

# STATE OF COLORADO

John W. Hickenlooper, Governor  
Larry Wolk, MD, MSPH  
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4300 Cherry Creek Dr. S.      Laboratory Services Division  
Denver, Colorado 80246-1530      8100 Lowry Blvd.  
Phone (303) 692-2000      Denver, Colorado 80230-6928  
Located in Glendale, Colorado      (303) 692-3090  
[www.colorado.gov/cdphe](http://www.colorado.gov/cdphe)



Colorado Department  
of Public Health  
and Environment

## CDPHE-CACFP PROCEDURE MEMO

### ADULT DAY CARE # 14-05, FDCH #14-06, CENTERS #14-08

**DATE:** July 2014  
**TO:** CACFP Institution Representatives  
**FROM:** Tracy Miller, MSPH, RD, Director  
Colorado Department of Public Health and Environment-  
Child and Adult Care Food Program (CDPHE-CACFP)  
**SUBJECT:** **Smoothies in the CACFP**

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Previously released guidance from the United States Department of Agriculture - Food and Nutrition Service (USDA-FNS), Policy Memorandum CACFP 17-2012 allowed milk used in smoothies to be creditable as a milk component. This memorandum allows yogurt in smoothies to count as a meat/meat alternate for the breakfast meal pattern in the National School Lunch Program (NSLP) and the Summer Food Service Program (SFSP). However, since the CACFP meal pattern for breakfast does not require a meat/meat alternate component, yogurt at breakfast is considered an extra component in the CACFP. The addition of yogurt to a breakfast smoothie does not serve as a substitution for milk.

The questions and answers listed below provide additional clarification regarding how smoothies may be counted toward the meal pattern requirements in the CACFP.

#### **Can smoothies be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit, and grain components?**

Milk in smoothies may be counted as the fluid milk requirement for lunch and breakfast. Fruit used in smoothies can count as fruit juice, which may meet the fruit component requirement for lunch and breakfast. Vegetables, grains, and meat/meat alternates cannot be counted when served in a smoothie.

#### **Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter to improve flavor and consistency?**

These ingredients may be added to smoothies; however, they do not contribute to the CACFP meal pattern requirements.

**Must smoothies include the full quantities of the milk and fruit component when served?**

Smoothies do not have to contain the full quantity of the fluid milk and fruit components. However, all components must be offered in the required quantities at the meal or snack to meet the CACFP meal pattern requirements.

**What type of milk must be used when making smoothies?**

If the provider intends to count the milk in smoothies as the milk component, the milk must be low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored) for children ages two years and older.

**How does pureed fruit served in smoothies count toward the CACFP meal pattern requirement?**

Pureed fruits used to prepare beverages such as smoothies, must be counted as juice, which contributes to the fruit/vegetable component requirements. In Colorado, the CACFP Healthier Meals Initiative (HMI) limits the service of 100% fruit juice to twice per week. When pureed fruits are used in smoothies, they should be counted toward the twice per week juice limit.

When using pureed fruits in smoothies, the pureed fruit counts as juice and must be measured after the fruit is pureed. The volume of fruit after pureeing is the amount that can be used to count toward the meal pattern requirements for juice. For example, the volume of juice obtained from pureeing one cup of whole blueberries can be determined by pureeing the blueberries first and then measuring the amount of the blueberry puree.

Pureed fruit included in a beverage such as a smoothie, may be counted as the entire fruit/vegetable component at breakfast and lunch in the CACFP. However, at snack, a smoothie can count as either juice **or** milk, and a separate, second component must be served in addition to the smoothie.

Pureed fruit can be credited as fruit when offered as a food, such as apple sauce.

**When smoothies are offered during a meal, does additional fruit and milk need to be offered?**

When smoothies are served as part of a meal, USDA-FNS strongly encourages sites to offer an additional fruit option for children. This practice would allow a child the option to select a different fruit if he/she does not consume a fruit smoothie.

**How can a participant identify the food components in the smoothie for sites serving the meal in a cafeteria style meal service?**

Sites serving smoothies in a cafeteria style meal service or School Food Authorities (SFA) operating at-risk afterschool programs sites, should inform participants about the meal components by listing the smoothie as a fruit and milk smoothie at breakfast and lunch. When serving a fruit and milk smoothie at snack, another component must be available in the serving line.

**How do commercially prepared smoothies credit toward meal pattern requirements?**

Prepackaged smoothies do not comply with the Food and Drug Administration (FDA) standard of identity for “milk” or “yogurt” and **do not** meet the CACFP Program requirements for “fluid milk” or “yogurt.” Therefore, milk or yogurt in a commercially prepared smoothie is not creditable.

Commercially prepared smoothies may only be creditable toward the fruit component of the CACFP meal pattern requirements. Commercial fruit beverages may, or may not list the word “smoothie” on the product name. For commercial products listing fruit smoothies in the product name, the pureed fruit used in the beverage might be credited as juice towards the daily meal pattern requirement. The FDA requires the product label to include a statement on the “percent juice content”, which is usually listed as a fruit juice percent (%). A smoothie made from fruit puree may list the fruit content of the label as “contains 50% juice”. A smoothie product containing 50% juice in the form of a pureed fruit is creditable as 4 fluid ounces or ½ cup of juice.

**Can smoothies contain nutritional supplements such as whey protein powder and herbal supplements such as Ginkgo biloba?**

No. Smoothies with dietary and herbal supplements are not creditable. However, smoothies can be made with juice that has been fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.

**Are smoothies allowed at breakfast and lunch?**

Smoothies may be offered at any meal. It is not recommended to offer a smoothie at both breakfast and lunch on the same day.

Please contact the CDPHE-CACFP office at (303) 692-2330 if you have any questions or need assistance.