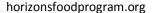
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The Child and Adult Care Food Program



This child care center is a participant in the Child an 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 child care centers providing licensed or regulated child care. In Wisconsin the CACFP is administered by the Department of Public Instruction. This child care center 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 center 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 centers 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 ages 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

* Iron fortified infant formula

0-5 Months 4-6 oz. Breastmilk or IFIF ** IFIC-Iron Fortified Infant Cereal

*** Yogurt must meet USDA sugar requirements

**** Cereals must meet USDA sugar requirements

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)

Meal Pattern for Children 1—12 years old

Breakfast <u>Lunch/Dinner</u> <u>Snack</u>

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

Grain****/ Meat or Meat Alternate**** Fruit*** Milk*

Vegetable Fruit/Juice**

Grain**** Vegetable/Juice**

* 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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(1) Mail: U.S. Department of Agriculture

(2) Fax: (202) 690-7442; or

(3) Email: program.intake@usda.gov

Meat/meat alternate

Grain****

Office of the Assistant Secretary for Civil Rights

1400 Independence Avenue, SW Washington, D.C. 20250-9410;

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