



**1 in 10 Massachusetts households cannot confidently predict where their next meal is coming from.**

### **Why are nutritious meals and snacks important for children and adults?**

Research has shown that there is a strong relationship between nutrition, health and learning. Your community is in a special position to offer healthy meals to children in safe and supportive settings.

Older or disabled adults can have limited ability to prepare or access healthy meals. Providing meals and snacks can help them maintain their independence and quality of life.

### **Where can I go to get more information?**

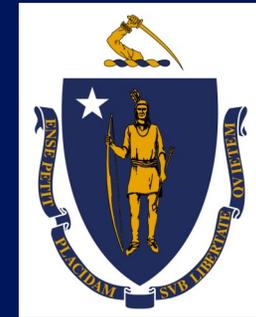
[www.doe.mass.edu/cnp/nprograms](http://www.doe.mass.edu/cnp/nprograms)

Office for Food and Nutrition Programs  
75 Pleasant Street  
Malden, MA 02148  
Phone (781)-338-6480



**This institution is an equal opportunity provider.**

# **BUILDING FOR THE FUTURE**



## **Child and Adult Care Food Program (CACFP)**



**United States  
Department of  
Agriculture**

## What is CACFP?

The CACFP is the Child and Adult Care Food Program, a federal program that provides healthy meals and snacks to children and adults receiving day care.

Through the CACFP, participants' nutritional needs are supported on a daily basis. The program plays a vital role in improving the quality of day care and making it more affordable for many low-income families. In addition to day care, the CACFP helps make afterschool programs more appealing to at-risk youth.

Homeless children and children from temporarily displaced families can also receive up to three meals each day through shelters that operate the program.



## What kinds of meals are served?

CACFP facilities follow the meal patterns established by USDA.

- **Breakfast** consists of a serving of milk, fruit or vegetable, grains or bread or meat or meat alternate.
- **Lunch** and **dinner** require milk, grains or bread, meat or meat alternate, and different servings of fruits and vegetables.
- **Snacks** include two different servings of the five components: milk, fruits, vegetables, grains or bread, or meat or meat alternate.

## Who is eligible for CACFP meals?

- Children age 12 and under
- Adults age 60 and older or functionally impaired adult participants enrolled in an adult day care center
- Youth through age 18 in afterschool programs in needy areas and emergency shelters
- Migrant children age 15 and younger.



## CACFP Facilities

Many different facilities operate the CACFP, all sharing the common goal of bringing nutritious meals and snacks to participants.

### • Child Care and Outside School Hours Centers

Licensed or approved public or private nonprofit child care centers, Head Start programs, and some for-profit centers serve meals to large numbers of children.

### • Family Day Care Homes

Small groups of children receive nonresidential day care in licensed or approved private homes.

### • At-Risk Afterschool Meals

Centers in low-income areas provide snacks and meals to school-age children and youth.

### • Adult Day Health Centers

Public, private nonprofit, and some for-profit adult day health care facilities provide structured, comprehensive services to functionally impaired nonresident adults.

### • Homeless Shelters

Emergency shelters provide residential and food services to homeless children.

