

tasty times

important updates for success and more resources from the child care healthy food program



Dear Child Care Provider,

As you may know, changes to the CACFP will begin October 1. New laws from the USDA have adjusted some of the food that can be reimbursed. One important change made is, breakfast cereals served to children and infants must be low in sugar. Specifically, cereals must contain 6 grams of sugar or less per ounce. When serving cereal, you must meet this new requirement in order to receive a meal reimbursement. This issue of *Tasty Times* will teach you how to identify low-sugar cereals and explain why cereal is a great option at any time of day. We hope using these tips will ensure reimbursement for all the meals you serve the children.

— Nicolette Applebaum,
UIC Dietetic Intern

Healthy Food Program Number

For the Out of Home voicemail, payment information or to speak to a customer service representative:

Call:
**(773)
564-8861**



A Healthy Start to the Day!

Low-sugar cereals: a healthy change

The new low-sugar cereal requirement was put in place because of updated regulations from the Dietary Guidelines for Americans. Recent research shows that eating large amounts of sugar can lead to health problems like diabetes and obesity.

Many cereals children eat have unhealthy amounts of sugar. In an effort to reduce the amount of sugar children eat daily, many cereal companies now make low-sugar options.

Starting October 1st, providers will only be reimbursed for cereals that have 6 grams of sugar per ounce or less. For cereal, this amount is considered “low sugar” and is healthier for children.

Why is cereal healthy?

Low-sugar cereal is a healthy grain component for any meal or snack, and does not need to be served only at breakfast. Most children love cereal because it is delicious and fun to eat.

Cereals like Cheerios and Kix are low in sugar but slightly sweet, making them an easy and healthy meal choice.

Many cereals today are full of healthy nutrients like fiber, whole grains, and fortified with vitamins and minerals. This makes for a tasty grain that gives children energy to learn and play all day.



How to meet the new sugar requirements

The new sugar requirement states any cereal you serve must have 6 grams of sugar or less per ounce. There are two ways to meet this requirement: serve a WIC-approved cereal, or calculate the amount of sugar in the cereal on your own.

When serving a WIC-approved cereal, you can be certain it meets the new sugar requirement. Additionally, this means serving the plain or “original” version of the cereal in order to meet the new requirement. If in doubt, do not serve it.

If you want to buy a cereal that is not on the WIC-approved list, you must calculate how many grams of sugar there are in one ounce of the cereal. To do this, use the instructions on the back to quickly calculate a serving of sugar. Remember that all cereals have different measurements for a serving of sugar, but with a calculator and some practice, you can calculate the amount of sugar in any cereal.

Making cereal a part of your day

Cereal is part of the grains food group, which will also have other changes as of October 1st. The other changes include: grain-based desserts cannot be served and one serving of whole grain must be offered

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A Healthy Start to the Day!

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every day. **Keep in mind that serving a WIC-approved cereal meets all of these requirements in one easy step!** All WIC-approved cereals are whole grain. Just be sure to specify the brand of cereal so that the Healthy Food Program knows it meets the requirements for the day.

How to calculate the amount of sugar in any cereal

Look at the "Nutrition Facts" label on the box. Under the "Nutrition Facts," find "Serving Size." Write the number of grams (g) in the serving size here:	A.
Multiply box A by 0.0353 (box A x 0.0353). Write the answer here, using 5 decimal places:	B.
Write the number of grams (g) of "Sugars" here:	C.
Divide box C by box B (Box C ÷ Box B). Write the answer here, using 5 decimal places:	D.
If box D is 6.0000 or less, you can serve the cereal.	

Program change as of October 1	Instead of this...	...Serve this!
Grain-based desserts cannot be served	Animal crackers, Graham Crackers, or Nilla Wafers	Dry cereal like Cheerios, Kix, Corn Chex, or Rice Chex
A whole grain must be served every day	Plain bagel, raisin bread, or waffles	Cereal with milk like Corn Flakes, Cheerios, or Shredded Wheat
Cereals with more than 6 grams of sugar per ounce not allowed	Lucky Charms, Trix, Cocoa Puffs, Cap'n Crunch, Froot Loops	Serve WIC-approved cereal topped with fresh fruit

WIC-approved cereals (all have 6 grams of sugar or less per ounce)

- Bran flakes (store brand)
- Shredded wheat (store brand)
- Toasted Oats (store brand); plain or multi-grain
- Alpha-Bits
- Dora the Explorer
- Corn Flakes
- Grape-Nuts (original and Flakes)
- Kix (plain, honey, berry berry)
- Corn Chex
- Rice Chex
- Cheerios (plain, multi-grain)
- Life (plain)
- Rice Krispies Cereal (original)
- Mini-Spooners (frosted, blueberry, strawberry)
- Quaker Oatmeal Squares (cinnamon, brown sugar)
- Honey Bunches of Oats:
 - Whole Grain Almond Crunch
 - Whole Grain Honey Crunch
 - Whole Grain Vanilla Bunches
- Complete Bran Flakes (wheat)
- Cream of Wheat (whole grain)
- Malt-o-Meal (original)

New IDHS Training Requirements

Illinois Department of Human Services has issued **NEW** training requirements for all license-exempt and licensed providers. It requires all providers, license-exempt and DCFS licensed homes, take over 40 hours of training in Early Childhood Education (ECE), What is CCAP?, DCFS Mandated Reporter Training and CPR/First Aid by September 30th or lose CCAP payments. **This is only for homes that have CCAP children.**

Providers can go to our website (www.actforchildren.org) under the tab "For Providers" to learn how to take the training on-line with Gateways or in-person. ALL license-exempt providers must register for Gateways as soon as possible. Visit the web site at www.ilgateways.com.

Summer Is Here!

Summer is here! Many schools are on summer vacation and you must let us know that **SCHOOL-AGED CHILDREN ARE IN YOUR CARE ALL DAY!** If you submit claims on scan menus, also indicate that on your Claim Information Form (CIF). If you use Web Kids or KidKare, in addition to attendance you must also check the box that reads "Sch Out" next to any school-aged child. You must do this for **EACH** school-aged child in your care for the summer. You will not be reimbursed for school-aged children in your care if you do not tell us that they are out of school for the summer.



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May claims are due in our office by **June 5th!**
Warning! Late claims WILL result in late payment!

Welcome New Providers

Michael Hinton
Donna Pittman
Yesenia Velasquez

