

IN THIS HANDOUT:

DOCUMENTATION FOR WHOLE GRAIN RICH (WGR) FOODS

One serving of grains per day must be whole grain rich (WGR). This handout provides information on documentation to keep on file to show that a grain item meets CACFP WGR criteria. The type of documentation required depends on the item and/or method used to determine the item as WGR.

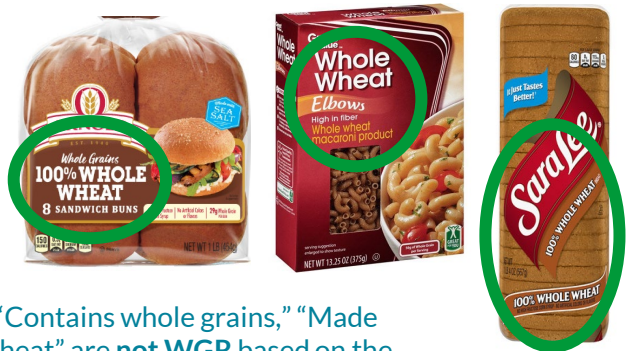
This handout is applicable to all programs except for School Food Authorities operating the At-Risk Afterschool Program using the NSLP meal pattern.

When the item is:

- Bread, Buns, and Rolls labeled “Whole Wheat,” “Entire Wheat,” or “Graham”
- Pasta labeled “Whole Wheat” (macaroni product, macaroni, spaghetti, or vermicelli)

Product label or picture/copy of label (front of the package) that includes the name and brand of product and shows:

- Bread, buns or rolls are labeled “Whole Wheat,” “Entire Wheat,” or “Graham”
- Pasta is labeled “Whole Wheat”



Bread, buns, rolls, and pasta labeled “Whole Grain,” “Contains whole grains,” “Made with whole grains,” “Made with whole wheat,” or “Wheat” are **not WGR** based on the front of the package. These items must be verified as WGR with other documentation.

When the item is on a WIC Approved Whole Grains list

See [Wisconsin WIC Approved Whole Grains](#)

Keep the Following On File

Product label or picture/copy of label (front of the package) that includes the name and brand of product





When the item includes one of the following FDA Health Claims:

“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.”

“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.”



Keep the Following On File

Product label or picture/copy of label (front of the package) that includes the name and brand of product and the FDA Health Claim

When the item is:

- Bread, buns, rolls, or pasta that do not meet criteria above or on page 1
- Any other grain item such as bagels, crackers, waffles, pancakes, muffins, breadsticks, pita bread, English muffins, etc., including those labeled “Whole Wheat,” “Whole Grain,” “Made with whole grains,” “Made with whole wheat,” or “Contains whole grains”

Keep One of the Following On File

- Product label or picture/copy of label that includes:
 - Name and brand of product (front of the package)
 - Ingredients list (ingredients must meet the Rule of 3)
- Product specification sheet that includes the name and brand of item and the Ingredients list (ingredients must meet the Rule of 3)
- *Product Formulation Statement for Documenting Grains* from the manufacturer that includes the Product Name, Manufacturer, and indicates the product meets Whole Grain Rich criteria

Ingredients List and Rule of 3



INGREDIENTS: WHOLE GRAIN WHEAT FLOUR, SUGAR, SOYBEAN OIL, CORNSTARCH, MALT SYRUP (FROM CORN AND BARLEY), SALT, INVERT SUGAR, LEAVENING (CALCIUM PHOSPHATE AND/OR BAKING SODA), VEGETABLE COLOR (ANNATTO EXTRACT, TURMERIC OIL EXTRACT), BHT ADDED TO PACKAGING MATERIAL TO PRESERVE FRESHNESS

CONTAINS: WHEAT.

Rule of 3: The first ingredient, or second after water, must be a whole grain/flour. Second and third grain ingredients, if any, must be a whole grain/flour, enriched grain/flour, bran, or germ.

The [CACFP Reference Guide](#) includes the Rule of 3 flowchart and a list of grains.

Product Formulation Statement for Documenting Grains

COMAGRA
 Formulation Statement for Documenting Grains in School Meals
 (Crediting Standards Based on Revised Exhibit A-weights per oz. equivalent)

School Food Activities (SFA) should include a copy of the label from the purchased product package in addition to the following information on this form, signed by an official company representative. Grain products may be credited based on previous standards through SY 2014-2015. The new crediting standards for grains (as outlined in Policy Memorandum SP 10-2012) must be used beginning SY 2014-2015. SFA's have the option to choose the crediting method that best fits the specific needs of the menu planner.

Product Name: Wheat Thins Code No.: 861521013
 Manufacturer: Conagra Brands Serving Size: 1.00oz (28g)

I. Does the product meet the Whole Grain-Rich Criteria: Yes No

II. Does the product contain non-creditable grains: Yes No How many grams: 0.00g

III. Use Policy Memorandum SP 10-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Group A to determine if the product fits into Groups A-G (based on grams), Group H (credit grains) or Group I (BTE credit) (verify). If none of the above, then follow the standard for grain creditable per oz. equivalent (as reported by volume or weight).

Description of Product per Food Buying Guide	Portion Size of Product as Purchased	Weight of one ounce equivalent as listed in SP 10-2012	Creditable Amount
<u>Wheat Thins</u>	<u>1.00oz</u>	<u>28g</u>	<u>1.00oz</u>
Total Creditable Amount:			1.00oz

Total weight (per portion) of product as purchased: 28g oz. equivalent
 Total contribution of product (per portion): 1.00oz oz. equivalent

David Schuett MS RD _____ Sr. Nutritionist
 Signature _____ Title _____
 David Schuett MS RD _____ 12/12/14
 Printed Name _____ Date _____ Phone Number _____

Does the product meet the Whole Grain-Rich Criteria: Yes No



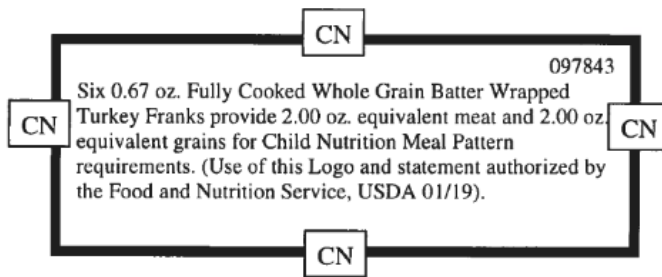
When the item is a commercially prepared, store bought combination food item that credits to the grain component

Examples include breaded chicken tenders, pizza, corn dogs, fish sticks, etc.

Keep One of the Following On File

- Child Nutrition (CN) Label stating “oz. equivalent grains”
- Product Formulation Statement (PFS) from the manufacturer indicating the item meets WGR criteria

Child Nutrition (CN) Label



Product Formulation Statement

Formulation Statement for Documenting Grains in School Meals
 Required Beginning SY 2013-2014
 Crediting Standard: Based on Grains of Creditable Grains

School Food Authorities (SFAs) should include a copy of the label from the purchased product package in addition to the following information on product label for all food and beverage expenditures. These products may be credited based on previous standards through SY 2012-2013. The new crediting standards for grains (as outlined in Policy Memorandum SP 10-2012) take effect beginning SY 2013-2014. SFAs have the option to continue the crediting method that best fits the specific needs of the menu planner.

Product Name: Item Rich Pasta Crunchies Code No: 43222
 Manufacturer: Item Product Corporation Having file # 2.08 (A) (0000)
 (Use in SP 10-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program)

I. Does the product meet the Whole Grain-Rich Criteria? Yes No

II. Does the product contain any creditable grains? Yes No How many grams 0.00
 (Products with more than 2.5 oz equivalent or 1.00 grams per Group A or 0.99 grams per Group B of any creditable grains may not credit toward the grain requirement for school meals.)

III. Use Policy Memorandum SP 10-2012 Grain Requirements for the National School Lunch Program and School Breakfast Program: Exhibit A to determine if the product fits into Group A, C, or Dated products. Group H (total grains) or Group I (BTE) (total grains). (Different methodologies are applied to calculate amount of grain component based on creditable grains. Group A-C use the method of 10 grams creditable grains per oz. or Group H uses the method of 20 grams creditable grains per oz.; and Group I is reported by volume or weight.)

Description of Creditable Grain Ingredient	Amount of Creditable Grain per Portion	Grain Standard (1/2 cup or 25g)	Creditable Amount	
			A	B
Whole Grain Flour	12.14	16	0.76	0.00
Enriched White Flour	1.06	16	0.07	0.00
Total Creditable Amount			0.83	0.00

IV. Total Creditable Amount: 0.83
 Creditable grains are whole grains, multi-grain and enriched products.
 Counting each 1/2 oz of creditable grain as 16 grams. Please be certain the serving size of the grain used is converted to grams.
 *Total grams of creditable grains from the corresponding Group in Exhibit A.
 Total creditable amount must be creditable. (Minimum 16 grams per 1/2 oz of grain. Do not round up.)
 Total weight (per portion) of product as purchased: 5.00 oz equivalent
 Total contribution of product (per portion): 0.17 oz equivalent

Comply with the appropriate information on the label content and file it. The amount printed on this product label for average portion is 2.5 oz equivalent grains. If further credits than non-creditable grains are not above 1.24 oz eq per

Does the product meet the Whole Grain-Rich Criteria: Yes No

When the item is homemade

Examples include homemade muffins, bread, pancakes, waffles

Keep the Following On File

Recipe that identifies all ingredients and grain ingredient amounts by weight or volume. The recipe must show at least 50% of grains are whole grains and the remaining grains are enriched

Whole Wheat Muffins

Ingredients

- 1 cup flour (all purpose)
- 1 cup whole wheat flour
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1/4 cup brown sugar
- 1 cup milk, low-fat (1%)
- 2 egg
- 1 teaspoon vanilla (optional)
- 1/4 cup margarine or butter (melted, or 1/4 cup vegetable oil)
- 1 tablespoon sugar
- 1/2 teaspoon cinnamon (ground)





Cereals

Cereals noted as WGR on a state's WIC cereal list

See [CACFP Reference Guide](#) for the list of Wisconsin WIC Approved Cereals.



Documentation To Keep On File

No label is required; however, it is best practice to keep labels for all cereals served

When buying store/generic brands, verify that the brand and type of cereal is on the WIC list. **If it is not on the WIC list the label must be kept on file (see below)**

Cereals not noted as WGR on a WIC cereal list or not on a WIC cereal list

Documentation To Keep On File

Product label or picture/copy of label that includes:

- Name and brand of cereal
- Ingredients list (see 'Requirements' below for more info on determining cereal as WGR)

Other acceptable documentation includes a product specification sheet that includes the name and brand of cereal and the Ingredients list (see 'Requirements' below for more info on determining cereal as WGR)

Ingredients: Whole Grain Oats, Corn Starch, Sugar, Salt, Tripotassium Phosphate, Vitamin E (mixed tocopherols) Added to Preserve Freshness.
Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin A (palmitate), Vitamin B₁ (thiamin mononitrate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

Requirements: Ready-to-eat breakfast cereals are WGR when the first ingredient is a whole grain, and the cereal is fortified (vitamins and minerals are listed at the end of the Ingredients list).

Ready-to-eat breakfast cereals that do not meet the above criteria and instant and hot cereals: The ingredients must meet the Rule of 3. The [CACFP Reference Guide](#) includes the Rule of 3 flowchart.

Organizing Documentation

Place appropriate documentation (ex. label or product formulation statement) in a file folder or in a binder (page protector or three-hole punch) in a section designated for grains or the specific type of grain item being served (ex. breads, cereals, crackers, etc.).

When taking pictures or making copies of labels, make sure all required parts of the label are included and the picture or copy is readable (not blurry, cut off, or too dark to read).



Keep labels for all WGR items currently served in one file. Labels for WGR items no longer served can be moved to another file. All CACFP records must be retained on file for three Federal Fiscal Years (FFY) plus the current FFY (October 1 – September 30).

Family daycare home providers must keep labels as specified by their sponsor.