

## Frequently Asked Questions

- **Who can participate in the Child & Adult Care Food Program (CACFP)?** The CACFP is open to registered child care homes, licensed child care homes, legally exempt child care providers and licensed child care centers.
- **What meals can I claim?** Providers may claim up to 2 meals and 1 snack per child per day. You can choose the combination that works best for your program. Many providers claim breakfast, lunch and afternoon snack.
- **Can I just claim snacks?** Yes. The CACFP has the flexibility to meet your programs needs.
- **What are the meal guidelines?** The USDA meal requirements are:  
**Breakfast:** Milk, 1 fruit or vegetable, grain  
**Lunch or Dinner:** Milk, 2 fruits or vegetables, meat or meat alternative, grain  
**Snacks:** Choose 2 of the 4 meal components: Milk, fruit or vegetable, meat or meat alternative, grain

### **Sample Menu:**

**Breakfast:** 1 % Milk, banana, whole wheat toast

**Lunch or Dinner:** 1% Milk, green beans, carrots, chicken, rice

**Snack:** Vanilla yogurt, frozen strawberries

- **Can I claim meals for my own children?** Under certain guidelines, registered home providers may claim meals and snacks served to their own children when in child care. CACFP staff can help you determine if you are eligible.
- **How do I get my reimbursement?** Reimbursement checks are mailed directly to you on a monthly basis.
- **What does a program visit look like?** CACFP staff visit your program three times a year to review your paperwork, answer your questions, bring you basic nutrition education materials, recipes and menus.
- **How do I get more information or enroll?**

Child care centers should contact:

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Registered or licensed child care homes, and legally exempt child care homes should contact:

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