

# CACFP MONTHLY UPDATE

## In this issue of the CACFP Monthly Update

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Welcome to this month's edition of the CACFP Monthly Update! The Monthly Update is your one stop to stay informed about all the updates, changes and exciting things happening in the Child and Adult Care Food Program.

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# Breakfast Cereal

As we shared during the CACFP Annual Training, the Final Rule for Child Nutrition Programs included changes to the meal pattern to be consistent with the 2020-2025 Dietary Guidelines for Americans. One of those changes was switching from “Total” sugars to “Added” sugars.

## Current Requirements:

- Breakfast cereals: Must contain no more than 6 grams of Total Sugars per dry ounce.
- Yogurt: Must contain no more than 23 grams of Total Sugars per 6 ounces.

## Updated Requirements: Effective October 1, 2025

- Breakfast cereals: Must contain no more than 6 grams of Added Sugars per dry ounce.
- Yogurt: Must contain no more than 12 grams of Added Sugars per 6 ounces.

USDA’s Team Nutrition released a 30-minute recorded training for each of the updated requirements, updated Added Sugars worksheets, and Power Point Training slides!!

“Choose Breakfast Cereals that are Lower in Added Sugars in the CACFP”

<https://www.fns.usda.gov/tn/choose-breakfast-cereals-lower-sugar>

“Choose Yogurt that is Lower in Added Sugars in the CACFP”

<https://www.fns.usda.gov/tn/cacfp/choose-yogurts-lower-sugar#yogurtwebinar>

While these changes do not go into effect until October 1, 2025, we encourage you all to take the training and prepare yourselves, your staff, and your providers for the upcoming change. If you decide to implement the change early- that works too!

As a reminder, you can still use the WIC list to identify CACFP Creditable Cereals!

# WIC Cereal List

## Cereal (Non-Whole Grain Options)

12

ALLOWED BREAKFAST CEREAL SIZES: 8 OUNCES OR LARGER CONTAINERS

Some ways to buy 36 oz of cereal



Participants are encouraged to purchase the least expensive brand available.

Cereal selection continued on next page.

### NON-WHOLE GRAIN BREAKFAST CEREALS

- **Best Yet** Corn Flakes, Crispy Rice, Honey Oats And Flakes
- **Cream Of Rice** Cereal and Instant Cereal\*\*
- **Cream Of Wheat** Original Cereal (1 Minute, 2 ½ Minutes, Instant)\*\*
- **Food Club** Corn Flakes, Crisp Rice, Honey And Oats, Honey Oats W/Almonds
- **Freedoms Choice** Corn Flakes (Regular and Honey), Crisp rice, Crispy Honey Oats with Almonds
- **General Mills** Chex (Blueberry, Cinnamon, Corn, Rice)
- **Great Value** Corn Flakes, Corn Squares, Rice Crisps, Rice Squares)
- **Hannaford** Corn Flakes, Crispy Hexagons, Crispy Rice, Oats And More With Almonds, Oats And More With Honey, Toasted Corn, Toasted Rice Cereal
- **IGA** Corn Flakes, Crispy Rice
- **Kelloggs** Corn Flakes (Regular), Crispix, Rice Krispies, Special K Original
- **Kiggins** Corn Flakes, Crispy Rice, Rollin Oats Cereal
- **Malt O Meal** Crispy Rice
- **Market Basket** Corn Biscuits, Corn Flakes, Crispy Hexagons, Crispy Rice, Rice Biscuits
- **Post** Great Grains Banana Nut Crunch, Great Grains Crunchy Pecan, Honey Bunches of Oats Honey Roasted, Honey Bunches Of Oats Maple and Pecans, Honey Bunches Of Oats Vanilla, Honey Bunches of Oats with Almonds
- **Quaker** Original Instant Grits\*\*
- **Signature Select** Corn Flakes, Corn Pockets, Crispy Rice, Oats And More Honey, Oats And More With Almonds, Rice Pockets
- **That's Smart** Crisp Rice

\*\* - Serve Hot

## Cereal (Whole Grain Options)

12

ALLOWED BREAKFAST CEREAL SIZES: 8 OUNCES OR LARGER CONTAINERS

Some ways to buy 36 oz of cereal



Participants are encouraged to purchase the least expensive brand available.

Cereal selection continued on next page.

### WHOLE GRAIN BREAKFAST CEREALS

- **Best Yet** Bite Size Frosted Shredded Wheat, Bran Flakes, Bite Size Strawberry Shredded Wheat, Toasted Oats
- **Cream Of Wheat** Whole Grain Cereal 2 ½ Minutes and Instant\*\*
- **Food Club** Bran Flakes, Toasted Oats
- **Freedoms Choice** Bran Flakes, Frosted Shredded Wheat, Toasted Oats
- **General Mills** Berry Berry Kix, Cheerios (Regular, Oat Crunch Berry, and Vanilla Spice), Fiber One Honey Clusters, Honey Kix, Kix, Multigrain Cheerios, Wheat Chex, Wheaties, Whole Grain Total
- **Great Value** Bran Flakes, Frosted Shredded Wheat, Frosted Mini Wheats Golden Honey, Toasted Os,
- **Hannaford** Bite Size Frosted Shredded Wheat, Wheat, Frosted Shredded Wheat, Multigrain Tasteos Cereal, Tasteos, Toasted Wheat, Wheat Flakes, Enriched Wheat Bran
- **IGA** Bite Size Frosted Shredded Wheat and Toasted Oats
- **Kashi** Organic Honey Toasted Hearts and O's, Organic Warm Cinnamon Hearts and O's
- **Kelloggs** All Bran Complete Wheat Flakes, Frosted Mini Wheats (Regular, Blueberry, Cinnamon Roll, Little Bites, Pumpkin Spice, Strawberry, Chocolate Little Bites), Special K (Protein Original Multigrain Touch of Cinnamon)
- **Kiggins** Frosted Shredded Wheat (Bite Size)
- **Malt O Meal** Mini Spooners (Frosted, Strawberry Cream), Original Hot Wheat Cereal\*\*
- **Market Basket** Bite Size Shredded Wheat (Blueberry, Frosted, Strawberry), Enriched Bran Flakes, Nutty Nuggets, Oat Squares, Tasteos, Wheat Biscuits
- **Post** Grape Nuts (Flakes and Original)
- **Quaker** Oatmeal Squares (Brown Sugar, Cinnamon, Honey Nut), Life (Original, Strawberry, Vanilla)
- **Signature Select** Bite Size Frosted Shredded Wheat, Bite Size Shredded Wheat, Bran Flakes, Toasted Oats

\*\* - Serve Hot

# Fluid Milk & Milk Substitutions

Fluid milk is a required component for reimbursable meals in the CACFP. Institutions and facilities have the option to serve fluid milk as one of the two components of a snack served in the CACFP; however, the other required meal component must not also be a beverage when fluid milk is served at snack. Fluid milk must be served as a beverage or on cereal, or a combination of both.

Fluid milk must be pasteurized and meet State and local standards. Goat's milk may be served in place of cow's milk, provided it meets State and local standards for fluid milk. Age-specific requirements for percent fat content and flavored vs. unflavored apply regardless of type of fluid milk served.

## **Non-Dairy Beverages (Fluid Milk Substitutes)**

For participants who do not consume fluid milk due to non-disability reasons that include, but are not limited to cultural, ethical, Tribal and religious preferences, fluid milk substitutes may be served in place of fluid milk to better meet the dietary preferences of participants. Program operators are encouraged, but not obligated to meet requests that are not related to a participant's disability.

Fluid milk substitutes must be nutritionally equivalent to milk and meet the nutritional standards for fortification of calcium, protein, vitamin A, vitamin D, and other nutrients to levels found in cow's milk. The nutrient standards for non-dairy beverages are detailed in the table below. The nutrition requirements for fluid milk substitutes apply only in non-disability situations.

Nutrition  
Requirements for Fluid Milk Substitutes<sup>1</sup>

Nutrient	Per Cup (8 fl oz)
Calcium	276 mg
Protein	8 g
Vitamin A	150 mcg retinol activity equivalents (RAE)
Vitamin D	2.5 mcg
Magnesium	24 mg
Phosphorous	222 mg
Potassium	349 mg
Riboflavin	0.44 mg
Vitamin B-12	1.1 mcg

Parents and guardians must provide a written request for the fluid milk substitute that is nutritionally equivalent to milk. A medical statement is not required. For example, if a child follows a vegan diet, the parent or guardian must submit a written request to the child's center or day care home asking that a fluid milk substitute be served in place of cow's milk. An institution or facility choosing to offer fluid milk substitutes for a non-disability reason is not required to offer the specific fluid milk substitute(s) requested but may offer an allowable fluid milk substitute(s) of its choice. Additionally, the parent or guardian may choose to supply one meal component, including a fluid milk substitute that is nutritionally equivalent to cow's milk; the institution or facility must provide all remaining meal components in order for the meal or snack to be reimbursable.

### **Fluid Milk Modifications for Disability Reasons**

Program operators are required to provide fluid milk substitutions requested due to a disability. To receive reimbursement when a modified meal related to a disability does not meet the meal pattern requirements, a written medical statement signed by a state licensed healthcare professional or registered dietitian must be on file. Therefore, a medical statement is required if the milk substitute requested does not meet the nutritional standards of cow's milk as described above. The medical statement must provide information about the participant's dietary restrictions, such as foods or beverages to be omitted and recommended alternatives, if appropriate. Regulations allow a parent or guardian to supply one or more components of the reimbursable meal for a participant with a disability, if the program operator provides at least one required meal component. However, program operators may not require a parent, guardian, adult participant, or a person on behalf of an adult participant to provide any of the required components of a meal.

See USDA FNS Memo CACFP 01-2025 for additional information- [Nutrition Requirements for Fluid Milk and Substitutions in the CACFP, Questions and Answers | Food and Nutrition Service](#)



# CACFP Budgets

Thank you all for your hard work as we worked together with the new budget format this year!

Just a few reminders as we move thru the year:

- If your organization indicated in the budget (summary tab) that they were going to pay labor (Operating or Administrative) with CACFP Reimbursement. Those specific staff need to track their time spent on CACFP Operating/Food Labor and CACFP Admin Labor.
  - If needed, our office has a CACFP Time & Attendance/Time & Effort Template available to assist with this requirement.
    - <https://www.maine.gov/doe/schools/nutrition/cacfp/resources> - Under “CACFP Budget”
- Your organization is required to track CACFP Food, Non-food, Operating Labor, and Admin Labor separately from other expenses monthly.
  - If needed, our office has a CACFP Financial Tracking Workbook available to assist with this requirement.
    - <https://www.maine.gov/doe/schools/nutrition/cacfp/resources> - Under “CACFP Budget”
    - This workbook can assist you with the budget next year, as it will total all Food/Non-Food/Food Labor/Admin Labor automatically as you move thru the year.
    - The workbook also provides quarterly reports which can show you how much CACFP Reimbursement your organization has received, and a total of CACFP Expenses, to ensure a non-profit food service program.

- Food/Non-Food Receipts should clearly indicate if it is a CACFP related expense.
  - Best Practice- Highlight or \*Star\* CACFP Related Expenses on the receipt. At the bottom of each receipt write the total CACFP Food Cost and the Total Non-Food Cost from that shopping trip.
    - Be sure not to include non-creditable items in CACFP Food/Non-Food Costs
  - If you photocopy/scan receipts, ensure each copy shows the date of purchase.
  - Keep receipts/copies in your files by month.
- **If any line item in the budget changes more than 15%, then the budget must be revised. Please reach out to the State Agency to make a budget revision.**





# CACFP Grant Opportunity

The fiscal year (FY) 2025 Patrick Leahy Farm to School Grant Program request for applications (RFA) is now available on Grants.gov! We encourage you to share the news about the RFA announcement among your partners and networks to help us get the word out that this opportunity is available. **The RFA is open until January 10, 2025.**

**Implementation & Turnkey grants are available for eligible CACFP sponsors and Early Childhood Education program operators!!**

- Implementation: <https://grants.gov/search-results-detail/356877>
- Turnkey: <https://grants.gov/search-results-detail/356876>

USDA has resources available on our website to help you prepare your application. We encourage you to check out the [Resources for Grant Applicants website](#). It has a link to the RFA, Frequently Asked Questions, templates, and much more. There are also [summaries of past grantee projects](#), which may be helpful when designing your project. Please note that of all the resources FNS provides, the RFA is the most important and should be considered the primary authority on the Farm to School Grant opportunity.

The USDA Office of Community Food Division will hold bimonthly office hours to provide applicants with an opportunity to pose questions they may have about the Farm to School Grant Program. Note that these sessions are not recorded, but you can come and go at any time. You do not need to attend the full hour, and the full time will be dedicated solely to answering applicant questions.

## **Office Hour Dates and Times**

**Wednesday 12/18 3:00-4:00 EST**

**Tuesday 1/7 2:00-3:00 EST**

Link to the office hours:

<https://www.zoomgov.com/meeting/register/vJltdOCtqDMpHL-STYTnV0-HAI5HvnRCIhk>

If you have any questions regarding the FY 2025 Farm to School Program, please email the [SM.FN.FarmToSchool@usda.gov](mailto:SM.FN.FarmToSchool@usda.gov) email and/or the Grant Officer, listed in section 7 of the RFA.

# Preparing for your CACFP Administrative Review

## Payroll Records & Back up Documentation

Institutions operating CACFP are required to spend their entire CACFP reimbursement on allowable Program expenses. During CACFP Administrative Reviews, State agency reviewers ensure that this requirement is being met by looking at the amount of reimbursement received during the month and comparing that to CACFP expenses incurred during the same month. If the entire amount of CACFP reimbursement was not spent on allowable Program food and non-food expenses, state agency reviewers may look at payroll documentation to account for the remaining reimbursement received. Allowable labor costs for the CACFP may include wages, salaries, employee benefits, and the share of taxes paid by the sponsor. Payroll documentation for staff time spent on CACFP food service duties will be reviewed first to account for any remaining funds. If needed, staff time spent on CACFP administrative duties will be reviewed last to account for any additional remaining funds. However, state agency reviewers can only use payroll documentation to account for the remaining reimbursement ***IF***:

- 1.You've indicated that you pay for CACFP labor expenses (in part or full) in your state agency approved CACFP budget, and
- 2.Payroll records are submitted for the month of review for staff with CACFP duties, and
- 3.Time/attendance- time/effort information is submitted for staff paid with CACFP funds for the month of review.

## **What is staff time/attendance and time/effort information?**

Time/attendance information: these are documents that identify the total time actually worked by the employee at your institution (not just the time spent on Program activities) for a specified period of time. This information may be documented on your payroll records.

Time/effort information: these are documents that identify the amount of time that staff spend performing CACFP food service duties, the amount of time that staff spend on CACFP administrative duties and the amount of time that they spend on non-CACFP duties for a specified period. These records must:

Be completed daily by each CACFP staff member whose salary will be paid (in part or full) with CACFP funds.

Differentiate between the amount of time spent on CACFP food service duties, the amount of time spent on CACFP administrative duties and the amount of time spent on other duties.

Report time in no less than 15-minute intervals.

Be signed by both the employee and their supervisor.

Institutions can create/maintain their own documents containing this information. Maine CACFP has also created an optional, combined time/attendance-time/effort document that institutions can use. This “CACFP Time & Attendance/Time & Effort Template” is located on the Resources page of our Maine CACFP website:

<https://www.maine.gov/doe/schools/nutrition/cacfp/resources>

For questions related to your CACFP Administrative Review or documenting staff time/attendance-time/effort, please contact one of the [Maine CACFP Nutrition Consultants](#).

# Recipe of the Month

## Chicken or Turkey Pot Pie - USDA Recipe for Child Care Centers

Age Group: Ages 6-18

Serving Size: 25-50

Diced chicken or turkey is combined with vegetables in a cream sauce, then topped with a whole grain biscuit and baked.

### CACFP CREDITING INFORMATION

1 biscuit with  $\frac{2}{3}$  cup (No. 6 scoop) of chicken mixture provides 2 oz equivalent meat,  $\frac{1}{4}$  cup vegetable, and 1.5 oz equivalent grains.

★★★★☆ 4.20 from 5 votes



Recipe Available Here: <https://theicn.org/cnrb/recipes-for-centers-main-dishes/chicken-or-turkey-pot-pie-usda-recipe-for-cacfp/>

# Just for Fun!!!

## Helpful Hand Activities for Children and Adults

### Cinnamon Vanilla Play Dough



5 from 1 vote

Love play dough recipes that feel soft AND smell good? This cinnamon vanilla play dough is perfect for both fall and Christmas, and it will last for months if properly stored!

Prep Time 5 mins	Cook Time 5 mins	Cooling Time 5 mins	Total Time 15 mins
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Course: Play Dough    Cuisine: American    Author: Sacha

#### Ingredients

- 2 cups all-purpose flour
- $\frac{3}{4}$  cup salt
- 4 tsp cream of tartar
- 2 tbsp cinnamon or pumpkin spice
- 2 cups water
- 1 tsp vanilla extract
- 2 tbsp vegetable oil

#### Instructions

1. Combine flour, salt, cinnamon and cream of tartar in a medium wok.
2. Add water, vegetable oil and vanilla extract and stir until combined.
3. Cook on medium heat, stirring constantly, until the mixture becomes a ball of dough that no longer sticks to the sides of the wok. This should take no more than 5 minutes.
4. Set the play dough aside to cool. Once it's cool enough, knead it with your hands until smooth. Then, give it to your child to play with!

#### Notes

To make this recipe taste-safe, bake the flour on a cookie sheet for 5 minutes at 350°F before using it to make the play dough. Store play dough in a sealed zip-top bag when not in use.