

“salty.”
“sour.”
“Tangy.”
“Crunchy.”
“slimy.”
“sweet.”
“Fluffy.”
“Hot.”
“Cold.”
“Good for me.”
“Good for you!”

The Florida Child Care Food Program
COOKBOOK



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2007

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Introduction

The Florida Child Care Food Program Cookbook is a compilation of recipes submitted by Florida child care providers who participate in the Child Care Food Program. The Bureau of Child Nutrition Programs asked providers for favorite recipes the children in their care really like. These recipes have been collected for your convenience and put into standardized format. A nutrient analysis was conducted for each recipe, as well as the contribution (if any) that a serving makes to the Child Care Food Program Meal Pattern for Children. Please note that not all recipes have been tested. Though reasonable steps have been taken to ensure the accuracy of these recipes, the Bureau of Child Nutrition Programs cannot ensure the outcome of each recipe included in this publication.

In addition to this cookbook, a companion booklet is provided that includes sample menus and nutrition resources to assist you in planning healthy meals for the children in your care.



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