

*Where Healthy Eating Becomes a Habit*  
**Parent Information Sheet**

This child care center is a participant in the Child and Adult Care Food Program (CACFP), a United States Department of Agriculture (USDA) program. The CACFP provides cash reimbursement to child care centers for nutritious meals and helps children develop healthy eating habits. The CACFP is administered by the Michigan Department of Education (MDE).

Through the Child and Adult Care Food Program you can be assured that your child is getting balanced, nutritious meals and developing healthy lifelong eating habits. Proper nutrition during the early years ensures fewer physical and educational problems later in life.

As a participant in the CACFP, your child care center receives reimbursement for serving nutritious meals and snacks. Meals and snacks must meet the USDA meal pattern requirements listed below.

Breakfast	Lunch and Supper	Snack (serve 2 from the 5 food groups below)
Fluid Milk Vegetable, Fruit or Both Grain/Bread Meat or Meat Alternate (in place of grain/bread, no more than 3 times per week)	Fluid Milk Vegetable Fruit Grain/Bread  Meat or Meat Alternate	Fluid Milk Vegetable Fruit Grain/Bread  Meat or Meat Alternate

*Children less than one year old:* Foods in the infant meal pattern vary according to the infant's age. If your child is less than one year old, please request the infant meal pattern requirements from our center.

MDE is required to verify the enrollment, attendance and meals/snacks typically consumed by children while they are in care. MDE staff may contact you regarding your child's participation in our day care center.

If you have any questions about the Child and Adult Care Food Program, please contact:

Mid Michigan Child Care Centers, Inc.  
 Mid Michigan Child Care Food Program  
 P.O. Box 610, Freeland, MI, 48623  
 1-800-742-3663 or 989-695-2683  
 Fax: (989) 695-5488

or

Child and Adult Care Food Program  
 Michigan Department of Education  
 P.O. Box 30008  
 Lansing, Michigan 48909  
 (517) 241-5353

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# Did you know?

Children on WIC receive milk, cereal, eggs, juice, bread, beans, peanut butter and fresh fruits and vegetables, saving you hundreds of dollars on healthy food each year.

## FIVE REASONS

to stay on WIC

*until age*

5

1. Children have better growth and development
2. Promotes healthy weight
3. Children are better prepared for school
4. Pays for milk, fresh fruits and vegetables and other healthy food
5. Eating healthy helps children focus and behave better

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Call us at 1-800-26-Birth (24784)  
Visit us at [www.michigan.gov/wic](http://www.michigan.gov/wic)



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