



“ Planning, shopping for, and preparing nutritionally balanced and varied meals is one of the most difficult tasks a center faces. CCSA’s Meal Service Program saves me an unimaginable amount of time each day — and we are impressed with the quality of food served by the program. ”

—Katharine Cannon, Center Director
Fairview Child & Family Center
CHTOP Head Start/Early Head Start

Child Care Services Association’s Nutrition Service Program

For sample menus and more information, call
(919) 960-8777 in Orange County
(919) 314-6860 in Durham County

“ After going for a physical, one of our students found out he was overweight. At the mother’s request, we gave her a menu from CCSA’s meal program so the physician could review the meals we typically receive. The mother called very excited that the physician thought the menus were extremely nutritious and she didn’t need to supplement anything. He told her that she could use our menu as a guide when preparing meals at home. ”

—Katharine Smith, Director
First Presbyterian Day School



Child Care Services Association
P.O. Box 901
Chapel Hill, NC 27514

...ensuring affordable, accessible,
high-quality child care for all young children.

www.childcareservices.org

Child Care Services Association’s

Nutrition Service Program

Providing nutritious meals
to child care centers



Keeping children healthy and helping
teachers focus on teaching

Nutritious meals delivered right to your center's door

Child Care Services Association's (CCSA) Meal Service Program provides nutritious meals that are high quality and affordable. Lunch is delivered daily along with an afternoon snack and breakfast for the following morning.

Meals are packaged in bulk to be served by the center's staff. Menus meet the U.S. Department of Agriculture's (USDA) guidelines for adequate child nutrition and introduce children to a variety of dishes from different cultures. Each child is guaranteed ample amounts of food and age-appropriate portion sizes.

Menus include a variety of scratch-made foods including fresh fruits and vegetables and whole grains. Balanced menus include one poultry, one beef, one seafood and two vegetarian lunches per week. Special diets and food allergies are accommodated with appropriate substitutions for each day.

CCSA's kitchens meet all restaurant sanitation codes required by the Division of Environment, Health and Natural Resources. The Program Manager, who manages the kitchen, is certified by the National Restaurant Association's SERVSAFE® as a Food Protection Manager.

“Child Care Services' Meal Service Program provides good nutritious and diverse meals that compliment the daily learning and physical development of our diverse population.”

*--Anna Mercer-McLean, Center Director
Community School for People Under Six*

Why participate?

CCSA's Meal Service Program...

Reduces the center's operating costs by purchasing and preparing food in bulk and eliminating the need to employ a cook.

Allows center directors and teachers to focus on curriculum and time with the children by freeing them from many of the time consuming tasks involved in feeding large groups of children (i.e., menu planning, shopping, cooking and cleaning).

Ensures that children receive nutritionally adequate meals each day that promote optimal physical and intellectual development.

Child Care Services Association has over 20 years of experience providing meals to child care centers. Many centers have been with the program for seven years or more.



Who is eligible for the Meal Service Program?

- Child care centers with 3- to 5-star licenses issued by the N.C. Division of Child Development
- Programs with less than 3 stars may participate, but must receive a 3-star license within one year of joining the Meal Service Program
- Participating centers are required to enroll in the USDA's Child and Adult Care Food Program

Participating centers are expected to.....

- Provide specific information in writing to CCSA regarding any special dietary needs of children enrolled in the center.
- Provide their own milk and serving ware.
- Serve meals family style at the table (meals are not individually packaged) and observe best practices for a positive mealtime.
- Have provisions for heating/toasting breakfast items such as waffles, English muffins, toast, etc.
- Assure delivery personnel easy access to their center.
- Have sufficient staff to serve the meals and clean up afterwards. Serving pans and delivery containers should be cleaned prior to their return to the kitchen on the following day. The Meal Service staff will sterilize all containers on their return.
- Provide up to date calendars of operating days to the Meal Service Program.
- Provide 3-day notice of any changes in the numbers or types of meals to be ordered. Centers will be billed for meals that were not canceled or changed within the 3-day timeframe.

