



Colorado Department
of Public Health
and Environment

COLORADO DEPARTMENT OF PUBLIC HEALTH AND ENVIRONMENT CHILD AND ADULT CARE FOOD PROGRAM



Dear Family/Parents:

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 THAT 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 child the following meals:

- | | |
|------------------------------------|-------------------------------------|
| <input type="checkbox"/> Breakfast | <input type="checkbox"/> PM Snack |
| <input type="checkbox"/> AM Snack | <input type="checkbox"/> Dinner |
| <input type="checkbox"/> Lunch | <input type="checkbox"/> Late Snack |

To help manage the Program, your provider's Food Program Sponsoring Organization may contact you to ask what meals your child is being served.

If you have any questions about the Program call your provider's Food Program Sponsor or you may call the Child and Adult Care Food Program at the Colorado Department of Public Health and Environment at (303) 692-2330.

NOTE: On the right, a sample food chart and menu showing foods your child may be served is displayed.

SAMPLE MENU	
BREAKFAST	<ul style="list-style-type: none"> ◆ Oatmeal ◆ Baked Apples & Raisins ◆ Milk
SNACK (SERVE 2 OF THE 4 COMPONENTS)	<ul style="list-style-type: none"> ◆ Soft Pretzels ◆ Carrots & Celery Sticks with Ranch Dressing ◆ Water
LUNCH/SUPPER	<ul style="list-style-type: none"> ◆ Turkey and Cheese Roll Ups in a Tortilla ◆ Orange Slices ◆ Sliced Tomatoes ◆ Milk

CACFP REQUIRED MEAL ITEMS				
MEALS	COMPONENTS	AGE 1-2	AGE 3-5	AGE 6-12
BREAKFAST	Fluid Milk	½ cup	¾ cup	1 cup
	Juice or Fruit or Vegetable	¼ cup	½ cup	½ cup
	Bread or Bread Alternate	½ slice	½ slice	1 slice
SNACK	Fluid Milk	½ cup	½ cup	1 cup
	Juice or Fruit or Vegetable	½ cup	½ cup	¾ cup
	Meat or Meat Alternate	½ ounce	½ ounce	1 ounce
	Bread or Bread Alternate	½ slice	½ slice	1 slice
LUNCH/ SUPPER	Fluid Milk	½ cup	¾ cup	1 cup
	Juice or Fruit or Vegetable (Must serve at least 2 different varieties.)	¼ cup total	½ cup total	¾ cup total
	Bread or Bread Alternate	½ slice	½ slice	1 slice
	Meat or Poultry or Fish	1 ounce	1½ ounces	2 ounces
	Cheese or	1 ounce	1½ ounces	2 ounces
	Egg or	½	¾	1
	Cooked Dry Beans and Peas or	¼ cup	¾ cup	½ cup
	Peanut Butter or	2 tablespoons	3 tablespoons	4 tablespoons
	Yogurt, Plain or Flavored	4 ounce or	6 ounces or	8 ounces or
	(May be served at snack also.)	½ cup	¾ cup	1 cup

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