

# GANSI NEWSLETTER

July 2026

## Reminders!

- IES Forms must have a date and wet signature by guardian. GANSI does not have approval to accept Docusign documents; any electronically and typed dated will be returned to center.
- With summer upon us, keep an eye on your milk purchasing as enrollment/attendance may be increasing. Use your milk audit in KidKare to find daily averages and purchase on a weekly basis to prevent shortages.
- Please be sure to submit any Field Trip & Closure Notification Forms at least 3 business days prior to departure.

## News!

On June 8, 2026, milk options in the CACFP were expanded. Providers are now allowed to serve whole and 2% milk to participants two years and older. Contact your consultant with any questions!

## Resources!

Have you hired a new cook, or just have questions about CACFP requirements? Visit the Resource Hub linked [here](#) for quick access to CN/PFS labels, the Food Crediting Handbook, and a variety of other information.

## Closure Notice!

GANSI's office will be closed Friday, July 3rd in observance of Independence Day.

**CLOSED**

# Milk Updates Explained:

**Comparison Chart - Final Rule with Comment Period: Expanding Fluid Milk Options in Child Nutrition Programs**

Current Requirements	Final Rule with Comment Period	Programs Impacted
<p><b>Fluid milk served to:</b></p> <ul style="list-style-type: none"> <li>Children age 1 must be unflavored whole milk;</li> <li>Children ages 2-5 must be unflavored low-fat or fat-free milk; and</li> <li>Children age 6 and older and adult participants may be unflavored or flavored, low-fat, or fat-free milk.</li> </ul>	<p><b>Fluid milk served to:</b></p> <ul style="list-style-type: none"> <li>Children age 1 must be unflavored whole milk;</li> <li>Children ages 2-5 may be unflavored <b>whole, reduced-fat,</b> low-fat, or fat-free milk; and</li> <li>Children age 6 and older and adult participants may be unflavored or flavored, <b>whole, reduced-fat,</b> low-fat, or fat-free milk.</li> </ul>	<p>NSLP,* SBP, CACFP, and SMP</p> <p>* Includes NSLP afterschool snack, the preschool meal pattern, Smart Snacks in School, and the Seamless Summer Option</p>
<p>School meals offered to all age/grade groups must, on average over the school week, provide less than 10 percent of total calories from saturated fat (including saturated fat from fluid milk).</p>	<p>School meals offered to all K-12 students must, on average over the school week, provide less than 10 percent of total calories from saturated fat (<b>excluding</b> saturated fat from milk used to meet the fluid milk component requirements).</p>	<p>NSLP and SBP (except preschool and NSLP afterschool snack)</p>

On May 8, 2026, the United States Department of Agriculture’s (USDA) Food and Nutrition Administration (FNA) published the final rule with comment period, *Expanding Fluid Milk Options in Child Nutrition Programs* ([91 FR 25073](#)), effective June 8, 2026. This rule expands fluid milk options by allowing schools and child and adult care providers participating in Child Nutrition Programs (CNP) to offer whole and reduced-fat milk to participants two years and older.

This rule codifies milkfat requirements following enactment of the Whole Milk for Healthy Kids Act of 2025<sup>1</sup> (WMFHKA) ([P.L. 119-69](#)) and supports the statutory requirements for meals to align with the goals of the *Dietary Guidelines for Americans, 2025–2030*<sup>2</sup> (*Guidelines*). By removing previous fluid milkfat-content restrictions, this deregulatory rule restores flexibility to Program operators, allowing them to offer a greater variety of fluid milk options, including whole and reduced-fat milk, to meet the nutrition needs and preferences of the children and adults they serve. This memorandum provides

## Small Hands Crafting

Kids will love painting with water spray bottles. Mix different colors of washable tempera paint with water in separate water bottles. Lay out different canvases or large pieces of poster board outside. In clothes that can get dirty, let the kids be creative and make a work of art.



# Happy Summer

**Did you know that your CACFP child care provider helps ensure the body systems work correctly with encouraging proper hydration?**

As a CACFP provider, your child care home knows the importance of water and fluids to maintain a healthy body. Did you know the human body is 75% water? Water hydrates the body, cushions muscles and joints, and is used by the body to transport nutrients to and carry water away from cells and assist in regulating body temperature. We must rehydrate regularly to keep our muscles and body systems working properly. The daily recommended amount of water for a 4-8 year old is seven cups!

As the summer sun heats up, make sure to drink plenty of water. Stay hydrated!

## Water Fun: Movement in the Summer

Summer is the best time to step outside and play in the water. Try these water games with your kids for some cool fun!

**Drip, Drip, Splash** - This is a simple variation on the old classic Duck, Duck, Goose. On the drip, the person that is it will drip just a tiny bit from a wet sponge on the other players. When it is time to splash, it will be a big soaking from the sponge.

**Sponge Bullseye** - With sidewalk chalk, draw various circles and assign point values, letters or numbers. Ask the children to get as many points as possible, hit a certain letter or a certain number with their wet sponges.

**Car Wash** - Those bicycles and toy cars need a good washing. Get out sponges and buckets and let the kids wash away all the dirt.

## Summer Salsa

- 16-oz. strawberries, diced
- 2 kiwi, peeled and diced
- 1/2 cup blueberries
- 1/2 cup raspberries
- 3 tablespoons sugar-free apricot preserves or jam

Mix all of the diced ingredients and the whole berries with the sugar free jam. Chill. Serve the salsa with whole grain pitas or make your own whole grain tortilla strips. To make these at home, use whole grain-rich tortillas. Spray tortillas with cooking spray and cut with pizza cutter into triangle pieces. Bake at 350 for 8-10 min. Cool and dip into your delicious summer salsa!





# Harvest of the Month™

## Did you know?

While Georgia holds the “Peach State” nickname, California is actually the largest producer of peaches in the U.S.



# Peaches

## Harvest of the Month Recipe



TITLE: Roasted Peaches with Honey Ricotta

SERVES: 12

PREP TIME: 10 minutes COOK TIME: 5 minutes

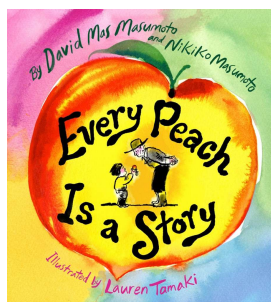
### INGREDIENTS:

3 Ripe Peaches  
2 tbsp Olive oil  
2 tbsp Brown sugar  
1 cup Ricotta cheese  
2 tbsp Honey  
¼ tsp Cinnamon, ground

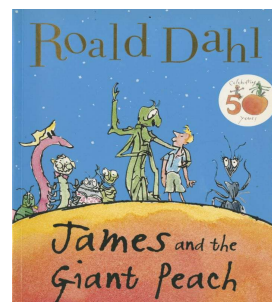
### DIRECTIONS:

1. Wash and cut peaches in half. Cut halves in quarters.
2. Brush cut sides with olive oil and sprinkle with brown sugar.
3. Set oven rack 5 inches from broiler and preheat to high. Place peaches cut-side up on baking pan. Broil 5 minutes, until tender and caramelized.
4. Whisk ricotta, honey, and cinnamon until creamy.
5. Remove peaches and cool. Spoon a dollop of honey-ricotta into center of each peach quarter.

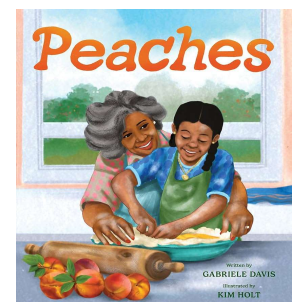
Check out these great books featuring our Harvest of the Month!



“Every Peach is a Story”  
by David Mas Masumoto



“James and the Giant  
Peach” by Roald Dahl



“Peaches” by Gabriele  
Davis