup serving is the minimum amount for lentil, pea, or bean soup to credit as ½ cup of the vegetables component. A 1-cup serving is the minimum amount for other allowable commercial vegetable soups to credit as ¼ cup of the vegetables component.

A 1-cup container (8 fluid ounces) does not provide 1 cup of soup unless it is completely filled to the top, which is impractical. To avoid spilling and ensure that the served portion complies with the meal pattern requirements, the container should be larger than the planned serving size of soup. For example, CACFP facilities could use a 10-fluid ounce bowl to hold 8 fluid ounces (1 cup) of soup and a 6-fluid ounce bowl to hold 4 fluid ounces (½ cup) of soup. **Note:** The 1-cup serving required for a commercial soup to credit as the vegetables component may not be practical for young children.

Resources

Accepting Processed Product Documentation in the CACFP (CSDE):

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

CACFP Best Practices (USDA):

https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP_factBP.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>

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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>

Product Formulation Statement for Grains (USDA):

<https://fns-prod.azureedge.net/sites/default/files/PFSgrains13-14.pdf>

Product Formulation Statement for Meat/Meat Alternates (USDA):

https://fns-prod.azureedge.net/sites/default/files/resource-files/PFS_Documenting_Meat_Meat_Alternate_Nov_2019.pdf

Product Formulation Statement for Vegetables and Fruits (USDA):

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

Reviewer's Checklist for Evaluating Manufacturer Product Formulation Statements for Meat/Meat Alternates (USDA):

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

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 Grains: Ounce Equivalents (USDA):

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

Sample Completed Product Formulation Statement for Vegetables (USDA):

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

Standardized Recipe Form for the CACFP (CSDE):

<https://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/StdRecipeCACFP.doc>

Tips for Evaluating a Manufacturer's Product Formulation Statement (USDA):

<https://fns-prod.azureedge.net/sites/default/files/cn/manufacturerPFStipsheet.pdf>

Using Child Nutrition (CN) Labels in the CACFP (CSDE):

<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/PFSscacfp.pdf>

Vegetable Subgroups in the CACFP (CSDE):

<http://portal.ct.gov/-/media/SDE/Nutrition/CACFP/Crediting/VeggroupCACFP.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/CreditSoupCACFP.pdf>.

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