



Child Care Food Program

4C sponsors the Child Care Food Program (CCFP) in Orange, Osceola, Polk and Seminole counties. The program is federally funded and regulated by the U.S. Department of Agriculture (USDA). In Florida, the Department of Health Bureau of Child Nutrition administers the program. Child care centers, Centers with a current religious accreditation certificate, Head Start programs and licensed Family Child Care Home providers are eligible to participate.



Tips for **Healthy Eating on a Budget** can be found at <http://www.choosemyplate.gov/budget>

The CCFP helps fight hunger and obesity by reimbursing eligible child care programs for serving healthy meals that meet the CCFP meal requirements to children in their care.



HOW MANY CHILDREN BENEFIT FROM CCFP?

Currently over 3.8 million children receive healthy meals and snacks daily from CCFP in family child care homes, child care centers and after school programs across the country.

CCFP facilities follow meal requirements established by USDA.

Breakfast	Lunch or Supper	Snacks (Two of the four)
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

Did you know?

- ◆ Breast milk is more rapidly digested than cow's milk formula;
- ◆ Breastfed infants feed every 1-3 hours;
- ◆ Formula fed infants feed every 2-4 hours;
- ◆ Infant is getting enough milk if s(he) wets five or more diapers a day;
- ◆ Infants should not be introduced to regular cow's milk until at least one year of age;
- ◆ Introduction of solid foods starts between 4 and 12 months of age; and,
- ◆ To watch for signs of allergies, foods should be introduced one at a time.

National Institute of Health, US National Library of Medicine, Medline Plus

Warning: Don't heat formula in a microwave as it heats unevenly and could cause burns.

