



State of Arizona
Department of Education

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MEMORANDUM

TO: Child and Adult Care Food Program Organizations and Day Care Home Sponsoring Organizations

FROM: Mary Szafranski, Deputy Associate Superintendent
Arizona Department of Education, Health and Nutrition Services

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DATE: July 13, 2012

SUBJECT: Smoothies Offered in Child Nutrition Programs/Child and Adult Care Food Program

Original Signed

The *Dietary Guidelines for Americans* emphasize that the majority of the fruit recommended should come from whole fruits, including fresh, canned, frozen, and dried forms, rather than from juice. When juices are consumed, 100% juice should be encouraged. However, there has been increased usage and identification of smoothies as a recognizable food item and in many cases, a healthful food option, particularly at breakfast and other meals and snacks as well.

Therefore, the guidance below provides program operators with clarification on how smoothies may be offered as part of a creditable meal.

1. Can smoothies be offered to meet the fluid milk, meat/meat alternate, vegetable, fruit, and grain components?

Milk and fruit can be credited in smoothies prepared by program operators to meet meal pattern requirements for any meal served under Child Nutrition (CN) Programs. Vegetables cannot be credited in a smoothie. Grains and meat/meat alternates (including yogurt) may not be credited when served as a beverage.

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2. Can program operators blend smoothies before the meal service, such as in a satellite kitchen?

Yes. Blending at the time of the meal service is not a requirement; smoothies can be prepared prior to the meal service.

3. Can smoothies include grain such as oatmeal and meat/meat alternates such as peanut butter and yogurt to improve flavor and consistency even though these ingredients in smoothies do not contribute to meal pattern requirements?

Yes. However, even though these extra ingredients in smoothies don't contribute to meal pattern requirement.

4. Do smoothies have to include the full milk and fruit component if served?

No. Smoothies do not have to contain the full age appropriate fluid milk and full fruit requirement. However, program operators must always make certain that all components are offered in the required quantities to meet meal pattern requirements.

5. What type of milk must be used when making smoothies?

The types of milk used in smoothies must be consistent with CN Program guidance for the types of fluid milk acceptable for the specific program and age group being served. For Child and Adult Care Food Program (CACFP) the types of milk include low-fat (1 percent milk fat or less,) or fat-free.

6. How does pureed fruit credit toward the meal pattern requirement?

The volume of pureed fruit included in a beverage can be counted as juice toward the daily and weekly fruit requirements. Program operators must limit the amount of juice offered to children to half (50%) of the weekly fruit offerings in school meals and no more than half (50%) of the daily fruit/vegetable component at lunch in the CACFP. Pureed fruit included in a beverage may be counted as the entire daily fruit/vegetable component at breakfast in the CACFP. However, at snack, a smoothie is not creditable as juice and milk cannot be served at the same snack unless a third creditable component is served. Juice and pureed fruit in beverages must be included in this calculation.

Additionally, crediting of fruit is determined on a volume as served basis. The Food Buying Guide for Child Nutrition Programs currently has yield information for pureed blackberries, figs, guava, papaya, plums, and raspberries; we anticipate adding more fruits as we update the fruit section of the buying guide. Currently, for other fruits, program operators should determine crediting based on volume of fruit AFTER pureeing. For example, program operators may determine the volume of blueberry puree



obtained from one cup of whole blueberries by separately pureeing the blueberries and recording the resulting amount of puree. For crediting of commercially prepared smoothies, see question 9.

Only pureed fruit in beverages count as juice towards meal pattern requirements.

7. How do I identify the food components in the smoothie on a menu?

Childcare facilities must identify the food components served to children and smoothies are subject to this same requirement. Facilities serving smoothies should clearly identify the components by identifying a fruit and milk smoothie on the posted menu

8. How do commercially prepared smoothies credit toward meal pattern requirements?

*Commercially prepared smoothies may only credit toward the fruit component. Prepackaged smoothies do not comply with the Food and Drug Administration (FDA) standard of identity for “milk,” and **do not** meet the CN Program requirements for “fluid milk.” When these products contain “milk,” they may be labeled as “dairy beverage” or “dairy drink.” Therefore, milk in a commercially prepared smoothie does not credit.*

9. Can smoothies contain nutritional supplements such as whey protein powder and herbal supplements such as Ginko biloba?

No. Smoothies with dietary and herbal supplements are not creditable for CN Programs. However, smoothies can be made with juice that has been fortified with vitamins and minerals such as orange juice with calcium and Vitamin D added.

10. Are smoothies allowed at breakfast and lunch?

Smoothies may be offered at any meal. However, it is not recommended to offer a smoothie at both breakfast and lunch on the same day because of the lack of variety.

The FNS Instruction 783-7, Rev. 1: Milk Requirement - Child Nutrition Programs will be updated to be consistent with this guidance to allow smoothies prepared by program operators with milk at breakfast.

Please feel free to contact your specialist if you have questions.

