Identifying Creditable TOFU Products

CACFP operators may use tofu and soy products to meet all or part of the meat/meat alternates component for child and adult meals only.



Tofu products must meet these three requirements to be creditable.

COMMERCIALLY PREPARED

Tofu and soy products must be commercially prepared.

Non-commercial or non-standardized **tofu** and **soy products** are not creditable.

0

EASILY RECOGNIZED AS A MEAT SUBSTITUTE

Some creditable examples include:

- Tofu sausagesTofu cubes in a stir-fry
- Tofu pieces in a salad

G

• Tofu omelets

FIVE GRAMS OF PROTEIN

Tofu and soy yogurt must contain:



5 grams of protein per 2.2 ounces (¼ cup)

to equal 1 ounce of the meat/meat alternate

Unprocessed tofu only: Use the **Nutrition Facts Label** for locating creditable products.

Processed tofu (e.g., links and patties): Request the product be manufactured under the **Child Nutrition Labeling Program**, **Product Formulation Statements**.

Tofu is NOT CREDITABLE for infant meals.

For additional information, refer to the CACFP Policy Memo: SP 53-2016, CACFP21-2016, Crediting Tofu and Soy Yogurt Products in the School Meal Programs and the Child and Adult Care Food Program.



This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at the University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government. The University of Mississippi is an EEO/AA/Title 1//Title 1//Section 504/ADA/ADEA Employer. In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights; Room 326–W, Whitten Building, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (202) 720-5864 (voice and TDD). USDA is an equal opportunity provider and employer. © 2020, Institute of Child Nutrition, The University of Mississippi, School of Applied Sciences Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold. The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information. June 1, 2020