

CHILD AND ADULT CARE FOOD PROGRAM

The Child and adult Care food Program (CACFP) reimburses for meals and snacks served to children up to age 13 enrolled in child care homes. The major focus of CACFP is to serve nutritious meals and snacks in child care homes which care mainly for children from low income households. However all day care home providers meeting eligibility guidelines may take part in CACFP whether or not they care for children from low income households.

What is a Sponsoring Organization?

Catholic Charities of Delaware and Otsego Counties is the CACFP sponsoring organization for child care homes in Otsego and Schoharie Counties. As the Sponsor, we provide recruitment, technical assistance and nutrition training. We review monthly attendance and, monitor child care programs and distribute monthly reimbursement checks.

To be Eligible to Participate

A Family or Group Family Day Care home must be licensed or registered by the local day care licensing authority ,or be an enrolled legally exempt child care provider to participate in the Child and Adult Care Food Program.

CACFP Sets a Standard

The CACFP sets nutritional standards for children. Through research, nutritionist have determined what foods are necessary to eat each day in order to get a complete balance of nutrition in their diet. The USDA minimum Nutritional Requirements are "bottom line" because they define what we must eat each day to stay healthy. The feeding pattern for the CACFP meets these requirements. It is therefore a useful guideline for anyone with children because it sets the standard for you to evaluate the nutritional quality of your meals.

Why Should I Sign Up for CACFP?

CACFP will reimburse child care providers for meals and snacks they provide to children enrolled in their child care program. The CACFP sponsoring agency will provide training and support in nutrition, feeding children, and buying and cooking food.

Meal Requirements

The Meals served in the child care home must include fluid milk, fruits, vegetables, bread or bread alternatives and meats or meat alternatives.

Recommended Number of Meals and Snacks

The number of meals and snacks which children need while in care varies depending on the number of hours that they are present. Guidelines may help you decide how many meals snacks you should serve each day:

- Less than 4 hours in care ~ 1 snack
- 4 through 5 hours in care ~ 1 snack and meal to supply at least 1/3 of child's food requirements
- 6 through 9 hours in care ~2 snacks and 1 meal
- 10 or more hours in care ~ 2 snack and meals to supply at least 2/3 of the child's daily food requirement

How does CACFP benefit families and providers?

Benefits to the Child

The Child and Adult Care Food Program (CACFP) offers lifetime benefits. Proper nutrition during the early years of childhood ensures appropriate development and reduces physical and educational problems later in life. The preschool years are when eating patterns and habits are being established that may determine the quality of one's diet throughout life. Children who are in day care with providers who participate in the CACFP are given the opportunity of nutritious foods. Providers create an atmosphere that instills a positive, curious attitude about food from earliest years.

Benefits to the Parents

Parents are assured that their children will be served high quality meals. The benefit is children are less likely to experience fatigue and illness, and less time a parent must be absent from work. The child is also more likely to be healthy, happy and develop at a normal physical, emotional and intellectual pace.

Benefits For The family Child Care Provider

Providers receive valuable nutrition education that helps them know the proper foods to feed children in amounts appropriate for these young age groups. They receive help through nutrition education and personal visits from CACFP staff in understanding how to encourage positive eating habits that will benefit a child's throughout life. They help children make healthy choices for their meal and snack foods that will last a lifetime.

To find out more information on how you can participate in the child and Adult Care Food Program, or to sign for an "Introduction to CACFP" class, please contact our office at (607) 432-0061 or by E-Mail: childcare@charitiesccdo.org.

For more information on the Child and Adult Care Food Program, please visit the New York Department of Health CACFP [website](#).



CHILD CARE SUPPORT SERVICES

A program of Catholic Charities of Delaware and Otsego Counties

176 Main Street, Oneonta, NY 13820

(607) 432-0061 | Fax: (607) 431-9303

www.CharitiesCCDOS.org | childcare@charitiesccdo.org