

## THE USDA AND FAMILY HOME CARE CENTERS

There are programs provided by the USDA to family home care centers, as well as large care centers to provide funds for serving nutritious and wholesome food to the children being cared for. In order to qualify for these programs, stringent guidelines must be followed. For a family home care center to receive funding, the adult must be state-licensed or receive alternate approval through physical health tests and inspections of the facility. Caregivers may be reimbursed for up to 3 meals a day, one of which must be a snack. The amounts to be reimbursed are established for each child and for each meal. The menus must meet certain criteria in order to be considered nutritional. The USDA has established the following food guidelines that must be met to assure a nutritionally balanced diet for the day care children participating in the Child Care Food Program:

### MEAL PATTERN FOR CHILDREN Ages 1-12 years

	1-2 years	3-5 years	6-12 years
<b>BREAKFAST</b>			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Juice of Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
Cold dry cereal	1/4 cup	1/3 cup	3/4 cup
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup
<b>SNACKS (select 2 groups)</b>			
1. Milk	1/2 cup	1/2 cup	1 cup
2. Juice of Fruit or Vegetable	1/4 cup	1/2 cup	1/2 cup
3. Meat or Meat Alternate	1/2 oz.	1/2 oz.	1 oz.
4. Bread or Bread Alternate	1/2 slice	1/2 slice	1 slice
Cold dry cereal	1/4 cup	1/3 cup	3/4 cup
Hot cooked cereal	1/4 cup	1/4 cup	1/2 cup
<b>LUNCH/SUPPER</b>			
1. Milk	1/2 cup	3/4 cup	1 cup
2. Meat, Poultry or Fish	1 oz.	1 1/2 oz.	2 oz.
Egg	1	1	1
Cheese	1 oz.	1 1/2 oz.	2 oz.
Cooked dry beans or peas	1/2 cup	3/8 cup	1/2 cup
Peanut butter	2 Tbs.	3 Tbs.	4 Tbs.
3. Vegetable or Fruit	1/8 cup	1/4 cup	1/4 cup
4. Vegetable of Fruit	1/8 cup	1/4 cup	1/2 cup
5. Bread or Bread alternate	1/2 slice	1/2 slice	1 slice