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## The Child and Adult Care Food Program



This child care home is a participant in the Child and Adult Care Food Program (CACFP), a federal program of the Food and Nutrition Service, U.S. Department of Agriculture (USDA). The CACFP gives financial assistance to family child care homes providing licensed or regulated nonresidential child care. In Wisconsin the CACFP is administered by the Department of Public Instruction. This child care home participates in the CACFP under a sponsoring organization, Horizons Unlimited.

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 primarily serves persons 18 years of age or younger.

Nutrition is important for good health. Proper nutrition is 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 minds and bodies. As a participant in the CACFP, child care homes may be reimbursed for up to three meals a day for each child. Reimbursable meals must meet the requirements established by the USDA.



Meal patterns vary according to the child's age. The infant meal pattern is divided into two age groups and after age 1, the pattern is the same with different meal quantity requirements and milk type. The pattern for infants and for children over one year of age are listed on the reverse side.

## Infant Meal Pattern

Once an infant is developmentally ready to accept solid foods, including infants younger than 6 months, programs are required to offer them to the infant.

### Breakfast/Lunch/Supper

**0-5 Months** 4-6 oz Breast milk or IFIF\*

**6-11 Months** 6– 8 oz. Breast Milk or IFIF  
AND  
0-4 T IFIC, meat, poultry, whole egg, fish, cooked dry beans or peas; OR  
0-2 oz. cheese; OR  
0-4 oz. cottage cheese; OR  
0-4 oz. or 1/2 cup yogurt\*\*\*; or any combination of the above  
AND  
0-4 T fruit ,vegetable, or combination of both (Juice cannot be served)

### Snack

**0-5 Months** 4-6 oz. Breastmilk or IFIF

**6-11 Months** 2-4 oz. Breastmilk or IFIF  
AND  
0-1/2 slice bread; OR  
0-2 crackers; OR  
0-4 T. IFIF or ready to eat breakfast cereal\*\*\*\*  
AND  
0-2 T. vegetable or fruit, or combination of both (Juice cannot be served)

\* Iron fortified infant formula

\*\* IFIC-Iron Fortified Infant Cereal

\*\*\* Yogurt must meet USDA sugar requirements

\*\*\*\* Cereals must meet USDA sugar requirements

## Meal Pattern for Children 1—12 years old

### Breakfast

Milk\*  
Fruit/Vegetable/Juice\*\*  
Grain\*\*\*\*/ Meat or Meat Alternate\*\*\*\*\*

### Lunch/Dinner

Milk\*  
Meat/meat alternate  
Fruit\*\*\*  
Vegetable  
Grain\*\*\*\*

### Snack

*-Includes a food from two of the following food categories:*  
Milk\*  
Fruit/Juice\*\*  
Vegetable/Juice\*\*  
Meat/meat alternate  
Grain\*\*\*\*

\* 1 yr olds **must** have unflavored whole milk

2-5 yr olds **must** have unflavored Skim or 1% Milk

6-12 yr olds **must** have unflavored skim or 1% milk OR flavored skim/fat free milk

\*\* 100% Full-strength Juice and served no more than once per day

\*\*\* Vegetable can be substituted for the fruit

\*\*\*\* One whole grain rich item **must** be served everyday

\*\*\*\*\*Meat/Meat Alter. can be served up to 3x per week

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