

S/sco

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Sysco[®]

TOOLS & RESOURCES

- ✓ Technology Tools
- ✓ Sysco Brand Family
- ✓ Customer Support
- ✓ Ordering Procedures
- ✓ Quality Assurance
- ✓ Responsibility

Click to become a Sysco Customer









Sysco[°]

@the heart of food and service

YOU SERVE THEM. WE'LL SERVE YOU.

We're committed to helping your business be successful through our People, Products, and Platforms. With new capabilities, better value, personalized offers, unparalleled product assortment, trusted expertise and innovation — we have all the tools you need.



Visit Syscofoodie.com





A Complete Sysco Experience with Exclusive Customer Web and Mobile Applications



CUSTOMER PORTAL

Quick access to Sysco's online applications

- Dashboard view of your Sysco account
- Easily add users and control permissions



SHOP

Order online -Anytime, anywhere

- Order from Sysco's complete catalog
- Recall 14 months of purchase history



DELIVERY

Easily track your Sysco deliveries

- Track the location of your Sysco truck
- See what items will be arriving and when

SIGN UP ONCE, LOG IN ANYWHERE

Accessing your favorite Sysco applications is easy with single sign-on. Use your email and password to access and seamlessly navigate between all three applications.



CUSTOMER SUPPORT STANDING BY

Support representatives will be available to assist you with any questions. Just click on the chat icon and we'll get you squared away.



Put the Power of Managing Your Account in Your Hands



MANAGE

Simplified self-service portal for managing account balances with real-time updates.



VIEW

Access to signed delivery invoices, run "As of" statements and review historical account statements.



PAY

Schedule payments online, setup Auto Pay & make payments via mobile/email links through "Quick Pay".



SUBSCRIBE

Schedule to receive automatic emails for payment confirmations, account statements and signed invoices.





eNutrition

Web-based Nutrition Program



Overview

Sysco's *eNutrition* is a web-based interactive tool that provides nutrition information for the products we sell and allows users to create and analyze custom recipes for nutrient content.

Features

eNutrition is designed for customers who want to obtain:

- Nutrition Information
- Ingredient Statements
- Allergen Information
- Nutrient Analysis for Custom Recipes

Search the Product Catalog

- SUPC or Description
- Nutrient Ranges
- Manufacturer or Brand Name
- Manufacturer Product Code or GTIN
- Attributes (Gluten-Free, Kosher, Child Nutrition, Halal, Vegetarian, and more!)

Create and Analyze Custom Recipes

- Build custom recipes
- Include step-by-step directions
- Scale recipes
- View nutrition information per serving
- Perform searches by product name or SUPC
- Locate product information provided by the manufacturer
- Display and print a representation of a nutrition label
- Utilize advanced search feature based on attributes
- View Child Nutrition meal equivalency statements

- Build recipes to add ingredients, amounts, instructions
- Perform nutrition analysis for recipes or menus
- Quantify recipes to the desired number of portions
- Advanced search for recipes by ingredient used in recipe
- Print or email nutrition analysis for recipes

Contact your Sysco Account Manager to request access to eNutrition.

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Sysco Traditional Brands

Sysco lives at the heart of food and service. With every product, and every delivery, we demonstrate our passionate commitment to the success of every customer, supplier, community and partner. To support this mission, we routinely evaluate our services and develop solutions to meet our customers' diverse needs.





— **Sysco** — Classic

— **Sysco** — Imperial



Sysco Reliance is there for foodservice operators, offering competitively priced products that meet all regulatory standards — and Sysco standards for quality and food safety. A great value for the price, Reliance products are more consistent than other economy labels and provide a lower-cost option for all types of applications.

The Sysco Classic brand family includes an extensive selection, from pantry staples and fresh and frozen foods to prepared products and hundreds of other options. Sysco Classic brings the quality businesses crave and the range of choices customers demand under one brand, and delivers them both to you!

The Sysco Imperial brand represents the very best the foodservice industry has to offer. Carefully crafted to Sysco's exacting specifications, the quality of Sysco Imperial's ingredients stand out in the industry. Sourced from around the world, they offer premium performance and exceptional value.

Truly superior, the Sysco Supreme brand encompasses elite products, differentiated by the high quality of their ingredients, packaging and applications, and the uniqueness of their formulations. These products are guaranteed to enhance any menu or dish with their unmatched flavor and quality.



With Sysco, quality is assured. Our QA team consists of approximately 196 full-time corporate associates and 35 contracted inspectors dedicated to quality assurance. Through ongoing plant audits, inspections, and product evaluations, the QA team fulfills Sysco's vision of being our customers' most valued and trusted business partner by delivering products that meet the most stringent safety, reliability and quality standards. Our quality assurance program has a global presence, with products sourced from 40 countries worldwide.



Sysco Brand Family

The Sysco Brand products compare favorably with other leading foodservice products and are backed by Sysco's best-in-class quality assurance guarantee.



For the traditionalist or the modern culinary craftsman, Arrezzio offers Italian staples that will enhance and transform any menu with robust flavors inspired by the very best of Italy.



For any operator that wants fresh-baked flavors with the convenience of parbaked, Baker's Source provides a broad selection of products to help create and serve signature baked goods.



Block & Barrel offers a delicious array of deli-style selections for both the front and back of house, catering to each customer's individual tastes—from the simplest of sandwiches to complex signature creations.





Pride in Craftmanship. Our reputation was built on quality beef. This has allowed us to expand into other areas— poultry, veal, lamb, pork, and game— while continuing to provide the absolute best in safety, quality and value. Our Mission: to source, age, cut and deliver top-quality meat products to our customers with exceptional service.



For customers focused on providing consistently sized portions with great taste, Butcher's Block offers a breadth of quality meats, both fresh and frozen, for the best dining experience, every time.



Casa Solana allows chefs across the culinary spectrum to infuse Mexican-inspired flavors to traditional and contemporary cuisines.



For those who value the time-honored tradition of handcrafted coffee and tea, Citavo offers a quality assortment of carefully selected coffee beans and tea leaves sourced from around the world, delivered to your door.



Recycle, and Renew—Sysco Earth Plus delivers affordable, planet-friendly, everyday essentials that are good for your business while reducing your environmental footprint.



Fire River Farms is the clear choice for kitchens seeking consistent product performance and uncompromised quality assurance of ground beef.



House Recipe offers familiar flavors everyone knows and loves in consumer-facing, table-top and portion-controlled packages.



Jade Mountain offers ingredients and fully prepared items for any operator to add Asian-inspired fusion to their menu.



Sysco/FreshPoint® Natural produce is grown, packed, processed and shipped from the source with specifications exceeding U.S. #1 Quality Grade Standards.



Sysco Pica y Salpica offers quality products to customers looking to deliver culture-rich food experiences and spread the flavors of authentic Hispanic cuisine.



Operators focused on quality seafood with a respect for the environment trust Portico to deliver seafood sourced with integrity.



Using traditional cheese expertise combined with genuine pizza applications, California-made Riserva excels in taste, stretch and consistency.



For mindful operators, Sysco Simply satisfies dietary and lifestyle preferences with trusted, innovative, and versatile products.



For customers who value the role dairy plays in their overall success, Wholesome Farms provides nourishing and consistent dairy ingredients.





Introducing Sysco's new Centralized Customer Care team. This dedicated and highly experienced team of foodservice professionals is excited to assist you with all your customer service needs. Benefits of Centralized Customer Care include:

STATE-OF-THE-ART TECHNOLOGY

Enables Customer Care to immediately have access to callers' names, information, and account history, allowing for a personalized experience.

EXTENDED CUSTOMER CARE HOURS

Extended hours so that our customers can reach Sysco when they need support, seven days a week. When you need assistance, we are here for you.

SINGLE POINT OF CONTACT AND RESOLUTION

For our customers to reach Sysco Customer Care. Customer Care is your one stop shop for all of your customer service needs.



Our two new Centralized Customer Care centers located within Sysco Las Vegas and Sysco Charlotte will ensure best-in-class customer service. Sysco has partnered with Cognizant – a recognized leader in customer service – to manage our Customer Care centers.

GENERAL ORDERING PROCEDURES

- Always use your most current order guide to ensure accuracy. Please periodically print a copy of your Sysco Order Guide and replace the one in your manual so that you are prepared for an emergency.
- Between Monday and Friday, input your orders no later than 3:00 PM, the day prior to your delivery, to ensure best possible service. (Your facility's Order/Delivery Schedule is attached.)

WILL CALL ORDERS

You can place an order to be picked up at Sysco either the day before, or on the same day, if needed. (Please check this section thoroughly)

Monday - Friday: Order 8:00 am to 4:30 pm (if for same day)

Pick Up Hours: As early as 8:00 am, but no later than 4:30 pm Saturday: Order between 8:00 am & 12:00 pm

Pick Up Hours: If order placed the day before, as early as 9 am, but no later than 10 am.

All Will Call pickups require advance ordering and **must** be picked up no later than the deadlines shown above.

There are NO Will Calls on Sundays or Holidays. To request return authorizations, refer to "Product Returns and Credits" policy.

DELIVERY AND RECEIVING PROCEDURES

Deliveries will be made following the pre-arranged delivery schedule for your facility. If a holiday necessitates Sysco changing your Ordering/Delivery Schedule, you will be notified in advance of the holiday.

Sysco observes the following holidays:

New Year's Day

Labor Day

Memorial Day

• Thanksgiving Day

Fourth of July

Christmas Day

Every effort will be made to deliver your order as close to your designated delivery window as possible

Please check your order, item-by-item, the day of the delivery. Any discrepancies must be reported to Customer Care by 2:00 p.m. on the day of delivery. In the event that a mis-pick or concealed damage is discovered later, please notify Customer Care right away.



PRODUCT RETURN & CREDIT POLICY

BENEFITS

- · Ensures product wholesomeness & quality
- Reduces product loss that ultimately impacts both Sysco and our Customer
- Speeds the processing of returns and refunds
- Assures product handling is compliant with Sysco's Food Safety Programs, USDA, FDA, OSHA and HAZMAT requirements
- Reduces the risk that a tampered, damaged or unwholesome product could be redistributed to another customer

AT TIME OF DELIVERY

- Most credits and returns should happen when you are receiving your delivery.
- Your Sysco Delivery Partner will gladly help you verify the items delivered agree with your invoice.
- You may choose to return any item for credit at the time of delivery unless the item is a Special Order, Auto-Ship or Standing Order. Your Delivery Associate will make an adjustment on your invoice to keep for your records.
- ➤ Temperature Controlled for Safety (Refrigerated and Frozen) are only eligible for return
 - **at time of delivery.** (see attached table for listing of Time and Temperature Control for Safety)
- If a product is partially damaged, your Delivery Associate will make an immediate adjustment on your invoice.
- Once you've approved your order (less any items you return) just sign the invoice, indicating you're satisfied with the delivery.

RETURNING PRODUCT AFTER DELIVERY& PRODUCT INTEGRITY REQUIREMENTS

Refunds or credits for these items will be determined by the site.

All other returns are accepted for a limited amount of time as long as they meet the important requirements below:

- ✓ Refrigerated foods not classified as Time and Temperature Control for Safety: within 48 hours from delivery.
- ✓ Frozen, dry and foodservice supplies: within 14 days from delivery.

TEMPERATURE

- ✓ All refrigerated and frozen products shall be required to be stored at proper temperature to maintain food safety, product integrity and wholesomeness.
 - > Frozen items: -18°C to -9°C (0 to 15°F)
 - > Refrigerated items: 0°C to 4°C (32 to 40°F)

PACKAGING

Products are returnable for full credit only when they are in the original package, free of markings or damage, must be stored within the required temperature range at all times, and within the specified return timeframe.



TIME & TEMPERATURE CONTROL FOR SAFETY (TCS)

Product	Refrigerated	Frozen
Deli Meats and Deli Poultry (RTE)	X	
Deli Salads (RTE)	X	
Eggs Cooked and Hard Boiled (RTE)	X	
Eggs, Shell (fresh)	X	
Fruits, Salads & Vegetables (RTE cut/processed)	X	
Ground Beef (raw)		Х
Ground Beef (fresh, raw)	X	
Ground Poultry (raw)		Х
Ground Poultry (fresh, raw)	X	
Liquid Eggs (ready to use)	X	
MAP or VAC Packaging	X	X
Meat (raw)	X	
Milk (fluid) , Ice cream mix	X	
Molluscan Shellfish both in shell and shucked (fresh, raw, not fully cooked)	X	
Molluscan Shellfish both in shell and shucked (raw, not fully cooked)		Х
Pickles (refrigerated)	X	
Poultry (raw)	X	
Poultry and Meat (RTE)	X	
Seafood (raw)	X	
Seafood (RTE)	X	
Soft Cheese	X	
Sprouts (fresh)	X	

NOTE: Ready To Eat (RTE) = Ready To Serve (RTS)

These products may be eligible for credit after conforming with the Sysco Operating Company, but are not allowed back into inventory if picked up after delivery

CHEMICALS

- Please treat chemical returns with extra attention.
 Federal HAZMAT and OSHA regulations prohibit the transport of open-container chemicals, or chemical products not in the original packaging.
 Open/damaged chemical products or not in original packaging are non-returnable.
- A Sysco representative must inspect all chemical returns for damage and/or leakage before a pick up and return order can be processed. Any exceptions to these return guidelines may result in denial of credit or may be subject to a 20% restocking fee.

WILL-CALL

Refrigerated and frozen products can only be refused/returned at time of pickup. These items are not returnable once they have been signed for and are out of Sysco's control.

SPECIAL ORDER (NON-STOCK)

Special order items are products that we do not stock that were ordered especially for you. Because they can't be resold, they are not returnable except

when damaged or of inferior quality at the time of delivery.

DROP SHIPMENTS

Drop shipments are sent directly to you from our suppliers. Contact your Sysco representative about any unacceptable items within 48 hours of delivery.

STANDING ORDER

Is a pre-arranged process and agreement to always ship a defined product and quantity on every order, repetitive.

AUTO-SHIP

Is a pre-arranged process and one-time agreement (customer) to ship a defined product and quantity on a defined ship date.

RESTOCKING

Any exceptions to these return guidelines may result in denial of credit or may be subject to a 20% restocking fee.

PRODUCT RETURNS AND CREDITS

- When you need to have product picked up and returned, please provide the information requested below.
- A pick-up authorization slip will be generated for your next delivery. Pick-ups must be made in accordance with Sysco's return policy guidelines.

Inspect the following items on day of delivery. If any of these items are found to be unacceptable, notify Customer Care by 2:00 PM that day.

- · Fresh Meat and Poultry
- Fresh Seafood
- Fresh Produce
- Dairy: Eggs, Yogurt, Milk, etc.
- · Short Shelf-life Dated Product: Potato Chips, etc.

The following items (excluding the exceptions above) may be returned within **7 days:**

- Refrigerated Perishable Products (provided they have been stored at 30 - 35 degrees)
- Frozen Products (provided they have been stored at 0 - 20 degrees)
- Dry Storage Groceries and Non-Food Products

To request a "Pick Up Authorization," contact either Customer Service, or your Sales Consultant, and provide the following information to generate a pick-up authorization slip to have the product picked up on your next regular delivery:

- 1) Your Customer Number
- 2) Invoice Number
- 3) Product Code Number and Description (of item on invoice)
- 4) If product was mis-labeled (not the item listed on your invoice), give the description of the product you received
- 5) Quantity to be returned
- 6) Reason for return

A pick-up request can be phoned in by your order deadline, for pick-up on your next delivery; or you can phone in your pickup request days ahead of placing an order, and the computer will hold your request until your next order is placed, which will cause the pick-up slip to be generated.



PRODUCT RETURNS AND CREDITS



REMEMBER

Do not write directly on the packaging or the carton of product that is being returned, The driver is not permitted to take back product that is not in its original packaging, or has ripped or missing case lids, or that has been written on.

SPECIAL-ORDER MERCHANDISE

Defined as any product that is not regularly stocked by Sysco Lincoln and that was specially ordered for you. For this reason, this merchandise may **only** be returned if the product delivered is not the product that was ordered or if the product arrived damaged. Product obviously damaged during shipping should be reported immediately to the common carrier (U.P.S., Federal Express, etc.) Please open and inspect all Special-Order Merchandise promptly, as any problems, including concealed damage, must be reported to Sysco within 24 hours.

ALL PRODUCTS RETURNED MUST BE:

- ✓ Packed in original packaging;
- ✓ (The original packing carton may have been opened, but the box lids may not be cut off, torn, or missing);
- ✓ Free of writing or marking on packaging or product, undamaged, in resalable condition; and
- ✓ Returned within the specified return policy timeframe.
- Upon verification, a credit memo will be posted within seven to ten days.
- Partial cases of product that is sold only by the full case cannot be returned. The exception is for damaged or dented cans.
- If you suspect a product is spoiled, please notify your Sales Consultant immediately. Provide any
 lot numbers or production code dates that are printed on cases or packaging, or the embossed
 number that is stamped on the top of cans. Instructions will be given to you to return the
 product, hold it for inspection, or discard it.

Please note: Sysco drivers are not permitted to take back merchandise from previous deliveries without a pick-up authorization slip.

PRODUCT RECALLS AND WITHDRAWALS

IMPORTANT INFORMATION

Sysco corporation has deployed the Instant RecallTM solution, an automated food recall and withdrawal notification system. To ensure the safety of your customers, protect your brand, and help comply with new FDA reporting requirements, recall notification will be provided via automated phone calls.

CALLS FROM SYSCO – INSTANT RECALL™
WILL COME FROM THE FOLLOWING NUMBER:

1-866-314-0788



- When Instant Recall™ calls you, it is important that you listen to the entire message. Please do not hang up until you hear "goodbye".
- The message will convey the critical information you will need to understand about a recalled product.
- The system may continue to call you until you hear the entire message.
- During the message, you may press "4" to rewind or "5" to pause.
- If you miss the call, you can dial 1-866-314-0788 at any time to hear the details for the recall or withdrawal.

If you have any questions or feedback about this important service, please contact your Sysco representative.

BIG IMPACT REQUIRES BIG COMMITMENT.

Sysco is committed to donating \$500 million worth of good by 2025 through product and monetary donations, as well as volunteer time. With our signature Nourishing Neighbors program, we're supporting organizations in our communities that work to eliminate hunger and make nutritious food available where it's needed most.



LOCAL IMPACT

Here's how it works: A portion of the proceeds from each Sysco Brand case sold in our local communities will be donated to local charitable organizations. At least 75% of those donations will go toward charities that help feed people.

Every case counts: Sysco customers who choose Sysco Brand products are supporting Nourishing Neighbors and helping to fight hunger in the communities where they live and work.





NATIONAL REACH

All Sysco's U.S. and Canada Broadline companies are participating in the program. With dozens of locations across North America, Nourishing Neighbors can have a significant impact in the fight against hunger.



FOOD IS A NECESSITY.

It's estimated that one in three seniors and one in six children are food insecure – which means they don't know where their next meal will come from. We're going to do something about that.

Learn more at sysco.com/csr

Sysco[®]

NUTRITION STANDARDS

- ✓ USDA Food Buying Guide
- ✓ USDA MyPlate
- ✓ National School Lunch Program
- ✓ CN & PFS Labelling
- ✓ Meal Compliance & Creditable Foods
- ✓ Sysco Stocked Products



Sysco[®]

CN & PFS PRODUCTS

Click to Shop CN Stocked Products



Download Full
PFS Product
Guide



Click 2 Shop

PFS Products by Category

- 🗹 Egg, Bacon & Sausage
- ☑ Pancake, French Toast, Waffles
- ☑ Breakfast Pastries
- 🗹 Breakfast Bars & Cereal
- ✓ Yogurt
- Juices
- ✓ Snacks
- 🗹 Chips
- Cheese
- 🗹 Beans
- Chicken
- 🗹 Deli Meats
- 🗹 Tenders, Nuggets & Wings
- ☑ Beef & Burgers

- 🗹 Pork & sausages
- ✓ Hot Dogs & Meatballs
- ☑ Entrees & Appetizers
- ✓ Seafood
- Soups
- Potato Sides
- ✓ Tots & Hashbrowns
- ✓ Pasta & Sauce
- Y PIZZA
- ✓ Wraps & Tortillas
- ☑ Breads & Rolls
- 🗹 Vegetables & Condiments

EVERYDAY EDUCATION

The Child Nutrition (CN) Label is a product label which contains a statement from the USDA Food and Nutrition Service that clearly identifies the contribution that product makes towards the CN meal pattern requirements.

Nutrition Label

BREADED DINOSA

INGREDIENTS: Contains Up To 20% Solution Of Water, Salt, And Sodium Phosphates. Breaded, Battered And Predusted With: Bleached Enriched Wheat Flour (Niacin, Reduced Iron, Thiamine Monontrate, Riboflavin, Folic Acid), Water, Modified Corn Starch, Salt, Less Than 2% Of Each Of The Following: Yellow Corn Flour, Spices, Leavening, (Sodium Bicarbonate, Sodium Aluminum Phosphate, Monocalcium Phosphate), Flavor (Maltodextrin, Autolyzed Yeast Extract, Flavor, Hydrolyzed Corn Gluten), Soybean Oil, Dried Gartic, Dried Onion, Silicon Dioxide Added As An Anticaking Agent. Coated With: Wheat Flour. Breading Set In Vegetable Oil.

CONTAINS: EGG, SOY, WHEAT HEATING INSTRUCTIONS: From Frozen: Heat in Convection Oven for 5-8 minutes at 375°F.

Convectional Oven for 7-10 minutes at 400°F. Appliances vary, adjust cook times accordingly.



Five .8toz breaded fully cocked chicken nuggets (2.43 oz Total) provide 2.00 oz equivalent meetlmeet alternate and 1.00 senting bread atternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 60-00.) - CN -

FULLY COOKED • KEEP FROZEN PACKED 120 - .88OZ. (25G) • NET WT 6.6 LB

Nutrition Fac

Serving Size 5 Nuggets (125g)

Calories	230
	% Daily Values *
Total Fat 10g	15%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesteral 55mg	18%
Sodium 580mg	28%
Total Carbohydrate 16g	5%
Dietary Fiber 0g	0%
Sugars 0g	
Protein 16g	

Land Company of the C	% Daily Values **
Vitamin D 1mog	5%
Calcium 26mg	2%
Iron 4mg	10%
Potassium 120mg	3%

nt Chilly Values are based on a 2,000 catorie diet. Your stally values may be higher or lower depending on your calone needs

CN Label

Five 0.88 oz. breaded fully cooked chicken nuggets (4.40 oz. Total) provide 2.00 oz. equivalent meat/most alternate and 1.00 oz. equivalent grains for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service. USDA 00-00.) CN

CN

Six Digit ID#

Assigned by the FNS USDA.

Month/Year

Date of approval. Valid for five years or until product formulation changes.



Equivalent Calculation Lunch/Supper*

Meat

1 & 2 year olds (1 oz) = 3 nuggets

3-5 year olds (1.5 oz) = 4 nuggets

6-12 year olds (2 oz) = 5 nuggets

Grain

1 & 2 year olds (1/2 oz) = 3 nuggets

3-5 year olds (1/2 oz) = 3 nuggets

6-12 year olds (1 oz) = 5 nuggets

Child Nutrition labels do NOT indicate that a product is healthy. CN labels are mainly used on processed meats and meat alternate products. If using CN labeled foods, always read the nutrition labels to choose the healthiest option.

"The crediting here is specific to the to the nuggets shown in the example above. Be sure to check the label or nutrition information for all foods you serve to make sure you are meeting minimum requirements.



FNS-634













Food Buying Guide for Child Nutrition Programs

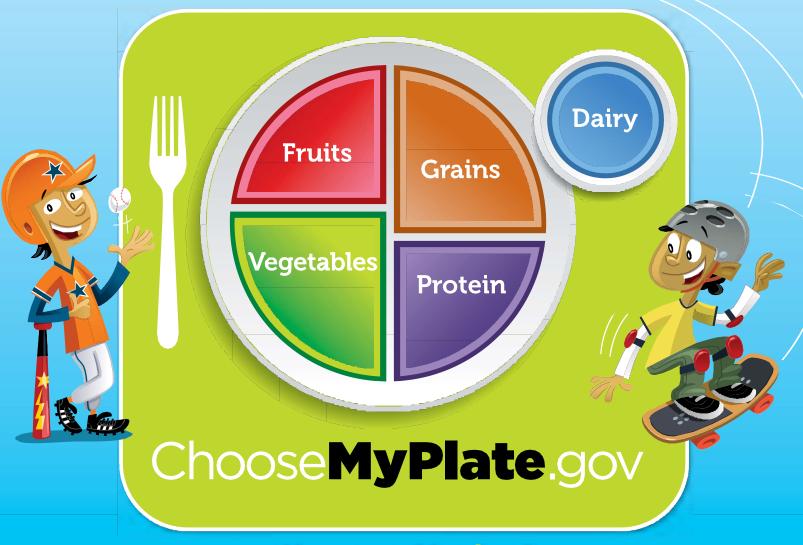
Download the full guide here:





Eat Smart To Play Hard

Use MyPlate to help you fuel up with foods from each food group.





Keep on Moving!

You need at least 60 minutes of physical activity each day. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices.

Make sure your juice is 100% fruit juice.

















VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.













PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



















DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks.

Dairy foods contain calcium for strong bones

and healthy teeth.















Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.

National School Lunch Program

Meal Pattern



Meal Component	K-5	6-8	9-12	
Fluid Milk (cups)	5 (1)	5 (1)	5 (1)	
1% Unflavored	. ,			
Fat Free				
Flavored/Unflavored				
Fruit (cups)	2.5 (0.5) ¹	2.5 (0.5) ¹	2.5 (0.5) ¹	
Vegetable (cups)	3.75 (0.75) ²	3.75 (0.75) ²	5 (1) ²	
 Dark Green 	• 0.5	• 0.5	• 0.5	
 Red/Orange 	• 0.75	• 0.75	• 1.25	
Bean & Peas	• 0.5	• 0.5	• 0.5	
(Legumes)	• 0.5	• 0.5	• 0.5	
 Starchy 	• 0.5	• 0.5	• 0.75	
 Other 				
Grains (oz. eq.)	8-9 (1) ³	8-10 (1) ³	10-12 (2) ³	
M/MA (oz. eq.)	8-10 (1)	9-10 (1)	10-12 (1)	
Daily Amount Base	d on the Averag	e for a 5 Day We	eek	
Min-Max Calories	550-650	600-700	750-850	
Saturated Fat (% of total	< 10%	< 10%	< 10%	
Calories)				
Sodium (mg)	≤ 640 mg ≤ 710 mg		≤ 740 mg	
Trans Fat (g)	Nutrition label or manufacturer			
	specifications must indicate zero grams of			
	trans fat per serving. **Exception for		=	
	naturally occurring trans fat in animal			
	products			

¹One quarter-cup of dried fruit counts as ½ cup of fruit. No more than half of the fruit or vegetable offering may be in the form of juice. All juice must be 100% full-strength.

Reimbursement Rates

State	Less than 60%	Less than 60% + \$0.06	60% or More	60% or more + \$0.06
	Paid: \$0.30	Paid: \$0.36	Paid: \$0.32	Paid: \$0.38
Contiguous	Reduced: \$2.76	Reduced: \$2.82	Reduced: \$2.78	Reduced: \$2.84
States	Free: \$3.16	Free: \$3.22	Free: \$3.18	Free: \$3.24
	Paid: \$0.49	Paid: \$0.55	Paid: \$0.51	Paid: \$0.57
Alaska	Reduced: \$4.72	Reduced: \$4.78	Reduced: \$4.74	Reduced: \$4.80
	Free: \$5.12	Free: \$5.18	Free: \$5.14	Free: \$5.20
	Paid: \$0.35	Paid: \$0.41	Paid: \$0.37	Paid: \$0.43
Hawaii	Reduced: \$3.29	Reduced: \$3.35	Reduced: \$3.31	Reduced: \$3.37
	Free: \$3.69	Free: \$3.75	Free: \$3.71	Free: \$3.77
	Paid: \$0.35	Paid: \$0.41	Paid: \$0.37	Paid: \$0.43
Puerto Rico	Reduced: \$3.29	Reduced: \$3.35	Reduced: \$3.31	Reduced: \$3.37
	Free: \$3.69	Free: \$3.75	Free: \$3.71	Free: \$3.77

Source: http://federalregister.gov/a/2016-18650

Participation and Lunches Served

Fiscal Year	Free	Reduced	Full Price	Total	Total Lunches Served	% Free/RP of Total
2015	19.8 million	2.2 million	8.5 million	30.5 million	5,005.9 million	72.6%

 $Source: \underline{http://www.fns.usda.gov/sites/default/files/pd/slsummar.pdf}$

 $^{^2}$ One cup of leafy greens counts as $\frac{1}{2}$ cup of vegetables. Any vegetable subgroup may be offered to meet the total weekly vegetable requirement.

³All grains must be whole grain-rich.

CREDITABLE AND NON-CREDITABLE FOODS

When planning menus, be sure the foods used to meet meal pattern requirements are creditable. While non-creditable foods do <u>not</u> count toward meeting the meal pattern requirements, they can be served in addition to the required components of a reimbursable meal. The addition of these types of food items adds cost and nutrients to the menus. You are required to track these food items on the daily production record.

Commercially Prepared* Entrees and Sauces

These foods do <u>not</u> count toward the meal pattern unless you have a CN label or a Product Specification Sheet on file:

- Canned, Powdered or Frozen Cheese Sauce
- Canned Pasta Products such as Ravioli
- Frozen Entrees (Lasagna, Stuffed Shells, etc.).
- Frozen Pizza
- Pepperoni

* non-commodity items

Canned Soups

Canned soups count toward the meal pattern requirements only under certain conditions:

- Tomato Soup, counts towards the Vegetable component – red/orange subgroup.
- A one-cup serving of Tomato Soup unless CN labeled differently is equivalent to 1/4 cup of Vegetable component.
- None of the meat or poultry-based soups (such as chicken noodle, beef barley, etc.) count toward the Meat/Meat Alternate component.

Canned and Frozen Juices

- Juice must be 100% full strength.
- No more than 1/2 of the fruits or vegetables offered during the week may be in the form of fruit or vegetable juice.
- Nectars, drinks, cocktails, and ades do not credit.
- 100% fruit juice based sherbets are not creditable.

Other Foods

These foods do <u>not</u> count toward meal pattern requirements. They may be offered as part of a meal.

- Bacon, Bacon Bits, Turkey Bacon
- Butter/Margarine
- Cheetos
- Chili Sauce
- Coconut
- Condiments (BBQ Sauce, Ketchup, Mustard)
- Cream, Fresh or Sour
- Cream Cheese
- Funyuns
- Frozen Yogurt
- Hominy
- Honey
- Ice Cream, Ice Cream Cones
- Jams, Jellies
- Jerky (all meat types)
- Gelatin
- Mayonnaise
- Pizza Sauce
- Popcorn
- Potato Chips
- Puddings (canned or prepared from mix)
- Relish
- Salad Dressings
- Salsa (except commodity or homemade)
- Sausage Sticks (all meat types)
- Spaghetti Sauce (except commodity or homemade)
- Taco Sauce

Additional Information

- Dried fruit credits for twice the volume served (1/4 c. serving = 1/2 c. fruit)
- Raw green leafy vegetables credit differently than cooked:
 - 1 c. raw green leafy = 1/2 c. vegetable 1/2 c. cooked green leafy = 1/2 c. vegetable

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	Food As Purchased FRUITS AND VEGETABLES	Purchase Unit	Servings per Purchase. Unit	Serving Size	Comments
	FRUITS - Undrained - All types	#10 can	48		All varieties unless noted
	FRUITS - Drained - All types	#10 can	34		All varieties unless noted
	JUICES - Full strength - 100% Juice	46 oz can	23		
	VEGETABLES - Drained - All types	#10 can	38		
	PICKLES, CHIPS	Gallon	60		3-4 dill chips or 1 spear = 1/8 cup
ED	TOMATOES - In juice	#10 can	47		Whole, crushed, diced
ANNED	TOMATO PASTE	#10 can	192		1 T. paste = 1/4 cup
CA	TOMATO PUREE	#10 can	96		2 T. puree = 1/4 cup
	TOMATO SAUCE	#10 can	50		
	SOUP - Tomato and Vegetable only	46 oz can	11		1 cup soup = ¼ cup veg.
	SPAGHETTI SAUCE or SALSA Commodity	#10 can	48		Commercial brands do not credit
	APPLES - Medium = 125-138 count	1 b	13		½ apple = ½ cup fruit
	BANANAS - Medium = 100-120 count	1 b	7		1 banana = ½ cup fruit
	GRAPES - Seedless	1 b	10	1	7 large grapes = 1/4 cup
	MELONS	1 b	6	dno	1 lb = 1 3/8 cup ready to eat
	ORANGES - Small = 138 count	1 b	6	4/	1 orange = 1/2 c fruit/juice
H	CABBAGE - Shredded w/o Dressing	1 b	24	7	
FRESH	CARROT - Sticks	1 b	15		3 - 4"x 1/2"strips = 1/4 c
☲	CARROT - Baby	1 b	13		1/4 cup = 1.3 oz about 8
	CELERY - Sticks	1 b	12		3 - 1/2"x 4" strips = 1/4 c
	LETTUCE - Cleaned and Cored	1 b	29		Ready-to-serve
	LETTUCE - Salad Mix w/o Dressing	1 b	26		Ready-to-serve
	POTATOES -With skin	1 b	10		3 medium per pound
	TOMATOES	1 b	8		3-4 medium per pound
	FRUITS - All types	1 b	7		Peaches, chemies, strawbernies
	POTATOES - French Fries, regular/crinkle cut	1 b	14		About 5 fries = 1/4 cup
z	POTATOES - French Fries, shoestring cut	1 b	16		About 7 fries = 1/4 cup
ZE	POTATOES - Tater Tots	1 b	12		About 4 regular sized tots = 1/4 c
FROZEN	POTATOES - Wedges w/skin	1 b	10		
_	POTATOES - Hash brown patty, prebrowned	1 b	7		1 patty = 1/4 c
	VEGETABLES - Small uniform pieces	1b	10		Com, peas, carrots, green beans
	VEGETABLES - All others	1b	9		Broccoli, cauliflower
DRIED	POTATOES - Flakes, granules	1b	50	:	
DR	POTATOES - Sliced, diced	1b	44		
			-	_	

	Food As Purchased MEAT/MEAT ALTERNATES	Purchase Unit	Servings per Purchase Unit	Serving Size	Comments
ED	BEEF or PORK - In natural juices	29 oz can	14	- 1	Boneless
ANNED	CHICKEN - Boned in broth	29 oz can	20		Drained
CA	TUNA - Chunk	66½ oz can	50		Drained
	RAW			- 1	
	BEEF - Ground	1b	11.8		No more than 20% fat
	PORK - Ground	1b	11.5		110 more than 2070 fat
	PORK - Fresh Ham/Roast/Shoulder-boneless	1b	9		
	CHICKEN or TURKEY - Ground	1b	11.2		
	CHICKEN - Fresh/Frozen - whole w/skin	1b	5.8		
	TURKEY - Roast or Roll - boneless	1b	10.5		
_	BEEF Roast - Boneless	1b	10	- 1	
FROZEN	PRECOOKED				
RO	BEEF - Breaded patties or nuggets	1b	8		
	CHICKEN - Breaded patties or nuggets	1b	8		
HOR	FISH PORTIONS - Battered or breaded	1b	8		
FRESH		1b	8	onnce	
FR	PORK - Breaded patties or nuggets	10	0	on o	
	COOKED MEATS			:	
	DELI - Style meats for sandwiches	1b	16		
	HAM - Mild cured -boneless	1b	13	- 1	
	FRANKS	1b	16		
	PRECOOKED - Unbreaded meat portions	1b	16		
	BEANS - Assorted Canned	#10 can	36		kidney, chili, lima, navy ¼ cup = 1 oz
ES	CHEESE - Cheddar, Mozzarella, American	1b	16		4 c = 1 1b
ATES	CHEESE - Cottage or Ricotta	1b	8		½ cup = 1 oz
SRN	CHEESE - Food, Spread	1b	8		2 oz = 1 oz meat/meat alt.
ALTERN	EGGS - Fresh, Large	Each	2		½ egg = 1 oz
T A	EGGS - Frozen	1 b	18		1 lb = 9 large eggs
MEAT	NUTS and SEEDS - Shelled	1b	16	- 1	Max -50% of requirement
M	PEANUT BUTTER	1b / #10 can	14 / 97		2 Tbsp = 1 oz
	YOGURT - Plain or flavored	1 b	4	_ :	½ c or 4 fl.oz = 1 oz meat alt.

Refer to Child Nutrition (CN) Labels for portion size and meal pattern contribution, if available.



USDA Child Nutrition Programs: TIPS for Evaluating a Manufacturer's Product Formulation Statement

A manufacturer's product formulation statement (PFS) is a signed certified document that provides a way for a manufacturer to demonstrate how a product may contribute to the meal pattern requirements of the United States Department of Agriculture's (USDA), Child Nutrition (CN) programs. A PFS is typically provided for processed products that do not have a CN Label. A CN Labeled product provides an assurance that the food provides the stated contributions toward CN meal pattern requirements. Program operators may request a signed manufacturer's PFS when purchasing a processed product without a CN Label. USDA does not approve a manufacturer's PFS. Program operators are ultimately responsible for ensuring menu items meet meal pattern requirements; therefore, program operators should review and verify the crediting statement on a manufacturer's PFS before purchasing the product.

Checklist for Evaluating a Manufacturer's PFS				
(If "N" is ch	necked for any question below, contact the manufacturer to request the information)			
YN	Is the PFS on signed company letterhead? The signature on the PFS can be handwritten, stamped, or electronic.			
YN	Does the PFS include product name, product code number, and serving/portion size?			
YN	Do the creditable ingredients* listed on the PFS match or have a similar description as the ingredients listed on the product label? For example, if the PFS lists "ground beef (not more than 20% fat)," the product label should also list "ground beef (not more than 20% fat)."			
YN	Do the creditable ingredients* listed on the PFS match or have a similar description to a food item listed in the <i>Food Buying Guide</i> (FBG) <i>for Child Nutrition Programs</i> (http://www.fns.usda.gov/tn/food-buying-guide-for-child-nutrition-programs)?			
YN	If the product is a meat/meat alternate, does it contain an Alternate Protein Product (APP), such as soy concentrate? If yes, does the manufacturer provide supporting documentation that meets USDA's APP requirements? Specific requirements for APP products and examples of supporting documentation are available at http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry.			
YN	Does the PFS demonstrate how creditable ingredients* contribute toward the meal pattern requirement(s) (i.e., provides information to calculate crediting)?			

Are the manufacturer's calculations correct and verified?

Points To Remember

- The total creditable amount should **never** be rounded up. The total creditable amount must **round down** to the nearest 0.25 oz. (e.g., total creditable amount of 0.99 oz. must **round down** to 0.75 oz.).
- The meat/meat alternate credit cannot exceed the total serving size of the product (e.g., a 2.15 oz. beef patty may not credit more than 2.00 oz. meat/meat alternate).
- Fruits and vegetables (including purées) credit on the volume served (cup servings). For example, if ½ cup red/orange vegetables is served, then the contribution towards the red/orange vegetables subgroup is ½ cup credit.

The only exceptions are:

- Tomato paste and tomato purée are credited based on their whole food equivalency using the
 percent natural tomato soluble solids in the paste or purée. See FBG for additional information
 on calculated volume.
- Dried fruits credit as double the volume served in NSLP/SBP and CACFP (e.g., ¼ cup raisins credit as ½ cup fruit). Dried fruit credits as volume served in SFSP.
- Raw leafy vegetables credit as half the volume served in NSLP/SBP and CACFP (e.g., 1 cup raw spinach credits as ½ cup dark-green vegetable). Raw leafy vegetables credit as volume served in SFSP.
- A PFS may include crediting information for more than one meal component. For instance, a cheese pizza may credit towards the meat/meat alternate, grains, and the red/orange vegetable subgroup. The crediting information for each meal component may be documented on the same PFS.

Notes

PFS templates for each meal component are available on the CN Labeling Web site at http://www.fns.usda.gov/cnlabeling/food-manufacturersindustry. Manufacturers may use PFS templates as a guide to help develop a PFS; however, they are not required to use the same format as the USDA's template, but they must present the same information on their company letterhead..

The Checklist for Evaluating a Manufacturer's PFS may also be viewed as a flow chart.

* A **creditable ingredient** is a food/ingredient that contributes to one of the food components of USDA's meal pattern requirements.

Entrée Ideas (Meat/Meat Alternate

- •Meat/deli meat
- •Peanut butter/nut butters
- •Hummus
- Hard boiled eggs
- •Cheese sticks/shredded/sliced cheese
- •Tuna or Meat Salads
- •Nuts/seeds/trail mix
- Yogurt/Greek yogurt
- Meat sticks
- •Garbanzo beans/hummus
- •Beans

USDA Foods

- Ham
- · Smoked Turkey
- · Chicken Fajita
- · Chicken Tenders
- · Cheese Slices
- Tuna
- String Cheese
- · Peanut Butter
- Garbanzo Beans
- · Black Beans
- · Vegetarian Beans
- · Yogurt Cups
- · Ground Beef
- Beef Patties

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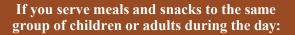
Food and Nutrition Service

Adding Whole Grains to Your Child and Adult Care Food Program Menu

Whole grain-rich foods are an important part of your menu in the Child and Adult Care Food Program (CACFP). Foods that are whole grain-rich are filled with vitamins, minerals, fiber, and other nutrients that help kids and adults stay healthy.

How often do I have to serve whole grains in the CACFP?

Each day, at least one of the grain components of a meal or snack must be "whole grain-rich." Whole grain-rich food items must be offered at least once per day, not once per meal/snack. In the CACFP, whole grain-rich means that at least half the grain ingredients in a food are whole grains, and any remaining grains are enriched grains, bran, or germ. This is required for CACFP child and adult meal patterns only. There is no whole grain-rich requirement for infants.



✓ Serve whole grain-rich items for the grain component at one of the meals or snack each day.

If you serve meals and snacks to different groups of children or adults during the same day (for example, morning and afternoon sessions):

Serve whole grain-rich items for the grain component to one of the groups of children or adults each day.

If you serve only snacks:

✓ You do not have to serve a grain component at snack. But if you do, it must be whole grain-rich.

If you serve only breakfast and want to serve a meat or meat alternate:

You do not need to serve a grain, because you are replacing the grain component with a meat or meat alternate. You may do this up to three times per week. On the days when a meat or meat alternate is not served, you must serve whole grain-rich items for the grain component. If you decide to serve a grain as an "extra" food that does not count toward the CACFP meal pattern requirements, then the grain does not have to be whole grain-rich.

If your at-risk afterschool site or adult day care serves breakfast, lunch, or supper using Offer Versus Serve:

All grain items offered at the meal you wish to count towards the whole grain-rich requirement must be whole grain-rich.



Can I serve a grain-based dessert if it is whole grain-rich?

X Grain-based desserts, even those made with whole grains, cannot count towards the grain component of a CACFP meal or snack. There are many other tasty whole grain-rich foods that you can add to your menus.



Grains and Breads

Creditable Grains/Breads

- Animal Crackers
- Bagel Chips
- Bagels
- Banana Bread
- Barlev
- Biscuits
- Boston Brown Bread
- Bread Pudding
- Bread-white, rye, whole wheat, pumpernickel, seven grain, Italian, Roman meal, French, etc.
- Bread sticks
- Breading on Corndogs
- Brownies, plain
- Cakes
- Canned Pasta
- Carrot Bread
- Cereal Bars
- Cereal, cooked
- Cereal, dry
- Chips, Corn
- Chow Mein Noodles
- Cobbler-fruit
- Coffee Cake, Cinnamon/Danish Rolls
- Cookies
- Combread
- Com chips
- Couscous
- Crackers
- Cream Puff Shells
- Crepes
- Croissants
- Croutons
- Crust on fruit crisps or cobblers
- Cupcakes
- Danish
- Doughnuts
- Dumplings
- Egg Roll or Won Ton Wrappers
- English Muffins
- French Bread
- Fried Bread

Non-Creditable Grains/Breads

- Apple Straws®
- Breading/Batter on Commercial Items
- Caramel Com
- Cheese Puffs
- Chips, Potato
- Com
- Com Nuts
- Hominy
- Ice cream cones
- Nut or Seed Meal or Flour
- Popcom
- Potato Pancakes
- Tapioca
- Veggie Straws®



While not an exhaustive list, the grain ingredients listed in the table below are common whole grains:

WHEAT		
bromated whole-wheat flour	stone ground whole-wheat flour	whole-grain bulgur
bulgur (cracked wheat)	toasted crushed whole wheat	whole-grain wheat
cracked wheat or crushed wheat	wheat berries	whole-grain wheat flakes
entire wheat flour	wheat groats	whole-grain wheat flour
flaked wheat	white whole-wheat flour	whole-white wheat
graham flour	whole bulgur	whole-wheat flakes
sprouted wheat	whole-durum flour	whole-wheat flour
sprouted wheat berries	whole-durum wheat flour	whole-wheat pastry flour
sprouted whole wheat		
OATS		
instant oatmeal	old-fashioned oats	whole-grain oat flour
oat groats	quick-cooking oats	whole oats
oatmeal or rolled oats	steel cut oats	whole-oat flour
BARLEY		
dehulled barley	whole-barley flakes	whole-grain barley
dehulled-barley flour	whole-barley flour	whole-grain barley flour
whole barley		
CORN		
nixtamalized corn*	whole commeal	whole-grain cornmeal
popcorn	whole-grain corn	whole-grain grits
whole corn	whole-grain corn flour	whole-corn flour
BROWN RICE		
brown rice	brown-rice flour	sprouted brown rice
WILD RICE		
wild rice	wild-rice flour	
		I .

^{*}Nixtamalized corn, (i.e., corn treated with lime), such as hominy, corn masa (dough from masa harina), and masa harina (corn flour) are considered whole grain when evaluating products for meal requirements. See p. 8 for further explanation.

(Cont.) The grain ingredients listed in the table below are common whole grains:

RYE		
flaked rye	sprouted whole rye	whole-rye flakes
rye berries	whole rye	whole-rye flour
rye groats		
OTHER GRAINS		
amaranth	whole sorghum (milo)	triticale
amaranth flour	whole-grain sorghum flour	triticale flour
buckwheat	spelt berries	whole einkorn
buckwheat flour	sprouted buckwheat	whole-einkorn berries
buckwheat groats	sprouted einkorn	whole emmer (farro)
millet	sprouted spelt	whole-grain einkorn flour
millet flour	teff	whole-grain spelt flour
quinoa	teff flour	whole kamut (Khorasan wheat)
		whole spelt

The following corn ingredients also meet the whole grain-rich criteria for school meals.

corn masa

hominy grits

masa harina

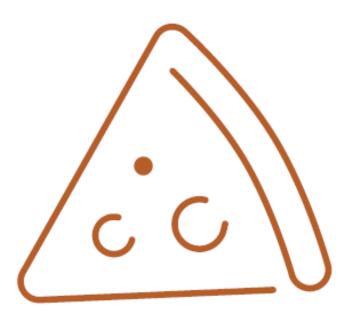


Nixtamalized corn, (i.e., corn treated with lime), such as hominy, com masa (dough from masa harina), and masa harina (corn flour) are considered whole grain when evaluating products for meal requirements. Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (slaked lime) solution. This process increases the bioavailability of certain nutrients. If the ingredient statement indicates the corn is treated with lime (for example, "ground corn with trace of lime" or "ground corn treated with lime"), then the corn is nixtamalized.

The grain ingredients listed below are **not** considered whole grains (please contact your State agency to determine if a grain ingredient is creditable toward the grains component in school meals):

NOT CONSIDERED WHOLE GRAINS				
all-purpose flour	enriched bromated flour	potato flour		
any bean flour	enriched flour	rice flour		
any nut flour	enriched rice	self-rising flour		
bread flour	enriched self-rising flour	self-rising wheat flour		
bromated flour	farina	semolina		
cake flour	flour	unbleached flour		
corn flour	instantized flour	white flour		
corn fiber	malted barley	wheat flour		
couscous	milled brown rice	yellow corn flour		
degerminated cornmeal	oat fiber	yellow corn meal		
durum flour	phosphated flour			

^{*}Some of the above products may credit as enriched. See page 10 for more information on enriched grain products.



Nutrition education in the cafeteria and classroom can also be an effective tool to help increase whole-grain intake in students. Here are some tactics that nutrition staff and teachers can use to encourage students.

- Use cooking and tasting demonstrations to allow students to sample new whole-grain food products and recipes;
- Display nutrition education material about whole grains in the cafeteria;

- Market/promote strategies for new whole-grain products and recipes as fun, exciting, ethnic, foodie-approved, adventurous, etc.;
- Solicit student and/or parent feedback for suggestions on whole-grain foods that students enjoy;
- Peer promotion of new whole-grain menu items.

Ideas for Adding Products That Meet Whole Grain-Rich Criteria to Menus

To meet whole grain-rich criteria, consider adding whole grains to the menuitem suggestions below, which tend to be acceptable to children.

- · Bagels or muffins
- Breads, rolls, or buns
- Cooked breakfast cereals*
- Cornbread
- Crackers
- Granola
- Granola bars or cereal bars
- Pancakes* or waffles
- Pasta, such as macaroni,* spaghetti,* vermicelli, or other whole-grain noodles
- Pita pockets

- Popcorn
- Pretzels
- · Ready-to-eat cereals
- Salads (cracked wheat, whole-grain bulgur, whole specialty grains)
- Side dishes (e.g., brown rice,* wild rice, cracked wheat, whole-grain bulgur or barley, whole specialty grains)
- Soba noodles (with whole-buckwheat flour as primary ingredient)
- Tortillas,* taco shells
- Other uses of whole grains (soups, casseroles, combination dishes)

^{*}Currently available through USDA Foods.

Exhibit A: Grain Requirements For Child Nutrition Programs^{1,2}

Color Key: Footnote 5 = Blue, Footnote 3 or 4 = Red

Food Products per Group	Ounce Equivalent (oz eq)	Minimum Serving Size
Group A	Ounce Equivalent (oz eq) for Group A	Minimum Serving Size for Group A
Bread type coating Bread sticks (hard) Chow Mein noodles Savory Crackers (saltines and snack crackers) Croutons Pretzels (hard) Stuffing (dry) Note: weights apply to bread in stuffing	1 oz eq = 22 gm or 0.8 oz 3/4 oz eq = 17 gm or 0.6 oz 1/2 oz eq = 11 gm or 0.4 oz 1/4 oz eq = 6 gm or 0.2 oz	1 serving = 20 gm or 0.7 oz 3/4 serving = 15 gm or 0.5 oz 1/2 serving = 10 gm or 0.4 oz 1/4 serving = 5 gm or 0.2 oz
Group B	Ounce Equivalent (oz eq) for Group B	Minimum Serving Size for Group B
Bagels Batter type coating Biscuits Breads - all (for example sliced, French, Italian) Buns (hamburger and hot dog) Sweet Crackers ⁵ (graham crackers - all shapes, animal crackers) Egg roll skins English muffins Pita bread Pizza crust Pretzels (soft) Rolls Tortillas Tortillas Tortilla chips Taco shells	1 oz eq = 28 gm or 1.0 oz 3/4 oz eq = 21 gm or 0.75 oz 1/2 oz eq = 14 gm or 0.5 oz 1/4 oz eq = 7 gm or 0.25	1 serving = 25 gm or 0.9 oz 3/4 serving = 19 gm or 0.7 oz 1/2 serving = 13 gm or 0.5 oz 1/4 serving = 6 gm or 0.2 oz
Group C	Ounce Equivalent (oz eq) for Group C	Minimum Serving Size for Group C
Cookies ³ (plain - includes vanilla wafers) Cornbread Corn muffins Croissants Pancakes Pie crust (dessert pies³, cobbler³, fruit tumovers⁴, and meats/meat alternate pies) Waffles	1 oz eq = 34 gm or 1.2 oz 3/4 oz eq = 26 gm or 0.9 oz 1/2 oz eq = 17 gm or 0.6 oz 1/4 oz eq = 9 gm or 0.3 oz	1 serving = 31 gm or 1.1 oz 3/4 serving = 23 gm or 0.8 oz 1/2 serving = 16 gm or 0.6 oz 1/4 serving = 8 gm or 0.3 oz
Group D	Ounce Equivalent (oz eq) for Group D	Minimum Serving Size for Group D
Doughnuts ⁴ (cake and yeast raised, unfrosted) Cereal bars, breakfast bars, granola bars ⁴ (plain) Muffins (all, except corn) Sweet roll ⁴ (unfrosted) Toaster pastry ⁴ (unfrosted)	1 oz eq = 55 gm or 2.0 oz 3/4 oz eq = 42 gm or 1.5 oz 1/2 oz eq = 28 gm or 1.0 oz 1/4 oz eq = 14 gm or 0.5 oz	1 serving = 50 gm or 1.8 oz 3/4 serving = 38 gm or 1.3 oz 1/2 serving = 25 gm or 0.9 oz 1/4 serving = 13 gm or 0.5 oz

Group E	Ounce Equivalent (oz eq) for Group E	Minimum Serving Size for Group E
Cereal bars, breakfast bars, granola bars ⁴ (with nuts, dried fruit, and/or chocolate pieces) Cookies ³ (with nuts, raisins, chocolate pieces and/or fruit purees) Doughnuts ⁴ (cake and yeast raised, frosted or glazed) French toast Sweet rolls ⁴ (frosted) Toaster pastry ⁴ (frosted)	1 oz eq = 69 gm or 2.4 oz 3/4 oz eq = 52 gm or 1.8 oz 1/2 oz eq = 35 gm or 1.2 oz 1/4 oz eq = 18 gm or 0.6 oz	1 serving = 63 gm or 2.2 oz 3/4 serving = 47 gm or 1.7 oz 1/2 serving = 31 gm or 1.1 oz 1/4 serving = 16 gm or 0.6 oz
Group F	Ounce Equivalent (oz eq) for Group F	Minimum Serving Size for Group F
Cake ³ (plain, unfrosted) Coffee cake ⁴	1 oz eq = 82 gm or 2.9 oz 3/4 oz eq = 62 gm or 2.2 oz 1/2 oz eq = 41 gm or 1.5 oz 1/4 oz eq = 21 gm or 0.7 oz	1 serving = 75 gm or 2.7 oz 3/4 serving = 56 gm or 2 oz 1/2 serving = 38 gm or 1.3 oz 1/4 serving = 19 gm or 0.7 oz
Group G	Ounce Equivalent (oz eq) for Group G	Minimum Serving Size for Group G
Brownies ³ (plain) Cake ³ (all varieties, frosted)	1 oz eq = 125 gm or 4.4 oz 3/4 oz eq = 94 gm or 3.3 oz 1/2 oz eq = 63 gm or 2.2 oz 1/4 oz eq = 32 gm or 1.1 oz	1 serving = 115 gm or 4 oz 3/4 serving = 86 gm or 3 oz 1/2 serving = 58 gm or 2 oz 1/4 serving = 29 gm or 1 oz
Group H	Ounce Equivalent (oz eq) for Group H	Minimum Serving Size for Group H
Cereal Grains (barley, quinoa, etc.) Breakfast cereals (cooked) ^{6,7} Bulgur or cracked wheat Macaroni (all shapes) Noodles (all varieties) Pasta (all shapes) Ravioli (noodle only) Rice	1 oz eq = 1/2 cup cooked or 1 ounce (28 gm) dry	1 serving = 1/2 cup cooked or 25 gm dry
Group I	Ounce Equivalent (oz eq) for Group I	Minimum Serving Size for Group I
Ready to eat breakfast cereal (cold, dry) ^{6,7}	1 oz eq = 1 cup or 1 ounce for flakes and rounds 1 oz eq = 1.25 cups or 1 ounce for puffed cereal 1 oz eq = 1/4 cup or 1 ounce for granola	1 serving = 3/4 cup or 1 oz, whichever is less

- 3 Allowed in NSLP (up to 2.0 oz eq grain-based dessert per week in grades K-12) as specified in §210.10 and at snack service in SFSP. Considered a grain-based dessert and cannot count toward the grains component in CACFP or NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- 4 Allowable in NSLP (up to 2.0 oz eq grain-based dessert per week for grades K-12) as specified in §210.10. May count toward the grains component in SBP (grades K-12) and at snack and breakfast meals in SFSP. Considered a grain-based dessert and cannot count toward the grains component in the CACFP and NSLP/SBP infant and preschool meals as specified in §§226.20(a)(4) and 210.10.
- Refer to program regulations for the appropriate serving size for supplements served to children aged 1 through 5 in the NSLP; breakfast served
 in the SBP, and meals served to children ages 1 through 5 and adult participants in the CACFP. Breakfast cereals are traditionally served as a
 breakfast menu item but may be served in meals other than breakfast.
- 7 In the NSLP and SBP, cereals that list a whole grain as the first ingredient must be fortified, or if the cereal is 100 percent whole grain, fortification is not required. For all Child Nutrition Programs, cereals must be whole-grain, enriched, or fortified; cereals served in CACFP and NSLP/SBP infant and preschool meals must contain no more than 6 grams of sugar per dry ounce.

Grain Ideas

Whole Wheat bread

Bagels

Tortillas

Pitas

Pretzels

Whole Grain crackers

Sweet Breads Muffins (pumpkin/banana)

Baked Chips

Animal Crackers

Whole Grain Pasta

Rice

Granola and Trail Mix

Granola Bars Pancakes Waffles

USDA Foods

- Tortillas
- Rotini
- Sweet Bread
- Pancakes



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LOW SODIUM

- ✓ USDA Food Buying Guide
- ✓ USDA MyPlate Salt Savvy
- ✓ Sysco Stocked Products

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KEY ISSUES

- High blood pressure is increasing in American children.
- Too much salt (sodium) is linked to high blood pressure. Reducing dietary sodium may lower blood pressure, which reduces the risk of heart disease, stroke, and kidney disease.
- Cutting back on sodium in school meals can help children learn to enjoy the natural taste of foods. A lower sodium intake may provide health benefits that last a lifetime
- Implementing phased-in sodium reductions will take time. In 2014-15, schools are required to meet the following weekly sodium targets for school meals:

Grade Lunch Breakfast
K-5 ≤1,230mg ≤540mg
6-8 ≤1,360mg ≤600mg
9-12 ≤1,420mg ≤640mg

Schools may be required to meet lower sodium targets in future years. USDA will complete research and additional analyses before those targets are implemented in 2017.

Just The Facts! Be Salt Savvy – Cut Back on Sodium for Healthier School Meals

hoosing foods that are low in sodium is important to healthy eating. Nearly all Americans have developed a taste for salty foods and consume more sodium than they need. When students taste salty foods on a regular basis, they learn to prefer salty flavors. By offering lower sodium versions of popular menu items and recipes at the beginning of a school year, students' tastes can change. Adding less or no salt and using tasty sodium-free alternatives, such as herbs and spices, can help students learn to like foods with a less salty flavor. They may not even notice the difference!

Easy ways to follow the 2010 Dietary Guidelines for Americans

Recipe for Success

Be salt savvy when planning and purchasing foods!

- Serve more fresh foods and fewer processed foods. Most fresh and single-ingredient frozen fruits and vegetables are naturally low in sodium. Minimally processed foods are typically lower in sodium, compared to more processed foods. Use old-fashioned rolled oats instead of instant oatmeal and baked fish instead of fried fish sticks.
- Offer high-sodium foods less often. Go easy on pre-prepared, processed entrées and side dishes, such as pizza and chicken nuggets. These are top sources of sodium in children's diets. Use grilled chicken breast instead of cold cuts and other cured meats such as bacon, sausage, hotdogs, or ham.

When soliciting bids from manufacturers:

- Specify that products be labeled "low-sodium" or "no-salt-added," containing no more than 140 mg per serving. Choose lower sodium or no-salt-added versions when purchasing popular processed foods.
 Select products that are also low in added sugars and saturated (solid) fat and contain no trans fat.
- Read Nutrition Facts labels to compare the sodium content for similar foods. Foods that are low in sodium contain less than 140 mg per serving or 5% Daily Value (DV). Choose products with the lowest amount.
- Look at ingredient lists for other sources of sodium such as monosodium glutamate (MSG), baking soda, baking powder, disodium phosphate, sodium alginate, and sodium nitrate or nitrite.

Nutritio	n Facts
Amount For Serving	
Calories 250	Calories from Fat 110
	% Colly Value*
Total Fat 12g	18%
Saturated Fat 3g	15%
Trans Fat Og	
Cholesterol 30mg	10%
Sodium 140 mg	5%
Total Carbohydrate 31g	10%
Dietary Fiber Og	0%
Sugars 6g	
Protein Sg	
Vitamin A 4%	Vitamin C 2%
Calcium 20%	· Iron 4%

USDA Foods Program

USDA Foods has made great strides in reducing sodium across all food categories to help schools lower sodium in school meals to meet the dietary specifications. The canned and frozen vegetables and beans, including potato and tomato products, are low-sodium or no-salt-added. Additionally, USDA Foods meat and cheese options have reduced sodium profiles that are equal to or lower than similar commercial products. To view the list of available low-sodium USDA Foods, please visit: http://www.fns.usda.gov/usda-foods/school-nutrition-professionals.

 Check the ingredient statement and request any additional documentation from the manufacturer to ensure that the product meets "low-sodium" or "nosalt-added" criteria.

Prepare delicious low-sodium meals!

- Use fresh or dried herbs, spices, lemon or orange zest, or 100% fruit juices to enhance flavors in foods without adding sodium. Low-sodium seasoning blends/salt substitutes or flavorful veggies are ways to liven up your recipe without adding excess salt. Try herbs, garlic, or vinegar to season foods and spices and herbs like black or red pepper, basil, curry, ginger, or rosemary.
- Drain and rinse canned, precooked beans, or vegetables to remove even more sodium.
- Modify recipes that use high-sodium ingredients such as canned soups, tomato sauce or paste, spaghetti sauce, canned vegetables, chips, and taco shells. Use lower sodium or no-salt-added versions or use less. Remove salt from recipes whenever possible.
- Incorporate foods that are good sources of potassium, which may counteract some of sodium's effects on blood pressure. Good sources of potassium include vegetables like sweet potatoes, beet greens, spinach, Swiss chard, white beans, potatoes, tomatoes, and soybeans and fruits like bananas, kiwis, dried plums, cantaloupe, honeydew, and oranges.

Use "Smarter Lunchroom" techniques to get students to eat more low-sodium foods!

- Make the low-sodium targeted entrée the first entrée option available in all service areas and on each designated line.
- Position vegetables canned in water or prepared as low-sodium in front of higher sodium vegetables on the serving line when more than one vegetable is offered.

Did You Know?

- Most sodium in our diet comes from eating processed and prepared foods, such as canned vegetables and soups, luncheon meats, and frozen entrees. Food manufacturers use salt or other sodium-containing compounds to preserve food and to modify the taste and texture.
- Some condiments, such as soy sauce, ketchup, and hot sauces, can be high in sodium. Adding them — either while cooking or at the table — can significantly raise the sodium content of a meal! If you use condiments, choose low-sodium varieties.
- Sodium that naturally occurs in meat, poultry, dairy products, and vegetables only accounts for a small percentage of our salt intake.

For More Information

Salt and Sodium

www.choosemyplate.gov/food-groups/downloads/TenTips/ DGTipsheet14SaltAndSodium.pdf

Reducing Sodium Intake

www.nfsmi.org/documentlibraryfiles/PDF/20120102035310.pdf

Recipes for Healthy Kids: Cookbook for Schools www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-childcare-centers-0

Sodium Reduction

https://healthymeals.nal.usda.gov/menu-planning/sodiumreduction

Smarter Lunchrooms

http://healthymeals.nal.usda.gov/healthierus-school-challengeresources/smarter-lunchrooms

Procurement in the 21st Century www.nfsmi.org/ResourceOverview.aspx?ID=475

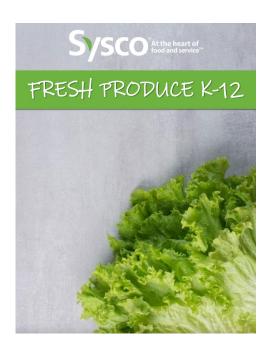
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FRESH PRODUCE

- ✓ USDA Fruit & Vegetable Program
- ✓ Creditable Foods
- ✓ Portioning Guidelines
- ✓ Sysco Brand Tiers
- ✓ Value-Added Produce
- ✓ Yield & Storage Tips
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FRESH FRUIT GETABLE PROGRAM

A Handbook for Schools

Crediting Fruits in the **Child Nutrition Programs** Tip Sheet



Fruits are a required component for reimbursable meals in the National School Lunch Program (NSLP), the School Breakfast Program (SBP), the Preschool Lunch Meal Pattern, and the Child and Adult Care Food Program (CACFP) lunch and supper meals. However, this requirement can also be met with a vegetable (with the exception of NSLP). Fruits may be served as part of a reimbursable meal to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Fruit Requirements



- Fruits may be fresh, frozen, dried, canned (packed in water, fruit juice, or light syrup), and/or pasteurized, full-strength (100%) fruit juice. Examples of creditable fruits can be found in the Food Buying Guide for Child Nutrition Programs (FBG) at https://foodbuyingguide.fns.usda.gov/.
- The minimum creditable serving size for fruit is 18cup. **Note:** minimum creditable amounts do not apply to the infant meal pattern.



- Pureed fruits credit as juice when served in a smoothie.
- Fruits credit towards a meal based on the volume served (except for dried fruit).
 - ° Whole dried fruit and whole dried fruit pieces credit at twice the volume served in School Meal Programs and CACFP.



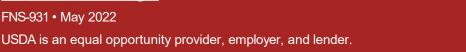
- Example: 18 cup of dried cranberries credits as 14 cup fruit.
- 18cup of any fruit is the minimum serving size that may be creditable. For example, although dried fruit credits as twice the volume served, 1/16cup (1 Tbsp) of dried fruit cannot be offered to count as 18cup, because 1/6cup is less than the minimum serving size that may be creditable.
- Note: In SFSP and NSLP Afterschool Snack Service, dried fruit credits as volume served.



 Menu items in School Meal Programs and CACFP that are mixtures of fruits and vegetables (e.g., fruit salsa made with peaches and red pepper), must be credited separately for the fruits and the vegetables components.

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







Coconut Credits in Child Nutrition Programs

- Coconut (fresh or frozen) credits as a fruit based on the volume served.
- Like other dried fruit, dried coconut credits at twice the volume served in School Meal Programs and CACFP.
- Coconut water, labeled as 100% juice, credits as fruit juice per volume served. Note: This is not "coconut milk," which is not creditable.

Products that Do Not Contribute Toward the Meal Pattern Requirements

- X Snack-type foods made from fruits (for example: fried banana chips, fruit drops, fruit strips)
- X Freeze-dried fruits
- X Pickle relish, jam, jelly, or other condiments
- X Home-canned products (for food safety reasons)
- X Coconut flour and coconut oil

Fruit Juice

- Pasteurized, full strength (100%) fruit juice (in either liquid or frozen form) may be used to meet the fruits requirement of reimbursable meals or snacks.
- Juice concentrates can be used only when reconstituted to full-strength, 100% juice, and can be served either as liquid or frozen juice.

 Juice may be used as one component of a snack when the other component <u>is not</u> a beverage (e.g., fluid milk).

 Juice does not credit when used as an ingredient in another food or beverage product, with the exception of smoothies.



Serving Fruit and Fruit Juice in Child Nutrition Programs

NSLP Afterschool Snack Service

- Full-strength 100% vegetable or fruit juice may count toward the entire vegetables or fruits component.
- Juice may not be served when milk is served as the only other component.

Summer Food Service Program

- Fruit or vegetable juice must be full-strength for breakfast and snacks.
- For lunch and supper, full-strength 100% vegetable or fruit juice may be counted to meet not more than 1/2 of the vegetables or fruits requirement.

CACFP- Infants

- Fruit and vegetable juices must not be served.
- A serving of fruit is required when the infant is developmentally ready to accept it.

CACFP - Children and Adults

- Pasteurized, full-strength 100% juice may only be used to meet the vegetables or fruits requirement at one meal per day, including snack.*
- At breakfast, either vegetables, fruits or portions of both may fulfill the combined vegetables and fruits component.
- At lunch and supper, a vegetable may be used to meet the entire fruits requirement.

School Meal Programs (NSLP and SBP)

- No more than 1/2 of the total weekly fruits offered may be met with full-strength 100% fruit juice.
- For breakfast, vegetables may be substituted for fruits.

Preschool

- Pasteurized, full-strength 100% juice may only be used to meet the vegetables or fruits requirement at one meal, including snack, per day.*
- At breakfast, either vegetables, fruits, or portions of both may fulfill the combined vegetables and fruits component.
- At lunch, a vegetable may be used to meet the entire fruits requirement.

^{*}Juice limit is measured by program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.

Crediting Vegetables in the Child Nutrition Programs Tip Sheet



Vegetables are a required component for reimbursable meals in the National School Lunch Program (NSLP) including the Preschool Lunch Meal Pattern, as well as the Child and Adult Care Food Program (CACFP) lunch and supper meals. Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP), and to fulfill the combined fruits and vegetables requirement for Preschool and CACFP breakfasts, as well as in the Summer Food Service Program (SFSP). They may also be served as one of the two required meal components for a reimbursable snack in all Child Nutrition Programs.

Vegetable Requirements



- Vegetables must be fresh, frozen, canned, dried (including dried legumes), or 100% full-strength vegetable juice. Examples of creditable vegetables can be found in the Food Buying Guide for Child Nutrition Programs (FBG) at https://foodbuyingguide.fns.usda.gov/.
- Most vegetables credit as volume served; the minimum creditable serving size is ½ cup (exceptions are tomato paste, tomato puree, and raw leafy greens). **Note:** minimum creditable amounts do not apply to the infant meal pattern.



- Raw leafy greens credit at half the volume served in Schools Meals Programs and CACFP (Example: In NLSP, 1/2 cup romaine lettuce contributes 1/4 cup toward the dark green vegetable subgroup). In SFSP and NSLP Afterschool Snack Service, raw leafy greens credit as volume served.
- 。Cooked leafy greens, such as sautéed spinach, credit based on volume served.
- Tomato paste and tomato puree can credit using the whole food equivalency (volume of tomatoes prior to pureeing) rather than on the actual volume served. All other vegetable purees credit based on the finished volume served.



• Beans and peas (legumes) may count toward the meats/meat alternates or vegetables component, but not as both in the same meal.

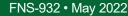


• In the School Meal Programs and CACFP, mixtures of fruits and vegetables (e.g., baked sweet potato with apples), must credit separately for the fruits and the vegetables components.



• Over the course of the week, schools must offer vegetables from specific vegetable subgroups.

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



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Vegetable Subgroup	Examples Include
Dark Green	bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, and watercress
Red/Orange	acorn squash, butternut squash, carrots, pumpkin, tomatoes, tomato juice, and sweet potatoes
Beans/Peas (legumes)	black beans, garbanzo beans (chickpeas), kidney beans, lentils, navy beans, pinto beans, soy beans, split peas, and white beans
Starchy	corn, cassava, hominy, green bananas, green peas, plantains, taro, water chestnuts, and white potatoes
Other Vegetables	all other fresh, frozen, and canned vegetables, cooked or raw, such as artichokes, asparagus, avocado, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, turnips, wax beans, and zucchini

Vegetable Juice

in another food or beverage product with

the exception of smoothies.

- In School Meal Programs, no more than 1/2 of the total weekly vegetables offered may be full-strength, 100% vegetable juice and is measured separately at lunch and breakfast.
- In CACFP or Preschool Meal Patterns, full-strength, 100% vegetable juice may be used to meet the vegetables component no more than once per day, including snack. Full-strength, 100% vegetable juice may be used as one component of a snack when the other component is not a beverage.
- In SFSP, full strength 100% vegetable or fruit juice may be counted to meet not more than 12 of the vegetable or fruits requirement at lunch or supper.

Note: Juice limit is measured by Program. For example, if a school serves lunch to preschoolers under NSLP and a snack through CACFP, the school can serve juice at both lunch and snack.

Vegetable Smoothies Pureed vegetables (fresh, frozen, or canned), when served in a smoothie, credit as juice, and as such are subject to the limitations regarding juice service. Pureed vegetable included in a smoothie may count as the entire fruits/vegetables component in the NSLP Afterschool Snack Service and at breakfast and snack in CACFP and SFSP. At snack, a smoothie containing juice and milk can credit as either juice or milk as long as there is a separate, second component served in addition to the smoothie. Dry beans and peas may credit toward the vegetables component as vegetable juice when served in a smoothie. Juice does not credit when used as an ingredient

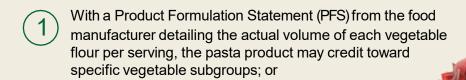
Newly Creditable Vegetables in Child Nutrition Programs

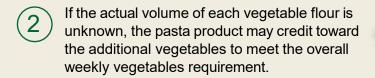
Hominy

- · Hominy may credit towards the vegetables component in a reimbursable meal or snack.
 - 14cup of canned, drained hominy or cooked, whole hominy (from dried hominy) credits as 14cup vegetable (starchy vegetable for NSLP and SBP).

Pasta

- Pasta products made of one or more 100 percent vegetable flour(s) may credit toward the vegetables requirement in all Child Nutrition Programs. For example, 1/2 cup of pasta made of 100 percent vegetable flour(s) credits as 1/2 cup of vegetables.
- Pasta products made of flour(s) from one vegetable subgroup may credit toward the appropriate vegetable subgroup for school meals. Pasta made of legume flour (e.g., red lentil flour) may credit toward the legume vegetable subgroup or the meat alternates requirement.
- Pasta products made of a blend of 100 percent vegetable flours from multiple vegetable subgroups (e.g., lentils and cauliflower) may credit in two ways for school meals:







- X Snack-type foods made from vegetables, such as potato chips
- X Condiments such as pickle relish, jam, jelly, tomato catsup, or chili sauce (tomato paste is creditable)
- X Home-canned products (for food safety reasons)
- X Freeze-dried vegetables
- X Dehydrated vegetables used for seasoning

Creditable Vegetables and Fruits

- Apples
- Apricots
- Apple Cider
- Apple Fritters (homemade)
- Asparagus
- Artichoke
- Avocado
- Bamboo Shoots
- Beans, dried or canned
- · Beans, green
- Bean Sprouts cooked
- Beans canned, dry
- Beet greens
- Bok Choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cactus fruit
- Cantaloupe
- Carambola (Star Fruit)
- Carrots
- Cassave
- Cauliflower
- Celery
- Chavote
- Cherries
- Chicory
- Coleslaw
- Collard greens
- Com
- Cranberries
- Cranberry Juice (Blend)
- Cranberry Sauce
- Dehydrated Vegetables
- Dried Fruit
- Edamame
- Eggplant
- Endive
- Figs (fresh)
- Frozen Fruit Juice Bars CN label required

(continued on next page)

Non-Creditable Vegetables and Fruits

- "Ade" Drinks lemonade, limeade, etc.
- Apple Butter
- Apple Straws®
- Banana in Bread
- Banana Pudding
- Barbecue Sauce
- Beverages, fruit
- Cake containing fruit
- Carrots in Bread
- Catsup or Chili Sauce
- Coconut
- Com Chips
- Corn Syrup
- Cranberry Juice Cocktail
- Dry Spice Mixes
- Figs in Fig Bar Cookies
- Frozen Fruit Flavored Bars
- Fruit Flavored Canned Punch
- Fruit Flavored Powders/Syrups
- Fruit Jerky, fruit leather
- Fruit Snacks
- · Gelatin Salads with fruit and/or juice
- Hominy
- Honey
- · Ice Cream, Fruit-flavored
- Jam
- Jelly
- Ketchup
- Kool Aid
- · Lemon Pie Filling
- Lemonade
- Maple Syrup
- Muffins with Fruit
- Mustard
- Nectar Canned apricots, pears, peaches, etc.
- Oil Salad
- Olives
- Onion Rings
- Pickle Relish

(continued on next page)

Creditable Vegetables and Fruits

- Fruit Cobblers
- Fruit Crisps
- Fruit Pie Filling
- Fruit Pies
- Fruit Sauces
- Grapefruit
- Grapes
- Grapples
- Guava
- Honeydew
- Jicama
- Juice, 100% Fruit or Vegetable
- Juice Bars CN label required, must be 100% juice
- Juice Blends all fruit
- Kale
- Kiwi Fmit
- Kohlrabi
- Kumquat
- Leeks
- Lefse
- Lemon
- Lime
- Lettuce
- Malanga
- Mango
- Mustard Greens
- Nectarines
- Okra
- Papaya
- Passion Fruit
- Peaches
- Pears
- Peas
- Peppers
- Persimmons
- Pickles
- Pineapple
- Pizza Sauce
- Plums
- Pluots

Non-Creditable Vegetables and Fruits

- Pineapple Upside Down Cake
- Pop Tart® filling
- Popcom
- Popsicles
- Posole
- Potato Chips
- Preserves
- · Puddings with fruit
- Pumpkin in Bread
- Rice
- Salad Dressing
- Soup: cream soups
- Squash in Bread
- Syrup (fruit flavored)
- Toaster Pastries with Fruit
- Veggie Straws®
- Yogurt with Fruit
- Zucchini in Bread



Creditable Vegetables and Fruits

- Pomegranate
- · Potatoes, all varieties
- Prickly Pear Cactus (Nopales)
- Pummelo (Chinese grapefruit)
- Quince
- Radishes
- Raisins
- Raspberries
- Rutabagas
- Salad Mix
- Salsa
- Sherbet/Sorbets (only if CN labeled)
- Snow Peas
- Soup: <u>commercial soups are creditable</u> only if it is vegetable based (1 c. soup = ½ c. vegetables)
- Soup: homemade (based on vegetable content)
- Spaghetti Sauce
- Spinach
- Sprouts
- Squash
- Star Fruit
- Strawberries
- Summer Squash
- Sweet Potatoes
- Swiss Chard
- Tangelos
- Tangerines
- Tomatillos
- Tomatoes
- Tomato Paste, Puree, Sauce
- Turnips/Turnip Greens
- Ugli Fruit
- Vegetable Juice Blends
- · Vegetable, chopped
- Water Chestnuts
- Watermelon
- Winter Squash
- Yautia (Tannier)
- Yucca
- Zucchini





Serving sizes are approximate.

Vegetable	Yield
Carrot Sticks	6 sticks =1/2 cup 3 sticks =1/4 cup
Baby Carrots	1 lb= 10 ¼ cup servings
Celery Sticks	6 sticks =1/2 cup
Lettuce (bag)	4 cup servings per lb
Iceberg only	29
Salad mix (mostly iceberg)	26
Salad mix (mixed lettuce)	25
Tomatoes-cherry	5 halves =1/4 cup
Fruit	Yield
Apples (125-138 ct)	½ apple = ½ cup
Bananas	½ banana = ¼ cup
Kiwi	1 kiwi = ½ cup
Oranges	1 orange = ½ cup

Amounts of Vegetables/ Fruits Needed Based on Age:

	Ages 1-2	Ages 3-5	Ages 6-12
Breakfast	1/4 cup	½ cup	½ cup
Lunch/Supper (2 or more serving of Fruits and/or Vegetables)	¼ cup, total	½ cup, total	¾ cup, total
Snack	½ cup	½ cup	¾ cup



Seasonal Fruits and Vegetables

FALL	WINTER	SPRING	SUMMER
September	December	March	June
October	January	April	July
November	February	May	August
Apples	Avocados	Asparagus	Apricots
Broccoll	Broccoll	Avocados	Basil
Brussels Sprouts	Brussels Sprouts	Basil	Beans
Cabbage	Cabbage	Beans	Beets
Chinese Cabbage	Chinese Cabbage	Beets	Blackberries
Cauliflower	Cauliflower	Berrles	Blueberries
Celery Root	Celery Root	Broccoll	Boysenberries
Chlcory	Chicory	Cabbage	Carrots
Cranberries	Dates	Chinese Cabbage	Cherrles
Cucumbers	Fennel	Cucumbers	Collards
Dates	Grapefruit	Lettuce: Head or	Corn
Eggplant	Greens	Iceberg	Cucumbers
Fennel	Lemons	Mangoes	Dates
Grapes	Wild Mushrooms	Okra	Figs
Greens	Mandarin Oranges	Sweet Oranges	Grapes
Lettuce: Head or	Sweet Oranges	Papayas	Green Beans
Iceberg	Pears	Peas	Limes
Leaf Lettuce	Spinach	Chili Peppers	Mangoes
Mushrooms	Sweet Potatoes	Sweet Peppers	Melons
Nuts	Tangerines	Radishes	Nectarines
Okra	Turnips	Rhubarb	Okra
Mandarin Oranges		Shallots	Peaches
Pears		Spinach	Pears
Chili Peppers		Summer Squash	Chili Peppers
Sweet Peppers		Turnips	Sweet Peppers
Persimmons			Plums
Pomegranates			Raspberries
Pumpkin			Summer Squash
Quince			Tomatoes
Shallots			Watermelon
Spinach			
Winter Squash			
Star Fruit			
Sweet Potatoes			
Turnips			



A Fresh New Look:

Sysco is the leading foodservice distributor of fresh produce in North America - so we know fresh! We're proud to introduce our new produce brands: Sysco/FreshPoint Natural, Imperial Fresh, and Reliance Fresh. We continue to go to market as "One Sysco," aligning both Sysco and FreshPoint with the same brand offering of products for you.

These brands bring you the quality assured products you have come to expect from Sysco and FreshPoint. We stand behind our commitment to you, and our guarantee for produce that is consistent, reliable, wholesome, and traceable. We have simplified our produce brand to bring you the best selection of produce, while keeping current with trends in the industry.







Sysco | freshpoint

NATURAL

Hand Selected Produce

Sysco/FreshPoint Natural exceeds the industry's

best standards. Produce is grown, packed, processed and shipped from the source. Our produce specifications exceed U.S. #1 quality grade.



Imperial Fresh is the best available product per industry standards. This is our line of fresh produce packed to maintain the utmost in quality, freshness and food safety.



Hand Selected Produce

Reliance Fresh delivers produce essentials at great

value. This brand meets all regulatory standards and Sysco's standards for quality and food safety. Providing the value you expect, Reliance Fresh is your choice for produce essentials that are perfect for creating salads, smoothies, soups, and more from season to season.







Add Value to Your Produce!

One way to evaluate costs and add value to your produce is by purchasing pre-cut fruits and vegetables. Doing so drives labor costs upstream to the supplier. This provides focus on cost-peruse rather than cost-per-case. Consider the actual cost of a dish once you factor in labor and materials. Value-added produce reduces cost while increasing yield.

Benefits of Value-Added Produce:

- > Convenience triple washed and ready to eat
- > 100% useable produce and increased yields = no guess work
- > Consistent product and uniformity
- > Year-round supply
- > Reduces injury in the kitchen
- > Reduced necessary storage space
- > Controlled food-cost portioning as well as fixed menu costs
- > Food safety HACCP facilities
- > Safer and cleaner coolers
- > Easier to inspect for quality the bag is a window to the inside
- > Better inventory management
- > Reduced waste/disposal costs
- > Allows re-allocation of labor
- > Increases Revenue!



Keeping Cool





All Sysco trucks are equipped with sophisticated temperature recorders that monitor produce as it travels from the growing regions to our distribution centers. These units ensure that proper product temperatures are maintained while in transit. Additionally, Sysco captures all the in transit data from these units and reviews it monthly for any trending by carrier or supplier that requires attention.





Once product is received into our distribution centers, product is moved to appropriate cooler zones that maintain temperatures compatible with specific fruits and vegetables. The cold chain is kept intact as we move our fresh produce to our customers on our fleet of multi-temp zone delivery trucks. See cooler storage specification at left.

Storage outside cooler

Best if stored at: Bananas 56-65 °F Onions 45-50°F Potatoes 45-50°F 55-60°F **Tomatoes**







Increase Your Yield

Chopped, shredded, diced, sliced, or julienned - no matter the cut, the benefits are the same. Sysco value-added fruits and vegetables can become an operation's best tool for reducing environmental waste, increasing quality, and reducing storage space. However, the best benefit is cost avoidance. Pre-cut produce transfers labor costs to service areas, reducing insurance costs and stabilizing food costs.

Below is a price comparison example for commodity vs. value-added produce using lettuce.

	Iceberg Heads	Chopped Lettuce
Start Weight	42 lbs	20 lbs
Waste	12.5 lbs (30%)	0 lbs
Useable Products	30.5 lbs	20 lbs
Case Price	\$16.00	\$16.00
Plus Labor 45 mins @ \$12/hour (Coring, Cleaning, Chopping, Drying)	\$9.00	\$0.00
Plus 20% Benefits	\$1.80	\$0.00
Total Price	\$26.80	\$16.00
Useable Price per Pound	\$0.87	\$0.80

Ask your Sysco MA for more information and resources to help calculate your food costs, and see for yourself the potential savings of value-added produce.

Fruits

Nutrition Facts

Raw, edible weight portion. Percent Daily Values (%DV) are based on a 2,000 calorie diet.

ed on a 2,000 calorie diet.	/25	ries (a)	ories from	al Fat	Jun Pot	ssium Tota	Carbo	ary Fibre	ars pro	ein as	min A Vito	min Cal	dum Iro
Fruits Serving Size (gram weight/ounce weight)	6	/ &	g %DV	mg	mg	g	g	g	g	%DV	%DV	%DV	%DV
Apple 1 large (242 g/8 oz)	130	0	0 0	0 0	260 7	34	5 20	25g	1g	2%	8%	2%	2%
Avocado California, 1/5 medium (30 g/1.1 oz)	50	35	4.5 7	0	140	3 1	1 4	0g	1g	0%	4%	0%	2%
Banana 1 medium (126 g/4.5 az)	110	0	0 0	0 0	450 13	30 10	3 12	19g	1g	2%	15%	0%	2%
Cantaloupe 1/4 medium (134 g/4.8 ez)	50	0	0 0	20	240 7	12 4	1 4	11g	1g	120%	80%	2%	2%
Grapefruit 1/2 medium (154 g/5.5 ez)	60	0	0 0	0 0	160	15 5	2 8	11g	1g	35%	100%	4%	0%
Grapes 3/4 cup (126 g/4.5 oz)	90	0	0 0	15	240 7	23 8	1 4	20g	0g	0%	2%	2%	0%
Honeydew Melon 1/10 medium melon (134 g/4.8 az)	50	0	0	30	210	12 4	1 4	11g	1g	2%	45%	2%	2%
Kiwifruit 2 medium (148 g/5.3 az)	90	10	1 2	0 0	450 13	20 7	4	13g	1g	2%	240%	4%	2%
Lemon 1 medium (58 g/2.1 oz)	15	0	0 0	0 0	75 2	5 2	2 8	2g	0g	0%	40%	2%	0%
Lime 1 medium (67 g/2.4 ez)	20	0	0 0	0 0	75 2	7 2	2 8	0g	0g	0%	35%	0%	0%
Nectarine 1 medium (140 g/5.0 az)	60	5	0.5	0 0	250 7	15 5	2 8	11g	1g	8%	15%	0%	2%
Orange 1 medium (154 g/5.5 ez)	80	0	0 0	0 0	250 7	19 6	3 12	14g	1g	2%	130%	6%	0%
Peach 1 medium (147 g/5.3 az)	60	0	0.5	0 0	230	15 5	2 8	13g	1g	6%	15%	0%	2%
Pear 1 medium (166 g/5.9 ez)	100	0	0 0	0 0	190	26 9	6 24	16g	1g	0%	10%	2%	0%
Pineapple 2 slices, 3" diameter, 3/4" thick (112 g/4 ez)	50	0	0 0	10 0	120	13 4	1 4	10g	1g	2%	50%	2%	2%
Plums 2 medium (151 g/5.4 az)	70	0	0 0	0 0	230	19 6	2 8	16g	1g	8%	10%	0%	2%
Strawberries * medium (147g/5.3 oz)	50	0	0 0	0 0	170	11 4	2 8	8g	1g	0%	160%	2%	2%
Sweet Cherries 21 cherries; 1 cup (140 g/5.0 oz)	100	0	0 0	0 0	350 10	26 9	1 4	16g	1g	2%	15%	2%	2%
Tangerine 1 medium (109 g/3.9 az)	50	0	0 0	0 0	160	13 4	2 8	9g	1g	6%	45%	4%	0%
Watermelon 1/18 medium melon; 2 cups diced pieces (280 g/10.0 oz)	80	0	0 0	0 0	270	21 7	1 4	20g	1g	30%	25%	2%	4%

Most fruits provide negligible amounts of saturated fat, trans fat, and cholesterol; avocados provide 0.5 g of saturated fat per ounce.

Vegetables Nutrition Facts

Raw, edible weight portion. ba

cent Daily Values (%DV) are ed on a 2,000 calorie diet.		/s	ories from	ist /		dun	Carbohy	ary Fiber	//	<u>/</u> ,	MA /	<u> </u>	_
	calc	rik (a)	orle Tot	al Fat	POL	ssium Tot	Die	BLA L.	ars Pro	cell VIt2	min A Vito	min Cale	<u> </u>
Vegetables Serving Size (gram weight/ounce weight)			g %DV	mg	mg	g	g	g	g	%DV	%DV	%DV	%DV
Asparagus 5 spears (93 g/3.3 ez)	20	0	0	0	230 7	4	2 8	2g	2g	10%	15%	2%	2%
Bell Pepper 1 medium (148 g/5.3 az)	25	0	0	40 2	220	6 2	2 8	4g	1g	4%	190%	2%	4%
Broccoli 1 medium stalk (148 g/5.3 oz)	45	0	0.5	80	460 13	8	12	2g	4g	6%	220%	6%	6%
Carrot 1 carrot, 7* long, 1 1/4* diameter (78 g/2.8 oz)	30	0	0	60	250 7	7 2	2 8	5g	1g	110%	10%	2%	2%
Cauliflower 1/6 medium head (99 g/3.5 oz)	25	0	0	30	270	5 2	2 8	2g	2g	0%	100%	2%	2%
Celery 2 medium stalks (110 g/3.9 ez)	15	0	0	115 5	260 7	4 1	2 8	2g	0g	10%	15%	4%	2%
Cucumber 1/3 medium (99 g/3.5 az)	10	0	0	0	140	2 1	1 4	1g	1g	4%	10%	2%	2%
Green (Snap) Beans 3/4 cup cut (83 g/3.0 oz)	20	0	0 0	0 0	200	5 2	3 12	2g	1g	4%	10%	4%	2%
Green Cabbage 1/12 medium head (84 g/3.0 oz)	25	0	0 0	20	190	5 2	2 8	3g	1g	0%	70%	4%	2%
Green Onion 1/4 cup chopped (25 g/0.9 az)	10	0	0 0	10 0	70 2	2 1	1 4	1g	0g	2%	8%	2%	2%
Iceberg Lettuce 1/6 medium head (89 g/3.2 oz)	10	0	0 0	10 0	125	2 1	1 4	2g	1g	6%	6%	2%	2%
Leaf Lettuce 1 1/2 cups shredded (85 g/3.0 oz)	15	0	0 0	35	170 5	2	1 4	1g	1g	130%	6%	2%	4%
Mushrooms 5 medium (84 g/3.0 az)	20	0	0 0	15 0	300	3 1	1 4	0g	3g	0%	2%	0%	2%
Onion 1 medium (148 g/5.3 az)	45	0	0 0	5 0	190	11 4	3 12	9g	1g	0%	20%	4%	4%
Potato 1 medium (148 g/5.3 az)	110	0	0 0	0 0	620 18	26 9	2 8	1g	3g	0%	45%	2%	6%
Radishes 7 radishes (85 g/3.0 ez)	10	0	0 0	55 2	190	3	1 4	2g	0g	0%	30%	2%	2%
Summer Squash 1/2 medium (98 g/3.5 sz)	20	0	0 0	0 0	260 7	4	2 8	2g	1g	6%	30%	2%	2%
Sweet Corn kernels from 1 medium ear (90 g/3.2 ez)	90	20	2.5	0 0	250 7	18 6	2 8	5g	4g	2%	10%	0%	2%
Sweet Potato 1 medium, 5" long, 2"diameter (130 g/4.6 oz)	100	0	0 0	70	440	23 8	4	7g	2g	120%	30%	4%	4%
Tomato 1 medium (148 g/5.3 oz)	25	0	0 0	20	340 10	5 2	1 4	3g	1g	20%	40%	2%	4%

Most vegetables provide negligible amounts of saturated fat, trans fat, and cholesterol.



Just the Facts!

Jazz Up Your Menu With Fruits for Healthier School Meals

KEY ISSUES:

- People who eat a variety of fruits as part of a healthy diet are likely to have a reduced risk of some chronic diseases.
- The 2010 Dietary Guidelines for Americans recommend that children eat 1-2 cups of fruit every day (depending on age, gender, and activity levels).
- At lunch, students in grades
 K-8 must be offered ½ cup of
 fruit and grades 9-12 must be
 offered at least 1 cup daily.
 Beginning in school year
 2014-2015, the meal pattern
 also requires schools to offer
 at least 1 cup of fruit every
 day at breakfast for all grade
 levels.
- Offer a variety of fruits every week.
- Contact local farmers to start a farm-to-school program to obtain high quality fresh produce. To get started, go to: www.fns.usda.gov/cnd/ F2S/
- Remember, fruits:
 - Provide nutrients that we need for good health, such as potassium, fiber, vitamin C, and folate.
 - Are naturally low in fat, sodium, and calories.

e eat with our eyes – then our mouths. If it looks good, we'll taste it. If it tastes good, we'll eat it. Because fruits are colorful and delicious, they have built-in kid appeal. And because they are available in so many forms – fresh, frozen, canned, dried, or juice – they give you a quick and easy way to boost the nutrition of your school meals and snacks.

Recipe for Success

Boost the nutritional value!

- Go easy on juice. Offer most fruit whole or cut up to get more dietary fiber.
- Vary fruit choices. Offer fruits with more potassium often, such as bananas, cantaloupe, honeydew melon, and dried plums, peaches, and apricots.
- Select fruit canned in 100 percent fruit juice or water.
- Trim the fat content with fruit. Try applesauce as a fat-free substitute for some of the oil, butter, or margarine when making grain-based desserts such as cookies

Add fruit to meals and snacks!

- Buy fresh fruits in season when they may be less expensive and at their peak flavor; seasonal fruits like strawberries, blueberries, or grapes are great on a salad bar.
- Add crushed pineapple, mandarin oranges, fresh apples to your favorite salad mix or coleslaw.
- Offer baked apples, fruit cobbler, or a fruit salad for a dessert treat!

Make fruit look good and easy to eat!

- Choose a variety of fruits with contrasting colors and shapes to catch kids' attention.
- Slice fruits, especially apples and oranges, to make them kid-friendly and easy to eat.



Easy ways to

follow the 2010

Dietary Guidelines for

Americans

USDA Foods Program

You can stretch your food budget and ensure high quality by ordering a wide variety of fruits through the USDA Foods Program and the Department of Defense (DoD) Fresh Fruit and Vegetable Program. To learn more information about the DoD Fresh Fruit and Vegetable Program, go to www.fns.usda.gov/fdd/programs/dod/. To check the list of fruits available through the USDA Foods Program, go to the USDA Foods Toolkit at http://www.fns.usda.gov/fdd/foods/healthy/Professional.htm to review the Foods Available List for Schools

- Serve fat-free or low-fat yogurt as a dip for fruits.
- Try a fruit smoothie at breakfast! Blend 100% fruit juice with fresh or frozen fruit like bananas, peaches, or berries.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.
- Serve individual containers of fruits like peaches or applesauce as part of a grab-and-go lunch or snack.

Messages for Students

- Cut-up fruit makes a great snack. Or, try whole fresh berries or grapes.
- Dried fruits also make a tasty portable snack.
 Try dried apricots, apples, bananas, cherries, figs, dates, cranberries, blueberries, plums (prunes), and raisins
- When you're craving something sweet, think fruit. It tastes delicious—with no added sugar.

Did You Know?

- It's best to wash all fruits (including melons, bananas, and oranges) before cutting, preparing, or eating them. Under clean, cold, running water, rub fruits briskly with your hands or a vegetable brush to remove dirt and surface micro-organisms. Pat dry with a paper towel after washing.
- Remember to keep fruits separate from raw meat, poultry, and seafood while receiving, storing, or preparing.

For More Information:

Team Nutrition (http://teamnutrition.usda.gov)
USDA Choose MyPlate (www.ChooseMyPlate.gov)
MyPlate (http://teamnutrition.usda.gov/myplate.html)
MyPlate for Kids: Make Half Your Plate Fruits and Vegetables
Poster (http://teamnutrition.usda.gov/Resources/myplate_
halfplateposter.html)

Kid-Friendly Veggies and Fruits (http://www. choosemyplate.gov/food-groups/downloads/TenTips/ DGTipsheet11KidFriendlyVeggiesAndFruits.pdf) Fruits and Vegetables Galore: Helping Kids Eat More (http://teamnutrition.usda.gov/Resources/fv_galore.html)

Best Practices: Handling Fresh Produce in Schools (http://www.nfsmi.org/documentlibraryfiles/PDF/20100826093915.pdf)

Let's Eat for the Health of It (http://teamnutrition.usda.gov/ Resources/letseat.html)

Fruits & Veggies: More Matters (www.fruitsandveggiesmatter.gov)
Fuel Up to Play 60 (http://teamnutrition.usda.gov/HealthierUS/
futp60.htm)

Changing the Scene – Improving the School Nutrition Environment (http://teamnutrition.usda.gov/Resources/changing. html)

USDA Recipes for Schools (http://teamnutrition.usda.gov/ Resources/usda_recipes.html)

USDA Recipe Finder (http://healthymeals.nal.usda.gov/ schoolmeals/Recipes/recipefinder.php)



Fruit Ideas

- •Banana
- •Kiwi
- Apple
- Orange/clementine's
- Grapes
- Pears
- Peaches
- •Any canned fruit in 100% Juice peaches, pears, mandarin oranges
- •Fruit cups in 100% juice or water
- •Fruit juices, 100% Juice

USDA Foods

- · Sweet Cherries
- Raisins
- Diced Pears, Peaches
- Mixed Berry Cups
- · Applesauce
- Strawberry Cups
- Blueberries

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ALLERGENS & GLUTEN FREE

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- ✓ Plant Based Products
- ✓ Gluten Free Substitutions
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Managing Food Allergies in Schools The Role of School Nutrition Professionals



Overview

The Centers for Disease Control and Prevention (CDC) published Voluntary Guidelines for Managing Food Allergies in Schools and Early Care and Education Programs, (www.cdc.gov/healthyyouth/foodallergies/) to help schools manage the risk of food allergies and severe allergic reactions in students. As a school nutrition professional, you need to know how to keep students with food allergies safe while eating meals and snacks at school.

Did you know?

- A food allergy is an adverse immune system reaction that occurs soon after exposure to a certain food.
- In a typical classroom of 25 students, at least one student is likely to be affected by food allergies, and for reasons that are not completely understood, the number of children with food allergies is increasing.^{4,2}
- Food allergy reactions can be unpredictable. About 1
 of 4 students who have a severe and potentially lifethreatening reaction at school have no previous known
 food allergy.^{4,5}





About 20% of students with food allergies (1 of 5) will have a reaction while at school.³

National Center for Chronic Disease Prevention and Health Promotion

Division of Population Health





What can you do?

✓ Participate in your school's planning for managing food allergies.

Help your school plan and implement a Food Allergy Management and Prevention Plan (FAMPP). Learn more about emergency plans. (http://www.cdc.gov/healthyyouth/foodallergies/pdf/13_243135_A_Food_Allergy_Web_508.pdf)

✓ Get trained and help manage food allergies at your school.

- Participate in school-based training and review resources to help recognize the signs and symptoms of food allergies and how to respond in an emergency. (http://www.cdc.gov/ healthyyouth/foodallergies/)
- Ask the school nurse or school administrator for information on current school district policies and practices for managing students with food allergies, including which students in your school have known food allergies, how to manage medications, and how to respond to a food allergy reaction.
- Help communicate appropriate actions to all food service staff on how to avoid allergic reactions and respond to food allergy emergencies

✓ Prepare for and respond to food allergy emergencies.

- Anaphylaxis is a severe allergic reaction that usually develops rapidly and may cause death.⁷
- Do not send a student with a possible food allergy reaction to the nurse or office alone.
- The recommended treatment for anaphylaxis is the prompt use of an injectable medication called epinephrine and calling the emergency medical system (911).
- ➤ If you suspect a severe food allergy reaction, or anaphylaxis, take immediate action, including activating the emergency plan and being ready to administer an epinephrine auto-injector, if you are a delegated and trained staff member.³⁻⁵
- Immediately contact the school administrator and school nurse if you suspect an allergic reaction or exposure to a known allergen.
- Be sure to tell the nurse or responsible administrator that it is an allergy emergency.

✓ Help prevent food allergy reactions in the cafeteria.

- Be able to recognize students with food allergies in the cafeteria. Use point of purchase alerts to identify students with food allergies, if possible.
- Work with the school nurse or administrator to identify students with food allergies in a way that does not compromise students' privacy or confidentiality rights.
- Understand how to read food labels to identify allergens in foods and beverages served in school meals and snacks. Ingredients can change frequently.
- Be prepared to share information with parents about ingredients in recipes and all food served by the school nutrition program. Work with parents, school nurse, and administrator to manage food substitutions for students with food allergies.
- Prevent cross-contact of potential food allergens during food preparation and service on utensils, equipment and surfaces. Wash hands during food preparation.⁸
 - Develop and follow procedures for handling food allergies in the cafeteria, even if a student is not participating in the school meal program.
 - Develop and follow procedures for cleaning food preparation areas and cafeteria tables and chairs.⁸
 - Support hand washing by students before and after eating.
 - · Discourage trading or sharing of food.

✓ Help ensure a healthy and safe school environment.

- Provide food allergy education to students and parents.
- Make sure that food allergy policies and practices address competitive foods, including foods sold in vending machines and other venues and served at times other than meal times.
- Report all cases of bullying and harassment against students, including those with food allergies, to the school administrator, school nurse, or school counselor.

Know the Eight Food Groups Which Cause Most Serious Food Allergy Reactions

Most food allergies are caused by these eight food groups.⁶
Any food can cause an allergic reaction, however.

















MILK

EGGS

FISH

SHELLFISH

WHEAT

SOY

PEANUTS

TREE NUTS

Learn to recognize food allergy symptoms in children

Food allergy symptoms can include

- swollen lips, tongue, or eyes;
- itchiness, rash, or hives;
- nausea, vomiting, or diarrhea;
- congestion, hoarse voice, or trouble swallowing;
- wheezing or difficulty breathing; dizziness, fainting, or loss of consciousness;
- and mood change or confusion.



Children with food allergies might communicate their symptoms in the following ways:

- > It feels like something is poking my tongue.
- My tongue (or mouth) is tingling (or burning).
- My tongue (or mouth) itches.
- My tongue feels like there is hair on it.
- My mouth feels funny.
- There's a frog in my throat; there's something stuck in my throat.
- My tongue feels full (or heavy).
- My lips feel tight.
- It feels like there are bugs in there (to describe itchy ears).
- It (my throat) feels thick.
- It feels like a bump is on the back of my tongue or throat.⁶





Plant Based Meatball 5122507 • 1/10 LB



Plant Based Burger Patty 7158622 • 40/4 OZ



Oat Protein Shred 7223037 • 3/3 LB



Plant Based Chili 7159489 • 4/4 LB



Plant Based Bolognese Sauce 7189891 • 4/4 LB



Plant Based Tofu Firm 9907433 • 12/16 OZ



Barista Almond Beverage Sweetened 7074494 • 12/32 OZ



Barista Almond Beverage Unsweetened 7074497 • 12/32 OZ



Barista Oat Beverage 7074703 • 12/32 OZ



Barista Coconut Beverage 7074491 • 12/32 OZ



Plant Based Vegan Shredded Mozzarella Cheese 7161191 • 2/5 LB



Plant Based Vegan Cheddar Shredded Cheese 7161192 • 2/5 LB



Plant Based Vegan Mozzarella Sliced Cheese 7161202 • 8/1.5 LB



Plant Based Vegan Cheddar Sliced Cheese 7161187 • 8/1.5 LB



Cauliflower Pizza Crust Par Baked 8" 7084814 • 20/8"



Cauliflower Pizza Crust Par Baked 12" 7071080 · 12/12"



Plant Based Cauliflower Tortillas 6" 7173091 • 3/12 CT



Plant Based Cauliflower Tortillas 12" 7173093 • 3/12 CT



4"Plant Based Hamburger Bun Oat Sprouted 7172579 • 5/5 CT



4" Plant Based Hamburger Bun Wheatberry Sprouted 7172630 • 5/5 CT



Bread Sprouted
Oat Grain
7084889 • 8/27 OZ



Bread Sprouted Wheatberry7084880 • 8/27 OZ



Plant Based Veg. Pasta Penne 7142887 • 2/5 LB



Plant Based Veg. Pasta Rotini 7142892 • 2/5 LB



Plant Based Veg. Pasta Orzo 7142886 • 2/5 LB



Dough Crossiant Cornetto Savoury 5437803 • 40/3.35 OZ



Cornetto Croissant Dough Elderberry & Raspberry 5437811 • 40 / 3.35 OZ





Keeping it Gluten-Free











GLUTEN-FREE FOODS

- BEANS, SEEDS, NUTS As long as the nuts are in their natural, unprocessed form
- FRESH EGGS, MOST DAIRY PRODUCTS Some processed cheeses may contain gluten
- FRUITS AND VEGETABLES
- FRESH MEATS, FISH, POULTRY As long as it is not breaded, batter-coated, or marinated
- AMARANTH, CORNMEAL, FLAX, HOMINY, SOY, QUINOA
- GLUTEN-FREE FLOURS
 - ✓ WHOLE GRAIN FLOURS Brown rice, buckwheat, corn, mesquite, millet, oat, quinoa, sorghum, sweet potato, teff
 - WHITE FLOUR & STARCHES Arrowroot flour, cornstarch, potato flour, potato starch, sweet rice flour, tapioca flour, white rice flour
 - ✓ NUT FLOURS Almond, chestnut, coconut, hazelnut
 - ✓ BEAN FLOURS Soybean, fava bean, garbanzo bean, kinako

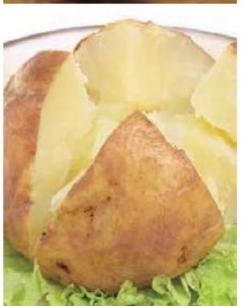
"MAYBE" FOODS

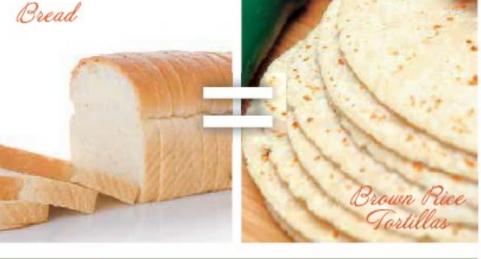
- DEXTRIN Can be made from wheat but would be labeled as such
- FLAVORINGS Usually are gluten-free but in rare instances may contain wheat
 or barley
- OATS Make sure it's gluten-free certified many are cross-contaminated with wheat naturally
- PROCESSED CHEESE Example: Spray cheese
- SEASONINGS AND SEASONING MIXES Could contain gluten but 'wheat'
 would be on the label
- SOY SAUCE Usually fermented from wheat but some brands do not include wheat and are gluten-free
- MODIFIED FOOD STARCH Most are derived from corn, waxy maize, tapioca, or potatoes, and thus they would be gluten-free. If it is derived from wheat, 'wheat' will be on indicated on the ingredient label



Gluten-Free Ingredient Substitutions

The biggest rule of thumb when cooking gluten-free is that you need to base meals around whole foods that are naturally gluten-free, such as meat, chicken or fish, eggs, potatoes or rice, and plenty of fresh vegetables, salad and fruit. However, you always need to be aware of hidden gluten in your ingredients. Below is a quick reference of substitutions for the ingredient containing gluten in your recipe.







THIS (Foods Containing Gluten)	THAT (Gluten-Free Substitutions)
Bread	Gluten-free brown rice tortillas, corn tortillas, gluten-free bread
Breadcrumbs	Gluten-free oats, crushed flax or gluten-free fiber cereal
Soy Sauce	Wheat-free tamari, liquid aminos
Pie Crust	Crushed gluten-free cookies
Pancakes	Cornmeal pancakes
Croutons	Gluten-free oats, crushed flax or gluten-free fiber cereal
Binders (i.e., flour)	Gelatin, xanthan gum, guar gum
Oatmeal	Grits, cream of rice
Granola	Chopped nuts
Crackers	Rice cakes
Roux	Cornstarch & water, potatoes

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SMART SNACKS

- ✓ USDA Guide to Smart Snacks
- ✓ Smart Snack Decision Chart
- ✓ Sysco Stocked Products

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A Guide to Smart Snacks in School



Help make the healthy choice the easy choice for kids at school



Smart Snacks Decision Chart Effective July 1, 2019

1st Ingredient Grain

≥ 50% WHOLE GRAIN

OR

MUST meet all of the **Nutrient Standards for:**

1. Calories ≤ 200 Snack/side

≤ 350 Entree

2. Sodium(mg) ≤ 200 Snack/side

≤ 480 Entree

3. Total Fat (≤35% calories)

4. Saturated Fat (< 10% calories)

5. Trans fat (g) (0)

6. Total sugar (≤ 35% by weight)

AND

Snack/Side/ **Entree that is**

1st Ingredient (one of the following)

- · FRUIT
- · VEGETABLE
- · DAIRY (pudding, ice cream, cheese, yogurt)
- · MEAT (poultry, eggs, nuts, fish)

OR

A Combination Food

C

With 1/4 cup fruit/vegetable

The **Smart Snack Guidelines** define what can be sold during the school day.

The Nebraska Competitive Food Rule requires that no other program or school group sell food or beverages anywhere on the school campus 1/2 hour before to 1/2 hour after breakfast and lunch. This rule defines when items can be sold during the school day.

School Campus—all areas of school property that are accessible to students during the school day School Day-for foods/beverages that do not meet the Smart Snack criteria, nothing can be sold from midnight before until 30 minutes after the end of the official school day

See reverse side for information on Beverages and Exemptions. See NDE-NS website for more information.

This institution is an equal opportunity provider.





8

BEVERAGES								
Maximum Size for each grade	ELEM	MIDDLE	HIGH					
WATER Non- carbonated or carbonated	ANY SIZE	ANY SIZE	ANY SIZE					
MILK Skim or 1% unflavored Skim flavored	8 oz	12 oz	12 oz					
100% JUICE Plain or carbonated	8 oz	12 oz	12 oz					
ZERO CALORIE BEVERAGE Flavored and/or Carbonated <5 cal/8 oz Or <10 cal/20 oz	NOT PERMITTED	NOT PERMITTED	20 oz					
LOW CALORIE BEVERAGE Flavored and/or Carbonated <40 cal/8 oz Or <60 cal/12 oz	NOT PERMITTE D	NOT PERMITTE D	12 oz					
Caffeinated beverages are only permitted at the High School Level								

EXEMPTIONS

ENTRÉE SECOND - Exempt from nutrient standards if served same day or next day.

FRUITS/VEGETABLES - Exempt from nutrient standards if NO added ingredients.

DRIED FRUITS/VEGETABLES - Exempt from sugar standard if NO added nutritive sweeteners or if added ingredient is necessary for processing and/or palatability.

SEAFOOD - Exempt from total fat standard.

CHEESE - Exempt from fat and saturated fat standards. Does not apply to combination foods.

NUTS/NUT BUTTER/SEEDS - Exempt from total fat and saturated fat standards. Exemption does not apply to combination foods such as peanut butter crackers.

DRIED FRUIT WITH NUTS - Exempt from total fat, saturated fat and sugar if no added sugar or fat.

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Step 1: Go to the website https://www.suppliesonthefly.com.

Step 2: Click on the "Activate your account" link

Step 3: Enter the required information



Supplies Charles and Charles Andrew And the Andrew Andrew

First and Last Name:

Can be 1 to 32 characters, and can contain any combination of case sensitive letters or numbers.

Email Address:

Enter any email address you would like us to keep on file. Order confirmations will be sent to this email address.

Phone Number:

Enter your business phone number.

Account Number:

Enter your Sysco customer account number.

Zip Code:

Enter your business billing zip code.

User Name:

This field will automatically populate with your email address if it is not currently is use.

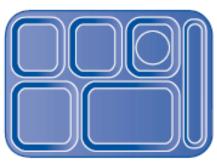
Password:

Enter and re-enter password.

Choose a Security Question:

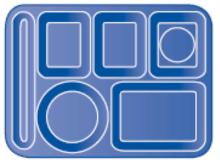
Select a question and type your answer in the field below.

Step 4: Click "Activate"



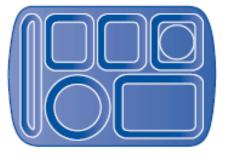
Right-Hand Tray

(43988, 43989, 614R, P614R)



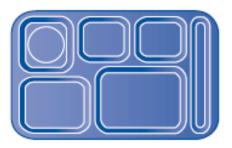
Left-Hand Tray

(43980, 43981, 614, P614, 614PC†)



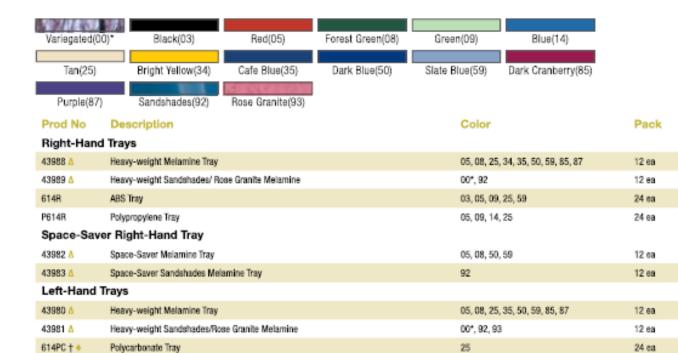
Handled Economy Left-Hand Tray

(5865)



Space-Saver Right-Hand Tray

(43982, 43983)



Space-Saver Omni-Directional Tray (615**)

> Click to Shop:

03

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03, 05, 14, 25

05, 25



24 ea

24 ea

12 ea

24 ea



ABS Tray

Polypropylene Tray

Space-Saver Omni-Directional Tray

Space-Saver ABS Tray

Handled Economy Melamine Left-Hand Tray

Handled Economy Melamine Tray, Variegated

614

P614

5865

615**

Right Glove for Right Task at Right Price

Sysco Imperial

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	BEST	BEST	BETTER	GOOD	ECONOMY		
1	Nitrile	Latex	Vinyl	Stretch Poly	Poly		
ı		7					
	(II)	all &	A.Va				

Sysco Reliance

	A section			- 60	
Attributes					
Change Frequency	Law	Low	Low	Moderate	Frequent
Form and Fit	Tight	Tight	Tight	Snug	Loose
Temperature Threshold	Medium	Medium	Medium	Med/Low	Low
Touch Sensitivity	High	High	Good	Moderate	Low
Puncture Resistance	High	Medium	Medium	Low	Low
Allergenic Sensitivity	Low	High	Low	Low	Low
Exam Grade	Yes	Yes	Yes	No	No
Cost	5\$\$	\$\$\$	\$\$	ss	\$
Applications					
Chopping/Silcing Foods	Excellent	Excellent	Excellent	Good	Fair
Preportioning	Excellent	Excellent	Excellent	Good	Fair
Handling Rew Proteins or Produce	Excellent	Excellent	Excellent	Poor	Poor
Assembly of Ready-to-Serve Products	Excellent	Excellent	Excellent	Good	Good
Segments					
Full Service Dining	J.		9		
Casual Dining	V V	¥	y	¥	
Counter Service				v	v
Quick Service				~	•
Housekeeping	J		9		

The proper use of gloves can...





DEFEND AGAINST CROSS-CONTAMINATION
Raw meets and produce may occasionally contain becterts and germs that cause lineases. Washing hands thoroughly and the use of gloves is the best way to protect yourself. Most importantly, they protect the food from contemination.



You may not realize it, but your hands touch a lot of things throughout the day. Single use gloves can help to keep food safe by creating a burner between hands & food. Gloves can never be used in place of hand washing.



PROTECT YOUR HANDS
If you have small cuts or have a healing wound, your hands must be covered while handling food to prevent pathogens from conteminating the food. When your hands are protected, your food is protected from contemination.



When you wear gloves you avoid smelling the food you are handling throughout the day. You don't have to worry about the onion, garlic, fish, or whatever fragrant food small that tends to







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