



## Help! What is Whole Grain-Rich?

**OCTOBER 1, 2018** marks one year of the Child and Adult Care Food Program's first major meal pattern and nutrition standards update since the Program began in 1968. Children all around the country are now reaping the benefits of a wholesome and more balanced diet.

One of the new meal pattern changes requires providers to serve at least one whole grain-rich food each day *and* document it on their menus to avoid meal deductions. Whole grains are less refined and more nutritious than enriched grains. Whole grain-rich foods are made with **at least** 50% whole grains with any remaining grain ingredients being enriched or whole grain.

Breads and rolls are a staple of the American diet and comprise one of the largest aisles at grocery stores. Shoppers are greeted with an abundance of products all cleverly named and colorfully packaged that promise to be healthy and the best choice. Even after carefully inspecting nutrition labels and ingredients to find the most nutritious products it may be confusing to find a whole grain-rich



product that meets the CACFP requirement. Words like *wheat*, *wheat flour* or *organic flour*, can be misleading and it will take a little practice to find reimbursable products for your child care, but with time you will be able to discern with more ease.

Identifying whole grain and whole grain-rich breads or alternates will be easier if you learn the six identification methods on the following page. As long as the item in question qualifies by **at least one** of the six methods, you are in compliance.

You got this, for more guidance just read on and keep up the good work!

— *Alejandra Marín Santos*  
Child Health & Nutrition Specialist

## DID YOU KNOW...

- August is *Children's Eye Health and Safety Month*.
- August is *National Breastfeeding Month* and August 1–7 is *World Breastfeeding Week*, a time to celebrate breastfeeding's major health benefits, for both mother and baby.
- At least 25 studies have found that people who regularly eat whole grains have a lower risk of heart disease.
- The color of a food is not an indication that it is whole grain-rich. Foods labeled as "multi-grain," "stone-ground," "100% wheat," "cracked wheat," "seven-grain," or "bran" are usually not 100% whole-grain products and may not contain any whole grain.
- When produce is rinsed thoroughly, water can remove 98% of bacteria.

*FriendsForSight.org, California Breastfeeding Coalition, Webmd.com, Whole Grains Council, Modernfarmer.com*

## Quotable Quotes

“A recipe has no soul. You, as the cook, must bring soul to the recipe.”

– Thomas Keller

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- Five Little Monkeys Rhyme and a Snack
- Best Ways to Wash Produce
- Recipes

# Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.

## #1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at [cacfp.org](http://cacfp.org).



## #2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.



## #3 FDA STATEMENT



One of the following FDA statements is included on the labeling:

*"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."*

*"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."*

## #4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.



Whole Grain #1    2nd Grain Ingredient

**INGREDIENTS:** Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.  
**CONTAINS: WHEAT, MILK**

## #5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

## #6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.



Visit us at [www.cacfp.org](http://www.cacfp.org) for more information. This institution is an equal opportunity provider.

This guide is meant to be used to identify CACFP Creditable **WHOLE GRAIN-RICH** products. Reference NCA's Identifying Grain Ingredients for list of creditable grains.

## KIDS' HEALTH &amp; SAFETY

## Best Ways to Wash Produce

**ACCORDING TO THE FDA** (Food and Drug Administration), you should wash all raw fruits and vegetables well before you cut, peel, eat or cook them. Washing reduces the bacteria that may be present on fresh produce and is the best way to reduce your risks for food-borne illness.



- Wash hands with hot soapy water before and after preparing food.
- Clean counter top, cutting boards and utensils after peeling produce and before cutting and chopping. Bacteria from the outside of raw produce can be transferred to the inside when it is cut or peeled.
- No need to wash produce with soaps or detergents.
- To wash, rub produce under clean, cold tap water.
- For produce with thick skins, use a vegetable brush to help wash away hard-to-remove microbes.
- Produce with a lot of nooks and crannies like cauliflower, broccoli or lettuce should be soaked for 1 to 2 minutes in cold, clean water.
- Wash greens by separating leaves and soaking them in a bowl of cool water for a few minutes. Drain the greens using a strainer or colander and repeat this process. Dry with a clean towel or salad spinner. Salad spinners should be thoroughly cleaned with warm soapy water after every use.
- Some produce such as raspberries should not be soaked in water. Put fragile produce in a colander and spray it with clean, cold tap water.
- After washing, dry with a clean paper towel. This can remove more bacteria.
- Eating on the run? Fill a spray bottle with distilled water and use it to wash apples and other fruits.
- No need to rewash packaged products labeled “ready-to-eat,” “washed” or “triple washed.”
- Do not purchase cut produce that is not refrigerated.
- Wash produce from organic farms too. Even farms with carefully controlled conditions can't assure that produce won't be contaminated in transit or in stores.
- Wash produce from your own garden as well to avoid contaminants in the soil and from nature.
- Commercial “washes” and chemical rinses for produce do not do a better job of cleaning produce than tap water.
- Washing fruits and vegetables before you store them can make them spoil faster. It is best to wash produce just before you use it.
- Once cut or peeled, refrigerate produce as soon as possible at 40°F or below.

Most Americans worry about pesticides but according to a 2015 Consumer Reports, federal studies show pesticide residues in Americans' foods are “well below” safety standards. Most bacteria that adhere to fruits and vegetables are harmless and the risk of illness from eating raw produce is low but not zero. Therefore, taking reasonable precautions by giving all produce a thorough rinse in cold, clean tap water is best.

— Sources: *Extension.umaine.edu*, *Modernfarmer.com*, *USAToday.com*

## Fresh Zucchini and Corn Sauté

Olive oil .....	1 Tbsp
Zucchini, chopped into 1/2" pieces .....	2-3 medium
Corn, sliced off the cob .....	2 cups
Salt .....	1/2 tsp
Pepper .....	1/4 tsp
Basil, fresh, chopped .....	1 Tbsp
Oregano, fresh, chopped .....	1 tsp
Parmesan cheese, grated .....	1/4 cup

1. Heat olive oil in a large non-stick skillet over medium heat. Add all ingredients, except cheese, and sauté, stirring 6-8 minutes or until the zucchini begins to soften and ingredients are sizzling.
2. Take off the heat and sprinkle with Parmesan cheese. Serve immediately.

Yield: 10 servings  
Meets requirement for vegetable

## Garden Fresh Pasta Salad

Macaroni, whole grain .....	8 ounces	<b>DRESSING:</b>	
Cherry or grape tomatoes ...	1 cup	Mayonnaise .....	1/2 cup
Orange bell pepper, chopped .....	1 cup	Plain, Greek yogurt .....	1/2 cup
Zucchini, chopped .....	1/2 cup	Vinegar .....	2 Tbsp
Crookneck squash, chopped .....	1/2 cup	Dijon mustard .....	2 tsp
Celery, chopped .....	1/2 cup	Honey .....	2 tsp
Cucumber, chopped .....	1/2 cup	Salt & pepper .....	to taste
Purple onion, finely diced ..	1/4 cup		
Eggs, hardboiled .....	4		
Chicken or ham, cooked and chopped .....	8 ounces		

1. Boil pasta according to package directions, drain. Wash/rinse fresh veggies and chop. Combine pasta with chopped vegetables, eggs and meat.
2. Mix dressing ingredients together and toss with salad.

Yield: 8 servings  
Meets requirement for vegetable, whole grain-rich and meat/meat alternate

## ACTIVITY CORNER

### Five Little Monkeys Rhyme and Snack

**Engage children in this lively chant:**

*Five little monkeys jumping on the bed  
One fell off and bumped his head  
Mama called the doctor  
And the doctor said  
No more monkeys jumping on the bed!  
Four little monkeys jumping on the bed  
One fell off and bumped his head...*

Continue with one less monkey for each round of the chant.

**Let children help prepare a little monkey snack:**

For each monkey sandwich cut a large circle out of whole wheat bread using a cookie cutter. Cut a smaller oval from white bread and spread the oval with nut butter and attach at the bottom half of the whole wheat bread circle. Use Nutella to draw the mouth, nose and eyes. Position nut butter topped Ritz crackers slightly behind whole wheat bread to make the ears.



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# CDA

Child Development Associates  
Nutrition Program  
180 Otay Lakes Road, Suite 300  
Bonita, CA 91902

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**CocoKids™**  
Childhood Champions  
Child Health & Nutrition Program

www.CoCoKids.org  
nutrition@cocokids.org  
(925) 676-6117 • (Fax) 676-5829

Program Director ..... Paula James  
Co-Editor ..... Donna Green, RD  
Supervisor, Co-Editor..... Catherine Stafford

**Food Funny** Q. Why shouldn't you tell an egg a joke?  
A. Because it might crack up!