

# Good Nutrition Strengthens

## Adult Care Centers

### CACFP

Child and Adult Care Food Program



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### What is the **Child and Adult Care Food Program**?

- Federally funded program designed to provide reimbursement for nutritious meals and snacks served to adults and children receiving day care. In this case, the program helps adult care centers.
- Part of the U.S. Department of Agriculture (USDA) Food and Nutrition Services (FNS), the same office that administers the National School Lunch Program (NSLP).

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### What are the **benefits**?

- Receive reimbursement to supplement the cost of healthy meals and snacks.
- Participation in CACFP plays a vital role in improving the quality of adult care.
- Participants receive the right foods needed to remain healthy and strong.
- Receive guidance on menu planning and recipe ideas.
- Free training to employees and staff on nutrition topics.

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### Who is **eligible**?

- Adults age 60 years and older enrolled in an adult day care center.
- Functionally impaired adults age 18 years and older enrolled in an adult day care center.

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### What **types of sites** can participate?

- Licensed nonprofit adult care centers that are a public entity or have a tax-exempt status under the Internal Revenue Code of 1986.
- Licensed for-profit adult care centers in which 25% of adult participants receive compensation under Title XIX (Medicaid Program).

### What are the **program requirements**?

- Be licensed for the care of nonresidential adults by the Kansas Department for Children and Families (DCF) or the Kansas Department for Aging and Disability Services (KDADS).
- Provide structured, community-based day care services to nonresident adults.
- Complete an initial application form for program approval.
- Attend required nutrition trainings provided or approved by Kansas State Department of Education (KSDE) Child Nutrition and Wellness staff, including:
  - Completion of the CACFP Jump Start training within six months of assuming program responsibility.
  - Completion of the CACFP Administrative Workshop each program year.
  - KSDE approved food safety training every three years.
  - Other training as deemed necessary.
- Provide training to staff with CACFP responsibilities and maintain documentation of this training. Topics may include:
  - Annual Civil Rights Training
  - CACFP Meal Pattern
  - Daily Meal Counts and Record Keeping
  - Food Safety
  - Family Style Meal Service
- Serve meals and snacks that meet the requirements of the CACFP meal patterns. The meal requirements are simple and allow for a variety of foods, including ethnic and cultural foods.
- Keep daily menus and accurate daily meal count and attendance records.
- Maintain enrollment and income eligibility documentation on each individual in care, with new forms being completed and submitted each year.

### How does the **money work**?

- Monthly reimbursement is calculated based on the number of meals and snacks served, the number of adults eating, and claiming percentages of free, reduced price, and paid participation as determined by the Enrollment and Income Eligibility Forms (E/IEF).
- Eligible centers may be reimbursed for up to two meals and one snack or one meal and two snacks per day per participant.

### What **meals** may be **served**?

- Breakfast consists of a serving of milk, fruit and/or vegetable, and grains/bread.
- Lunch and Supper require a serving of milk, meat or a meat alternate (such as cheese, a whole egg, cooked dry beans or peas, nut butters, or yogurt), fruits, vegetables, and grains/bread.
- Snacks include servings from two of the five component groups: milk, meat or meat alternate, fruits, vegetables, or grains/bread.



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