

# Tofu Requirements in the CACFP

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**CACFP iTrain  
Simple Lesson Plan**

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# Tofu Requirements in the CACFP

## CACFP iTrain Simple Lesson Plan

**EXECUTIVE DIRECTOR**  
Aleshia Hall-Campbell, PhD, MPH



**Intended 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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1400 Independence Avenue, SW  
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3. Email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

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# Contributing Content Specialists

Danielle Barrett, EdD, RD  
ICN ET Specialist

Lutina Cochran, MS, PDS  
Assistant Director of Education

L. Janae Owens, MS, CHES  
ICN ET Specialist

## Lesson-at-a-Glance

Time	Topic	Activity	Materials
<b>Introduction</b>			
5 minutes	▶ Introduction and Overview		▶ PowerPoint slide deck ▶ Computer ▶ Pen or Pencils
<b>Objective:</b> Recall the three requirements for serving tofu at meals and snacks in the CACFP setting and why these requirements are important.			
15 minutes	▶ Tofu Must Be Commercially Prepared ▶ Tofu Must Be Easily Recognized ▶ Nutrition Facts ▶ Addition of Soy Yogurt	▶ Is It a Creditable Tofu Product?	▶ Worksheet: Is It a Creditable Tofu Product? ▶ Answer Key: Is It a Creditable Tofu Product?
<b>Conclusion</b>			
10 minutes	▶ Lesson Summary ▶ Training Evaluation	▶ Speed Action Planning ▶ Training Evaluation (Optional)	▶ Worksheet: Speed Action Planning ▶ Optional: Training Evaluation & Training Certificate
<b>Total Time: 30 minutes</b>			

## 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](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](http://www.theicn.org)
- ▶ USDA's Team Nutrition: [www.fns.usda.gov/tn](http://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
<b>Gather Materials</b>	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Computer and Projector Screen
<input type="checkbox"/>	▶ Worksheets and Handouts: <ul style="list-style-type: none"> <li>• Is It a Creditable Tofu Product? worksheet</li> <li>• Is It a Creditable Tofu Product? answer key</li> </ul>
<input type="checkbox"/>	▶ Pens or pencils (one per participant)
<input type="checkbox"/>	▶ Optional: Training Certificate/Evaluation/Feedback Form (one per participant)
<b>Prepare for Lesson</b>	
<b>Before the training day:</b>	
<input type="checkbox"/>	▶ Review the training script and research any relevant State or local requirements. <ul style="list-style-type: none"> <li>• The content reflects the Federal regulations and/or national best practices or standards. However, it's essential to include any additional State or local requirements when presenting this training.</li> </ul>
<input type="checkbox"/>	▶ Make enough copies of the handouts for each participant.
<input type="checkbox"/>	▶ Test the PowerPoint on the computer and projector screen.
<input type="checkbox"/>	▶ Optional: Develop and print a session certificate/evaluation/feedback form (one per participant).
<b>On the training day:</b>	
<input type="checkbox"/>	▶ Place pens or pencils on tables (one per participant).
<input type="checkbox"/>	▶ Distribute materials to each participant.
<b>On the instructor's table:</b>	
<input type="checkbox"/>	▶ Training Script
<input type="checkbox"/>	▶ Instructor's copy of handouts and/or worksheets
<input type="checkbox"/>	▶ Optional: Session Evaluation/Feedback Forms

## Training Script

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

### Introduction

#### Welcome!

Complete the following tasks:

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

#### Review Current Knowledge

**Ask posing question:** 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 tofu 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 smoothie preparation. 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). It is important to know, tofu may be incorporated into meals and snacks for children and adults only. Tofu is not creditable for infant meals.

**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 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 them learn how to build a healthy plate. For example, firm and soft tofu cubes in stir-fries, omelets, and miso soup are easily recognizable as meat substitutes because it appears to be a meat. Noodles is not creditable because they mimic another food group, the grain component.

Also, silken tofu is used in desserts and smoothies. This type of tofu does not typically meet the nutritional requirement, and it is normally disguised in foods, so it does not credit toward the meat alternate component.

<p><b>Nutrition Facts</b></p> <p><b>Share core content:</b> 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.</p> <p>The best way to ensure that the tofu item meets the protein requirements is to request a Child Nutrition (CN) Label. This means that 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 use product formulation statements from the manufacturer to document how the product meets meal pattern requirements.</p>
<p><b>Addition of Soy Yogurt</b></p> <p><b>Share core content:</b> Soy yogurt has been added as a creditable meat/meat alternate. Soy yogurt may have up to 23 grams of sugar per 6 ounces, just as yogurt made from cow's milk. As a reminder, soy yogurt is only allowed in the child and adult meal patterns. Soy yogurt is not allowed in the infant meal pattern.</p>
<p><b>Activity: Is It a Creditable Tofu or Soy Yogurt Product?</b> <b>Time: 5–10 minutes</b></p> <ul style="list-style-type: none"> <li>▶ <b>Purpose:</b> This activity is to recall the three requirements for allowable use of tofu as a meat alternate in menu planning.</li> <li>▶ <b>Materials Needed:</b> Creditable Tofu Product worksheet, Tofu Recipes, and Pens/Pencils</li> <li>▶ <b>Instructions:</b> Ask participants to work in pairs and distribute creditable tofu and tofu recipes. Using the worksheet, work with a partner and decide if the products listed would be creditable in CACFP menu planning. Once the groups are finished, review the recipes and decide on one that you would like to try in your setting. Allow participants 5 minutes to complete this activity, then review answers as a group.</li> </ul>
<p><b>Conclusion</b></p>
<p><b>Lesson Conclusion</b></p> <p><b>Share core content:</b> 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 in meeting the CACFP requirement for meals and snacks. Remember the three requirements for using tofu.</p> <ul style="list-style-type: none"> <li>▶ Requirement 1: Tofu used must be commercially prepared.</li> <li>▶ Requirement 2: Tofu must be easily recognized and not mimic another food item.</li> <li>▶ 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.</li> </ul> <p>Also, remember, soy yogurt is now also creditable for child and adult meals but must meet the same requirements as yogurt made with cow's milk. For additional requirements on serving tofu, contact your State agency or sponsoring organization.</p> <p><b>Ask posing question:</b> What questions do you have concerning the requirements for tofu in CACFP?</p>

<p><b>Activity: Speed Action Planning</b> <b>Time: 5 minutes</b></p> <ul style="list-style-type: none"> <li>▶ <b>Purpose:</b> This purpose of this activity is to establish future steps for applying the information in their workplace.</li> <li>▶ <b>Materials Needed:</b> Speed Action Planning worksheet, Planner or Cell Phone Calendar App, and Pencil/Pen</li> <li>▶ <b>Instructions:</b> 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. <ul style="list-style-type: none"> <li>• What did you learn in this training?</li> <li>• How will you apply this information in your current or future role?</li> <li>• When will you apply this information?</li> </ul> </li> </ul> <p>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.</p>
<p><b>Thank You!</b></p> <p>Complete the following tasks:</p> <ul style="list-style-type: none"> <li>▶ Conclude the training.</li> <li>▶ Refer participants to the Institute of Child Nutrition for additional information at <a href="mailto:helpdesk@theicn.org">helpdesk@theicn.org</a> or 800-321-3054.</li> <li>▶ Distribute any certificates or evaluations.</li> </ul>

## Is It a Creditable Tofu 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/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?

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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 at the store, and the product formulation statement says that 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?

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

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4. Dawn has decided to purchase soy yogurt for the children at her child care center. She finds a brand that has 27 grams of sugar for 6 ounces of yogurt. Is this a creditable soy yogurt product?

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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?

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### Answer Key: Is It a Creditable Tofu 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/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?

**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 at the store, and the product formulation statement says that 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, and she decides to purchase them for her family child care center. She plans to use it in place of pasta noodles. Is this a creditable tofu product?

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

4. Dawn has decided to purchase soy yogurt for the children at her child care center. She finds a brand that has 27 grams of sugar for 6 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 23 grams of sugar or less for a serving of 6 ounces.**

5. John notices that tofu sausage e 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?**

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

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

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