

# The Child and Adult Care Food Program



A Federal Resource for Feeding  
Children and Youth in Homeless,  
Runaway, and Domestic Violence  
Shelters in Houston



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# The Child and Adult Care Food Program

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- The Child and Adult Care Food Program provides additional resources for feeding children in child care, after-school programs and now in homeless, runaway, and domestic violence shelters in Houston.
- The program provides reimbursements for food and meal preparation, as well as training in the nutritional needs of children and youth.



# Child and Adult Care Food Program: Shelter Option

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Eligible Emergency Shelters include:

- Homeless Shelters
- Domestic Violence Shelters
- Family Shelters
- Some Transitional Housing
- Runaway Shelters
- Crisis Shelters



# Child and Adult Care Food Program: Shelter Option

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## Eligible Children:

- Children residing in the shelter
- Children age 18 and younger



# Child and Adult Care Food Program: Shelter Option

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- Families do not have to prove their income or fill out any applications for children or youth to participate in CACFP.
- A shelter will receive the full reimbursement for meals and snacks served to children and youth (meeting the age requirement) residing in the shelter.



## Meal and Snack Reimbursements

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- For each child or youth served, shelters can receive food program reimbursement for up to three meals or two meals and one snack or two snacks and one meal each day.
- Shelters can also receive commodities or a "cash-in-lieu of commodities" reimbursement for lunches or suppers.
- To be reimbursed, meals and snacks must be served in a congregate setting.



## Meal and Snack Reimbursements

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- Breakfast: \$1.35
- Lunch & Supper: \$2.47\*
- Snacks: 68¢

\*The “cash-in-lieu of commodities” reimbursement for lunch or supper is 17¢ which brings the total lunch or supper reimbursement to \$2.64.



# Annual Reimbursements

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- Shelters serving meals and snacks to 20 children and youth each day could be eligible to receive up to \$47,000 a year in reimbursements.



# USDA Meal Pattern: Breakfast

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<b>Components</b>	<b>Quantity (Serving Size)*</b>
Fluid Milk	1 cup
Vegetable and/or fruit or full-strength fruit or vegetable juice	1/2 cup
Bread or cereal or rice or pasta	1 slice or 3/4 cup

\*Serving sizes shown are for children 6 through 12.



# USDA Meal Pattern: Supplement/Snack

<b>Components:</b> Select two food items from any two of four components	<b>Quantity (Serving Size)*</b>
Fluid milk	1 cup
Vegetable and/or fruit or full-strength fruit or vegetable juice	$\frac{3}{4}$ cup
Bread or cereal or rice or pasta	1 slice or $\frac{1}{2}$ cup
Meat and meat alternatives:	
Lean meat or poultry or fish or cheese or	1 ounce
Eggs or	1 egg
Cooked dry beans or peas or	$\frac{1}{4}$ cup
Peanut butter or	2 Tablespoons
Yogurt	4 ounces

\*Serving sizes shown are for children ages 6 through 12.



# USDA Meal Pattern: Lunch or Supper

<b>Components</b>	<b>Quantity (Serving Size)*</b>
Fluid Milk	1 cup
Vegetable and/or fruit or full-strength fruit or vegetable juice (two different vegetables and/or fruits to equal $\frac{3}{4}$ cup)	$\frac{3}{4}$ cup
Bread or cereal or rice or pasta	1 slice or $\frac{3}{4}$ cup
Meat and Meat Alternatives:	
Lean meat or poultry or fish or cheese or	2 ounces
Eggs or	1 egg
Cooked dry beans or peas or	$\frac{1}{2}$ cup
Peanut butter	4 Tablespoons

\*Serving sizes shown are for children 6 through 12.



# Sample Menu 1: Traditional

MEAL	SERVING SIZES FOR CHILDREN AGES 6 THROUGH 12
<b>Breakfast</b> Whole or low-fat milk Orange juice Wheat flakes	1 cup ½ cup ¾ cup
<b>Supplement (Snack)</b> Whole or low-fat milk ½ sandwich: peanut butter wheat bread	1 cup  2 tablespoons 1 slice
<b>Lunch or Supper</b> Whole or low-fat milk Spaghetti with: meatballs tomato sauce Banana	1 cup ½ cup 2 ounces ½ cup 1/2



# Sample Menu 2: Hispanic American

MEAL	SERVING SIZES FOR CHILDREN AGES 6 THROUGH 12
<p><b>Breakfast</b></p> <p>Whole or low-fat milk</p> <p>Apple juice</p> <p>Tortilla, 6" diameter with:</p> <p style="padding-left: 20px;">Beans with salsa, or</p> <p style="padding-left: 20px;">Eggs, or</p> <p style="padding-left: 20px;">Cheese</p>	<p>1 cup</p> <p>½ cup</p> <p>1</p> <p>½ cup</p> <p>1 egg</p> <p>2 ounces</p>
<p><b>Supplement (Snack)</b></p> <p>Whole or low-fat milk</p> <p>Banana</p>	<p>1 cup</p> <p>1</p>
<p><b>Lunch or Supper</b></p> <p>Whole or low-fat milk</p> <p>Meat tostada:</p> <p>Tostada shell, 6" diameter</p> <p>Beef and cheese</p> <p>Lettuce and tomato</p>	<p>1 cup</p> <p>1</p> <p>2 ounces</p> <p>¾ cup</p>



# Child and Adult Care Food Program: The Shelter Option

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- Record Keeping Should be Kept to a Minimum!
- Requirements Include:
  - a daily roster of children and youth receiving meals,
  - total meal counts by type, and
  - menus for the meals and snacks served to children and youth.



# Child and Adult Care Food Program: The Shelter Option

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- To apply for the program, contact Gayle Butler at the Texas Health and Human Services Commission, Special Nutrition Programs at (713) 696-3635.



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