

# Offer Versus Serve in the CACFP

A Training Presentation for  
Child and Adult Care Food  
Program (CACFP) Operators



# USDA's Team Nutrition



- An initiative of the USDA's Food and Nutrition Service to support the USDA's Child Nutrition Programs.
- Aims to improve children's lifelong eating and physical activity habits.
- Provides nutrition education and training materials to State agencies, sponsoring organizations, and CACFP sites.



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)



[@TeamNutrition](https://twitter.com/TeamNutrition)




**Let Us Know  
Who You Are!**  
I work for a...

- Child care center
- Family child care home
- At-risk afterschool care center
- Adult day care center
- Sponsoring organization
- Emergency shelter
- School food authority
- State agency
- USDA Regional Office
- Other

# Offer Versus Serve in the CACFP

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## Offer Versus Serve in the Child and Adult Care Food Program





If your site serves meals to at-risk afterschool or adult participants in the Child and Adult Care Food Program (CACFP), you may use a type of meal service called Offer Versus Serve (OVS). OVS allows children and adults to decline some of the food offered in a reimbursable breakfast, lunch, or supper. OVS may not be used at snacks or in other CACFP settings. OVS can help reduce food waste and give children and adults more choices.

### Understanding OVS: Know the Terms


- **Food component**—the name of a **group** of foods in a reimbursable meal. Food components include milk, vegetables, fruits, grains, and meat and meat alternates. At breakfast only, vegetables and fruits are one combined component. This means you can serve vegetables, fruits, or a combination of both to meet this requirement.
- **Food item**—foods that are part of a food component. For example, broccoli is a food item in the vegetables food component.

### How to Use OVS at Meals

OVS at Breakfast	OVS at Lunch and Supper
<ol style="list-style-type: none"><li>1. Offer these <b>3 food components</b> at breakfast:<ul style="list-style-type: none"><li>- Milk</li><li>- Vegetables and/or Fruits</li><li>- Grains</li></ul></li><li>2. Offer at least <b>4 different food items</b> at breakfast, at least <b>1 from each food component</b> above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.</li><li>3. Ask the child or adult to <b>choose at least 3 different food items</b>.</li></ol>	<ol style="list-style-type: none"><li>1. Offer these <b>5 food components</b> at lunch and supper:<ul style="list-style-type: none"><li>- Milk*</li><li>- Vegetables</li><li>- Fruits</li><li>- Grains</li><li>- Meat and meat alternates</li></ul></li><li>2. Offer at least <b>one food item</b> from each component.</li><li>3. Ask the child or adult to <b>choose food items from 3 or more food components</b>.</li></ol>
 <p>Note: The 4th food item can be selected as well.</p>	 <p>Note: The child or adult can select food from all 5 components. Foods from <b>at least 3 components</b> are needed for a reimbursable meal.</p>

\*For Adult Participants Only: Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.

More training, menu planning, and nutrition education materials for the CACFP can be found at <https://teamnutrition.usda.gov>.



[fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets](https://fns.usda.gov/team-nutrition/cacfp-meal-pattern-training-worksheets)

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<p>2. Offer at least 4 different food items at breakfast, at least 1 from each food component above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.</p>	<p>2. Offer at least one food item from each component.</p>
<p>3. Ask the child or adult to <b>choose at least 3</b> different food items.</p>	<p>3. Ask the child or adult to choose food items from <b>3 or more</b> food components.</p>




**Note:** The 4th food item can be selected as well.

**Note:** The child or adult can select food from all 5 components. Foods from at least 3 components are needed for a reimbursable meal.

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- **Food item**—foods that are part of a **food component**. For example, broccoli is a **food item** in the vegetables **food component**.

# Offer Versus Serve in the CACFP

## Tips About Food Items

- All food items offered at breakfast, lunch, and supper must be different food items. For example, while apple slices and applesauce are two forms of apples, they are considered the same food item. Likewise, oranges and orange juice are the same food item.
- The full minimum serving size of a food item must be taken in order for it to count towards a reimbursable meal.

## Try It Out!

Use the information on this worksheet to answer the questions below.



1. Your adult day care center uses OVS at breakfast and offers low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses milk, oatmeal, and apple slices, and took the full minimum serving size of each item. Is Karen's breakfast reimbursable? Why or why not?

2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?

3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?

**Answer Key:**  
 1. Yes, Karen's breakfast is reimbursable. For OVS at breakfast, the operator is required to offer at least 4 component (apple slices, 1 item from the grains component (oatmeal), and 1 additional food item from grains, component (apple slices), 1 item from the milk component (low-fat (1%) milk), 1 item from the vegetables/fruits component (banana), or vegetable/fruits component (banana), 1/2 make a reimbursable breakfast, 4 participant must choose 3 or more of the items offered, and must take at least the full minimum serving size of each item. Because Karen chose 4 items (milk, oatmeal, and apple slices), and took the full minimum serving size of each item, this breakfast is reimbursable.  
 2. No, David's supper is not reimbursable. For OVS at supper for at-risk afterschool sites, the operator is required to offer at least 5 food items from the following 5 components: milk (low-fat (skim) milk), meat and meat alternate (roasted turkey), vegetables (roasted broccoli and steamed carrots), fruits (fruit salad), and grains (whole-wheat rolls). In all cases, the participant must choose food items from at least 3 different components in order to make a reimbursable supper, and must take the full minimum serving size of each. Because the roasted broccoli and the steamed carrots are both in the vegetables component, David's supper only has 2 components (meat/alternate and grains) and does not meet the requirement for 3 different components. To make a reimbursable supper, he should add the minimum serving size of fruit salad, whole-wheat rolls, and/or milk to make a reimbursable supper.  
 3. If Anna takes only half of the minimum serving size of each food offered, her supper would not be reimbursable. The full minimum serving size of items from at least three different components must be taken in order to make up a reimbursable supper.

## Tips About Food Items

- All food items offered at breakfast, lunch, and supper must be different food items. For example, while apple slices and applesauce are two forms of apples, they are considered the same food item. Likewise, oranges and orange juice are the same food item.

- The full minimum serving size of a food item must be taken in order for it to count towards a reimbursable meal.



# How to Use OVS at Breakfast

## OVS at Breakfast

1. Offer these 3 **food components** at breakfast:
  - Milk
  - Vegetables and/or Fruits
  - Grains
2. Offer at least 4 different **food items** at breakfast, at least 1 from each **food component** above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.
3. Ask the child or adult to **choose at least 3** different **food items**.



**Note:** The 4th food item can be selected as well.



### Try It Out!

Your adult day care center uses OVS at breakfast.

You offer low-fat (1%) milk, apple slices, oatmeal, and bananas. Karen is a participant who chooses the **milk, apple slices, and oatmeal**. She took the full minimum serving size of each item.

### Is Karen's breakfast reimbursable?

- Yes
- No





## Answer

Your adult day care center uses OVS at breakfast.

You offer milk, apple slices, oatmeal, and bananas.

Karen is a participant who chooses the **milk, apple slices, and oatmeal**. She took the full minimum serving size of each item.

## Is Karen's breakfast reimbursable?

Yes

No





### Try It Out!

Your adult day care center uses OVS at breakfast.

You offer low-fat (1%) milk, apple slices, oatmeal, and bananas. Victor is a participant who chooses the **milk, apple slices, and bananas**. He took the full minimum serving size of each item.

### Is Victor's breakfast reimbursable?

- Yes
- No





### Answer

Your adult day care center uses OVS at breakfast.

You offer low-fat (1%) milk, apple slices, oatmeal, and bananas. Victor is a participant who chooses the **milk, apple slices, and bananas**. He took the full minimum serving size of each item.

### Is Victor's breakfast reimbursable?

Yes

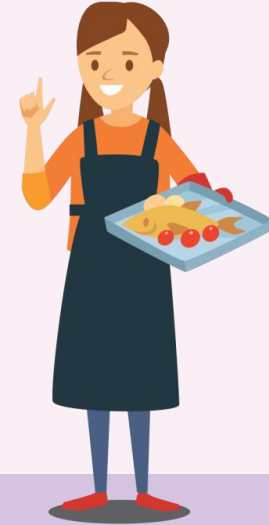
No



# How to Use OVS at Lunch and Supper

## OVS at Lunch and Supper

1. Offer these 5 **food components** at lunch and supper:
  - Milk\*
  - Vegetables
  - Fruits
  - Grains
  - Meat and meat alternates
2. Offer at least one **food item** from each component.
3. Ask the child or adult to choose **food items** from **3 or more food components**.



**Note:** The child or adult can select food from all 5 components. Foods from at **least 3 components** are needed for a reimbursable meal.

**\*For Adult Participants Only:** Milk is optional at supper. If milk is not offered, the adult still needs to select food items from 3 different food components to have a reimbursable meal.



### Try It Out!

Your adult day care center uses OVS at lunch.

You offer low-fat (1%) milk, carrots, bananas, turkey, and dinner rolls. Emma is a participant who chooses the **milk, carrots, bananas, and turkey**. She took the full minimum serving size of each item.

### Is Emma's lunch reimbursable?

- Yes
- No





## Answer

Your adult day care center uses OVS at lunch.

You offer low-fat (1%) milk, carrots, bananas, turkey, and dinner rolls. Emma is a participant who chooses the **milk, carrots, bananas, and turkey**. She took the full minimum serving size of each item.

## Is Emma's lunch reimbursable?

Yes

No







### Try It Out!

Your adult day care center uses OVS at lunch.

You offer low-fat (1%) milk, carrots, bananas, turkey, and dinner rolls. Deborah is a participant who chooses **food from all five of the food components**. She took the full minimum serving size of each item.

### Is Deborah's lunch reimbursable?

- Yes
- No





### Answer

Your adult day care center uses OVS at lunch.

You offer low-fat (1%) milk, carrots, bananas, turkey, and dinner rolls. Deborah is a participant who chooses **food from all five of the food components**. She took the full minimum serving size of each item.

### Is Deborah's lunch reimbursable?

- Yes
- No





## Try It Out!

Your at-risk afterschool site uses OVS at supper.

You offer fat-free (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the **turkey, broccoli, and carrots, and took the full minimum serving size of each item.**

## Is David's supper reimbursable?

- Yes
- No





### Answer

Your at-risk afterschool site uses OVS at supper.

You offer fat-free (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the **turkey, broccoli, and carrots, and took the full minimum serving size of each item.**

### Is David's supper reimbursable?

Yes

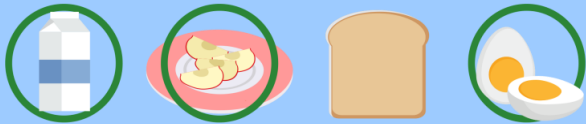
No



# Wait a Second!

## OVS at Breakfast

1. Offer these 3 **food components** at breakfast:
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2. Offer at least 4 different **food items** at breakfast, at least 1 from each **food component** above. The 4th food item can come from the vegetables or fruits, grains, or meat/meat alternates component.
3. Ask the child or adult to **choose at least 3 different food items**.



**Note:** The 4th food item can be selected as well.

## OVS at Lunch and Supper

1. Offer these 5 **food components** at lunch and supper:
  - Milk\*
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  - Grains
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2. Offer at least one **food item** from each component.
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## Tips About Food Items

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2. Your at-risk afterschool site uses OVS at supper and offers non-fat (skim) milk, roasted turkey, roasted broccoli, steamed carrots, fruit salad, and whole-wheat rolls. David is a participant who chooses the turkey, broccoli, and carrots, and took the full minimum serving size of each item. Is this supper reimbursable? Why or why not?
3. Your at-risk afterschool site uses OVS at supper, and offers tuna salad, sliced tomatoes, peaches, pita bread, and low-fat (1%) milk. Your participant Anna would like all the food offered, but only wants half of the minimum serving size of each food. Would this supper be reimbursable? Why or why not?

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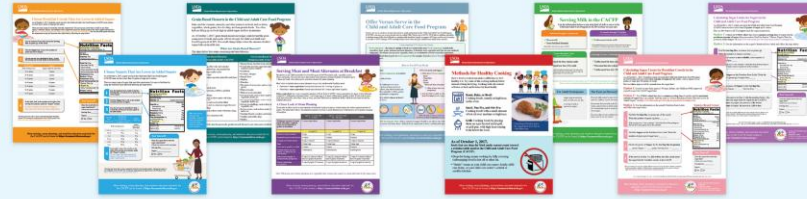
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### Answer Key:

1. Yes, Karen's breakfast is reimbursable. For OVS at breakfast, the operator is required to offer at least 4 food items that include: 1 item from the milk component (low-fat (1%) milk), 1 item from the vegetable/fruits component (apple slices), 1 item from the grains component (oatmeal), and 1 additional food item from grains, meat, or alternate (applesauce or vegetable/fruit component (bananas)). To make a reimbursable breakfast, a participant must choose 3 or more of the items offered, and must take at least the full minimum serving size of each item. Because Karen chose 3 of the items offered (milk, oatmeal, and apple slices), and took the full minimum serving size of each item, this breakfast is reimbursable.
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# More Team Nutrition Resources!



[TeamNutrition.usda.gov](https://TeamNutrition.usda.gov)

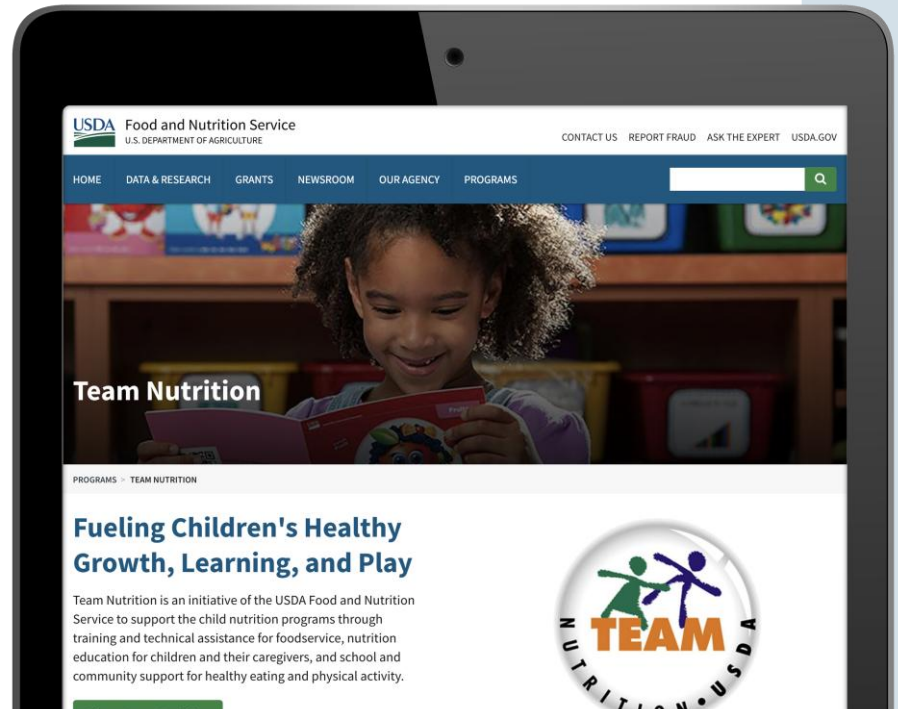
# How To Order Print Copies

Resource Order Form at [TeamNutrition.usda.gov](https://www.teamnutrition.usda.gov).

- **FREE** for those participating in a USDA's Child Nutrition Program, while supplies last.
- Sponsoring organizations and State agencies can also order in bulk by sending an email to:



[TeamNutrition@usda.gov](mailto:TeamNutrition@usda.gov)





# Thank you!



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