

# Growing a Healthier Future with the CACFP

## 2017 USDA In-Home Training

### One hour Growing Futures approved training

This is a mandatory training. When completed please return to the SENDCAA office by  
October 31<sup>st</sup>, 2017

Name \_\_\_\_\_

Growing Futures Number (this is not your SENDCAA number) \_\_\_\_\_

Phone Number \_\_\_\_\_

The revised CACFP meal patterns include\_\_\_\_\_.

- a. More fruits and vegetables
- b. Additional whole grains and protein
- c. Less added sugar
- d. All of the above

Breakfast cereals must contain no more than \_\_\_\_ grams of sugar per dry ounce.

Please list 4 CACFP creditable cereals you might serve your children starting October 1<sup>st</sup>.

- 1.
- 2.
- 3.
- 4.

At least \_\_\_\_ serving of grains per day must be whole grain rich.

Brown rice is considered a whole grain. True or False

Please list 5 foods that are considered a whole grain.

- 1.
- 2.
- 3.
- 4.
- 5.

Whole grain-rich items must be documented on menus. True or False

Please list 5 grain based desserts that will no longer be creditable with the CACFP.

- 1.
- 2.
- 3.
- 4.
- 5.

Juice is allowed twice a day. True or False

Two servings of carrots can be served at lunch to fulfill the vegetable component? True or False

A serving of a vegetable and a fruit at snack would be creditable: True or False

A second vegetable serving may be served instead of the fruit component at lunch and supper: True or False

What types of milk are required to be served for children over 2 years of age?

- 1.
- 2.

Flavored milk will be creditable for children under 6 years of age: True or False

Breastmilk is an allowable fluid milk to children past 1 year of age: True or False

What type of milk is required for children 1 to 2 years of age? \_\_\_\_\_

Tofu will be creditable starting October 1<sup>st</sup>, 2017: True or False

Soy yogurt will not be creditable starting October 1<sup>st</sup>, 2017: True or False

A meat/meat alternate may be served in place of the entire grains component at breakfast a maximum of \_\_\_\_\_ times per week.

Beans and peas may be credited as either a meat alternate or as a vegetable, but not as both in the same meal.  
True or False

Yogurt must contain no more than \_\_\_\_ grams of total sugars per 6 ounces.

Homemade yogurt is creditable on the food program. True or False

For lunch and supper, nuts and seeds must be served with a different meat/meat alternate to meet the full requirement for a reimbursable meal. True or False

An 8 ounce serving of yogurt with 40 grams of sugar will be creditable on the Food Program. True or False

What food products are NOT a creditable meat alternate? (Circle all that apply)

- a. Nutella
- b. Summer sausage
- c. Pepperoni
- d. Beef jerky
- e. Yogurt

Which frying method is no longer allowed as an approved method for preparing meal on-site in the CACFP setting?

- a. Pan-frying
- b. Deep-fat frying
- c. Stir-frying
- d. All of the above

Yogurt and whole eggs will be an allowable meat alternate for infants, starting October 1<sup>st</sup>, 2017. True or False

Cheese food or cheese spread are creditable for infants. True or False

Providers must offer at least one type of iron-fortified infant formula to infants. True or False

The infant meal pattern requirements allow ready-to-eat (breakfast) cereals to be served during\_\_\_\_\_.

- a. Breakfast
- b. Lunch
- c. Snack
- d. None of the above

How often are you required to record your menus and attendance?

- a. Daily
- b. Weekly
- c. Monthly
- d. Bi-monthly

Meal counts (attendance) on the menu records can be filled out before the meal is served. True or False

Which of the following is a reason a provider could be found serious deficient?

- a. Submitting false information
- b. Claiming meals not served to children
- c. Failure to keep daily records
- d. All of the above

Meal counts and menu records must be available during a home visit. It is expected that you keep accurate meal counts by:

- a. Recording menus at the end of the month
- b. Remembering what you serve and telling your home monitor at your visit
- c. Recording menus and attendance daily

Submitted claims are reviewed by SENDCAA staff. Which of the following may be a reason for deducting a claimed meal?

- a. Foods recorded are not the same as what was observed by a home monitor during a home visit.
- b. Current enrollment for a child is not on file or information does not support what meals are being claimed.
- c. A food listed is not creditable
- d. All of the above

What date of the month are menus due to our office? \_\_\_\_\_

**Please complete a four week menu with the new CACFP guidelines for children over one year of age on the next sheet of paper.**

Please complete a four week menu with the new CACFP guidelines for children over one year of age.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					

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