

# Strengthening Program Participation and Nutrition Security with CACFP Afterschool Programs

U.S. Department of Agriculture Food and Nutrition Service

---

Madeleine Williams, MAIR, MPP

Program Analyst, Child Nutrition Programs



United States Department of Agriculture



# Today's Presentation

- CACFP Overview
- At-Risk Afterschool Care Centers
- Outside School Hours Care Centers
- NSLP Afterschool Snack Service
- USDA Resources
- Questions





CHILD  
& ADULT  
CARE FOOD  
PROGRAM



United States Department of Agriculture



# Child and Adult Care Food Program (CACFP)

---



- **Federally funded, State-administered program that provides aid to:**
  - Child care centers/preschools/Head Start programs
  - Family day care homes
  - Adult day care centers
  - Emergency/homeless shelters
  - Outside school hours care centers
  - At-risk afterschool care centers

# CACFP: Key Player Roles

## States

- Sign agreements with institutions
- Provide training and technical assistance to institutions
- Monitor performance and distribute funding

## Institutions

- A sponsoring organization, or independent center (e.g., At-risk, OSHCC)
- Handle administration, finances, and training for sites
- Report to the state
- Get reimbursed for meals served at sites

## Child and/or adult care facilities

- Meal service location
- Feed and supervise children (or adults as applicable)
- Provide activities

# At-Risk Afterschool Care Centers

- Organized primarily **to care for children** after school or on weekends, holidays, or school vacations
- Sponsored by local governments, non-profits, or SFAs
- Serves meals and/or snacks to children **up to age 18** and persons with disabilities of any age
- Eligibility limited to low-income school areas
  - $\geq 50\%$  eligible for free or reduced-price meals
- Sponsors must provide **educational or enrichment activities** for participating children



# Outside School Hours Care Centers (OSHCCs)

---

- A public or private nonprofit institution or facility
- Organized primarily to care for children **before and/or after** school; providing **up to** two meals and one snack per child per day
- Operates during the **school year** only
- Serves meals and/or snacks to children **12 years and under**, children 15 years and under of **migrant workers**, persons with **disabilities** of any age

# NSLP Afterschool Snack Service

---

- A public school, nonprofit private school or private residential child care institution
  - Can be area eligible or non-area eligible
- Organized primarily to care for children **after** school; providing up to **one snack per child per day**
- Operates during the **school year**
- Provides children with **regularly scheduled educational or enrichment activities** in a supervised environment
- Serves children high school grade and younger

# Age and Activity Requirements

	OSHCCs	At-Risk Afterschool Centers	NSLP Afterschool Snacks
Activity Requirements	<ul style="list-style-type: none"> <li>Provides child care services</li> <li>Provides enrichment activities (<b>open to all</b>)</li> </ul>	<ul style="list-style-type: none"> <li>Provide organized regularly scheduled education or enrichment activities (i.e., in a structured and supervised environment)</li> </ul>	<ul style="list-style-type: none"> <li>Primarily provide care for children after school;</li> <li>Provide organized regularly scheduled education or enrichment activities (i.e., in a structured and supervised environment)</li> </ul>
Participant Age	<ul style="list-style-type: none"> <li>Children 12 years and under</li> <li>Children 15 years and under of migrant workers</li> <li>Persons with disabilities of any age</li> </ul>	<ul style="list-style-type: none"> <li>18 years of age and under</li> <li>Persons with disabilities of any age</li> </ul>	<ul style="list-style-type: none"> <li>18 years of age and under (at start of school year)</li> </ul>

# Program Eligibility

	OSHCCs	At-Risk Afterschool Centers	NSLP Afterschool Snacks
Program Eligibility	May operate in any area	<b>Area Eligibility</b> – must be located in an attendance area of a school where at least 50% or more children are eligible for free or reduced-price meals	Must be sponsored or operated by a school district in which at least one school operates NSLP  Can be either area eligible or non-area eligible
Determination of Reimbursement	Based off individual free and reduced-price meal applications	All meals and snacks are reimbursed at <b>the free rate</b>	<u>Area Eligible Site</u> - All snacks reimbursed at the free rate  <u>Non-Area Eligible Site</u> - Based off child's eligibility for free, reduced or paid meals.

# Meal Eligibility/Reimbursement

	OSHCCs	At-Risk Afterschool Centers	NSLP Afterschool Snacks
Types of Meals Eligible for Reimbursement	<b>Breakfast Snack Supper</b>  *Lunch during school vacations during the regular school year	<b>Snack Supper</b>  *Breakfast OR lunch in lieu of supper on weekends, holidays, or during school vacations during the regular school year	<b>Snack</b> served on regular school days only*  *Afterschool programs operating during weekends or school breaks are not eligible to receive reimbursements
Number of Reimbursable Meals (per child per day)	Up to 2 meals and 1 snack OR 1 meal and 2 snacks	Up to 1 snack and 1 meal	1 snack

# Meal Pattern Requirements

---

	CACFP Meal Pattern	NSLP Afterschool Snacks
Components	Vegetables and fruits are <b>two separate components</b> at lunch, supper and snack	Vegetables and fruits are <b>one component</b>
Crediting	Fruits and vegetables credit as volume served except for: <ul style="list-style-type: none"><li>• Dried fruit</li><li>• Raw leafy greens</li><li>• Tomato paste and tomato puree</li></ul>	Fruits and vegetables credit as volume served except for: <ul style="list-style-type: none"><li>• Tomato paste and tomato puree</li></ul>

# Meal Pattern Requirements

	CACFP Meal Pattern	NSLP Afterschool Snacks
<b>Milk</b>	<ul style="list-style-type: none"> <li>Fat-free (skim) milk or low-fat (1%) milk</li> <li>Flavored milk may be served to participants ages 6 and older</li> </ul>	<p>Currently, there are <u>no regulatory requirements</u> for Milk, Whole Grain-rich, Grain-based desserts or Sugar for NSLP Snack served to K-12 children.</p> <p>Earlier this year, USDA published a proposed rule to align NSLP Afterschool Snack requirements with CACFP Snack requirements, as required by statute.</p>
<b>Whole Grain-Rich</b>	Must serve a whole grain-rich item for the grain component at one of the meals or snacks each day.	
<b>Grain-based desserts</b>	Cannot count towards the grain requirement	
<b>Sugar Limits</b>	Total sugar limits for breakfast cereal and yogurt	

# Reimbursement Rates for SY 2022-2023

- Reimbursement rates are updated yearly

OSHCCs + At-Risk			
	Free	Reduced Price	Paid
Breakfast	2.11	1.91	0.45
Lunch/Supper	4.03	3.63	0.47
Snack	1.18	0.64	0.19

NSLP Afterschool Snack Service			
	Free	Reduced Price	Paid
Snack	1.08	0.54	0.09



A group of diverse children and an adult woman are gathered around a table outdoors, preparing food. The woman, wearing an orange polo shirt, is smiling and looking at the children. The children, including a boy in a blue striped shirt, a boy in a blue patterned shirt, a girl in a pink shirt, a boy in a blue button-down shirt, a girl in a red shirt, and a boy in a green t-shirt, are all engaged in the activity. They are using various kitchen tools like spoons and measuring cups to mix ingredients in a large glass bowl. The background shows a lush green park with trees and a grassy area.

# USDA Resources

# USDA CACFP Webpage



Each day, more than 4.2 million children and 138,000 adults receive nutritious meals and snacks through the Child and Adult Care Food Program.

PROGRAMS > CHILD AND ADULT CARE FOOD PROGRAM

## Ensuring Children and Adults Have Access to Nutritious Meals and Snacks

The Child and Adult Care Food Program (CACFP) is a federal program that provides reimbursements for nutritious meals and snacks to eligible children and adults who are enrolled for care at participating child care centers, day care homes, and adult day care centers. CACFP also provides reimbursements for meals served to children and youth participating in afterschool care programs, children residing in emergency shelters, and adults over the age of 60 or living with a disability and enrolled in day care facilities. CACFP contributes to the wellness, healthy growth, and development of young children and adults in the United States.



<https://www.fns.usda.gov/cacfp>



United States Department of Agriculture



SCAN ME

# Menu Planning

# Nutrition Education

**USDA Food and Nutrition Service**  
U.S. Department of Agriculture

**Crediting Grains in the Child Nutrition Programs**  
Tip Sheet  
Part 2: Identifying Grain Products That Are Whole Grain-Rich

**Crediting Grains in the Child Nutrition Programs**  
Tip Sheet  
Part 3: Program Requirements

**Crediting Grains in the Child Nutrition Programs**  
Tip Sheet  
Part 1: Creditable Grains in Child Nutrition Programs

**What Does Whole Grain-Rich Mean?**

Whole grain products are required in the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). This tip sheet provides information to help you identify whole grain products.

Whole grain products are those that contain the entire grain, including the bran, germ, and endosperm. They are often labeled as "whole grain" or "100% whole grain." Examples of whole grain products include whole wheat flour, whole grain bread, whole grain pasta, and whole grain cereal.

For more information, visit [www.fns.usda.gov](http://www.fns.usda.gov).



**USDA United States Department of Agriculture**  
Food and Nutrition Service

**Nibbles for Health**  
Muebles para la salud

Healthier Alternatives for Parents and Young Children

Illustration of a family sitting around a table with various food items.



Illustrations of food items in green-bordered boxes:

- taro
- salmon
- black-eyed peas

**USDA Food and Nutrition Service**  
U.S. Department of Agriculture

**Crediting Fruits in the Child Nutrition Programs**  
Tip Sheet

**Crediting Vegetables in the Child Nutrition Programs**  
Tip Sheet

**Crediting Meats/Meat Alternatives in the Child Nutrition Programs**  
Tip Sheet

**Crediting Fluid Milk in the Child Nutrition Programs**  
Tip Sheet

**Fruit Requirement**

Fruits are a required component of the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). This tip sheet provides information to help you identify fruits that are creditable in these programs.

**Vegetable Requirement**

Vegetables are a required component of the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). This tip sheet provides information to help you identify vegetables that are creditable in these programs.

**Meat/Meat Alternatives Requirement**

Meat/Meat Alternatives (MMA) are a required component of the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). This tip sheet provides information to help you identify MMA products that are creditable in these programs.

**Fluid Milk Requirement**

Fluid milk is a required component of the National School Lunch Program (NSLP), the Child and Adult Care Food Program (CACFP), and the Summer Food Service Program (SFS). This tip sheet provides information to help you identify fluid milk products that are creditable in these programs.

**USDA United States Department of Agriculture**

**Choose Veggies That Are Lower in Sugar**

**Grain-Based Desserts in the Child and Adult Care Food Program**

**What Are Grain-Based Desserts?**

**Grain-Based Desserts: The Requirements for the CACFP**

**Adding Whole Grains to Your Child and Adult Care Food Program Menu**

**Offer Versus Serve in the Child and Adult Care Food Program**

**Whole Grain-Rich and Inexpensive Grain Products**

**Team Nutrition, menu planning, and nutrition education resources for the CACFP can be found at [www.teamnutrition.gov](http://www.teamnutrition.gov).**

**USDA United States Department of Agriculture**

**Team Nutrition Cooks!**

ACTIVITY GUIDE

Illustration of two children smiling and holding plates of food.

**Summer Food Summer Moves**

Look inside for over 20 fun games and activities that will help you and your family stay healthy and active!

Illustration of children sitting on the grass and playing.





**Maggie Parker, MSW**

*Child Nutrition Programs Coordinator*  
[Virginia Department of Education](#)  
Office of School Nutrition Programs  
[maggie.parker@doe.virginia.gov](mailto:maggie.parker@doe.virginia.gov)



**Cheryl Johnson, MS, RD, LD**

*Director*  
[Kansas State Department of Education](#)  
Child Nutrition & Wellness  
[csjohnson@ksde.org](mailto:csjohnson@ksde.org)



**Roxanne Ramage, MS, RDN, SNS**

*Principal Consultant*  
[Illinois State Board of Education](#)  
Nutrition Department  
[rramage@isbe.net](mailto:rramage@isbe.net)



---

# Thank you!

---

Contact Information:  
Madeleine Williams  
[Madeleine.Williams@usda.gov](mailto:Madeleine.Williams@usda.gov)



United States Department of Agriculture

