CACFP KEV COB QHIA

Cov Ntsiab Lus Tseem Ceeb

DPI KHOOM NOJ HAUS ZOO HAUV ZEJ ZOG

TXOJ CAI NTAWM 3 RAU KEV TXIAV TXIM SIAB TAG NRHO COV UA NRTSIAV-MUAJ NUJ NQIS (WGR)

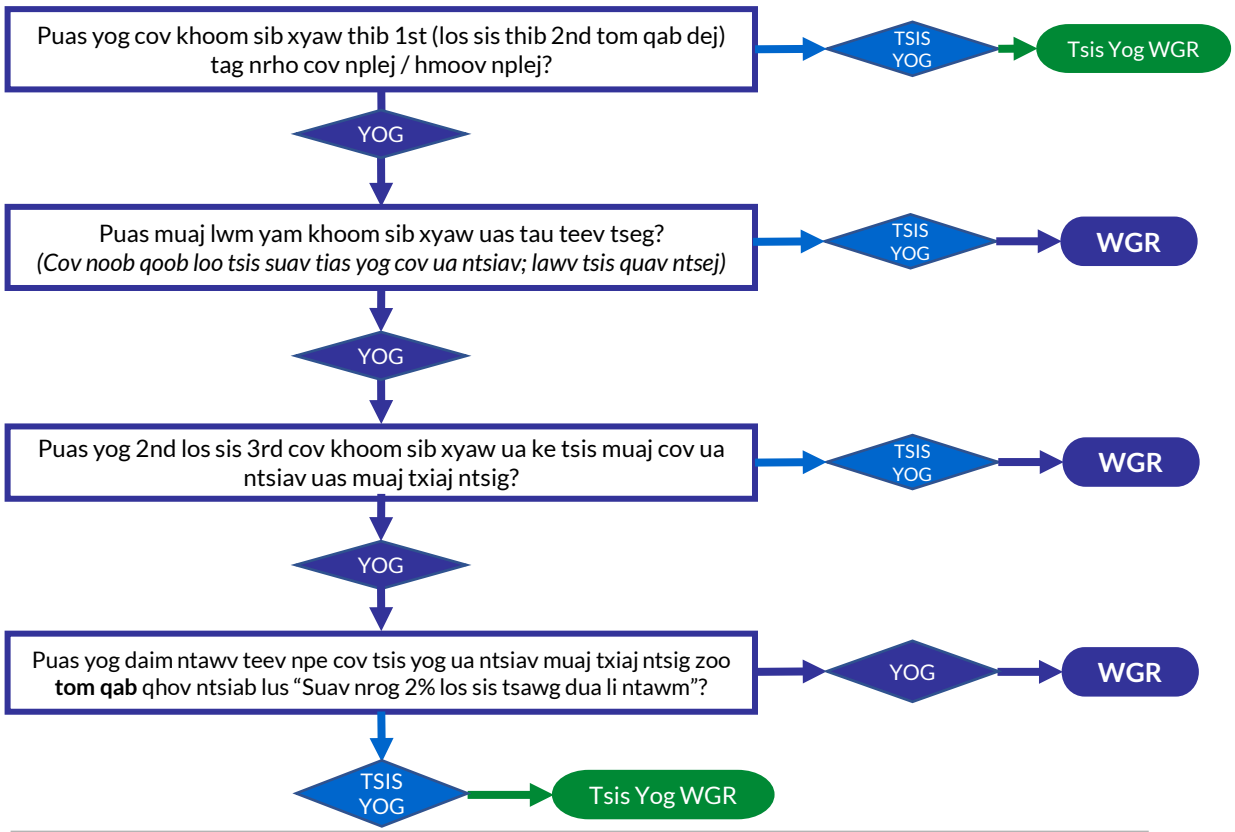
Txoj Cai ntawm 3 yuav tsum saib ntawm cov khoom noj ua ntsiav daim ntawv teev npe cov khoom sib xyaw.Qhov sib xyaw yog WGR thaum qhov:

- 1st khoom sib xyaw (los sis qhov thib ob tom qab xyaw dej) yog qhov **tag nrho cov ua ntsiav/ua hmoov**
- 2nd thiab 3rd cov khoom ua ntsiav (yog tias muaj ib qho) yog qhov **tag nrho cov ua ntsiav/ua hmoov, cov ua ntsiav/hmoov muaj txiaj ntsig siab, hlwb, los sis cov germ**

Ib cov ua ntsiav uas tsis muaj txiaj ntsig tsis tuaj yeem yog ib qho ntawm thawj peb cov khoom noj sib xyaw.
Cov noob qoob loo thiab cov khoom xyaw tom qab "muaj 2% los sis tsawg dua ntawm" nqe lus raug tsis quav ntsej.

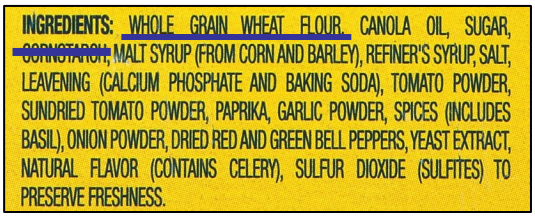
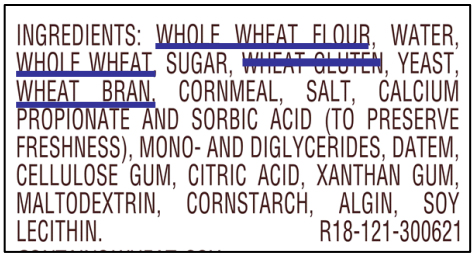
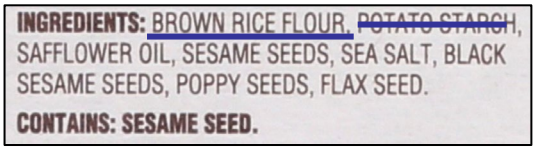
Txoj Cai Ntawm 3 Txoj Kab

Siv Txoj Cai 3 Daim Phiaj Qhia los txiav txim seb cov khoom lag luam puas yog WGR los sis tsis yog WGR nyob ntawm seb cov khoom xyaw nplej.Rau daim ntawv teev npe cov khoom sib xyaw ua ntsiav, mus saib Daim Ntawv Teev Npe Cov Khoom Noj Sib Xyaw.

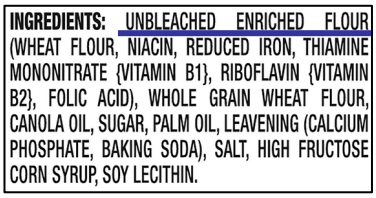
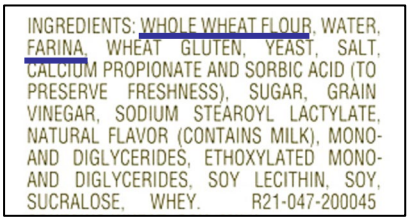
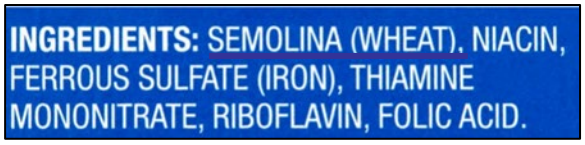


Daim Ntawv Teev Npe Cov Khoom Noj yog muab tso rau hauv Kev Taw Qhia Kev Cog Lus Pom Zoo 12 (Kev Taw Qhia Kev Cog Lus Pom Zoo L rau FDCH Cov Neeg Txhawb Nqa) nyob rau ntawm Nplooj vev xaib Cov Lus Qhia Kev Cog Lus Pom Zoo (dpi.wi.gov/community-nutrition/cacfp/guidance-memo)

Piv txwv ntawm cov khoom uas yog WGR los ntawm Txoj Cai 3

Qhov khoom lag luam no yog WGR vim tias qhov 1st cov khoom sib xyaw yog tag nrho cov ua ntsiav. Tsis muaj lwm cov khoom xyaw ua ntsiav.	 1st cov khoom sib xyaw: Tag Nrho Cov Ua Ntsiav Pob Kws Ua Hmoov (Tag Nrho Cov Ua Ntsiav/Ua Hmoov) *Nco tseg: Cov pob kws uas yog tag nrho cov ua ntsiav (tso pov tseg)*
Yam khoom no yog WGR vim tias qhov 1st cov khoom sib xyaw yog tag nrho cov ua ntsiav 2nd cov khoom sib xyaw ua ntsiav yog tag nrho cov ua ntsiav 3rd cov khoom ua ntsiav yog qhov muaj plhaub qhwv.	 1st cov khoom sib xyaw: Tag Nrho Cov Pob Kws Ua Hmoov (Tag Nrho Cov Ua Ntsiav/Ua Hmoov) 2nd cov khoom sib xyaw ua ntsiav: Tag Nrho Cov Pob Kws (Tag Nrho Cov Ua Ntsiav/Ua Hmoov) 3rd cov khoom sib xyaw ua ntsiav: Cov Plhaub Hmoov Pob Kws (Plhaub) *Nco tseg: Cov ua hmoov uas yog nplaum yog cov ua ntsiav qoob loo (tso tseg)*
Cov khoom no yog WGR vim yog 1st qhov sib xyaw uas tag nrho cov ua ntsiav, thiab qhov 2nd cov khoom sib xyaw ua ntsiav yog cov ua ntsiav muaj txiaj ntsig siab.Tsis muaj ib qho 3rd cov sib xyaw ua ntsiav.	 1st cov khoom sib xyaw: Graham Ua Hmoov (Tag Nrho Cov Ua Ntsiav/Ua Hmoov) 2nd cov khoom sib xyaw ua ntsiav: Cov Ua Hmoov Uas Tsis Muaj Txiaj Ntsig Siab (Cov Ua Ntsiav/Ua Hmoov Muaj Txiaj Ntsig Siab)
Yam khoom no yog WGR vim tias qhov 1st khoom sib xyaw yog tag nrho cov ua ntsiav. Tsis muaj lwm yam cov sib xyaw ua ntsiav.	 1st cov khoom sib xyaw: Txhuv Xim Av Flour (Tag Nrho Cov Ua Ntsiav/Ua Hmoov) *Nco tseg: Cov qos yaj ywm uas yog cov ua ntsiav (tso tseg)*

Cov Piv Txwv ntawm Cov Khoom Uas tsis yog WGR los ntawm Txoj Cai 3

Cov khoom lag luam no yog WGR vim yog 1st cov khoom sib xyaw uas tsis yog tag nrho cov ua ntsiav/ua hmoov. Yam khoom no muaj txiaj ntsig zoo raws li cov khoom sib xyaw ua ntsiav.	 **INGREDIENTS:** UNBLEACHED ENRICHED FLOUR (WHEAT FLOUR, NIACIN, REDUCED IRON, THIAMINE MONONITRATE {VITAMIN B1}, RIBOFLAVIN {VITAMIN B2}, FOLIC ACID), WHOLE GRAIN WHEAT FLOUR, CANOLA OIL, SUGAR, PALM OIL, LEAVENING (CALCIUM PHOSPHATE, BAKING SODA), SALT, HIGH FRUCTOSE CORN SYRUP, SOY LECITHIN. 1st cov khoom sib xyaw: Cov Khoom Noj Ua Hmoov Uas Tsis Ntxuav (Cov ua ntsiav/ua hmoov muaj txiaj ntsig siab)
Yam khoom no tsis yog WGR vim yog qhov khoom sib xyaw ua ntsiav thib 2nd cov khoom sib xyaw ua ntsiav/ua hmoov muaj txiaj ntsig zoo. Cov khoom no muaj txiaj ntsig zoo li cov ua ntsiav vim tias thawj cov khoom sib xyaw yog cov ua hmoov tag nrho; Txawm li cas los xij, nws tsis tuaj yeem suav tias yog WGR.	 INGREDIENTS: WHOLE WHEAT FLOUR, WATER, FARINA, WHEAT GLUTEN, YEAST, SALT, CALCIUM PROPIONATE AND SORBIC ACID (TO PRESERVE FRESHNESS), SUGAR, GRAIN VINEGAR, SODIUM STEAROYL LACTYLATE, NATURAL FLAVOR (CONTAINS MILK), MONO- AND DIGLYCERIDES, ETHOXYLATED MONO- AND DIGLYCERIDES, SOY LECITHIN, SOY, SUCRALOSE, WHEY. R21-047-200045 1st cov khoom sib xyaw: Tag Nrho Cov Pob Kws Ua Hmoov (Tag Nrho Cov Ua Ntsiav/Ua Hmoov) 2nd cov khoom sib xyaw ua ntsiav: Farina (Cov Ua Ntsiav/Ua Hmoov Muaj Txiaj Ntsig Zoo)
Yam khoom no tsis yog WGR vim yog qhov 1st cov khoom sib xyaw uas tsis yog tag nrho cov ua ntsiav/ua hmoov. Cov khoom no tsis muaj txiaj ntsig hauv CACFP vim tias cov pob kws tsis muaj txiaj ntsig.	 **Ingredients:** Corn, Vegetable Oil (Corn, Canola, and/or Sunflower Oil), and Salt. 1st cov khoom sib xyaw: Pob Kws (Cov Ua Ntsiav/Ua Hmoov Tsis-Muaj Txiaj Ntsig Zoo)
Yam khoom no tsis yog WGR vim yog qhov 1st cov khoom sib xyaw uas tsis yog tag nrho cov ua ntsiav/ua hmoov. Cov khoom no muaj txiaj ntsig zoo li cov ua ntsiav uas muaj txiaj ntsig zoo vim tias muaj cov npe ntawm cov khoom noj uas siv los txhawb cov semolina (pob kws).	 **INGREDIENTS:** SEMOLINA (WHEAT), NIACIN, FERROUS SULFATE (IRON), THIAMINE MONONITRATE, RIBOFLAVIN, FOLIC ACID. 1st cov khoom sib xyaw: Semolina (Cov Ua Ntsiav/Ua Hmoov Tsis Muaj Txiaj Ntsig Zoo)

Cov Khoom Sib Xyaw Nrog Cov Ua Hmoov

Nws yog ib qho tseem ceeb kom nkag siab txog cov khoom sib xyaw ua hmoov thiab lawv siv li cas rau Txoj Cai 3.Cov khoom ua hmoov yog thaum cov khoom xyaw ua ntsiav/ua hmoov cov khoom sib xyaw tau teev npe nrog cov kab lus ntawm ib sab ntawm nws thiab hauv cov kab lus yog cov npe ntawm cov khoom sib xyaw.Cov piv txwv:

Tag Nrho Cov Ua Hmoov Muaj Txiaj Ntsig Zoo (Cov Ua Hmoov, Malted Barley, Cov Kuab Hlau, Niacin, Thiamin, Riboflavin, Folic Acid)

Nyob rau hauv cov piv txwv saum toj no, cov khoom xyaw nyob rau hauv lub cim kaw uas tag nrho cov ua hmoov muaj txiaj ntsig zoo, lawv tsis yog cais cov khoom sib xyaw.

Thaum ua raws li Txoj Cai 3, kho cov khoom sib xyaw ua hmoov ua ib qho khoom xyaw; piv txwv li, tag nrho cov ua hmoov muaj txiaj ntsig zoo nyob hauv qhov piv txwv yog cov khoom sib xyaw ua hmoov, tsis yog cov ua hmoov thiab txhuv malted barley nyob rau hauv lub voj voog.

Cov Khoom Noj ua Hmoov thiab Txoj Cai 3 rau Tag Nrho Cov Ua Ntsiav-Muaj Txiaj Ntsig Siab
Thaum Cov Ua Hmoov yog 1st Khoom Sib Xyaw (los sis zaum ob tom qab dej): tag nrho cov khoom sib xyaw ua ntsiav hauv lub cim kaw yuav tsum yog tag nrho cov ua ntsiav/ua hmoov.Nws tsis tuaj yeem muaj cov ua ntsiav/cov ua hmoov nplej, bran, kab mob, los sis cov ua ntsiav uas tsis muaj txiaj ntsig.Nov yog qhov piv txwv ntawm tag nrho cov ua ntsiav ua hmoov: **Tag nrho cov ua hmoov (tag nrho cov pob kws ua hmoov, cov mov xim av ua hmoov, tag nrho cov mov oat ua hmoov)**
Thaum Cov Khoom Noj yog qhov 2nd thiab/los sis 3rd cov khoom sib xyaw ua ntsiav: tag nrho cov khoom xyaw hauv lub voj voog yuav tsum tau txais txiaj ntsig, txhais tau tias lawv yog cov ua ntsiav/ua hmoov, ua kom ua ntsiav/ua hmoov muaj txiaj ntsig zoo, cov npluag los sis cov germ; cov vitamins thiab minerals raug tso cai.Nov yog ib qho piv txwv ntawm cov khoom sib xyaw cov npluag ua hmoov ua muaj txiaj ntsig zoo: **Cov npluag ua hmoov (graham ua hmoov, cov pob kws ua hmoov, cov pob kws ua hmoov uas muaj txiaj ntsig siab, cov npluag pob kws)**
Yog tias muaj ib cov ua ntsiav/ua hmoov uas tsis muaj txiaj ntsig siab, cov khoom npluag ua hmoov yog cov ua ntsiav tsis muaj txiaj ntsig siab. Nov yog ib qho piv txwv ntawm cov ua hmoov tsis muaj txiaj ntsig siab (cov hmoov taum thiab cov hmoov qos yaj ywm yog cov ua ntsiav uas tsis muaj txiaj ntsig): **Cov pluag ua hmoov (graham ua hmoov, taum ua hmoov, qos yaj ywm ua hmoov)**

Nixtamalized Cov Khoom Noj Pob Kws Sib Xyaw

Cov khoom lag luam pob kws, xws li tortillas thiab tortilla ua daim, nrog cov khoom xyaw pob kws uas yog nixtamalized yog suav tias yog tag nrho cov ua ntsiav.Cov khoom xyaw no tuaj yeem raug txheeb xyuas hauv cov npe khoom xyaw xws li:

- Cov Calcium hydroxide/dej qaub
- Pob kws masa / pob kws masa ua hmoov
- Ua noj nrog txiv qaub / kua qaub
- Av pob kws kho nrog txiv qaub
- Hmoov pob kws nrog kab ntawm txiv qaub
- Qaub
- Mov Masa harina
- Trace ntawm cov qaub
- Kho nrog cov kua qaub
- Kho nrog cov qaub

Ingredients
Organic Masa (Organic Corn, Water, Lime), Organic Sunflower Oil, Organic Corn Oil, Salt

Cov khoom uas muaj kua qaub flavoring ntxiv yog tsis nixtamalized.Cov khoom lag luam pob kws, xws li tortillas thiab tortilla ua daim, nrog cov khoom xyaw pob kws uas yog nixtamalized yog suav tias yog tag nrho cov khoom sib xyaw.

WISCONSIN DEPARTMENT OF Public Instruction

Wisconsin Lub Chaw Hauj Lwm Saib Xyuas Cov Lus Qhia Pej Xeem
Cov Khoom Noj Haus Zoo Hauv Zej Zog
dpi.wi.gov/community-nutrition
Lub koom haum no yog ib lub chaw muab kev pab muaj vaj huam sib luag.
Hloov Kho Tshiab Lub Yim Hlis 2025