



# Child Care: What Will My Child Eat?

Did you know that our child care site participates in the Child and Adult Care Food Program (CACFP)? Meals and snacks served through the CACFP help give preschoolers the nutrients they need to learn, grow, and be healthy. We provide a variety of vegetables, fruits, whole grains, low-fat dairy, and lean protein foods. We also offer water throughout the day.

## What's for Lunch?\*

- ¾ cup low-fat (1%) milk
- ¼ cup fruits\*\*
- ¼ cup vegetables
- ½ serving of grains (such as a ½ slice of bread or ¼ cup of pasta or rice)
- 1½ ounce equivalent of meat or meat alternate (such as cheese, yogurt, or beans)

\*Portions for children ages 3 to 5.

\*\*Additional vegetables may be served in place of fruits.

## What's for Snack?\*

Snacks can vary. Here are some examples:

### Example 1:

- ½ ounce equivalent of meat or meat alternate
- ½ cup fruit

### Example 2:

- ½ cup vegetables
- ½ serving of grains

### Example 3:

- ½ cup milk
- ½ serving of grains

### Example 4:

- ½ cup vegetables
- ½ ounce equivalent of meat or meat alternate

\*Portions for children ages 3 to 5.

# Healthy Foods + Healthy Environments = Healthy Kids

At child care, we encourage healthy choices in ways that go beyond our menu:

- 1 Look around.** See how our site displays pictures of healthy foods. Ask your child to point out his or her favorite picture.
- 2 Read about it.** Our bookshelf includes stories about trying new foods. Ask if you can borrow a book to read to your child.
- 3 Try fun activities.** We do a number of activities involving growing and tasting new foods. Ask your child his or her favorite activity and try it at home.

## Activity

Have your child color the picture below:

