

What is a Standardized Recipe?

It is a way for a center and/or operation to ensure that every child receives a similar quantity of food. It ensures that it is the same each time.

General Definition: A recipe that has been tried, adapted and re-tried several times for use by a given food service operation and has been proven to produce the same results and yield each time.

Definitions:

Food Component: Means one of the food categories that comprise a reimbursable meal.

- Meat/Meat Alternate
- Grains
- Fruit
- Vegetable
- Milk

Food Item: Specific food offered within the food components comprising the reimbursable meal.

Example: Separate ½ cups of Peas and Carrots are two items that comprise the vegetable component

Combination Food: A combination food contains more than one food item from different food components that cannot be separated, such as soup.

Other Examples: Prepared sandwiches, burritos and some salads, such as Chef's Salad.

What is a Standardized Recipe for the CACFP?

It has been tested to provide consistent results every single time it has been used, and it also has been standardized to determine the food components that are within the recipe.

- Is required for Combination Foods. (*Provider is claiming two or more food components in the recipe*)
- Single Food Items do NOT need a Standardized Recipe.
- Example PB & J:
 - Bread is 1 Component.
 - Peanut Butter 2nd Component
- Combining Creditable Foods and Non-Creditable Foods
 - Pretzels & Granola Mix
- There are other combination foods that you purchase at a store, for example Frozen Pizza or Lasagna. It is a challenge to credit some of these items meeting two food components because you will need to have documentation of the specific measurement contributions for each food component.
 - It is a requirement that if you serve these products that you obtain a Product Formulation Statement or CN Label for these products. If you can't obtain this document, you will have to remove this component from your menus. Furthermore, you cannot add additional meat/meat alternate or another component to the product to make it meet requirements. (Further Question About these items, contact your Field Monitor)

- See USDA Crediting Handbook to determine which items are creditable.
- Keep all your Standardized Recipes in your binder.

What should be in a Standardized Recipe?

- Written Document
- Name of the Recipe, which should match the menu.
- List of all the ingredients and the weight or measure of each ingredient.
- Specific Instructions of how to cook or combine the ingredients.
- Portion size for each age group served (*CACFP Age Groups are 1 – 2 year olds; 3 – 5 year olds and 6 – 12 year olds*)
- Additional Instructions on temperatures, etc., for food safety.
- How does it credit (example: Meat/meat alternate: ½ oz serving)
- *Use the meal pattern chart when preparing your Standardized Recipe.*

Tip: *It may be helpful to write out the recipe for one portion serving so you can ensure you are providing enough of each of the creditable food components before scaling them to the size of the group you are serving.*

Benefits:

Helps with Labor Costs

Helps with Grocery Shopping

Efficiency

Lower Costs

Consistency

Ensuring Proper Nutrition for your Children

Now that you Know - What to do next?

Review your own written menus.

See how you list each item.

Think about the preparation methods being used and how you are serving each item being served to your children.

Identify which items that need a Standardized Recipe.