**The Good News**

**October Volume 4/ Issue 1**



Not promoting one brand just using this graphic as an illustration! The rule-of-three will need to be used when evaluating the ingredients to classify the product as whole grain. E-mail me pictures of labels if you have questions and we can go through them together.

**What is the Rule-of-3?**

The Rule-Of-3 is how the CACFP identifies whole grain-rich products. Still very important to look at the first ingredient to see if it is a whole grain, then the next two grain ingredients need to be creditable grains (whole or enriched grain, bran or germ), then the product meets the whole grain-rich criteria.

**Examples**:

**Q**: If an English muffin's ingredient list says: “whole wheat flour, water, enriched wheat flour, wheat starch, yeast, sugar, salt," does it pass the rule of three and meet the whole grain-rich criteria?

**A**: NO. The third grain ingredient is wheat starch; wheat starch is not a creditable grain.

**Q**: Can wheat bread, rolls, and buns labeled as "100% whole wheat" be used to meet the whole grain-rich requirement?

**A**: Yes, Grain products that are specifically labeled as "whole wheat bread", "entire wheat bread", "whole wheat rolls", "entire wheat rolls", "whole wheat buns", and "entire wheat buns" are 100 percent whole wheat and are easily identifiable as meeting the whole grain-rich criteria. Please note that foods with the label "whole grain", "made with whole grains", "made with whole wheat", or "contains whole grains" do not necessarily meet the whole grain-rich criteria.

Renewal Packets will be on their way to you end of September and into the first part of October. Packets will contain Appeal Process, Civil Rights Process, a card with Creditable Grains and Non-Creditable Grains, Local Food Sourcing Guide, and CACFP Calculation Guide.



Just Posted on http://www.jcfamilyhomeassociation.com/whats-new a list of Inspected processing plants in Kansas. If you raise beef or pigs and would like to use the meat that you raise, you can now do that as long as it is processed at one of these plants.



**Grace Period Ending**

Starting October 1, 2018 the grace period will be ending most of you have been doing great following the new regulations and you've been doing it so long it doesn't seem new anymore! Here's a reminder list:

* Whole Grain Once A Day
* No Juice for Infants
* No Grain-Based Desserts - see the card in your program renewal packets about grains!
* Yogurt must contain no more than 23 grams of sugar per 6 ounces.
* Cereal (breakfast and ready-to-eat) must contain no more than 6 grams of sugar per dry ounce. Granola is considered a ready-to-eat cereal and we will need to see the nutrition label to verify the sugar content.
* Deep fat frying is not allowed.
* Juice is limited to once per day for children over the age of 1.
* Can't serve 2 fruits at Lunch or Supper, has to be 2 vegetables or 1 vegetable and 1 fruit.

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Office of the Assistant Secretary for Civil Rights

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Fax: (202) 690-7442; or

Email: program.intake@usda.gov.