

## THE CHILD CARE FOOD PROGRAM

This child care home is a participant in the Child and Adult Care Food Program Nutrition Services (FNS), U.S. Department of Agriculture (USDA).

Nutrition is an important part of good health. Proper nutrition is also an important part of a good child care program. Children need well-balanced meals in order to meet their daily energy needs and to help them build strong bodies and minds. Through the CACFP, you can be assured that your child is getting balanced, nutritious meals. As participants in the CACFP, child care homes may serve up to three meals a day to each child. If three meals are served, at least one of them must be a snack. All of the meals must follow patterns set by the USDA.

The primary goal of the CACFP is to improve the diet of children 12 years of age or younger. (Children 15 and under from families of migrant workers are also eligible, and certain handicapped people regardless of age may receive CACFP meals if they are enrolled in a home that serves mostly people 12 years of age or younger.)

There are two groups of meal patterns. The first group is for infants up to 12 months. Foods in these patterns vary according to the infant's age. Infants from four to eight months old receive some, but not all, of the foods in the meal pattern below. Infants under four months of age are not served solid foods. The second group of patterns is for children over one year of age.

### FOODS FOR BABIES (8 TO 12 MONTHS)

#### Breakfast

Infant Formula (iron fortified), or breast milk.

Fruit or vegetable.

Infant cereal (iron fortified).

#### Snack

Infant Formula (iron fortified), or breast milk, or full strength juice for infants 8 months or older.

Optional: Enriched or whole grain bread or cracker-type product (suitable for infants).

#### Lunch or Supper

Infant Formula (iron fortified), or breast milk.

Fruit or vegetable.

Infant cereal (iron fortified), and/or meat, fish, poultry, egg yolk, cooked dry beans or peas, cheeses, cottage cheese, cheese spread, or cheese food.

## FOODS FOR CHILDREN

### Breakfast

Milk.

Juice, fruit, or vegetable.

Bread or bread alternate.

### Snack

(Serve two of the following four foods.

Juice may not be served when milk is served as the ONLY other food).

Milk-served two times a week

100% Juice-served three times a week

Meat or meat alternate.

Fruit, or vegetable.

Bread or bread alternate.

### Lunch or Supper

Milk.

Meat or meat alternate.

Vegetables and/or fruits.

Bread or bread alternate.



The CCFP gives financial assistance to public and private nonprofit organizations providing licensed or approved nonresidential day care services throughout the United States. Organizations participating in the CACFP include, but are not limited to, child care centers, child care homes, and institutions providing child care services for handicapped children. Sponsoring organizations can operate the CACFP in family child care homes, child care centers and before and after school programs.

Also, private for-profit centers that receive compensation under Title XX of the Social Security Act for at least 25% of the children who are receiving nonresidential day care may qualify as eligible child care institutions. Sponsoring organizations can operate the CCFP in family child care homes, child care centers and before and after school programs.

Child care homes must participate under a sponsoring organization; they cannot enter the CCFP directly. Centers can operate in the program either independently or under the auspices of a sponsoring organization. The sponsoring organization must accept final administrative and financial responsibility for homes under its auspices. In the State of Alaska, the CCFP is administered by the Food and Nutrition Services, Department of Education & Early Development, 801 W. 10<sup>th</sup> St. Suite 200, Juneau, AK., 99801, telephone: 907-465-3316.

This child care home or child care center is a participant in the Child Care Food Program (CCFP), a Federal program of the Food and Nutrition Services (FNS), U.S. Department of Agriculture (USDA). It is operated in accordance with USDA policy, which does not permit discrimination because of race, color, national origin, age, sex or handicap. If you believe that your child has been treated unfairly in receiving food services for any of these reasons, write immediately to:

Secretary of Agriculture  
Washington, D.C. 20250

For more information on civil rights, write to:

Office of Equal Opportunity  
USDA  
Washington, D.C. 20250

U.S. Department of Agriculture  
Food and Nutrition Service  
Program Aid #1229 Revised  
11/00

# AEYC-SEA

Association

for the

Education of Young Children-

Southeast Alaska

## Child Care

## Food

## Program



3100 Channel Drive, Suite 301/ PO Box 22943

Juneau, Alaska 99802

Telephone: 789-1235/ Toll free: 888-785-1235