

IN THIS HANDOUT:

PRODUCT LABELS FOR CEREAL AND YOGURT SUGAR LIMITS

This handout provides information on cereal and yogurt sugar limit requirements and documentation required to keep on file to show they meet these requirements. This handout is applicable to all programs except for School Food Authorities operating the At-Risk Afterschool Program using the NSLP meal pattern.

Cereals

Cereals served in the CACFP must contain no more than 6 grams of sugar per dry ounce (1 dry ounce = 28 grams) and be made from enriched or whole grain meal or flour or be fortified. Cereals include ready-to-eat cereals, instant, and hot cereals.

Cereals on a state’s WIC cereal list

Cereals on any state’s WIC cereal list meet CACFP sugar limit requirements. The [CACFP Reference Guide](#) includes the list of Wisconsin WIC Approved Cereals.



Documentation To Keep On File

No label is required; however, it is best practice to keep labels for all cereals served

When buying store/generic brands, verify that the brand and type of cereal is on the WIC list. If it is not on the WIC list the label must be kept on file (see below)

Cereals not on a state’s WIC cereal list

To determine if a cereal not on a state’s WIC list meets CACFP sugar limits, use the cereal’s Nutrition Facts label and the cereal sugar limits chart in the [CACFP Reference Guide](#).

Documentation To Keep On File

Product label or picture/copy of the label that includes:

- Name and brand of cereal
- Nutrition Facts label

Other acceptable documentation includes a product specification sheet from the manufacturer that includes the name and brand of cereal and the Nutrition Facts



The CACFP Reference Guide is posted under Guidance Memorandum 12 (Guidance Memorandum L for FDCH Sponsors) on the [Guidance Memorandum webpage](http://dpi.wi.gov/community-nutrition/cacfp/guidance-memo) (dpi.wi.gov/community-nutrition/cacfp/guidance-memo)



Yogurt (Dairy and Soy*)

Yogurt served in the CACFP must contain no more than 23 grams of sugar per 6 ounces. To determine if a yogurt meets CACFP sugar limits, use the yogurt's Nutrition Facts label and the yogurt sugar limits chart in the [CACFP Reference Guide](#).

Documentation To Keep On File

Product label or picture/copy of the label that includes:

- Name and brand of yogurt
- Nutrition Facts label

Other acceptable documentation includes a product specification sheet from the manufacturer that includes the name and brand of yogurt and the Nutrition Facts



*Soy yogurt is not creditable for infants.

Ideas for Organizing Labels



Cereal: Place original cereal box, full side panel of cereal box, or a picture/copy of the full side panel of cereal box (must include name and brand of cereal and Nutrition Facts label) in a file folder labeled 'Cereal' or in a binder (page protector or three-hole punch) in a section designated for cereal.

Yogurt: Keep original yogurt container on hand. Or place a picture/copy of the yogurt label (must include name and brand of yogurt and Nutrition Facts label) in a file folder labeled 'Yogurt' or in a binder (page protector or three-hole punch) in a section designated for yogurt.



When taking pictures or making copies of labels, make sure all required parts of the label are included and the picture or copy is readable (not blurry, cut off, or too dark to read).

Keep labels for all cereal and yogurt currently served in one file. Labels for cereal and yogurt no longer served can be moved to another file. All CACFP records must be retained on file for three Federal Fiscal Years (FFY) plus the current FFY (Oct. 1 – Sep. 30).

Family daycare home providers must keep labels as specified by their sponsor.