



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

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

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



**CHILD
& ADULT
CARE FOOD
PROGRAM**

DAY CARE HOME PROVIDERS



HOW CAN YOU PARTICIPATE IN CACFP?

CACFP is a federally funded program designed to offer aid to help day care homes to provide nutritious meals to children ages 12 and under.

» 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

This program provides reimbursement for nutritious meals and snacks served to children (12 years of age or younger) and infants. Reimbursement is based on the income level of the local geographic area, child care provider, or the children in care.

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

Reimbursement for meals served in day care homes is based upon eligibility for TIER I or lower TIER II rates and are adjusted yearly. **To view the current rates, visit Food and Nutrition Services CACFP website.**

» LICENSING

To qualify for the CACFP:
Family day care homes must be state and locally licensed.

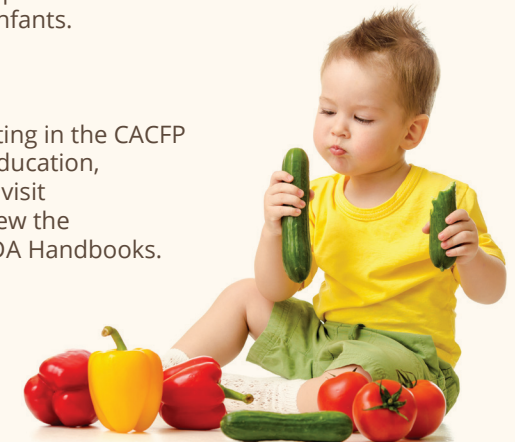
» AGREEMENT

Day Care Providers must sign an agreement with a Sponsoring Organization. Sponsors are responsible for recruiting, training, monitoring, and reimbursing day care providers. Contact the Idaho Department of Education for Sponsoring Organization information: (208) 332-6805.

All meals and snacks must meet the requirements of the CACFP meal patterns for children and infants.

» PARTICIPATION

Day care homes interested in participating in the CACFP can contact the Idaho 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