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NF94-201 The Child and Adult Care Food Program

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The Child and Adult Care Food Program

by Darlene Martin, Extension Nutrition Specialist

Child Nutrition Programs — are programs funded by the United States Department of Agriculture which include: Child and Adult Care Food Program, National School Lunch, School Breakfast, Special Milk and Summer Food Service.

The Child Care Food Program was established in 1968 in response to the need to provide adequate nutrition to a growing number of children in day care. In 1987, eligible adults were included in the program which is now referred to as the Child and Adult Care Food Program.

The goal of the Child and Adult Care Food Program (CACFP) is to improve the health and nutrition of children and adults participating in the program while promoting the development of good eating habits and to advance nutrition education.

The CACFP is administered by the Nebraska Department of Education. Funding for the program is provided through the U.S. Department of Agriculture. The Nebraska Department of Education reimburses child and adult care centers and family day care home sponsoring organizations participating in the CACFP for the meals served to participants.

Eligibility requirements to participate in the CACFP in Nebraska are: All institutions must meet licensing standards. Private institutions must have tax-exempt status from IRS or receive benefits from Title XX of the Social Security Act for at least 25 percent of enrolled participants or 25 percent of license capacity. Child care centers, adult care centers and outside school hours centers may participate in the program either with a sponsor or as independent centers. Family day care home providers must participate in the CACFP with a sponsoring organization.

Reimbursement is determined by the number of eligible enrolled participants who are served creditable meals at rates set by USDA.

A meal is reimbursable if it contains those foods in the amounts outlined in the CACFP meal pattern requirements.

Creditable foods are those foods that may be counted toward meeting the requirements for a

reimbursable meal. Foods are determined to be creditable by:

1. nutrient content;
2. customary function in a meal;
3. whether they meet regulations governing Child Nutrition Programs;
4. whether they meet the FDA's Standards of Identity;
5. whether they meet the USDA standards for meat and meat products; and
6. agreement with administrative policy decisions on the crediting of particular foods.

Noncreditable or "other" foods are those that are not creditable because they do not meet the above criteria. "Other" foods do not meet the requirements for any components in the meal patterns. Noncreditable foods may supply calories which help meet the energy needs of participants and may contribute additional nutrients. They can be used to supplement the required meal components to improve acceptability, and to satisfy appetites.

Child and Adult Care Food Program

Meal Pattern Requirements				
Age:	1-2	3-5	6-12	Adults
BREAKFAST				
Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup
Juice or fruit or vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup
Bread or bread alternate	1/2 slice (or 1/2 oz.)	1/2 slice (or 1/2 oz.)	1 slice (or 1 oz.)	2 slices (or 2 oz.)
or cold dry cereal	1/4 cup (or 1/3 oz.)	1/3 cup (or 1/2 oz.)	3/4 cup (or 1 oz.)	1 1/2 cup (or 2 oz.)
or cooked cereal	1/4 cup	1/4 cup	1/2 cup	1 cup
SNACK (select two of the following four components)				
Fluid Milk	1/2 cup	1/2 cup	1 cup	1 cup
Juice or fruit or vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup
Meat or meat alternate or	1/2 oz.	1/2 oz.	1 oz.	1 oz.
yogurt	2 oz. (or 1/4 cup)	2 oz. (or 1/4 cup)	4 oz. (or 1/2 cup)	4 oz. (or 1/2 cup)
Bread, bread alternate, cereal	1/2 slice	1/2 slice	1 slice	1 slice
LUNCH/SUPPER				
Fluid Milk	1/2 cup	3/4 cup	1 cup	1 cup (for Lunch only)
Meat or poultry or fish or cheese or meat alternate	1 oz.	1 1/2 oz.	2 oz.	2 oz.

Vegetables and/or fruit (2 or more)	1/4 cup (Total)	1/2 cup (Total)	3/4 cup (Total)	1 cup (Total)
Bread or bread alternate	1/2 slice	1/2 slice	1 slice	2 slices

The CACFP serves: Children through age 12; Children of migrant workers, through age 15; Persons with physical and mental handicaps receiving care in a center where most children are 18 years old and under; Adults with disabilities and those over 60 years of age in nonresidential day care settings.

For more information please contact:

Nebraska Department of Education

Nutrition Services

301 Centennial Mall South

P.O. Box 94987

Lincoln, Nebraska 68509-4987

Telephone: (402) 471-2488

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B-1, Meal Planning

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