



Dear Parent or Guardian,

Congratulations! You have chosen a home day care provider that participates in the Child and Adult Care Food Program (CACFP). This means that your child will receive nutritious meals while in care.

Participating in the CACFP means your provider:

- Cares about good nutrition for children.
- Will introduce and serve a variety of nutritious foods for your child to eat.
- Will serve foods appropriate for your child's nutritional needs.

Other important information: Your provider cannot charge a separate fee for meals, nor ask you to provide food for your child for meals claimed on the CACFP, except in some special cases. Depending on the hours in care, your provider will be serving your children the following meals:

Breakfast	PM Snack
AM Snack	Dinner
Lunch	Late Snack

To help manage the food program, your provider's food program sponsoring organization may contact you to ask what meals your child served.

If you have any questions about the CACFP, call your provider's sponsor: Wildwood CACFP 303-730-0460 or the Colorado Child and Adult Care Food Program at 303-692-2330.

Breakfast
The participant is served all three food components - fluid milk, vegetables, fruits or both, and grains.
Fluid Milk
Vegetables, fruits, or portions of both
Grains* <ul style="list-style-type: none"> • Whole grain-rich or enriched bread. • Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin. • Whole grain-rich, enriched, or fortified cooked breakfast cereal, cereal grain, and/or pasta. • Whole grain-rich, enriched or fortified ready-to-eat breakfast cereal (dry, cold.) <ul style="list-style-type: none"> ○ Flakes or rounds. ○ Puffed cereal. ○ Granola.
Grains substituted with a meat/meat alternate* (May be used to meet the entire grain requirement a maximum of three times per week.)
Lunch and Supper
The participant is served all five food components - fluid milk, meat/meat alternative, vegetables, fruits, and grains.
Fluid Milk
Meat/meat alternates <ul style="list-style-type: none"> • Lean meat, poultry, or fish. • Tofu, soy product, or alternate protein products. • Cheese. • Large egg. • Cooked dry beans or peas. • Nut, soy, or seed butters. • Yogurt, plain or flavored, unsweetened or sweetened.
The following may be used to meet no more than 50% of the requirement: <ul style="list-style-type: none"> • Peanuts, soy nuts, tree nuts, or seeds as listed in program guidance, or an equivalent quantity of any combination of the above meat/meat alternates.
Vegetables
Fruits
Grains <ul style="list-style-type: none"> • Whole grain-rich or enriched bread. • Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin. • Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta.
Snack
The participant is served two of the five food components.
Fluid Milk
Meat/meat alternates <ul style="list-style-type: none"> • Lean meat, poultry, or fish. • Tofu, soy product, or alternate protein products. • Cheese. • Large egg. • Cooked dry beans or peas. • Nut, soy, or seed butters. • Yogurt, plain or flavored, unsweetened or sweetened. • Peanuts, soy nuts, tree nuts, or seeds.
Vegetables
Fruits
Grains <ul style="list-style-type: none"> • Whole grain-rich or enriched bread. • Whole grain-rich or enriched bread product, such as biscuit, roll, or muffin. • Whole grain-rich, enriched or fortified cooked breakfast cereal, cereal grain, and/or pasta. • Whole grain-rich, enriched, or fortified ready-to-eat breakfast cereal (dry, cold.) <ul style="list-style-type: none"> ○ Flakes or rounds. ○ Puffed cereal.