



For more information contact:

**CHILD AND ADULT CARE  
FOOD PROGRAM**

Child Nutrition Programs  
Idaho Department of Education  
P.O. Box 83720  
Boise, ID 83720-0027  
208-332-6805

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To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)



# CHILD CARE CENTERS



## HOW CAN YOU PARTICIPATE IN CACFP?

CACFP is a federally funded program designed to provide nutritious meals to children.

## » CACFP MEAL REQUIREMENTS

CACFP meal patterns ensure children have access to healthy, balanced meals throughout the day. Meals served include a variety of vegetables and fruit, whole grains, and less sugar and saturated fat. Meal Patterns are based on the Dietary Guidelines for Americans.

### Infant Meal Pattern



#### BIRTH THROUGH 5 MONTHS — 6-11 MONTHS

- Encourages and supports breastfeeding
- Provides solid food when developmentally ready

### Child Meal Pattern



#### FRUITS AND VEGETABLES

- Fruit and vegetable components are offered at each meal
- Juice is limited to once per day



#### WHOLE GRAINS

- At least one serving of grains per day must be whole grain-rich
- Grain-based desserts no longer count towards the grain component



#### PROTEINS

- Meat/meat alternates are required at lunch and supper meal service
- Commercial tofu counts as a meat alternate when easily recognized
- Meat/meat alternate may be served in place of the entire grain component at breakfast up to three times per week

#### Age Appropriate Meals

Serving portions are established in the following age groups: 1-2, 3-5, 6-12, 13-18



#### FLUID MILK

- Unflavored whole milk must be served to 1 year olds; unflavored low-fat or fat-free milk must be served to children 2 through 5 years; and unflavored low-fat, unflavored or flavored fat-free milk must be served to children 6 years old and older
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to children or adults with medical or special dietary needs



#### COOKING METHODS

- Roasting, Baking, Stir Frying, Braising, Simmering, Steaming are all approved methods. Deep Fat Frying is **not allowed on site**.

## » MEAL SERVICE

Family Style meal service is encouraged in all child care centers and day care homes. This service style allows children to serve themselves with assistance from supervising adults, if needed. The children determine what foods in the meal and how much they would like to try during the meal service. Family style meal service allows children to be introduced to new foods, new tastes and new menus, while developing a positive attitude toward healthy foods, sharing in group eating situations and developing good eating habits.

## » MEALS & REIMBURSEMENTS

**Child Care Centers** receive reimbursements for meals served to enrolled children ages 12 and under or ages 15 and under if serving migrant children.

**Eligible Centers** may be reimbursed for up to two meals and one snack, or two snacks and one meal for each enrolled child per day.

Reimbursement Rates are based on a household's economic level and are adjusted yearly. **To view the current rates, visit Food and Nutrition Services CACFP website.**

## » ENROLLMENT OPTIONS

A child care center with only one site may sign an agreement as an Independent Center with the Idaho State Department of Education or may be sponsored by a Sponsoring Organization. The Sponsoring Organization is responsible for administering the program. Contact the Idaho State Department of Education for Sponsoring Organization information, 208-332-6821.

An organization with more than one child care center must sign an agreement with the Idaho State Department of Education, and will be responsible for administering the program for each center.

## » ELIGIBILITY

To qualify for the CACFP, child care centers must be state or locally licensed.

#### In Addition

Nonprofit organizations must have a 501 (c) (3) approved under the IRS code of 1986 and have a community based board of directors.

For-profit centers must have 25% or more of enrolled children eligible for free or reduced-priced meals.

## » TRAINING AND PARTICIPATION

Training is offered to child care center owners and directors interested in joining the CACFP. Training is provided by the Idaho State Department of Education, Child Nutrition Programs (CNP). Institutions interested in participating in the CACFP can contact the Idaho State Department of Education, Child Nutrition Programs. You can also visit <https://sde.idaho.gov/cnp/cacfp/> to view the Idaho CACFP Manual as well as the USDA Handbooks.

**Tip**

**For more information on the meal pattern requirements visit:**  
[Food and Nutrition Services CACFP website](#)