

What is CACFP?

CACFP is the Child and Adult Care Food Program, a Federal program that provides healthy meals and snacks to children and adults receiving day care.

In Missouri each day, more than 53,000 children and older adults participate in CACFP. CACFP helps families meet the nutritional needs of their dependent children and vulnerable adults. In addition, CACFP plays a vital role in improving the quality of child care and making it affordable for many low-income families.

In addition to child care, CACFP helps make afterschool programs more appealing to at-risk youth. By offering nutritious and tasty snacks and supper in programs serving low-income areas, centers can increase participation and know that youth are getting a healthy meal.

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

Who is eligible for CACFP meals?

- Children age 12 and under.
- Migrant children age 15 and younger.
- Youths through age 18 in afterschool programs.
- Functionally impaired adult participants or adults age 60 and older enrolled in an adult day care center.



What kinds of meals are served?

CACFP facilities must follow meal patterns that are established by USDA.

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

Which facilities can participate?

Many different facilities operate CACFP, all sharing the common goal of bringing nutritious meals and snacks to participants.

- **Child Care Centers:** Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers serve meals to large numbers of children.
- **Family Child Care Homes:** Small groups of children receive nonresidential child care in licensed private homes.
- **Afterschool Care Programs:** Centers in low-income areas provide free snacks to school-aged children and youth.
- **Homeless Shelters:** Emergency shelters provide residential and food services to homeless children.
- **Adult Day Care Centers:** Public, private nonprofit, and some for-profit adult day care facilities provide structured, comprehensive services to functionally impaired, nonresident adults.