

4C CHILD NUTRITION PROGRAM - PARENT FACT SHEET

Does your provider participate in 4C Child Nutrition Program

What is the program?

- It is a part of the National School Lunch Act.
- It is sponsored by 4C.
- Your day care provider is partially reimbursed for two meals and one snack or two snacks and one meal per child per day, making it possible for the provider to buy more nutritious foods, such as fresh fruits and vegetables.
- It provides training to providers in good nutrition.
- It promotes nutrition education for young children and infants.
- It encourages your child to eat wholesome nutritious meals--for stronger bodies--for better teeth--for more alert minds.
- A Family Child Care Specialist will visit the provider's home three times every year to observe the children eating. At least two visits during the year will be unannounced.

What if my child doesn't like all of the foods served?

- They won't be forced to eat anything but they will be encouraged to taste everything. Through this process they may develop new tastes.

What if the portion sizes are too large for my child?

- Children only need to eat enough to satisfy their hunger and sustain them to the next meal or snack.

What if the portion sizes aren't large enough for my child?

- They will be offered larger portions or additional foods will be served.

PARENTS AND PROVIDERS SHOULD WORK TOGETHER
TO ENCOURAGE GOOD EATING HABITS.

What kind of foods will be served in the Child Nutrition Program?

These are the required components of the meals and snacks:

BREAKFAST

milk
fruit, vegetable, or
full-strength juice
bread or bread alternate

AM/PM/EVE SNACK - Two of the Four must be served
fruit or vegetable or full-strength juice
bread or bread alternate
meat or meat alternate
milk

LUNCH/DINNER

milk
meat or meat alternate
2 vegetables or fruits or one of each
bread or bread alternate

Minimum amounts required vary with the ages of the children served. Some of these foods may be combined, such as hot dishes or pizza.

Questions?

Ask your family child care provider or contact 4C, (513)221-0033, and ask for a Nutrition Program Specialist.

State Sponsor... Ohio Department of Education Child Nutrition Services-Family Day Care
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