

Child Care, **What** Will My Child Eat?

Many day care centers take part in a special government program called the Child and Adult Care Food Program (CACFP). Your child's day care center may do so, too. CACFP assures that meals and snacks served to your child meet Government nutrition guidelines for healthful eating.



You can relax, knowing that your child can eat in a healthful way.

What Can You Expect

If your child is 3 to 5 years old, here's what a CACFP meal or snack provides:

Breakfast

- ¾ cup milk
- ½ cup fruits or vegetables or 100% juice
- ½ slice of bread or equivalent amount of ready-to-eat cereal, cooked cereal, rice, pasta, or noodles

For Lunch or Supper

- ¾ cup milk
- ½ cup total of fruits or vegetables
- ½ slice of bread or equivalent amount of cooked cereal, grains, rice, pasta, or noodles
- 1½ ounces of meat, poultry, or fish; or equivalent amount of cheese, egg, cooked dry beans or peas, peanut butter, or yogurt

For Snacks: two of the following four items*

- ½ cup milk
- ½ cup of fruits or vegetables or 100% juice
- ½ slice of bread or equivalent amount of ready-to-eat cereal, cooked cereal, rice, pasta, or noodles
- ½ ounce of meat, poultry, or fish; or equivalent amount of cheese, egg, cooked dry beans or peas, peanut butter, nuts, seeds, or yogurt

* Juice may not be served when milk is served as the only other food item.

Child Care Center:

Things to know about my child:

- Allergic to peanuts

People to know:

Mother - Sheri

Father - Guy

Phone:

703-555-1212 home

703-555-2114 work

Address:

124 South Henry St.

Meals or snacks my child will eat:

- bananas and other fruit

- graham crackers

- yogurt

Other things to know

- needs afternoon nap

- takes time to eat

For more about CACFP meals and snacks:

Talk to day care staff. Some families qualify for free or reduced-price meals and snacks.

Check these Web sites:

www.fns.usda.gov/cnd/Care

<http://healthymeals.nal.usda.gov>

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You Can Help!

Child care staff can help make feeding your child easier for you. Together you can help your child eat healthfully and enjoy all kinds of food. Here's how you can be "partners":

- **Tell child care staff** – if your child has a food allergy or other food concern. Let staff know if your child must eat or avoid any foods for religious or other reasons, too.
- **Put your child's name on containers** – if you are permitted to send food.
- **Volunteer** – if you can. Tell about a new food, and help with a tasting. Help with field trips to a food store or garden or with cooking activities. Eat with the children.
- **Attend family or parent events.** Offer to bring another parent if you drive.
- **Talk to your child** about what he or she ate at the center. If it is a new food, make it at home, too. Children need to try new foods several times before they like them.



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