

# Iowa Department of Education's CACFP Shopper



## Summary

CACFP Shopper is an interactive tool built to determine creditable items while shopping in the store. Quickly get answers and make smart purchases with the CACFP Shopper!

- Follow a series of questions about an item and the Shopper will tell you whether it is creditable or whole grain rich.
- Enter a few numbers from the Nutrition Facts Label and find out whether a breakfast cereal or yogurt meets the sugar requirements.
- Use the 'My List' feature to store information on items you have selected. Keep the list for your next trip or share it with your team if someone else will be doing the shopping.

*This tool was developed in Iowa by the Department of Education. It can be used by individuals in any US state but if you have individual product questions be sure to check with your State Agency or Sponsor.*



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The Shopper is offered at NO COST and requests NO LOG IN from the user. If you encounter a similar application that suggests a cost or log in, please notify IDOE.

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## How can I get it?

First thing is first - be sure you are connected to data or wifi to download the app.

### App Store (for Apple/iOS devices)

1. Find the App Store on your phone or mobile device
2. Enter 'CACFP' in the search bar
3. Look for the shopping cart icon
4. Select 'Get' (be sure you have data/wifi for download)



### Play Store (for Android and Windows devices)

1. Find the Play Store on your phone or mobile device
2. Enter 'CACFP' in the search bar
3. Look for the shopping cart icon
4. Select 'Install' (be sure you have data/wifi for download)



## What happens next?

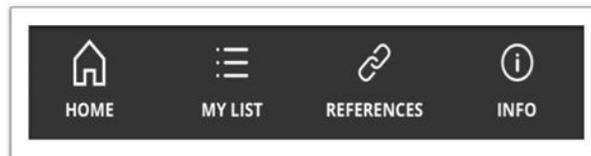
This mobile application has many features and abilities including:

- Crediting items (what to buy)
- Displaying label examples (what to look for)
- Offering alternatives (cow's milk substitutions)
- Linking to additional references (for menu planning)
- Building a shopping list (to remember what you want to buy)

Before we get into all that - open the App and take a look around. Here are a few ways to navigate...

## What are these?

Main menu bar - this navigation tool gives you 4 options to explore the App. It will be at the bottom of the page throughout the entire App. This way you can always get back to 'Home'.



Product menu screens - there are different types of menus throughout the App. These menus will guide you to the section of the App that will best evaluate your product.



## What's a Slide Out Screen?

The App will ask questions. Answers can be found on the product label (front), ingredients label, and nutrition facts label. You will want the product in front of you to answer the questions. For help finding answers on the package you may want to access a “slide out” screen. There are three different types of slide out screens:

### a. Label Reference

Wonder where to look on a label for answers? Click the blue icon  and the App is here to help! This blue icon will open a slide out screen with an example of which label to check.



### b. Document Examples

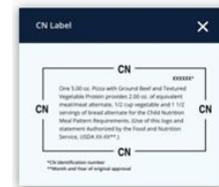
Wonder what document a question is asking about? The button with each document name like this:



will open a slide out screen

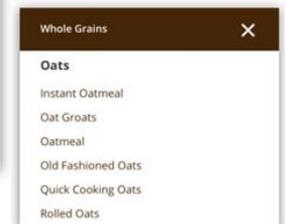
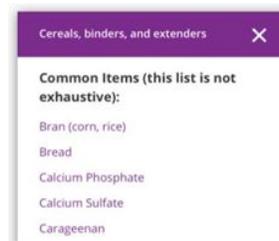
with an example of what that document looks like.

These are not usually documents you find with products in the store. They are more likely documents obtained by manufacturers and food service management companies. What it might indicate is that the App can not make a decision for you - you may want to select a different product if you are already in the store.



### c. Item List/ingredient list

Is the question asking about a specific product or ingredient? Click the ‘View List’ button and the App will open a slide out screen with a list of products or ingredients. Some lists are products/ingredients to avoid and others are items/ingredients you want on a label. These lists are scrollable so be sure to check the entire list.



## How does the App decide?

The CACFP Shopper was designed to be helpful when purchasing items to serve in CACFP. There are two main methods the Shopper uses to help you:

1. List of Creditable and Not Creditable items.
2. Series of Yes/No questions that lead to a decision based on product label information.

The CACFP Shopper cannot guarantee a definitive answer for all food products in the store. It will, however, offer guidance to making choices. This is especially true with substitutes to cow's milk (Creditable Milk Substitutes), Combination Foods (so named), and Fruits and Vegetables.

Once the app has made a decision you will see one of these 4 messages:



TO RETURN TO PREVIOUS SCREENS OR GO HOME:



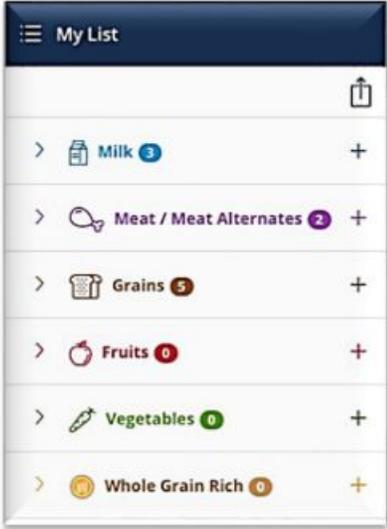
- [Product Menu](#) and [Question Screens](#) have a '<' on the top left (returns to previous screen).
- [Decision Screens](#) have 'Select a new product' button (which takes you back to the first question in the category).
- [Slide Out Screens](#) and [Lists](#) have an 'X' on the top right (returns to previous screen).
- Also remember, you can always go 'Home' with the [Main Menu Bar](#).

## How do I use 'My List'?

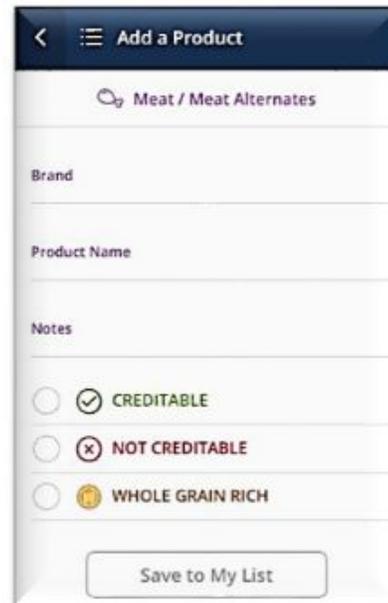
You can access your shopping list by tapping 'My List' from the main menu bar OR selecting 'Add to My List' on a decision screen. This list will save you time when planning future grocery trips.

Users can create and share items on "My List" using the 'Export my List' option.

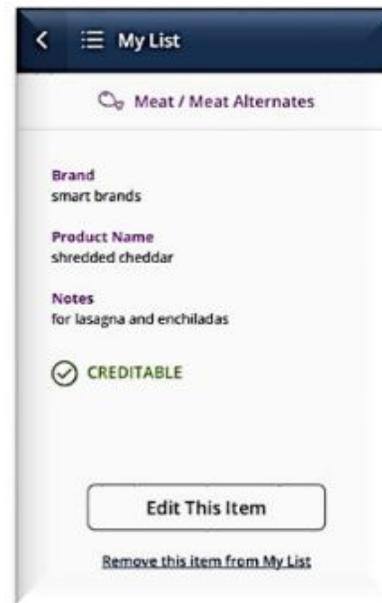
Let's take a look:

<p>When you tap:</p>   <p>You will see the product categories are already there for you.</p>	
<p>To <b>view items</b>, tap the arrow next to the product category. Items will show in alphabetical order. To hide the list, simply tap the arrow a second time.</p>	
<p>To <b>add an item</b>, tap the + sign on the right side of the screen.</p>	

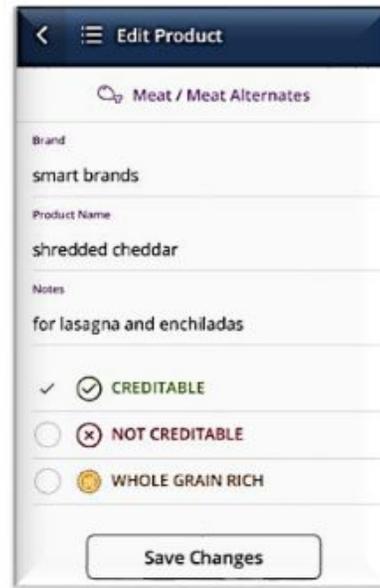
A page will open where you can enter product information. You will need to enter brand and product name for the item to save. When you are finished entering information tap 'Save to My List'. You will return to the list screen and there will be a prompt at the top indicating item was saved.



To **edit an item** already on your list, tap the arrow next to the product name. A page will open to confirm this is the product you want to edit. If so select 'Edit this Item'.



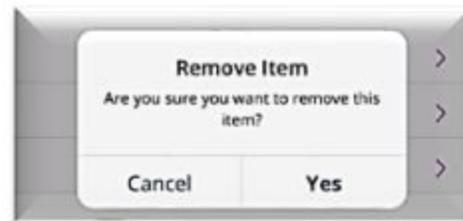
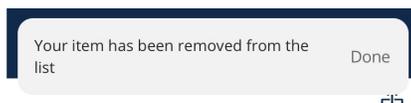
A page will open and you can edit the information. When you are finished editing tap 'Save Changes'. You will return to the list screen and there will be a prompt at the top indicating item was saved (below).



To **remove an item** you simply slide the item to the left. A trash can will be revealed. Tap the trash can.



The app will send a warning prompt to be sure you do want to remove the item. Once you verify, a prompt will confirmed item was removed (below).



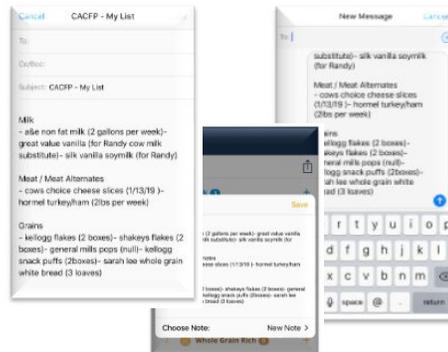
To **export your list**/share your list tap the box with arrow at the top right side of the screen. What happens next will depend on your device.

\*If the products on your list have no 'Notes' you may see the word 'NULL' when you export - this simply means no information.



Export options may include:

- Add to notes on iPhone
- Send by text message \*will need data/wifi
- Send by email \*will need data/wifi
- And more.



## EACH DEVICE WILL HANDLE THE EXPORT ACTION DIFFERENTLY

Depending on your device (Apple, Samsung, LG, Motorola, Google, etc) you may have a different experience exporting. The function depends on how you have your device set up. The App does not make decision about how information can be exported.

## What if I need more information?

Now that you know what to buy you might have additional questions about meal patterns, servings, or menu suggestions - the App will connect you using 'References'.



Simply select the icon from the Main Menu and a new screen will open.

Important notes:

- These are links to websites outside the App so you will need to be connected to data or wifi for your mobile device to access them.
- Once you select one of the links, your mobile device will open a new page in your web browser for that site. There will not be a link from that site back to the App.
- For some browsers you will be able to return to the App from the new website at the top left side of the screen.



So what references are available? Glad you asked! The App links to three primary sources.

1. USDA Food Buying Guide
2. Iowa CACFP Web Page (to access information and resources on meal patterns including the Handy Guides to Creditable Foods)
3. USDA Nutrition Standards for CACFP



For additional app information you can contact [cacfp.shopper@iowa.gov](mailto:cacfp.shopper@iowa.gov).

For additional crediting information and question contact your consultant.

Time to go shopping!