CHOOSE BREAKFAST CEREALS WISELY

As of October 1, 2017, breakfast cereal served in the CCFP must contain no more than 6 grams of sugar per dry ounce. There are many types of cereal that meet this requirement. You can use any cereal that is listed on the Women, Infants, and Children (WIC)-approved cereal list. You can also find cereals that meet the requirement using the Nutrition Facts label. Do a quick calculation by dividing the number of grams of sugar per serving by the number of grams of cereal per serving. If the result is 0.212 or less, the cereal is creditable.

Alternatively, check out the handy chart below.

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**Nutrition Facts**

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Amount Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>5%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Polyunsaturated Fat</td>
<td>1g</td>
<td>0%</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>3g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>100mg</td>
<td>4%</td>
</tr>
<tr>
<td>Potassium</td>
<td>300mg</td>
<td>9%</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>37g</td>
<td>12%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>8g</td>
<td>32%</td>
</tr>
<tr>
<td>Soluble Fiber</td>
<td>3g</td>
<td>12%</td>
</tr>
<tr>
<td>Insoluble Fiber</td>
<td>5g</td>
<td>16%</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Grams of cereal per serving</th>
<th>Grams of sugar per serving</th>
</tr>
</thead>
<tbody>
<tr>
<td>12-16 grams</td>
<td>3 grams</td>
</tr>
<tr>
<td>26-30 grams</td>
<td>6 grams</td>
</tr>
<tr>
<td>31-35 grams</td>
<td>7 grams</td>
</tr>
<tr>
<td>45-49 grams</td>
<td>10 grams</td>
</tr>
<tr>
<td>55-58 grams</td>
<td>12 grams</td>
</tr>
<tr>
<td>59-63 grams</td>
<td>13 grams</td>
</tr>
<tr>
<td>74-77 grams</td>
<td>16 grams</td>
</tr>
</tbody>
</table>

**Is it 0.212 or less?**

✔ Yes, it is creditable!

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Our newest Family Child Care Home Providers!

Beatriz Febo  
Dulce Maria Gutierrez-Carballos  
Barbara Harrison  
Rebecca Jackson  
Brenda McClendon  
Rhonda Ogochukwu  
Ana Seruto-Lopez

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AUGUST IS NATIONAL BREASTFEEDING MONTH!

Breastfeeding is an important way for mothers to bond with their babies and provides many benefits to mothers, infants, and care givers. Breastfed babies usually: get sick less often, spit up less, have less constipation, and have less odor in stools.

Providing a breastfeeding friendly atmosphere can encourage mothers to continue breastfeeding. Create a quiet, comfortable space for nursing mothers in your family child care home. Remember, providers may now receive reimbursement for meals when a breastfeeding mother comes to the day care home and breastfeeds her infant.

For local resources, call us or visit the Tampa Bay Breastfeeding Taskforce website at [www.tbbreastfeeding.org](http://www.tbbreastfeeding.org)
MEET OUR TEAM

Sytidra Coleman has been part of our Administrative Staff for 2½ years and is responsible for various clerical duties. She loves reading, singing, and spending time with family.

ANNUAL PROVIDER TRAININGS

When: August 26
September 9
September 23

Where: Hillsborough Community College - Dale Mabry Campus
4001 W Tampa Bay Blvd, Tampa, FL 33614

Get started with KidKare today! Visit http://help.kidkare.com

A big SHOUTOUT to those who attended the NEW Meal Pattern and KidKare Trainings!

We enjoyed learning with you!

Grilled Peach Tacos with Peach Salsa
Prep time: 30 minutes
Makes: 4 Servings

Ingredients
For the salsa:
- 1 can 15.25 ounces peach halves (drained, rinsed, and chopped, about 1 cup)
- 1/2 red bell pepper (finely chopped, about 1/2 cup)
- 1/4 red onion (finely chopped, about 1/4 cup)
- 1 whole jalapeno pepper (rinsed, seeded, and finely chopped)
- 1 tablespoon fresh cilantro (finely chopped)
- 2 teaspoons lemon juice

For the fish:
- 4 tilapia fillets (about 1 lb)
- 1 tablespoon chili powder
- 1/4 teaspoon low-sodium adobo seasoning
- 1 package low-sodium sazon seasoning
- 8 6” flour tortillas (warmed)

Directions
For the Salsa:
1. In a medium bowl, stir together chopped peaches, bell pepper, onions, jalapenos, cilantro, and lemon juice; cover and refrigerate until ready to use.

For the fish:
1. Heat grill or grill pan over medium-high heat. Using paper towels, pat fish dry, transfer to plate.
2. In a small bowl, stir together chili powder, low-sodium adobo and sazon packet.
3. Rub fish with spice mixture to coat completely.
4. Place fish on hot greased grill grates.
5. Cook, flipping once until fish is opaque and flakes easily with a fork (145 degrees Fahrenheit), about 8 minutes.
6. Thinly slice fish.
7. To serve, fill each tortilla with 1/2 fish fillet and about 1/3 cup of salsa.

Meal Pattern Contribution
½ cup Fruit, ¼ cup Vegetables, 2 oz. Grains, 2.5 oz. Meat/Meat Alternate
(Source: https://whatscooking.fns.usda.gov/recipes/myplate-cnpp/grilled-fish-tacos-peach-salsa)

Contact information:
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