

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

Many day care centers are part of a special government program called the **Child and Adult Care Food Program (CACFP)**. Your child's day care center may be, 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

- $\frac{3}{4}$  cup milk
- $\frac{1}{2}$  cup juice, fruit or vegetables
- 1 child-size portion bread, cereal, rice *or* noodles

### For Lunch or Supper

- $\frac{3}{4}$  cup milk
- 2 ( $\frac{1}{2}$  cup) portions juice, fruit, *or* vegetables
- 1 child-size portion bread, cereal, rice *or* noodles
- 1 child-size portion of meat or alternate (meat, poultry, fish, cheese, egg, cooked beans or peas, peanut butter, yogurt, nuts or other protein food)

### For Snacks: two of any of these foods

- $\frac{1}{2}$  cup milk
- $\frac{1}{2}$  cup portion juice, fruit, *or* vegetables
- 1 child-size portion bread, cereal, rice *or* noodles
- 1 child-size snack portion meat *or* meat alternate

### Child Care Center: Things to Know

People to know

Phone

Address

Meals or snacks my child will eat:

Other things to know

### For more about CACFP meals and snacks:

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

#### Check the web sites:

[www.fns.usda.gov/cnd/Care/CACFP](http://www.fns.usda.gov/cnd/Care/CACFP) or  
[www.nal.usda.gov/childcare](http://www.nal.usda.gov/childcare)

Provided by \_\_\_\_\_

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## **You Can Help!**

**Childcare staff can help make child feeding 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 childcare 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 they ate at the center. If it's a new food, make it at home, too. Children need to try new foods several times before they like them.

