



June 2017

Finally—summer!

I am an enthusiastic gardener and landscaper, so to finally have passed through the rainy season is wonderful. I am looking for an amazing show with day-lilies and cone flowers in abundance.

We are inching ever closer to the new regulations. I hope everyone is reading the newsletters and asking questions at home visits. If you are unsure—call or drop us an email so we can clarify. If you have a question on a label—take a picture of it and send it in. We can help you clarify whether it will be creditable under the new guidelines.

I hear so many positive comments from parents regarding the upcoming changes it is making me excited!

Hang on to the easy reference on the back of this newsletter for calculating the amount of sugar in yogurt and cereal. We may not need our calculators after all!

Please document the last day of school!

Jody

Call CNS when you are gone from home with the children at a meal time.

Choose the lower sugar yogurts and cereals using the guidelines on the back!

Start phasing out the grain based desserts!

Look for the word **whole** on the label when choosing **whole gains**.

Pick **WIC** cereals!

Best Practices

- ◆ Limit 100% fruit juices to 1 time daily.
- ◆ Select Whole Grain items. One item each day will need to be Whole Grain Rich.
- ◆ Serve only unflavored milk.
- ◆ Do not Deep Fat Fry
- ◆ No Grain-Based Desserts
- ◆ Select yogurt with <23 g sugar per 6 oz.
- ◆ Mom's can breastfeed on site and the provider receives reimbursement.
- ◆ Choose Low sugar (<6 g) cereals. Always list cereal by name brand—not "child's choice" or "cold cereal".
- ◆ Breakfast may include a meat/meat alternate in place of the grain requirement up to 3 x/week.

June Dates to Know:

Monday, June 5th—Claims Are Due!

Wednesday, June 14th—Flag Day

Sunday, June 18th—Father's Day

Monday, June 19th—Checks mailed

Tuesday, June 20th—Bank Transfers Scheduled

Tuesday, June 27th—Holiday Forms Due to claim meals on 4th of July!



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Try It Out!

Use the "Sugar Limits in Yogurt" table below to help find yogurts you can serve at your site. Write down your favorite brands and other information in the "Yogurts To Serve in the CACFP" list. You can use this as a shopping list when buying yogurts to serve in your program.



• Rectangular Snip

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Sugars Limit Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars	Serving Size Ounces (oz)	Sugars Limit Grams (g) <small>(Use when the serving size is not listed in ounces)</small>	Sugars
If the serving size is:			If the serving size is:		
Sugars must not be more than:			Sugars must not be more than:		
1 oz	28 g	4 g	4.75 oz	135 g	18 g
1.25 oz	35 g	5 g	5 oz	142 g	19 g
1.5 oz	43 g	6 g	5.25 oz	149 g	20 g
1.75 oz	50 g	7 g	5.3 oz	150 g	20 g
2 oz	57 g	8 g	5.5 oz	156 g	21 g
2.25 oz	64 g	9 g	5.75 oz	163 g	22 g
2.5 oz	71 g	10 g	6 oz	170 g	23 g
2.75 oz	78 g	11 g	6.25 oz	177 g	24 g
3 oz	85 g	11 g	6.5 oz	184 g	25 g
3.25 oz	92 g	12 g	6.75 oz	191 g	26 g
3.5 oz	99 g	13 g	7 oz	198 g	27 g
3.75 oz	106 g	14 g	7.25 oz	206 g	28 g
4 oz	113 g	15 g	7.5 oz	213 g	29 g
4.25 oz	120 g	16 g	7.75 oz	220 g	30 g
4.5 oz	128 g	17 g	8 oz	227 g	31 g



Try It Out!

Use the "Sugar Limits in Cereal" table below to help find cereals you can serve at your site. Write down your favorite brands and other information in the "Cereals To Serve in the CACFP" list. You can use this as a shopping list when buying cereals to serve in your program.



Sugar Limits in Cereal

Serving Size	Sugars	Serving Size	Sugars
If the serving size is:		If the serving size is:	
Sugars cannot be more than:		Sugars cannot be more than:	
8-11 grams	2 grams	55-58 grams	12 grams
12-16 grams	3 grams	59-63 grams	13 grams
17-21 grams	4 grams	64-68 grams	14 grams
22-25 grams	5 grams	69-73 grams	15 grams
26-30 grams	6 grams	74-77 grams	16 grams
31-35 grams	7 grams	78-82 grams	17 grams
36-40 grams	8 grams	83-87 grams	18 grams
41-44 grams	9 grams	88-91 grams	19 grams
45-49 grams	10 grams	92-96 grams	20 grams
50-54 grams	11 grams	97-100 grams	21 grams