



Dear Parent/Guardian:

The YMCA of Greater Cleveland participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to all children receiving day care. Providers are reimbursed for serving nutritious meals which meet USDA requirements. The goal of this program is to increase the YMCA's ability to meet the nutritional needs of children in our care by getting reimbursed for meals and snacks that meet CACFP requirements.

While our preschool and select before and after school programs serve a morning and afternoon snack, the YMCA is able to receive reimbursement for the programs above based on the demographic and economic information of the areas served and the families attending.

We value the opportunity to assist families in providing a nutritious snack or meal to the children in our programs and to be able to provide families with health, fitness and nutritious information that will help them build good health and eating habits early.

Please review the attached Income guidelines, Household letter and complete Income Eligibility Application if applicable. All information is strictly confidential and kept in a secured location. If you have any questions or concerns, please contact me at 216-263-6870 or [parmstrong@clevelandymca.org](mailto:parmstrong@clevelandymca.org).

Sincerely,

Pat Armstrong, Child Care Coordinator  
YMCA Child Care Services

# Building For the Future

This day care facility participates in the Child and Adult Care Food Program (CACFP), a Federal program that provides healthy meals and snacks to children receiving day care.

Each day more than 2.6 million children participate in CACFP at child care homes and centers across the country. Providers are reimbursed for serving nutritious meals which meet USDA requirements. The program plays a vital role in improving the quality of day care and making it more affordable for low-income families.

**Meals** CACFP homes and centers follow meal requirements established by USDA.

Breakfast	Lunch or Supper	Snacks (Two of the four groups:)
Milk Fruit or Vegetable Grains or Bread	Milk Meat or meat alternate Grains or bread Two different servings of fruits or vegetables	Milk Meat or meat alternate Grains or bread Fruit or vegetable

## Participating

**Facilities** Many different homes and centers operate CACFP and share the common goal of bringing nutritious meals and snacks to participants. Participating facilities include:

- **Child Care Centers:** Licensed or approved public or private nonprofit child care Centers, Head Start programs, and some for-profit centers.
- **Family Child Care Homes:** Licensed or approved private homes.
- **After School Care Programs:** Centers in low-income areas provide free snacks to School-age children and youth.
- **Emergency Shelters:** Programs providing meals to homeless children.

**Eligibility** State agencies reimburse facilities that offer non-residential day care to the following children:

- Children age 12 and under,
- Migrant children age 15 and younger, and
- Youths through 18 in emergency shelters and after school care programs in needy areas.

## Contact

**Information** If you have questions about CACFP, please contact one of the following:

Sponsoring Organization/Center

YMCA of Greater Cleveland 2200 Prospect Avenue, Suite 900 Cleveland, Ohio 44115 (216) 344-0095
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Ohio Department of Education

CACFP Consultant 25 S. Front Street, MS 303 Columbus, OH 43215-4183 614-466-2945
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## CACFP MEAL PATTERN FOR CHILDREN

<b>BREAKFAST - SELECT ALL THREE COMPONENTS FOR A REIMBURSABLE MEAL</b>			
<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12<sup>1</sup></b>
<b>MILK</b> 1 serving, fluid milk	1/2 cup	3/4 cup	1 cup
<b>FRUIT / VEGETABLE</b> 1 serving juice, <sup>2</sup> fruit and/or vegetable	1/4 cup	1/2 cup	1/2 cup
<b>GRAINS / BREAD<sup>3</sup></b> 1 serving bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>LUNCH OR SUPPER - SELECT ALL FOUR COMPONENTS FOR A REIMBURSABLE MEAL</b>			
<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12<sup>1</sup></b>
<b>MILK</b> 1 serving, fluid milk	1/2 cup	3/4 cup	1 cup
<b>FRUIT / VEGETABLE</b> 2 servings equal to juice, <sup>2</sup> fruit and/or vegetable	1/4 cup	1/2 cup	3/4 cup
<b>GRAINS / BREAD<sup>3</sup></b> 1 serving bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>MEAT / MEAT ALTERNATE</b> 1 serving meat or poultry or fish <sup>4</sup> or alternate protein products <sup>7</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds <sup>5</sup> or yogurt <sup>6</sup>	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1/2 oz. 4 oz.	1 1/2 oz. 1 1/2 oz. 1 1/2 oz. 3/4 3/8 cup 3 Tbsp. 3/4 oz. 6 oz.	2 oz. 2 oz. 2 oz. 1 1/2 cup 4 Tbsp. 1 oz. 8 oz.
<b>SNACK - SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK</b>			
<b>Food Components</b>	<b>Ages 1-2</b>	<b>Ages 3-5</b>	<b>Ages 6-12<sup>1</sup></b>
<b>MILK</b> 1 serving, fluid milk	1/2 cup	1/2 cup	1 cup
<b>FRUIT / VEGETABLE</b> 1 serving juice, <sup>2</sup> fruit and/or vegetable	1/2 cup	1/2 cup	3/4 cup
<b>GRAINS / BREAD<sup>3</sup></b> 1 serving bread or cornbread or biscuit or roll or muffin or cold dry cereal or hot cooked cereal or pasta or noodles or grains	1/2 slice 1/2 serving 1/4 cup 1/4 cup 1/4 cup	1/2 slice 1/2 serving 1/3 cup 1/4 cup 1/4 cup	1 slice 1 serving 3/4 cup 1/2 cup 1/2 cup
<b>MEAT / MEAT ALTERNATE</b> 1 serving meat or poultry or fish <sup>4</sup> or alternate protein products <sup>7</sup> or cheese or egg or cooked dry beans or peas or peanut or other nut or seed butters or nuts and/or seeds or yogurt <sup>6</sup>	1/2 oz. 1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1/2 oz. 1/2 oz. 1/2 oz. 1/2 1/8 cup 1 Tbsp. 1/2 oz. 2 oz.	1 oz. 1 oz. 1 oz. 1/2 1/4 cup 2 Tbsp. 1 oz. 4 oz.

<sup>1</sup> Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

<sup>2</sup> Fruit or vegetable juice must be full-strength. Juice cannot be served when milk is the only other snack component.

<sup>3</sup> Breads and grains must be made from whole-grain or enriched meal or flour. Cereal must be whole-grain or enriched or fortified.

<sup>4</sup> A serving consists of the edible portion of cooked lean meat or poultry or fish.

<sup>5</sup> Nuts and seeds may meet only one-half of the total meat/meat alternate serving and must be combined with another meat/meat alternate to fulfill the lunch or supper requirement.

<sup>6</sup> Yogurt may be plain or flavored, unsweetened or sweetened.

<sup>7</sup> Alternate protein product must meet the requirements in Appendix A of 7CFR 226.