

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

CACFP Grain Requirements – Enriched and Fortified Grains

Grains are a required component at breakfast, lunch, and supper meals, and are an optional component at snack. Enriched and/or Fortified Grains are allowable to serve in the CACFP.

Requirements

- ✓ Only grain products that are creditable can be counted towards meeting the meal pattern requirements for grains.
- ✓ Grain products that are not made with whole grains, bran, or germ must be enriched or fortified to be creditable in the CACFP.
- ✓ If breakfast cereal is fortified, it does not need to be enriched.
- ✓ Additional grain requirements are located in the [CACFP Grain Requirements Reference Sheet](#).

Definitions

- ✓ **Enriched grains** have the nutrients added back that the milling process has taken away. If a grain product is labeled “enriched,” it must contain certain amounts of niacin, iron, thiamine, riboflavin, and folic acid.
- ✓ **Fortified grains** have vitamins and minerals added to the product that weren’t originally in the food. If it is labeled “fortified,” it can have any nutrients added to increase the nutritional quality of the product.

Determining if a Grain Product is Enriched or Fortified

- ✓ Sometimes just the grain portion of a product is enriched or fortified, and sometimes the entire product has been enriched or fortified.
 - When nutrients are added to the entire grain product, the added nutrients appear at the end of the ingredient list.
- ✓ Use the [Whole and Enriched Grains Reference Sheet](#) for more details on whole, enriched, and non-creditable grains.



- ✓ Use the CACFP Grain Requirements - Whole-Grain Rich Reference Sheet to learn more about determining if items are whole-grain rich.
 - ✓ Enriched and Fortified grains must meet at least **one (1)** of the following methods:
 - **Method 1**- The food is labeled as "enriched."
 - For example, long grain rice that is enriched will have in the product name "enriched long grain rice."
 - **Method 2**- An enriched grain is listed as the first ingredient on the ingredient list (or second after water) or the grain is followed by a sub-listing of nutrients
 - The ingredient list will usually say "enriched flour" or "enriched wheat flour," or there is a sub-listing of nutrients used to enrich the ingredient, for example, "white flour {iron, folic acid, riboflavin, niacin, and thiamine}."
 - **Method 3** - The ingredient list names the vitamins and minerals that have been added to the product. Or for breakfast cereals, the product is labeled as "fortified".
 - Cereal in particular will list the added vitamins and minerals near the bottom of the Nutrition Facts Label. However, those that are not fortified will not list any added vitamins and minerals.
 - If breakfast cereal is fortified, it does not need to be enriched.
 - Examples of Method 3:
 - Fortified breakfast cereal
INGREDIENTS: Wheat flour, sugar, contains 2% or less of salt, baking soda, caramel color, BHT for freshness. Vitamins and Minerals: **Vitamin C (sodium ascorbate, ascorbic acid), niacin, vitamin B6 (pyridoxine hydrochloride), reduced iron, zinc oxide, folic acid, vitamin B2 (riboflavin), vitamin B1 (thiamin hydrochloride), vitamin A palmitate, vitamin D, vitamin B12.**
 - Enriched pasta
INGREDIENTS: Semolina (Wheat), Durum Wheat Flour, **Niacin, Iron (Ferrous Sulfate), Thiamine Mononitrate, Riboflavin, Folic Acid**
- *Added nutrients are **bolded**.

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](#)
- ✓ [CACFP Grain Requirements Reference Sheet](#)
- [CACFP Grain Requirements – Whole Grain-Rich Reference Sheet](#)
- [CACFP Grain Requirements – Rule of Three Reference Sheet](#)
- [CACFP Grain Requirements- Whole and Enriched Grains Reference Sheet](#)
- [USDA CACFP Crediting Handbook](#)

Acronym Reference

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