# A Day in CACFP Meal Requirements for 3-5 Year olds

BREAKFAST must contain milk, fruit or vegetable, and grain. A meat/meat alternate may be served in place of grains a maximum of 3 times a week.

3/4 cup Low/Fat-Free Milk

1/2 oz eq

1/2 cup Fruit, Vegetable or Both

Grains



must contain all

5 components. A second vegetable may take the place of fruit, as long as it is two different kinds of vegetables.

Low/ Fat-Free

3/4 cup Low/Fat-Free Milk

1/4 cup Fruit

1/4 cup Vegetable

Grains 1/2 oz eq

1 1/2 oz Meat/Meat Alternate

**SNACK** requires a selection of 2 of the 5 components.

Low/Fat-Free Milk 1/2 cup

Fruit 1/2 cup

cacfp.org

Vegetable 1/2 cup Grains 1/2 oz eg

Meat/Meat Alternate 1/2 oz

CACFP Creditable Recipe Inside



Over 4.6 million children served each day.

# CACFP serves over 4.6 million children every day.

## **Child Nutrition Reauthorization**

who represent the entire country and community operating the USDA Child and Adult Care Food Program.

Here's what matters most.

## 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 snacks increased by \$.01 except Tier 2 breakfasts and 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.

## Eliminate USDA Regional Office and State Agency Add-ons to Federal Regulation

Require USDA Regional Offices and State Agencies to adhere to Federal Regulations without adding additional rules which create barriers to participation.

We polled the members of the National CACFP Sponsors Association



# **Difference**

2020 Board of Directors



Kati Wagner, CMP, CCNP







TREASURER





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

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









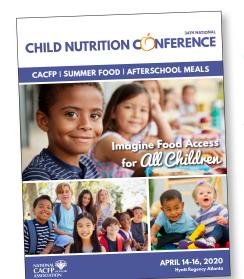
**Financial Support** 

**Training & Education** 

Tools & Resources

Healthy Meals

The CACFP is a federally funded program that provides reimbursement to child and adult care centers and family and group home providers which allows them to provide healthy meals and snacks. Each day over 4.6 million children and 130,000 adults have access to food and a nutritious diet because of the CACFP. The program plays a vital role in fighting against hunger and improving the quality of child and adult care while making it more affordable for many families.





# Serving over 4.6 million children healthy meals and snacks daily.

CACFP Week is March 15-21, 2020.



cut in half, and serve.

Mix mayonnaise and dressing together in a large bow

until well blended. Stir in chicken, lettuce, cabbage, and

carrots. Spread mixture evenly on four tortillas. Roll,



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.

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 Hursey, has been a CACFP participant through Nutrition for Children for 20 years. www.cacfp.org



Add a glass of milk and some apple slices for a creditable, healthy lunch.



### recipe Asian Chicken Wraps ingredients directions

- 1 cup shredded lettuce
- · 1 cup shredded cabbage
- · 1 cup shredded carrots
- · 2 cooked boneless chicken breasts, cubed (12 oz.)
- 1/4 cup Asian toasted sesame
- · 4 100% whole wheat flour





Lunch/Supper Crediting: 8 Servings for ages 3-5







Family Child Care Homes



**Child Care** Centers



Afterschool Sites



"Someone stepped up for me.

They took my hand. I want to be

able to reach back and pull others up.

Over 4.6 million children served each day 2,037,687,363 meals served in 2018.