

The Child and Adult Care Food Program

Information for Families



What is the CACFP?

The Child and Adult Care Food Program (CACFP) provides meals and snacks to children at childcare centers, family day care homes, emergency shelters, after-school programs; and to older or functionally impaired adults at non-residential adult day and adult day health care centers. More than 4.2 million children and 138,000 adults receive daily nutritious meals and snacks through the CACFP.

In California, the CACFP is administered by the California Department of Social Services (CDSS), on behalf of the U.S. Department of Agriculture's (USDA) Food and Nutrition Service.

To qualify for the CACFP, an institution must meet certain meal pattern requirements set by the USDA—this means that children and adults who participate in the CACFP will receive nutritious meals and snacks, and benefit from an overall healthier diet.

What kinds of meals must be served?

CACFP meals follow USDA nutrition standards based on the Dietary Guidelines for Americans:

- Breakfast consists of milk, fruits or vegetables, and grains.
- Lunch and Supper require milk, grains, meat or other proteins, fruits, and vegetables.
- Snacks include two different servings from the five components, milk, fruits, vegetables, grains, or meat or other proteins.

What are some benefits of participating in the CACFP?

CACFP institutions must follow USDA and State non-discrimination practices that help protect services for all eligible participants. Participants who attend centers that operate the CACFP will receive nutritious meals and snacks (saving parents/family members from having to pack daily meals), with accommodations for special dietary needs or personal preferences. The CACFP also supports infant feeding at childcare centers, which includes breastfeeding.



Your child or adult care center provider may ask that you complete certain forms that are required for participation in the CACFP—these will include enrollment and meal benefit forms.



Who can participate?

Enrolled children and adults must meet certain age requirements to participate in the CACFP:

For the **Child Care program**, children* must be 12 years old or younger but can be up to 15 years old if classified as a child of a migrant worker.

Children* in **at-risk, after-school care sites** and **emergency shelters** must be 18 years of age or younger, or turning 19 years of age during the current school year.

In **Adult Day and Adult Day Health Cares**, adults must be 60 years of age or older, or functionally impaired.

**Age restrictions do not apply for a person who is functionally impaired, as long as the majority of the enrolled persons in care are children 18 years old or younger*

Where can meals be found?

[CACFP Center Site List:](#)

cacfp.dss.ca.gov/Centers

Select a county to display a list of CACFP sponsors for that county, or choose from the list of counties in alphabetical order.



[CDSS Community Care Licensing Facility Search:](#)

cdss.ca.gov/inforesources/community-care-licensing/facility-search-welcome

Find licensed care facilities or providers in your area. Facilities/providers include childcare, adult residential/day care, elderly assistive living care, foster family agencies, and home care.

[CA Meals for Kids Mobile App:](#)

cde.ca.gov/re/mo/comeals.asp

Developed by the California Department of Education, this mobile app helps users search for nearby after-school, summer, or emergency food sites.



Contact Us

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CACFP Info:

To find out more about the CACFP, please visit the [CACFP webpage](#) at cdss.ca.gov/cacfp



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