

## For Afterschool At-Risk Program and Adult Day Care Sponsors Only

### What is Offer Versus Serve (OVS)?

Offer versus serve (OVS) is an optional style of meal service that allows participants to decline some of the food offered in a reimbursable breakfast, lunch, or supper.

### When can OVS be used?

OVS is only allowed at breakfast, lunch, and supper. It is not allowed at snack since there is not enough food offered to allow a participant to decline some foods and still receive sufficient nutrition.

### What's the benefit of OVS?

OVS can help At-Risk Afterschool Programs and Adult Day Care Centers save money by reducing food waste and costs while still maintaining the nutritional value of the meal that is served. It allows children and adults to have a choice in what they eat, which can increase satisfaction and enjoyment in their meal.

## Useful Definitions

**Food Component:** a food category that makes up a reimbursable meal. Food components in CACFP include: grains, vegetables, fruits, meat/meat alternates, and milk.

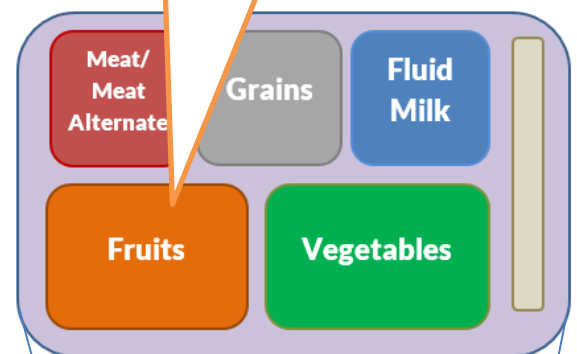
**Food Item:** A specific food within the food component. For example, an orange is a food item in the fruits component and bread is a food item in the grains component.

**Combination Food:** A food item that cannot be separated and contains two or more food components. For example, macaroni and cheese includes the meat alternate and grains components.

## Example



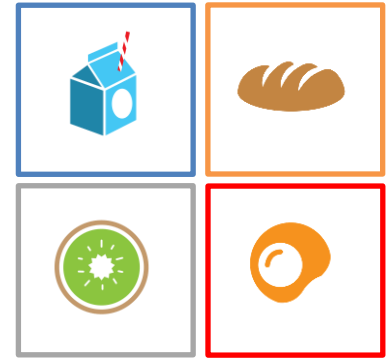
**An orange is a food item**



**CACFP Food Components**

## OVS at Breakfast

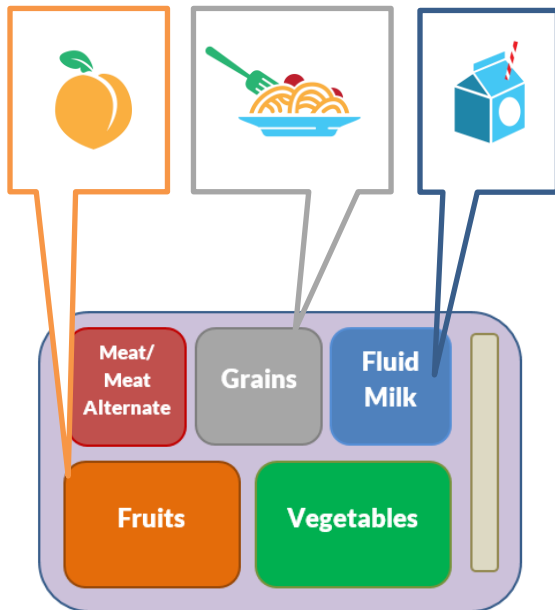
- Four food items in the required minimum serving sizes must be offered:
  - 1 serving of milk
  - A food item from the fruit and vegetable component\*
  - A food item from the grains component
  - A food item from the meat/meat alternate or fruit/vegetable or grains component
  - All food items must be different from each other (i.e. cannot serve two different cereals; can serve cereal and toast)
- The participant must take at least three different food items
  - Food items selected must be in the required minimum serving sizes



**Choose at least 3 food items**

\*Fruit and vegetables are considered one component for breakfast

## OVS at Lunch or Supper



**Choose at least 3 food components**

- At least one item from each of the five food components in the required minimum serving sizes must be offered.
  - 1 serving of milk\*\*
  - A food item from the meat/meat alternate component
  - A food item from the vegetable component
  - A food item from the fruit component
  - A food item from the grains component
- The participant must take at least three different food components
  - Food items selected must be in the required minimum serving sizes

\*\*Milk is optional for supper meals served in adult day care centers only