

# Grow with Good Nutrition in Child Care Centers

**CACFP**  
Child and Adult Care Food Program



## What is the **Child and Adult Care Food Program**?

- Federally funded program designed to provide reimbursement for healthy meals and snacks served to children and adults receiving day care. In this case, the program would help child care centers serve nutritious meals and snacks to young children in care.
- Part of the U.S. Department of Agriculture (USDA) Food and Nutrition Services (FNS), the same office that administers the National School Lunch Program (NSLP).

## What are the **benefits**?

- Receive reimbursement to supplement the cost of healthy meals and snacks.
- Participation in CACFP is a key indicator of high-quality child care.
- Children receive the right foods needed to develop and learn.
- Young children learn healthy eating habits.
- Receive guidance on menu planning and recipe ideas.
- Free training to employees and staff on child nutrition topics, which credit toward Kansas Department of Health and Environment (KDHE) training requirements.

## Who is **eligible**?

- Children 12 years of age and under.
- Children of migrant workers who are 15 years of age and younger.
- Functionally impaired children through 18 years of age in child care centers.

## What **types of sites** can participate?

- Licensed nonprofit child care centers that are a public entity or have a tax-exempt status under the Internal Revenue Code of 1986.
- Licensed for-profit child care centers that meet one of the following criteria:
  - 25% of the children in care are eligible for free or reduced-priced meals.
  - 25% of the children in care received child care subsidy benefits from Title XX of the Social Security Act and the center receives compensation.
- Head Start centers.
- Outside School Hours Care Centers (OSHCC) licensed to provide care and supervision to children outside of school hours.
- Centers providing day care services for children with disabilities.

## What are the **program requirements**?

- Be licensed by KDHE or a branch of the military.
- Complete an initial application form for program approval.
- Serve meals and snacks that meet the requirements of the CACFP meal patterns. The meal requirements are simple and allow for a variety of foods, including ethnic and cultural foods.
- Attend required child nutrition trainings provided or approved by Kansas State Department of Education (KSDE) Child Nutrition and Wellness staff, including:
  - Completion of the CACFP Jump Start training within six months of assuming program responsibility.
  - Completion of the CACFP Administrative Workshop each program year.
  - KSDE approved food safety training every three years.
  - Other training as deemed necessary.
- Document daily menus and accurate daily meal count and attendance records.
- Maintain enrollment and income eligibility documentation on each child in care, with new forms being completed and submitted by the parent/guardian annually (not required for Head Start centers).
- Provide training to staff with CACFP responsibilities and maintain documentation of this training. Topics may include:
  - Annual Civil Rights Training
  - CACFP Meal Pattern
  - Daily Meal Counts and Record Keeping
  - Food Safety
  - Family Style Meal Service

## How does the **money work**?

- Monthly reimbursement is calculated based on the number of meals and snacks served, the number of children eating, and claiming percentages of free, reduced price, and paid participation determined by the Enrollment and Income Eligibility Forms (E/IEF).
- Eligible centers may be reimbursed for up to two meals and one snack or one meal and two snacks per day per child.

## What **meals** may be **served**?

- Breakfast consists of a serving of milk, fruit and/or vegetable, and grains/bread.
- Lunch and Supper require a serving of milk, meat or a meat alternate (such as cheese, a whole egg, cooked dry beans or peas, nut butters, or yogurt), fruits, vegetables, and grains/bread.
- Snacks include servings from two of the five component groups: milk, meat or meat alternate, fruits, vegetables, or grains/bread.



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