

Overview:

Nutrition facts labels, ingredient statements, Child Nutrition (CN) labels and Manufacturer Product Formulation Statements (MPFS) are all terms used in children nutrition programs. Each one provides specific information that is utilized in school nutrition on a daily basis. It is important to understand the difference between them, how to use each one, and what specific information they contain. Below is a high-level overview of each one and how they can be used in child nutrition programs.

Nutrition facts label:

This physical label is found on both packaged retail products for household use and products intended for use in food service, including K-12 schools. The label provides information on specific nutrients present in the item. The most pertinent nutrient content information for school nutrition programs is calorie content, saturated fat content, sodium content, and added sugar content, as school nutrition programs have upper limits for these nutrients. The information on the nutrition facts label will help track the amount of these nutrients in school meals.

For certain grain products the weight of a single serving on the nutrition fact label can be used with the Exhibit A: Grain Chart to determine the meal pattern contribution.

Ingredient statement:

This physical label is found on both packaged retail products for household use and products intended for use in food service, including K-12 schools. The ingredient statement lists all the ingredients in descending order of weight in the product.

For grains, the ingredient statement can provide the information to determine if an item is whole grain rich or enriched.

The ingredient statement is also a useful tool to check for specific allergens that are not recognized as being in the top nine allergens.

Child nutrition (CN) label:

This physical label is specific to child nutrition programs. The CN label is voluntary and is guaranteed by USDA. Companies must go through a product certification process to have their food item CN labeled. Main dish products that contribute to the meats/meat alternates component of the meal pattern requirements are eligible for a CN label.

A CN label clearly identifies the contribution of a product toward the meal pattern requirements.

Manufacturer Product Formulation Statement (MPFS):

This is a signed certified document that is specific to child nutrition programs and provides a way for a manufacturer to demonstrate how a product may contribute to the meal pattern requirements. A MPFS is typically provided for processed products that do not have a CN Label. Unlike product labels, this will **not** be found on the product case/packaging and is provided by the manufacturer as a separate document. The MPFS is not approved or guaranteed by USDA.

Nutrition Facts Label:

This physical label is found on both packaged retail products for household use and products intended for use in food service, including K-12 schools. The label provides information on specific nutrients present in the item. The following label-reading skills are intended to make it easier to use the nutrition facts labels to make quick informed school nutrition related decisions.

Additional Information

In the nutrition facts label below the sections that contain information that will be used in school nutrition are color highlighted.

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Serving sizes are provided in familiar units. For certain grain items the weight in grams or ounces can be used to determine if meal pattern is met by comparing it to Exhibit A

School nutrition program meals requirements have upper limits and lower limits on the average daily calories per meal by age grade group. The number of calories listed here on the label can be used to track this.

School nutrition program meals requirements have upper limits on the average daily percentage of calories from saturated fat. The limit is 10% of total calories. To calculate the calories from fat, multiply the grams of saturated fat x 9.

School nutrition program meals requirements have upper limits on the average daily grams of sodium per meal by age grade group. The number of milligrams listed here on the label can be used to track this.

School nutrition program meals requirements have upper limits on the average daily percentage of calories from added sugars. The limit is 10% of total calories. Multiply the grams of added sugar x 4 to calculate the calories from added sugar. Additionally, breakfast cereals, yogurt and flavored milk have limits on the grams of added sugar for a specific serving size. The number of grams listed here can be used to determine if the product meets these requirements.

The nutrition fact label can be used to determine the meal pattern contribution for specific grains that are included in the Exhibit A: Grain Tool. In some situations, a single serve prepackaged processed fruit or vegetable that has the serving size in cups on the nutrition fact label can be used to determine the meal pattern requirement. Most of the time a nutrition label will not have sufficient information to determine the meal pattern contribution of a meat/meat alternate or a combination food.

Ingredient Statement and Allergen Declaration:

This physical label is found on both packaged retail products for household use and products intended for use in food service, including K-12 schools. The ingredient statement lists all the ingredients in descending order of weight in the product with the ingredients used in the greatest amount first, followed by those in smaller amounts.

In Child Nutrition Programs, the ingredient statement can help determine if an item meets the whole grain rich criteria. When reviewing the ingredient label, School Food Authorities (SFA's) can identify the grain ingredients in the label and the order in which they appear. If the first grain ingredient is a whole grain and the second grain ingredient is an enriched grain and there are only two grain ingredients, the SFA can use this information to determine the product meets the whole grain rich criteria.

The ingredient statement, along with an allergen statement, is also a useful tool to check for specific allergens. The top nine food allergens are required to be clearly identified on labels. If the presence of an allergen is not clear from the name of the ingredient, the allergen's food source must be declared at least once on the food label in one of these two ways:

The name of the food source of a major allergen must appear in parentheses following the name of the ingredient.

Examples: "lecithin (soy)," "flour (wheat)," and "whey (milk)"

or:

Immediately after or next to the list of ingredients in a "contains" statement.

Example: "Contains Wheat, Milk, and Soy."

The top nine allergens are milk, egg, fish, crustacean shellfish, tree nuts, wheat, peanuts, soybeans, and sesame.

Contains Statement

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, whey, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin, mono- and diglycerides.

Contains: Wheat, Milk, Egg, and Soy

Ingredient Listing

Ingredients: Enriched flour (wheat flour, malted barley, niacin, reduced iron, thiamin mononitrate, riboflavin, folic acid), sugar, partially hydrogenated cottonseed oil, whey (milk), high fructose corn syrup, eggs, vanilla, natural and artificial flavoring, salt, leavening (sodium acid pyrophosphate, monocalcium phosphate), lecithin (soy), mono- and diglycerides.

Child Nutrition (CN) Label:

This physical label is specific to child nutrition programs. The CN label is voluntary and is guaranteed by USDA. Companies must go through a product certification process to have a product CN labeled. Main dish products that contribute to the meats/meat alternates component of the meal pattern requirements are eligible for a CN Label. A CN label clearly identifies that contribution of a product toward the meal pattern requirements. The CN Label is considered the gold standard for verifying the meal pattern contributions of processed products.



This is an example of a CN Label. The CN label will be printed on the product carton or case. This CN Label provides crediting information for the meat/meat alternate, grain, and vegetable subgroup components.

Program operators may use watermarked CN labels or images of CN Labels to obtain product information during the procurement process and for general information. The watermarked CN label is **not** considered adequate documentation for crediting purposes unless it is supported by a bill of lading (invoice) for that specific product.

The authenticity of the CN Label is linked to the physical label on the product packaging. Therefore, valid, and acceptable documentation for the CN label include:


- 1) the original CN label from the product carton; or
- 2) a photocopy of the CN label shown attached to the original product carton; or
- 3) a photograph of the CN label shown attached to the original product carton
- 4) a CN label copied with a watermark displaying the product name and CN number provided by the vendor and the bill of lading (invoice).

Once authorized, CN labels are valid for five years. The date printed on the CN label is the original date of authorization or the date of the most recent authorization for use of that CN label. This is different from the "Valid Until" date shown on the [CN Label Verification Report](#). Manufacturers may choose to leave the original authorization date on the label when they receive reauthorization of their CN label so that label inventories do not go to waste.

Manufacturer Product Formulation Statement (MPFS):

This is a signed certified document that is specific to child nutrition programs and provides a way for a manufacturer to demonstrate how a product may contribute to the meal pattern requirements. A MPFS is typically provided for processed products that do not have a CN Label or are not eligible for a CN Label. Unlike product labels, this statement will **not** be found on the product case/ packaging and is provided by the manufacturer as a separate document.

A MPFS that provides crediting information for Child Nutrition Programs must:



ABC Chicken Company

**Product Formulation Statement for Documenting Meats/Meat Alternates (M/MA)
in Child Nutrition Programs**

Program operators should include a copy of the label from the purchased product package in addition to the following information on letterhead signed by an official company representative.

Product Name: Grilled Chicken Nuggets Code No.: 123456
 Manufacturer: ABC Chicken Company Serving Size: 4 nuggets (2.6 ounces)

I. Meats
 Fill out the chart below to determine the creditable amount of Meats.

DESCRIPTION OF CREDITABLE MEAT INGREDIENT PER FOOD BUYING GUIDE (FBG)	OUNCES PER RAW PORTION OF CREDITABLE MEAT INGREDIENT A	MULTIPLY	FBG YIELD ¹ B	CREDITABLE AMOUNT A x B
Boneless chicken	2.88 ounces	x	.7	2.016
		x		
		x		
C. Total Creditable Meats Amount¹				2.016

¹ FBG yield = Additional Information column.

Total weight (per portion) of product as purchased 2.6 ounces

Total creditable amount of product (per portion). (Reminder: total creditable amount (per portion) cannot exceed the total weight (per portion).) 2 ounce equivalents

I certify that the above information is true and correct and that a 2.6 ounce serving of the above product (ready for serving) contains 2 ounces of equivalent meat/meat alternate when prepared according to directions.

I further certify that any APP used in the product conforms to the Food and Nutrition Service Regulations (7 CFR Parts 210, 220, 225, 226, Appendix A) as demonstrated by the attached supplier documentation.

John Smith President
 Signature Title

John Smith 12/09/2022 (800) 123-4567
 Printed Name Date Phone Number

Be prepared on the manufacturer's letterhead.

Include the product name, code number and serving size

Identify the creditable ingredient from the Food Buying Guide

Calculation of the meal pattern contribution

A signature of a company official and the date of issue

Unlike the CN Label, a MPFS is not certified or guaranteed by USDA. Program operators are responsible for verifying the accuracy of a MPFS prior to the item being purchased. FNS has developed a [TIPS for Evaluating Manufacturer Formulation Statements Checklist](#) to assist program operators in evaluating a MPFS.

Marketing materials, product specification sheets and distributor sell sheets that contain some of this information are often mistaken for MPFS's. Program operators should pay particular attention to ensure they are not accepting these other documents as adequate crediting documentation.

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