

Achieve with Good Nutrition

for Preschoolers

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 school districts serve nutritious meals and snacks to young children in preschool.
- 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).

Is CACFP **different from the NSLP?**

- The CACFP has different meal pattern requirements than school nutrition programs such as the School Breakfast Program (SBP) and the National School Lunch Program (NSLP).
- Although different, both programs can be operated within one school.
 - Similar menus can be used for all students with minor adjustments made based on different meal pattern requirements
 - Staff must ensure that students are served appropriate foods, fitting meal pattern requirements, based on grade level.

What are the **benefits?**

- Receive reimbursement to supplement the cost of healthy meals and snacks.
- The National School Lunch Program and CACFP can be operated at the same time, allowing children to receive meals similar to those served to older students.
- Children receive healthy foods needed for learning and development.
- Young children learn healthy eating habits.
- Receive guidance on menu planning and recipe ideas.
- Free training to employees and staff on child nutrition topics.

What **types of sites** can participate?

- Public preschool, Pre-K, and kindergarten prep programs operated and authorized by the Board of Education of a Unified School District (USD).
- Head Start centers.
- Private preschool, Pre-K, and kindergarten prep programs licensed by the Kansas Department of Health and Environment (KDHE).
- Licensed child care centers located in a school.

What are the **program requirements**?

- Complete an initial application form for program approval (if the district's NSLP representative is the same as the district's CACFP representative, this application process is streamlined).
- 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.
- 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
- Keep 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).

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 as determined by the Enrollment and Income Eligibility Forms (E/IEF).
- Eligible schools 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, fruits and/or vegetables, and grains/bread.
- Lunch and Supper require a serving of milk, meat or a meat alternate (such as cheese, a large 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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