



Dear Parents and Guardians,

We, at the Child Development Center, strive to provide nutritious meals and snacks for all children in our care. In order to accomplish this, we strictly adhere to the Child and Adult Care Food Program (CACFP) standards. These standards state that the following components must be served for:

Breakfast: Milk; Fruit, Vegetable, or Juice; and Grain/Bread

Lunch: Milk; 2 Fruit/Vegetable servings; Grain/Bread; and Meat or Meat Alternate

Snack (serve 2 from the following 4 food groups): Milk; Fruit, Vegetable, or Juice; Grain/Bread; and/or Meat or Meat Alternative

We understand that there will be times that you may want to provide meals, or snacks, from home for your child(ren). We fully support you in this decision.

The meals and snacks that you provide must provide some, if not all, of the same components required by CACFP standards.

Please remember: We are a nut free facility. We do not allow peanut butter, Nutella, or any other type of nut or nut-based products in our centers.

Soy butter is a safe, healthy alternative to peanut butter.

Suggestions for home lunches:

Sandwiches (with meat or meat alternative)

Lunchables

Vegetables (raw or cooked)

Fruits

100% Juice Products

Please do not bring:

Nuts or Nut-based Products Cookies

Chips

Candy

Soda Pop

If the program director, or designee, does not feel that the meal provided is appropriate, they will contact you to determine if you would like your child(ren) to be fed the meal or snack provided by CDC, or if you would like to bring something else. If the program director, or designee, is unable to contact you, your child will be fed a CDC provided lunch.

If you are unsure whether an item meets the CACFP standards, or is an appropriate substitution, please see the director at your center for clarification.



I, the undersigned, have read the attached statement regarding home provided meals. I understand that a healthy breakfast, lunch and snack are provided by the Child Development Center daily, and are included in the tuition cost. I understand that if I choose to provide a meal or snack for my child, it must contain healthy options. I understand that if the program director, or designee, does not feel that the options provided adequately follow the standards stated by the CACFP, they will contact me to determine if I would like my child to be fed a CDC provided meal, or if I would like to bring something that does follow the stated standards. I understand that if an option that the program director, or designee, feels is an unhealthy option, they will not feed said item(s) to my child; but will feed them the options that are deemed to be healthy options. I understand that if they are unable to reach me, the CDC will feed my child the meal provided by CDC. I understand that if I have any questions regarding CDC provided lunches, or home provided lunches, I can speak to the director, or designee, at the center.

Parent/Guardian Signature

Date

Parent/Guardian Printed Name