



Crediting **Fruits** in the Child Nutrition Programs

Tip Sheet



Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool Lunch Meal Pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Fruit Requirements



- Fruits may be fresh, frozen, dried, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength (100%) fruit juice. Examples of creditable fruits can be found in the *Food Buying Guide for Child Nutrition Programs (FBG)* at <https://foodbuyingguide.fns.usda.gov/>.
- The minimum creditable serving size for fruit is $\frac{1}{2}$ cup. **Note:** minimum creditable amounts do not apply to the infant meal pattern.



- Pureed fruits credit as juice when served in a smoothie.



- Fruits credit towards a meal based on the volume served (except for dried fruit).
 - Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.
 - Example: $\frac{1}{2}$ cup of dried cranberries credits as $\frac{1}{4}$ cup fruit.
 - $\frac{1}{2}$ cup of *any* fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served, $\frac{1}{4}$ cup (1 Tbsp) of dried fruit cannot be offered to count as $\frac{1}{2}$ cup, because $\frac{1}{4}$ cup is less than the minimum serving size that may be creditable.
- **Note:** In SFSP and NSLP Afterschool Snack Service, dried fruit credits as volume served.



- Menu items in School Meal Programs and CACFP that are mixtures of fruits and vegetables (e.g., fruit salsa made with peaches and red pepper), must be credited separately for the fruits and the vegetables components.

More training, menu planning, and nutrition education materials can be found at TeamNutrition.USDA.gov.

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Nutrition And Meal Planning In Child Care Programs

G Thomas



Nutrition And Meal Planning In Child Care Programs:

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