



For more information contact:

**CHILD AND ADULT CARE
FOOD PROGRAM**

Child Nutrition Programs
State Department of Education
P.O. Box 83720
Boise, ID 83720-0027
208-332-6821

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Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (833) 256-1665 or (202) 690-7442; or
- (3) email: program.intake@usda.gov



ADULT DAY CARE CENTERS



HOW CAN YOU PARTICIPATE IN CACFP?

CACFP is a federally funded program designed to provide nutritious meals and snacks.

» CACFP MEAL REQUIREMENTS

CACFP meal patterns ensure adults have access to healthy, balanced nutritious meals and snacks throughout the day. Meals served include a variety of vegetables and fruit, whole grains, and less sugar and saturated fat. Meal Patterns are based on the Dietary Guidelines for Americans.

Adult Meal Pattern



FRUITS AND VEGETABLES

- Fruit and vegetable components are offered at each meal
- Juice is limited to once per day



WHOLE GRAINS

- At least one serving of grains per day must be whole grain-rich
- Grain-based desserts no longer count towards the grain component



PROTEINS

- Meat/meat alternates are required at lunch and supper meal service
- Commercial tofu counts as a meat alternate when easily recognized
- Meat/meat alternate may be served in place of the entire grain component at breakfast up to three times per week



FLUID MILK

- Unflavored low-fat, unflavored or flavored fat-free milk must be served to adults. A serving of milk is not required at supper meals for adults
- Non-dairy milk substitutes that are nutritionally equivalent to milk may be served in place of milk to adults with medical or special dietary needs
- Yogurt may be served in place of milk once per day for adults only



COOKING METHODS

- Roasting, Baking, Stir Frying, Braising, Simmering, Steaming are all approved methods. Deep Fat Frying is not allowed on site.



» MEAL SERVICE

Offer versus Serve and family style meals are two meal service options in Adult Day Care centers that support a positive eating environment. These service styles allow participants to select foods they wish to eat at breakfast, lunch or supper.

» MEALS & REIMBURSEMENTS

Adult Day Care Centers receive reimbursements for meals and snacks served to eligible adult participants.

Eligible Centers may be reimbursed for up to two meals and one snack, or two snacks and one meal for each enrolled participant per day.

Reimbursement Rates are based on a participant's economic level and are adjusted yearly. **To view the current rates, visit Food and Nutrition Services CACFP website.**

» ELIGIBILITY

- Must operate as an independent center or under the auspice of a non-profit sponsoring organization;
- Must provide non-residential group day care services to functionally impaired adults, or persons 60 years of age or older;
- Must operate a community-based group program that is designed to meet the needs of the adult participants through individualized plans of care;
- Must have a structured, comprehensive plan that provides a variety of health, social, and related support services to enrolled participants through an individual plan of care;
- Day care centers must meet federal, state or local licensing or be approved by the state to provide day care services.

In Addition

- Nonprofit organizations must have tax exempt status under the IRS code of 1986 and have a community based board of directors.
- For-profit centers must have 25% or more of enrolled participants either receive compensation under Title XIX or Title XX of the Social Security Act or is eligible for free or reduced priced meals.

» TRAINING AND PARTICIPATION

Training is offered to adult day care center owners and directors interested in joining the CACFP. Training is provided by the Idaho State Department of Education, Child Nutrition Programs (CNP). Institutions interested in participating in the CACFP can contact the Idaho State Department of Education, Child Nutrition Programs. You can also visit <http://www.sde.idaho.gov/cnp/cacfp/> to view the Idaho CACFP Manual as well as the USDA Handbooks.

Tip

For more information on the meal pattern requirements visit:
Food and Nutrition Services CACFP website