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FISCAL YEAR 2014
CHILD AND ADULT CARE FOOD PROGRAM
FAMILY DAY CARE HOME SPONSOR MEMORANDUM #3

TO: Family Day Care Home Sponsors

FROM: Kyle L. Guerrant, Director K.G. 12-6-13
Office of School Support Services

DATE: December 6, 2013

SUBJECT: **Smoothies Offered in Child Nutrition Programs**

Attached is a revision of the Food and Nutrition Service (FNS) guidance on crediting of fruit smoothies in Child Nutrition Programs. This revision modifies the FNS guidance to allow for crediting of yogurt in smoothies prepared in-house during breakfast service. Please note the original memorandum permitted milk to credit in these products; this memorandum adds information on the crediting of yogurt.

If you have any additional questions concerning this memorandum, contact the Child and Adult Care Food Program Office at 517-373-7391.

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United States Department of Agriculture

Food and Nutrition Service

3101 Park Center Drive
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DATE: November 14, 2013

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SUBJECT: Smoothies Offered in Child Nutrition Programs

TO: Regional Directors
Special Nutrition Programs
All Regions

State Directors
Child Nutrition Programs
All States

This memorandum supersedes SP-36-2012, CACFP 17-2012, SFSP 13-2012, July 11, 2012, version of the Food and Nutrition Service (FNS) policy memorandum, "Smoothies Offered in Child Nutrition Programs." This revision modifies FNS guidance on fruit smoothies to allow for the crediting of yogurt in smoothies prepared in-house during breakfast service. Please note that the original memorandum permitted milk to credit in these products; this memorandum adds information on the crediting of yogurt.

Prior to July 2012, fruit smoothies were not permitted to contribute toward the milk or meat/meat alternate requirements at breakfast. Crediting policy has been based on the premise that service of recognizable forms of food supports the educational aspects of the meal programs and simplifies program operation. Additionally, the *Dietary Guidelines for Americans* emphasize that the majority of fruit consumed should come from whole fruits, including fresh, canned, frozen, and dried forms, rather than from juice. When juices are consumed, 100% juice should be encouraged. However, there has been increased usage and identification of smoothies as a recognizable food item; in many cases, it can also be a healthful food option, particularly at breakfast and other meals and snacks. As a result, in July 2012, FNS allowed milk contained in smoothies prepared in-house to be credited.

Since then, some program operators have suggested that allowing yogurt in smoothies to credit toward the meat/meat alternate requirement at breakfast may provide a more acceptable taste and texture, which could help increase participation in the breakfast program while reducing waste. FNS agrees that there are benefits to allowing crediting of yogurt in smoothies at breakfast, and will allow yogurt in smoothies to credit as a meat/meat alternate for the breakfast meal pattern, as described in the questions and answers below. It is important to recognize that the addition of yogurt to a smoothie does not serve as a substitution for milk.

As this crediting policy is implemented, it will be critical for food service staff to continue to offer a variety of fluid milk choices and monitor milk consumption to ensure that the service of smoothies does not compromise student consumption of milk.

Because most of the interest and benefits associated with this policy change has been expressed around breakfast, we are limiting the crediting to breakfast at this time. FNS plans to monitor the impact of this change carefully. The guidance below provides school food authorities (SFAs) and other program operators with clarification on how smoothies may be credited under CN Programs.

1. Can smoothies prepared by operators be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit, and grain components?

Milk may be credited toward the fluid milk requirement in smoothies prepared by program operators to meet meal pattern requirements for lunch and breakfast. Fruit can be credited as fruit juice toward the fruit requirement (see below for additional information on juice) in smoothies prepared by program operators to meet meal pattern requirements for lunch and breakfast. Yogurt may be credited as a meat alternate in smoothies prepared by program operators at breakfast only. Vegetables, grains, and meat/meat alternates (except yogurt during breakfast service) cannot be credited when served in a smoothie.

2. Can program operators blend smoothies before the point of sale such as in a satellite kitchen?

Yes. Blending after the point of sale is not a requirement; smoothies can be served directly from the service line.

3. Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter to improve flavor and consistency even though such ingredients in smoothies do not contribute to meal pattern requirements?

Yes. The only creditable meat/meat alternate allowable in a smoothie is yogurt, for breakfast only. However, while other (extra) ingredients in smoothies do not contribute to meal pattern requirements, the grain and meat/meat alternate components added in smoothies must be counted toward the weekly limits on calories and saturated fat.

4. Do smoothies have to include the full milk and fruit component if served?

No. Smoothies do not have to contain the full 1 cup fluid milk and full fruit requirement. However, program operators must always make certain that all components are offered in the required quantities to meet meal pattern requirements.

5. What type of milk must be used when making smoothies?

The types of milk used in smoothies must be consistent with CN Program guidance for the types of fluid milk acceptable for the specific program and age group being served. For school meal Programs, and Child and Adult Care Food Program (CACFP) the types of milk include low-fat (1 percent milk fat or less, unflavored) or fat-free (unflavored or flavored).

6. How does pureed fruit credit toward the meal pattern requirement?

The volume of pureed fruit included in a beverage must be counted as ***juice*** *toward the daily and weekly fruit requirements. Program operators must limit the amount of juice offered to children to no more than half (50%) of the weekly fruit offerings in the National School Lunch Program (NSLP) or School Breakfast Program (SBP). Program operators must limit the amount of juice offered to children to no more than half (50%) of the daily fruit/vegetable component at lunch in the CACFP and SFSP. Pureed fruit included in a beverage may be counted as the entire daily fruit/vegetable component at breakfast in the CACFP and SFSP. However, at snack, a smoothie can credit as either juice* ***or*** *milk as long as there is a separate, second component served in addition to the fruit and milk smoothie. Juice and pureed fruit in beverages must be included in this calculation.*

Additionally, crediting of fruit is determined on a volume as served basis. The Food Buying Guide for Child Nutrition Programs currently has yield information for pureed blackberries, figs, guava, papaya, plums, and raspberries; we anticipate adding more fruits as we update the Fruit section of the Buying Guide. Currently, for other fruits, program operators should determine crediting based on volume of fruit AFTER pureeing. For example, program operators may determine the volume of blueberry puree obtained from one cup of whole blueberries by separately pureeing the blueberries and recording the resulting amount of puree. For crediting of commercially prepared smoothies, see question 9.

Pureed fruit counts as juice when offered in beverage form; it can be credited as fruit when offered as a food, such as applesauce.

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

When smoothies are offered on the serving line in the school meal programs, the fluid milk component must also be offered on the serving line in the required quantity to meet the meal requirements. This is necessary in order to meet the requirement to offer a variety of milk options for the school meal programs. FNS also strongly encourages program operators to offer additional fruit options for children. This promotes variety and may assist in increasing offerings for Offer Versus Serve purposes. It would also allow a child that does not take a smoothie the option to select a fruit.

8. How do I identify the food components in the smoothie to students?

Consistent with the nutrition standards for school meals regulations, SFAs must identify the food components offered to students and smoothies are subject to this same requirement. Schools serving smoothies should inform students about the components by listing the smoothie as a fruit and milk smoothie or a fruit and yogurt smoothie, for example, on the serving line. SFAs should consult with State agencies if they have any questions regarding methods of identification that are appropriate and sufficient.

9. How do commercially prepared smoothies credit toward meal pattern requirements?

Commercially prepared smoothies may only credit toward the fruit component. Prepackaged smoothies do not comply with the Food and Drug Administration (FDA) standard of identity for "milk" or "yogurt" and ***do not*** *meet the CN Program requirements for "fluid milk" or "yogurt." When these products contain "milk" and/or "yogurt," they may be labeled as "dairy beverage" or "dairy drink." Therefore, milk or yogurt in a commercially prepared smoothie does not credit. Prepackaged smoothies do not have a Federal standard of identity, which means that product formulation and labeling can vary widely. Some frozen fruit products may be labeled as "fruit smoothie" even though they may actually meet the Federal standard of identity for Frozen Desserts that do not qualify for contributing to the reimbursable meal as fruit. Fruit purees made into a beverage may or may not have "smoothie" in the product name. However, the product label should include a statement regarding the "percent juice content" required by the FDA for beverages made with fruit puree. For example, an eight fluid ounce smoothie beverage made from fruit puree with the juice content labeled as "contains 50% juice" would credit as 4.0 fluid ounces or ½ cup of juice. The volume of pureed fruit included in the commercially prepared beverage may be counted as juice toward the daily and weekly fruit requirement. Smoothies with less than 100% juice content are the only instance when less than 100% juice may be offered. When considering the use of commercially prepared smoothies, SFAs need to be aware of how non-fruit ingredients may impact calories and saturated fat, particularly in light of the non-contributing milk in these products.*

10. 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 for CN Programs. 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.

11. 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. Yogurt in smoothies is only creditable at the breakfast meal service.

12. Does soy yogurt credit toward the meat/meat alternate in smoothies in breakfast?

Yes. Both dairy and soy yogurt can credit toward the meat/meat alternate in smoothies at breakfast in the SBP only.

The FNS Instruction 783-7, Rev. 1: Milk Requirement - Child Nutrition Programs will be updated to be consistent with this guidance to allow smoothies prepared by program operators with milk at breakfast.

State agencies are reminded to distribute this memorandum and attachment to program operators immediately. School food authorities and other program operators should direct any questions concerning this guidance to their State agency. State agencies with questions should contact the appropriate FNS Regional Office.

Original Signed

Cynthia Long
Director
Child Nutrition Division