



## Hello Summer June 2025

Centers  
may not  
participate  
in Happy  
Helpings  
and CACFP.

Just a friendly  
reminder with school  
out, your food and  
milk purchases will  
increase due to school  
age students in  
attendance. Purchase  
appropriate  
quantities to avoid  
milk shortages.

Do you serve  
4 oz fruit cups?  
FYI- school  
agers require  
6 oz. Serve  
accordingly to  
age groups.

## Did you Know?

Though cheese maybe a fan favorite, certain cheeses are not creditable in CACFP. For example, Velveta Original's label states it's a "cheese product" and therefore does not contain real cheese. Please make sure to check labels prior to purchase. Refer to Crediting Handbook as a reference. [Crediting Handbook Link](#)

Food	Creditable			Additional Information
	Yes	Maybe	No	
Powdered Cheese (in Boxed Macaroni and Cheese)			X	Powdered cheese mix is not creditable. The macaroni, if made from enriched or whole grains, may be credited toward the grains component.
Cheese, Imitation			X	Cheese labeled as "imitation" is not creditable because the nutrient content is inferior to the food it substitutes and therefore is not creditable.
Cheese Products			X	Cheese labeled as a cheese "product" is not creditable. Cheese products do not have a standard of identity.





# Harvest of the Month™

Georgia  
Nutritional  
Services, Inc

## Tomatoes



USDA United States Department of Agriculture



### Tomato Soup USDA Recipe for CACFP

Our Tomato Soup is a healthy classic with tomatoes, onions, and garlic in a chicken broth base with a hint of basil.

#### CACFP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides ½ cup vegetable.

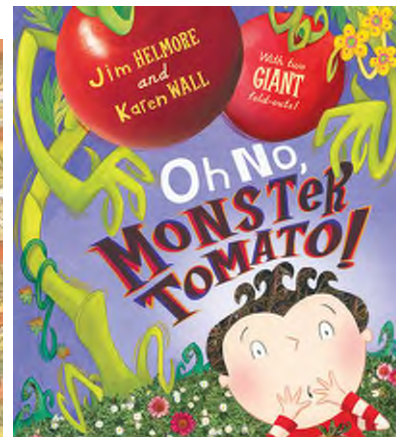
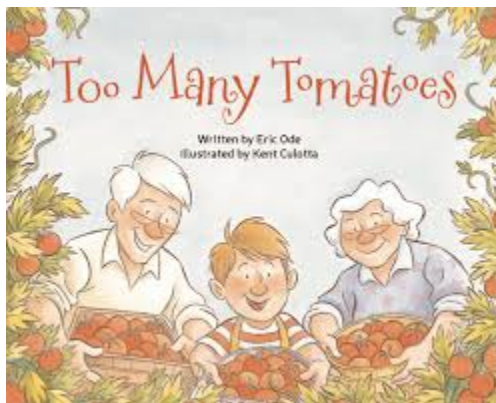
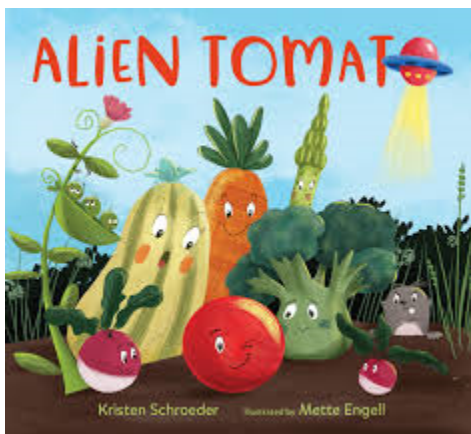


INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	2 lb 7 oz	2½ cups 1 Tbsp	4 lb 14 oz	1 qt ¾ cup 2 Tbsp	1 In a large stock pot, add onions, garlic powder, tomatoes, water, chicken base, basil, salt, black pepper, and sugar. Bring to a boil. Reduce heat to medium.
Garlic powder		2 Tbsp	2½ oz	¼ cup	
Canned plum tomatoes, undrained	4 lb 12 oz	2 qt 3 Tbsp 1 tsp (about ¼ No. 10 can)	9 lb 8 oz	1 gal ¼ cup 2 Tbsp 2 tsp (about 1½ No. 10 cans)	
Water		2 qt 1 cup		1 gal 2 cups	
Low-sodium chicken base		3 Tbsp	3 oz	¼ cup 2 Tbsp	

## READING CORNER



Check out these great books featuring our Harvest of the Month!







## BEST PRACTICES are defined as:

“A procedure that has been shown by research and experience to produce optimal results and that is established or proposed as a standard suitable for widespread adoption.” - Merriam Webster

The USDA created a diverse seven-member panel with expertise in nutrition education to create the CACFP Best Practices. These practices serve as a guide for child care providers who choose to take additional steps to offer high-quality and nutritious meals in their program. Strategies are supported by evidence and have been shown to be effective.

They were created to promote consistency in programs and increase confidence that education efforts will result in positive nutrition and health-related behavior changes.

## ADDITIONAL BEST PRACTICES

- Incorporate seasonal and locally produced foods into meals.
- Limit serving purchased pre-fried foods to no more than one serving per week.
- Avoid serving non-creditable foods that are sources of added sugars, such as sweet toppings (e.g., honey, jam, syrup), mix-in ingredients sold with yogurt (e.g., honey, candy, or cookie pieces), and sugar sweetened beverages (e.g., fruit drinks or sodas).
- Adult day care centers should offer and make water available to adults upon their request, throughout the day.

# CACFP Best Practices

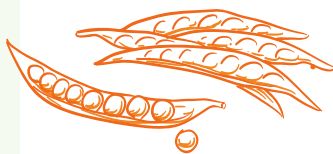


**INFANTS** Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offer a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.



## FRUIT

- Make at least 1 of the 2 required components of a snack a fruit (or a vegetable).
- Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.



## VEGETABLE

Make at least 1 of the 2 required components of a snack a vegetable (or a fruit).

- Provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week.



## MILK

- Serve only unflavored milk to all participants. If flavored milk is served to children 6 years old and older, or adults, use the Nutrition Facts Label to select and serve flavored milk that contains no more than 22 grams of sugar per 8 fluid ounces, or the flavored milk with the lowest amount of sugar if flavored milk within this sugar limit is not available.
- Serve water as a beverage when serving yogurt in place of milk for adults.



## MEAT/MEAT ALTERNATES

- Serve only lean meats, nuts, and legumes.
- Limit serving processed meats to no more than one serving per week.
- Serve only natural cheeses and choose low-fat or reduced fat-cheeses.



**GRAINS** Provide at least two servings of whole grain-rich grains per day.