

**CAMPBELL CHILD & FAMILY CENTER
SPECIAL DIET STATEMENT**

CHILD'S NAME: _____ **AGE:** _____ **DATE:** _____

REASON FOR SUBSTITUTION: _____

Nutrition is an important part of good health and a good childcare program. Children need well-balanced meals to meet their daily energy needs and help build strong bodies and minds. You can be assured that your child is getting balanced nutritious breakfast snacks and afternoon snacks. All of the meals must follow patterns set by the U. S. Department of Agriculture. If your child is unable to consume foods that are required in the meal pattern, then substitutions may be made if authorized by a recognized medical authority (see reverse side of this page).

Below are the minimum meal requirements for children 1 through 5 years old:*

BREAKFAST	AMOUNT, 1-2 YEARS OLD	3-5 YEARS OLD
1. Fluid milk (provided by the center) 2. Fruit, vegetable or juice 3. Grain/Bread, or bread-alternate (whole grain)	<ul style="list-style-type: none"> • ½ cup whole milk • ¼ cup total • ½ serving, or ¼ cup 	<ul style="list-style-type: none"> • ¾ cup 1% milk • ½ cup total • ½ serving, or ¼ cup
LUNCH/SUPPER	AMOUNT, 1-2 YEARS OLD	3-5 YEARS OLD
1. Fluid milk 2. Meat, or meat-alternate, or yogurt 3. Fruit and/or vegetable or juice 4. Grain/Bread, or bread-alternate (whole grain)	<ul style="list-style-type: none"> • ½ cup whole milk • 1 oz., or 4 oz. yogurt • ¼ cup total • ½ serving, or ¼ cup 	<ul style="list-style-type: none"> • ¾ cup 1% milk • 1 ½ oz., or 6 oz. yogurt • ½ cup total • ½ serving, or ¼ cup
SNACK – Serve 2 of the following 4 foods:	AMOUNT, 1-2 YEARS OLD	3-5 YEARS OLD
1. Fluid milk 2. Meat, or meat-alternate, or yogurt 3. Fruit, vegetable or juice 4. Grain/Bread, or bread-alternate (whole grain)	<ul style="list-style-type: none"> • ½ cup whole milk • ½ oz., or 2 oz. yogurt • ½ cup • ½ serving, or ¼ cup 	<ul style="list-style-type: none"> • ½ cup 1% milk • ½ oz., or 2 oz. yogurt • ½ cup • ½ serving, or ¼ cup

** Based on Child and Adult Care Food Program*

Licensed childcare centers serve meals that meet the USDA meal patter requirements (see above). Substitutions in the regular meal pattern may be made based on the authorization of a recognized medical authority, i.e., Physician, Physician's Assistant, Nurse/Practitioner, Child Health Associate or Registered Dietitian.

<i>Substitutions for the following food group (check all that apply)</i>	<i>Specific Foods to Avoid</i>	<i>Specific Food Substitutions</i>	<i>Key Nutrients that need to be provided by substitution</i>
Iron Fortified Infant Formula			Iron, Calcium, Zinc, Protein, Calories
Fluid Milk			Calcium, Protein
Meat/Cheese/Eggs			Protein, Iron, B ₁₂
Fruits			Vitamin A, C, Fiber
Vegetables			Vitamin A, C, Fiber
Bread/Grains			B-complex, Fiber
Others, please specify			

SIGNATURE OF MEDICAL AUTHORITY: _____

PARENT'S SIGNATURE: _____

PRINT NAME: _____

PRINT NAME: _____

ADDRESS: _____

ADDRESS: _____

PHONE: _____

PHONE: _____

This form must be updated every 12 months.