

PARENT/GUARDIAN'S FORM FOR DECLINING PARTICIPATION IN THE CHILD AND ADULT CARE FOOD PROGRAM

All child care facilities (day care home providers or centers) participating in the Child and Adult Care Food Program (CACFP) are required to offer meals to children in their care according to State and Federal guidelines (see meal patterns on reverse).

As a parent or guardian, you have chosen to decline the provider's or center's offered meal and will furnish all food for your child. Return the original to your center or provider.

CHILD'S NAME:	
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ADDITIONAL COMMENTS: Daily meal(s) child will not be participating in CCFP:	
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PARENT/GUARDIAN'S SIGNATURE _____ DATE _____

CENTER/PROVIDER'S SIGNATURE _____ DATE _____

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, room 326-W, Whitten Bldg. 1400 Independence Ave. SW, Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TDD)

Please return with signed "Decline to Participate" form and child's labeled meal(s) each day:

Child's Name _____ **Date** _____

Recommended Meal Component Checklist
 (Based on USDA Child and Adult Care Food Program Guidelines)

Please circle substitute meal(s) provided (packaged separately) and check components included:

Breakfast	Lunch	Snack
<input type="checkbox"/> Milk/Milk Alternate	<input type="checkbox"/> Milk/Milk Alternate	Two of the following: <input type="checkbox"/> Milk/Milk Alternate <input type="checkbox"/> Meat/Meat Alternate <input type="checkbox"/> Fruit/Vegetable <input type="checkbox"/> Bread/Cereal/Grain
<input type="checkbox"/> Fruit/Vegetable	<input type="checkbox"/> Meat/Meat Alternate	
<input type="checkbox"/> Bread/Cereal/Grain	<input type="checkbox"/> Fruit/Vegetable	
	<input type="checkbox"/> Fruit/Vegetable	
	<input type="checkbox"/> Bread/Grain	

Foods Center is unable to serve: Foods that may cause choking (whole grapes; nuts; popcorn; raw peas; hot dogs, whole or rounds; or chunks of meat larger than can be swallowed whole) No glass.
 Foods Center can only serve in very limited quantities: foods with high sugar content; salty snacks

I give my permission for this to be posted in my child's classroom to alert staff to substitute meal(s) to be served.

Parent's Signature: _____ **Date:** _____

Meal Pattern for Older Children

Breakfast	Ages: 1-3 years	Ages: 3-6 years
Milk, fluid	½ cup	¾ cup
Vegetable/Fruit - fruit, or full-strength juice	¼ cup	½ cup
Grain/Breads – (whole grain, enriched): bread;muffin;cereal	½ slice; ½ serving; ¼ cup	½ slice;½ serving;¼ cup
Lunch		
Milk, fluid	½ cup	¾ cup
Vegetable/Fruit - fruit, or full-strength juice	1/8 cup	¼ cup
Vegetable/Fruit - fruit, or full-strength juice	1/8 cup	¼ cup
Grain/Breads – (whole grain, enriched): bread;muffin/roll or pasta/grains	½ slice; ½ serving ¼ cup	½ slice;½ serving ¼ cup
Meat/Meat Alternate – cheese, egg, beans, nut butters or yogurt	1 oz. ½ cup	1.5 oz. ¾ cup
P.M. Supplement (2 of 4 components)		
Milk, fluid	½ cup	½ cup
Vegetable/Fruit - fruit, or full-strength juice	½ cup	½ cup
Grain/Breads – (whole grain, enriched): bread;muffin;grain	½ slice; ½ serving	½ slice;½ serving
Meat/Meat Alternate – cheese, egg, beans, nut butters or yogurt	1 oz. ¼ cup	1.5 oz. ¼ cup