

OSPI CNS Child and Adult Care Food Program (CACFP) Reference Sheet

CACFP Grain Requirements – Rule of Three

Child and Adult Care Food Program (CACFP) operators often shop in retail environments and may not have access to manufacturers' product formulation statements or products specially formulated for School Meal Programs. Because of this, the U.S. Department of Agriculture (USDA) came up with ways to identify if a grain meets Whole Grain-Rich Requirements.

Requirements

- ✓ The first ingredient (or second after water) must be whole grain.
- ✓ The next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ.

Notes

- ✓ **Any non-creditable grain ingredients** (flours that are not enriched or whole) cannot be one of the first 3 grain ingredients. See [Whole and Enriched Grains Reference Sheet](#) for a list of non-creditable grains.
- ✓ **Disregard Ingredients** that are grain derivatives or are labeled as 2% or less of product weight (see the [Whole and Enriched Grains Reference Sheet](#) for a list of disregarded ingredients).
- ✓ **Mixed dishes** (examples: pizza crusts or tortillas for burritos).
 - The first grain ingredient must be whole grain and the next two grain ingredients (if any) must be whole or enriched grains, bran, or germ.
- ✓ **Ready-to-eat breakfast cereals**
 - If the first grain ingredient is a whole grain and the cereal is fortified, then it meets the whole grain-rich criteria.
 - Any second or third grain ingredients do not need to be considered.
 - All cereals need to meet the sugar requirement of no more than 6 grams of sugar per dry ounce, even if it is whole grain rich.



Example

Ingredients: "Water, **whole wheat flour**, yeast, sugar, **enriched white flour**, wheat gluten, **brown rice flour**, salt."

- The first ingredient after water is a whole grain.
- The second grain ingredient is an enriched grain.
- The third grain ingredient is a whole grain.

This product passes the *rule of three* test.

Reference

- [7 CFR 226.20\(a\)\(4\)\(i\)](#)
- [7 CFR 226.20\(a\)\(4\)\(i\)\(A\)](#)
- [CACFP 09-2018](#)

Resources

- [CACFP Meal Patterns and Menu Planning Webpage](#)
- [CACFP Meal Patterns Moodle Training Course](#)
- [Identifying Whole Grain-Rich Foods for the CACFP](#)
- [USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs](#)

Acronym Reference

- CNS- Child Nutrition Services
- CACFP- Child and Adult Care Food Program
- CFR- Code of Federal Regulations
- OSPI- Office of Superintendent of Public Instruction
- NSLP- National School Lunch Program
- USDA- United States Department of Agriculture
- WGR- Whole Grain Rich