



# WHAT IS CACFP?

CACFP is part of the federal food assistance safety net that gives aid to child care programs for the provision of healthy foods to young children (7CFR Part 226). Through CACFP, over 4 million children receive nutritious meals and snacks daily.

Qualifying child care centers and group child care homes may participate in CACFP and receive reimbursements at free, reduced-price, or over-income rates for meals and snacks served to children.

## Did You Know?

Per the regulations that govern child care in Connecticut (Section 19a-79-6a), all licensed child care centers and group child care homes serving meals and/or snacks are required to follow nutrition standards established by the federal Child and Adult Care Food Program (CACFP).

## Highlights of CACFP Nutrition Standards

- **Breakfast** must include milk, vegetables/fruit, and grains
- **Lunch** must include milk, meat/meat alternates, vegetables, fruit, and grains
- **Snack** must include any 2 of the following 5: milk, meat/meat alternates, vegetables, fruit, grains
- **For all Meals and Snacks**
  - Serve unflavored 1% or skim milk to children ages 2 and older, and unflavored whole milk to 1-year-olds
  - Encourage whole grains, fruits, and vegetables
  - Limit added sugars and 100% juice
  - No deep-fat frying; limit purchased pre-fried foods
  - Make water available and offer throughout the day

## Help kids develop healthy eating habits

To learn more about the nutrition standards and to seek guidance and support, contact [cacfp@uconn.edu](mailto:cacfp@uconn.edu)

**860-380-1283**

[www.uconnruddcenter.org/cacfp](http://www.uconnruddcenter.org/cacfp)



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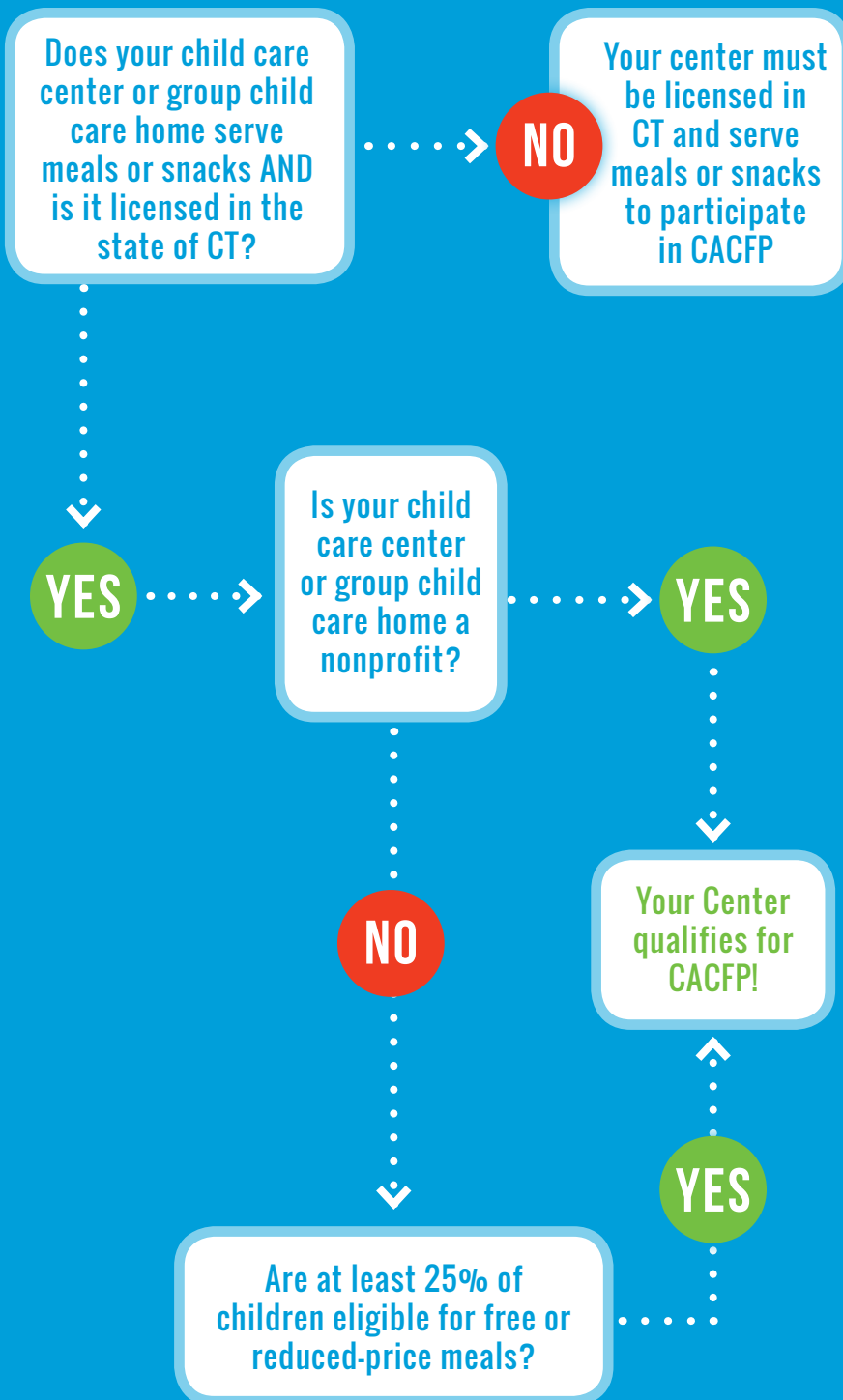
This resource was supported by Cooperative Agreement Number NU58DP004797-05-01, funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the Department of Health and Human Services.

# WHY PARTICIPATE IN CACFP?

- Financial reimbursement to serve meals and/or snacks that meet CACFP nutrition standards.
- Obtain valuable, free nutrition education and training to help identify the appropriate foods and amounts for young children.
- Encourage positive eating habits and ensure parents that their children receive high quality, well-balanced meals.



## DOES MY CENTER QUALIFY FOR CACFP?



(Not Sure? Contact us or visit our website)

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