Nutrition Resources

Children from low income families are at a high risk of not having enough to eat. 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.

Consider being part of the Child and Adult Care Food Program (CACFP) to supplement your food costs. Receive reimbursement for the cost of meals and snacks you serve; and Receive information and assistance in planning appropriate meals and snacks; and Receive additional training on nutrition which may be part of your continuing education/training requirements.

For more information on how to join visit http://www.doe.in.gov/nutrition/child-and-adult-care-food-program or call 317-232-6610.

Additional nutrition resources can be found at:

- United States Department of Agriculture - visit www.choosemyplate.gov
- Indiana Department of Education - visit http://www.doe.in.gov/nutrition/farm-preschool
- Local Child Care Resource and Referral agencies - visit http://partnershipsforearlylearners.org
- Purdue Extension - visit https://extension.purdue.edu/Pages/default.aspx or your county's Purdue Co-op Extension