South Carolina Department of Social Services
Child and Adult Care Food Program (CACFP)
DETERMINING THE BREAD COMPONENT SERVING SIZE
BASED ON NUTRITION LABELS

1. Specific name of bread/bread alternate: _____

   (Example: "Frito Lays Corn Chips")

2. Weight in gram(s) needed of product listed in No. 1: **(Use Exhibit A pages 35-36 of the Crediting Guide.)**

   a. ½ serving = _____ grams (g)   b. 1 serving = _____ grams (g)

3. Determine weight of a single piece of the product listed in No. 1: **(Use food label)**

   3b →
   3a

   NUTRITION FACTS
   Serving Size   (g) ←
   (1 cracker is approx. 1¼" x 2½")
   Servings per Container About 16

   Amount per Serving
   Calories 120 Calories from Fat 25

   _____ (g) ÷ (divided by) _____ = _____ grams
   a. (Serving Size Weight (g))   b. (Serving Size)

4. Determine how much (how many) to serve for 1 serving and/or ½ serving of the product listed in No. 1:

   a. ½ serving = _____ ÷ (divided by) _____ (g)
                   (Grams from No. 2a)   (Answer from No. 3)

                              = _____ portion size to serve to each 1-5 yo
                                (Round up, Ex: 2.15 = 3)

   b. 1 serving = _____ ÷ (divided by) _____ (g)
                   (Grams from No. 2b)   (Answer from No. 3)

                              = _____ portion size to serve to each 6-12 yo
                                (Round up)   and adults

INSTRUCTIONS FOR DSS FORM 16167

1. This line is requesting the specific name of a bread/bread alternate the Provider is planning to serve. Example as given on worksheet is "Frito Lays Corn Chips." Other examples of specific names include: (Honey Maid Graham Crackers, Keebler Club Crackers, Little Debbie Oatmeal Cookies).

2. This line is asking the Provider to identify the weight (in grams) of the product listed in No. 1 that must be served to meet the whole grain or enriched flour requirement. This information is found in Exhibit A, pages 35-36 of the Crediting Guide.

   Ages 1-5   =   ½ serving
   Ages 6-12 =   1 serving
   Adult   =   1 serving

   Note: If the Provider is only taking care of children between the ages of 1 and 5, it is not necessary to complete the worksheet for the "1 serving" amount (which is the portion size needed for children ages 6-12).

   Also, if the provider is only serving adult participants, it is not necessary to complete the worksheet for the "½ serving" amount.

3. This line is asking for the weight of "1" piece of the product listed in No. 1. This information is found on the Food Label on the products' package. As shown on the worksheet, **(a.)** on the illustrated food label specifies where to find the <u>weight of the serving size</u>. This information should be filled into the first blank (also marked **a.**). The **(b.)** on the illustrated food label specifies where to find the <u>serving size</u> information. This should be filled in the second blank (also marked **b.**).

4. This line combines answers from lines two and three to determine what portion size needs to be served to either ages 1-5 (½ serving) and/or ages 6-12 and adults (1 serving).

   Follow steps on worksheet. The answers will be the portion size that must be served to EACH child/adult to meet the whole grain/enriched flour requirement.

   Example: If the answer is:
   ½ serving = 6 crackers
   and you have four children between the ages of 1-5 you will need
   24 crackers to provide 6 to each child.

   1 serving = 13 crackers
   and you have two children between the ages of 6-12 (or two adults) you will need
   26 crackers to provide 13 crackers to each child or adult.

   TOTAL NEEDED: 50 crackers