

Good Nutrition today means a stronger tomorrow

# Building for the Future With CACFP



## What is CACFP?

- CACFP is a Child and Adult Care Food Program. It is a federal program that pays for healthy meals and snacks for child and adults in day care.
- CACFP improves the quality of day care. It helps lower the cost of day care to families
- Besides providing meals in day care, CACFP makes afterschool programs to at-risk children and youth. Serving after-school meals and snacks attracts students to learning activities that are safe and fun.
- Children and youth that are homeless can also receive meals at shelters that participate in CACFP.

## Who is eligible for CACFP Meals?

- Children under age 13 and Migrant children under age 16
- Children and youth under age 19 in afterschool programs in low-income areas or live in homeless shelters
- Adults who are impaired or over age 60 and enrolled in an adult day care

## What kinds of meals are served? CACFP Meals follow USDA nutrition standards.

Breakfast consist of milk, fruits, or vegetables, and grains. Lunch and Supper require milk, grains, meat or other proteins, fruits and vegetables. Snacks include two different servings from the five components: milk, fruits, vegetables, grains, or meat or other proteins.

## Where are CACFP meals served? Many types of facilities participate in CACFP:

Child Care Centers: Licensed child care centers and Head Start programs provide day care with meals and snacks to large numbers of children.

Outside-School-Hours Care Centers: Licensed centers offer before or afterschool care with meals and snacks for a large number of school-aged children.

Family Day Care Homes: Licensed providers offer family child care with free meals and snacks to small groups of children in private homes.

"At-Risk" Afterschool Care Programs: Centers in low-income areas provide learning activities with free meals and snacks to school-age children and youth.

Emergency Shelters: Homeless, Domestic violence, and runaway youth shelters provide places to live with free meals for children and youth

Adult Day Centers: Licensed centers provide day care with meals and snacks to enrolled adults.

## Contact Information: If you have any questions about CACFP, contact one of the following Sponsoring Organization

State Department of Education  
Child Nutrition Programs  
2500 North Lincoln Blvd. OKC, OK 73105  
405-521-3327

*USDA is an equal opportunity provider.*