

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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted 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; or 2. **fax:** (833) 256-1665 or (202) 690-7442; or 3. **email:** program_intake@usda.gov

This institution is an equal opportunity provider.



Facts About WIC

What is WIC?

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal assistance program of the Food and Nutrition Service of the United States Department of Agriculture and is administered by the Michigan Department of Health and Human Services.

The Michigan WIC Program operates through local health departments and non-profit organizations in all 83 Michigan counties, to serve low- and moderate-income women, infants, and children at nutritional risk.

WIC Provides

WIC Foods may be purchased using electronic benefits at many stores.

- ♦ Women and children may receive milk, cheese, yogurt, eggs, soy beverages, juices, hot and cold cereals, peanut butter, fresh fruits and vegetables, brown rice, whole wheat/whole grain breads, buns, pasta, soft corn and whole wheat tortillas, canned or dry beans, peas and lentils. Breastfeeding women may also receive canned fish.
- ♦ Infants partially breastfed or non-breastfed may receive infant formula.
- ♦ Infants 6 months old may receive cereals, fruits, vegetables and meats.
- ♦ Women, infants and children with qualifying medical conditions may receive special formulas.

Stores that stock WIC foods make nutritious foods accessible to the community.

Nutrition Education: All WIC clients, parents or their caregivers are offered nutrition education. Clients with high-risk nutrition issues are offered nutrition counseling services by a registered dietitian (RD/RDN). Topics may include infant feeding, food shopping, meal planning, making healthy food choices and weight management.



Breastfeeding Support: WIC recognizes breastfeeding as the optimal way to nourish infants. WIC provides breastfeeding support for mothers through classes, peer counseling, support groups and supplies.

Referrals: WIC clients are referred to appropriate health and social services, such as Medicaid, MI-Child, Healthy Kids, SNAP, immunizations, child health screening, family planning and Project FRESH.

Who Can Get WIC?

Women:

Pregnant (and up to six weeks after infant's birth or end of pregnancy)

Breastfeeding (up to infant's first birthday)

Post-partum (up to six months after infant's birth or end of pregnancy)

Infants: Birth to their first birthday

Children: One year of age to their fifth birthday



Benefits of WIC

Reduces fetal deaths and infant mortality.

Reduces low birthweight rates and increases the duration of pregnancy.

Improves growth of nutritionally at-risk infants and children and intellectual development of children.

Decreases incidence of iron deficiency anemia in children.

Improves dietary intake in pregnant and post-partum women and appropriate weight gain in pregnant women.

Helps pregnant women receive prenatal care earlier.

Helps children have more up to date immunizations.

Find Out More About WIC

Call your local WIC agency for more information
OR

Call 211 to find your nearest WIC clinic.

Visit Michigan WIC: www.Michigan.gov/WIC

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