**Smoothies in CACFP**

# Smoothies prepared by the program:

* + Milk, fruit, vegetables, fruit/vegetable juice and yogurt can credit in a smoothie
	+ Milk used in smoothies must meet the federal requirements of fluid milk for each age group
	+ Pureed fruit and vegetables **credit as juice** when served in a smoothie
		- Amount based on volume after pureeing, before including in smoothie
		- Juice can only be served at one meal or snack per day, this includes when served in a smoothie
	+ Yogurt may be regular or soy
		- Yogurt credits as meat/meat alternate, not fluid milk
		- Yogurt must meet the sugar limits
	+ Grains and other meat/meat alternates *(such as peanut butter or tofu)* do not credit to the meal pattern when served in a smoothie, but may be included to improve flavor and consistency
	+ All components must be offered in the required quantities to meet the meal pattern requirements
	+ Smoothies may be served at any meal or snack
* Snack: A smoothie containing fruit/vegetable and milk can credit as either juice **or** milk, not both. There must be a separate, second creditable component served in addition to the fruit/vegetable and milk smoothie. Juice may not be served when milk is the only other component.

\*Refer to the CACFP meal pattern for required minimum amounts for each age group

**Crediting**\*

½ cup milk

½ cup fruit juice

1 oz. meat alternate

**Ingredient**

4 fluid oz. fat free milk

½ cup blueberry puree, frozen 4 oz. low fat yogurt

**Recipe for a Creditable Smoothie**



# Commercially prepared smoothies:

* + May only credit towards the fruit or vegetable components
* Products that have a label which includes a statement regarding the “percent juice content” is required for beverages made with fruit and/or vegetable juice or puree
* Only the portion of 100% juice can credit towards the fruit or vegetable component
	+ Ex. An 8.0 fluid ounce smoothie made from fruit puree with juice content labeled as “contains 50% juice” credits as 4.0 fluid ounces or ½ cup of juice
	+ Prepackaged smoothies do not comply with standard of identity for “milk” or “yogurt” and **do not**

meet the Child Nutrition Program requirements for “fluid milk” or “yogurt.”

USDA Memo SP 10-2014 (v.3), CACFP 05-2014 (v.3), SFSP 10 -2014 (v.3)

North Dakota Department of Public Instruction [www.nd.gov/dpi/](http://www.nd.gov/dpi/)

This institution is an equal opportunity provider.