

Charcuterie for CACFP

A charcuterie board, pronounced **SHAR-KOO-TUH-REE**, comes from the French word meaning “pork-butcher shop.” This fun and creative way of assembling cured meats and meat products has grown to be quite popular and now commonly includes cheeses, breads, crackers, fruits, vegetables, nuts and dips.

Try using charcuterie to serve some #CACFPCreditable meals and snacks!



If you serve family-style meals, using a charcuterie board is a great way to display the colorful foods that your participants are about to eat! All you have to do is arrange your meal pattern components in a way that your participants can simply grab one grouping of each food item to fill their plate.

Here are some tips to get you started:

- Choose a large, sturdy cutting or serving board.
- Measure out your serving sizes before assembling the board.
- When arranging the board, make sure that different components are next to each other, so there is no confusion about which portion to take.
- Don't forget to have everyone wash their hands.
- Have fun! Try using the components to create lines, pockets for other components, curves, zig-zags and other shapes.



If you do not wish to use family-style dining, you can still create beautiful charcuterie plates! Either arrange these yourself or provide your participants with all their components and they can let their creativity flow.



Ideas to build your board

Meats/Meat Alternates: Turkey, ham, dried meats, cheese, hard-boiled eggs, nuts

Meal Pattern Reminders:

- Check the product formulation statement to determine how to credit deli meats (If serving size is 1 oz and PFS says there is 75% meat in the product, serve 1.33 oz to credit)
- Nuts and seeds may only credit for half of the meat alternate component at lunch and supper

Grains: Wheat crackers, pretzels, fish-shaped crackers, sliced baguette

Meal Pattern Reminder:

- At least one serving of grains per day must be whole grain-rich

Vegetables: Carrots, cherry tomatoes, bell peppers, cucumbers, snap peas, radishes,

Meal Pattern Reminder:

- Two different vegetables may be served at lunch and supper instead of a vegetable and a fruit

Fruits: Tangerine slices, berries, halved grapes, dates, apple slices, dried cranberries

Meal Pattern Reminder:

- Dried fruits credit at twice the volume served (1/4 cup credits for 1/2 cup)

Don't forget!

Serve with milk for a complete #CACFPCreditable meal and be mindful of choking hazards in younger children.

