

Children form healthy eating habits in their early childhood years. The lessons they learn in childhood may last a lifetime.

# GOOD EATING HABITS

do not just happen — they must be learned.

Presenting children with a variety of nutritious foods can help them learn to make nutritionally sound food choices.

All child care providers can support positive eating habits by introducing children to new foods, encouraging favorable attitudes toward food and encouraging children to eat a variety of foods.

## TRAINING REQUIREMENTS

Providers must attend food program training every year. Your sponsor will help you decide which training you will need in order to be on the program and help you keep your training current.

2008-09

## FAMILY DAY CARE HOMES PROGRAM

### CHILD NUTRITION PROGRAMS

Utah State Office of Education  
250 East 500 South  
P.O. Box 144200  
Salt Lake City, UT  
84114-4200

Phone: 801-538-7680



### FAMILY DAY CARE SPONSORS IN UTAH

#### Alliance for Children

Paula Barton  
4568 South Highland Drive, #240  
Salt Lake City, UT 84117-4263  
Phone: (801) 277-0927  
Toll-Free: (800) 773-4731  
Utah County Phone: (801) 224-2009  
E-mail: afcbart@mindspring.com

#### Helping Hands

Susan Ison  
2964 West 4700 South, #210  
West Valley City, UT 84118-2557  
Phone: (801) 955-6234  
Toll-Free: (888) 982-3663  
E-mail: helping-hands@qwest.net

#### C & W Incorporated

Joni Greenwell  
8364 S. Top of the World Drive  
Salt Lake City, UT 84121-6058  
Phone: (801) 733-9446  
Toll-Free: (877) 733-9446  
Davis County Phone: (801) 499-2421  
E-mail: jonigreenwell@comcast.net

#### Hill Airforce Base Child Nutrition Program

Stephanie Hern  
75 FSS/FSFF  
5713 "E" Avenue, Bldg. 460  
Hill AFB, UT 84056  
Phone: (801) 777-0695  
E-mail: Stephanie.Hern@hill.af.mil

#### Child Day Care Nutrition Program

Jeanie Peck  
6830 Old Main Hill, USU  
Logan, UT 84322-6830  
Phone: (435) 797-2169  
Toll-Free: (800) 540-2169  
E-mail: jeanie@cpd2.usu.edu

#### INCA—Infants Nutrition and Care Associates

Debra Holbrook  
333 2nd Street, #15  
Ogden, UT 84404-7406  
Phone: (801) 393-0222  
Toll-Free: (800) 748-5155  
E-mail: debra.holbrook@y-wire.com

#### Child Management Associates

Elaine Jensen  
124 South 400 East, Suite 210  
Salt Lake City, UT 84111-2135  
Phone: (801) 973-8627  
Toll-Free: (800) 223-3317  
E-mail: elaine@cmautah.org

#### Orem Child Care Nutrition Program Inc

Dio Owczarzak  
563 West 1700 North  
Orem, UT 84057-2523  
Phone: (801) 224-2143  
Toll-Free: (800) 369-8936  
E-mail: dionisiamara@qwestoffice.net

# THE CHILD AND ADULT CARE FOOD PROGRAM

## FAMILY DAY CARE HOMES (FDCH)

*is a federally funded program designed to offer aid to help day care homes provide nutritious meals to children ages 12 and under.*

# ELIGIBILITY

To qualify for the FDCH program, family day care homes must be state licensed, residential certified or qualify for relative care.

## MEALS AND REIMBURSEMENT

### Family Day Care

Home providers can be reimbursed for a maximum of two meals and one snack for each child each day. The provider submits a monthly claim to their sponsor for the meals they have served and receives a check for the meals from their sponsor.

### 2008–09 RATES

Meal	Tier I	Tier II
<b>Breakfast</b>	<b>\$1.17</b>	<b>\$ .43</b>
<b>Lunch/Supper</b>	<b>\$2.18</b>	<b>\$1.31</b>
<b>Snack</b>	<b>\$ .65</b>	<b>\$ .18</b>

### There are two levels of reimbursement:

**TIER I** is the higher level of reimbursement and is assigned when the provider is located in a low-income area or is a low-income household. Tier I reimbursement is also received for children who are from low-income households. Your sponsor will determine which rate your home will receive.

**TIER II** reimbursement is received for all other households.

## FOR MORE INFORMATION

Contact any of the sponsoring organizations on the other side of this handout for more information. A Family Day Care Home provider can choose any of the sponsors, but once they sign an agreement with a sponsor, they cannot transfer to a different sponsor before the annual renewal date of their agreement and must complete a request for transfer.

*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, 1400 Independence Avenue S.W., Washington, D.C. 20250-9410 or call 1-800-795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.*