

# Providing Bulk Foods as Meals

## Guidance for Program Operators in CACFP

Operators are permitted to provide components in a bulk “grocery-style” to assist with storage and other operational challenges. However, additional calculations may be required to determine how much of a component is needed for a household. When implementing bulk meals, ensure the **required food components in the proper minimum amounts** are included for each reimbursable meal. If meal component requirements cannot be met due to supply issues, the operator must document the issue and submit a meal pattern waiver request found on [www.SquareMeals.org/coronavirus](http://www.SquareMeals.org/coronavirus).

Operators must clearly identify food items as components of reimbursable meals. Consider whether households have access to refrigeration, stoves, microwaves, etc. when providing food that requires refrigeration or reheating. Provide frozen foods only if they are labeled as “fully cooked,” “precooked,” or “ready-to-eat” by the manufacturer’s packaging. Lastly, employ a system to document how food was distributed.

### Include with bulk foods:

- Menu for each of the meals with ingredients in each food.
- Identify any food items that contain potential allergens.
- Directions for which items should be used for each meal with serving sizes for age group.
- Instructions for food safe storage and preparation. **Indicate which items require immediate refrigeration or freezing.**
- A use-by date. While operators should package food with the intent that all will be used as part of a meal, provide indication that all refrigerated food should be discarded after seven days of receipt.



# Bulk Meal Distribution Chart

## Guidance for Program Operators in CACFP

Milk	# of 1 cup servings
1 gallon	16
64 fluid ounces (oz)	8
Half pint carton	1

Grain	# of 1 - each servings <sup>++</sup>
1 loaf of bread (22 oz) 24 slices (25 grams per slice)	24
25 oz tortilla 30 count (25 g per tortilla)	15
1-12 oz box cereal (cold): Flakes or Rounds	12, 1 cup servings
1-18 oz box cereal (cold): Puffed	17, 1¼ cup servings
Graham Crackers (14.4 oz)	13, 2 cracker servings

Meat/Meat Alternate	# of 2 oz servings
Turkey slices (16 oz) Maximum of 15% added ingredients	4
2 cans tuna (5 oz)	5
Cheese 16 oz sliced 9 oz sticks	8 4
Yogurt (32 oz)	16

This chart lists common bulk food items for each component and how many servings the item will provide using the minimum serving size for breakfast or lunch.

Ensure that only minimal preparation is required and that food items do not require chopping, mixing, baking, etc. Additional calculations may be required to ensure that appropriate age group serving amounts are provided to each child in the household.

Vegetable	# of ½ cup servings
Canned beans <sup>+</sup> (15 oz)	3
Canned Vegetables (15 oz)	2
Baby Carrots (16 oz)	6

Food Item	# of ½ cup servings
1 jar applesauce (24 oz)	6
1 jug juice* (52 oz)	13
Canned Fruit (15 oz)	3

\* juice can only make up 50% of fruit/vegetable in meals

+ canned beans can also count for M/MA but not both in the same meal

++Serving based on Exhibit A in the Food Buying Guide

