



The Child and Adult Care Food Program

MEMORANDUM

TO: All Institutions Participating in the Child and Adult Care Food Program (CACFP)

FROM: *Norma Birckhead*
Norma Birckhead, Manager, CACFP and Summer Food Service Program (SFSP)

SUBJECT: State Agency Policy on Crediting Hummus in the CACFP

DATE: April 25, 2014

STATE AGENCY MEMO: CACFP #10-2014

The purpose of this memorandum is to provide guidance on how to credit hummus, an increasingly popular menu item.

Hummus is a Middle Eastern dip or spread that is traditionally made with garbanzo beans (also called chickpeas), tahini (i.e. sesame seed paste), olive oil, lemon, and often garlic. Hummus is a nutritious food that provides protein, healthy fats, and fiber. The garbanzo beans in hummus may be credited toward the meat/meat alternate component or the fruit/vegetable component of the CACFP meal pattern because they are a type of dried bean. The tahini in hummus may be credited toward the meat/meat alternate component because it is a seed butter.

However, the exact quantities and proportions of the traditional ingredients can vary widely by recipe or manufacturer; some may even eliminate a traditional ingredient or substitute a traditional ingredient with a different item, such as black beans in place of garbanzo beans. There are also many variations available at major grocery stores today, including red pepper, pesto, and sun-dried tomato. The variety of commercial products labeled as hummus is due to the fact that the Food and Drug Administration does not have a Standard of Identity for hummus. In other words, the FDA does not have strict guidelines for which commercial products can be labeled as hummus.

Because there is no Standard of Identity for hummus, **commercially-prepared products labeled as hummus are not creditable unless there is a Child Nutrition (CN) label or a Product Formulation Statement (PFS) signed by the manufacturer maintained on file for the product served.** The CN label or PFS must specify how to credit the hummus toward the meat/meat alternate and/or fruit/vegetable component(s) based on the serving size. The correct amount must be served in order to provide the minimum age-specific required portion of the component(s), whether alone or in combination with other items that also contribute to the meat/meat alternate and/or fruit/vegetable component(s).

Hummus that is prepared from scratch, whether by the participating facility, its sponsor, or its food service management company, is creditable. However, a recipe or production record must be maintained on file to demonstrate that the total recipe and each serving provides enough garbanzo beans and tahini (or other



creditable substitutes) to meet minimum age-specific required portion requirement for the meat/meat alternate and/or fruit/vegetable component(s). To determine how a recipe contributes to the meal pattern requirements, please consult the Meat/Meat Alternates section of the Food Buying Guide for Child Nutrition Programs (http://www.fns.usda.gov/tn/resources/FBG_Section_1-MeatAlternates.pdf) or the National Food Service Management Institute's Food Buying Guide Calculator (<http://fbg.nfsmi.org/>). Search for "Beans, Garbanzo or Chickpea" and "Peanut Butter or Other Nut or Seed Butter," which includes sesame seed butter. The Montana CACFP State Agency provides a recipe for a variation on hummus on page seven of its cookbook (<http://www.dphhs.mt.gov/hcsd/childcare/cacfp/documents/cookstrainingpacket2010.pdf>).

Institutions should come into compliance immediately.

If you have questions regarding the information contained in this guidance, please contact your CACFP Specialist or me at (202) 442-4010 or norma.birckhead@dc.gov.