Puas Yog Ib Yam Khoom Rau Tag Nrho Cov Qoob Loo (WGR) nyob hauv CACFP?

Siv daim phiaj qhia no los txiav txim siab seb yam qoob loo puas yog WGR hauv CACFP.Pib nrog ib ntawm peb lub npov nyob rau sab saum toj ntawm nplooj ntawv, saib raws li seb hom ua ntsiav uas koj txiav txim siab.Txog ib daim ntawv teev cov khoom xyaw ua ntsiav thaum saib noj tshais qoob loo thiab thaum siv Txoj Cai Peb, saib cov[Daim Ntawv Teev Npe Cov Khoom Sib Xyuaw](#)*.

Cov Khoom Noj Pluas Tshais Qoob Loo

Yog ib yam sib xyaw 1st ua ke (los sis 2nd tom qab ywg dej) a Tag Nrho Cov Ua Ntsiav?

Tsis Yog

Yog

Yam khoom yog TSIS YOG WGR

Puas yog muaj kev muab zaub mov ntxiv?

Tsis Yog

Yog

Yam khoom yog WGR

Puas yog koj yog 2 cov ua noob cov khoom sib xyaw (yog tias muaj) tag nrho cov ua ntsiav, cov khoom muaj nqis, tsob nplej, los yog cov npluag nplej?

Cov noob qoob loo uas tau muab tso pov tseg thiab tsis suav nrog hauv Txoj Cai ntawm Tsob Ntoo.

Yog tias tsis muaj lwm cov noob sib xyaw ces tso tseg ntawm no.
Yam khoom yog WGR.

Tsis Yog

Yog

Yam khoom yog WGR

Yog tias cov khoom sib xyaw thib 2nd los sis 3rd tsis muaj cov noob los sis cov hmoov uas zoo , puas yog lawv ua raws li cov ntsiab lus "ntim 2% los sis tsawg dua"?

Tsis Yog

Yog

Yam khoom yog WGR

Puas yog muaj Khoom Noj Haus Zoo Rau Me Nyuam (CN) Lub Cim los sis Cov Ntsiab Lus Qhia Txog Tus Qauv Ntawm Cov Mis (PFS) muaj suab npe rau cov khoom raws li WGR?

Tsis Yog

Yog

Yam khoom TSIS YOG WGR

Ncuav Ci, Ncuav Qe, Ncuav Kauv los sis Pasta

Puas yog lub ncuav ci, ncuav qe, los sis yob puas muaj ib lub npe tseeb tiag?
Ncuav pob kws, Tag nrho cov ncuav pob kws,
Ncuav Graham, Tag nrho cov ncuav pob kws kauv,
Ncuav pob kws qhwv tag nrho, ncuav Graham kauv,
Tag nrho cov ncuav pob kws qe, Ncuav pob kws qe txhua yam,
Ncuav Graham kauv

Puas yog pasta muaj ib lub npe tseeb tiag? Tag nrho cov khoom qoob loo nplej macaroni
Cov macaroni pob kws
Cov spaghetti pob kws
Cov mij vermicelli pob kws

Txhua lwm cov ua ntsiav

xws li mov crackers, bagels, waffles, tortillas, biscuits, mov, pancakes, thiab lwm yam.

Tsis Yog

Puas yog yam khoom ntawm daim ntawv teev npe WIC*?

Yog

Yam khoom yog WGR

Tsis Yog

Puas yog cov npe pob khoom lag luam yog ib ntawm cov FDA kev noj qab haus huv no?

- "Kev noj zaub mov uas muaj cov zaub mov muaj txiaj ntsis zoo thiab lwm yam zaub mov cog thiab muaj roj tsawg, cov roj saturated, thiab cov roj cholesterol tuaj yeem txo qis kev pheej hmoo ntawm kab mob plawv thiab qee yam mob khees xaws."
- "Kev noj zaub mov uas muaj cov zaub mov muaj nuj nqis thiab lwm yam zaub mov cog, thiab cov roj saturated thiab roj cholesterol tsawg, tuaj yeem pab txo qis kev pheej hmoo ntawm tus kab mob plawv."

Yog

Tsis Yog

Yam khoom yog WGR

Puas yog yam khoom haum raws li Txoj Cai ntawm Peb?

Saib ntawm cov khoom muaj suab npe thiab teb cov lus nug hauv daim ntawv qhia no, pib hauv qab ntawm lub npov no, los sis saib raws li CACFP Cov Ntsiab Lus Tseem Ceeb Kev Cob Qhia: Txoj Cai ntawm 3 rau Kev Txiav Txim Siab Tag Nrho Cov Ua Nrtsiav-Muaj Nuj Nqis (WGR)

Rau daim ntawv teev npe ntawm cov ua noob, saib Daim Ntawv Teev Npe cov Ua Noob Muaj Suab Npe*

Puas yog 1st muaj suab npe (los sis 2nd tom qab ywg dej) qhov Tag Nrho Cov Ua Ntsiav?

Tsis Yog

Yog

**WI WIC daim ntawv teev npe* thiab *Daim Ntawv Teev Npe Cov Qoob Loo Sib Xyaw* tau tshaj tawm raws li GM 12: Cov Khoom Noj Haus Xav Tau 1-18 Xyoos / Kab ntawv qoob loo (GM L: Cov Khoom Noj Haus Xav Tau 1-12 Xyoos / Kab ntawv cov qoob loo rau tsev neeg zov me nyuam hauv tsev).
https://dpi.wi.gov/community-nutrition/cacfp/child-care/memos.

Hloov kho tshiab 7/2025