

FRUITS AND VEGETABLES

1. Fruits or vegetables may be fresh, canned, frozen, or dry. Be aware of the minimum serving sizes. Raisins in oatmeal, blueberries in pancakes, etc, are not in sufficient amount to meet the minimum serving size requirements.
2. Cooked dry beans or peas may be counted as a vegetable or a meat alternate, but not as both at the same meal.
3. Two fruits or vegetables mixed in one bowl or in the main dish may count ONLY as ONE fruit or vegetable component, for example: fruit cocktail, mixed vegetables, etc.
4. When serving a vegetable or fruit salad, list it as such.
5. Potatoes are credited as a vegetable.

1. **Breakfast:** A serving of fruits or vegetables, or full-strength, 100% fruit or vegetable juice is required at Breakfast. Breakfast is an excellent time to serve Vitamin C foods such as oranges, grapefruits, tomato juice, strawberries, and cantaloupe. Remember, only one beverage may be served at snacks or meals, so when serving juice at breakfast, make sure your milk is on cereal.

2. **Lunch and supper:** two separate items from the fruit or vegetable group MUST be served; it can be 2 fruits, 2 vegetables, or 1 of each.

Juice IS NOT creditable as a fruit or vegetable alternate at lunch or supper.

The amount required in the meal pattern is the total quantity of the 2 fruits/vegetables combined. For example, for a 3-6 year old child, the menu states ½ cup total as the minimum amount required. This means ½ cup total, not ½ cup of each of the 2 required fruits/vegetables.

3. **Snacks:** Fruits and Vegetables are in the same food group. For snacks, items from two different food groups must be served; fruits and vegetables may not be served together, for example:

INCORRECT

Apple juice
Carrots/Celery

CORRECT

Carrots
Banana bread

NON-CREDITABLE FRUITS AND VEGETABLES (this is not a complete list, but items commonly found on new provider menus and are not reimbursable)

Juice Cocktails, Drinks; Fruit Flavored Powders (Kool-Aid type); Lemonade; Limeade; Nectars; Coconut;

Condiments (ketchup, mustard, relish, etc)

Jam, Jelly, Preserves; Jell-O, Popsicles that are not 100% juice or fruit; Potato Chips, Hominy

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Food	Creditable yes	no	Comments
Ade Drinks		x	These drinks do not contain at least 50% full strength juice.
Apple Butter		x	
Apple Cider	x		Cider must be pasteurized.
Apple Fritters	x		Fritters must have at least 1/8 cup of apples per serving.
Aspic (fruit in)	x		See gelatin salads.
Banana in Bread		x	It has less than 1/8 cup fruit per serving and may not be counted toward meeting requirements.
Banana in Pudding (fruit added)	x		The pudding must have at least 1/8 cup banana (fruit) per serving. Not Banana flavored pudding.
Barbecue Sauce		x	
Bean Sprouts	x		Extreme care should be used with raw sprouts.
Baked Beans	x		Yes, but beans may not be credited both as a meat/meat alternate and as a vegetable in the same meal.
Cake Containing Fruit		x	There is not enough fruit present.
Carrot Bread		x	The bread contains less than 1/8 cup of carrot per serving and may not be counted to meet the vegetable/fruit requirement.
Catsup or Chili Sauce		x	These products are condiments.
Corn Chips		x	These are not classified as a fruit/vegetable - see the grain/ bread crediting list.
Corn Syrup		x	Corn syrup is a sugar, not a vegetable. It is not recommended for children under one.
Cranberry Juice Blend	x		100% Cranberry juice (not cranberry cocktail) in a blend with another 100% juice is creditable; for example, cranberry juice mixed with apple juice. 100% cranberry juice not in a juice blend is generally not commercially available.
Cranberry Juice Cocktail		x	Juice cocktails contain less than 50% full strength juice.
Cranberry Sauce	x		
Drinks, Fruit		x	Fruit drinks contain less than 50% full strength juice.
Dehydrated Vegetables	x		
Dried Fruit (i.e. Raisins, Apricots, Prunes, Cranberries)	x		Dried fruits are concentrated.
Dry Spice Mixes		x	

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Food	Creditable yes	no	Comments
Fig Bar Cookies		x	The amount of figs per serving is insufficient to count toward the fruit/vegetable component.
Frozen Fruit-flavored Bars		x	These bars do not contain enough, if any, fruit juice.
Frozen Fruit Juice Bars	x		Fruit juice bars must contain a minimum of 50% full strength juice. Only the juice portion may be counted to meet the fruit/vegetable requirement.
Fruit Cobblers/Crisps	x		These must contain at least 1/8 cup of fruit per serving. These products must be homemade or contain a CN label. These products have a high sugar content. Snack only
Fruit Juice Concentrates	x		
Fruit Juice Bases		x	Juice bases do not contain sufficient fruit per serving.
Fruit Drinks		x	Drinks contain less than 50% full strength juice.
Fruit-Flavored Canned Punch		x	This product contains less than 50% full strength juice.
Fruit-Flavored Powders		x	Fruit-flavored powders do not meet the definition of fruit.
Fruit Pies	x		Fruit pies must contain at least 1/8 cup of fruit per serving. These products must be homemade or contain a CN label. These products have a high sugar content. Snack only
Fruit Pie Filling	x		If the predominant ingredient is fruit, it will provide one-half credit; that is 1/2 cup fruit pie filling will provide 1/4 cup of fruit, unless otherwise documented. These items have a high sugar content. Snack only.
Fruit Sauces (Homemade)	x		The sauce must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. Generally, commercial sauces have insufficient fruit content. These products are high in sugar.
Fruit Snacks, i.e. bars, roll ups, wrinkles, gummy styles	x	x	<u>Only CN labeled products are creditable.</u> Otherwise, these products do not contain sufficient amounts of fruit per serving.
Gelatin Desserts with Fruit and/or Vegetables	x		These desserts must contain at least 1/8 cup or 2 Tbsp of fruit or full strength fruit or vegetable juice per serving. "Fruit flavored" gelatins are not creditable.
Gravy Base		x	This is not a vegetable.
Hominy		x	Hominy is a grain/bread. The product has no nutritional value other than minimal amounts of fiber and starch.

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Food	Creditable yes	no	Comments
Honey		x	Honey is a sugar not a fruit. This product is not recommended for children under one year of age.
Ice Cream, fruit flavors		x	No fruit flavoring is creditable.
Jam		x	Jam has insufficient fruit content per serving.
Jelly		x	Jelly has insufficient fruit content per serving.
Juice Bars	x		With 100% juice only (see frozen fruit juice bars).
Juice Blends- <u>All Fruit</u>	x		These are combinations of full-strength juices.
Ketchup (Catsup)		x	This is a condiment.
Kiwi Fruit	x		
Lemon Pie Filling		x	Lemon pie filling does not contain fruit solids. The juice contained requires dilution beyond the 50% limit for palatability. See fruit pie filling for Shaker Lemon pies (pies with actual lemon slices)
Lemonade		x	Lemonade requires dilution beyond the 50% limit for palatability.
Macaroni Salad		x	Macaroni is not a vegetable.
Maple Syrup		x	Maple syrup is a sugar not a fruit. See the entry for corn syrup.
Mayonnaise, Salad Dressing, Margarine, Salad Oil and Butter		x	Mayonnaise, margarine, butter, salad oils and salad dressings are fats, not fruits or vegetables.
Onion Rings	x		They may be credited if they are homemade, or if a product specification sheet is available.
Olives	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Pickles	x		They must have at least 1/8 cup per serving. High salt content should be noted.
Pineapple Upside-Down Cake		x	There is less than 1/8 cup fruit per serving.
Pizza Sauce	x		Pizza sauce may be credited as tomato sauce if at least 1/8 cup (2 TBSP) per serving is provided.
Pop Tart Filling		x	There is not enough fruit present.
Popsicles		x	These are not 100% juice.
Posole		x	Posole is not made from the whole kernel corn.
Potato Chips		x	These are "other foods". Fruit/vegetable chips are not creditable.

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Food	Creditable yes	no	Comments
Preserves		x	See jams and jellies.
Puddings with Fruit, Commercial		x	Puddings have less than 1/8 cup of fruit per serving and may not be counted to meet the vegetable/fruit requirement.
Pumpkin in Bread		x	This product has less than 1/8 cup of fruit per serving, and may not be counted to meet the vegetable/fruit requirement.
Rice, Whole Grain or Enriched		x	Rice is not a vegetable. It is creditable as a grain/bread only.
Salsa, both homemade and commercial	x		Salsa may be credited if the recipe documents that 1/8 cup (2 Tbsp) of vegetables per serving is provided. For products that contain all vegetable ingredients plus minor amounts of spices or flavorings, 100% of the product may be used to meet the volume requirement on a volume for volume basis.
Sherbet or Sorbets	x	x	Only Sherbets/Sorbets with CN labels may be credited.
Soups: such as Clam Chowder, Minestrone, Split Pea, Tomato, Tomato Rice, Vegetable, Vegetable w/ Beef, or Chicken	x		See the canned condensed soup entry.
Canned, Condensed Soup (1 part soup to one part water) All vegetable and vegetable with basic components such as meat and poultry.	x		1 cup of reconstituted soup will yield ¼ cup of vegetable. Please refer to the Food Buying Guide.
Canned or Frozen Ready-to-Serve Soup	x		1 cup serving will yield ¼ cup of vegetable.
Dehydrated Soup Mixes	x		To credit vegetables in dehydrated soup mixes: Determine the volume measurement by re-hydrating the soup according to the manufacturer's instructions. Heat, then isolate the vegetable pieces and measure the volume. Separate the vegetable pieces from noodles rice, etc. Volume measurements must be recorded for each brand and type of soup.

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Food	Creditable yes	no	Comments
Home Made Soups	x		Use the quantities of vegetables in the recipe to calculate crediting amounts.
Spaghetti Sauce (Tomato Sauce)	x		Spaghetti sauce is credited as tomato sauce if 1/8 cup (2 Tbsp) per serving is provided.
Sprouts	x		Example: Alfalfa, Bean. Use raw sprouts with extreme caution for younger children and adult populations.
Syrup (Fruit Flavored)		x	
Toaster Pastries With Fruit (Poptarts)		x	These are credited as a grain/bread only and only for supplements and breakfasts. There is insufficient fruit content.
Vegetable Juice Blends e.g. V-8 Juice	x		This is a mixed, full strength vegetable juice.
Vegetables, Chopped	x		Vegetables such as celery, onions in prepared dishes, may be credited, provided that at least 1/8 cup (2 Tbsp) per serving is supplied.
Yogurt Commercial, (Fruit Added by provider)	x		The yogurt must contain at least 1/8 cup added fruit per serving.
Yogurt with Fruit, Commercial		x	Commercial fruit yogurt has less than 1/8 cup fruit per serving and may not be counted to meet the fruit requirement - See the meat/meat alternate section.
Zucchini in Bread (Squash in Bread)		x	This product has less than 1/8 cup per serving and may not be counted to meet the fruit/vegetable requirement.

Questions and Answers about Fruit/Vegetables

1.Q.: Are foods like coleslaw, potato salad, and waldorf salad creditable?

A: Yes, the fruit and vegetable ingredients in these items all count toward meeting the fruit/vegetable requirement. However, other ingredients such as mayonnaise and marshmallows are not creditable and their weight/volume must be excluded when crediting a serving of any of these foods. Thus, a ¼ cup serving of coleslaw containing non-creditable ingredients would not equal ¼ cup of fruit/vegetable. Use the amount of fruit/vegetables contained as ingredients in the standardized recipe to determine credit.

2. Q: Can combination items such as fruit cocktail, mixed vegetables, or peas and carrots be used to meet the requirement of serving two or more fruits/ vegetables at lunch and supper?

A: No, combination items are considered as only one item for crediting purposes.

3. Q: How are fruits and vegetables counted in combination dishes such as beef stew?

A: Only one fruit/vegetable component can be counted in a combination dish. For example, if the beef stew served contains stew meat, potatoes, carrots, and onions, the stew could only count for one fruit/vegetable component and an additional fruit or vegetable would need to be served.

4. Q: How do I prepare a homemade pizza so that it is creditable as a fruit/vegetable component?

A: Homemade pizza may be counted as one fruit/vegetable component. In order to meet this requirement, the pizza should include pizza sauce and vegetable or fruit toppings. The amount of sauce on a commercial pizza is not sufficient to count as a vegetable unless the pizza is CN labeled.

5. Q: How much tomato paste, tomato puree or tomato sauce would be needed to equal ¼ cup vegetable for each child at lunch or supper?

A: Tomato paste 1 tablespoon = ¼ cup vegetable Tomato puree 2
tablespoons = ¼ cup vegetable Tomato sauce 4 tablespoons = ¼
cup vegetable

6. Q: Are the raisins in homemade rice or bread pudding creditable?

A: Yes, however, at least 1/8 cup (2 Tbsp) must be served in each serving to be creditable. In most recipes, not enough raisins are used to meet this requirement.

7. Q: How can I tell if juice is 100% full strength juice?

A: The label will state "juice, full strength juice, single strength juice, 100% juice, reconstituted juice, juice from concentrate or juice concentrate." Juices that have the words cocktail, beverage, drink or ade are not 100% juice. The statements "natural" or "organic" do not indicate if the juice is 100% strength.

8. Q: Can we purchase homemade juices such as apple cider from local farm stands?

A: Yes, however, since there have been a number of significant safety problems with the service of un-pasteurized ciders and juices, we now have revised policy to require that your program serve only pasteurized juice products. Children and the elderly are often at increased risk from potentially toxic bacteria. Most local farmers now pasteurize these products.

9. Q: Can the fruit in pudding or the fruit or vegetable in gelatin be counted towards the fruit /vegetable requirements?

A: Yes, however, at least 1/8 cup fruit/vegetable or fruit juice must be present in each serving. Gelatin or pudding alone will not meet CACFP requirements.

10. Q: Can juice concentrate in its concentrated form be used to meet the fruit/vegetable requirement?

A: Yes, this policy was updated in FNS Instruction 783-11 Rev. 1 (August 17, 1995). When a juice concentrate is used in its concentrated form, it may be credited on a reconstituted basis. For example, a gelatin product containing 1 Tbsp of orange juice concentrate per serving could receive 1/4 cup fruit/ vegetable credit since the orange juice could be reconstituted on a ratio of one part concentrate to 3 parts of water (1 Tbsp concentrate + 3 Tbsp water = 4 Tbsp full strength reconstituted juice or 1/4 cup credit)

11. Q: Are edible wild plants such as dandelion greens, burdock, lambs quarters (pig weed), and seaweed creditable?

A: Yes, they are considered to be vegetables. However, caution should be used. These plants are grown in the wild and considered by some individuals to be weeds; therefore toxic pesticides may have been sprayed on these plants. Safe guards in the use of wild plants should be developed.

12. Q: Are fruit sauces, such as orange sauce made with orange juice, or blueberry sauce made with canned/frozen blueberries creditable?

A: Yes, however, only the fruit portion of the sauce, i.e., the orange juice or blueberries is creditable. At least 1/8 cup of fruit must be in each serving. Therefore, to determine the creditable portion size, divide the total amount of fruit used by the servings prepared.

13. Q: Are dehydrated vegetables creditable and how are yields determined?

A: Yes, dehydrated vegetables are creditable. Yields for dehydrated vegetables must be based on the re-hydrated volume, not upon the fresh volume that may be stated on the container. Keep in mind that re-hydration yields on the container often vary from brand to brand. This variation in yields means that the following procedure must be used for each brand of de-hydrated product to determine yield.