



Child Development Associates Nutrition Program  
 678 3<sup>rd</sup> Avenue, Suite 206 • Chula Vista, California 91910 • (619) 427-4922

Dear Parent,

Welcome to Child Development Associates, Inc. Nutrition Program (CDA). We are a sponsor for the Child and Adult Care Food Program (CACFP). This program extends the National School Lunch program to children in day care homes and is funded by the United States Department of Agriculture (USDA) through the California Department of Education.

USDA has established guidelines that your child care provider has agreed to follow. When followed, the provider receives a reimbursement for a portion of her food costs. This makes it possible for the provider to buy more nutritious foods. Studies show that children who are well nourished are sick less often, learn more effectively, and behave better. We encourage you to support your provider in building healthy eating and physical activity habits for your children.

**The following are the required components of the meals and snacks for children 1 through 12 years of age:**

BREAKFAST	SNACKS	LUNCH/SUPPER
Milk	(two of the following 4)	Milk
Fruit/Veg. or 100% Juice	Milk	Meat/Meat Alternate
Bread/Grain	Fruit/Veg. or 100% Juice	Vegetable or Fruit
	Bread/Grain	2 <sup>nd</sup> serving Veg./Fruit
	Meat/Meat Alternate	Bread/Grain

**The following are the requirements for infant meals:**

0 to 7 months	8 to 12 months
Only breast milk or formula is required to be offered for all meals.	Breast milk or formula
	Iron-fortified dry infant cereal
	Fruit and/or vegetable
	At lunch/supper can add a meat/meat alternate if infant is ready

**Important Things You Should Know**

- **Dr. Approval** - A statement from your doctor is necessary if your child cannot drink milk, needs special infant formula, or has other special needs. Please have your Doctor sign the form your provider will give you, and return the original to the provider as soon as possible.
- **No Charge For Food** - You cannot be charged a separate fee for meals, nor be asked to provide the food for your children's meals.
- **Infant Meals** -- If you are breast feeding, we want you to know that we encourage your provider to help you continue to breast feed your baby. If your infant is not on breast milk, your provider is required to offer a "house" Iron-Fortified Formula to your infant and must inform you of the brand she offers. It is your choice whether or not to accept this formula based on your preference and your infant's needs. If you would like to bring your own or a WIC- provided formula, your provider will have you complete the "Parent Declines Provider's Formula" form.
- **Program Verification** - Since this is a federally funded program, a representative from the Child Care Food Program Sponsor may contact you by mail and/or telephone to verify attendance and/or meals served to your child.
- **Child Care Food Program Sponsor** - CDA Nutrition Program (address and phone on the top of this form) handles the administration of the program. All information is confidential. If you have any questions about the program, we encourage you to ask your provider first. If she cannot answer your questions, we encourage you to contact us directly.