



COLORADO

Department of Public
Health & Environment

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*** CDPHE-CACFP PROCEDURE MEMO CENTERS #15-14 ***

*** CDPHE-CACFP PROCEDURE MEMO FDCH #15-12 ***

*** CDPHE-CACFP PROCEDURE MEMO ADC #15-07 ***

DATE: May 29, 2015
MEMO CODE: CENTERS #15-14, FDCH #15-12, ADC #15-07
SUBJECT: Summary of all policies pertaining to crediting ingredients of smoothies
TO: Child and Adult Care Food Program institution representatives

This procedure memorandum summarizes all provisions pertaining to the crediting of smoothies described in the following USDA memoranda:

- SP 36-2012, CACFP 17-2012, SFSP 13-2012
- SP 10-2014, CACFP 05-2014, SFSP 10-2014
- SP 10-2014 (v.2), CACFP 05-2014 (v.2), SFSP 10-2014 (v.2)

This procedure memorandum supersedes the CDPHE-CACFP Procedure Memo ADC #14-05, FDCH #14-06 and Centers #14-08.

Smoothies may be offered at breakfast, lunch, and snack to meet the fluid milk, meat/meat alternate, and fruit/vegetable components of the CACFP Meal Pattern. This memorandum includes specific provisions related to the crediting of smoothies' ingredients for specific CACFP meals.

Fruits and Vegetables in Smoothies

- Fresh, frozen, or canned fruit or vegetables, 100% fruit or vegetable juice, and 100% vegetable and fruit juice blends used in smoothies contribute to the fruit/vegetable component.
- Pureed fruits and pureed vegetables are considered juice when served in a smoothie.
- Pureed fruits and pureed vegetables used in smoothies must be measured after the fruit or vegetable 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.
- Vegetables from the dry beans and peas subgroup served in smoothies contribute to the vegetable meal pattern requirement as juice.
- In Colorado, the CACFP Healthier Meals Initiative (HMI) limits fruit juice to twice per week. However, the HMI policy does not apply to smoothies. For example, when pureed fruits or vegetables are used in smoothies, they do not count toward the twice per week HMI juice limit.
- Pureed fruits and pureed vegetables contribute to the fruit/vegetable component when offered as a food such as applesauce, or in soup.
- The minimum amount of pureed vegetables is 1/8 cup to count as the fruit/vegetable component. No more than half (50%) of the daily fruit/vegetable component at lunch may be vegetable juice. No more than half (50%) of the daily fruit/vegetable component at lunch may be fruit juice.
- Pureed fruit included in a smoothie may be counted as the entire fruit/vegetable component at breakfast.
- Smoothies with dietary and herbal supplements are not creditable. However, smoothies made with juice fortified with vitamins and minerals, such as orange juice with calcium and Vitamin D, are creditable.



Yogurt in Smoothies

- Yogurt in smoothies counts as a meat/meat alternate at lunch, supper, and snack.
- Yogurt is the only creditable meat/meat alternate allowed in a smoothie.
- Since the CACFP meal pattern for breakfast does not require a meat/meat alternate component, yogurt in a smoothie is considered an extra component at breakfast. The addition of yogurt to a smoothie at breakfast, lunch, or supper is not a substitute for the fluid milk component.

Milk in Smoothies:

- Milk in smoothies may be counted as the fluid milk requirement for breakfast, lunch, supper, and snack.
- Milk used in smoothies must be low-fat (1% milk fat or less, unflavored) or fat-free (unflavored or flavored) for children age two years and older.
- The minimum creditable amount of milk in a smoothie is ¼ cup.

Grains in smoothies:

Grains may be added to smoothies; however, they do not contribute to the CACFP Meal Pattern requirements.

Commercially prepared smoothies:

- 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 count toward the fruit component of the CACFP meal pattern requirements. Commercial fruit beverages may, or may not, list the word “smoothie” in the product name. For commercial products listing fruit smoothies in the product name, the pureed fruit used in the beverage may be counted as juice. The FDA requires the product label to include a statement pertaining to the percent juice content, which is usually listed as a fruit juice percentage. 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.

Other provisions:

- At snack, a smoothie containing fruit or vegetable and milk can count as either juice or milk if a second component is served in addition to the smoothie.
- If the amount of fruit, vegetable, meat/meat alternate and/or milk served in a smoothie does not fulfill the minimum serving size needed to meet the meal pattern requirements when smoothies are offered as part of a meal, an additional fruit, vegetable, meat/meat alternate and/or milk must be offered.

The example below demonstrates how fruit, yogurt, and milk used in a smoothie contribute to the CACFP Meal Pattern requirements:

Ingredients

4 fluid ounces of milk
½ cup blueberry puree, frozen
4 ounces low fat yogurt

Counts as:

½ cup of milk
½ cup fruit juice
1 ounce meat alternate

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

