

October

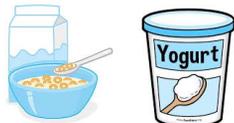
2025

September claim:
all submissions must be
turned in by **October 3rd**,
as there is only
one claim submission.

FY2026 CACFP & Civil
Rights training has been
postponed; once
rescheduled, an email will
be sent to RSVP.

Serve all meals to each participant in your
care. If you're asking a participant if they
would like a meal and they decline, center
may **not** claim the meal(s) for participant(s).

Effective October 1, CACFP
regulations are moving to
added sugar limits for
breakfast cereals and yogurt
instead of total sugars. See
following page for resource
calculations.





NEW CACFP SUGAR LIMITS UPDATED YOGURT & CEREAL LISTS

Effective October 1, 2025, new sugar limits for breakfast cereals and yogurt go into effect. **Cereals must contain no more than 6 grams of added sugars per dry ounce, and yogurts must contain no more than 12 grams of added sugars per 6 ounces.** These new limits replace the previous total sugar requirements.



OLD LIMITS (before 10/1/25)

YOGURT

No more than 23 grams
total sugar per 6 ounces

CEREAL

No more than 6 grams
total sugar per dry ounce



NEW LIMITS (starting 10/1/25)

YOGURT

No more than 12 grams
added sugar per 6 ounces

CEREAL

No more than 6 grams
added sugar per dry ounce

IS YOUR YOGURT CACFP *Creditable?*

How to identify if your yogurt is within the Added Sugar Limit

Step 1 Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

Step 2 Find the Added Sugars line. Look at the number of grams (g) next to Added Sugars.

Step 3 Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

Limits on Added Sugars in Yogurt

SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(use when serving size is not listed in ounces)</small>	<u>ADDED SUGARS</u>
If the serving size is:		Added sugars cannot be more than:
2.25 oz	64 grams	4 grams
3.5 oz	99 grams	7 grams
4 oz	113 grams	8 grams
5.3 oz	150 grams	10 grams
6 oz	170 grams	12 grams
8 oz	227 grams	16 grams

Step 4 Once you have identified the Serving Size, look at the number to the right under the “Added Sugars” column.

If the yogurt has that amount of added sugars, or less, your yogurt meets the added sugar limit and is creditable.



Tip: If the serving size is listed as “one container,” check the front of the package to see how many ounces or grams are in the container.



product example

Nutrition Facts

About 5 servings per container

Serving size 3/4 cup (170g)

Amount per serving

Calories 130

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 5mg 2%

Sodium 105mg 5%

Total Carbohydrate 19g 7%

Dietary Fiber <1g 2%

Total Sugars 17g

Includes 12g Added Sugars 24%

Protein 13g 26%

Vitamin D 0mcg 0%

Calcium 162mg 10%

Iron 0mg 0%

Potassium 210mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



NATIONAL CACFP ASSOCIATION

cacfp.org

CACFP is an indicator of quality care.

This institution is an equal opportunity provider.

Choose Yogurt That is Lower in Added Sugars in the Child and Adult Care Food Program

All yogurt served in the Child and Adult Care Food Program (CACFP) must contain no more than **12 grams of added sugars per 6 ounces** (2 grams of added sugars per ounce).

There are many types of yogurt that meet this added sugars limit. It is easy to find them by using the Nutrition Facts label and following the steps below.



1 Use the Nutrition Facts label to find the **Serving Size**, in ounces (oz) or grams (g), of the yogurt.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the yogurt in the table below.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 65mg	5%
Total Carbohydrate 17g	6%
Dietary Fiber 0g	0%
Total Sugars 14g	
Includes 10g Added Sugars	20%
Protein 14g	28%
Vitamin D 0mcg	0%
Calcium 170mg	15%
Iron 0mg	0%
Potassium 220mg	4%

Serving Size* Ounces (oz)	Serving Size Grams (g) (Use when the serving size is not listed in ounces)	Added Sugars Grams (g)
If the serving size is:	If the serving size is:	Added sugars must not be more than:
2.25 oz	64 g	4 g
3.5 oz	99 g	7 g
4 oz	113 g	8 g
5.3 oz	150 g	10 g
6 oz	170 g	12 g
8 oz	227 g	16 g

TIP: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.

4 In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column.
If the yogurt has that amount of added sugars, or less, the yogurt meets the added sugars limit.

Test Yourself:

Does the yogurt above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No



*Serving sizes here refer to those commonly found for store-bought yogurt. Homemade yogurt is not creditable in the CACFP.



Try It Out!



Use the “Added Sugars Limit in Yogurt” table below to help find yogurt you can serve at your site. Write down your favorite brands and other information in the “Yogurt To Serve in the CACFP” list. You can use this as a shopping list when buying yogurt to serve in your program.

Added Sugars Limit in Yogurt

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

Yogurt To Serve in the CACFP*

Yogurt Brand	Flavor	Serving Size (oz or g)	Added Sugars (g)
Yummy Yogurt	Vanilla	6 oz	10

*The amount of added sugars in a yogurt might change. Even if you always buy the same brands and flavors of yogurt, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above.

Answer to “Test Yourself” activity on page 1: This yogurt has 10 grams of added sugars per 6 ounces (170 grams). The maximum amount of added sugars allowed in 6 ounces of yogurt is 12 grams. 10 is less than 12, so this yogurt meets the added sugars limit.

IDENTIFYING ADDED SUGAR LIMITS IN CEREALS



Here are three ways to determine if a breakfast cereal is within the CACFP added sugar limit. If a breakfast cereal meets the added sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the added sugar limit.



1 WIC

Women · Infants · Children

Use any State agency's Special Supplemental Nutrition Program for Women, Infants and Children (WIC) approved breakfast cereal list.

Product Example:
"Tasty Flakes"



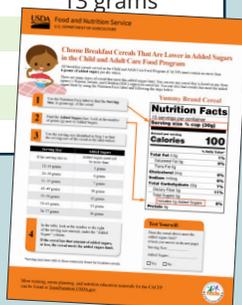
2

Use USDA Team Nutrition's training worksheet "Choose Breakfast Cereals That Are Lower in Added Sugars."

The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of added sugars the breakfast cereal may contain per serving.

ALLOWABLE ADDED SUGAR LIMITS

SERVING SIZE	ADDED SUGARS
if the serving size is:	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
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	
69-73 grams	
74-77 grams	
78-82 grams	



Download at cacfp.org/meal-patterns

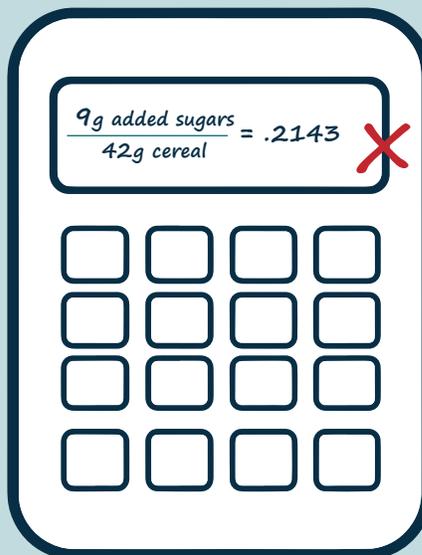
3

Use the Nutrition Facts label on the cereal packaging to calculate the added sugar content per dry ounce.

1) Find the Serving Size in grams at the top of the label and the Added Sugars, listed under Total Sugars.

2) Divide the Added Sugars in grams by the Serving Size in grams.

If the answer is less than or equal to 0.212, then the cereal is within the required added sugar limit and may be creditable in the CACFP.



"Tasty Flakes" Nutrition Facts

About 9 servings per container

Serving size 1 cup (42g)

Amount per serving

Calories 160

% Daily Value*

Total Fat 2.5g **3%**

Saturated Fat 1.5g **8%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 230mg **10%**

Total Carbohydrate 35g **13%**

Dietary Fiber 3g **11%**

Total Sugars 9g

Includes 9g Added Sugars **18%**

Protein 3g **9%**

Vitamin D 2.1mcg 10%

Calcium 10mg 0%

Iron 11.7mg 60%

Potassium 120mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Product Example: "Tasty Flakes" passes at least one of the three methods. Therefore, this product meets the added sugar limit.

Disclosure: The amount of added sugars in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of added sugars on the Nutrition Facts label. All cereals must be whole grain-rich, enriched or fortified.



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Choose Breakfast Cereals That Are Lower in Added Sugars in the Child and Adult Care Food Program

All breakfast cereals served in the Child and Adult Care Food Program (CACFP) must contain no more than **6 grams of added sugars** per dry ounce.

There are many types of cereal that meet this added sugars limit. You can use any cereal that is listed on any State agency's Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the added sugars limit by using the Nutrition Facts label and following the steps below:

1 Use the Nutrition Facts label to find the **Serving Size**, in grams (g), of the cereal.

2 Find the **Added Sugars** line. Look at the number of grams (g) next to Added Sugars.

3 Use the serving size identified in Step 1 to find the serving size of the cereal in the table below.

Serving Size*	Added Sugars
If the serving size is:	Added sugars must not be more than:
12–16 grams	3 grams
26–30 grams	6 grams
31–35 grams	7 grams
45–49 grams	10 grams
55–58 grams	12 grams
59–63 grams	13 grams
74–77 grams	16 grams

4 In the table, look at the number to the right of the serving size amount, under the “Added Sugars” column.
If the cereal has that amount of added sugars, or less, the cereal meets the added sugars limit.

*Serving sizes here refer to those commonly found for breakfast cereals.

Yummy Brand Cereal

Nutrition Facts	
15 servings per container	
Serving size ¾ cup (30g)	
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	6%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 4g Added Sugars	8%
Protein 3g	

Test Yourself:

Does the cereal above meet the added sugars limit?
(Check your answer on the next page)

Serving Size: _____

Added Sugars: _____

Yes No



Try It Out!



Use the “Added Sugars Limit 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.

Added Sugars Limit in Cereal

Serving Size	Added Sugars	Serving Size	Added Sugars
If the serving size is:	Added sugars must not be more than:	If the serving size is:	Added sugars must not be more than:
0–2 grams	0 grams	50–54 grams	11 grams
3–7 grams	1 gram	55–58 grams	12 grams
8–11 grams	2 grams	59–63 grams	13 grams
12–16 grams	3 grams	64–68 grams	14 grams
17–21 grams	4 grams	69–73 grams	15 grams
22–25 grams	5 grams	74–77 grams	16 grams
26–30 grams	6 grams	78–82 grams	17 grams
31–35 grams	7 grams	83–87 grams	18 grams
36–40 grams	8 grams	88–91 grams	19 grams
41–44 grams	9 grams	92–96 grams	20 grams
45–49 grams	10 grams	97–100 grams	21 grams

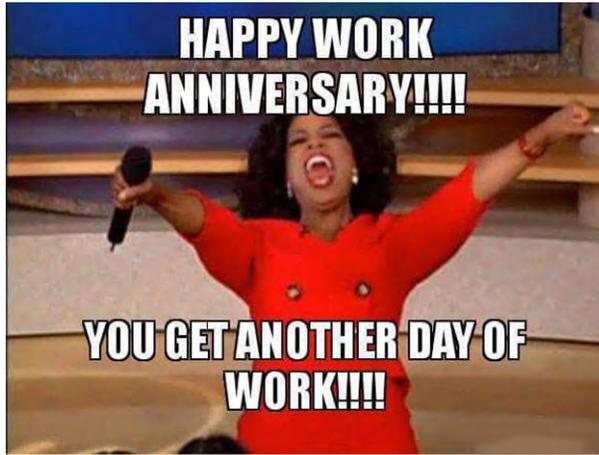
Cereals To Serve in the CACFP*

Cereal Brand	Cereal Name	Serving Size	Added Sugars (g)
<i>Healthy Food Company</i>	<i>Nutty Oats</i>	<i>28 grams</i>	<i>5 grams</i>

*The amount of added sugars in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of added sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched, or fortified.

Answer to “Test Yourself” activity on page 1: The cereal has 4 grams of added sugars per 30 grams. The maximum amount of added sugars allowed for 30 grams of cereal is 6 grams. 4 is less than 6, so this cereal meets the added sugars limit.

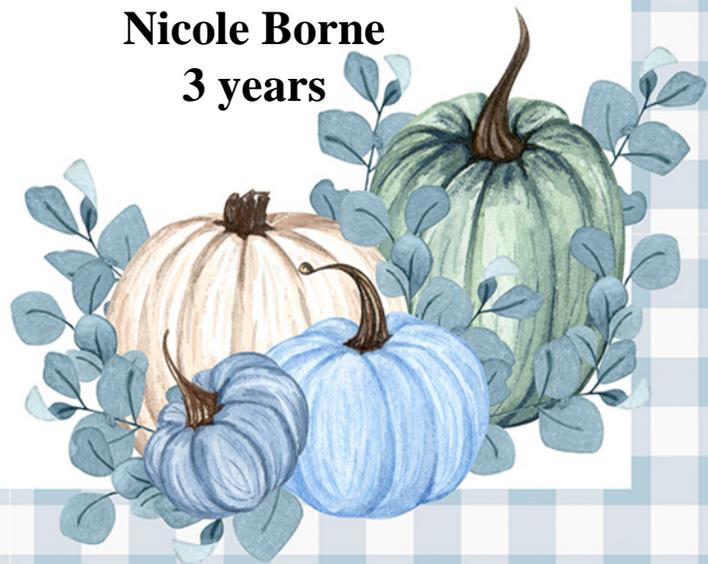
GANSI Spotlights



Amanda Dyes
11 years



Nicole Borne
3 years





Harvest of the Month™



Winter Squash

SQUASH



Acorn Squash

Sweet with a buttery texture.

COOKING TECHNIQUES:
Bake, roast, sauté

PAIRS GREAT WITH:
Allspice, nutmeg, cinnamon, sage

EXPERT TIPS:
After cooking, mash or thin with chicken broth for an easy soup



Spaghetti Squash

Very mild flavor. After roasting, the flesh separates into strands.

COOKING TECHNIQUES:
Bake

PAIRS GREAT WITH:
Basil, garlic, tomatoes

EXPERT TIPS:
Use in place of pasta & top with sauce



Zucchini

Similar to yellow squash, with just a bit more texture.

COOKING TECHNIQUES:
Bake, roast, sauté, grill, steam

PAIRS GREAT WITH:
The mild flavor allows it to work with any protein

EXPERT TIPS:
After cooking, roughly chop & add to grain salads with herbs & Feta cheese

Butternut Squash

A potato-like texture that is a little starchier than acorn squash.

COOKING TECHNIQUES:
Bake, roast, sauté

PAIRS GREAT WITH:
Coconut milk, ginger onion, rosemary, thyme

EXPERT TIPS:
Makes a perfect filling for pasta shells



Yellow Squash

Tender & mild, with a bit of sweetness.

COOKING TECHNIQUES:
Bake, roast, sauté, grill, steam

PAIRS GREAT WITH:
Coat with any salad dressing or BBQ sauce before grilling

EXPERT TIPS:
Slice .5" thick & skewer for kabobs



Use the entire squash,
all seeds are edible!

Chile Lime Roasted Squash Seeds

After rinsing, dry 2 cups of seeds for 1 hour over paper towels. Mix with ingredients & roast on a baking sheet at 300°F for 15 minutes.

2 tsp.
Lime juice
1 tsp.
Chili powder



ZERO
HUNGER
ZERO
WASTE
by Kroger

READING CORNER

↓ ↓ ↓ ↓ ↓

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

