

# CACFP Updates March 2026



**CACFP Updates** is the Connecticut State Department of Education's (CSDE) electronic newsletter for sponsors of the U.S. Department of Agriculture's (USDA) Child and Adult Care Food Program (CACFP), including child care centers, family day care homes, emergency shelters, at-risk afterschool care centers, and adult day care centers.

This month's topics are listed below. Please review and share with appropriate staff members. For previous versions of CACFP Updates, visit the CSDE's [CACFP Updates](#) webpage.

- USDA Memo SP 02-2026, CACFP 01-2026, SFSP 01-2026: Dietary Guidelines for Americans, 2025-2030 – Eat Real Food
- New Food Yields Added to the Food Buying Guide for Child Nutrition Programs
- Subscribe to the Institute of Child nutrition (ICN) for Updates and Webinar Information

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## **USDA Memo SP 02-2026, CACFP 01-2026, SFSP 01-2026: Dietary Guidelines for Americans, 2025-2030 – Eat Real Food**

[USDA Memo SP 02-2026, CACFP 01-2026, SFSP 01-2026: Dietary Guidelines for Americans, 2025-2030 – Eat Real Food](#) provides information and guidance on the updated [Dietary Guidelines for Americans, 2025-2030](#) (Guidelines), which were released by the U.S. Department of Health and Human Services and USDA on January 7, 2026. The Guidelines and the New Pyramid are available at <https://realfood.gov/>.

This memo is also available in the “[2026 USDA CACFP Memos](#)” section of the CSDE’s Operational Memoranda for the CACFP webpage.

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## **New Food Yields Added to the Food Buying Guide for Child Nutrition Programs**

The USDA has added new food yields to the Food Buying Guide for Child Nutrition Programs (FBG) Interactive Web-based Tool and the FBG Mobile App. The following foods are now available: bok choy, frozen dragon fruit (pitaya), ground elk, canned hearts of palm, fresh mussels, shredded romaine lettuce, canned jackfruit, and pouched jackfruit. For more information, visit the USDA’s [FBG](#) website.

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## **Subscribe to the Institute of Child nutrition (ICN) for Updates and Webinar Information**

SFAs may use the link below to subscribe to the ICN's newsletters and email distribution list. Subscribers will receive ICN updates and registration information for upcoming ICN webinars.

- <https://theicn.org/subscribe-2/>
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For more information, visit the Connecticut State Department of Education's [CACFP Updates](#) webpage or contact the [CACFP staff](#) at the Connecticut State Department of Education, Bureau of Child Nutrition Programs, 450 Columbus Boulevard, Suite 504, Hartford, CT 06103-1841. This document is available at [https://portal.ct.gov/-/media/sde/nutrition/cacfpupdates/2026/cacfp\\_updates\\_2026\\_03.pdf](https://portal.ct.gov/-/media/sde/nutrition/cacfpupdates/2026/cacfp_updates_2026_03.pdf).



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