

## **CCDF -PES Nutrition Resources**

Good nutrition is essential for a child's growth, development, and learning. The intent of this law is to ensure children's nutritional needs are met while they are in the care of a child care provider. Families who want to pack sack lunches for their children may still do so. However, you must be able to meet the nutritional needs of children if their parents cannot or do not provide a sack lunch.

### **Nutrition Requirements:**

A provider (applicant) must make available to each child in their care nutritious meals and snacks which:

- Are appropriately timed (not less than 2 hours and not more than 3 ½ hours between each); and
- Are in sufficient quantities to meet the needs of a child, including the availability of seconds; and
- Include at least 1 item from each food group at meal time and at least 2 different food groups at snack time; and
  - May be brought from home, however, the provider (applicant) must be able to offer nutritious meals and snacks for children arriving without their sack lunch.
- Drinking water must be available at all times.
- The feeding of infants must include:
  - A written plan provided by the infant's parent, guardian or health care provider; and
  - Formula or breast milk in sufficient quantities which may be provided by the parent or guardian.
- Information on the different food groups, recommended serving sizes, vitamin sources, and helpful tips for creating menus have been provided.

**The Child and Adult Care Food Program (CACFP)** is a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at participating child care centers, day care homes, and adult day care centers. CACFP also provides reimbursements for meals served to children and youth participating in afterschool care programs, children residing in emergency shelters, and adults over the age of 60 or living with a disability and enrolled in day care facilities.

For more information on how to join:  
contact [cacfp@doe.in.gov](mailto:cacfp@doe.in.gov) with questions.

<https://www.in.gov/doe/nutrition/child-and-adult-care-food-program/>

For CACFP Sponsors by County:

<https://www.in.gov/doe/nutrition/child-and-adult-care-food-program/cacfp-sponsors-by-county/>

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### **Additional nutrition resources can be found at:**

OECSL Provider Resources > Forms > LLEP <https://secure.in.gov/fssa/carefinder/family-resources/forms/>

Brighter Futures Indiana CCR & R Maps <https://brighterfuturesindiana.org/ccrr-network#your-agency>