



HER NOPREN Summer Speaker Series for Students



USDA CACFP Overview Panelists

Moderator: Alison Tover, PhD, Associate Professor of Nutrition, University of Rhode Island

Panelists:

- **Geri Henchy, MPH, RD, Director of Nutrition Policy, Food Research & Action Center**
- **Tatiana Andreyeva, PhD, Associate Professor of Agricultural and Resource Economics and Director of Economic Initiatives, Rudd Center, University of Connecticut**
- **Jamie Chriqui, PhD, Professor of Health Policy and Administration, University of Illinois at Chicago**
- **Erica Kenney, ScD, MPH, Assistant Professor of Public Health Nutrition, Harvard T.H. Chan School of Public Health**

Child and Adult Care Food Program (CACFP) What Is It?

- **Subsidizes meals and snacks served to infants and children in participating child care programs**
 - emergency shelters, at-risk afterschool programs; also adults who receive day care in participating facilities.
- **Basic structure: participating facilities serve meals that align with CACFP meal patterns and receive tiered reimbursements for the meals based on children's family income**
- **Breakfast, lunch, snack, and supper (but max 3 meals reimbursed per day)**
- **Population reach: 4.8 million participants on a given day¹**



CACFP: Brief History

- **Started as a pilot program in 1968 (Special Food Service Program for Children) – focus on low income working mothers for when children not in school**
- **1978 – permanently made Child Care Food Program**
- **1987 – expand to adult care component**
- **1996 – “Personal Responsibility and Work Opportunity Reconciliation Act” – create two-tier reimbursement structure, max reimbursements for 3 meals**
- **2017 – updates to the CACFP meal patterns (from HHFKA) implemented to bring in line with current dietary science**

CACFP: Who Participates?

- **Eligible** : Public or private nonprofit child care centers, outside school hours care centers, Head Start programs, and other institutions that are licensed or approved to provide day care services.
- **Family child care homes** – all are eligible to participate if licensed/meeting state criteria
- **But, only about 19% of 2 yr olds and 61% of 4 yr olds even attend a child care program that is eligible**
 - Compare to NSLP – about 95% of children attend a school with NSLP meals available



BREAKFAST MEAL PATTERNS - Serve Milk, Grains*, Vegetables or Fruit



* Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week.

	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup
VEGETABLES, FRUIT OR BOTH	1/4 cup	1/4 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

oz eq = ounce equivalents

LUNCH & SUPPER MEAL PATTERNS - Serve all 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1 cup	1 cup	1 cup	1 cup*
MEAT & MEAT ALTERNATES	1 oz	1 oz	1 1/2 oz	1 1/2 oz	2 oz	2 oz	2 oz	2 oz
VEGETABLES	1/4 cup	1/8 cup	1/2 cup	1/4 cup	3/4 cup	1/2 cup	1 cup	1/2 cup
FRUIT		1/8 cup		1/4 cup		1/4 cup		1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	2 servings	2 oz eq

* A serving of milk is not required at supper meals for adults.

oz eq = ounce equivalents

SNACK MEAL PATTERNS - Select 2 of the 5 components



	AGES 1-2		AGES 3-5		AGES 6-12 & 13-18		ADULTS	
	Previous	Updated	Previous	Updated	Previous	Updated	Previous	Updated
MILK	1/2 cup	1/2 cup	1/2 cup	1/2 cup	1 cup	1 cup	1 cup	1 cup
MEAT & MEAT ALTERNATES	1/2 oz	1/2 oz	1/2 oz	1/2 oz	1 oz	1 oz	1 oz	1 oz
VEGETABLES	1/2 cup	1/2 cup	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup	1/2 cup
FRUIT		1/2 cup		1/2 cup		3/4 cup		1/2 cup
GRAINS	1/2 serving	1/2 oz eq	1/2 serving	1/2 oz eq	1 serving	1 oz eq	1 serving	1 oz eq

oz eq = ounce equivalents

www.**CACFP**.org

Visit us online for more nutrition education resources!

CACFP is an indicator of quality child care. This institution is an equal opportunity provider.



CACFP Updates as of 10/1/17

- Changes of note:
reduced sugar in
yogurt/cereal, less juice,
grain-based desserts
- No change to
reimbursements – food
costs are supposed to be
neutral

Updated Child and Adult Meal Patterns



Greater Variety of Vegetables and Fruits

- The combined fruit and vegetable component is now a separate vegetable component and a separate fruit component; and
- Juice is limited to once per day.



More Whole Grains

- At least one serving of grains per day must be whole grain-rich;
- Grain-based desserts no longer count towards the grain component; and
- Ounce equivalents (oz eq) are used to determine the amount of creditable grains (starting October 1, 2019).



More Protein Options

- Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week; and
- Tofu counts as a meat alternate.



Age Appropriate Meals

- A new age group to address the needs of older children 13 through 18 years old.



Less Added Sugar

- Yogurt must contain no more than 23 grams of sugar per 6 ounces; and
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce.

CACFP Effects

- **Better food choices in CACFP-participating child care programs**
 - Improved dietary intake among children
 - Lower saturated fat consumption
 - No sugary drinks
 - More fruit and vegetables and whole grains
- **Greater use of gold standard feeding practices**
 - Family style feeding (pre-COVID)
 - Teacher positive behavior (participate in children's meal, sit at the table)
- **Small effects on reducing prevalence of overweight and underweight**
- **Unknown effect on poverty, yet:**
 - CACFP is essentially a subsidy of \$30.95/week in food costs

CACFP Advocacy Goal:

Facilitate the
success of CACFP
in continuing to
support child
care during the
COVID 19
pandemic



Geri Henchy
Food Research & Action Center

A photograph of children sitting at a wooden table in a classroom or cafeteria, eating from green plates. A woman is partially visible on the left, and a bowl of food is in the foreground. The text 'The Families First Coronavirus Response Act' is overlaid on the left side of the image.

The Families First Coronavirus Response Act

Three Key CACFP Provisions



Gives USDA the authority to issue nationwide child nutrition - CACFP waivers in order to eliminate paperwork for states & help child care, afterschool programs, & community organizations quickly adopt & implement flexibilities during this crisis

Families First Act

“(b) Child And Adult Care Food Program Waiver.—Notwithstanding any other provision of law, the Secretary may grant a waiver under section 12(l) of the Richard B. Russell National School Lunch Act ([42 U.S.C. 1760\(l\)](#)) to allow non-congregate feeding under a child and adult care food program under section 17 of the Richard B. Russell National School Lunch Act ([42 U.S.C. 1766](#)) if such waiver is for the purposes of—

- (1) providing meals and meal supplements under such child and adult care food program; and
- (2) carrying out paragraph (1) with appropriate safety measures with respect to COVID–19, as determined by the Secretary.”



Waivers to allow CACFP to operate as non-congregate sites: offering meals off-site, “grab and go” and delivered



“The kids who normally attend USC’s Head Start program are now home with their families, isolating due to the COVID-19 pandemic. Every weekday morning, though, a little bit of Head Start comes to them.”

University of Southern California News

CACFP Centers: Grab and Go Meals

It Takes A Village To
Feed One Child
Program:

- Provides prepackaged CACFP meals
- 2 meals and 1 snack a day – 5 days each week to enrolled children
- Serves over 250 children from 8 child care centers
- Provides educational supplies, home learning activities and additional food items



Waivers to adapt
meal pattern
requirements in
response to a
disruption to the
food supply as a
result of COVID-19



Strengthening the Public Health Impacts of the USDA Child and Adult Care Food Program

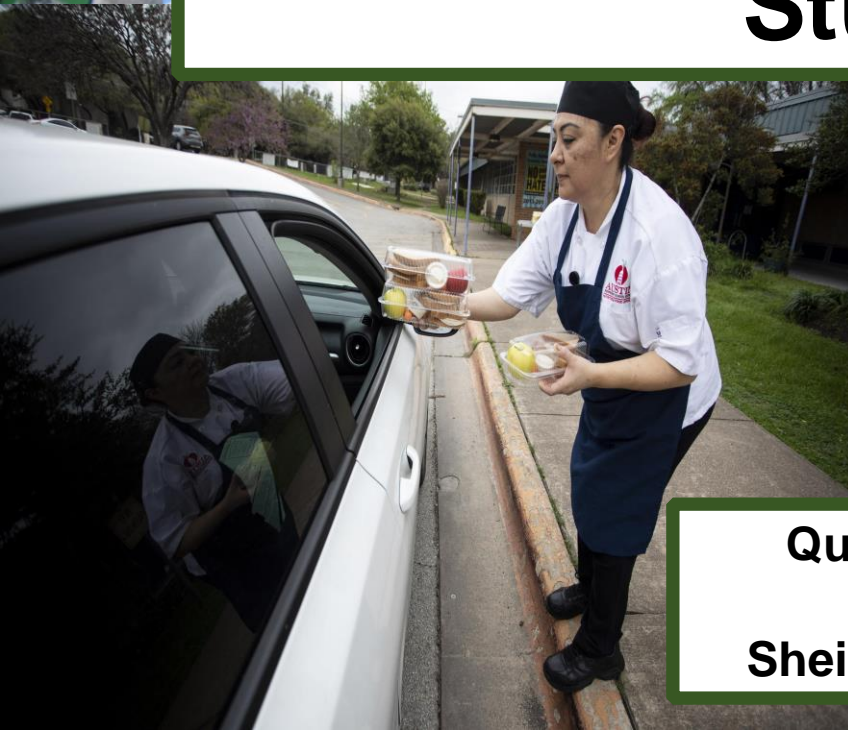


Careers Relevant to USDA CACFP





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Questions? Ideas?
Email –
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The Families First Coronavirus Response Act

- **SNAP Flexibility for Low-Income Jobless Workers:** Suspends the work and work training requirements for SNAP during the crisis.
- **Additional SNAP Flexibilities:** Allows states to request special waivers from USDA to provide temporary, emergency CR-SNAP benefits to existing SNAP households up to the maximum monthly allotment, as well as giving USDA broad discretion to provide much more flexibility for states in managing SNAP caseloads.
- **WIC :** \$500 million to provide access to nutritious foods to low-income pregnant women or mothers with young children who lose their jobs or are laid off due to the emergency.
- **Emergency Food Assistance Program (TEFAP):** \$400 million to assist local food banks to meet increased demand for low-income Americans during the emergency. Of the total, \$300 million is for the purchase of nutritious foods and \$100 million is to support the storage and distribution of the foods.
- **Use of EBT for School Meals Programs:** USDA may approve state plans to provide emergency Electronic Benefit Transfer (EBT) food assistance to households with children who would otherwise receive free or reduced-price meals if the child's school will be closed for no less than 5 consecutive days.
- **Senior Nutrition Program:** Includes \$250 million for the Senior Nutrition program operated by Area Agencies on Aging to provide approximately 25 million additional home-delivered and pre-packaged meals to low-income seniors who are home-bound, or have disabilities or have multiple chronic illnesses. Caregivers for seniors who are home-bound are also eligible.
- **National School Lunch Program Requirement Waivers:** All child and adult care centers may operate as non-congregate (i.e. allows them to take food to go). Allows USDA to waive meal pattern requirements in child nutrition programs if there are shortages of qualifying foods.

FNS DISASTER ASSISTANCE

FNS Response to COVID-19

[PROGRAMS](#) > [FNS DISASTER ASSISTANCE](#) > [FNS RESPONSE TO COVID-19](#)

CHILD NUTRITION PROGRAMS

Child Nutrition Program State by State COVID-19 Waivers

[PROGRAMS](#) > [FNS DISASTER ASSISTANCE](#) > [FNS RESPONSE TO COVID-19](#) > [CHILD NUTRITION PROGRAM STATE BY STATE COVID-19 WAIVERS](#)

Guidance on Human Pandemic Response

FNS Response to COVID-19

Find Meals for Kids When Schools are Closed

SNAP State by State COVID-19 Waivers

WIC State by State COVID-19 Waivers



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Find Meals for Kids When Schools are Closed

SNAP State by State COVID-19 Waivers

WIC State by State COVID-19 Waivers

Child Nutrition Program State by State COVID-19 Waivers

USDA Foods State by State COVID-19 Waivers

Disaster Household Distribution

SNAP Emergency Allotments to



Select from the following list to see all of the COVID-19 waivers issued for your state in child nutrition programs.

[Alabama](#)
[Alaska](#)

[Idaho](#)
[Illinois](#)

[Montana](#)
[Nebraska](#)

[Rhode Island](#)
[South Carolina](#)

Heroes Act – House Nutrition Provisions

- Increases the maximum Supplemental Nutrition Assistance Program (SNAP) benefit level by 15 percent through September 2021, which benefits the lowest income households who were previously at the maximum amount.
- Provides \$10 billion for SNAP to cover increased program participation and costs.
- Increases the minimum SNAP benefit from \$16 per month to \$30 per month.
- Extends the Pandemic Electronic Benefits Transfer (P-EBT) program through the summer and until schools reopen. P-EBT would also now include children who would be receiving meals through child care. P-EBT assistance is available to households with children regardless of immigration status.
- Mandates the U.S. Department of Agriculture (USDA) to conduct a feasibility study on implementation of P-EBT in Puerto Rico, Northern Mariana Islands, and American Samoa, but would not extend the program to these territories.
- Waives all work requirements for SNAP and prevent USDA from implementing or finalizing the Able-Bodied Adults Without Dependents, Broad Based Categorical Eligibility, and Standard Utility Allowance rules.
- Directs USDA to allow the use of SNAP to purchase hot foods or hot food products ready for immediate consumption from authorized retail food stores.
- Adds \$1.1 billion for the Special Supplemental Nutrition Assistance Program for Women, Infants and Children (WIC) through September 2020.
- Increases the WIC Cash Value Voucher from \$9 for children and \$11 for women per month to \$35 per month for both women and children through the end of 2020.
- Provides \$3 billion in relief for school child nutrition programs that are facing increased costs and losing revenue, and specifies that reimbursements for school meals for the school year 2019-2020 may not be less than the amounts provided for the school year 2018-2019.
- Directs USDA to authorize all child nutrition waivers in a timely and public manner.
- Provides \$150 million for the Emergency Food Assistance Program, which provides funding for food banks and other local organizations.
- Continues USDA's waiver authority for the Fresh Fruit and Vegetable Program to allow schools more flexibility in serving fresh fruits and vegetables.
- Increases monthly SNAP benefits for families in Puerto Rico through September 2021 to make them more equitable.

Child Nutrition Reauthorization

- **The Special Supplemental Nutrition Program for Women, Infants, & Children (WIC)**
- **WIC Farmers Market Nutrition Program**
- **Child and Adult Care Food Program (CACFP)**
- **National School Lunch Program (NSLP)**
- **School Breakfast Program (SBP)**
- **Fresh Fruit and Vegetable Program**
- **Special Milk Program**
- **Summer Food Service Program (SFSP)**

