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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 daylilies and cone flowers in abundance.

Call CNS when you are

gone from home with

the children at a meal

time.

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!

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

Jody

Pick WIC cereals!

Start phasing out the grain based desserts!

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

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

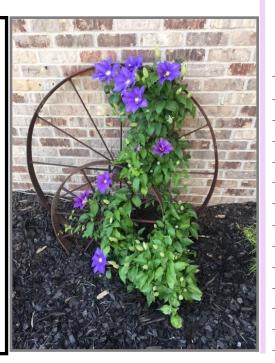
Sunday, June 18th—Father's Day

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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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.



jular Snip

Sugar Limits in Yogurt

Serving Size Ounces (oz)	Sugars Limit Grams (g) (Use when the serving size is not listed in ounces)	Sugars	Serving Size Ounces (oz)	Sugars Limit Grams (g) (Use when the serving size is not listed in ounces)	Sugars
If the serving size is:		Sugars must not be more than:	If the serving size is:		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		
If the serving size is:	Sugars cannot be more than:		
8-11 grams	2 grams		
12-16 grams	3 grams		
17-21 grams	4 grams		
22-25 grams	5 grams		
26-30 grams	6 grams		
31-35 grams	7 grams		
36-40 grams	8 grams		
41-44 grams	9 grams		
45-49 grams	10 grams		
50-54 grams	11 grams		

Serving Size	Sugars		
If the serving size is:	Sugars cannot be more than:		
55-58 grams	12 grams		
59-63 grams	13 grams		
64-68 grams	14 grams		
69-73 grams	15 grams		
74-77 grams	16 grams		
78-82 grams	17 grams		
83-87 grams	18 grams		
88-91 grams	19 grams		
92-96 grams	20 grams		
97-100 grams	21 grams		