

# Extend Good Nutrition

## with At-Risk Afterschool Meals

### CACFP

Child and Adult Care Food Program



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

- Federally funded program designed to provide reimbursement for healthy meals and snacks served to children and adults receiving day care. In this case, the program would help afterschool programs serving low-income areas offer nutritious meals and snacks to program participants.
- 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).

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

- Receive reimbursement to supplement the cost of healthy meals and snacks, freeing up resources that can be used for other activities.
- Offer a healthy meal and/or snack to which low-income youth may not otherwise have access.
- Youth receive the right foods needed for the energy to concentrate on homework and join their friends in physical, educational, and social activities.
- Young children learn healthy eating habits.
- Receive guidance on menu planning and recipe ideas.
- Free training to employees and staff on child nutrition topics.

#### Who is **eligible?**

- School age children through age 18.
- If the participant turns 19 years of age during the school year, reimbursement may still be claimed for the remainder of the school year.

#### What **types of sponsors** or organizations can participate?

- Public agencies such as schools or city governments.
- Tax-exempt nonprofit organizations.
- Traditional child care centers already participating in CACFP that serve children who attend the center after their school day.
- CACFP-eligible, for-profit organizations that meet one of the following criteria:
  - 25% of the children in care are eligible for free or reduced-priced meals.
  - 25% of the children in care received child care subsidy benefits from Title XX of the Social Security Act and the center receives compensation.

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

- Be licensed by KDHE or a branch of the military or be an extraordinary education program operated by a school district.
- Be located in an eligible area (within a school attendance area with at least 50% of students eligible for free and reduced price meals).
- Provide care for school age children after school, on the weekends, on holidays, or during school vacations within the regular school year.
- Provide organized, regularly scheduled educational or enrichment activities in a structured and supervised environment.
- Complete an initial application form for program approval (if the district's NSLP representative is the same as the district's CACFP representative, this application process is streamlined).
- 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.
- Document daily menus and accurate daily meal count and attendance records.
- Attend required child 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.

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

- Eligible afterschool programs may receive free reimbursement for up to one snack and/or one meal per child per day served after the school day has ended.
- Meals served on days that school is not in session may be claimed as At-Risk Afterschool Meals regardless of when the meal is being served, with one meal and one snack being the maximum.

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

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



Child Nutrition & Wellness  
Kansas State Department of Education  
Landon State Office Building  
900 S.W. Jackson Street, Suite 251  
Topeka, Kansas 66612

(785) 296-2276

[www.kn-eat.org](http://www.kn-eat.org)  
[www.ksde.org](http://www.ksde.org)