



4-C Child and Adult Care Food Program

5 Odana Court, Madison WI 53719
608/271-5242 OR 1/800/292-2429
Fax 608/271/5380 foodprog@4-c.org

Dear Parents,

Your childcare provider participates in the Child & Adult Care Food Program (CACFP). This program is funded by the United States Department of Agriculture (USDA) and state sponsored by the Department of Public Instruction. It is designed to help childcare providers meet the nutritional needs of children in their care by reimbursing providers a portion of the cost of meals and snacks served. The CACFP requires that the childcare provider purchase the food to prepare, at no cost to you, and serve well-balanced meals and snacks following meal pattern requirements (printed on the back of this letter). There are special considerations for infants in care.

Community Coordinated Child Care, Inc. (4-C) serves as the required local sponsoring agency for eligible childcare providers in our service area. We provide training and consultation to providers as well as financial and administrative responsibilities for the program.

We ask your cooperation in providing the information required for your provider's participation in the Program by completing the Child Care Enrollment Form, with your provider. She/he will then return it to us.

If you would like additional information or have questions about the CACFP, please contact the 4-C Food Program office at the above numbers.

Sincerely,

Brianne Heidke
Health & Safety Services Manager

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To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

This institution is an equal opportunity provider.

CACFP Meal Pattern Requirements—Children (Age 1 through 12)

	Age 1 & 2	Age 3, 4, & 5	Age 6 through 12 ⁱ
BREAKFAST			
1. Milk, fluid ^j	1/2 cup	3/4 cup	1 cup
2. Juice ^a fruit or vegetable ^{or}	1/4 cup	1/2 cup	1/2 cup
Fruit(s) or vegetable(s)	1/4 cup	1/2 cup	1/2 cup
3. Grains/Breads: ^b			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	1/2 serving	1/2 serving	1 serving
Cereal			
Cold dry	1/4 cup or 1/3 oz ^c	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Hot cooked	1/4 cup total	1/4 cup	1/2 cup
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
LUNCH OR SUPPER			
1. Milk, fluid ^j	1/2 cup	3/4 cup	1 cup
2. Meat or meat alternate:			
Meat, poultry, fish, cheese	1 oz	1+1/2 oz	2 oz
Alternate protein products ^g	1 oz	1+1/2 oz	2 oz
Yogurt, plain or flavored, unsweetened or sweetened	4 oz or 1/2 cup	6 oz or 3/4 cup	8 oz or 1 cup
Egg	1/2 egg	3/4 egg	1 egg
Cooked dry beans or peas	1/4 Cup	3/8 cup	1/2 cup
Peanut butter or other nut or seed butter	2 Tbsp.	3 Tbsp.	4 Tbsp.
Peanuts or soynuts or tree nuts or seeds	1/2 oz = 50% ^d	3/4 oz = 50% ^d	1 oz = 50% ^d
3. Vegetable and/or fruit ^e (at least two)	1/4 cup total	1/2 cup total	3/4 cup total
4. Grains/Breads: ^b			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	1/2 serving	1/2 serving	1 serving
Cereal, hot cooked	1/4 cup total	1/4 cup	1/2 cup
Cereal, cold, dry	1/4 cup or 1/3 oz ^c	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Cooked pasta or noodle products	1/4 cup	1/4 cup	1/2 cup
SNACK			
Select two of the following four components:			
1. Milk, fluid ^j	1/2 cup	1/2 cup	1 cup
2. Juice, ^{a,f} fruit or vegetable ^{or}	1/2 cup	1/2 cup	3/4 cup
Fruit(s) or vegetable(s)	1/2 cup	1/2 cup	3/4 cup
3. Grains/Breads: ^b			
Bread	1/2 slice	1/2 slice	1 slice
Cornbread, biscuits, rolls, muffins, etc ^b	1/2 serving	1/2 serving	1 serving
Cereal:			
Cold dry	1/4 Cup or 1/3 oz ^c	1/3 cup or 1/2 oz ^c	3/4 cup or 1 oz ^c
Hot cooked	1/4 cup	1/4 cup	1/2 cup
4. Meat or meat alternate			
Meat, poultry, fish, cheese	1/2 oz	1/2 oz	1 oz
Alternate protein products ^g	1/2 oz	1/2 oz	1 oz
Egg, Large ^h	1/2 egg	1/2 egg	1/2 egg
Cooked dry beans or peas	1/8 Cup	1/8 cup	1/4 cup
Peanut butter or other nut or seed butter	1 Tbsp.	1 Tbsp.	2 Tbsp.
Peanuts or soynuts or tree nuts or seeds	1/2 oz	1/2 oz	1 oz
Yogurt, plain or flavored, unsweetened or sweetened	2 oz or 1/4 cup	2 oz or 1/4 cup	4 oz or 1/2 cup

The meal must contain, at a minimum, each of the components listed in at least the amounts indicated for the specific age group in order to qualify for reimbursement.

- a** Must be full strength fruit or vegetable juice.
- b** Bread, pasta or noodle products, and cereal grains shall be whole grain or enriched, cornbread, biscuits, rolls, muffins, etc., shall be made with whole grain or enriched meal or flour.
- c** Either volume (cup) or weight (oz), whichever is less.
- d** No more than 50% of the requirement shall be met with tree nuts or seeds. Tree nuts and seeds shall be combined with another meat/meat alternate to fulfill the requirement. For purpose of determining combinations, 1 oz. of nuts or seeds is equal to 1 oz. of cooked lean meat, poultry or fish.
- e** Serve 2 or more kinds of vegetable(s) and/or fruit(s). Full strength vegetable or fruit juice may be counted to meet not more than one-half of this requirement.
- f** Juice may not be served when milk is the only other component.
- g** Alternate protein products may be used as acceptable meat alternates if they meet the requirements on the following page.
- h** One-half egg meets the required minimum amount (one-ounce or less) of meat alternate.
- i** Youth ages 13 through 18 must be served minimum or larger portion sizes than those specified for ages 6 through 12.
- J** Fluid milk must be fat-free (skim) or low-fat (1%) milk for children 2 years and older.

CACFP Infant Meal Pattern

Birth through 11 Months

Within the meal chart below, food components marked with “•” MUST be offered to the infant in order to claim reimbursement for that meal. Food components listed under “When developmentally ready” must be offered as part of the meal only when the infant is developmentally ready to accept them.

Birth through 3 months	4 months thru 7 months	8 months thru 11 months
Breakfast		
<ul style="list-style-type: none"> • 6 fl oz formula 1 or breast milk 2, 3 	<ul style="list-style-type: none"> • 4–8 fl oz formula 1 or breast milk 2 3 <p>When developmentally ready 0-3 T infant cereal 1</p>	<ul style="list-style-type: none"> • 6–8 fl oz formula 1 or breast milk 2, 3 <p>and</p> <ul style="list-style-type: none"> • 1–4 T fruit or vegetable or both <p>and</p> <ul style="list-style-type: none"> • 2–4 T infant cereal 1
Lunch/Supper		
<ul style="list-style-type: none"> • 4–6 fl oz formula 1 or breast milk 2, 3 	<ul style="list-style-type: none"> • 4–8 fl oz formula 1 or breast milk 2, 3 <p>When developmentally ready 0–3 T infant cereal 1</p> <p>and 0–3 T fruit or vegetable or both</p>	<ul style="list-style-type: none"> • 6–8 fl oz formula 1 or breast milk 2, 3 <p>and</p> <ul style="list-style-type: none"> • 1–4 T fruit or vegetable or both <p>and</p> <ul style="list-style-type: none"> • 2–4 T infant cereal 1 <p>or in place of infant cereal you may serve a meat/meat alternate</p> <ul style="list-style-type: none"> o 1–4 T meat, fish, poultry, egg yolk, cooked dry beans or peas; or ½–2 oz cheese; or 1– 4 oz (volume) cottage cheese; or 1–4 oz (weight) cheese food, cheese spread <p>or you may also serve</p> <ul style="list-style-type: none"> o both the infant cereal and meat/meat alternate
Snack		
<ul style="list-style-type: none"> • 4–6 fl oz formula 1 or breast milk 2, 3 	<ul style="list-style-type: none"> • 4–6 fl oz formula 1 or breast milk 2, 3 	<ul style="list-style-type: none"> • 2–4 fl oz formula 1 or breast milk 2, 3 or fruit juice 4 <p>When developmentally ready 0–½ slice crusty bread 5</p> <p>or 0–2 crackers 5</p>

- 1 Infant formula and dry infant cereal must be iron-fortified.
- 2 Breast milk or formula, or portions of both, may be served; however, it is recommended breast milk be served in place of formula from birth through 11 months.
- 3 For some breastfed infants who regularly consume less than the minimum amount of breast milk per feeding, a serving of less than the minimum amount of breast milk may be offered with additional breast milk offered if the infant is still hungry.
- 4 Fruit juice must be full-strength.
- 5 A serving of this component must be made from whole-grain or enriched meal or flour.

Building for the Future

This day care facility participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to children receiving day care.

Each day more than 2.6 million children participate in CACFP at day care homes and centers across the country. Providers are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of day care and making it more affordable for low-income families.

Meals CACFP homes and centers follow meal requirements established by USDA.

Breakfast	Lunch or Supper	Snacks (Two of the four groups:)
Milk Fruit or Vegetable Grains or Bread	Milk Meat or meat alternate Grains or bread Two different servings of fruits or vegetables	Milk Meat or meat alternate Grains or bread Fruit or vegetable

Participating Facilities

Many different homes and centers operate CACFP and share the common goal of bringing nutritious meals and snacks to participants. Participating facilities include:

- **Child Care Centers:** Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers.
- **Family Day Care Homes:** Licensed or approved private homes.
- **Afterschool Care Programs:** Centers in low-income areas provide free snacks to school-age children and youth.
- **Homeless Shelters:** Emergency shelters provide food services to homeless children.

Eligibility

State agencies reimburse facilities that offer non-residential day care to the following children:

- children age 12 and under,
- migrant children age 15 and younger, and
- youths through age 18 in afterschool care programs in needy areas.

Contact

Information

If you have questions about CACFP, please contact one of the following:

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