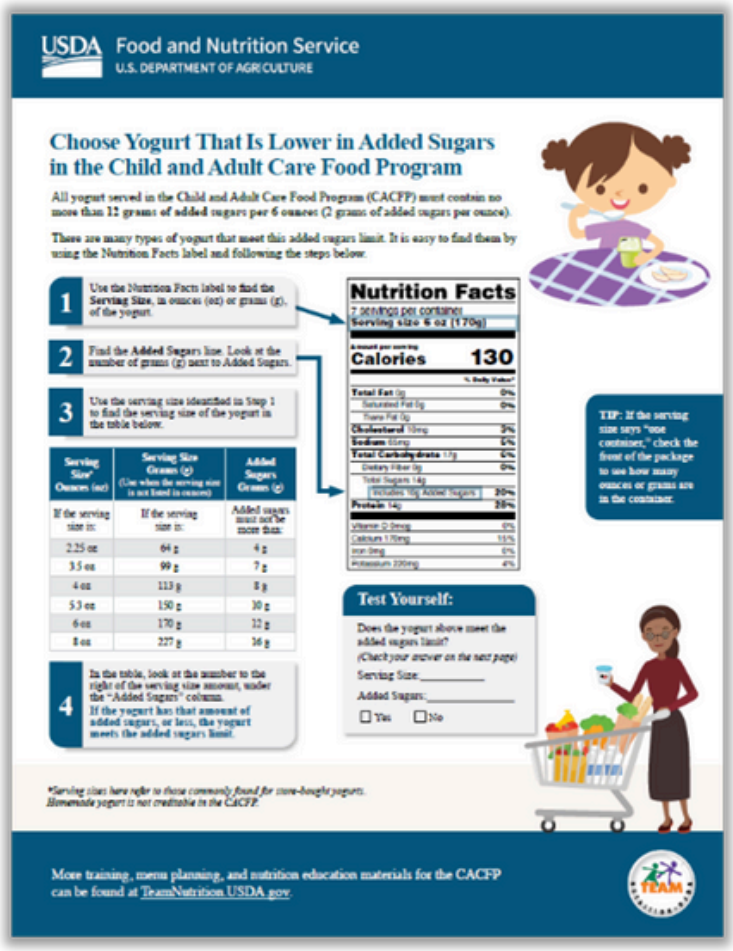
The Buzz

March 2025

NEW SUGAR LIMITS FOR CEREAL & YOGURT IN CACFP – EFFECTIVE OCT. 1, 2025

Starting October 1, 2025, the Child and Adult Care Food Program (CACFP) will have new sugar limits for breakfast cereals and yogurt. Instead of looking at total sugar, the program will now focus on added sugars. This change follows new nutrition guidelines from the U.S. Department of Agriculture (USDA) to help provide healthier meals for children.



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)
Amount per serving
Calories 130
% Daily Value*
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 10mg 3%
Sodium 65mg 3%
Total Carbohydrate 17g 6%
Dietary Fiber 0g 0%
Total Sugars 14g
Includes 10g Added Sugars 20%
Protein 14g 28%
Vitamin D 2mcg 0%
Calcium 170mg 15%
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 yogurts. 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.

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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

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

[CLICK HERE for the Link]

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THE BEE ZONE

Spring Rolls

Serve with brown rice and salad for a complete meal

- 4 oz cooked chicken, thinly sliced
- 1 cup shredded carrots
- 1 cup cucumber diced
- 8 leaves Romaine or bibb lettuce
- 1 bunch mint or basil
- 2 cups brown rice noodles
- 8 rice paper wrappers
- 1/4 cup Hoison sauce
- 2 tbsp peanut butter or sun butter

1. Warm water in a medium bowl. Dip 1 rice paper wrap for a few seconds. Lay flat on a clean, dry surface.
2. Place a lettuce leaf on one half of wrapper. Layer with 1/4 cup noodles, 2 tbsp carrot, 2 tbsp cucumber, 1-2 herb leaves.
3. On the second half of wrap, leaving 1-2" at top, add 1/2 oz of chicken.
4. Gently roll wrapper around food starting from the lettuce side. Once wrap is halfway, fold the sides of the wrap and then continue rolling until you have a spring roll. Repeat 7 more times.
5. In a small bowl, combine hoisin sauce and peanut butter. Microwave 10 seconds at a time, stir until peanut butter is fully mixed with sauce. Place 1 tablespoon of sauce with 1 spring roll on a plate per participant for a creditable snack, or serve alongside 1/4 cup fruit, 1 oz meat/meat alternate and 3/4 cup milk for a creditable lunch or supper.

One spring roll provides 1/2 oz eq grains, 1/2 oz meat/meat alternate and 1/4 cup vegetable.

CLICK HERE for the Recipes

REMINDERS

The state reviewer may visit anytime before August. We ask that everyone display the "**Building for the Future**" poster in their daycare. You can print a copy from our website.

Also, remember that the Child and Adult Care Food Program (CACFP) requires at least **one serving of grains per day to be whole grain-rich.**

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Building for the Future

Dear Parent,

This child care facility participates in the Child and Adult Care Food Program (CACFP). This program is sponsored by Solano Family and Children's Services, administered by the State Department of Social Services, and federally funded by the United States Department of Agriculture, (USDA).

As participants on the CACFP, both your child and his or her provider benefit! Your child's provider receives ongoing training on the nutritional needs of children of all ages with technical assistance at her fingertips. Well-nourished children are sick less often, learn more effectively, and behave better.

Your child benefits by receiving nutritional meals that meet the requirements of the USDA. Foods will be served from the five basic food groups: Milk, Proteins, Grains/Breads, Fruits and Vegetables. Depending on the time your child attends, the provider will be reimbursed for up to two main meals and one snack or one main meal and two snacks per child per day. The guidelines for meals are as follows:

Breakfast	Lunch/Dinner	Snacks
Milk	Milk	Two choices
Fruit or Vegetable	Protein	from the
Grain/Bread OR a	1 Vegetable and 1 Fruit/Veg	five food
Protein substitute up to 3X a week	Grain/Bread	groups

If you are a parent of an infant, your provider is **required** to offer an iron-fortified infant formula that meets the requirements of the guidelines in which she has been trained. If you refuse the offered formula or are providing breast milk, your provider can still be reimbursed as long as your provider is supplying the other components as they are introduced into your infant's meal pattern.

The ultimate purpose of this program is to instill healthy eating habits that will hopefully last a lifetime. It plays a vital role in improving the quality of child care and making it more affordable.

If you have any questions or concerns about the program, please feel free to contact any representative from the Child Care Food Program staff at (707) 863-3950 and we will be more than happy to assist you. Additional contacts are:

CDSS Child and Adult Care Food Program
744 P Street, MS 9-13-290
Sacramento, CA 95814
833-559-2418

USDA, Director
Office of Civil Rights
1400 Independence Ave, SW
Washington, DC 20250-9410
(800) 795-3272

Sincerely,
Child and Adult Care Food Program Staff

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