



Better Beverages in Child Care

Infants

- **Choose** breast milk and infant formula. They have the water healthy babies need to grow and thrive!
- **Avoid** water until after 6 months. Infants may only need a small amount of water in hot weather or after active play.
- **Avoid** cow's milk before one year. Cow's milk should not be served until an infant turns one year old. Following a child's first birthday there is a one month weaning period. During this month formula can still be served as part of a reimbursable meal.
- **Don't** serve juice. Juice is not creditable for infants.



Fun Fact

Breast milk is creditable for all children no matter their age.

Children

- **Choose** plain cow's milk and water. They are the best drinks for toddlers, preschoolers, and school-age children.
- **Avoid** sugary drinks. Examples include sodas, flavored milk, and fruit drinks. They are linked to excess weight gain, tooth decay, and diseases later in life.
- **Avoid** serving too much juice. Serve whole fruit instead of juice whenever possible. Juice is linked to unhealthy weight gain and is one of the top calorie sources among toddlers. Juice is creditable once a day.



Better Beverage Tips

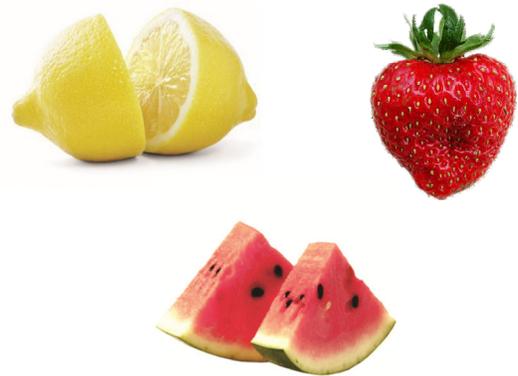


Cow's Milk

- **Children 1-2 years old:**
Serve pasteurized whole milk.
- **Children 2 years or older:**
Serve pasteurized fat free (skim) or low-fat (1%) milk.
- Non-Dairy milks require a Special Dietary Needs form

Water

- Make water readily available throughout the day, especially during active play and warm weather.
- Add fun flavors to water. Try watermelon, lemons, oranges, limes, berries, basil, or mint.



Juice

- Serve no more than 4-6 ounces of 100% juice no more than one time per day.
- Only 100% full-strength fruit or vegetable juices are creditable.

Michigan Office

139 W Lake Lansing Rd, Suite 120 • East Lansing, MI 48823
Telephone: (800) 234-3287 • Fax: (517) 332-5543

Association for Child Development

www.acdkids.org

Illinois Office

4415 W Harrison St, Suite 535 • Hillside, IL 60162
Telephone: (800) 284-5273 • Fax: (708) 236-0872

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