

# Access Good Nutrition

## in Emergency Shelters

### 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 emergency shelters, homeless shelters, and domestic violence shelters serve nutritious meals and snacks to children in residence.
- 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 children in shelters may not otherwise have access.
- Youth receive healthy foods needed for learning and development.
- 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?**

- Children 18 years of age and younger who are emergency shelter residents.
- Individuals with disabilities, regardless of their age, who are emergency shelter residents.

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

- Emergency shelters, homeless shelters, and domestic violence shelters that are public or private nonprofit institutions.
- Temporary residential sites sponsored by a public or private nonprofit agency.

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

- Provide temporary residential and food services to children and their parents or guardians.
- Meet all health and safety codes as required by state and local laws.
- 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.
  - Food safety training approved by KSDE 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, at minimum, a list of children served by name, date of birth, and dates of residency in the shelter.

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

- Eligible shelters may receive free reimbursement for up to three meal services per child per day on both weekdays and weekends.
- The three meal services can include breakfast, lunch, and supper; or a combination of two meals and one snack.

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

- Breakfast consists of a serving of milk, fruit and/or vegetable, and grains/bread.
- Lunch and Supper require 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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