

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

## **CACFP Grain Requirements – Whole Grain-Rich (WGR)**

“Whole grain-rich” means that at least half the grains in a food are whole grain and the remaining grain ingredients are enriched, bran, or germ.

### **Requirements**

- ✓ At least one serving of grains per day must be whole-grain rich (WGR) for meals served to children or adults.
- ✓ Additional grain requirements are located on the CACFP Grain Requirements Reference Sheet.

### **Six (6) Methods to Determine WGR\***

1. The product is found on a State agency’s Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved whole grain food list
2. The product is labeled as “Whole Wheat” and has a Standard of Identity issued by the U.S. Food and Drug Administration (FDA).
  - A list of exact product names can be found in [USDA memo CACFP 09-2018](#).
3. The product includes one of the two FDA approved whole-grain health claims on its packaging, **exactly as written**.
  - “Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.”
  - OR**
  - “Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease.”
4. The food meets the whole grain-rich criteria under the National School Lunch Program (NSLP).
5. Proper documentation from a manufacturer or a standardized recipe demonstrates that whole grains are the primary grain ingredient by weight.
6. The food meets USDA Food and Nutrition Service’s *Rule of Three*.
  - See the [Rule of Three Reference Sheet](#) for more information.

\* The grain only needs to meet one of these methods to be whole-grain rich. It does not need to meet all the methods.



## Reference

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

## Resources

### Washington State Resources

- [CACFP Meal Patterns and Menu Planning Webpage](#)
- [CACFP Meal Patterns Moodle Training Course](#)
- [CACFP Grain Requirements Reference Sheet](#)
- [CACFP Grain Requirements – Rule of Three Reference Sheet](#)
- [CACFP Grain Requirements- Whole and Enriched Grains Reference Sheet](#)
- [Washington WIC Approved Whole Grain Choice Webpage](#)

### Other Resources

- [MyPlate.gov Grains Webpage](#)
- [USDA CACFP Meal Pattern Training Worksheets](#)
- [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
- 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