Dear Child Care Provider,

New guidelines for the CACFP are just around the corner! As of October 1st, there will be some changes to reimbursable foods. This is the result of new regulations developed by the USDA. One important change is that yogurt served to children and infants must be low in sugar. Specifically, yogurt must contain 23 grams of sugar or less per 6 ounce container. Although this requirement may seem complicated, it is very important to remember so that you will be reimbursed if you serve yogurt. This issue of Tasty Times will explain why yogurt is a great food to include in your menu and teach you how to easily identify low-sugar yogurt. We hope these tips will help you plan healthy, fun menus for the children in your care.

—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

Yogurt and the New CACFP

New low-sugar requirements are coming to the CACFP program. Yogurt is made from milk and has many of the same health benefits as fluid milk, but in a more concentrated form. Although yogurt is a very healthy food which contains protein for strong muscles and calcium to build strong bones, many brands of yogurt have large amounts of sugar added.

Starting October 1st, yogurt served by CACFP providers must be low in sugar. “Low sugar” means the yogurt has 23 grams of sugar or less per 6 ounces. By serving yogurt that meets this requirement, you will provide the children in your care with the protein and calcium needed to build strong bones, while avoiding high amounts of sugar.

In the CACFP, yogurt is considered a meat alternate. Beginning October 1st, you can serve a meat alternate instead of a grain for breakfast up to 3 times per week. This means you can serve yogurt with breakfast up to 3 times per week. Yogurt also makes a great meat alternate with a meal or snack.

Types of Yogurt

Greek Yogurt—thicker texture, tangier taste and twice as much protein than traditional yogurt.

Soy Yogurt—which is acceptable under the CACFP Program, is a thinner texture but is made from soy milk so it contains no dairy.

Plain Yogurt—says “Plain” on the label and is not as sweet as other types of yogurt but is great base for adding fresh or frozen fruit.

Before October 1st, you can mix a higher-sugar yogurt with plain yogurt to help kids adjust to the taste of low-sugar yogurt. Keep in mind that yogurt should not be given to infants under 6 months of age.

To meet the low-sugar requirement, you can serve an approved brand of yogurt from the list below, or calculate the amount of sugar in the yogurt on your own. “Go-Gurt” and most other squeezable yogurts do not meet the sugar requirement, and will not be reimbursed.

APPROVED YOGURT BRANDS:
• Yoplait
• Dannon Danimals
• Trix
• Chobani Champions
• And all plain yogurts

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Welcome New Providers!

Alisa Martin
James McChristine
Karen Yushau

New IDHS Training Requirements

Illinois Department of Human Services have issued NEW training requirements for all License Exempt and Licensed providers. It requires all providers, licensed exempt and DCFS licensed homes, to take over 200 hours of training in Early Childhood Education (ECE), What is CCAP?, DCFS Mandated Reporter Training and CPR/First Aid by September 30th or loose CCAP payments. This is only for homes that have CCAP children.

Providers can go to our website (actforchildren.org) under the tab “For Providers” to learn how to take the training online with Gateways or in-person. ALL License Exempt providers must register for Gateways as soon as possible. Visit the website at ilgateways.com.

Will You Be Open on These Holidays?

On the holidays listed below, we will assume that you are closed and not providing child care. If you are providing child care on any of these holidays you MUST indicate that you are open. If you use paper forms, use the Claim Information Form (CIF) to indicate that you will be open on a holiday. If you use Web Kids to enter menus, under the Misc tab use the Manage Provider Calendar option to indicate that you care for children on a holiday.

HOLIDAYS:
- New Year’s Day
- Memorial Day
- Independence Day
- Labor Day
- Thanksgiving Day
- Christmas Day

Yogurt and the New CACFP

By using a calculator and the instructions at right you can quickly determine the amount of sugar in any yogurt.

Always remember to read labels carefully, yogurt does not always come in 6 ounce containers, and specify the brand of yogurt when submitting a paper menu. If in doubt, do not serve it! If you serve a yogurt that has too much sugar, the meal or snack will be disallowed, and you will not be reimbursed for it.

For single-serving (small) yogurt containers:

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Look at the “Nutrition Facts” label on the container.</td>
</tr>
<tr>
<td>2.</td>
<td>Write the number of grams (g) of “Sugars” here: (Look near the middle of the label.)</td>
</tr>
<tr>
<td>3.</td>
<td>Write the size of the container, in ounces (oz), here: (Look near the bottom of the container. Don’t forget decimals: for example, write 5.3 instead of 5)</td>
</tr>
<tr>
<td>4.</td>
<td>Divide Box A by Box B (Box A ÷ Box B). Write the answer here, using 5 decimal places:</td>
</tr>
<tr>
<td>5.</td>
<td>Multiply Box C by 6 (Box C x 6), and write the answer here:</td>
</tr>
<tr>
<td>6.</td>
<td>If box D is 23.0000 or less, you can serve the yogurt!</td>
</tr>
</tbody>
</table>

For bulk (large) yogurt containers:

<table>
<thead>
<tr>
<th>Step</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Look at the “Nutrition Facts” label on the container.</td>
</tr>
<tr>
<td>2.</td>
<td>Write the number of grams (g) of “Sugars” here: (Look near the middle of the label.)</td>
</tr>
<tr>
<td>3.</td>
<td>Write the number of “Servings Per Container” here: (Look near the top of the label.)</td>
</tr>
<tr>
<td>4.</td>
<td>Multiply Box A by Box B (Box A x Box B), and write the answer here:</td>
</tr>
<tr>
<td>5.</td>
<td>Write the size of the container, in ounces (oz), here: (Look near the bottom of the container. Don’t forget decimals: for example, write 32.4 instead of 32)</td>
</tr>
<tr>
<td>6.</td>
<td>Divide Box D by Box C (Box D ÷ Box C). Write the answer here, using 5 decimal places:</td>
</tr>
<tr>
<td>7.</td>
<td>Multiply Box E by 6 (Box E x 6).</td>
</tr>
<tr>
<td>8.</td>
<td>If box F is 23.0000 or less, you can serve the yogurt!</td>
</tr>
</tbody>
</table>

Remember,
June claims are due July 5th!
Warning! Late claims WILL result in late payment!