

Tofu Requirements in the CACFP

**CACFP iTrain
Simple Lesson Plan**

Tofu Requirements in the CACFP

iTrain Lesson

EXECUTIVE DIRECTOR

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Target Audience: CACFP personnel and other child care staff

Description: This lesson explains the requirements for serving tofu at meals and snacks in the CACFP setting and why these requirements are important.

Institute of Child Nutrition The University of Mississippi

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Lesson-at-a-Glance

Time	Topic	Activity	Materials
Introduction			
5 minutes	<ul style="list-style-type: none"> Introduction and Overview 		<ul style="list-style-type: none"> PowerPoint Presentation Computer Pen or Pencils
Objective: Recall the three requirements for serving tofu at meals and snacks in the CACFP setting and why these requirements are important.			
15 minutes	<ul style="list-style-type: none"> Tofu Must Be Commercially Prepared Tofu Must Be Easily Recognized Nutrition Facts Addition of Soy Yogurt 	<ul style="list-style-type: none"> Is It a Creditable Tofu Product? 	<ul style="list-style-type: none"> Worksheet: Is It a Creditable Tofu Product? Answer Key: Is It a Creditable Tofu Product?
Conclusion			
10 minutes	<ul style="list-style-type: none"> Lesson Summary Training Evaluation 	<ul style="list-style-type: none"> Speed Action Planning Training Evaluation (Optional) 	<ul style="list-style-type: none"> Worksheet: Speed Action Planning Optional: Training Evaluation & Training Certificate
Total Time: 30 Minutes			

References

- U.S. Department of Agriculture, Food and Nutrition Service. (2016, August). *Crediting tofu and soy yogurt products in the school meal programs and the Child and Adult Care Food Program*. https://fns-prod.azureedge.net/sites/default/files/cn/SP53_CACFP21_2016os.pdf
- U.S. Department of Agriculture, Food and Nutrition Service. (2017, March 10). *Questions and answers on the updated meal pattern requirements for the Child and Adult Care Food Program*. <https://fns-prod.azureedge.net/sites/default/files/cacfp/CACFP08-2017os.pdf>
- U.S. Department of Agriculture, Food and Nutrition Service. (2017, April). *Choose yogurts that are lower in added sugars*. <https://fns-prod.azureedge.net/sites/default/files/tn/cacfp-chooseyogurts.pdf>

Internet Resources

- Institute of Child Nutrition: www.theicn.org
- USDA's Team Nutrition: www.fns.usda.gov/tn

Preparation Checklist

Instructions: Use the Preparation Checklist to prepare for the training session. Keep track of your progress by checking off tasks as they are completed.

Done <input checked="" type="checkbox"/>	Lesson Tasks
Gather Materials	
<input type="checkbox"/>	<ul style="list-style-type: none"> • Training Script
<input type="checkbox"/>	<ul style="list-style-type: none"> • Computer and Projector Screen
<input type="checkbox"/>	<ul style="list-style-type: none"> • Worksheets and Handouts: <ul style="list-style-type: none"> ○ Is It a Creditable Tofu Product? worksheet ○ Is It a Creditable Tofu Product? answer key
<input type="checkbox"/>	<ul style="list-style-type: none"> • Pens or pencils (one per participant)
<input type="checkbox"/>	<ul style="list-style-type: none"> • Optional: Training Certificate/Evaluation/Feedback Form (one per participant)
Prepare for Lesson	
	Before the training day:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Review the training script and research any relevant State or local requirements. <ul style="list-style-type: none"> ○ The content reflects the Federal regulations and/or national best practices or standards. However, it is essential to include any additional State or local requirements when presenting this training.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Make enough copies of the handouts for each participant.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Test the PowerPoint on the computer and projector screen.
<input type="checkbox"/>	<ul style="list-style-type: none"> • Optional: Develop and print a Session Certificate/Evaluation/Feedback Form (one per participant)
	On the training day:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Place pens or pencils on tables (one per participant).
<input type="checkbox"/>	<ul style="list-style-type: none"> • Distribute materials to each participant.
	On the instructor's table:
<input type="checkbox"/>	<ul style="list-style-type: none"> • Training Script
<input type="checkbox"/>	<ul style="list-style-type: none"> • Instructor's copy of handouts and/or worksheets
<input type="checkbox"/>	<ul style="list-style-type: none"> • Optional: Training Evaluation/Feedback Form

TRAINING SCRIPT

Instructor's Note: Each section below has an accompanying slide. Review and share the content for each PowerPoint slide.

Introduction

Welcome!

Complete the following tasks:

- Distribute handouts to participants.
- Welcome the participants to the training.
- Introduce yourself and allow the participants to introduce themselves by sharing their name and one thing they would like to get from this training.

Review Current Knowledge

Ask posing questions: When you think of tofu, what comes to mind? How many of you have tried tofu? What were your experiences?

Share core content: Tofu is made from soybeans and is a nutrient-dense food. It is low in fat, has no cholesterol, and is high in iron and protein. There are different types of tofu. Extra-firm and firm tofu are used in stir-fry recipes and hold up well when cooking. Soft/silken tofu is typically used in baking, desserts, or smoothies. It does not typically hold its shape during the cooking process.

Overview

Share core content: This lesson will cover the three requirements needed for the creditable use of tofu as a meat alternate for meals and snacks in the Child and Adult Care Food Program (CACFP).

Objective: Recall the three requirements for serving tofu at meals and snacks in the CACFP setting and why these requirements are important.

Tofu Must Be Commercially Prepared

Share core content: The first requirement is that tofu used in CACFP must be commercially prepared. Products that are noncommercial or non-standardized are not creditable. For example, preparing or purchasing homemade tofu is not allowable because it is not commercially prepared. Commercially prepared tofu must meet government quality and safety control standards. Purchasing pre-packaged, commercially prepared tofu from a store or vendor is acceptable.

Tofu Must Be Easily Recognized

Share core content: The second requirement is that tofu must be easily recognized and not mimic another food item. Meals served in the CACFP are an important way for children to recognize foods as they relate to a food group. Tofu should be recognized as a meat alternate. This helps children learn how to build a healthy plate. For example, firm and extra firm tofu cubes in stir-fries, omelets, and miso soup are easily recognizable as meat substitutes because they appear to be a meat. Tofu noodles are not creditable because they mimic another food group, the grains component.

Tofu that is incorporated into items to add texture or improve nutrition, but is not easily recognizable as a meat substitute, such as in smoothies, sauces, and baked desserts, does **not** credit toward the meats/meat alternates component.

Nutrition Facts

Share core content: The third requirement is that tofu must contain 5 grams of protein per 2.2 ounces (1/4 cup) to equal 1 ounce of the meats/meat alternates requirement. Protein is essential to every cell in our bodies. It helps in building and maintaining a healthy body.

The best way to ensure a tofu item meets the protein requirements is to request a Child Nutrition (CN) Label. This means the product is manufactured under the Child Nutrition Labeling Program following a federally approved quality control program. However, if a CN Label is not available, you can obtain a product formulation statement from the manufacturer to document how the product meets meal pattern requirements.

Soy Yogurt

Share core content: Soy yogurt is a creditable meat/meat alternate. Soy yogurt must contain no more than 12 grams of added sugars per 6 ounces, just as yogurt made from cow's milk.

Activity: Is It a Creditable Tofu or Soy Yogurt Product?

Time: 5–10 minutes

- **Purpose:** This activity is to recall the three requirements for allowable use of tofu as a meat alternate in menu planning.
- **Materials Needed:** Is It a Creditable Tofu or Soy Yogurt Product? worksheet and Pens/Pencils
- **Instructions:** Distribute the worksheet and ask participants to work with a partner to decide if the products listed would be creditable in the CACFP.

Conclusion

Lesson Conclusion

Share core content: Tofu is a nutritious meat alternate made from soybeans. It is a great replacement for meat because it is low in fat, calories, and cholesterol, yet high in protein and iron. It can be used to meet the CACFP requirement for meals and snacks. Remember the three requirements for using tofu.

- Requirement 1: Tofu used must be commercially prepared.
- Requirement 2: Tofu must be easily recognized and not mimic another food item.
- Requirement 3: It must contain 5 grams of protein per 2.2 ounces (1/4 cup) to equal 1 ounce of the meats/meat alternates requirement.

Also, remember, soy yogurt is creditable but must meet the same requirements as yogurt made with cow's milk.

Ask posing question: What questions do you have concerning the requirements for tofu in CACFP?

Activity: Speed Action Planning**Time: 5 minutes**

- **Purpose:** The purpose of this activity is to establish future steps for applying the information in their workplace.
- **Materials Needed:** *Speed Action Planning* worksheet, planner or cell phone calendar app, and pencil/pen
- **Instructions:** Distribute the *Speed Action Planning* worksheet. Inform participants that it is important to develop a plan for using the training's information. Ask them to take 1–2 minutes to answer the following three questions to establish an action plan.
 - What did you learn in this training?
 - How will you apply this information in your current or future role?
 - When will you apply this information?

Once the participants have finished, encourage them to save this goal to a planner, calendar app, or other sources to ensure they follow through with their plan. Following this activity, dismiss the participants from the training.

Thank You!

Complete the following tasks:

- Conclude the training.
- Refer participants to the Institute of Child Nutrition for additional information at helpdesk@theicn.org or 800-321-3054.
- Distribute certificates or evaluations.

Calculating the Added Sugars Limit for Yogurt in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must not have more than **12 grams of added sugars** per 6 ounces (2 grams of added sugars per ounce).

Here are **two ways** to tell if a yogurt meets the added sugars limit.

Option 1*: Check out **USDA's chart** that shows **common serving sizes** of yogurt and the **maximum amount of added sugars** they can contain. Find the chart in the CACFP training worksheet, "Choose Yogurt That Is Lower in Added Sugars in the Child and Adult Care Food Program" at fns.usda.gov/tn/meal-pattern-training-worksheets-cacfp.



Option 2: Use the information on the yogurt's Nutrition Facts label, and follow the steps below:

1 Find the **Serving Size**, in ounces (oz) or grams (g).
 Write the number of ounces (oz) here: _____
 If weight in ounces is **not available**, write number of grams (g) here: _____
 If the serving size is "one container," check the front of the package to find out how many ounces or grams are in the container.

2 Find the **Added Sugars** on the Nutrition Facts label. Write the number of grams (g) of added sugars here: _____

3 Divide the grams of **Added Sugars** by the **Serving Size**.
 _____ grams Added Sugars \div _____ Serving Size = _____

4 Compare the answer in Step 3 with the numbers below. The yogurt meets the added sugars limit for yogurt in the CACFP if:
 a. For **ounces** of yogurt, the answer is **2 or less**.
 b. For **grams** of yogurt, the answer is **0.0702 or less**.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%

Test Yourself:

Does the yogurt above meet the added sugars limit?

(Check your answer below)

Serving Size: _____

Added Sugars: _____

Yes No

*Due to rounding, you may get a slightly different result when using the charts in Option 1 and doing the full calculation in Option 2. If either of these methods indicates that the yogurt is within the added sugars limit, then the yogurt may credit towards a reimbursable meal.

Answer Key: Yes, this yogurt meets the added sugars limit. This yogurt has 10 grams of added sugars per 170g, 10 ÷ 170g = 0.0589, which is less than 0.0702. If dividing by 6 oz of yogurt, 10 ÷ 6 oz = 1.667, which is less than 2.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



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Is It a Creditable Tofu or Soy Yogurt Product?

1. Robert is shopping to pick up some groceries for the child care center. He has decided to try tofu on the menu to provide a variety of meat alternate options. He decides to purchase silken (soft) tofu to use in smoothies in place of yogurt. The tofu that he purchased contains 5 grams of protein for a 3-ounce serving. Is this a creditable tofu product?

2. Sally has decided to try tofu on her family child care menu because it is an inexpensive meat alternate that has no cholesterol yet is high in protein. She chooses firm tofu, and the package says it has 9 grams of protein for a 3-ounce serving. She cubes the tofu, prepares it in a stir-fry, and serves it with whole grain brown rice and vegetables. Is this a creditable tofu product?

3. Ally is grocery shopping and finds noodles made from tofu on sale. She decides to purchase them for her family child care center and plans to use them in place of pasta noodles. Is this a creditable tofu product?

4. Dawn decided to purchase soy yogurt for the children at her child care center. She finds a brand that has 27 grams of total sugar for 5 ounces of yogurt. Is this a creditable soy yogurt product?

5. John notices that tofu sausage links are on sale this week, making them less expensive than other options. He purchases them for the child care center to use as a meat/meat alternate for breakfast. Is this a creditable tofu product?

Answer Key: Is It a Creditable Tofu or Soy Yogurt Product?

1. Robert is shopping to pick up some groceries for the child care center. He has decided to try tofu on the menu to provide a variety of meat alternate options. He decides to purchase silken (soft) tofu to use in smoothies in place of yogurt. The tofu that he purchased contains 5 grams of protein for a 3-ounce serving. Is this a creditable tofu product?

No. The requirement is 5 grams of protein for a 2.2-ounce serving, and Robert is not serving it in a way that it will be identified as tofu. Also, it doesn't contain a CN label or Product Formulation Statement.

2. Sally has decided to try tofu on her family child care menu because it is an inexpensive meat alternate that has no cholesterol yet is high in protein. She chooses firm tofu, and the package says it has 9 grams of protein for a 3-ounce serving. She cubes the tofu, prepares it in a stir-fry, and serves it with whole grain brown rice and vegetables. Is this a creditable tofu product?

Yes. The requirement is 5 grams of protein for a 2.2-ounce serving, and Sally is choosing to use tofu in a way that will be easily recognized.

3. Ally is grocery shopping and finds noodles made from tofu on sale. She decides to purchase them for her family child care center and plans to use them in place of pasta noodles. Is this a creditable tofu product?

No. This is a processed tofu product and mimics another food item.

4. Dawn decided to purchase soy yogurt for the children at her child care center. She finds a brand that has 27 grams of total sugar for 5 ounces of yogurt. Is this a creditable soy yogurt product?

No. In the same requirement for yogurt made with cow's milk, it must have 12 grams of added sugars or less for a serving of 6 ounces.

5. John notices that tofu sausage links are on sale this week, making them less expensive than other options. He purchases them for the child care center to use as a meat/meat alternate for breakfast. Is this a creditable tofu product?

There is not enough information to determine if this product is creditable. John would need a CN label or a product formulation statement to determine if the sausage links are creditable.

Speed Action Planning

Instructions: Today's training featured key information on tofu requirements. Answer the following three questions to establish an action plan for using the information.

1. What did you learn in this training?

2. How will you apply this information in your current or future roles?

3. When will you apply this information (e.g., one week, one month, six months, etc.)?



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