

Child and Adult Care Food Program: Benefits for Family Child Care Home Providers

Where Healthy Eating Becomes a Habit!

All family child care homes are eligible for CACFP.



What is the Child and Adult Care Food Program (CACFP)?

- Helps children learn to eat a wide variety of foods as part of a balanced diet.
- Promotes breastfeeding.

Who does CACFP serve in family child care homes?

- Infants and children under age 13.
- Migrant children under age 15.
- Individuals with disabilities who receive care in a family child care home where most participants are under age 18.

Participation in the CACFP program is an indicator of quality child care and benefits family child care homes and the children and families they serve.

Why apply to CACFP?

For family child care homes, participation in CACFP:

- Helps cover the cost of two meals and a snack per child each day. Savings can be used for other child care program needs.
 - See how much money you might receive: [Cost Benefit Tool \(English\)](#) and [Cost Benefit Tool \(Spanish\)](#)
- Offers nutrition education and professional development opportunities for family child care home providers.
- Makes the provider's program more marketable and allows providers to work with parents to establish healthy habits that last a lifetime.
- Provides an opportunity to earn points on the Colorado Shines Quality Rating Improvement System.
- Satisfies the licensing requirement for serving nutritious meals.

For children, participation in CACFP:

- Exposes them to new, healthy foods.
- Provides healthy meals that give them the energy they need to learn and thrive.
- Supports their social skills and language development during meal time.

For families, participation in CACFP:

- Helps them stretch their food resources at home.
- Supports the healthy development of their children during the critical early years.
- Provides ideas about different meal choices to try at home.

How do family child care home providers join the CACFP?

Providers can apply to participate in the program through a local [Colorado CACFP sponsor](#). Sponsors help providers enroll. They also serve as nutrition consultants and partner with providers to:

- Meet program requirements using the means (hard copy or technology) comfortable to the provider.
- Provide inspiration and strategies for planning menus and serving healthy, culturally diverse meals.
- Support teaching young children about their nutritional and health needs.
- Guide providers with best practices for feeding young children.

Kidcare Nutrition Sponsor
Email: kidcarenutrition@yahoo.com Phone Number: (970) 351-8779 Fax Number: (970) 427-3170 Counties Served: Adams, Boulder, Elbert, Kit Carson, Douglas, Larimer, Lincoln, Logan, Morgan, Phillips, Sedgwick, Washington, Weld, and Yuma Kidcare Nutrition Sponsor serves family home providers only.
KIDS' Nutrition Company
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This institution is an equal opportunity provider.

Call or email today to get started!
Colorado Child and Adult Care Food Program

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(303) 692-2330

