

What is CACFP?

CACFP is the Child and Adult Care Food Program, a Federal program that provides reimbursement for healthy meals and snacks served to children and adults in day care settings.

In Missouri, each day, more than 52,000 children and older adults participate in CACFP. CACFP helps families meet the nutritional needs of their dependent children and vulnerable adults. In addition, CACFP plays a vital role in improving the quality of child or adult care and making it affordable for many low-income families.

In addition to child care, CACFP helps make afterschool programs more appealing to at-risk youth. By offering nutritious and tasty snacks and suppers in programs serving low income areas, centers can increase participation and know that youth are getting a healthy meal.

Homeless children and children from temporarily displaced families can also receive up to three meals each day through shelters that operate the program.



Who is eligible for CACFP meals?

- ✓ Children age 12 and under.
- ✓ Migrant children age 15 and younger.
- ✓ Youths through age 18 in afterschool programs.
- ✓ Functionally impaired adult participants or adults age 60 or older enrolled in an adult day care center.

What kinds of meals are served?

- ✓ Breakfast consists of a serving of milk, fruit or vegetable and grain.
- ✓ Lunch and dinner require milk, grain, meat or meat alternate, fruit and vegetable.
- ✓ Snacks include two of the five meal components: milk, fruit, vegetable, grain or meat/meat alternate.

Which facilities can participate?

Many different facilities operate CACFP, all sharing the common goal of bringing nutritious meals and snacks to participants.

Child Care Centers: licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers serve meals to large numbers of low-income children.

Family Child Care Homes: small groups of children receive nonresidential child care in licensed or registered private homes.

Afterschool Care Programs: centers in low-income areas provide free snacks to school aged children and youth.

Homeless Shelters: emergency shelters provide residential and food services to homeless children.

Adult Day Care Centers: public, private nonprofit, and some for-profit adult day care facilities provide structured, comprehensive services to functionally impaired, nonresident adults.

How does CACFP work?

CACFP reimburses participating centers and child care homes for serving nutritious meals. CACFP is administered at the federal level by the Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture (USDA).

The Missouri Department of Health and Senior Services (DHSS) – Bureau of Community Food and Nutrition Assistance (CFNA) administers the CACFP. CFNA approves sponsoring organizations and independent centers to operate the program on the local level. CFNA also monitors the program and provides guidance and assistance to assure that sponsors and centers are meeting requirements.

Sponsoring organizations play a critical role in supporting home child care providers and centers through training, technical assistance, and monitoring. All family or group child care homes must participate through a sponsoring organization. Several types of organizations can be approved to serve as sponsors, e.g., community action groups, nonprofit organizations and churches.

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For more information about CACFP:

Visit our web site at:

<http://health.mo.gov/cacfp>

E-mail questions to: cacfp@health.mo.gov

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The Missouri Child and Adult Care Food Program (CACFP)



Building for the Future

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