



# Fruit and Vegetable Components

This handout covers information about the new fruit and vegetable requirements for children 1 year and older and adult participants in the Adult Care Program. A separate handout on the new infant meal pattern requirements will be distributed. The term *Program* refers to all facility types: group child care centers, family day care homes, afterschool programs, emergency shelters, and adult care centers.



## New Requirements Effective October 1, 2017

- Fruits and vegetables are separate components at lunch, supper and snack. **A vegetable is required at lunch and supper.**
- A fruit and a vegetable can be served as a snack.
- Juice may only be served at one meal or snack per day.

### What can you start doing now?

- Do not serve juice at more than one meal or snack per day.



### Separate Vegetable & Fruit Components

- Breakfast:** *No Change.* Vegetables and fruits remain **combined** as one meal component.
- Lunch & Supper:** *Change.* Vegetables and fruits are **separate** meal components.
  - A vegetable and a fruit, OR two different vegetables must be served. Two fruits cannot be served.

Lunch & Supper			
Allowed	Allowed	Not Allowed	Not Allowed
Chicken	Chicken	Chicken	Chicken
Carrots	Carrots	2 servings of	Kiwi
Broccoli	Apples	Carrots	Apples
WG Bun	WG Bun	WG Bun	WG Bun
1% milk	1% milk	1% milk	1% milk

- Snacks:** *Change.* A **fruit and a vegetable** can be served as the two required components.
  - Items from two different components must be served, therefore, two fruits or two vegetables cannot be served.

Snack		
Allowed	Not Allowed	Now Allowed
Kiwi	Carrots	Strawberries
Carrots	Celery	Bananas



### New CACFP Meal Pattern Change:

- 1 cup of raw leafy greens = ½ cup vegetable
- ¼ cup dried or dehydrated fruit (100%) = ½ cup

### Vegetable & Fruit Serving Size Requirements

The minimum serving sizes for the vegetable and fruit components are provided in the table below.

	Ages (years)			
	1-2	3-5	6-18	Adults
<b>Breakfast</b>	¼ cup	½ cup	½ cup	1 cup
<b>Lunch &amp; Supper</b>				
Vegetables	⅛ cup	¼ cup	½ cup	½ cup
Fruits	⅛ cup	¼ cup	¼ cup	½ cup
<b>Snacks</b>				
Vegetables	½ cup	½ cup	¾ cup	½ cup
Fruits	½ cup	½ cup	¾ cup	½ cup

- When two vegetables are served at lunch/supper, the serving size of the second vegetable must be at least the same serving size as the fruit component it replaced.
- The serving size of the fruit and vegetable components are equal at lunch/supper and snack for each age group **except 6-18 year olds at lunch/supper.**

**Lunch/Supper for 6-18 yr olds:**  
Must serve a minimum of  
**½ cup** of vegetables and  
**¼ cup** of fruit



### Pop Quiz

Are tomatoes and avocados counted as fruits or vegetables?

The answer is on the next page...



## Fruit and Vegetable Mixtures

Mixtures of vegetables and fruits, such as a carrot-raisin salad, may credit towards both the vegetable component and the fruit component if they contain at least 1/8 cup vegetable and 1/8 cup fruit per serving. For example, a carrot-raisin salad served to 6 years olds that contains 1/2 cup carrots and 1/8 cup raisins (credits as 1/4 cup fruit) meets the full vegetable component and the full fruit component.



## Preparation

Deep-Fat Frying: Submerging foods in hot oil or other fat **cannot** be used as a cooking method to prepare fruits or vegetables; e.g. French fries, tator tots and hash browns, etc.

Find yummy, no-fry recipes that offer a fresh, healthy spin on your favorite flavors at USDA's *What's Cooking* [website](#).

**Q&A** *How do vegetables served as a combination item (e.g. mixed vegetables, peas and carrots), credit at lunch/supper? Can double the amount be served when serving two vegetables at lunch/supper?*

Combination vegetables credit as one vegetable. Therefore, if two vegetables are served at lunch/supper, the combination item counts as one vegetable, and another vegetable will need to be served. Example: (1) peas and carrots, (2) broccoli. Double the amount of the combination item cannot be served.

## Juice

- Can only be served at one meal or snack per day.



Juice may only be served at **one meal or snack per day**, even if snacks and meals are served to different groups of participants.

If juice is served at more than one meal or snack a day, **the least reimbursable meal or snack serving juice must not be claimed**. For example, if juice is served at breakfast and snack, snack must not be claimed.



## Best Practices

- Serve a vegetable or fruit for at least 1 of the 2 required components of a snack
- Serve a variety of fruits and vegetables (fresh, frozen, and canned)
- Offer at least 1 serving of each of dark green vegetables, red & orange vegetables, beans & peas (legumes), starchy vegetables, and other vegetables each week



## Pop Quiz Answer:

*The answer is . . .*

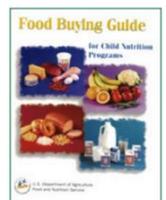
**Both tomatoes and avocados are considered vegetables.**

Programs can refer to the Food Buying Guide (FBG) for a list of creditable vegetables and fruits. The FBG does not include information on every possible vegetable or fruit that can be served in the CACFP, so Programs may also reference ChooseMyPlate.gov to determine if a food is a fruit or a vegetable.



## Crediting Foods

Fruits, vegetables and other foods not found in the Food Buying Guide may be served in CACFP. Use yield information of a similar food to determine the contribution towards meal pattern requirements.



## Resources

- **Fruits and Vegetables by Subgroup:** [Food Buying Guide for School Meal Programs](#)
- **USDA MyPlate:** [choosemyplate.gov](#)



## Recordkeeping Requirements



All Programs **must document specific fruits and vegetables** on menus for each meal and snack. If changes are made, record substitutions on menus filed with the claim.

**For More Information:** refer to USDA Policy Memo [CACFP 25-2016](#) and the CACFP New Meal Pattern [website](#).

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