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Arkansas Department of Human Services	Procedure: AR CACFP 2013-2
Division of Child Care and Early Childhood Education	Section: All Institutions
Child and Adult Care Food Program	Subject: Family Style Meal Service
	Effective date: 04/16/2013

FAMILY STYLE MEAL SERVICE

1. Family style meal service is highly recommended for young children. Benefits of this type of meal service for children are that it provides self-regulation of food intake, development of self-feeding skills and acceptable mealtime behaviors.
2. For family style meal service to be successful, adults must be seated at the dining table with the children and participate in the meal.
3. In family style meal service, the food is placed in serving bowls or dishes, the milk is provided in pitchers or cartons on the dining table at the start of the meal. The quantities of food and milk present on the table at the start of the meal must be at least the minimum amounts of food required by the CACFP for the children and adults.
4. In family style meal service, the foods are passed around the table and the children serve themselves if they are able, or with the help of an adult.
5. In family style meal service, each participant takes their share of food using the correct measuring spoons among the foods available, and passes the bowls to others. **However, it is the responsibility of the adults present to ensure that each plate contains all the complete components.**