



Georgia Department of Early Care and Learning

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Brian P. Kemp
Governor

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MEMORANDUM

To: Institutions and Sponsors Participating in the Child and Adult Care Food Program (CACFP) and the Summer Food Service Program (SFSP)

From: Sonja R. Adams, Director of Provider Services – Nutrition (*Original Signed*)

Date: May 17, 2019

Subject: Crediting Tempeh in the CNPs

Legal Authority: USDA Policy Memorandum SP25-2019, CACFP 12-2019, SFSP 11-2019, April 17, 2019; and SP 08-2019, CACFP02-2019, SFSP 02-2019, December 4, 2018.

***Cross Reference/
See also:***

DECAL Policy Memorandum, *Update of Food Crediting System to Include Various Food Items Which Were Previously Uncreditable*, December 28, 2018.

This memorandum expands on the Food and Nutrition Service (FNS) policy guidance originally released on December 4, 2018, whereby such guidance sought to inform participating institutions and sponsors of the credibility of various food items which were previously uncreditable.¹ Specifically, this memorandum seeks to clarify *how* tempeh will credit towards a reimbursable meal or snack.²

Definition(s)

“**Tempeh**” is a highly nutritious fermented soybean cake traditionally made from whole soybeans.

Crediting Guidance

Institutions and sponsors may credit tempeh as a **meat alternate** in the CACFP and SFSP. Notably, although this food item is traditionally made with soybeans, FNS recognizes that tempeh can be made from a variety of beans/legumes and grains. Additionally, crediting tempeh will provide improved access to an

¹ USDA Policy Memorandum, SP 08-2019, CACFP 02-2019, SFSP 02-2019, December 4, 2018.

² Although mature beans have traditionally been credited as a meat alternate in the CACFP and SFSP, FNS has not previously issued policy guidance on crediting tempeh.

additional vegetarian option, allowing institutions and sponsors to diversify menus to meet the dietary needs of participants with vegetarian preferences or dietary limitations resulting from cultural or religious reasons.

As such, institutions and sponsors may credit tempeh as follows:

- **1.0 ounce** of tempeh credits as **1.0 ounce equivalent** of meat alternate.

To be clear, the above method of crediting applies to tempeh with ingredients limited to soybeans (or other legumes), water, tempeh culture, and for some varieties, vinegar, seasonings, and herbs.³

Varieties of Tempeh

Varieties of tempeh that include other creditable foods as ingredients containing the following, may also credit as **meat alternates, grains, and/or vegetables**.

- Brown rice;
- Sunflower seeds;
- Sesame seeds;
- Flax seed; and/or
- Vegetables.

However, documentation must show how much tempeh and other creditable foods these products contain, since foods must be present in the minimum creditable quantities (1/8 cup or ¼ ounce equivalents) to credit in both the CACFP and SFSP. In order to credit these varieties of tempeh, institutions and sponsors must obtain a Child Nutrition (CN) Label or a Product Formulation Statement (PFS) from the manufacturer.⁴

For questions concerning this memorandum, please contact the Policy Administrator at (404) 651-8193.

³ Tempeh is produced using the *rhizopus* culture. This may be listed on the ingredients label, for example, as *rhizopus oligosporous* culture, *rhizopus* culture, *rhizous*, tempeh culture, or starter culture.

⁴ For additional information on CN Labeling, visit <https://www.fns.usda.gov/cnlabeling%20child-nutrition-cn-labeling-program>. See also, <https://www.fns.usda.gov/cnlabeling/food-manufacturerindustry>