

# Building for the Future with CACFP

This day care receives support from the Child and Adult Care Food Program (CACFP) to serve healthy meals to your participant. Meals served here must meet USDA's nutrition standards.

**Good nutrition today means a stronger tomorrow!**

**Meals — CACFP homes and centers follow meal requirements established by USDA**



## Breakfast

- Fluid milk
- Fruit or Vegetable
- Grains or
- Meat or Meat Alternate



## Lunch or Supper

- Fluid Milk
- Meat or Meat Alternate
- Grains
- Vegetable
- Fruit



## Snack (Two of the Five)

- Fluid Milk
- Meat or Meat Alternate
- Grains
- Fruit
- Vegetable



**Questions about CACFP? Contact one of the following:**

Sponsoring Organization/Center:



**Participating Facilities —**Many different homes and centers operate CACFP and share the common goal of bringing nutritious meals and snacks to participants.

**Participating facilities include:**

- Child care centers: Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers.
- Family Child Care Homes: Licensed or approved private homes.
- Afterschool Care Programs: Centers in low-income areas provide free snacks to school-age children and youth.
- Emergency Shelters: Programs providing meals to homeless children.

**Eligibility — State agencies reimburse facilities that offer non-residential day care to the following children:**

- Children age 12 and under,
- Migrant children age 15 and younger, and
- Youths through 18 in after school care programs in needy areas.



Washington Office of Superintendent of  
**PUBLIC INSTRUCTION**

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