

# Addendum to the Creditable Foods Guide

## CACFP Healthier Meals Initiative Policy: Processed Meats

The Colorado CACFP's Healthier Meals Initiative policies require participants to limit certain creditable processed meats to once per week. The Colorado CACFP selected these foods because they are commercially processed, contain ingredients other than meat, and are typically high in total and saturated fat and sodium. These include frozen breaded meat products like fish sticks, chicken nuggets, chicken patties, and other meats that are highly processed like hot dogs, bologna, and sausages. The foods to limit to no more than once per week, if at all, are described below. Please note that CN labels are required for products that are not 100% meat when they are served. CN labels do **not** make the product creditable and **must** be used to determine the required serving size, which must also be reasonable for a child to consume.

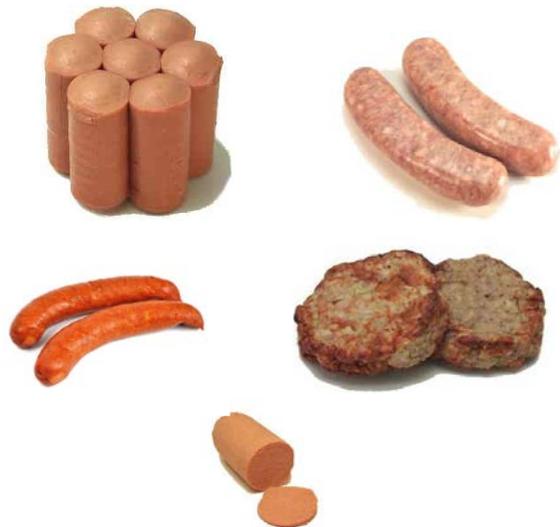
### Frozen Breaded Meat Products

breaded chicken nuggets, strips, or patties  
breaded fish sticks, nuggets, or patties



### Sausages

Italian sausage, Polish sausage, Polska Kielbasa, Vienna sausages, sausage on a stick, sausage patties or links, bratwurst, liverwurst, or braunschweiger



### Pepperoni, Bologna, and Salami

pepperoni (regular or turkey)  
bologna (any flavor)  
salami



### Frankfurters, Hot Dogs, and Corn Dogs (beef, turkey, chicken)



Colorado Department  
of Public Health  
and Environment

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs, the first six protected bases of race, color, national origin, age, disability and sex are the six protected bases for applicants and recipients of the Child Nutrition Programs.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at [program.intake@usda.gov](mailto:program.intake@usda.gov). Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish)

# Healthier Meats and Meat Alternates

The following is a list of creditable options to serve in place of those shown on the reverse page. **This list is not all-inclusive**, but provides many healthy alternatives to consider.

## Fresh Lean Meat, Poultry, and Fish

ground beef- best to serve 80/20 or leaner  
(example: 93/7 = 93% beef and 7% fat)



ground beef



fresh chicken



fresh fish

## Frozen Meat, Poultry, or Fish without Bone



frozen beef crumbles



fully cooked non-breaded  
frozen chicken strips



frozen fish

## Canadian Bacon, Cured Pork, or Ham



## Canned Fish



tuna



salmon

## Lean Deli Meats (excluding bologna and salami)



turkey



ham



chicken



roast beef

## Cheese



## Eggs



## Peanut Butter and Nut Butter



## Beans, Peas/Lentils, or Legumes



## Yogurt (Plain or Flavored)

