



**Michigan Office**  
 139 W. Lake Lansing Rd., Suite 120 • East Lansing, MI 48823  
 Telephone: (800) 234-3287 • FAX: (517) 332-5543

**Illinois Office**  
 4415 W. Harrison St., Suite. 535 • Hillside, IL 60162  
 Telephone: (800) 284-5273 • FAX: (708) 236-0872

[www.acdkids.org](http://www.acdkids.org)

## BUILDING FOR THE FUTURE

Dear Parent/Guardian,

Your child care home provider participates with the Child and Adult Care Food Program (CACFP), a United States Department of Agriculture (USDA) program. The CACFP provides cash reimbursement to child care home providers for nutritious meals served and helps children develop healthy eating habits. Child care homes participate in the CACFP through a Family Day Care Home Sponsor. The program is administered by the Illinois State Board of Education (ISBE).

Through the CACFP you can be assured that your child is getting balanced, nutritious meals and developing healthy lifelong eating habits. Proper nutrition during early years ensures fewer physical and educational problems later in life.

As a participant in the CACFP, your child care home provider receives reimbursement for serving nutritious meals and snacks. Meals and snacks must meet the USDA meal pattern requirements listed below.

<b>MEAL</b>	<b>REQUIREMENTS</b>
<b>Breakfast</b>	1. 100% juice, fruit, or vegetable 2. Enriched or whole grain bread products (such as toast, muffins, pancakes, etc.) 3. Fluid, pasteurized milk
<b>Lunch/Dinner</b>	1. Meat or meat alternate (such as beef, fish, poultry, cheese, eggs, dried beans, etc.) 2. Enriched or whole grain bread product (such as bread, pasta, rice, tortillas, etc.) 3. Two fruits or two vegetables (or one fruit and one vegetable) 4. Fluid, pasteurized milk
<b>Snack</b>	<i>Chose any two of the following:</i> 1. Fluid, pasteurized milk 2. 100% juice or fruit or vegetable 3. Enriched or whole grain bread product 4. Meat or meat alternate

*Children less than one year old:* Foods in the infant meal pattern vary according to the infant's age. If your child is less than one year old, please ask your caregiver for a printed copy of the infant meal pattern requirements.

If you have any questions about the CACFP, please contact:

**Association for Child Development**

4415 W. Harrison Street  
 Suite 535  
 Hillside, IL 60162

(800) 284-5273  
[www.acdkids.org](http://www.acdkids.org)

OR

**Child and Adult Care Food Program**

Illinois State Board of Education  
 100 W. Randolph Street  
 #14-300  
 Chicago, IL 60601

(312) 814-2220

## What is the CACFP?

The CACFP is the Child and Adult Care Food Program, a federal program that provides monetary reimbursement to facilities offering healthier meals and snacks to children. Each day, more than 3.8 million children participate in the CACFP. Through the CACFP, participants' nutritional needs are met on a daily basis. The program plays a vital role in improving the quality of child care.

In addition to child care, the CACFP helps make after-school programs more appealing to at-risk youth. By offering nutritious snacks in programs serving low-income areas, after-school programs can increase participation and ensure that youth are getting healthy snacks.

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

## How does the CACFP work?

The CACFP reimburses participating centers, homeless shelters, day care homes, and schools for serving nutritious meals. It is administered at the federal level by the Food and Nutrition Service (FNS), an agency of the United States Department of Agriculture (USDA).

The Illinois State Board of Education (ISBE) administers the CACFP in Illinois. ISBE approves institutions to operate the program on the local level. ISBE monitors the program and provides guidance and assistance to ensure these institutions meet program requirements.

The Association for Child Development, a sponsoring organization, plays a critical role in supporting licensed and relative care homes and centers by providing training, technical assistance, and monitoring.

## Who is eligible for CACFP meals?

- Children age 12 and under
- Migrant children age 15 and younger
- Youth through age 18 in after-school programs

## What kinds of meals are served?

CACFP facilities follow meal patterns established by USDA.

- Breakfast consists of serving milk, fruits or vegetables, and grains or bread.
- Snacks include two of the following four components: milk, fruits or vegetables, grains or bread, or meat or meat alternate.
- Lunch and dinner require milk, grains or bread, meat or meat alternate, and two servings of fruits or vegetables.

## CACFP PARTNERS



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