CACFP 101
for Afterschool Programs
Child Care Resources, Inc.
Introduction

Started by Congress in 1968, this Federal Program is an expansion of the National School Lunch Program. It was created in response to the need for sound nutrition for children in economically depressed areas. It has grown to include the provision of meals to children in most all child care settings.

Afterschool programs that participate in the CACFP At-Risk Afterschool Meals program can provide children with activities that are safe, fun and filled with opportunities for learning AND nutritious food to supply their bodies with the energy and nutrition they need.
Program Eligibility

Afterschool programs that meet the following requirements are eligible to receive reimbursement for meals and snacks.

Organizations may participate in the At-Risk Afterschool Meals component of CACFP either as an independent afterschool program or through a sponsor.
Independent centers enter into an agreement with the state agency. As an Independent center you assume all financial and administrative responsibility for program operations.

Sponsoring Organizations assume all of the liability, therefore sponsored centers don’t have to worry about paying funds back, or about any other potential liability introduced by paperwork mistakes.
The ability of the organization to meet its financial obligations

The ability of organization staff to administer & manage publicly funded programs.

Policies & procedures that have been put in place to ensure program integrity and proper accounting for all food and or funds received.

Performance Standards
Sponsors & Independent centers must meet VCA Standards.
1. Viability
2. Capability
3. Accountability
Options for Afterschool Meal Programs

- **Pantry Meals** – Shelf stable meals delivered to your location
- **Fresh Meals** – Perishable meals delivered to your location
- **Onsite Preparation** – Site prepares CACFP creditable meals or snacks
- **Central Kitchen** – Meals are delivered or picked up from a central kitchen operated by site
### Meal and Snack Requirements

All food components must be served to each child all at the same time.

For snacks, 2 of the 5 components must be provided for a meal to qualify as reimbursable.

<table>
<thead>
<tr>
<th>Food Components for Ages 6-12</th>
<th>Breakfast</th>
<th>Lunch Supper</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Milk</td>
<td>1 cup</td>
<td>1 cup</td>
<td>1 cup</td>
</tr>
<tr>
<td>Vegetables</td>
<td>½ Cup</td>
<td>½ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Fruits</td>
<td></td>
<td>¾ cup</td>
<td>¾ cup</td>
</tr>
<tr>
<td>Grains and Breads</td>
<td>1 slice or 1 serving or ½ cup</td>
<td>1 slice or 1 serving or ½ cup</td>
<td>1 slice or 1 serving or ½ cup</td>
</tr>
<tr>
<td>Meat and Meat Alternates</td>
<td>not required</td>
<td>2 oz.</td>
<td>1 oz.</td>
</tr>
</tbody>
</table>
At-risk afterschool care programs provide a much needed service to their communities. They give children a safe place to go after school, and join their friends in physical educational, and social activities.
Meal distribution 1
Ensure that every child present receives a complete meal or snack

Daily Schedule 2
Depending on your centers needs, a long meal service or multiple shifts may be needed to maximize participation

Record Keeping 3
Keep track of daily attendance and meal counts. Centers will also be responsible for keeping the following records: Menus, receipts and/or invoices, temperature and delivery logs.
Engage Key Stakeholders

Partnerships are key to having optimal implementation and the highest possible participation. Everyone who would be impacted should be involved early in the planning process to build investment and talk through challenges. This means having a variety of people on board, including:

- School principals,
- Afterschool Activity coordinators,
- Athletic directors and coaches,
- Custodial staff, and
- School nutrition staff.
We are happy to help you!

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