

## What are my responsibilities?

You must keep daily records of the number of meals served to children in your care, and menus showing the food you served. Your CACFP sponsor will help you learn how to do this.

## When should I apply?

You can apply when you have a valid registration or license certificate, or are in the process of getting one from the Office of Children and Family Services (OCFS). Legally exempt providers can apply when they have a Notice of Enrollment.

## How do I get started?

Call to find the CACFP sponsor of day care home providers near you. They will help you get on the program for free.

## Where do I call to find a CACFP sponsor?

Call the toll-free Growing Up Healthy Hotline at 1-800-522-5006.



*You can also reach the New York State Department of Health CACFP at:*



### CACFP

Child and Adult Care Food Program  
New York State Department of Health

150 Broadway, Room 650  
Albany, NY 12204

1-800-942-3858 (in New York only)  
(518) 402-7400

Fax (518) 402-7252

[cacfp@health.state.ny.us](mailto:cacfp@health.state.ny.us)

[www.health.ny.gov/CACFP](http://www.health.ny.gov/CACFP)

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# Good Nutrition Pays in Day Care Homes



Your day care home may be eligible to join a food program that helps pay for the meals and snacks you serve children.



### CACFP

Child and Adult Care Food Program  
New York State Department of Health



## Child and Adult Care Food Program

Do you care for children in your home while their parents are at work or school? Would you like help serving healthy food to children in your day care home?

Be a part of the New York State Department of Health's Child and Adult Care Food Program (CACFP)!

This food program helps you pay for meals and snacks served to children up to age 13 enrolled in your care. Most day care home providers are eligible – and joining the program is free.



### What are the benefits of CACFP?

- Children are served nutritious meals and snacks and develop healthy eating habits that will last a lifetime.
- Parents know their children are eating safe, healthy meals and snacks. Parents don't have to pack food to bring to child care.
- Providers receive regular training and guidance about many nutrition, mealtime and child development topics. The reimbursement helps providers buy healthier foods.
- Communities benefit through CACFP. Studies show that children enrolled in CACFP have healthier diets and are not sick as often as other children. CACFP payments to providers help reduce child care costs for working families.

### How much money will I get?

Your monthly food check is based on the meals and snacks served and the number of children eating. Day care home providers that serve low-income families receive a higher reimbursement.

### What are the meal requirements?

Meal requirements are simple, and allow for a variety of foods, including ethnic and cultural favorites.

**Breakfast** consists of milk, fruit or vegetable, and bread or grain.

**Lunch** and **Supper** require milk, bread or grain, meat or meat alternate (such as fish, cheese or beans), and two servings of different vegetables or fruits.

**Snacks** consist of at least two of the following: milk, meat or meat alternate, bread or grain, or vegetable or fruit.

### Who can get the money?

- Registered family day care providers
- Licensed group family day care providers
- Legally exempt, or informal, providers that receive child care payments from a county or city agency

