

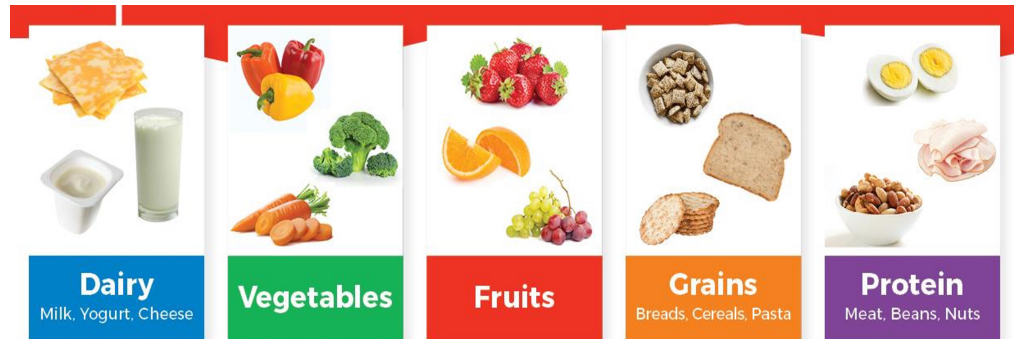


## Breastfeeding Friendly Child Care

We support breastfeeding moms by providing space for mothers to nurse or provide their expressed milk throughout the day to their child.

Meal requirements are simple, and allow for a variety of foods, including ethnic and cultural favorites.

- **Breakfast** consists of milk, fruit or vegetable, and bread or grain.
- **Lunch** and **Supper** require milk, bread or grain, meat or meat alternate (such as fish, cheese or beans), and two servings of different vegetables or fruits.
- **Snacks** consist of at least two of the following: milk, meat or meat alternate, bread or grain, or vegetable or fruit.



## Nutritious Foods

- Vegetables and Fruits
- Whole Grain Foods
- Protein Foods

Eating a variety of healthy foods helps to ensure your body is getting the important nutrients it needs to be healthy, grow, and to have energy to think and learn.

