

In Chicago **Excellent Way Urban Outreach Ministries** **Provides Healthy Meals and Snacks** **Using the Child and Adult Care Food Program**

Excellent Way Urban Outreach Ministries, a homeless shelter for women and their children, uses the Child and Adult Care Food Program to provide healthy meals and snacks to up to 20 children and youth each day. The Child and Adult Care Food Program provides financial support, last year about \$25,000 a year in reimbursements for meals and snacks served, and support through training and technical assistance on menu planning and program operations. The Child and Adult Care Food Program (CACFP) is a federal nutrition program that reimburses shelters for meals and snacks served to children and youth. Shelters participate in the food program through the Illinois State Board of Education, Nutrition Services Division.

This year, the total CACFP reimbursement for Excellent Way Urban Outreach Ministries, will increase substantially because the shelter is now able to receive reimbursement for meals and snacks served to teenagers through a recent expansion of CACFP eligibility to include youth from 13 to 18 years of age.



Food Program Resources A Big Help



The Reverend Christine Harrington, Executive Director of Excellent Way Urban Outreach Ministries, shared the shelter's positive experience with the Child and Adult Care Food Program:

“The food program is a very important financial resource, it allows us to serve well-rounded meals each day. The program is a big help because the resources have allowed us to hire a cook to prepare the healthy meals and snacks.”

The Reverend Harrington explained that the food program has helped the shelter not only by improving the nutrition and the quality of the meals, but also by streamlining operations. Now that a cook plans and prepares the meals the shelter staff have been relieved of the burden of trying to organize volunteers to cook.

Simple Recording Keeping System Yields Big Rewards

The Excellent Way Urban Outreach Ministries uses a simple record keeping system to meet the minimal paperwork requirements for reimbursement:

- The shelter cook, Francine Milton, writes the menus each week.
- The shelter secretary, Shirley Cley, notes the number of children eating each meal and snack on an attendance sheet.
- The shelter assistant, Mary McBride, sends the menus and attendance each month to the Illinois State Board of Education, Nutrition Services Division to claim the CACFP reimbursement.

The Illinois State Board of Education, Nutrition Services Division reviews the menu and attendance, calculates the amount of reimbursement and sends a check to the Excellent Way Urban Outreach Ministries. A selection of menus from the Excellent Way Urban Outreach Ministries is attached.

Contact Information:

For further information about Child and Adult Care Food Program and the Excellent Way Urban Outreach Ministries please contact the Ms. Nash at (773) 375-4632.

To apply to participate in the Child and Adult Care Food Program please contact Gayle Butler at the Texas Health and Human Services Commission, Special Nutrition Program at (713) 696-3635.

For general information contact the Food Research and Action Center (202) 986-2200 extension 3025.



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