



Summer Fun!!!

Let's talk whole grain-rich! Here are some products we've found that meet the WGR criteria. See any favorites? We get many questions about the Whole Grain and here are a few examples of credible products.



In April, the USDA released a Final Rule to better align meal patterns in the CACFP and SFSP with the Dietary Guidelines for Americans.

This included changing the sugar limits for breakfast cereals and yogurt from total sugars to added sugars. While these changes do not go into effect until October 1, 2025 at the federal level, it's never too early to start preparing! Here's the first updated resource reflecting the limit of no more than 12 grams of added sugars per 6 ounces yogurts.

USDA Food and Nutrition Service
U.S. DEPARTMENT OF AGRICULTURE

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.

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

- 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.

Nutrition Facts	
7 servings per container	
Serving size 6 oz (170g)	
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	13%
Iron 0mg	0%
Potassium 220mg	4%



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.

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.

More training, menu planning, and nutrition education materials for the CACFP can be found at TeamNutrition.USDA.gov.



June dates to take note of...

- 1-3rd—Submit your May claim!
- 15th—Father's Day
- 19th— Juneteenth (office closed)
- 23rd—Newsletters sent out (approx.-check your email)
- 30th -Staff meeting (office closed 11 am—1 PM)
- 30th— Last day for May enrollments



Call before coming to the office, it's staffed for limited hours, call or text (801) 955-6234

Please continue to sign ALL children in & out daily, including your own kids.

Peachy Oatmeal Bake (Breakfast/Snack ages 3-5)

Ingredients:

- 3/4 cup rolled oats, dry (not quick)
- 1/2 cup low-fat milk
- 3 1/2 cups peaches separated, canned, light syrup, drained, diced
- 1 tbsp maple syrup
- 1 tsp ground cinnamon

Directions

1. Preheat oven to 400° F. In a small bowl, mix oats, milk, 2 cups of the peaches, maple syrup and cinnamon until combined.
2. At mixture to a greased 8x8" baking dish.
3. Bring to a boil over medium heat. Stir frequently until it reaches preferred. Bake for 30 minutes or until bubbling and golden brown.
4. Remove from oven and let sit for 5 minutes. Stir with a spoon to fluff before serving.
5. Serve 1/2 cup with 1/4 cup of remaining peaches
1/2 cup provides 1/2 oz eq. grains and 1/2 cup fruit



Junio 2025

Verano divertido

Hablemos de productos ricos en granos integrales. Estos son algunos de los productos que hemos encontrado que cumplen los criterios WGR. ¿Ves algún favorito? Recibimos muchas preguntas sobre el Grano Integral y aquí hay algunos ejemplos de productos creditables.



En Abril, el USDA publicó una norma final para armonizar mejor los patrones de alimentación del CACFP y el SFSP con las guías alimentarias para los estadounidenses..

Esto incluyó cambiar los límites de azúcar para los cereales de desayuno y el yogur, de azúcares totales a azúcares añadidos. Si bien estos cambios no entrarán en vigencia hasta el 1 de Octubre de 2025 a nivel federal, nunca es demasiado pronto para empezar a prepararse! Aquí está el primer recurso actualizado que refleja el límite de no más de 12 gramos de azúcares añadidos por cada 6 onzas de yogur.

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Fechas para tener en cuenta en Junio...

- 1-3—Envíe su reclamo de Mayo!
- 15—Día de los Padres
- 19— Juneteenth (oficina cerrada)
- 23—Envío de Carta de Noticias (approx.-revise correo electrónico)
- 30—Reunión Personal (oficina cerrada 11 —1 PM)
- 30— Ultimo día para recibir registros de niños para Mayo.



Llame antes de ir a la oficina. Horario limitado *unicamente*. Llame o envíe mensaje al (801) 955-6234

Por favor continúe firmando entrada/salidas por *TODOS* los niños todos los días. Incluyendo sus propios niños..

Horneado de avena con durazno (desayuno/merienda (edades 3-5))

Ingredientes:

- 3/4 taza avena, (no instantanea)
- 1/2 taza de leche baja en grasa
- 3 1/2 tazas de duraznos separados, enlatados, con almíbar, escurridos y picados
- 1 cucharadita de miel maple
- 1 cucharadita de canela

Instrucciones:

1. Precaliente el horno a 400° F. En una vasija pequeña, mezcle la avena, la leche, 2 tazas de duraznos, la miel, y la canela hasta que se mezclen.
2. Vierta la mezcla en un molde para hornear engrasado de 8x8"
3. Lleve a ebullición a fuego medio. Revuelva con frecuencia hasta que alcance el punto deseado. Hornee durante 30 minutos o hasta que haga burbujas y esté dorado.
4. Retire del horno y deje reposar durante 5 minutos. Revuelva con una cuchara para esponjar antes de servir.
5. Sirva 1/2 taza con 1/4 taza de duraznos restantes
1/2 taza provee 1/2 onza eq. de granos y 1/2 taza de fruta.