

## **Meals and snacks**

**Merri's Home Daycare will be participating in the Illinois Child Care Bureau child and adult food program, which means that I will be reimbursed a certain rate for each meal or snack offered to a child, in return for serving wholesome foods that follow set nutrition guidelines. 2 meals and one snack or 2 snacks and one meal will be included in the cost of care.**

**The meal schedule I follow is listed below. If the children are here during those times, they will be served. Children who choose not to eat will not be served again until the next scheduled meal or snack. If the child will be arriving after mealtime, please feed them before they arrive. This helps the day run more smoothly and eliminates problems caused by children arriving with happy meals in hand.**

**breakfast 7:00am-7:30am**

**morning snack 9:30am-9:45am**

**lunch 12:00pm-12:30pm**

**afternoon snack 2:30pm-2:45pm**

**dinner 5:00pm-5:30pm**

**evening snack 7:30pm-7:45pm**

## **Infant feedings:**

**Infants will always be fed according to their own schedule. They will always be held during their meal times and bottles will never be propped.**

**Parents may be asked to provide the infant's formula, juice and baby food. There are a few reasons why this decision might be made:**

- \* the child is not immediately enrolled in the food program.**
- \* the child's pediatrician has a different time schedule for introducing different types of food than the food program outlines.**
- \* the parent prefers to provide all food for the infant in order to know exactly what brands the infant has consumed and how it was prepared.**
- \* the infant is having a hard time with allergies, etc and has to switch formula and/or foods often.**

**All formula will be mixed according to manufacturer's directions, labeled with the child's name, dated and refrigerated as needed. Any leftover formula, milk, juice, or baby food will be discarded. For this reason, you may wish to provide me with a full can of formula so that I may prepare bottles as needed, or bring extra bottles of prepared formula.**

**When a child reaches 12 months of age or when it becomes developmentally appropriate, a sippy cup will be introduced and bottles should be left at home after the child has successfully learned to use the cup**