



Nutrition Nuggets

CN Labels

Are you confused by child nutrition (CN) labels? Do you know when you need to get one? Which foods may have a CN label, or how to use them? You are not alone. CN labels can be intimidating but also highly useful. Our partners at the Institute of Child Nutrition (ICN) have some great resources to guide you through the basics of the CN label!

• What are CN Labels?

CN labels tell us how a product contributes to the meal pattern. The manufacturer voluntarily submits their product to the USDA to get a CN label. The CACFP provides a warranty against audit claims for those who purchase CN labeled products. As a CN label statement clearly identifies the contribution of a product toward the meal pattern requirements, it protects programs from exaggerated claims about a product. CN labeling makes menu writing easier and gives peace of mind during audits.

• Which Foods Are Eligible for a CN Label?

CN labels are available only for main dish entrées that contribute to the meats/meat alternates component of the meal pattern. They may also indicate the contribution of the grain and vegetable meal components that are part of these products. Examples include beef patties, cheese or meat pizzas, chicken nuggets, corn dogs, fish sticks, meatballs, lasagna, etc.

• Where Do I Find CN Labels?

You will find CN labels on the product's package and, most often, on foods purchased through a large food distributor. Items purchased in grocery stores generally do not include a CN label, and not all commercially prepared combination food items will have one.

• How Do I Use a CN Label?

Compare information from the CN label to the **CACFP Meal Pattern** minimum requirements to know how much to serve each child. Refer to the graphic below that shows the number of fish sticks to serve to each child in each age group at lunch or supper based on the sample CN label.

As a reminder, listed below is the most recent change to our programs guidelines regarding CN Labels:

The United States Department of Agriculture (USDA) requires us to obtain Child Nutrition (CN) labels when we see that a pre-packaged, ready to cook item is claimed. Manufacturers must take extra steps to ensure their products meet the specifications to have the CN label on their packaging. We know that many of you have been struggling to find items with CN labels, and often choose a product that may have had the label in the past but find that it no longer qualifies. Since you must keep current packaging on hand for us to see during site visits and most of you do not have them available, we have decided that we will be removing the following items from the creditable food list as of May 1, 2023:

Meat/ Alternate:

- Corn Dog (CN) (Child Nutrition)
- Corn Dog (HM) (Homemade)
- Chicken Nuggets (CN)
- Chicken Nuggets (HM)
- Fish Sticks (CN)

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Bread/Bread Alternate

- Corn Dog Wrap (CN)
- Corn Dog Wrap (HM)
- Pie Crust, Meat/Alt. Pie Only (CN)
- Ravioli (CN)



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Spring Rolls

4 oz cooked chicken, thinly sliced
1 cup cucumber sliced
1 bunch mint or basil
8 rice paper wrappers
2 tbsp peanut butter or sun butter

1 cup shredded carrots
8 leaves romaine lettuce
2 cups brown rice noodles
1/4 cup Hoisin sauce



Warm water in a medium bowl. Dip one rice paper wrap for a few seconds. Lay flat on a clean, dry surface. Place a lettuce leaf on one half of a wrapper. Layer with a 1/4 cup of noodles, 2 tbsp of carrot, 2 tbsp cucumber, 1-2 herb leaves. On the second half of the wrap, leaving 1-2" at top, add 1/2 oz of chicken. Gently roll wrapper around food starting from lettuce side. Once wrap is half way, fold the sides of the wraps and then continue rolling until you have as spring roll. Repeat 7 more times. In a small bowl, combine hoisin sauce and peanut butter is fully mixed with the sauce. Place 1 tablespoon of sauce with 1 spring roll on a plate per participant for a credible snack or serve alongside 1/4 cup, 1 oz meat/meat alternative and 3/4 cup of milk for a credible lunch or supper.

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Announcements

There are two current waivers that have been in place that will be expiring June 30th, 2023:

- The waiver that has been in place which made all providers eligible to receive the same reimbursement rate regardless of their tiering will more than likely be expiring at the end of June. There is a possibility that it won't change but it more than likely will. This will effect providers who are categorized in Tier 2 based on their location. This means they will receive the lower reimbursement rate of the two different rates. This change, if it does take place, will not effect Tier 1 providers.
- Monitoring review visits will resume in-person on July 1st. Visits that will be conducted for our state review will be taking place in-person as well, possibly before the remote visit waiver ends. Providers will be randomly selected for this unannounced visit by the state reviewer. Be prepared to have representatives coming to your house to conduct these visits in-person. Below is a list what to expect during an on-site visit:

What To Expect

This is the process we follow when conducting an in-person visit:

- **A provider or assistant must be present and available to participate in the meal review**
 - **Observation of a meal or snack that contains all of the required food components**
 - **Validating attendance of the children present for the meal or snack**
 - **Checking for up to date records, through the previous day, either in KidKare or handwritten if online inputting is not current**
 - **Training will be given by the monitor if there were any errors to discuss from the previous month's claim**
 - **Requests from the monitors for expired or upcoming expiring enrollment forms**
 - **Discussing any questions or concerns between the monitor and provider**
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