



A National Platform for the Child and Adult Care Food Program Community

April 10, 2019

Senator Pat Roberts, Chairman
Senator Debbie Stabenow, Ranking Member
Committee on Agriculture, Nutrition and Forestry

The National CACFP Sponsors Association (NCA) Board of Directors, on behalf of our national membership, appreciates the opportunity to provide oral and written testimony for the hearing on "Perspectives on Child Nutrition Reauthorization."

We thank you for the opportunity to raise awareness about the Child and Adult Care Food Program (CACFP) and to showcase stories of family home child care providers. We've highlighted many of your constituents, their passion for the children in their care, and why they value the benefits of CACFP. Included as well is the impact the program is having in your home states and nationwide. As we gather CACFP provider showcases for all 50 states, we are happy to continue to share the stories with you.

As you consider the Child Nutrition Reauthorization Bill, we request that Congress pass regulation that strengthens program access and supports participation of underserved children; ensures nutrition quality; and simplifies program administration and operation.

We would like to offer the Chairman and all committee members the opportunity to connect with us and any member of our association to learn more or hear first-hand how vital and necessary the program is.

We also extend an invitation for you to join us in Chicago as our guest at the 2019 National Child Nutrition Conference where over 1,600 attendees from across the country will convene for professional development for both the Child and Adult Care Food Program and the Summer Food Service Program.

As shared in the oral testimony, we remain available to offer our collective program expertise should anyone on the committee have further questions as Reauthorization proceeds.

Thank you for your support of the CACFP and our nation's most vulnerable population.

Respectfully submitted,

The Board of Directors of the National Child and Adult Care Food Program Sponsors Association

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Perspectives on Child Nutrition Reauthorization Hearing

April 10, 2019

Kati Wagner, Vice President, National CACFP Sponsors Association (NCA)

Oral Testimony

Good morning. Chairman Roberts, Ranking Member Stabenow and Members of the Committee, thank you for the opportunity to testify today for the first time. My name is Kati Wagner and I serve as the Vice President and Policy Chair for the National Child and Adult Care Food Program Sponsors Association (NCA). We are a national association whose mission it is to support the hundreds of thousands of people who make up the USDA Child and Adult Care Food Program community, the CACFP, which includes sponsoring agencies, family child care homes and centers, Head Start, afterschool at-risk sites, and adult day care facilities, as well as state agencies, anti-hunger advocates, and industry supporters.

As the president of a sponsoring agency for the CACFP, I personally work with each of those groups in Colorado and with family child care homes in Wyoming. Today, it is my honor to share an overview of the CACFP, often referred to as the food program.

The CACFP is part of the Richard B. Russell National School Lunch Act of 1946. Though smaller than the school lunch program, current appropriations serve about 4.5 million children each day and over 2 billion meals annually. CACFP provides funding to child care facilities (homes and centers), afterschool programs, homeless shelters, and adult day care facilities as reimbursement for serving healthy foods to those in their care. Funding not only improves the nutrition for children and older adults when parents or caregivers are working, it helps small businesses offset the higher cost of serving healthier food, while allowing parents to work and have access to quality child care. This program is one of the best examples of a public private partnership, improving children's lives and supporting working families while boosting local economies.

CACFP is a multi-faceted approach to feeding food insecure children through various settings. One avenue of participation is with a Sponsoring Organization. This is the only way licensed, family child care providers can participate in the USDA food program. Family home sponsoring organizations are non-governmental, non-profit organizations which are responsible for maintaining program integrity by making frequent on-site visits to the child care home, offering training, support, and oversight. Examples of the training and support we provide are in our written testimony. Sponsors ensure that child care providers are in compliance with nutrition guidelines and are operating successfully so that families can work. As a sponsor, my organization visits the child care provider's home at least three times a year to verify children are in care and meals are being served which meet USDA's meal pattern requirements.

With the remainder of my time, I would like to tell you about a family child care provider enrolled in the CACFP from Cortez, Colorado. Many of the resources I will reference can be found in the written testimony.

Meet Mickey. Mickey's children arrive between 7:00-8:30 am each morning. Their day starts with a healthy breakfast of oatmeal, strawberries, and a glass of milk which is funded by the CACFP. Her kitchen walls are covered with the USDA Team Nutrition posters showcasing fun, healthy nutrition ideas, USDA's MyPlate poster, NCA's motivational posters, and her children's art work. After breakfast, the children have circle time playing and learning about colors and shapes until their morning snack of carrot sticks and watermelon slices, also funded by the CACFP reimbursement. Next, they go outside, even in the Colorado winters, for physical activity time playing games they've learned about in NCA's CACFP Training Program Calendar until it's finally time for lunch! In the CACFP, lunch includes a meat or meat alternate, grain, milk, vegetable and a fruit so today at Mickey's they are having baked chicken breast, broccoli trees, apple slices, a whole grain-rich roll, and glass of milk. This is made possible with reimbursement funding from the CACFP. Mickey's parents do not pick up their children until 6:00-7:00 pm so she provides an afternoon snack of orange wedges and graham crackers as well as a CACFP creditable dinner including whole grain-rich spaghetti, tomato sauce, tossed spinach salad, garlic bread, and milk. Mickey is only reimbursed for two meals and one snack through the CACFP each day but she provides all of the meals to the children in her care because 8 out of 10 are food insecure. The last time I was in her home, she was explaining to me how grateful she is for the support she receives by participating in the CACFP under a sponsoring organization. The program allows her to serve more nutritious food, to keep enrollment fees down, and to serve substantially more food than the minimum CACFP requirements to the children in her care. In fact, on Monday mornings, Mickey serves two to three times the amount of food for breakfast she normally would because the children come in so hungry.

Across the country millions of children are being served by providers (or small business owners) just like Mickey. We've included more stories about CACFP providers in our written testimony. This Committee has an important opportunity in 2019 to improve the health of our nation's children by passing a strong Child Nutrition Reauthorization that protects and strengthens all child nutrition programs. These successful, cost-effective federal nutrition programs play a critical role in helping children in low-income families achieve access to child care and educational and enrichment activities while improving overall nutrition, health, development, and academic achievement.

We are very excited that Reauthorization is back on your table. It has the ability to change what is on the table for over four and half million children each day. As the national association for providers, meal sponsors, and front-line users of the CACFP, we are eager to share suggestions that we believe would improve the CACFP. Most of the program improvements (based on our broad, national membership base) do not represent any increase in cost to the program but would create efficiencies and reduce barriers to participation. You can learn more about these in our written testimony.

In closing, we would like to thank the USDA's Food and Nutrition Service leadership team and staff for their hard work and partnership with our program operators to continually improve the food program. Our nation's children deserve the best nutrition available to be ready to learn at school and to grow and develop into healthy adults. The NCA Board is available to offer our collective program expertise as Reauthorization moves through the process and I am happy to answer any questions at this time, or follow up with our detailed recommendations for the Program.

Thank you for your support of the CACFP and our nation's most vulnerable populations.

2019 Child Nutrition Reauthorization Policy Priorities

Increase Reimbursement Rates for Family Home Child Care Providers in Order to Support Improved Meal Service

The last increase in reimbursement rates for family home child care providers was July 2015. All meals and snack increased by \$.01 except Tier 2 snacks, which remained the same. In July 2016 all reimbursement rates went down by \$.01 or \$.02 except for Tier 2 breakfast and snacks, which remained the same. These rates are tied to the Consumer Price Index for food eaten at home which has minimal variance. Day care centers reimbursement rates are linked to the Consumer Price Index for food eaten away from home. Included is a chart that reviews the comparison of family home child care and centers. Family child care has experienced increased cost of doing business just as child care centers have. Their rates should be based on the same index as child care centers in order to be sustainable on the food program.

Eliminate USDA Regional Office and State Agency Add-Ons to Federal Regulations

Require USDA Regional Offices and State Agencies to adhere to Federal Regulations without adding additional rules or restrictions which create barriers to participation. The additional requirements added by state agencies to an already complicated program becomes problematic as the cost of operation increases and compliance becomes more complicated. This practice of increasing requirements may make participation vary state to state and has the effect of some children in need not receiving benefits. Examples range from food allowances to administrative procedures that become costly and burdensome. NCA feels that the Federal Government has a comprehensive and doable set of requirements that do not need to be increased at the state level.

Streamline CACFP At Risk Afterschool and Summer Food Service Program; Currently CACFP Facilities Must Drop Off CACFP and Apply for Summer Food

The At Risk After School program operates only during the school year. When the school year ends, sites must switch over to the Summer Food Service Program. Some of the areas of the country have robust At-Risk programs and other areas are strong in SFSP. To allow both programs to run year-round (yet not simultaneously) would create the ability to feed children throughout the year without program hopping. We support Summer all year long as well as CACFP At Risk all year long based on the facility choice and availability of programs.

Extend Income Eligibility for Child Care Centers in CACFP

A for-profit center is eligible for participation based on the income level of the families they serve; they will qualify if at least 25% of the children are within income guidelines for free and reduced meals. Eligibility must currently be verified every month. All other CACFP programs have eligibility determinations that last for one year (income) up to five years (school or census). This requirement has created a burden for the center and/or the sponsoring organization. By extending eligibility determinations to at least every 6 months or annually, the administrative burden has been decreased and the potential for error has been significantly reduced, freeing up administrative funds for other CACFP requirements such as training.

Set Center Reimbursement Rates Annually

Blended or percentage formulas used to determine reimbursement rates should be in effect for one year. The current regulation states that the state agency shall assign rates of reimbursement, not less frequently than annually. This has given state agencies the ability to set these rates as often as monthly creating additional paperwork, increased margins of error and significant time spent to determine the correct rate. Once centers can determine eligibility less frequently, it would make sense to have the rate determination follow the same time frame.

Allow Serious Deficiency Determinations to be Appealable

Expand opportunity to appeal to institutions and family child care. Establish guidelines in determining when there is a serious deficiency, including what measures automatically result in a serious deficiency and how differentiation is being made between a reasonable margin of error and systematic or intentional noncompliance.

Allow Expanded Area Eligibility for At-Risk Afterschool Programs

Some afterschool programs serve all low-income children, yet the area school district does not reflect the income level of children served. If children are being transported by bus from a school with low income families to the At-Risk site, allow the predominate school percentage to meet the At-Risk qualification.

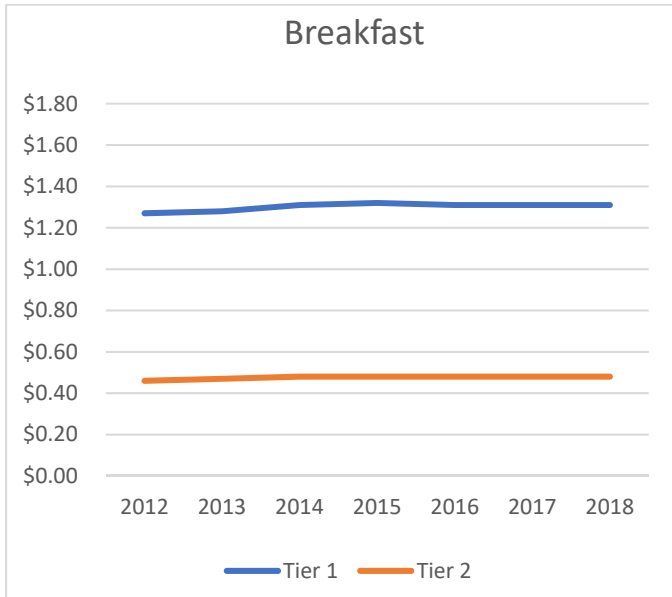
We support adding “providers, parents and participants” to the nutrition education provision.

This ensures State Agency and sponsor funds may be used to educate all.

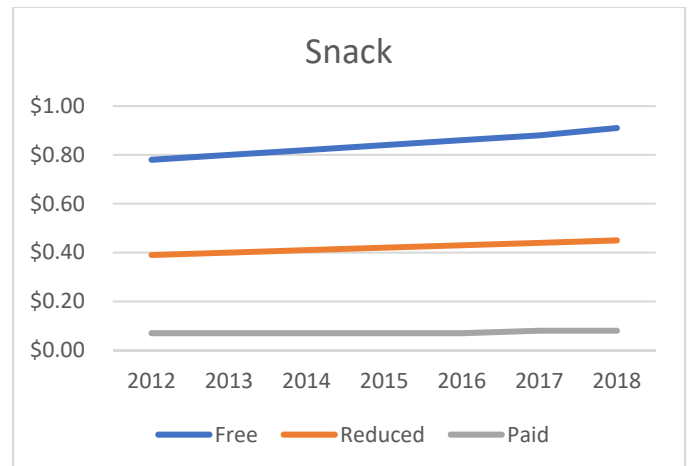
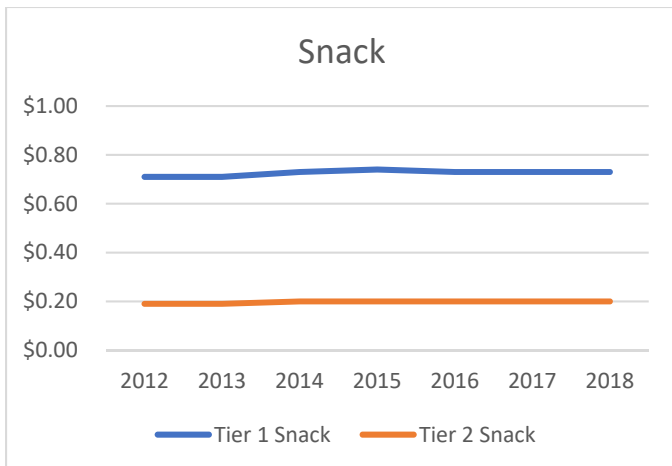
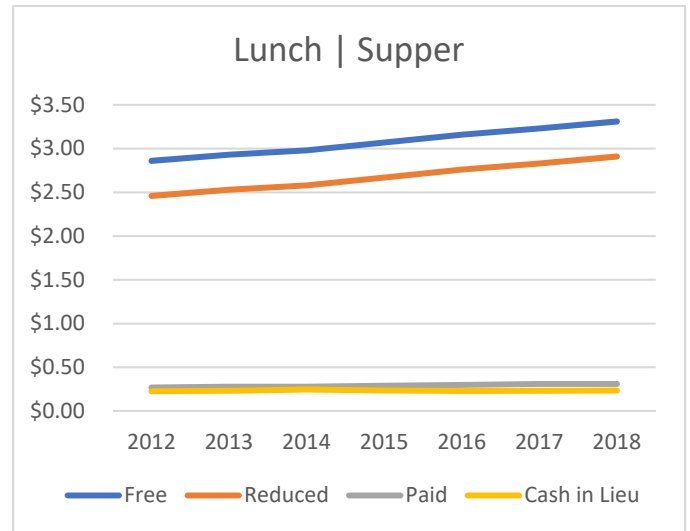
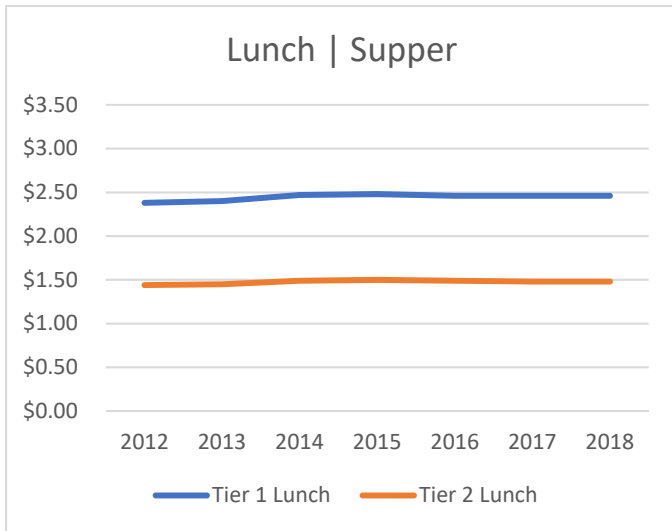
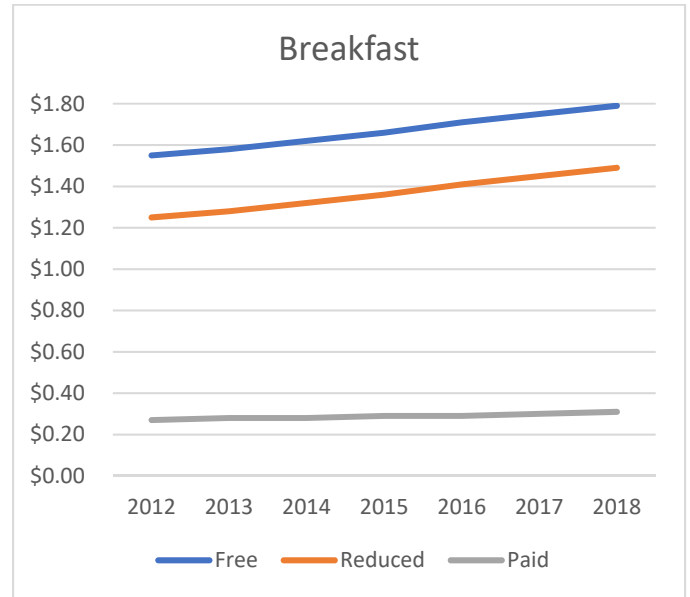
We support the continuation of the paperwork reduction work group.

20012-2018 CACFP REIMBURSEMENT RATES

FAMILY HOME CHILD CARE



CHILD CARE CENTERS



Celebrating 50 YEARS

A National Platform for the Child and Adult Care Food Program Community

In 1968, Congress amended the National School Lunch Act to reach children in child care programs. The goal was to encourage healthy eating habits by offering reimbursement to providers for serving nutritious meals. Initially, the CACFP reached about 23,000 children in family child care homes. Now, 50 years later, over 4.4 million children in homes, centers, and afterschool programs have access to healthy and nutritious foods every day. Throughout the CACFP's 50 year history, the program has continued to update its nutrition standards in conjunction with the USDA meal patterns and the Department of Agriculture's Dietary Guidelines. Without the CACFP, many children would not have access to nutritious foods. Not only do we celebrate this milestone for CACFP but we also praise each of you for your commitment to the well-being of each child in your care.

1968



Public Law established the Special Food Services Program for Children (SFSPFC).



1975

Child Care Food Program and the Summer Food Service Program became separate programs.



1978

Public Law made the program permanent.



12,000 Family Child Care Providers participated.

1986

The Midwest Sponsors Association was born. Now known as the National CACFP Sponsors Association.

You thought saying CACFP was a mouthful.



1987



Adult Day Care facilities were added to the program.



1989

Name of program changed to the *Child and Adult Care Food Program.*



1998

At-Risk Afterschool and Homeless Shelters became eligible.

1999



2.5 million children served in the CACFP.



2016

New Meal Patterns announced. First time since 1968 major changes were made to meal requirements.



2018

50 years later, serving over 4,000,000 children every day!



This institution is an equal opportunity provider.



Visit us online at cacfp.org

Know someone who isn't participating on the food program? Help them get reimbursed for serving nutritious meals. Connect them with **Find a Sponsor** at cacfp.org.

NATIONWIDE

KANSAS

"Children should have access to healthy foods while they are here because the more they have them at a younger age, the more they will chose them at a later age," Erica Ritter program director of the YMCA, Olathe, Kansas, said. Christy Birt's 15-month-old daughter attends the YMCA day care. "It put my mind at ease," the 31-year-old human resources worker from Kansas City, said about the proposals being implemented. "So, if we are running around at night having to feed her something not as nutritious, then I know she received something nutritious while she was at day care."

www.nbcnews.com/health/kids-health/usda-proposes-healthier-food-daycares-n383716

KENTUCKY

"Yesterday we started the after-school dinner program at our elementary," Jackie Ridsen-Smith said in a tweet about the Ashland schools. "While getting his food, a student smiled at his teacher and said, 'We haven't had a lot of food to eat at home ... now I won't be hungry tonight.' Child hunger is a real problem and we need more awareness." An after-school dinner program has been "a game changer for reducing childhood hunger in our community," she said. "Food insecurity among our youth is a basic need we must meet and although many are uncomfortable talking about this topic, we can't afford to not talk about it and continue to bring about awareness," said Ridsen-Smith. "Hunger is a distraction to learning." About 38,000 children in Kentucky are served daily in after-school supper programs, said Elizabeth Fiehler, child and adult care food program manager for the Kentucky Department of Education. While Kentucky is doing well in reaching hungry children, "we have a lot of room to grow," she said.

www.kentucky.com/news/local/education/article225400560.html

SOUTH DAKOTA

Two Rapid City schools participating in a pilot program have served 6,000 free meals since December to students who stay after school for sports, tutoring and other extracurricular activities. The meals of chicken and rice, sandwiches, pizza, fruit, milk and other "enhanced snacks" are provided by a program... administered at the state-level through the USDA's Child and Adult Care Food Program. In order to qualify, 50 percent of students or more in a given school must be eligible to receive free or reduced-price meals. Schools must offer after-school programs. Eight school districts in South Dakota have Child and Adult Food Care programs in place, Cheriee Watterson, a child and adult nutrition service administrator at the State Department of Education, said Wednesday. "There are many more universities, day care home sponsors, and tribal entities in addition to school districts," Watterson said in an email.

<https://rapidcityjournal.com/news/local/beadle-elementary-north-middle-piloting-after-school-meal-program>

2,037,687,363 meals served in 2018 in CACFP.



103k

Family Child Care Homes



64k

Child Care Centers



22k

Afterschool Sites



2.5k

Adult Day Care Sites



Over 4.5 million children served each day.

Meet Ramona

Difficult life circumstances led Ramona Hursey to work in a child care center. She decided she would master her first “real job” working as an assistant and then move up the ladder until she was certified as a director. She realized along the way that she had found her true calling. Ramona opened her own child care home where she models her program on what she has learned and uses curriculum she has modified to fit the children enrolled instead of a generic routine.

Ramona’s biggest focus is making sure children are taken care of while their parents are at work, at school, or bettering themselves in some way. One of the keys is to focus on good nutrition where at times, she is serving the only food the kids will eat during the day. Ramona teaches the children about having a balanced meal and components that make a healthy diet. The older children go shopping at the grocery store with her and then everyone helps prepare the meal at home.

***“Someone stepped up for me. They took my hand.
I want to be able to reach back and pull others up.
Sometimes that is all people need.”***

Ramona focuses on small life skills that will help the children be more independent when they go to kindergarten. They work on listening and following instructions. Children are taught skills like how to open their own milk cartons and use their utensils. Most importantly, Ramona likes to sit with the children and simply have conversations, modeling how to speak and be with others. This helps even shy children find their voice so they can ask for what they need.



Ramona’s ultimate goal is to provide top quality child care for those that may not be able to afford it. Along with the children, she also cares for the families, many of which are single mothers. She wants to be a stepping stone for them. They work together as a family to better themselves, which ultimately benefits the children.

*Ramona Hursey Home Child Care Provider From Champaign, IL
Ramona has been a CACFP participant for 20 years.*

ILLINOIS CACFP



6,139

Family Child
Care Homes



2,432

Child Care
Centers



691

Afterschool
Sites



**Over 137,000 children served each day.
89,240,400 meals served in 2018.**

Meet Michelle

When Michelle Baggett received a note from school stating her nephew was having a difficult time understanding his schoolwork, she immediately began tutoring. As he went from failing to passing, the idea grew of how much she enjoyed helping him and making a difference in a child's life. It was a calling she couldn't ignore, so she decided to discontinue her work in criminal justice and open her own home child care program.

“I see that there is a real need for children to be taught in a quality program where parents do not have to worry about their children-knowing they are learning, having fun and are safe.”

Parents play a pivotal role in the program. Every other month, Michelle holds a parent advisory board meeting. Parents volunteer to come and are welcome to bring the kids with them. During the meeting, they participate in menu planning, assist with upcoming activities, and even try new group exercises. Each family also discusses their fruit and vegetable challenge from home where they have tasted new produce and share recipes.

Every summer, all the families meet for the big garden planting event. They each choose a few seeds to plant and tend to. The produce is then shared and eaten both at the home child care and at individual homes. The parent advisory board is even considering taking the garden to a new level, with a grant from the Board of Health, establishing a hydroponics garden growing fruits and veggies year-round.



As she begins transitioning children for kindergarten, she works with not only parents, but also with the teachers and schools that the kids will be entering. Michelle understands that by involving parents in her home child care and belonging to a community, the children know that everyone needs to work together to learn and grow. From this togetherness, Michelle has given the children the sense of security and confidence to keep moving forward throughout their learning.

*Michelle Baggett, Home Child Care Provider From Cincinnati, OH
Michelle has been a CACFP participant since 2002.*

OHIO CACFP



2,009

Family Child
Care Homes



1,957

Child Care
Centers



568

Afterschool
Sites



Over 99,400 children served each day.
58,021,690 meals served in 2018.

Meet Janet

Janet Liebl started her child care career as an assistant in a local school. Recognizing an incredible opportunity to stay at home with her own three boys and fill a need in the community, Janet opened her home as an in-home child care. Seventeen years later, she continues with enthusiasm and is excited to go to work every day striving to go beyond the basics of standard preschool curriculum.

Janet believes there is always something to do that can play a part in the children's fundamental learning and take them beyond the standard curriculum. Janet enhances the preschool curriculum with small groups centers learning skills such as math with manipulatives and patterns, dramatic play, circle time, cosmic yoga, silly songs throughout the day and sign language. Because Janet feels it is very important to allow the 'kids to be kids', she takes them outside at every opportunity and dance parties are even incorporated into every day schedules.

In support of every child living a healthy lifestyle, Janet includes nutrition in her daily learning. The children not only discuss the benefits of nutritious foods, read books and use CACFP resources, but they are also hands-on in the kitchen cooking and preparing for mealtime. The children learn about nutritious choices and then contribute to making their own healthy choices at mealtimes. When they find a healthy recipe they enjoy eating, Janet makes sure to share it with parents so they can eat the food at home.



“My goal is to support each child’s individual growth and development by providing creative learning experiences in a home away from home atmosphere.”

Children are taught the Golden Rule and social skills. Janet works as a role model of good communication with all of the parents maintaining an open-door policy and sharing pictures of their children participating in various activities throughout the day. It is obvious that the love Janet shares with the children is reflected back as they grow into young men and women who still make time to come visit with her. Janet finds happiness most in seeing what wonderful humans the children have become and knowing she had a role to play in their lives.

*Janet Liebl, Home Child Care Provider From Gary, MN
Janet has been a CACFP participant since 2002.*

MINNESOTA CACFP



6,478

Family Child
Care Homes



703

Child Care
Centers



217

Afterschool
Sites



**Over 95,400 children served each day.
47,811,419 meals served in 2018.**

Meet Jennifer

Twenty-one years ago, Jennifer Stewart decided to open an informal home child care for her daughter, neighbors, and playmates. Even after her own children were grown, she still wanted to continue her child care home, but at a different level. In 2009, wanting more support from the state and to be able to apply for funding grants, Jennifer became a licensed operator. Then three years ago, joined the CACFP.

Jennifer has changed her philosophy about nutrition. The children's goal is to incorporate many colors of food on their plates and they now shop with Jennifer to pick out healthy foods. At the home they help choose menu items. Everyone has a 'try me bite' and Jennifer emphasizes all of the good things healthy foods do for their growing bodies. Parents are excited because not only are their children eating healthier at child care, they are also tasting new foods and choosing to eat healthier at home.

Nutrition adds a healthy component to the already active lifestyle the children lead at Jennifer's home child care where they are outside as much as possible walking to storytime, the firehouse and programs in the park. They take swimming lessons in the summer and go on scavenger hunts around town, often stopping to check out construction trucks and town happenings.



“I was always serving typical toddler food and wanted support to help think outside of the box. The CACFP has taught me how to create nutritious meals for kids.”

Jennifer emphasizes this is the children's home away from home. On a daily basis, she enjoys the innocence and love that children share and takes pride in knowing that parents can leave children with her without worry because they are receiving the best care. Jennifer wants to take part in all of the little milestones along the way and hopes she can make a memorable difference in their lives.

*Jennifer Stewart, Home Child Care Provider From Sherburne, NY
Jennifer has been a CACFP participant since 2015.*

NEW YORK CACFP



8,882

Family Child
Care Homes



4,251

Child Care
Centers



1,799

Afterschool
Sites



**Over 306,000 children served each day.
128,622,607 meals served in 2018.**

Meet Susan

Susan Holbrook always wanted to be a teacher and truly has found the best of two worlds. As a home childcare provider, she was able to not only teach, but also stay home with her own children. Twenty-seven years later, she continues to educate preschoolers and care for kids afterschool.

“Some days can be difficult of course, but the next day the children come in with their sweet little faces and we start a new day of fun together.”

The goal at Susan’s home is to produce happy, healthy, and kind children. Nutrition, of course, is a focus for healthy children. Incorporating the literature from her CACFP sponsor, Susan teaches the children about healthy eating choices and then sends home different information to build those habits. In the warmer months, the children tend to a home garden. Additionally, they take care of the chickens and eggs that are produced. During mealtimes, everyone works together to wash produce, clean up messes and even help plan upcoming menus.

Field trips to the library during the summer to participate in the library reading program is definitely a component for happy children. They spend many hours per week outdoors in the play yard and Susan has even incorporated a sunken boat into the ground. The children love to fish and be pirates! There is always fun to be had whether exercising, learning or playing.



Not only is Susan dedicated to her children’s continuous improvement, but she strives to improve as well. Enrolling in Michigan’s Great Start to Quality Program, Susan has completed extra continuing education hours, written a cultural plan and her own continuous improvement plan. She has even been awarded a grant in which she supplied her home childcare with a dramatic play kitchen set and other manipulatives for the kids to enjoy.

*Susan Holbrook, Home Child Care Provider From Croswell, MI
Susan has been a CACFP participant since 1990.*

MICHIGAN CACFP



3,685

Family Child
Care Homes



1,574

Child Care
Centers



579

Afterschool
Sites

Over 90,500 children served each day.
42,947,405 meals served in 2018.

Meet Linda

“Learning is natural. It allows children to feel accomplished and be full of pride when it comes from their own desires.”

Imagine being able to help harvest the apples from the orchard, pick seeds and forage berries before the bears get them. As a home provider in rural Vermont, Linda Fisher is able to give the children in her care those actual opportunities. Since opening her doors in 1992, Linda has taken pride in being a “guardian of childhood” and allowing the children in her care to experience everything they can from nature

It is important for Linda to allow the children a safe place to explore and learn through play. She maintains a flexible schedule that allows them to determine their interests. The learning opportunities are developed from those interests and their ranging readiness levels, while also incorporating standard pre-k learning objectives.

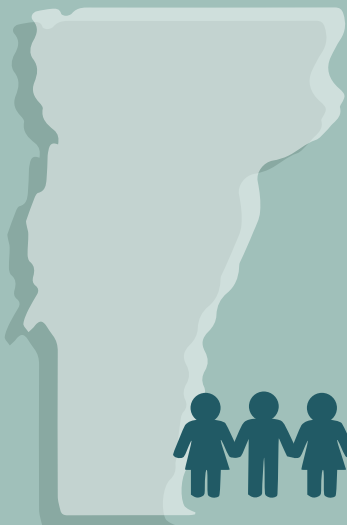
Keeping conversation open is a key ingredient to learning. During family style meals, discussions around the table are about a wide degree of topics and all learn from each other.



As they watch each other taste new foods, the children are more inclined to do the same. They help with meal times and in food preparation as they are developmentally ready. Even nutrition education can come organically. Like in Linda’s home, it does not have to be a formal process.

*Linda Fisher, Home Child Care Provider From Worcester, VT
Linda has been a CACFP participant since 1999.*

VERMONT CACFP



417

Family Child
Care Homes



227

Child Care
Centers



113

Afterschool
Sites



Over 95,400 children served each day.
47,811,419 meals served in 2018.

Meet Sandra

Sandra Jaeger saw a lifetime opportunity when she attended North Dakota State University and found they had a well-established and recognized Early Childhood Development program. Sandra had originally thought she would become an elementary teacher, but with this degree she realized a way to work with the younger children that she so enjoyed. Through her university program, Sandra established her teaching philosophy.

“It is important to educate even the youngest children, not just have a play facility.”

At Sandra’s home childcare, she wants kids to have a home away from home with all of the learning opportunities a larger facility might have. Her goal is to keep children active with hands-on learning experiences. The curriculum focuses on a letter or learning theme each week and the learning takes place through music, art, cooking, and as much outdoor involvement as possible. Sandra stays current on needed kindergarten skills to ensure the children are ready to move on from her care.

Nutrition is emphasized through practical experiences. At Sandra’s home the children plant and tend a garden. Each week they help with menu planning, take part in a cooking activity and help make their snacks almost every day. Recipes are requested from home and if Sandra can make them creditable, she makes them for all the kids to try.



Throughout the day, Sandra is creating a home-like atmosphere balancing learning, independence and fun. She wants children to be confident in their readiness skills and be able to meet new challenges. The joy Sandra finds in seeing them accomplish even the simplest tasks and gaining confidence to carry them to the next level helps her to love her work even more every day.

*Sandra Jaeger, Home Child Care Provider From Fargo, ND
Linda has been a CACFP participant since 1998*

NORTH DAKOTA CACFP



942

Family Child
Care Homes



197

Child Care
Centers



10

Afterschool
Sites



**Over 16,400 children served each day.
22,592,000 meals served in 2018.**

Meet Cindy & Mickey

When one door closes another one opens. Cindy and Mickey took that expression to heart when they opened their own child care center after the large center where they were coworkers decided to close their doors. Twenty-three years later, they are still working together as co-teachers, co-owners of 'Lil Rascals Child Care. At 'Lil Rascals they strive to create a love of learning the children can take wherever they go.

In the search for the right fit for their group of students, Mickey and Cindy have discovered a nutritional program through the state of Colorado that works alongside CACFP to be beneficial. With the Food Friend Program, they encourage every child to try a new food and vegetable each week. Even Cindy has tried new foods she is not accustomed to! They further their nutrition education by planting a garden and going to a nearby apple orchard.

“Every group of kids is different. We have to find what works for them and us as teachers to make everyone comfortable and able to learn.”

Cindy and Mickey also use the Mighty Moves program for teaching physical education and understanding the important role it plays in a healthy lifestyle. The kids are encouraged to be outside as much as possible. This ranges from playing on a sledding hill in the winter to swimming in the summer. The kids have a climbing area, a place to ride bikes and play sports like soccer and basketball.



At Lil Rascals, it is important the children have a healthy, happy day. Cindy and Mickey use puppets to teach social emotional skills such as how to deal with frustrations and finding a solution for problems. With expectations increasing every year in school, children need to be well-rounded and prepared beyond academics. With all of the learning taking place each day, Cindy and Mickey feel accomplished and at the same time honored that parents entrust the children to their care.

*Cindy Whitaker & Mickey Geislet
Home Child Care Providers From Cortez, CO
Cindy and Mickey have been CACFP participants since 1994.*

COLORADO CACFP



1,071

Family Child
Care Homes



754

Child Care
Centers



290

Afterschool
Sites



**Over 42,400 children served each day.
18,614,424 meals served in 2018.**

Meet Caridad

“I believe in the children and want to teach them. In order for them to learn, the first step in our day is to start with good nutrition. It helps them to be alert, active and ready to learn.”

Caridad Hernandez’s home child care, every child is a part of her family and treated with love and affection. Through her fourteen years of child care, Caridad has gained much experience and makes her home a learning environment where children can live a healthy lifestyle both physically and mentally.

Caridad compares nutrition to the foundation of a home. If your foundation is not made of the correct components, the home cannot stand. At all mealtimes they eat together and discuss the importance of food as building blocks for their growing bodies. The children recognize food as their foundation for a strong healthy body and mind.

With the idea that childhood should be valued and not rushed, Caridad helps strengthen little bodies with physical activity. Children experience inside and outside activities like dancing and exercising, along with simple child play. They move around their community walking to the fire station, police station, and library. Mentally they are growing as they are constantly asking questions.



Caridad stresses the importance of family time both in her home child care family and with the children’s home family. She leads by example by eating, playing and learning together with the children and asks that parents do as well. Along with the foundation of nutrition and Caridad’s encouragement for learning, the children are both physically and mentally ready for their school years and life.

*Caridad Hernandez, Home Child Care Providers From Hazleton, PA
Caridad has been a CACFP participant since 2004.*

PENNSYLVANIA CACFP



1,395
Family Child
Care Homes



3,080
Child Care
Centers



951
Afterschool
Sites



**Over 156,000 children served each day.
74,922,053 meals served in 2018.**

Meet Maria

After immigrating to the United States from Columbia, Maria Claudia Ortega realized she could still have her dream of taking care of children through her own home child care. She immediately became licensed and opened her doors to My Little Geniuses. Eighteen years later, she continues educating and caring for children, working diligently to provide a safe, secure, and happy environment.

She wants to provide the children with opportunities to explore and develop their own unique individuality. Maria loves music and uses songs to teach the children preschool academics. She encourages physical activity through play, taking daily walks to the park and walking to the library frequently. There is a farm in the area where both the children and the parents spend time learning where food comes from, how to milk a cow and even how to gather eggs from a chicken.

Maria knows it is important to provide nutritional experiences. She teaches her children about gardening basics, and as the children gain experience and interest, she encourages them to cultivate tomatoes, lettuce, cilantro, and many other vegetables. The children get firsthand experience of the food cycle when the plants they grow appear on the dinner table. Their favorites are making homemade tomato sauce for pizza and incorporating their homegrown fruits and veggies into smoothies.



Maria uses MyPlate and her own experiences to educate parents. She holds two nutrition training classes a year. Last summer, she taught the parents about sugar, specifically the sugar in sodas and other sugary drinks. Every month she sends a recipe home and encourages parents to serve them hoping to reinforce what she has taught and encouraging good nutrition habits with the whole family. For Maria, this is one more way she can help establish a healthy environment for children.

“Love is the most important part of caring for children. I hope that they will take what I teach them and the experiences that they have with me throughout their lives.”

*Maria Claudia Ortega, Home Child Care Providers From Atlanta, GA
Maria has been a CACFP participant since 2006.*

GEORGIA CACFP



1,368

Family Child
Care Homes



1,927

Child Care
Centers



519

Afterschool
Sites



Over 145,700 children served each day.

76,854,997 meals served in 2018.

Meet Angela

Angela Dobbs always felt her calling was in child care. She enjoys teaching and watching the children learn on a daily basis, picking up even the simplest of skills that we as adults take for granted. She is a dedicated child care professional that wants everyone in her care to learn and grow.

While the children are learning their foundations of letters, numbers, and shapes, they also focus on nutritional experiences. Throughout the year, they tend the garden and harvest the produce. The children also help in the kitchen making recipes ranging from complex veggie meatballs to easier sandwiches on “make your own sub day.” Meals are served family style with everyone having their own small utensils and bowls to serve, while also practicing their manners passing plates and eating.

Angela goes above and beyond to expose the children to many different foods prepared in a variety of ways from kale to tofu. Although children may be hesitant to taste new foods, she finds success in simply renaming the food with a kid approved name or introducing regular foods that are different because of color, like maybe a purple carrot. Everyone is included in taste tests and big cheers are given when someone takes a bite of something they are hesitant to try.



“The ultimate goal is to have everyone, even the babies, included in as many activities and experiences as we can while we shower them with love and attention.”

Angela takes on the new food guidelines as challenges she wants to master. She started trying different recipes to make whole grain bread, including whole grain pizza crusts and child size sub rolls. Her goal is to have the children like the healthier, creditable food options.

*Angela Dobbs, Home Child Care Providers From Cresca, IA
Angela has been a CACFP participant since 2007.*

IOWA CACFP



1,681

Family Child
Care Homes



594

Child Care
Centers



40

Afterschool
Sites



**Over 42,800 children served each day.
23,323,269 meals served in 2018.**

Meet Jennifer

Jennifer Baumann was settling into her new life as a stay at home mom after moving to Chadron, NE. When friends and neighbors asked for help caring for their children, Jennifer decided to become licensed and open her own home child care. Little Angels Day Care has been open for almost 18 years and for Jennifer, it is all about the relationships that are built.

Instead of focusing solely on a standard curriculum, Jennifer uses the relationships she builds with her children along with observations to determine what needs to be done for each child. She allows for the children to learn through play and experience, even using the environment as a separate teacher. The children stay active and outside as much as possible.

“Having relationships is the primary basis for this profession. Whether it is the relationships with children, their parents, or other providers it can all lead to different successes down the road.”

Through family style meals all the children are involved in meal time providing another opportunity for relationship building and learning. They plan menus, help cook, serve themselves, and work on using real utensils from an early age. At meal times, an enthusiasm for food is role modeled where taste, texture and sight are all discussed. Jennifer abides by the theory that when you are serving and discussing good, nutritious food, eventually the kids will eat it.



Jennifer works to establish relationships within the CACFP child care community as well. She serves as the Co-President of the Panhandle Area Child Care Services, Member at Large for the Nebraska State Association, and maintains a Facebook support page. These are important relationships because everyone has something different to offer. As a child care provider, Jennifer feels she needs to continually learn from others and works to improve herself and what she offers as a provider.

*Jennifer Baumann, Home Child Care Providers From Chadron, NE
Angela has been a CACFP participant since 2007.*

NEBRASKA CACFP



1,920

Family Child
Care Homes



504

Child Care
Centers



77

Afterschool
Sites



Over 40,700 children served each day.
22,592,000 meals served in 2018.

Identifying Cereal Sugar Limits



Here are three ways to determine if a breakfast cereal is within the CACFP sugar limit. As long as a breakfast cereal meets the sugar limit using **AT LEAST ONE OF THESE METHODS** described below, it is considered within the sugar limit.



1 WIC

Women • Infants • Children

Use your State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) approved breakfast cereal list.

Product Example: Dora the Explorer



* confirm with your states WIC approved cereal list.

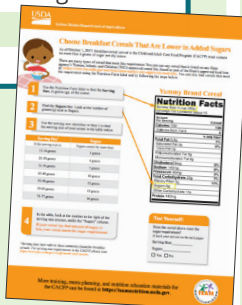
2

Use USDA's Team Nutrition training worksheet "Choose Breakfast Cereals That Are Low in Added Sugar."

The worksheet includes a chart with common breakfast cereal serving sizes and the maximum amount of sugar the breakfast cereal may contain per serving.

ALLOWABLE SUGAR LIMITS

SERVING SIZE	SUGARS
If the serving size is:	cannot be more than:
8-11 grams	2 grams
12-16 grams	3 grams
17-21 grams	4 grams
22-25 grams	5 grams
26-30 grams	6 grams ✓
31-35 grams	7 grams
36-40 grams	8 grams
41-44 grams	9 grams
45-49 grams	10 grams
50-54 grams	11 grams
55-58 grams	12 grams
59-63 grams	13 grams
64-68 grams	14 grams
69-73 grams	15 grams
74-77 grams	
78-82 grams	

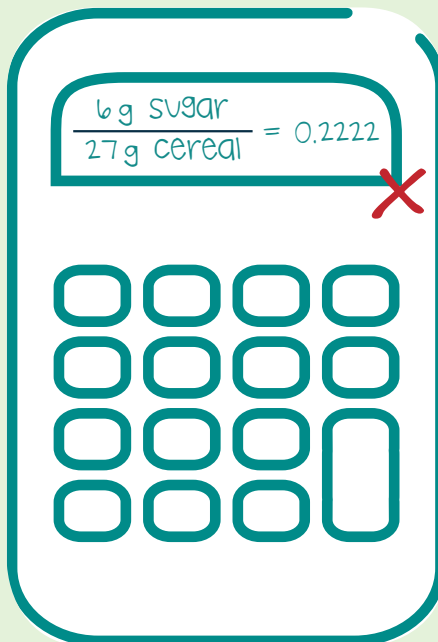


3

Use the Nutrition Facts label on the breakfast cereal packaging to calculate the sugar content per dry ounce.

- 1) Find the serving size in grams at the top of the label and the sugars listed towards the middle.
- 2) Divide the total sugars by the serving size in grams.

If the answer is equal to or less than 0.212, then the cereal is within the required sugar limit and may be creditable in CACFP.



GRAMS OF SUGAR PER SERVING if... ≤ 0.212
GRAMS OF CEREAL PER SERVING it is creditable

Amount Per Serving **Dora the Explorer**

Calories 100

Total Carbohydrate 23g **8%**

Dietary Fiber 3g **11%**

Sugars 6g

Other Carbohydrate 14g

Protein 1g

Ingredients: Whole Grain Corn, Corn Meal, Sugar, Corn Bran, Corn Syrup, Canola Oil, Salt, Cinnamon, Baking Soda, Vitamin E (mixed tocopherols) Added to Preserve Freshness.

Vitamins and Minerals: Calcium Carbonate, Iron and Zinc (mineral nutrients), Vitamin C (sodium ascorbate), A B Vitamin (niacinamide), Vitamin B₆ (pyridoxine hydrochloride), Vitamin B₂ (riboflavin), Vitamin B₁ (thiamin mononitrate), Vitamin A (palmitate), A B Vitamin (folic acid), Vitamin B₁₂, Vitamin D₃.

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(https://www.fns.usda.gov/tv/cacfp-meal-pattern-training-tools)



Product Example: Dora the Explorer meets one of the three methods, therefore, this product is CACFP creditable.

Disclosure: This list is for informational purposes and does not imply endorsement by NCA or the USDA. The amount of sugar in a cereal might change. Even if you always buy the same brands and types of cereal, be sure to check the serving size and amount of sugars on the Nutrition Facts label to make sure they match what you have written in the list above. All cereals served must be whole grain-rich, enriched or fortified.

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Identifying Whole Grain-Rich

The USDA CACFP requires that at least one serving of grains each day contains a whole grain-rich component. Foods that meet the whole grain-rich criteria are foods that contain at least 50% whole grains and the remaining grains in the food are enriched, or are 100% whole grain.

Here are a few ways to help identify if a product is whole grain-rich. As long as the product meets **AT LEAST ONE OF THESE SIX METHODS**, described below, it is considered whole grain-rich.



#1 FOOD IS LABELED WHOLE WHEAT & MEETS FDA'S STANDARD OF IDENTITY

Certain bread and pasta products specifically labeled "Whole Wheat" on the package and which conform to an FDA Standard of Identity can be considered whole grain-rich. An FDA Standard of Identity is a set of rules for what a product must contain to legally be labeled with that product name. List available at cacfp.org.

#2 WIC

Women • Infants • Children

The product is found on **ANY** State agency's Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)-approved whole grain food list. Any grain product found on a State agency's WIC-approved whole grain food list meets CACFP whole grain-rich criteria.



#3 FDA STATEMENT

One of the following FDA statements is included on the labeling:

"Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers."

"Diets rich in whole grain foods and other plant foods, and low in saturated fat and cholesterol, may help reduce the risk of heart disease."



#4 RULE OF THREE

The first ingredient (second if after water) must be whole grain, and the next two grain ingredients (if any) must be whole grains, enriched grains, bran, or germ. Any grain derivatives may be disregarded. Any non-creditable grain ingredients that are labeled 2% or less are considered insignificant and may also be disregarded.



Whole Grain #1 2nd Grain Ingredient

INGREDIENTS: Whole Wheat Flour, Enriched Wheat Flour (Flour, Niacin, Reduced Iron, Thiamine Mononitrate, Riboflavin, Folic Acid), Vegetable Oils (Canola And/ Or Sunflower), Cheddar Cheese ([Cultured Milk, Salt, Enzymes], Annatto), Salt, Contains 2 Percent Or Less Of: Yeast Extract, Natural Flavor, Paprika, Spices (Celery), Baking Soda, Monocalcium Phosphate, Dehydrated Onions, Annatto Extract For Color.

CONTAINS: WHEAT, MILK

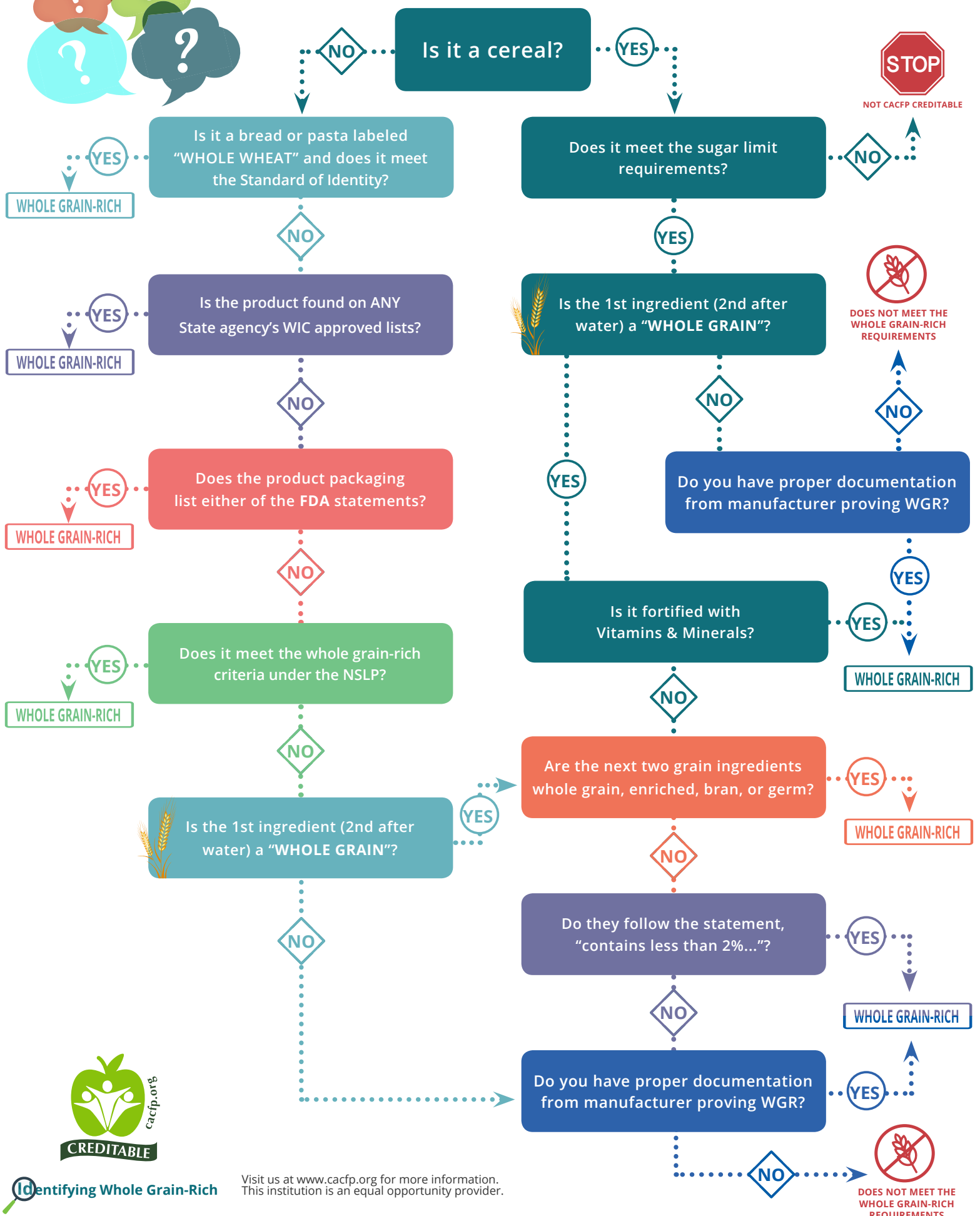
#5 FOOD MEETS THE WHOLE GRAIN-RICH CRITERIA UNDER THE NSLP

Use of the National School Lunch Program whole grain-rich criteria may ease menu planning and purchasing for at-risk afterschool or CACFP child care programs. The NSLP whole grain-rich criteria apply for all grain products with the exception of grain-based desserts, which are not creditable under CACFP.

#6 MANUFACTURER DOCUMENTATION OR STANDARDIZED RECIPE

Proper documentation from a manufacturer or a standardized recipe can also demonstrate that whole grains are the primary grain ingredient by weight.

Wondering if your food is **WHOLE GRAIN-RICH**?



IS YOUR YOGURT CACFP *Creditable?*

How to identify if your yogurt is within the Sugar Limit

Step 1 Use the Nutrition Facts label to find the Serving Size, in ounces (oz) or grams (g), of the yogurt.

Step 2 Find the Sugars line. Look at the number of grams (g) next to the sugars.

Step 3 Using the Serving Size identified in Step One, find the Serving Size of the yogurt in the table below.

Sugar Limits in Yogurt

SERVING SIZE OUNCES (OZ)	SERVING SIZE GRAMS (G) <small>(use when serving size is not listed in ounces)</small>	SUGARS
If the serving size is:		Sugars cannot be more than:
2.25 oz	64 grams	9 grams
3.5 oz	99 grams	13 grams
4 oz	113 grams	15 grams
5.3 oz	150 grams	20 grams
6 oz	170 grams	23 grams
8 oz	227 grams	31 grams

Step 4 Once you have identified the Serving Size, look at the number to the right under the “Sugars” column.

If the yogurt has that amount of sugar, or less, your yogurt meets the sugar requirement.



Tip: If the serving size says “one container,” check the front of the package to see how many ounces or grams are in the container.



sample yogurt

Nutrition Facts

Serving Size 1 cup (227g)

Servings per container 4

Amount Per Serving

Calories 150 Calories from Fat 15

% Daily Values **

Total Fat 1.5g	3%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 100mg	4%
Potassium 310mg	9%
Total Carbohydrate 39g	13%
Sugars 18g	
Protein 6g	12%

Vitamin A 20% • Calcium 20%

Vitamin D 20% • Phosphorus 15%

Not a significant source of Dietary Fiber, Vitamin C and Iron.

** Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

	Calories	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Potassium		3,500mg	3,500mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Protein		50g	65g



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FARM to TABLE

When kids help grow their own produce, they are more likely to eat it! If you can't create a backyard garden, consider getting a regular produce box delivery from a local gardener or take your children on a weekly trip to the farmers' market together. Farm to preschool is a great way to get your kids invested in gardening and healthy eating.



LEARN IT

How does your garden grow?

Every garden must start with a seed, but how does that seed become the plants we can cook and eat in our homes? This is a fantastic opportunity to teach the children in your care what a seed is, examples of seeds, and what those seeds need to become strong, healthy plants that we can harvest.

MAKE IT Garden Printing

Sometimes the best art can be created without a paint brush! Cut various vegetables from your garden such as carrots, peppers, squash, zucchini, eggplant, and potatoes in half so they can be used as a stamper. Make the children a paint pallet with different colors. Ask them to stamp the vegetables in the paint and then they can make their work of art on a large piece of construction paper.

PLAY IT Garden Turnover

Divide the children into equal groups, each with a unique vegetable name. Have them sit in chairs forming a large circle, with one child starting the game as the center. When the child in the center calls out one of the vegetable names, those children get up and try to find a new chair as the center tries to steal a seat. The child left standing calls out a new vegetable and the game repeats. If the center child calls out "Garden Turnover!" all the children get up to find a new seat.

SING IT Bingo Was His Name O

There was a farmer who had a dog,
and Bingo was his name O!
B-I-N-G-O, B-I-N-G-O, B-I-N-G-O,
and Bingo was his name O!



GROW IT

Container Gardening

Not everyone has the space to plant an elaborate garden.

That's okay! You can still have a garden with a container garden. Tires, buckets, large planting pots, or even tubs can all be used as your container. Hanging baskets are great for fruits like strawberries, cherry tomatoes and herbs. Plastic containers will hold in moisture better than a clay or wood container. Fill the container with gardening soil and begin planting. Remember to check plants daily for watering needs and support your fast growing, tall plants with trellises and stakes. Plant ideas for container gardens:

Beans	Broccoli	Carrots
Cucumbers	Eggplants	Lettuce
Onions	Peppers	Radishes
Tomatoes		

EAT IT Garden Stir Fry

1/2 cup low sodium chicken broth
1/2 tablespoon of corn starch
1 teaspoon soy sauce
1 tablespoon sesame or olive oil
2 tablespoons garlic minced
5 cups of your favorite garden vegetables
3 1/3 cups diced chicken
Whole Grain Rice

Mix together the broth, cornstarch and soy sauce and set aside. Add oil to a large pan and sauté the garlic on high heat for one minute. Add the vegetables and cook for eight minutes until tender. Add the soy sauce mixture and reduce heat to medium. Continue cooking until the sauce thickens. Serve over 1/4 cup cooked whole grain rice for each child.

Lunch Crediting:

10 Servings (1/2 cup)
for ages 3-5 (Vegetable/Meat/Grain)

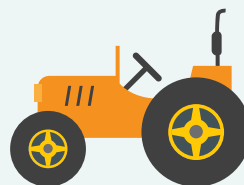


READ IT

Growing Vegetable Soup by Lois Elhert

This easy to understand book with bold pictures talks about necessary gardening tools, gardening chores and what happens after harvesting. A recipe for vegetable soup is included! Maybe you can use produce from your own garden to make a batch of soup to share with the children.

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Learn more @ cacfp.org

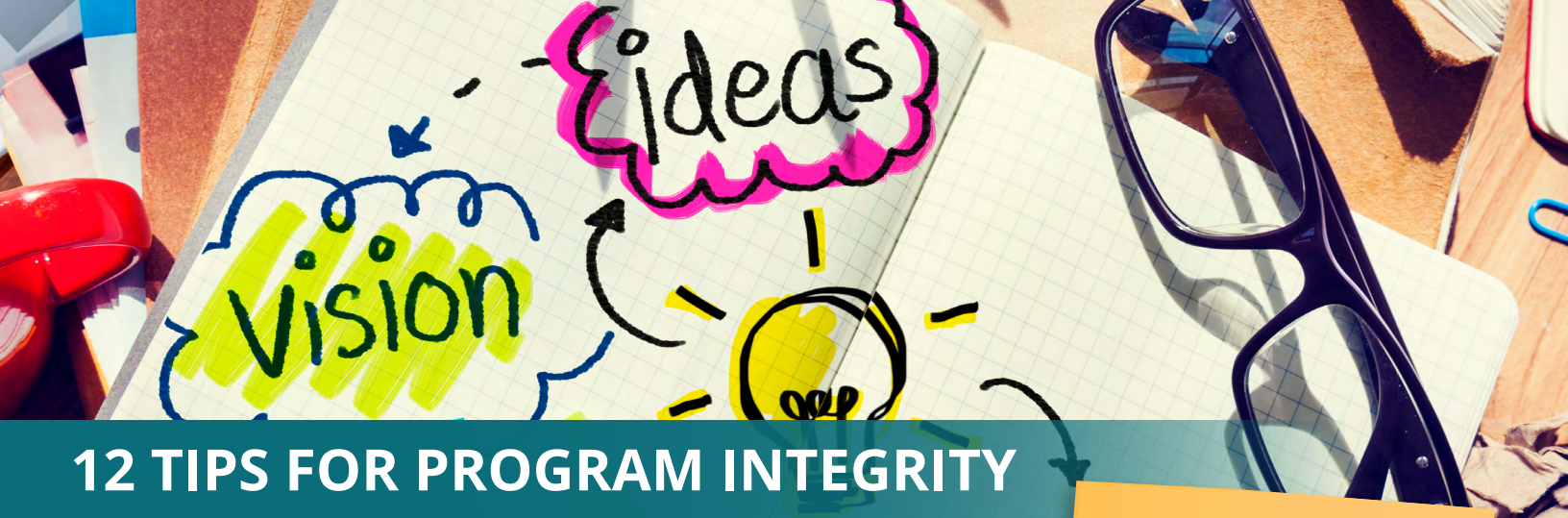


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Your fingerprints
never fade from the
lives you've touched.



12 TIPS FOR PROGRAM INTEGRITY

Planning meals in advance will help ensure that you have what you need available to be in compliance with the CACFP meal pattern. Work with your sponsor to be sure that your meals meet requirements before the meal service.

Always review how you have been paid by your sponsor and always ask questions if you think the amounts are not correct.

Understanding food program requirements, and updating your sponsoring organization or state agency with changes in your meal service or license status for child care is very important.

Milk is an important component for the meal service. Be sure you are serving the correct milk to the correct age group based on the new meal pattern requirements. It is also important to purchase enough milk for the age groups in your child care so as not to lose reimbursement.

Attendance records should be maintained daily, and should support the number of meals claimed for reimbursement. An attendance record is not a meal record.

Facilities must have documentation of a child's enrollment, signed by a parent or guardian, and indicating the normal days and hours of care and the normal meals served. Enrollment documentation must be updated annually. At-Risk Afterschool sites and homeless shelters are excluded from this requirement.

Payments rates are determined in several different ways depending on the income level of the families you serve. In some cases you will receive what is called categorical eligibility and in other instances you may collect income forms from parents. Be sure you work with your sponsor to obtain the best payment rate you will be entitled to receive.

Child care centers, remember to record meals at the "point of service". This means when the child is served a meal, not before, and not later in the day. If you record online be sure to maintain any source documents for review.

Training is an important component of the CACFP requirement. Be sure to obtain your annual regulatory training for CACFP.

CACFP records must be kept for three years, plus the current year. Keep copies of any records you submit for food program participation and back up electronic copies securely.

Payment information from parents is confidential and must be protected. Income forms from parents must be completed by the parent and not tampered with by the home provider, center provider or sponsoring organization. Income forms are good for one year.

let's talk money

Family child care, remember to record your meals daily. If you record online be sure to maintain any source documents for review.



KEEPING BUSINESS RECORDS

Like with any other small business owner, family child care providers are required by the Internal Revenue Service (IRS) to keep records of all incoming and outgoing expenses. Keeping a good, organized account of income and expenses will help you file accurate tax returns at the end of the year. Record-keeping is not only necessary for tax purposes, you can use them to determine if your tuition rates are enough to maintain your desired level of net profit. This will help you review the progress of your business and help you plan for the future.

MONTHLY BUSINESS EXPENSE & INCOME RECORD

Record any funds coming in (i.e. tuition) and going out (i.e. toy purchase) on a monthly basis. As purchases are made, remember to record the date, place of purchase, check number, and the type of purchase. It is important to keep all of your receipts, whether you pay with cash, credit card, or check.

UTILITIES & HOME EXPENSE WORKSHEET

Record your monthly utility and home expenses such as electric, trash, and other categories from IRS Form 8829. Record the date paid and the dollar amount spent on the utility or home expense. Keep a copy of the check or payment confirmation with the billing statement.

STANDARD MEAL ALLOWANCE RECORD

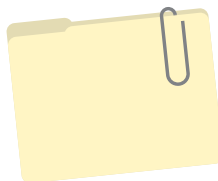
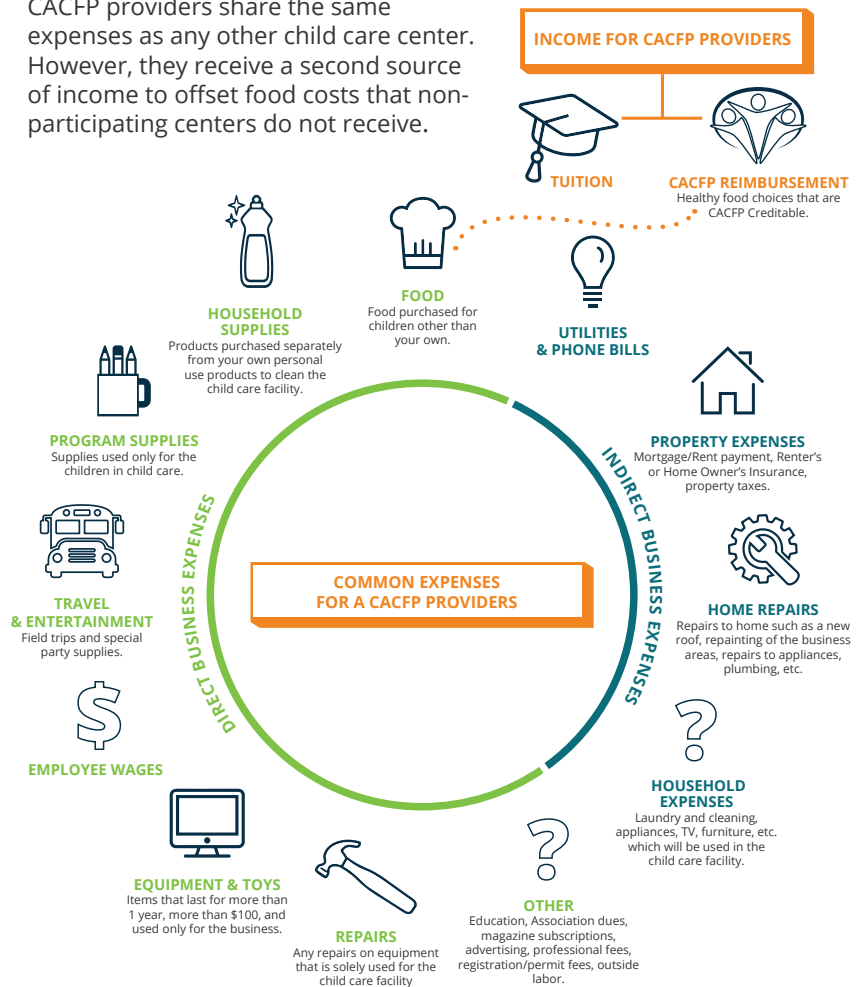
Business food expenses can be calculated for tax purposes in two ways. You can claim your actual business food costs (by saving all business and personal food receipts) or you can use the Standard Meal Allowance method. With this method, you keep track of all meals and snacks served to children in your care, not just CACFP-reimbursed meals and snacks. You can claim up to one breakfast, one lunch, one dinner, and three snacks per child per day for tax purposes. Do not include meals and snacks served to your own children or other residential children, even if income eligible.

Reminder: The CACFP requires that you keep accurate daily records on the foods you offer and the children you serve each day to earn your reimbursement.

Visit cacfp.org for more information. CACFP is an indicator of quality Child Care. This institution is an equal opportunity provider.

INCOME VS. EXPENSES

CACFP providers share the same expenses as any other child care center. However, they receive a second source of income to offset food costs that non-participating centers do not receive.



SOURCE DOCUMENTS


It is imperative that you find an efficient way to organize all source documents such as receipts, utility bills, bank statements, credit card statements and checks. Set up a system to file each in a folder, envelope, or file labeled with the name of that category. For example, a receipt from the local grocery store would go in a file titled Food Expenses. The receipt from a toy store would go in a file titled Toys and Equipment. Make sure to mark if the items were business or shared between personal and business before filing them away. The IRS recommends keeping records for three previous years, plus the current year.



United States Department of Agriculture

Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

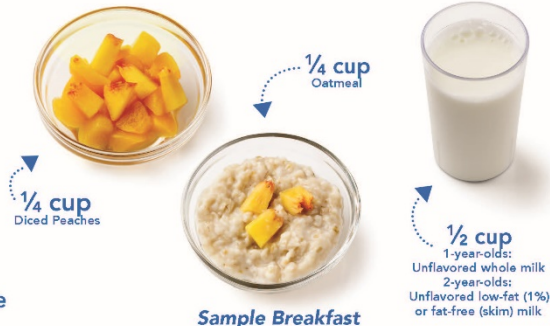
Sample Meals for Children Ages 1-2



What is in a Breakfast?

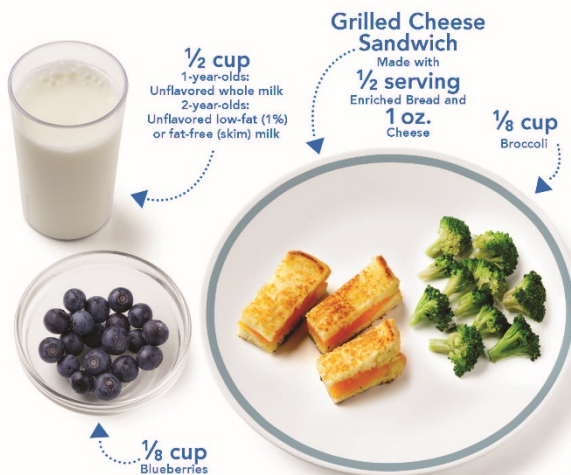
Milk (4 fl. oz. or 1/2 cup)
Vegetables, Fruit, or Both (1/4 cup)
Grains (1/2 serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.




Sample Breakfast

- 1/4 cup Oatmeal
- 1/4 cup Diced Peaches
- 1/2 cup Milk
 - 1-year-olds: Unflavored whole milk
 - 2-year-olds: Unflavored low-fat (1%) or fat-free (skim) milk



Grilled Cheese Sandwich
Made with
1/2 serving Enriched Bread and
1 oz. Cheese

- 1/2 cup Milk
 - 1-year-olds: Unflavored whole milk
 - 2-year-olds: Unflavored low-fat (1%) or fat-free (skim) milk
- 1/8 cup Broccoli
- 1/8 cup Blueberries



What is in a Lunch or Supper?

Milk (4 fl. oz. or 1/2 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (1/8 cup)
Fruit (1/8 cup)
Grains (1/2 serving)

All grains served must be whole grain-rich or enriched. Breakfast cereals may also be fortified. At least one grain served each day must be whole grain-rich.

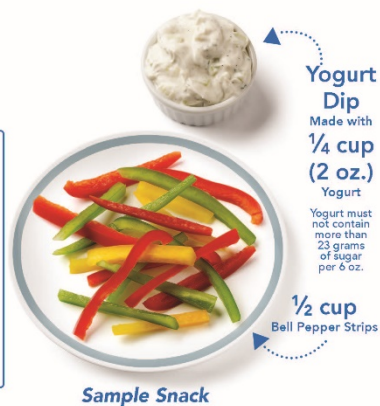


What is in a Snack?

Pick 2:

- Milk (4 fl. oz. or 1/2 cup)
- Meat/Meat Alternate (1/2 oz. eq.)
- Vegetables (1/2 cup)
- Fruit (1/2 cup)
- Grains (1/2 serving)

Offer and make water available all day.



Sample Snack

- 1/2 cup Bell Pepper Strips
- Yogurt Dip
 - Made with 1/4 cup (2 oz.) Yogurt
 - Yogurt must not contain more than 23 grams of sugar per 6 oz.

Note: Serving sizes are minimums.

Updated USDA Child and Adult Care Food Program (CACFP) meal patterns must be implemented by October 1, 2017. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teammnutrition.usda.gov>.



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Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5



What is a Breakfast?

Milk (6 fl. oz. or ¾ cup)
Vegetables, Fruit, or Both (½ cup)
Grains (½ serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.

½ serving
Whole Grain-Rich
Mini Pancakes



Sample Breakfast



¾ cup
Unflavored
Low-Fat (1%)
or Fat-Free
(Skim) Milk

½ cup
Sliced
Strawberries

¾ cup
Unflavored Low-Fat (1%)
or Fat-Free (Skim) milk



1 Taco
Made with
1½ oz.
Lean Ground Beef,
¼ cup
Lettuce*, and
⅓ cup
Chopped Tomatoes

½ serving
Enriched Flour Tortilla



Sample Lunch/Supper

A second, different vegetable may be served in place of fruit at lunch and supper. In this meal, the ¼ cup of lettuce and 1/8 cup of tomatoes in the taco meets the vegetable component, and the ¼ cup of sweet potatoes is used to meet the fruit component.

*Raw leafy greens, such as lettuce, credit for half the amount served. The 1/4 cup of lettuce in the taco counts as 1/8 cup of vegetables in this meal.

¼ cup
Roasted Sweet
Potatoes

What is in a Lunch or Supper?

Milk (6 fl. oz. or ¾ cup)
Meat/Meat Alternate (1½ oz. eq.)
Vegetables (¼ cup)
Fruit (¼ cup)
Grains (½ serving)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

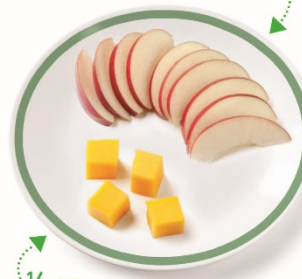
What is in a Snack?

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meat/Meat Alternate (½ oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (½ serving)



Offer and make water available all day.

½ cup
Apple Slices



Sample Snack

Note: Serving sizes are minimums.

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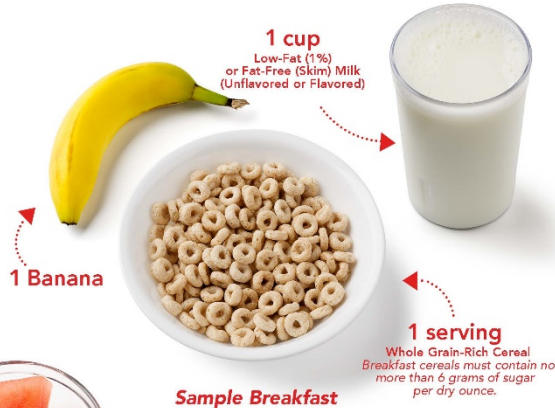
Sample Meals for Children Ages 6-12 and 13-18



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (1 serving)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



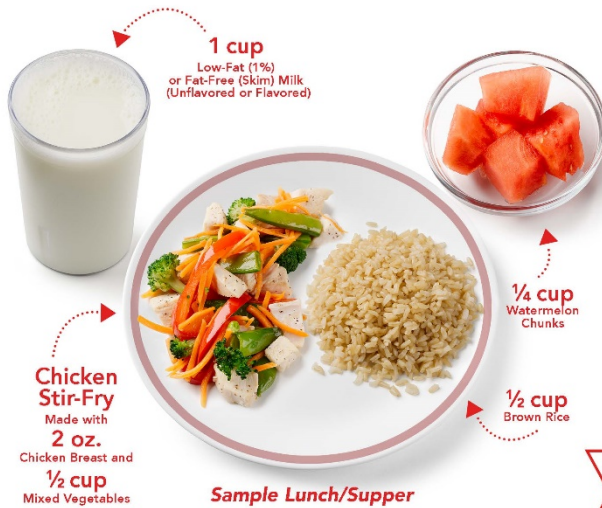
1 Banana

1 cup
Low-Fat (1%)
or Fat-Free (Skim) Milk
(Unflavored or Flavored)



1 serving
Whole Grain-Rich Cereal
Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

Sample Breakfast



Sample Lunch/Supper

Chicken Stir-Fry
Made with
2 oz.
Chicken Breast and
½ cup
Mixed Vegetables

1 cup
Low-Fat (1%)
or Fat-Free (Skim) Milk
(Unflavored or Flavored)

¼ cup
Watermelon
Chunks

½ cup
Brown Rice

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (¼ cup)
Grains (1 serving)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.



Offer and make water available all day.



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (¾ cup)
Fruit (¾ cup)
Grains (1 serving)

1 serving
Crackers



¾ cup
Mandarin
Oranges

Sample Snack

Note: Serving sizes are minimums.

Flavored low-fat (1%) milk is allowed for children ages 6 and older and adults in the CACFP from July 1, 2018, until June 30, 2019, and is subject for updates pending *Final Rule for Child Nutrition Programs: Flexibilities for Milk, Whole Grains, and Sodium Requirements*. Learn more about the CACFP meal patterns, including information on ounce equivalents (oz. eq.) and serving sizes at <https://teamnutrition.usda.gov>.



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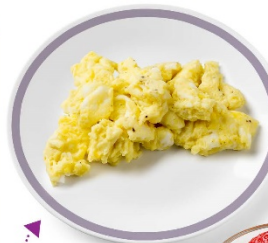
Sample Meals for Adults



What is in a Breakfast?

Milk (8 fl. oz. or 1 cup)
Vegetables, Fruit, or Both (½ cup)
Grains (2 servings)

Optional: Meat/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



1 Large Egg Scrambled



¾ cup (6 oz.) Yogurt

½ cup Fruit Salad



For Adult Participants Only:

- ¾ cup (6 oz.) of yogurt may be used to meet the milk requirement, when yogurt is not served as a meat alternate in the same meal.
- Yogurt must not contain more than 23 grams of sugar per 6 oz.

Sample Breakfast



1 cup Low-Fat (1%) or Fat-Free (Skim) Milk (Unflavored or Flavored)

Tuna Salad Made with 2 oz. Tuna

½ cup Red Grapes



Salad Made with ½ cup Lettuce*, ⅓ cup Tomatoes, and ⅓ cup Carrots



2 servings Whole Grain-Rich Pita Bread

Sample Lunch/Supper

*Raw leafy greens, such as lettuce, credit for half the amount served. The ½ cup of lettuce in the salad counts as ¼ cup of vegetables in this meal.

What is in a Lunch or Supper?

Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (2 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (2 servings)



All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

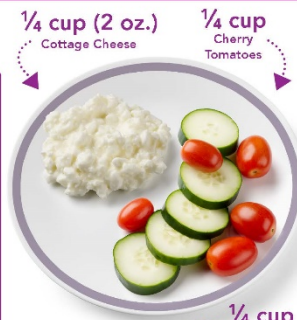


Offer and make water available all day.



What is in a Snack?

Pick 2:
Milk (8 fl. oz. or 1 cup)
Meat/Meat Alternate (1 oz. eq.)
Vegetables (½ cup)
Fruit (½ cup)
Grains (1 serving)



¼ cup (2 oz.) Cottage Cheese

¼ cup Cherry Tomatoes

¼ cup Cucumber Slices

Sample Snack

Note: Serving sizes are minimums.

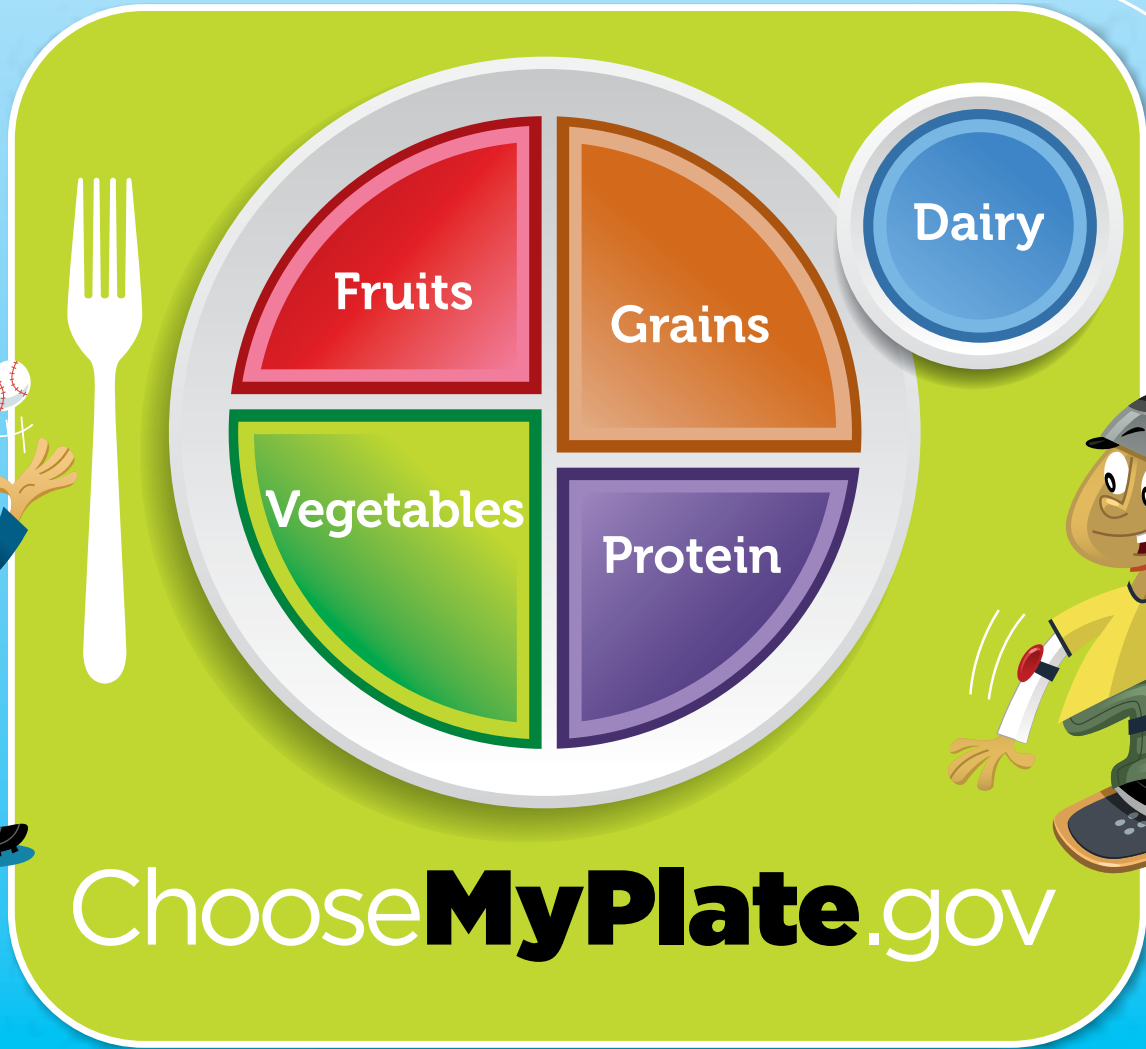
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Eat Smart To Play Hard

Use **MyPlate** to help you fuel up with foods from each food group.



Choose **MyPlate**.gov

Keep on Moving!

You need at least **60 minutes** of physical activity **each day**. Whether that's skateboarding, tossing a ball, or playing tag, every little bit counts!



FRUITS Fuel Up With Fruits at Meals or Snacks

Oranges, pears, berries, watermelon, peaches, raisins, and applesauce (without extra sugar) are just a few of the great choices. Make sure your juice is 100% fruit juice.



VEGETABLES Color Your Plate With Great-Tasting Veggies

Try to eat more dark-green, red, and orange vegetables, and beans and peas.



GRAINS Make at Least Half Your Grains Whole Grains

Choose whole-grain foods, such as whole-wheat bread, oatmeal, whole-wheat tortillas, brown rice, and light popcorn, more often.



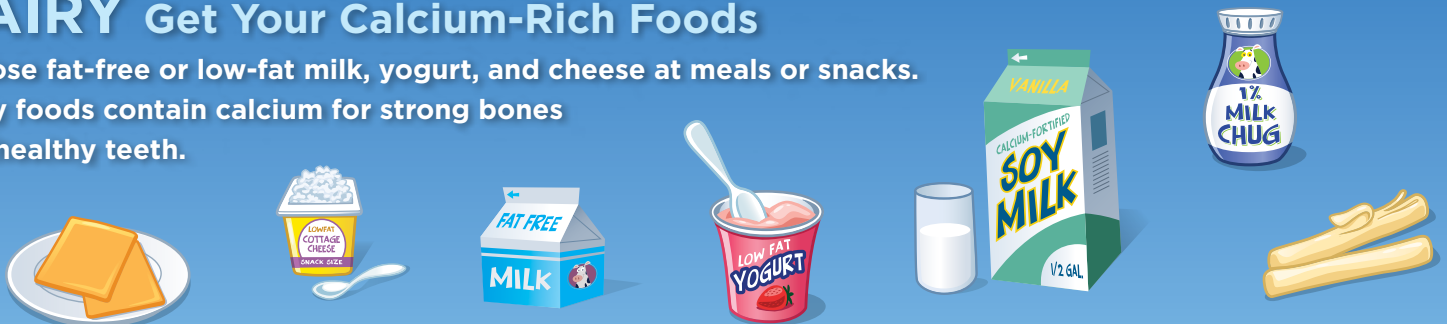
PROTEIN Vary Your Protein Foods

Try fish, shellfish, beans, and peas more often. Some tasty ways include a bean burrito, hummus, veggie chili, fish taco, shrimp or tofu stir-fry, or grilled salmon.



DAIRY Get Your Calcium-Rich Foods

Choose fat-free or low-fat milk, yogurt, and cheese at meals or snacks. Dairy foods contain calcium for strong bones and healthy teeth.



Know Your "Sometimes" Foods Look out for foods with added sugars or solid fats. They fill you up so that you don't have room for the foods that help you eat smart and play hard.