

The Edible Editorial

November 2025

Welcome Providers!


November brings cooler days, gratitude, and plenty of fun learning opportunities. This edition includes activities, CACFP-creditable snack ideas, and reminders to keep everything running smoothly.


Activity Ideas

Pumpkin Patch Yoga

Guided movements: “seed stretch,” “vine twist,” “pumpkin roll,” “scarecrow stand.”

Pick 5–7 simple poses with calm music. Good for Emotional Regulation, body awareness, fun transition before snack.

Thankful Chain  - Kids dictate or draw things they’re thankful for on paper strips. Link into a classroom chain.

Corn Kernel Counting Tray  - Muffin tin + numbered cups + dried corn. Drop kernels to match numerals, then add/subtract.

Corn Husk Orchestra

Make simple shakers and “rainsticks” using sealed tubes with popcorn kernels. Decorate the outside with fall colors; play fast/slow, loud/soft.

Quick Training Bite

Whole-Grain-Rich check: First ingredient is a whole grain, or the product has the WGR crediting statement.

Two snack components rule: Choose two different components, never two of the same.

Holiday Planning Checklist

Update closure dates for Thanksgiving week and notify households/food program as needed.

Keep receipts and labels for CN or product formulation statements; snap photos before packaging hits the trash.

Rotate pantry stock; use up older whole grain items and freeze surplus bread to prevent waste.

Compliance Corner

- Milk service: Ages 12–24 months: unflavored whole milk. Ages 2 and up: unflavored low-fat (1%) or fat-free. Flavored milk not allowed for ages 1–5.
- Juice: 100% juice may credit at snack or one other meal, but limit to no more than once per day.
- Meat/meat alternates at breakfast: May credit toward the grains requirement up to 3 times per week for children (not infants).
- Crediting tofu/soy yogurt: Allowable when they meet CACFP requirements; keep product documentation on file.
- Infant meal pattern: Solid foods are introduced when developmentally ready, per parent and provider; breastmilk or iron-fortified formula required.



Requirement Change for October 1, 2025

Added Sugars in Breakfast Cereals

To meet the Child and Adult Care Food Program (CACFP) requirements for cereal starting October 1, 2025, the following criteria must be met:

- **Added Sugar Limit: Breakfast cereals must contain no more than 6 grams of added sugars per dry ounce.** This is a change from the previous requirement which limited the total sugars to 6 grams per dry ounce.
- **Creditable Grains:** Cereals must be made from enriched or whole grain meal or flour to be fortified. At least one serving of grains per day must be whole-grain rich.
- **Iron Fortification (for infants):** Ready-to-eat cereals served to infants at snack must be iron-fortified. Infant cereals (dry) must also be iron-fortified.

General Information and Useful Details:

- **How to determine Added Sugar contents:** Check the Nutritional Facts Label on the cereal package. Look for the “Added Sugars” line, which indicates the amount of added sugar in grams per serving. You will need to calculate the grams of added sugar per dry ounce to ensure it meets CACFP requirements.
- **Calculation Method:** Divide the grams of added sugars by the serving size in grams, and then multiply by 28.35 (since 1 ounce is approximately 28.35 grams). The result should be 6 or less.

Added Sugars in Yogurt:

Beginning October 1, 2025, the Child and Adult Care Food Program (CACFP) will require all yogurts served to contain no more than 12 grams of added sugar per 6 ounces.

Understanding the Serving Sizes and Sugar Limits:

- The new standard translates to a maximum of 2 grams of added sugar per ounce.

Reading The Nutrition Facts Label:

- **Serving Size:** Identify the serving size, typically listed in ounces (oz.) or grams (g).
- **Added Sugars:** Locate the “Includes Xg of Added Sugars” line under “Total Sugars”.

Calculating Added Sugars per Ounce:

- Divide the grams of added sugars by the serving size in ounces.
- Ensure the result does not exceed 2 grams of added sugars per ounce.

Beef Vegetable Soup - Recipe for Homes

CACFP Crediting Information: Serving Size 1 cup provides 3/8 cup vegetable and 1 oz. meat/meat alternate. Makes 6 servings.

Ingredients:

- 3/4 cup or 7 oz. raw ground beef, no more than 10% fat
- 2 cups or 16 oz. low sodium beef broth
- 2 cups or 13 oz. canned no-salt added diced tomatoes, undrained
- 1/2 cup or 2 oz. fresh celery, chopped
- 1/2 cup or 2 oz. fresh onion, chopped
- 1/2 tsp. salt
- 1/8 tsp. ground black pepper
- 1 tsp. onion powder
- 1 tsp. salt-free seasoning
- 2 1/4 tsp. garlic powder
- 1/8 tsp. dried parsley
- 2 1/4 tsp. ancho chili powder or 2 1/4 tsp. Mexican seasoning mix
- 3/4 cup or 3 oz. frozen corn
- 1 cup or 5 oz. frozen peas and carrots
- 3/4 cup or 2 oz. frozen green beans



Directions:

1. Place ground beef in a large pot. Heat over high heat uncovered for 5-8 minutes. Stir often until meat is well done.
2. Heat to 165 degrees F or higher for at least 15 seconds.
3. Remove meat from heat. Drain beef in a colander.
4. Return meat to heat.
5. Add beef broth, tomatoes, celery, onions, salt, pepper, onion powder, parsley and ancho chili powder. Bring to a boil. Reduce heat to medium and cover. Simmer for 20 minutes.
6. Add corn, peas and carrots, and green beans.
7. Cover and simmer over medium heat for 15 minutes until vegetables are tender.
8. Heat to 165 degrees F or higher for at least 15 seconds.
9. Pour soup into a large soup bowl.
10. Serve 1 cup (portion with 1 cup measuring cup or 8 fl. Oz. ladle).

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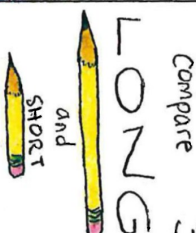
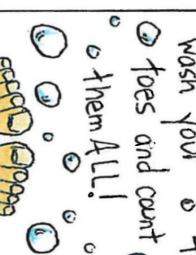







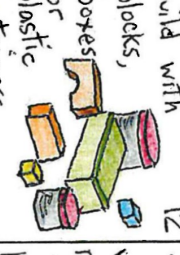
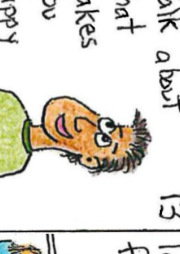


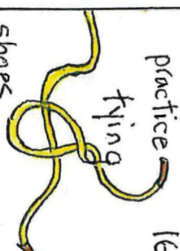




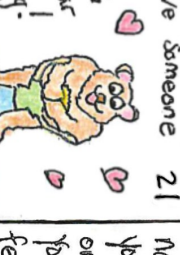
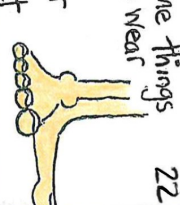





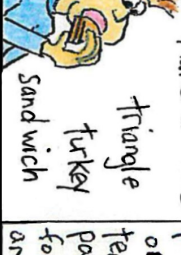

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

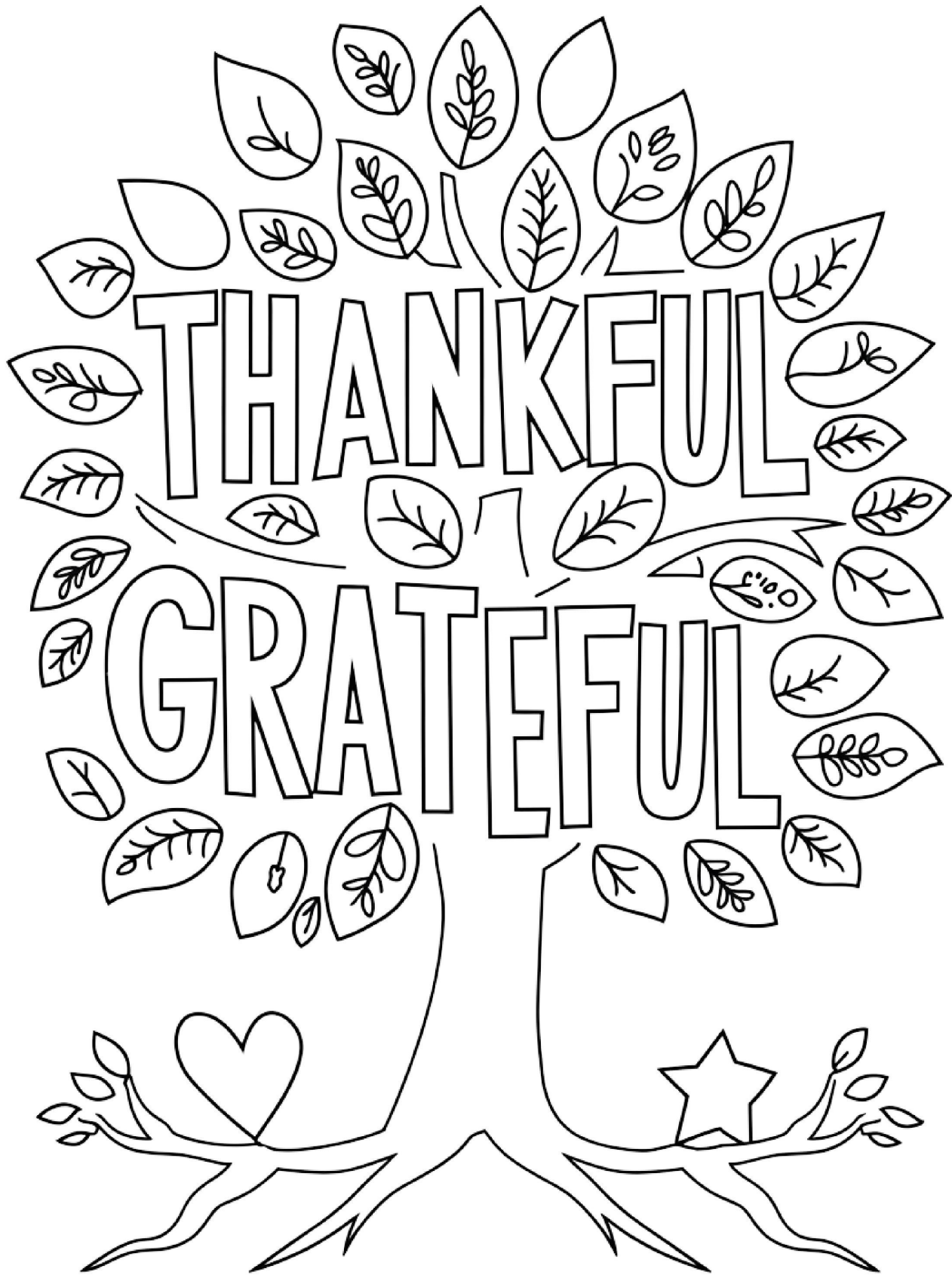
1. **mail:** U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or
 2. **fax:** (833) 256-1665 or (202) 690-7442; or
- email:** program.intake@usda.gov

This institution is an equal opportunity provider.

November

ACTIVITY CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Daylight Savings Ends - Turn clocks back 1 hour</p>  <p>2</p>	<p>Compare LONG and SHORT</p>  <p>3</p>	<p>wash your toes and count them ALL!</p>  <p>4</p>	<p>make popcorn, count and EAT!</p>  <p>5</p>	<p>Find words or letters in a newspaper</p>  <p>6</p>	<p>take a walk, what do you smell?</p>  <p>7</p>	<p>mix yogurt, granola and banana slices for a nutritious snack</p>  <p>1</p>
<p>follow directions: 9 • measure "1" • mix • pour - make pudding</p>  <p>9</p>	<p>retell a story by looking at the pictures</p>  <p>10</p>	<p>VETERANS DAY</p>  <p>11</p>	<p>build with blocks, boxes or plastic containers</p>  <p>12</p>	<p>talk about what makes you happy</p>  <p>13</p>	<p>look at Family pictures together</p>  <p>14</p>	<p>FAMILY EXERCISE DAY!</p>  <p>15</p>
<p>practice tying shoes</p>  <p>16</p>	<p>Sing your favorite songs</p>  <p>17</p>	<p>try to dance on one foot!</p>  <p>18</p>	<p>EAT green and yellow veggies!</p>  <p>19</p>	<p>play the mirror game, match faces</p>  <p>20</p>	<p>give someone a BIG bear hug!</p>  <p>21</p>	<p>name things you wear on your feet</p>  <p>22</p>
<p>Trace a hand, make a turkey</p>  <p>23</p>	<p>sing and dance to your "Favorite" songs</p>  <p>24</p>	<p>practice buttoning</p>  <p>25</p>	<p>Touch and count Some trees at a park</p>  <p>26</p>	<p>HAPPY THANKSGIVING DAY!</p>  <p>27</p>	<p>make a triangle turkey sandwich</p>  <p>28</p>	<p>practice cutting or tearing paper for an art project</p>  <p>29</p>



Small Hands Crafting

Many Native Americans believe you can use a dream catcher to trap your bad dreams. Have your kids

make their own dream catcher! Cut out the center of a paper plate. Punch holes along the inside rim. Have your children practice fine motor skills by threading yarn across the center of the plate from one hole to another and back again to a different hole on that side.

Use crayons to decorate the plate and tie three strings with feathers or beads to hang down.



Native American Heritage Month

Did you know that child care providers who participate in the Child and Adult Care Food Program (CACFP) receive nutrition education?

Child care providers who participate in the CACFP receive valuable nutrition education which helps them understand healthy guidelines for choosing foods and portion sizes for children. They receive guidance through nutrition education materials, personal visits from CACFP staff, and requirements for meals and snacks that ensure access to healthy foods for the children in their care. CACFP providers learn how to encourage positive eating habits and help children learn how to make healthy food choices every day at meal time.

Because your childcare participates with CACFP, your children are learning how to make healthy food choices for meals and snacks that will last a lifetime.

Volleyball Throwback Movement for Native American Month

Many of the games we play today were actually Native American games from long ago that we have been modified along the way. One of those games, called "Tossing the ball" is what we now know as Volleyball. Even our youngest children are big enough to try to keep the ball in the air. For your littlest participants, use balloons and let them play by bouncing the balloon and trying to keep it in the air. As your kids get older and are more able, have them play with a partner. To make it even more challenging you can divide the group into teams to keep an actual ball in the air by hitting it back and forth. Some tribes played a game called "Hoop and Pole" which consisted of throwing a dart and catching it in a net on a pole. Of course this is too much for your little ones, but it is sure fun to play a variation of that game. Use baskets for your hoops and use soft balls for your darts. Partner the kids up and have them try to catch the balls from different distances to create more challenges.

Baked Fish with Corn Crust

- 1 cup corn flakes cereal (crushed into crumbs)
- 2 fish fillets (about 6 ounces of either trout, flounder, or other white fish)
- 1 cup 1% milk
- 1/8 teaspoon salt
- 1/4 teaspoon black pepper
- 2/3 tablespoon margarine (2 teaspoons)

Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes. Dip fish fillets in milk, then dip in cereal to coat the outside. Place fillets on baking sheet. Place 1 teaspoon margarine on top of each fish fillet. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Recipe from USDA Mixing Bowl

