

# DECEMBER 2023

## Newsletter

### CALENDAR OF EVENTS

**12/25/23-** ECCI office will be closed in observance of Christmas Day (Meals are not eligible for reimbursement on this holiday).

*Merry Christmas !*





# Crediting Tofu and Soy Yogurt Products in the Child and Adult Care Food Program

The U.S. Department of Agriculture recently released a revised [Policy Memorandum SP 02-2024, CACFP 02-2024, SFSP 02-2024 Revised: Crediting Tofu and Soy Yogurt Products in the School Meals Programs, Child and Adult Care Food Program \(CACFP\), and Summer Food Service Program](#) to provide an updated guidance on crediting commercially prepared tofu and soy yogurt products.

Updates related to the CACFP that were highlighted in the revised policy memorandum include:

- Tofu and soy yogurt products are now included in the infant meal pattern and can be offered to **infants ages 6-11 months** and credit as a meat alternate. This is an extension of the previous guidance released in 2016 that only included tofu and soy yogurt in the child and adult meal patterns. In addition, the inclusion of tofu and soy yogurt for children as young as 6 months aligns with the recommendations in the 2020-2025 Dietary Guidelines for Americans.
- Crediting tofu and soy yogurt in the CACFP:

*Tofu:* 2.2 ounces by weight (ozw) or ¼ cup by volume of commercially prepared tofu, containing at least 5 grams of protein, is creditable as 1.0 ounce equivalent of meat alternate.

*Soy Yogurt:* 4.0 ozw, or ½ cup of soy yogurt (that meets the sugar limit for yogurt) is creditable as 1.0 ounce equivalent of meal alternate.

## CACFP Menu Planners and Recipe Booklets for Breakfast and Snack in English and Spanish

The U.S. Department of Agriculture Team Nutrition (TN) initiative has announced the release of a new resource, [“It’s Breakfast Time! Child and Adult Care Food Program \(CACFP\) Breakfast Menu Planner for Children 3 Through 18 Years of Age”](#) booklet. They also announced a revision of the previously available in English only, [“Let’s Make a Snack Child and Adult Care Food Program Snack Menu Planner for Children 3 Through 18 Years of Age”](#) booklet. These resources are now available to download and copy in both English and Spanish! The menu planners are an excellent training resource for CACFP operators and cover creditable and non-creditable foods at breakfast and snack, interactive meal planning activities, sample menus, and quick and easy recipes! Select recipes have cooking videos that demonstrate the quick-and-easy preparation of the recipe. Recipes in these booklets include (video recipes are indicated in bold):

### Breakfast Recipes:

- **Berry Medley and Quinoa Breakfast Bake**
- Breakfast Black Beans With Eggs
- Cheesy Cheddar Drop Biscuits
- Cheesy Egg, Sausage, and Potato Casserole
- Cinnamon-Citrus French Toast Squares
- Cottage Cheese and Fruit Bowls
- Easy Overnight Oats and Berries
- Easy Whole-Wheat Drop Biscuits
- **Egg and Broccoli Scramble**
- Fruit and Nut Butter Pita Pockets
- Fruit and Yogurt Roll-Ups
- **Golden Squash Hotcakes**
- Lemon-Blueberry Corn Muffins
- Orange Cranberry Quick Bread
- Oven-Baked Pancakes With Spiced Pears
- Peachy Oatmeal Bake
- Roasted Sweet Potato Hash
- **Strawberry and Waffle Kebabs With Maple-Yogurt Dip**
- Turkey Sausage With Sweet Cran-Apple Topping
- Whipped Cream Cheese and Pear Toast

### Snack Recipes:

- Apples and Almond butter
- **Baked Carrot Fries With Yogurt-Sunflower Seed Butter Dip**
- Caprese Bruschetta
- **Cheesy Bean Tostada**
- Chicken and Cheese Snack Cup With Grapes
- Corny Salsa With Tortilla Chips
- Curried Chicken Wraps
- Deli Bento Box
- Dried Fruit and Cereal Snack Mix
- Fresh Veggie Wraps
- Fruited Chicken Salad With Crackers
- Herb Bagel Bites
- Mini Egg Salad Sandwiches
- Mini Graham Crackers and Berry Nut Butter
- **Parmesan Zucchini Chips**
- **Peach and Yogurt Smoothies**
- Savory Yogurt-Hummus Dip With Veggies
- Toasted Pita Wedges and Fruit Dip
- Tuna Salad and Apples Slices
- Very Berry Parfaits

Recipes in these booklets are also available for download from the [Institute of Child Nutrition Child Nutrition Recipe Box](#).



# Happy Birthday *Evergreen Providers!*

**Maria Aguirre**

**Janet Axume**

**Kimberly Britt**

**Leonel Carrascosa**

**Carolina Castellon**

**Madeline Davis**

**Mariam Hakobyan**

**Mona Hillman**

**Carolyn Jackson**

**Abie Kanu**

**Karine Khalafian**

**Latrina Knight**

**Irma Magana**

**Claudia Mendez**

**Alyssa Munoz**

**Reena Nanayakkara**

**Nelson Pacheco**

**Evangelina Rangel**

**Fabiana Regalado-Fernandez**

**Sabrina Russ**

**Jacqueline Sadhar**

**Blanca Sanchez**

**Esperanza Shearer**

**Sakura Shimizu**

**Mieko Shimohira-Quintero**

**Deborah Sims**

**Muriel Vasco**

**Meshelle Wilhite**

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(2) fax: (202) 690-7442; or

(3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).



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