

Serve Nutritious Meals

The eating habits children learn when they are young have a huge impact on what foods they prefer as they grow. Child care providers can play a big part in making sure children learn to enjoy nutritionally balanced meals.



We know it can be expensive to serve fresh, healthy food, which is why [BizNest at Children's Council](#) offers a special Food Program for child care providers. The program provides monthly financial support to family child care providers for serving nutritious meals through the USDA [Child and Adult Care Food Program](#).

The average annual amount of reimbursement for providers in the Food Program is roughly \$4,500-\$6,700 (depending on various factors).

All child care providers who participate in our Food Program must follow these updated standards to receive CACFP reimbursement. Download the new [Food Program Handbook](#). ([Spanish/Chinese](#))



Providers in the food program receive:

- Direct deposit payment for nutritious meals served in family child care homes
- Guidance on food service, meal planning, nutrition, budgeting, program management and record keeping
- Access to workshops featuring nutrition information, recipes and a review of program requirements
- Free online claiming with [KidKare](#)

To join our Food Program, please [send us your contact information](#), [send us an email](#) or call 415.276.2900.

✓ Joining the Food Program

Providers interested in participating in the program must:

- Be a licensed family child care provider in San Francisco County
- Currently have children enrolled in their care
- Not currently be sponsored by another agency on the Food Program (e.g. Wu Yee, 4C's Santa Clara)
- Attend a Children's Council Food Program Orientation
- Bring a copy of their license and a voided blank check (for direct deposit)
- Complete program contracts at or after the program orientation

Providers in the food program will:

- Serve nutritious meals and snacks in accordance with the U.S. Department of Agriculture's food requirements
- Keep daily records of the foods served and the children in attendance at meals
- Obtain child care enrollment forms signed by parents and guardians
- Comply with all other program requirements as outlined in the standard agreement signed upon enrollment

To join the Food Program, please [send us your contact information](#).

✓ Providers Currently in the Food Program

All child care providers who participate in our [Food Program](#) must follow these updated standards to receive CACFP reimbursement. The CACFP meal pattern, which was last updated in 1968, now allows for a wider variety of meat alternatives and calls for whole grains, more fruits and vegetables and lower sugar limits, while also promoting breastfeeding.

These new regulations are a great step forward. At Children's Council, we are honored to support our child care provider community as they provide the children in their programs with nutritious meals, so they can live healthy and happy lives.

Below is a snapshot of the new regulations.

Developmentally Appropriate Meals:

- Two infant age groups, instead of three: 0- through 5-month-olds and 6- through 11-month-olds
- Solid foods are gradually introduced around 6 months of age, as developmentally appropriate

More Nutritious Meals:

- The combined fruit and vegetable component is now a separate vegetable component and separate fruit component
- Requires a vegetable or fruit, or both, to be served at snack time for infants 6- through 11-months-old
- No longer allows juice or cheese spread to be served
- Allows ready-to-eat cereals at snack time
- At least one serving of grains per day must be whole grain-rich

More Protein Options:

- Meat and meat alternative may be served in place of the entire grains component at breakfast a maximum of three times per week
- Tofu counts as a meat alternative (must be recognizable as tofu)

Lower sugar limits:

- Yogurt must contain no more than 23 grams of sugar per 6 ounces
- Breakfast cereals must contain no more than 6 grams of sugar per dry ounce

Encourage and Support Breastfeeding:

- Providers may receive reimbursement for meals when a breastfeeding mother comes to the child care home and directly breastfeeds her infant
- Only breastmilk and infant formula are served to infants 0- through 5-months-old

For more details, [click here](#) for the infant/child meal pattern ([Spanish](#), [Chinese](#)).

If you want to learn more about the new meal pattern, check out the [Association for Child Development](#) website, which offers trainings, shopping guides and summaries. Another good resource is from [Let's Move Child Care](#). Our friends at the [Child Care Food Program Roundtable](#) has gathered food program resources from all over the country. Check it out [here](#).



The Alliance for a Healthier Generation offers a [calculator](#) which helps you easily determine if your yogurt, breakfast cereal, or milk meets the requirements of the CACFP meal pattern.

If you are currently in the Food Program, you can receive immediate assistance from your assigned Health and Nutrition Specialist:

[Carmen Chan](#): 415-343-3303 (Cantonese/English)

[Julisa Nunez](#): 415-355-6286 (Spanish/English)

[Kelly Martinez](#): 415-355-6289 (Spanish/English)

[Venus Savea](#): 415-276-2903 (English)

✓ Documents and Forms - English

[Child Care Food Program Holiday Verification Notice 2022](#)

[Child Care Food Program Holiday Verification Notice 2021](#)

[Claim and Payment Schedule 2019](#)

[Direct Deposit Authorization Form](#)

[Meal Reimbursement Rates](#)

[Meal Pattern for Infants and Children](#)

[Meal Spacing Guidelines](#)

[Medical Statement to Request Special Meals](#)

[Child Schedule Change Form](#)

[Parent/Guardian for Declining Participation in Child & Adult Care Food Program](#)

[Getting Started with KidKare](#)

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20250-9410, by fax (202) 690-7442 or [by email](#).

Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

✓ Documentos y Formas - Español

[Verificación de Días Feriados del Programa de Comida del Cuidado Infantil 2021](#)

[Verificación de Días Feriados del Programa de Comida del Cuidado Infantil 2020](#)

[Fechas Para Reclamos/Reembolsos Para El 2019](#)

[Formulario de autorización de depósito directo](#)

[Verificación de Días Feriados](#)

[Póliza Entre Comidas](#)

[Certificación Medica Para Participantes Que Requieren Alimentos Especiales](#)

[Cambio de Horario Para Niños](#)

[Padre Declinen la Participacion](#)

[Patrones de comida para infantes](#)

[Patrón de comidas para bebés y niños](#)

[Patrones de comida para niños](#)

▼ Resources

[CACFP Best Practices](#)

[USDA Approved Food Program Recipes](#)

[Sample Cycle Menus](#)

[Seasonal Newsletter and Activity Pages](#)

Growing a Healthy Future with CACFP ([Eng/Spn](#))

Choose Yogurts Lower in Added Sugars ([Eng/Spn](#))

Choose Breakfast Cereals Lower in Added Sugars ([Eng/Spn](#))

Serving Milk in CACFP ([Eng/Spn](#))

Children's Council's Food Program is proud to be an affiliate of WIC (Women, Infants and Children) program, administered by the California Department of Public Health/WIC Division. [Click here to learn more.](#)