

# The Child and Adult Care Food Program in Child Care Centers & Day Care Homes

This day care home or child care center is a participant in the Child and Adult Care Food Program (CACFP), a federal program of the Food and Nutrition Service, U.S. Department of Agriculture (USDA).

The primary goal of the Child and Adult Care Food Program is to improve the diet of children 12 years of age or younger. (Older children from families of migrant workers and certain people with disabilities may receive CACFP meals under certain conditions).

Proper nutrition is important to good health and is also an important part of a good child care program. Children need well-balanced meals in order to meet their daily energy needs and to help them build strong bodies and minds.

Through the CACFP, you can be assured that your child is getting balanced, nutritious meals. Participating day care homes and child care centers are reimbursed for meals served to children in their care. The maximum reimbursement that can be received for each child on any day is 2 meals and 1 snack, or 2 snacks and 1 meal.



All reimbursed meals must follow patterns set by USDA. There are two groups of meal patterns. Chart 1 is for children over 1 year of age. Chart 2 is for infants up to 12 months (patterns vary according to the infant's age).

**Chart 1**

| <b>Foods for Children<br/>(1 year to 12 years)</b> |                             |                              |
|--|-----------------------------|------------------------------|
| <b>Breakfast</b>                                   | <b>Snack<br/>(select 2)</b> | <b>Lunch or<br/>Supper</b>   |
| Milk   | Milk                        | Milk                         |
| Juice, fruit or vegetable                          | Fruit, vegetable or juice   | Fruits and/or vegetables (2) |
| Bread or Grain                                     | Bread or Grain              | Bread or Grain               |
|  | Meat or Meat Alternate      | Meat or Meat Alternate       |

**Sioux Valley Hospital's  
Family Day Care Network  
1115 W 41<sup>st</sup> St  
Sioux Falls, SD 57105  
333-0663 ext. 2 or 1-800-235-5923**

**Chart 2**

| <b>Birth – 3 Months</b>                      |  |   |
|--|--|---|
| <b>Breakfast</b>                             | <b>Snack</b>   | <b>Lunch or<br/>Supper</b>                              |
| Breast Milk or Iron Fortified Infant Formula | Breast Milk or Iron Fortified Infant Formula               | Breast Milk or Iron Fortified Infant Formula            |
| <b>4 Months – 7 Months</b>                   |  |   |
| <b>Breakfast</b>                             | <b>Snack</b>   | <b>Lunch or<br/>Supper</b>                              |
| Breast Milk or Iron Fortified Infant Formula | Breast Milk or Iron Fortified Infant Formula               | Breast Milk or Iron Fortified Infant Formula            |
| Iron Fortified Infant Cereal (optional)      |  | Iron Fortified Infant Cereal (optional)                 |
|  |  | Fruit and/or vegetable (optional)                       |
| <b>8 Months – 12 Months</b>                  |  |   |
| <b>Breakfast</b>                             | <b>Snack</b>   | <b>Lunch or<br/>Supper</b>                              |
| Breast Milk or Iron Fortified Infant Formula | Breast Milk, Iron Fortified Infant Formula, or fruit juice | Breast Milk or Iron Fortified Infant Formula            |
| Iron Fortified Infant Cereal                 | Bread or Crackers  | Iron Fortified Infant Cereal and/or meat/meat alternate |
| Fruit and/or vegetable                       |  | Fruit and/or vegetable                                  |



The CACFP gives financial assistance to public and private nonprofit organizations providing licensed or registered child care services throughout the country.

Organizations participating in the CACFP include, but are not limited to day care homes and child care centers.

- ◆ **Day care homes** must operate in a private residence and participate under a sponsoring organization.
- ◆ **Child care centers and outside school hours care centers** must be a public or non-profit organization. Centers can operate in the program either independently or under the auspices of a sponsoring organization.

Sponsoring organizations can operate the CACFP in child care centers, outside school hours care centers, adult day care centers, and family or group family day care homes.

An independent center or sponsoring organization is responsible to the state and USDA for administrative, financial, and meal plan requirements for centers and homes under its auspices.

The Child and Adult Care Food Program is 100% federally funded program administered in South Dakota by the Department of Education, Child and Adult Nutrition Services, 800 Governors Drive, Pierre, SD 57501-2235; (605) 773-3413. On average, approximately \$6.3 million is paid annually to child care and day care homes to help cover costs of meals served to children and other food program expenses. Sponsoring organizations of day care homes receive approximately \$500,000 annually to operate the CACFP in all participating day care homes in South Dakota.



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## Parent Information

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