

# Child and Adult Care Food Program (CACFP)



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# The Child and Adult Care Food Program (CACFP)



- Provides reimbursement for meals and snacks to:
  - Infants, pre-school children, and children under 12 years of age in child care centers and homes
  - Older children in at-risk afterschool programs and emergency shelters
  - Disabled and older adults in adult day care centers
- Reimbursement based on income level of children in the facility

# Child Care Centers



- Serve children age 12 and under
- Licensed to provide nonresidential child care services
- May be reimbursed for up to:
  - Two meals and one snack or
  - One meal and two snacks

# Family Day Care Homes



- Serve children age 12 and under
- Licensed to provide nonresidential child care services
- May be reimbursed for up to:
  - ▣ Two meals and one snack or
  - ▣ One meal and two snacks

# NC Child and Adult Care Food Program (CACFP)



- Child Care Centers- 2,100+ Centers
- Family Day Care Homes- 2,700+ homes

# CACFP Nutrition Requirements

Established by the U.S. Department of Agriculture

- CACFP nutrition requirements are food based not nutrient based
- Daily requirement for food categories and amounts
  - Milk
  - Meat/meat Alternative
  - Breads and Grains
  - Fruits or Vegetables/Juices

# Reimbursable Meal Requirements

[www.fns.usda.gov/fns/regulations.htm](http://www.fns.usda.gov/fns/regulations.htm)



# USDA Crediting food guide content-2008

## Background information

### MEAT/MEAT ALTERNATES

CACFP regulations require that a lunch or supper must contain the required serving amount of meat or meat/alternate specified in the meal pattern. The meat/meat alternate for the lunch or supper must be served in the main dish or in the main dish and one other menu item. A serving of meat or meat/alternate may be used as one of the two components of a snack. When a meat/meat/alternate is served as one of the two required components of a reimbursable snack, the amount specified in the snack pattern must be served. There is no requirement that a meat/meat alternate be served as part of a breakfast but it may be served as an optional component. A menu item must provide a minimum of 1/4 ounce of cooked, lean meat or its equivalent, to be counted toward meeting any part of the meat or meat/alternate requirement.

Meat and meat/alternates include lean meat, poultry, fish, cheese, egg, yogurt, cooked dry beans or peas; nuts and seeds and their butters (except for acorn, chestnut and coconut); or an equivalent quantity of any combination of these foods. When cooked, dried beans or peas are counted as a meat alternative they may not also be credited as a vegetable in the same meal. Please use the appropriate serving size. Creditable portion sizes for beans differ when used as a meat alternate from the creditable fruit/vegetable portion sizes. The different creditable portion sizes for beans as vegetables and as meat alternate are found both in the CACFP meal patterns and in the Food Buying Guide. Remember that sponsors may use the cooked canned form of dried beans in the CACFP. Sponsors are not required to use dried beans or peas in a form that must be soaked prior to use.

Crediting for shellfish has been included. However, when including shellfish in menus, you should consider costing factors, acceptability, and the potential for food intolerances among both preschool and adult day care populations.

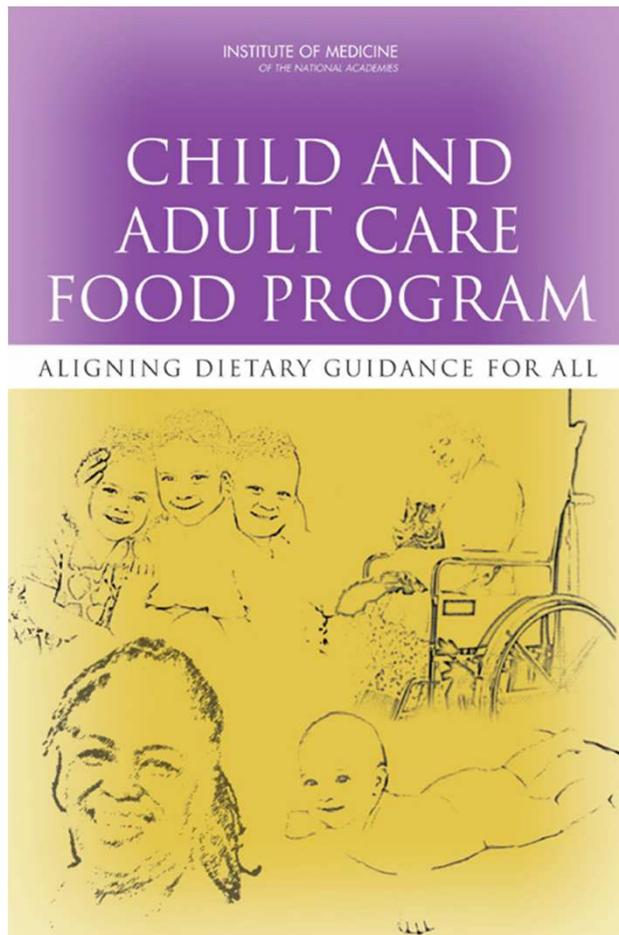
Alternate Protein Products (APP) [formerly Vegetable Protein Products] are processed from soy or other vegetable protein sources and may be in a dehydrated granule, particle, or flake form. They are generally used as part of a formed meat patty or in a vegetarian patty; resembling a meat product. APPs prior to being added to other products may be colored or uncolored, seasoned or unseasoned and they may be textured. The current regulations remove the restrictions 1) that APP must be fortified with vitamins and minerals and 2) that no more than 30% of the meat/meat alternate component be APP; up to 100% APP may now meet the meat/meat alternate component. APPs are currently being used successfully as meat/meat alternate extenders and/or substitutes in large Child Nutrition Programs. However, before using products containing APP or incorporating APP ingredients into your recipes and claiming these meals containing these foods for reimbursement, contact the FNS Regional office and/or your State agency for information and assistance on the preparation, serving, and crediting of these products.

MEAT/ MEAT ALTERNATE Food	Creditable		Comments
	yes	no	
Acorns		x	Acorns have a
Baco - Bits		x	
Bacon and Imitation Bacon Products		x	These products
Bacon Rinds		x	
Bacon, Turkey	x		Turkey bacon
Beans, Dried or Canned	x		See pages 1-4
Beans, Refried	x		See page 1-3
Beef Jerky	x		Beef jerky made with dried jerky equals a high sodium
Bologna	x		All meat (or poultry, cereal, or extensive starch, cellulose products are given 1-38 of the Food
Canadian Bacon or Mild Cured Pork	x		1 lb. (16 oz.) v See page 1-4

# Several Recent Reports and Recommendations

- Institute of Medicine
  - Updating the Meal Requirements for the Child and Adult Care Food Program: Aligning Dietary Guidance for all-2010
  - CACFP- Research Needed Meeting- February 2012
  - Early Childhood Obesity Prevention Policies -2011
- NC DHHS- Divisions of Public Health/Child Development and Early Education- 2011
- White House Task Force Early Childhood Obesity Prevention Recommendations- May 2010
  - Update February 2011

# Institute of Medicine (IOM) Report



- Dietary Guidelines for Americans
- Prevention Childhood Obesity in Early Care and Education Programs

# IOM CACFP Task



- USDA requested IOM to:
  - Review and assess the nutritional needs of the target population based on Dietary Guidelines for Americans and the Dietary Reference Intakes, and
  - Use the review as a basis for recommended revisions to the meal requirements for CACFP

# IOM Overall recommendations for CACFP



0-11  
months

- Only breast milk or formula for infants under 6 months
- Gradually introduce baby meats, cereals, fruits, and vegetables beginning at age 6 months
- No fruit juice of any type

1  
year+

- USDA should adopt Meal Requirements that increase the variety of fruits and vegetables, increase the proportion of whole grains, and decrease the content of solid fats, added sugars, *trans* fats, and sodium



# IOM Meal Cost Implications



- Recommendations will likely increase overall meal costs
  - Increased amounts and variety of vegetables
  - Addition of meat at breakfast
  - Increases in whole-grain foods
  
- USDA will seek increased reimbursement rate

# DHHS report to the NC General Assembly



North Carolina  
Enhanced Nutrition  
Standards for Child Care  
Final Report to the General Assembly



- Submitted to the General Assembly January 2011
- Recommends phased approach for implementing healthier nutrition standards

# General Assembly Task Force Recommendations

## HB 1726

- Division of Child Development shall consider a number of nutrition standards.
- Division of Public Health will examine current standards and report to the General Assembly.

### **Consider**

- Limit or prohibit serving of sweetened beverages, other than 100% fruit juice to children of any age.

# General Assembly Task Force Recommendations

## HB 1726 Consider the Following

- Limit or prohibit the serving of whole milk to children two years of age or older or flavored milk to children of any age.
- Limit or prohibit the serving of more than six ounces of juice a day to children of any age.
- Limit or prohibit the serving of juice from a bottle.

# General Assembly Task Force Recommendations

## HB 1726 Consider the Following

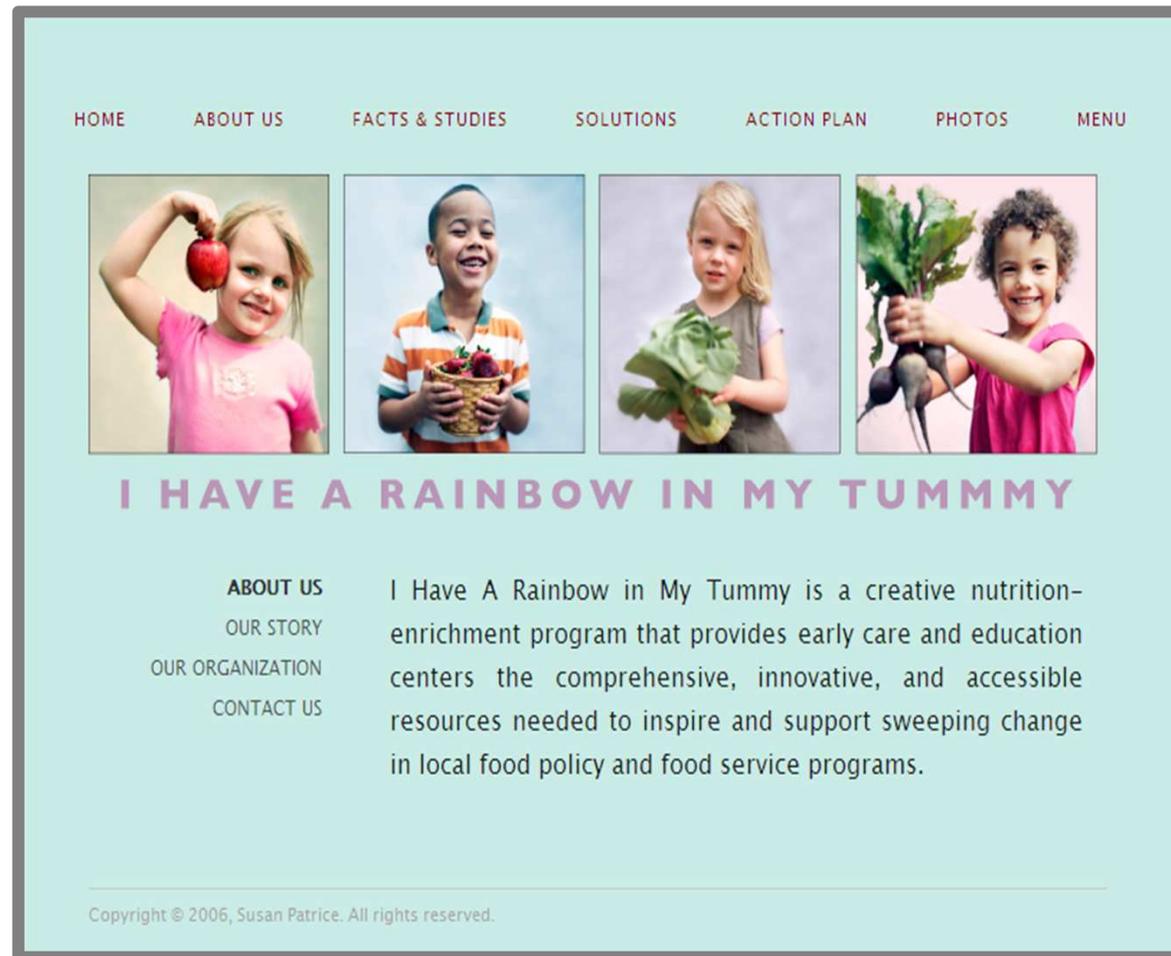
- Creating an exception from the rules for parents of children with medical needs, special diets or allergies.
- Create an exception to allow a parent/guardian to allow upon request foods that do not meet the nutrition standards.

# Listening Sessions



- Charlotte- October 11, 2010
- Greensboro- October 14, 2010
- Asheville- October 18, 2010
- Greenville- October 25, 2010

# Listening Sessions Feedback Best Practices- Ashville



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## I HAVE A RAINBOW IN MY TUMMY

**ABOUT US**  
OUR STORY  
OUR ORGANIZATION  
CONTACT US

I Have A Rainbow in My Tummy is a creative nutrition-enrichment program that provides early care and education centers the comprehensive, innovative, and accessible resources needed to inspire and support sweeping change in local food policy and food service programs.

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# Healthy Futures Starting in the Kitchen- Mecklenburg County



# Nutrition and Physical Activity Assessment for Child Care (NAP-SACC)- Guilford County Model



- Child Care Health Consultants
- Smart Start Partnership with Local Health Departments

# Greenville, NC Listening Session



- *I Am Moving, I Am Learning*
  - proactive approach for addressing childhood obesity in Head Start Children
  
- First Environments Child Care
  - On site garden
  - Healthy food approach

# Growing Our Own...



# Additional Considerations



- Survey of NC Pediatric Society
- IOM 2010 CACFP Recommendations
- 2010 Dietary Guidelines for Americans
- Other State CACFP Guidelines
  - Delaware
  - New York
  - Missouri

# Considerations in Child Care Food Preparation



- Cost of foods
- Availability of foods
- Children's preference- parents
- Self prep/vend meals
- Facility kitchen, storage, skills
- Meal reimbursement
- Training needs

# NC Recommended Standards



## Phase Approach

### Phase I

- Cost-neutral
- Minimal training required

### Phase II

- Additional collaboration DPH & DCD
- Work with food vendors to ensure availability of foods

# Phase I

- ❑ Prohibit the serving of sweetened beverages, other than 100% fruit juice, to children of any age.
- ❑ Prohibit the serving of more than six ounces of juice per day to children of any age.
- ❑ Prohibit the serving of juice from a bottle.
- ❑ Prohibit the serving of whole milk to children two years of age or older.
- ❑ Prohibit the serving of flavored milk to children of any age.
- ❑ Create an exception from the rules for parents of children who have medical needs, special diets, or food allergies.

# Phase II



- Limit the number of grains containing added sugars and increase the number of whole grains.
- Limit foods high in fat and salt.

# DPH Steps to Support Changes



- Kids Eat Smart Move More
  - USDA Grant to DPH Nutrition Services
    - Training statewide
    - On line training for staff and parents
    - Outreach campaign
    - Mini grants to child care providers
- Division of Public Health Trainings
  - Statewide Conference- September 2011
  - Regional Trainings- ongoing
- Collaboration with Division of Child Development

# Kids Eat Smart Move More

- Child Care Wellness Grant to NC CACFP
  - Statewide Policy Development
    - Improved Nutrition Standards for meals
    - Physical Activity Guidelines
  - Statewide Training and Technical Assistance
    - Nutrition and Physical Activity Self Assessment- NAP-SACC
    - Nutrition Standard Implementation
      - Menu development, food budgeting
      - Food preparation
    - Physical Activity Enhancements
    - Nutrition Education for staff, families and children



# Local Child Care Grants

## Competitive Application Process

- \$463,335 available funds
- \$ 2,500 grant for single center
- \$ 14,400 maximum for multi-center or multi-homes grants

Total of 185 grant awards



# Local Child Care Grants

- To Date

- 50 grants awarded

- Develop gross motor activity play area
    - Purchase portable small playground equipment
    - Partner with local fitness instructor for children and staff
    - Incorporate Be Active Kids®
    - Incorporate Active Play!

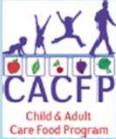
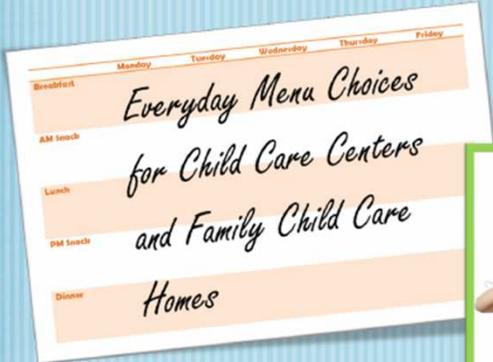
- Second round of grant applications announced



# New CACFP Food Guide 2012



**Healthy Menus Planning Tool for Use  
in the North Carolina Child and  
Adult Care Food Program (CACFP)**



# Kids Eat Smart Move More (Kids ESMM) Breastfeeding-Friendly Child Care Designation



- ❑ Coming Soon!
- ❑ Based on the North Carolina Maternity Center Breastfeeding-Friendly Designation
- ❑ Uses the Carolina Global Breastfeeding Institute Ten Steps as the criteria for the designation
- ❑ Awards are based on a continuum of improvement
- ❑ Recognition based on every two steps implemented from the Ten Steps

# Farm to Kids



- Farm to Child Care- Farm to School model
  - <http://www.ncfarmtoschool.com/>
- Community Supported Agriculture (CSA) Model
  - <http://www.ces.ncsu.edu/chatham/ag/SustAg/csafarms.html>
- Local initiatives
  - <http://www.firstenvironments.org/seed-table>

# NC CACFP Resources Available at



<http://www.nutritionnc.com/snp/cacfp.htm>

<http://www.fns.usda.gov/cnd/care/>