



# Child Care Food Program

Child and Adult Care Food Program

United States Department of Agriculture

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[www.cocokids.org](http://www.cocokids.org)

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# Introduction

## Purpose

The Child and Adult Care Food Program (CACFP) is a United States Department of Agriculture (USDA) Child Nutrition Program that provides reimbursement to child care providers for serving nutritious foods to their day care children and assists caregivers in helping children develop healthy eating behaviors. CocoKids is a nonprofit organization which sponsors the CACFP for family child care providers.

## Providers

Providers receive nutrition and health information, sample policies, recipes and a monthly cash reimbursement for providing nutritious meals.

## Children

Children receive nutritious meals and snacks, develop healthy eating habits and participate in nutrition and health education activities.

## Parents

Parents benefit by knowing their children receive nutritious meals and snacks in a nurturing environment and do not have to pack meals to send to child care.

**Participation in CACFP is an indicator of a “quality” child care program. We encourage you to share the nutrition information you receive from the Child Health and Nutrition department with the parents of the children in your care.**

# Participation Includes

## Nutrition Education

A nutrition specialist will visit your home three times per year to observe meal or snack services and provide you and your day care children with interesting and up-to-date nutrition, health and safety education materials and activities.

## Monthly Newsletter

Each month you will receive an electronic copy of the Nutrition Edition newsletter filled with nutrition, health and safety information, activity ideas and recipes.

Make sure you add [foodprogram@cocokids.org](mailto:foodprogram@cocokids.org) to your contacts and safe sender list. Most email communication from the food program will come from [foodprogram@cocokids.org](mailto:foodprogram@cocokids.org) and you are required to open the messages.

## Technical Assistance

Our professional staff is available to answer questions and assist you with any special needs or concerns.

## Reimbursement

The CACFP reimburses for a maximum of two main meals and one snack, or two snacks and one main meal, per child each day. Reimbursement rates are adjusted annually in July. Providers will receive monthly reimbursements via direct deposit.

The CACFP is a two tiered program which means that providers are reimbursed at a rate determined by home location, personal income level or child participant income level when applicable. Your Nutritionist will inform you of your tier level and discuss possible tier rate options.

## Resource Lending Library

Our resource library offers general nutrition books, health and safety materials, cookbooks, children's storybooks, and nutrition education materials and activities.


## Facebook Page

Links to resources and valuable information are shared every week.

# Child Enrollment Process

## Child Enrollment Forms

Children must be enrolled in order to be claimed on CACFP. All children in care (including infants) must be offered the Food Program on the first day of care. Children can be easily enrolled in the Food Program at [www.kidkare.com](http://www.kidkare.com) by selecting “Add Child” and completing all enrollment information. Finalize enrollment and print the enrollment form for signatures. Send the signed original enrollment forms to our office and keep a copy for your records.

- Please be certain to enter correct birthdates for each child.
- Parent’s/guardian’s address, home, cellphone and work phone numbers are required.
- Child’s schedule should be broad and accommodate all possible days, times and meals.
- For children under 1 year you must include the brand of Iron Fortified Infant formula you offer.
- Enrollment date is the day you are enrolling a child on the Food Program. The date the parent signs the enrollment form is the first day a child’s meals can be reimbursed. Have a parent sign on the day of enrollment or first day a meal will be claimed.
- Mailing the original signed enrollment is the provider’s responsibility and the Food Program staff will not contact the provider to remind them to mail their enrollment forms. Save a copy.
- **Enrollment forms, signed by the parent and the provider, must be mailed to us by the end of each month. Meals for pending children cannot be paid.**
- When you “send claim to sponsor” on KidKare it will list the pending children. 
- If you are not sure if we received an enrollment form please call our office, 925-676-6117.

## Re-Activation

Once a child is dropped from the food program, he/she must be re-enrolled before being claimed again. A new form must be completed and signed by the parent for this child.

## Re-Enrollment Process—September

Every September we have a re-enrollment period in which Providers complete an Enrollment Renewal Packet to update child information and keep children active on the program. A parent/guardian must sign next to each child. Make sure to make updates to schedules and include school schedules for children attending TK-12. A packet is mailed in late August/early September with necessary forms and instructions. Carefully read the instructions. Please send signed re-enrollment forms in as soon as possible. If re-enrollment packet is not returned by the end of September reimbursement may be delayed.

# Program Requirements

This is a list of the most common Child and Adult Care Food Program requirements, for a complete list, please refer to the newest Food Program agreement.

## Daily Recordkeeping

Providers must record menus and child attendance every day in order to claim meals for reimbursement.

- Record meal times accurately, rounding to the nearest quarter hour, :00, :15, :30 or :45.
- Use the 2nd Serving option when you serve the same meal at two different times
  - For example 2 children eat breakfast at 7:45 am and 3 children eat the same meal at 8:30 am
- Serving times should not vary by more than 20 minutes from "usual" recorded meal times.
- If you have an internet or KidKare issue and cannot log your meals for the day you must **document** the meals for the day (menu, time and children at each meal), then **email or call** your Child Health and Nutrition Specialist **before midnight**, each time you have an issue, to get help entering those meals.

## Maintaining Records

- Records may be kept in hard copy or electronic format, as long as the records are available for review.
- Keep labels of whole grain-rich, low sugar cereals and yogurts for the day.
- Keep CN labels from products used during the past week.
- Maintain an enrollment form for each child or infant claimed in the food program.
- Retain the required records for three program years plus the current year. If there is an unresolved audit or review finding, maintain the records covered by the audit or review for three years from the date the audit or review finding was resolved.  
Only 12 months plus the current month must be maintained and immediately available at the provider's home. The rest of the retained documents must be retrievable within a reasonable amount of time if requested by the sponsor, a representative of the CDE, or the USDA. Records may be kept in hard copy or electronic format, as long as the records are available for review.

# Program Requirements

## Maintaining Good Standing

- Meet all program Agreement Conditions with CocoKids, USDA sponsor.
- Offer the CACFP to all enrolled children and infants regardless of race, color, national origin, sex, age, or disability.
- Prepare and serve meals and/or snacks meeting the CACFP meal pattern. Take-out and restaurant food is not reimbursable.
- Choose a brand of Iron Fortified Infant formula, USDA approved, and offer the option to parents.
- Serve meals and/or snacks to enrolled children and/or infants at no separate charge.
- Ensure two hours or more between the start of a meal and the start of a snack. When snacks are not served, ensure three hours or more between the start of one meal and the start of the next meal. Infants (under one year old) should be fed at a time consistent with the infant's eating patterns.
- Claim meals and/or snacks served to enrolled children or infants who are present at the meal service.
- Claim no more than two meals and one snack, or one meal and two snacks, per child or infant per day.
- Do not claim meals or snacks sent with children to school, home, etc.
- Claim meals and/or snacks served to the "provider's own" eligible children and infants only when other enrolled children and/or infants are in care and eating the same meal or snack, at the same time. The "provider's own" are children and/or infants that live in the household and are part of the same economic unit, including foster children.
- Claim for meals and/or snacks within the limits of the licensed capacity. If shifts of care are provided and meals and/or snacks claimed appear to exceed the licensed capacity, maintain complete attendance documentation of "time-in" and "time-out" for all enrolled children and/or infants.
- Submit complete and accurate claim documents to the sponsor monthly. The required documents are due to the sponsor no later than the fifth calendar day of each month. Any claim received after the fifth of the month will be considered a late claim. Late submission of required documentation will delay reimbursement and may result in no reimbursement to the provider. Failure to notify the sponsor if not serving and claiming meals and/or snacks may result in the provider being dropped from the CACFP.
- Notify the sponsor of any changes in enrollment (i.e., children and/or infants added or dropped from child care).



# Program Requirements

## Monitoring Requirements

- Notify sponsor in advance of intended absences from the home or if closed during normal hours. If the sponsor, the CDE, or the USDA conducts an unannounced visit and children and/or infants are not present, claims for meals and/or snacks that would have been served during the unannounced visit will be disallowed.
- Notify assistants that they must allow Child Health and Nutrition Specialist to conduct a visit while children are in care. Child Health and Nutrition Specialist will present proper identification.
- Providers will be removed from the food program if:
  - 3 consecutive attempts for a site visit have been made and all visits are unsuccessful
  - 4 attempted site visits have been made within a one year period

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## Holidays

The following Holidays are not reimbursable:

New Year's Day (January)	4 <sup>th</sup> of July	Thanksgiving Day (November)
Memorial Day (May)	Labor Day (September)	Christmas Day (December)

We lack the ability to monitor meals on these days, therefore we cannot include them as part of our program. Weekends will continue to be reimbursed with weekend meal site visits. If you normally open on the weekend and plan to be closed please let your nutritionist know in advance. If you don't normally open on the weekends, please make sure you notify your specialist at least 3 business days before. You can do so by: phone (925) 676-6117 or email [foodprogram@cocokids.org](mailto:foodprogram@cocokids.org)

# Non-Creditable Foods

- Take-out and restaurant foods are not reimbursable in the food program.
- Foods that are deep-fat fried (submerged in hot oil) onsite cannot count toward a reimbursable meal.

## Fruits, Vegetables and Juices

Alfalfa sprouts	Nectars
Candy / Fruit syrups	Olives
Fruit bars / leather / spreads	Onions
Jams / Jellies	Pickles
Popsicles* or JELL-O®, commercial*	

## AB2084: Sweetened Beverages per CA Licensing

Diet Drinks	Lemonade
Gatorade®	Punch
Hi-C®	Sports Drinks
Juice drinks/cocktails	Soft drinks
Kool-aid	Tang®

## Breads and Grains

Breakfast and granola bars  
 Breeding on fish, chicken  
 Canned spaghetti/pasta  
 Chips (potato, corn, tortilla)  
 Doughnuts  
 High sugar cereals  
 Poptarts®

Unenriched processed grains\*\*

### Grain Based Desserts

- Bread/Rice pudding
- Cookies/Wafers (homemade and commercial)
- Fruit Newtons
- Ice cream cones
- Pies/Cakes/Cupcakes/Pastries

## Meat/Meat Alternates

Peperoni, sausage, hotdogs and lunchmeat with fillers, binders, extenders or byproducts.

Bacon  
 Cream cheese  
 American cheese products or cheese foods  
 Neck bones  
 Canned meat soup/stews

Frozen / TV dinners  
 Boxed/frozen macaroni & cheese\*\*\*, tortellini\*\*\*, ravioli\*\*\*  
 Frozen/commercial pizzas, pot pies, quiche  
 Frozen/commercial Chicken Nuggets without CN label  
 Frozen/commercial Fish Sticks without CN label

## Milk and Milk Products

Tapioca  
 Sour Cream  
 Frozen yogurt  
 Homemade Yogurt

Powdered milk, Almond milk, other milk substitutes  
 Ice cream/ice milk  
 Flavored dairy drinks  
 Custard/pudding

## Infants (0 to 11 months of age)

Fruit-flavored IF infant cereal  
 Fruit desserts (added tapioca, starches)  
 Hot dogs/processed meat  
 Infant/toddler combination dinners

Low iron formula	Peanut butter
Tofu	Cereal Puffs
Soy products	Jarred cereals

\*100% juice popsicles and unflavored gelatin made with 100% juice are creditable as fruit.

\*\*Creditable as bread/grain only.

\*\*\*An example of unenriched processed grain maybe an imported white rice or pasta.

# Child Care Food Program Infant Meal Patterns

## Infant: Breakfast, Lunch and Dinner

	Infant Meal Components	Birth through 5 Months	6 Months through 11 months
Required at every meal	Breast Milk or Iron-Fortified Infant Formula	4 to 6 fl. oz.	6 to 8 fl. oz.
Required when baby is developmentally ready	Fruit and/or Vegetable	None	0-2 tablespoons vegetable or fruit, or a combination of both
	Iron-Fortified Dry Infant Cereal and/or lean meat, fish, poultry, egg, dried beans, legumes, cheese, cottage cheese or yogurt	None	0-½ ounce equivalent of infant cereal; 0-4 tbsp of meat, fish, poultry, whole egg, cooked beans or lentils; 0-2 ounces of cheese; 0-4 ounces of cottage cheese or yogurt; or a combination of the above

## Infant: AM, PM and Evening Snack

	Infant Meal Components	Birth through 5 Months	6 Months through 11 months
Required at every snack	Breast Milk or Iron-Fortified Infant Formula	4 to 6 fl. oz.	2 to 4 fl. oz.
Required when baby is developmentally ready	Fruit and/or Vegetable	None	0-2 tablespoons vegetable or fruit, or a combination of both
	Whole Grain/Enriched Bread, or Cracker, or Cereal	None	0-½ ounce equivalent bread; 0-¼ ounce equivalent crackers; 0-½ ounce equivalent infant cereal; 0-¼ ounce equivalent ready-to-eat breakfast cereal

# Infant Foods

## Breastmilk

Breastmilk sent to child care is a reimbursable item. This is highly encouraged since the infant benefits from all of the nutrients provided through breastmilk.

## Breastfeeding on Site

Providers can claim meals/snacks when a parent breastfeeds on site.

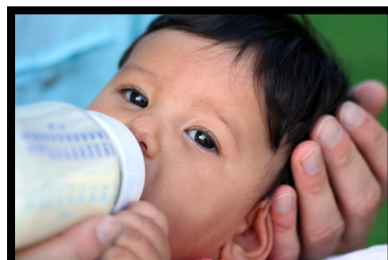
## Iron-Fortified Infant Formula

You must serve Iron-Fortified (IF) infant formulas or breast milk at all meals/snacks for infants from birth through twelve months of age. Iron-fortified infant formula is a product which contains 1 milligram or more of iron in a quantity that supplies 100 kilocalories when prepared in accordance with label directions. Milligrams of iron and calories can be found on the Nutrition Facts label. Low-iron varieties may be served only if you submit a signed doctor's note.

Infants can be introduced to solid foods at 6 months, if they are developmentally ready. The infant meal pattern allows for the gradual introduction of solid foods as the infant is ready. It is best to wait 5-7 days between introduction of new foods in order to determine whether or not the infant has any kind of food sensitivity. Only serve solid foods that the infant has already had at home.

## Iron-Fortified Infant Cereal

Iron-fortified (IF) dry infant cereal varieties such as, IF rice, IF barley, IF oatmeal, are reimbursable on CACFP. The varieties that are jarred or pre-packaged with fruit are not creditable as a fruit or IF cereal, because they do not contain sufficient amounts of cereal or fruit and do not provide as much iron.



*Infants should be served on demand and held for bottle feedings.*

*Infant formulas must be Iron-Fortified (IF).  
Serve infant formulas at all meals/snacks for infants from birth through twelve months of age.*

## Fruits and Vegetables

Serve only 100% fruit and/or vegetables. You may puree, mash or cut up your own fruits and vegetables. The commercial infant food varieties that include fillers such as tapioca, yogurt or starches are not creditable on CACFP.

*Fruit juice is not a creditable food item for infants.*

## Protein Foods

On CACFP, protein foods are not required until six months of age or until the infant is developmentally ready. When fed on demand, an infant receives adequate amounts of protein from formula or breast milk. After six months, soft cooked meats and poultry, egg, cheeses and cooked dried peas and beans are creditable and appropriate as protein for an infant.

Peanut butter, hot dogs/processed meats (meat sticks), fish sticks, tofu and soy yogurt are not creditable for infants. At lunch and dinner, you may serve either IF infant cereal and/or protein, in addition to fruits or vegetables.

## Mixed Infant Dinners

Commercial infant and toddler mixed combinations, such as beef-vegetable dinners, chicken-noodle dinners, are not creditable. Although they do contain meat, they contain mostly vegetables and starches. The amount of protein per serving is insufficient to fulfill CACFP infant protein requirements. If an infant is on baby foods, choose meats separately and add vegetables if you like. It is best to begin table/finger foods when the infant is developmentally ready.



*Commercial infant food varieties that include fillers, such as tapioca, yogurt or starches, are not creditable on CACFP.*

*Juice, peanut butter, tofu, soy yogurt and hot dogs/processed meats (meat sticks) are not creditable for infants.*

*Commercial infant and toddler mixed combinations, such as beef-vegetable dinners, chicken-noodle dinners, etc., are not creditable on CACFP.*

# Child Care Food Program Child Meal Patterns

## Child: Breakfast

(Must serve 3 different components)

	Child Meal Components	1 Year to 2 Year	3 Years up to 5 Years	6 Years up to 12 Years
Required at every breakfast	<b>Milk</b> (Whole milk for children 1 year old and 1% or Non-fat for 2 years and older)	4 fl. oz. or ½ cup	6 fl. oz. or ¾ cup	8 fl. oz. or 1 cup
Required at every breakfast	<b>Fruit or Vegetable</b> (Fruit, vegetable or 100% juice)	¼ cup	½ cup	½ cup
Required unless you replace this component with a Meat/Meat Alternate, allowed up to 3 times per week.	<b>Grains/Breads</b> (whole grains or enriched) Bread, Biscuits, Rolls, Muffins, Cooked cereals, Pasta, Rice, Cereal grains or Cold dry cereal See chart on page 21 to 22 for Ounce Equivalents	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Allowed up to 3 times a week	<b>Meat/Meat Alternate</b> See chart on page 15 for other choices	1 oz. equivalent	1 ½ oz. equivalent	2 oz. equivalent

## Child: AM, PM and Evening Snack

(Must serve 2 or more different components)

	Child Meal Components	1 Year to 2 Year	3 Years up to 5 Years	6 Years up to 12 Years
<p>Serve at least 2 DIFFERENT components.</p> <p>Remember:</p> <ul style="list-style-type: none"> <li>juice and milk, only, is not a reimbursable snack</li> <li>juice can not be served more than once a day</li> </ul>	<b>Milk</b> (Whole milk for children 1 year old and 1% or Non-fat for 2 years and older)	4 fl. oz. or ½ cup	6 fl. oz. or ¾ cup	8 fl. oz. or 1 cup
	<b>Fruit</b>	½ cup	½ cup	¾ cup
	<b>Vegetable</b>	½ cup	½ cup	¾ cup
	<b>Grains/Breads</b> (whole grains or enriched) Bread, Biscuits, Rolls, Muffins, Cooked cereals, Pasta, Rice, Cereal grains or Cold dry cereal See chart on page 21 to 22 for Ounce Equivalents	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
	<b>Meat/Meat Alternates</b> See chart on page 15 for choices	½ oz. equivalent	½ oz. equivalent	1 oz. equivalent

# Child Care Food Program Child Meal Patterns

## Child: Lunch and Dinner

(Must serve all 5 components)

	Child Meal Components	1 Year to 2 Year	3 Years up to 5 Years	6 Years up to 12 Years
Required at every Lunch and/or Dinner	<b>Milk</b> (Whole milk for children 1 year old and 1% or Non-fat for 2 years and older)	4 fl. oz. or ½ cup	6 fl. oz. or ¾ cup	8 fl. oz. or 1 cup
Required at every Lunch and/or Dinner	<b>Fruit</b> (can be replaced by a second vegetable)	⅓ cup	¼ cup	¼ cup
Required at every Lunch and/or Dinner	<b>Vegetable</b> (2 vegetables may be served in place of 1 fruit and 1 vegetable)	⅓ cup	¼ cup	½ cup
Required at every Lunch and/or Dinner	<b>Grains/Breads</b> (whole grains or enriched) See chart on page 21 to 22 for Ounce Equivalents	½ ounce equivalent	½ ounce equivalent	1 ounce equivalent
Required at every Lunch and/or Dinner	<b>Meat/Meat Alternates</b>			
	Lean meat, fish or poultry,	1 oz.	1 ½ oz.	2 oz.
	or Egg (large),	½ egg	¾ egg	1 egg
	or Cheese,	1 oz.	1 ½ oz.	2 oz.
	or Cooked, Dried Beans and Legumes,	¼ cup	⅜ cup	½ cup
	or Tofu	1 oz.	1 ½ oz.	2 oz.
	or Yogurt, Soy Yogurt, Cottage Cheese,	4 fl. oz. or ½ cup	6 fl. oz. or ¾ cup	8 fl. oz. or 1 cup
	or Peanut Butter/Other Nut or Seed Butters,	2 Tablespoons	3 Tablespoons	4 Tablespoons
	or Peanut, Soy Nuts, Tree Nuts, or Seeds, (can ONLY fulfill 50% of protein requirement)	½ oz.	¾ oz.	1 oz.

- Amounts specified indicate minimum serving size, children may choose to eat more or less
- Family style meal service must include at least the minimum serving amount for each child
- 100% fruit or vegetable juice cannot exceed a total of 1 serving per day

## Only Applicable to Children Age 1 or older

- You must serve a whole grain or whole grain-rich food at least once a day if grains are served
- There must be a minimum of **2 hours (120 minutes) or more** in between a meal and a snack or snack and a meal
  - For example breakfast was served at 8:00 am, then AM snack can be served at 10:00 am or later
- There must be a minimum of **3 hours (180 minutes) or more** between a meal and a meal when snack is skipped
  - For example breakfast was served at 8:00 am, then AM snack is skipped, lunch can be served at 11:00 am or later



# Milk

Milk is a valuable component of a child's diet because it provides large amounts of many nutrients, including protein, calcium, vitamin B-6, vitamin D, vitamin B-12 and magnesium.



The following are reimbursable as milk on CACFP:

- Whole milk (for children 12 to 24 months of age)
- 1% Low-fat milk (for children 2 years and over)
- Non-fat or skim milk (for children 2 years and over)
- Buttermilk
- Lactose-reduced milk
- Pasteurized goat's milk
- Breastmilk

For CACFP, milk is a required component at breakfast, lunch and dinner. Milk is optional at snack. Most cheese products, (except cream cheese) are creditable as proteins, and cannot be served to replace the milk requirement. See Meat/Meat Alternate section.

**Goat's Milk** - Goat's milk served must be pasteurized, and whole for children 12 to 24 months of age and low-fat (1%) or fat-free (skim) for children 2 years and over.

**Soy Milk** - A parent may request soy milk in place of milk. The soy milk must be nutritionally equivalent to milk, unsweetened and meet the nutritional standards for fortification, requirements outlined in 7 CFR 210.10(m)(3). Parent must complete "Parental Request for a Fluid Milk Substitution" form. Keep a copy of this signed and dated request on file for your records and send the original to the sponsor. There are no fat limitations on non-dairy milk substitutes.

*Milk is a required component at breakfast, lunch and dinner .*

*Only pasteurized fluid milk is reimbursable.*

*Breastmilk is a substitute for cow's milk in the meal pattern for children.*

*Low-fat or non-fat milk is required for children two years or older.*

*Parental Request for a Fluid Milk Substitution must be completed for milk substitution*

California Department of Education  
Nutrition Services Division

Child and Adult Care Food Program  
CACFP 45 (REV. 2/2015)  
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**PARENTAL REQUEST FOR A FLUID MILK SUBSTITUTION  
FOR CHILDREN IN CHILD CARE**

NAME OF AGENCY	NAME OF SITE	SITE TELEPHONE NUMBER
CHILD'S NAME	DATE OF BIRTH	
NAME OF PARENT/LEGAL GUARDIAN	TELEPHONE NUMBER ( )	

The above listed child does not have a disability, but the parent or legal guardian is requesting a fluid milk substitute due to a medical or other special dietary need. This form is not intended to accommodate children who drink fluid milk substitutions such as soy milk due to taste preferences. The child care agency has the discretion to select a specific brand of milk substitute since acceptable products must meet specified nutrient requirements. Juice cannot be offered as a fluid milk substitute for children with medical or special dietary needs that do not rise to the level of a disability.

This written statement will remain in effect until the parent or legal guardian revokes such statement or until the child care agency discontinues the fluid milk substitution option. Child care agencies participating in federal nutrition programs are encouraged, but not required, to accommodate reasonable requests. The child's parent or legal guardian must sign this form.

MEDICAL OR OTHER SPECIAL DIETARY NEED REQUIRING A FLUID MILK SUBSTITUTION

SIGNATURE OF PARENT/LEGAL GUARDIAN	PRINTED NAME OF PARENT/LEGAL GUARDIAN	DATE
------------------------------------	---------------------------------------	------

The information on this form should be updated, as needed, to reflect the current medical and/or nutritional needs of the child.





# Breads and Grains

Whole grain or enriched breads and bread products provide iron and B vitamins. Whole grains are also good sources of folate, magnesium, zinc and fiber. The fiber found in whole grains aids in digestion and may reduce the risk of some cancers.

In order to receive reimbursement for bread and grains, the grain ingredients must be whole grain or enriched flour. Check the ingredient list on the label.

“Enriched” means that three of the B vitamins (riboflavin, niacin, thiamin) and iron are added to the product after the milling process has removed them.

Whole grains contain the bran, germ and endosperm layers of the seed kernel. These layers are where the B vitamins are found. If the label only states “wheat”, it does not mean that the product is 100% whole wheat or that the product is enriched. It may be simply unenriched wheat flour or a mixture of wheat and white flour. Whole grains include for example: whole wheat, oatmeal, cornmeal, bulgur and brown rice.

## Meal Pattern

A whole grain-rich food must be served at least once a day. A whole grain-rich food is one that is 100% whole grain or 50% or more whole grain with all other grains enriched.

Providers may choose the meal in which they want to serve a whole grain-rich item. Be sure to record whole grain-rich on your menus.

## Breading

Breading on items such as fish sticks, frozen chicken nuggets, fried chicken, even if homemade, does not fulfill the bread component of CACFP. These items are creditable as a meat/meat alternate only.



*In order to receive reimbursement for bread and bread alternates, the grain ingredients must be whole grain or enriched flour. Also you must serve a whole grain or whole grain-rich item at least once a day, if grains are served.*

*Whole grain-rich is 100% whole grain or 50% whole grain with the remaining grains being enriched.*

*Breading does not fulfill the bread requirement.*

## Breakfast Cereals

- Cereal must be **low in sugar**:
- Look for 6 grams or less of sugar per 1 ounce serving. To calculate sugar content divide grams of sugar by grams of cereal in the serving size. The result must be 0.212 or less.
- Cereal must be whole grain-rich, enriched or fortified.
- Cereals can be an important source of iron and fiber for children. Look for cereal with 45% or more DV (Daily Value) for iron and 3 grams or more of fiber per serving.

## Corn Tortilla, Corn Masa and Masa Harina

There are many corn products such as corn tortillas, taco shells and tamales which can credit as a whole grain-rich item as long as they meet the **whole grain-rich** criteria or the corn ingredient is nixtamalized (treated with lime/calcium hydroxide).

"If the ingredient statement indicates the corn is treated with lime (for example, "ground corn with trace of lime" or "ground corn treated with lime"), then the corn is nixtamalized. Because it is nixtamalized, the corn ingredient credits as though it is whole grain."

What is "nixtamalization"?

"Nixtamalization is a process in which dried corn is soaked and cooked in an alkaline (hydrated lime) solution. This process increases the bioavailability of certain nutrients. Nixtamalized corn is used to make hominy, corn masa (dough from masa harina), masa harina (corn flour), and certain types of cornmeal. Nixtamalized corn, such as hominy, corn masa, and masa harina are considered whole grain products for CACFP meal requirements."

### Nutrition Facts

Serving Size 1 cup (30g)		
Servings Per Container about 12		
Amount Per Serving	Cereal	with 1% cup skim milk
<b>Calories</b> 100	100	140
<b>Calories from Fat</b> 5	5	5
% Daily Value*		
<b>Total Fat</b> 0.5g	1%	1%
<b>Saturated Fat</b> 0g	0%	0%
<b>Trans Fat</b> 0g		
<b>Polyunsaturated Fat</b> 0g		
<b>Monounsaturated Fat</b> 0g		
<b>Cholesterol</b> 0mg	0%	1%
<b>Sodium</b> 140mg	6%	9%
<b>Potassium</b> 90mg	3%	8%
<b>Total Carbohydrate</b> 22g	7%	9%
<b>Dietary Fiber</b> 3g	11%	11%
<b>Sugars</b> 5g		
<b>Other Carbohydrate</b> 14g		
<b>Protein</b> 140mg		

1) Use the Nutrition Facts Label on package

2) Sugars = 5g

3) Serving Size = 30

4) Divide Sugars/Serving Size

$$\text{Sugars} = \frac{5}{30} = 0.167$$

5) Result  $0.167 < 0.212$



# Breads and Grains

## Crackers

Are more appropriately served at snack time rather than at meal time. Healthier choices for crackers are the low-fat, whole grain varieties. Rice cakes are reimbursable at snack only (not at lunch or dinner). Choose enriched, sweet crackers, such as, graham crackers and animal crackers less often.

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## Grits

Hominy grits and whole corn grits credit as **whole grain-rich** items. Enriched grits credit as a grain, but do not meet the standard of "whole grain-rich".

---

## Homemade Fruit / Vegetable Breads

Such as homemade banana bread, corn or pumpkin bread, blueberry muffins, zucchini muffins or apple muffins are credited as bread. The fruits and vegetables added to breads or muffins do not credit towards the CACFP fruit/ vegetable component, because the amount added does not fulfill minimum CACFP requirements.

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## Popcorn

Popped popcorn is a **whole grain**, however keep in mind that the minimum serving size per child will be larger than for other grains and is a choking hazard for children under the age of 3.

- Ages 1 to 5 will require a minimum of 1.5 cups or 14 grams
- Ages 6 to 13 will require a minimum of 3 cups or 28 grams

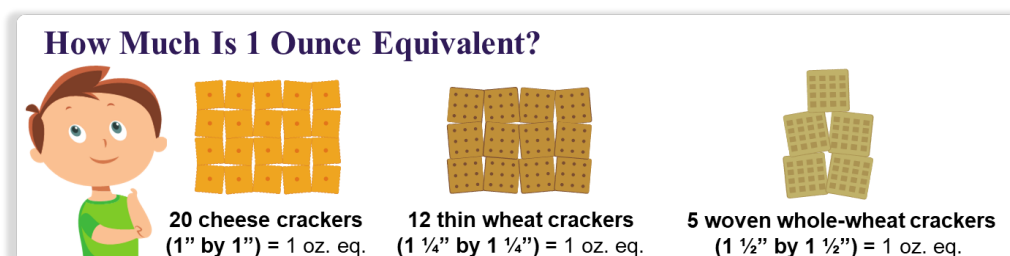


*Grain based desserts, both commercial and homemade, are not reimbursable on CACFP. They are high in fat and sugar.*

*Popcorn is choking hazard for children under 3 years of age.*

# Breads and Grains - Ounce Equivalents

Grains are an important part of meals in the CACFP. To make sure children get enough grains at meals and snacks, required amounts for the grain component are listed in the meal pattern as ounce equivalents. Ounce equivalents tell you the amount of grain in a portion of food. There are different methods to determine ounce equivalents.



## Use the Grains Measuring Chart

The Grains Measuring Chart tells you how much of a grain item you need to serve to meet CACFP meal pattern requirements.

1. Find the grain you want to serve under the "Grain Item and Size" column.
2. Check that your food item is the size or larger than the size or weight listed in the chart. You can find the size by checking the Nutrition Facts Label.
3. Find the column for the age group you are serving. This column lists the amount of grain you will need to serve to meet the requirement.

Grain Item and Size	1 through 5 years old (½ oz. eq.)	6 through 12 years old (1 oz. eq.)
<b>Cereal Grains</b> (barley, bulgur, quinoa, etc.), <b>Grits</b> , <b>Oatmeal</b> , <b>Rice</b> , <b>Pasta</b> (whole grain-rich or enriched, all shapes)	¼ cup cooked or 14 grams dry	½ cup cooked or 28 grams dry
<b>Bagel</b> (entire bagel) at least 56 grams	¼ bagel or 14 grams	½ bagel or 28 grams
<b>Mini Bagel</b> (entire bagel), <b>Bun or Roll</b> at least 28 grams	½ bagel/bun/roll or 14 grams	1 bagel/bun/roll or 28 grams
<b>Biscuit</b> at least 28 grams	½ biscuit or 14 grams	1 biscuit or 28 grams
<b>Bread</b> (whole grain-rich or enriched) at least 28 grams	½ slice or 14 grams	1 slice or 28 grams
<b>Cereal, Ready-to-Eat: Flakes or Rounds</b>	½ cup or 14 grams	1 cup or 28 grams
<b>Cereal, Ready-to-Eat: Granola</b>	⅔ cup or 14 grams	¾ cup or 28 grams
<b>Cereal, Ready-to-Eat: Puffed</b>	¾ cup or 14 grams	1 ¼ cup or 28 grams
<b>Corn Muffin or Croissant</b> at least 34 grams	½ muffin/croissant or 17 grams	1 muffin/croissant or 34 grams
<b>Cracker, Animal</b> (about 1 ½" by 1")	8 crackers or 14 grams	15 crackers or 28 grams

# Breads and Grains - Ounce Equivalents

Grain Item and Size	1 through 5 years old ( $\frac{1}{2}$ oz. eq.)	6 through 12 years old (1 oz. eq.)
<b>Cracker, Bear-Shaped, Sweet</b> (about 1" by $\frac{1}{2}$ ")	12 crackers ( $\sim\frac{1}{4}$ cup) or 14 grams	24 crackers ( $\sim\frac{1}{2}$ cup) or 28 grams
<b>Cracker, Cheese, Square, Savory</b> (about 1" by 1")	10 crackers or 11 grams	20 crackers ( $\sim\frac{1}{3}$ cup) or 22 grams
<b>Cracker, Fish-Shaped or Similar, Savory</b> (about $\frac{3}{4}$ " by $\frac{1}{2}$ ")	21 crackers ( $\sim\frac{1}{4}$ cup) or 11 grams	41 crackers ( $\sim\frac{1}{2}$ cup) or 22 grams
<b>Cracker, Graham</b> (about 5" by 2 $\frac{1}{2}$ ")	1 cracker or 14 grams	2 crackers or 28 grams
<b>Cracker, Round, Savory</b> (about 1 $\frac{3}{4}$ " across)	4 crackers or 11 grams	7 crackers or 22 grams
<b>Cracker, Saltine</b> (about 2" by 2")	4 crackers or 11 grams	8 crackers or 22 grams
<b>Cracker, Thin Wheat, Square, Savory</b> (about 1 $\frac{1}{4}$ " by 1 $\frac{1}{4}$ ")	6 crackers or 11 grams	12 crackers or 22 grams
<b>Cracker, Woven Whole-Wheat, Square, Savory</b> (about 1 $\frac{1}{2}$ " by 1 $\frac{1}{2}$ ")	3 crackers or 11 grams	5 crackers or 22 grams
<b>English Muffin</b> (top and bottom) at least 56 grams	$\frac{1}{4}$ muffin or 14 grams	$\frac{1}{2}$ muffin or 28 grams
<b>French Toast Stick</b> at least 18 grams	2 sticks or 35 grams	4 sticks or 69 grams
<b>Melba Toast</b> (about 3 $\frac{1}{2}$ " by 1 $\frac{1}{2}$ ")	2 pieces or 11 grams	5 pieces or 22 grams
<b>Muffin and Quick Bread</b> (banana, etc.) at least 55 grams	$\frac{1}{2}$ muffin/slice or 28 grams	1 muffin/slice or 55 grams
<b>Pancake/Waffle</b> at least 34 grams	$\frac{1}{2}$ pancake/waffle or 17 grams	1 pancake/waffle or 34 grams
<b>Pita Bread/Round</b> (whole grain-rich or enriched) at least 56 grams	$\frac{1}{4}$ pitta or 14 grams	$\frac{1}{2}$ pitta or 28 grams
<b>Popcorn</b>	1 $\frac{1}{2}$ cups or 14 grams	3 cups or 28 grams
<b>Pretzel, Hard, Mini-Twist</b> (about 1 $\frac{1}{4}$ " by 1 $\frac{1}{2}$ ")	7 twist ( $\sim\frac{1}{3}$ cup) or 11 grams	14 twists ( $\sim\frac{2}{3}$ cup) or 22 grams
<b>Pretzel, Hard, Thin Stick</b> (about 2 $\frac{1}{2}$ " long)	16 sticks or 11 grams	31 sticks or 22 grams
<b>Pretzel, Soft</b> at least 56 grams	$\frac{1}{4}$ pretzel or 14 grams	$\frac{1}{2}$ pretzel or 28 grams
<b>Rice Cake</b> at least 8 grams	1 $\frac{1}{2}$ cakes or 11 grams	3 cakes or 22 grams
<b>Rice Cake, Mini</b> (about 1 $\frac{3}{4}$ " across)	7 cakes or 11 grams	13 cakes or 22 grams
<b>Taco or Tostada Shell, Hard</b> at least 14 grams	1 shell or 14 grams	2 shells or 28 grams
<b>Tortilla, Soft, Corn</b> (about 5 $\frac{1}{2}$ ")	$\frac{3}{4}$ tortilla or 14 grams	1 $\frac{1}{4}$ tortillas or 28 grams
<b>Tortilla, Soft, Flour</b> (about 6")	$\frac{1}{2}$ a tortilla or 14 grams	1 tortilla or 28 grams
<b>Tortilla, Soft, Flour</b> (about 8")	$\frac{1}{4}$ tortilla or 14 grams	$\frac{1}{2}$ a tortilla or 28 grams



# Fruits and Vegetables

## Fruits/Vegetable Combination

On the CACFP, a serving of fruits and a serving of vegetables or two different servings of vegetable must be served at lunch and dinner. Fresh and frozen fruits and vegetables are preferred because of their higher vitamin and fiber content. Canned fruits and vegetables are creditable, but should be served in moderation.



Many canned vegetables are high in sodium (salt), and all lose flavor, color, texture and valuable nutrients during processing and when the liquid is drained. If serving canned products, select low-salt vegetables and fruits packed in juice or water.

The following combinations count as one serving:

- Frozen or canned mixed vegetables
- Green salad, vegetable salad, lettuce and tomato
- Frozen or canned peas and carrots
- HM vegetable soups/vegetables in HM stews

When serving these items, be sure to serve a fruit or a second vegetable in order to receive full credit for the meal.

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## Potatoes and Corn

Potatoes and corn are creditable as **vegetables only**, (not as bread alternates). Although both are high in starch and are often used like breads and grains, they are more similar in nutrient content to vegetables.

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## Hominy

Canned Hominy is creditable as a vegetable.

*On the CACFP, a serving of fruits and a serving of vegetables or two different servings of vegetable must be served at lunch and dinner.*

*Vegetables scooped together are one serving.*

*Potatoes, corn and canned hominy are creditable as vegetables only.*

# Fruits and Vegetables

## Juices

**Juice is not reimbursable at lunch or dinner** because too much juice can reduce a child's appetite for the nutritious foods he requires. Limit juice to no more than four to six ounces, once a day at breakfast or snack. Whole fruits and vegetables are a healthier option.

**Juice must be full strength and unsweetened.** When choosing a juice, read the label and ingredient list carefully. Claims such as *100% Natural* or *100% Vitamin C* **do not** mean the juice is unsweetened. It is not a full strength, unsweetened juice if:

- One or more of the following ingredients are listed: sugar, sucrose, corn sweeteners, high fructose corn syrup
- You see the following names on the label: nectar, drink, punch or lemonade
- Under *Nutrition Facts*, the percentage (%) of juice listed is less than 100%

## Popsicles

Many commercial popsicles are not creditable on the CACFP because they are sweetened with sugar or a sugar alternative. **Only 100% unsweetened** fruit juice popsicles, homemade or store purchased, are creditable. 100% fruit juice popsicles are creditable, make sure to offer the correct serving size. Be sure to record it, for example, as "HM (or 100%) orange juice Popsicle" or as "orange juice" on KidKare.

## Gelatin Snacks

Only homemade gelatin snacks using unsweetened 100% juice and unflavored gelatin are creditable. Please record, for example, as "HM apple/pear juice jello" or as "apple/pear juice" on KidKare. No boxed jellos are creditable.

*Juice must be full strength and unsweetened.*

*No juice at lunch or dinner.*

**Note: HM "jello" and HM "popsicles" are only creditable at snack and as a juice item.**

*HM popsicles and HM gelatin snacks are considered frozen and gelled juices. Federal guidelines prohibit the reimbursement of two liquids at snack. If they are served at snack, be sure the second item served is not milk.*





## Canned Soups

The following five varieties of commercial canned soups are creditable on CACFP as one vegetable serving only:

- Tomato Soups include tomato, cream of tomato or tomato rice
- Vegetable Soups include vegetable, vegetable beef, chicken vegetable or turkey vegetable
- Chowders with corn or potato
- Minestrone Soups
- Bean or Pea Soups, these count as either a meat alternate or vegetable serving, but not as both at the same meal

*For information on homemade soups and stews, see Protein/Meat Alternate Section.*

## Canned Pasta

Canned meat/noodle soups or canned pastas such as canned chicken noodle soup or Spaghetti-O's are extras only and do not credit toward any meal component on CACFP. They do not contain adequate portions of either noodles or meat to fulfill minimum requirements.

*Canned pasta products are not creditable on CACFP.*

# Meat/Meat Alternates

Meat and meat alternates provide protein, B vitamins, iron and zinc. Vitamin B-12 is found only in foods of animal origin. Vegetable protein sources provide folate, magnesium and fiber.

The following protein and meat alternates are reimbursable on CACFP:

<b>Beef</b>	<b>Veal</b>	<b>Fish/Shellfish</b>	<b>Peanut butter</b>
<b>Turkey</b>	<b>Lamb</b>	<b>Cooked dried beans/legumes</b>	
<b>Pork</b>	<b>Eggs</b>	<b>Hot dogs, sausages*</b>	
<b>Chicken</b>	<b>Cheeses</b>	<b>Processed lunch meats*</b>	
<b>Tofu</b>	<b>Yogurt</b>	<b>Processed cheese</b>	

*\* Read ingredient list. Must be 100% meat.*

*Hotdogs and lunch meat must be all meat and not contain any fillers, binders, extenders or by-products.*

## Combination Foods/Casseroles

Combination Dishes such as HM soups, stews and casseroles are a great way to fulfill two different CACFP components in one dish. Ensure that a child-sized portion contains an adequate serving of each item in order to receive credit on CACFP. Choose the two or three main food items in the dish to record on your menu.

Be sure to be specific when recording the major components in mixed dishes. Think about the ingredients you used to prepare the dish. For example:

<b>Spaghetti</b>	Enriched or whole grain pasta? Home Made Meat balls or meat sauce with ground beef or ground turkey?
<b>Tacos</b>	Corn tortillas or taco shells? Ground beef, ground turkey or cheese?
<b>Tuna Casserole</b>	Tuna and enriched or whole grain pasta?
<b>Hamburger</b>	Ground beef and a hamburger bun?
<b>HM Beef Stew</b>	Beef stew meat and mixed vegetables?
<b>Burrito</b>	Whole grain or enriched flour tortilla? Refried beans, pinto beans, meat or cheese?

*Combination foods may be served to fulfill 2-3 CACFP meal different components. Remember to ensure portion sizes are met.*

If you are not specific and only record one item of a mixed dish, you will not be reimbursed for that meal. If it is not recorded, it is the same as not served. We cannot assume you served an item unless it is recorded.

## Commercially Prepared, Processed Meat, Poultry and Fish Products: *What is Creditable on the Child Care Food Program?*

CACFP regulations require that processed meat products with added ingredients, such as, chicken nuggets, meat balls, fish sticks, corn dogs and lunch meat have standards for meeting meal pattern requirements. In order to assist you in choosing foods that are creditable on the Food Program, all processed meat and fish products must have a Child Nutrition (CN) label.

Products displaying a CN label have been certified by the United States Department of Agriculture to meet the requirements for adequate amounts of protein. Processed meats often contain large amounts of binders and extenders which hold the processed item together. In addition, these products may have many other added ingredients. Therefore, protein in the food item is being replaced by other ingredients.

**CACFP** required serving sizes for protein are as follows:

**1-2 years:** 1 ounce of protein at lunch/ dinner

**3-5 years:** 1.5 ounces of protein at lunch /dinner

**6-12 years:** 2 ounces of protein at lunch/dinner

Providers who serve commercially prepared/frozen protein products must follow the CN label serving amounts.

For example: Popcorn Chicken (11 pieces equals 2 ounces of meat), you would have to serve 5.5 pieces of popcorn chicken to 2 years old, 8.25 pieces of popcorn chicken to 4 years old, and 11 pieces of popcorn chicken to 7 years old in order to satisfy the protein requirements.

*Lunch meats and deli sliced meats with added ingredients are not creditable without a CN label. Bologna, Frankfurters, Knockwurst and Vienna sausage made from all meat and poultry products or with a CN label are creditable.*

# Meat/Meat Alternates

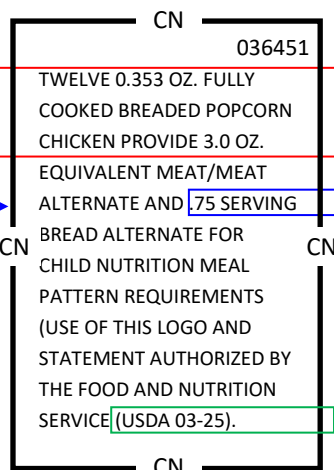
## Sample CN Label - How to Read the Label

Amount that can be credited: →

(Twelve popcorn chicken = 3 oz.)

.75 serving bread can not be credited as a full serving

Good for 5 years. Expires March 2025



*Save your labels for the month in case of a review visit.*

## Lunch Meats, Hot Dogs and Sausages

Processed meats such as hot dogs, bologna and lunch meats that are made from 100% meat are creditable on CACFP. However, these foods, whether they are made from beef, pork, chicken or turkey, are usually high in fat, nitrites and salt. There are other more nutritious alternatives to these processed foods. Hot dogs, sausage and lunch meat that contain meat by-products (such as stomach, tongue, spleen, etc.) or binders and extenders (such as flour, modified corn starch, milk or tapioca) are not reimbursable.

### Examples of Binders/Fillers

**Carrageenan** (a by-product of algae or seaweed)

**Cereal, cereal flours, bread crumbs**

**Starchy vegetable flour**

**Dried milk or whey**

**Isolated soy protein, milk protein**

**Sodium caseinate**

**Modified corn starch**

**Polysaccharides**

**Gelatin, wheat gluten, tapioca**

### Examples of Extenders/By-Products

**Stomachs and snouts**

**Tripe**

**Hearts**

**Tongues, lips**

**Fats, fatty tissue**

**Spleen**

**Soy protein concentrate, soy flour**

**Textured vegetable protein (TVP)**

*Lunch Meats, Hot Dogs and Sausages must be 100% meat with no binders, extenders or by-products.*

## Pizza

Commercial, frozen and take-out pizza **are not reimbursable** on CACFP; homemade pizza is allowable. You can use any bread item (such as English muffins, French bread, Boboli® bread, HM dough) as the “crust,” as long as it is whole grain or enriched. Cheese or cheese/meat combinations can be credited as the protein/meat alternate. Be sure the amount of protein on each child-sized slice meets the minimum protein/meat alternate serving requirement in order to receive credit. If not, supplement with additional protein. Tomato sauce and vegetable or fruit toppings, such as bell peppers, mushrooms and pineapple are counted as extras only. HM pizza, with cheese and/or meat, credits as one bread serving and one protein serving for CACFP.



*Vegetable or fruit toppings on pizza do not count as a fruit/vegetable serving.*

## Ravioli and Tortellini

When serving ravioli or tortellini, additional protein such as meat sauce or cheese must be served and recorded to meet the requirement for the protein/meat alternate.

Homemade ravioli can count as both meat/meat alternate and grain as long as the meat/meat alternate filling meets the minimum portion size.

*Tortellini is only creditable as a bread alternate.*

## Boxed/Frozen Macaroni and Cheese

If prepared according to package directions, boxed or frozen macaroni and cheese “dinners” are creditable as a bread alternate only (as long as the macaroni is whole grain or enriched). The amount of cheese that is in the dinners is not sufficient to fulfill CACFP minimum serving sizes.

If you want credit for both bread and meat alternate, then add more cheese to the recipe. You must add enough cheese to meet the minimum portion size per child. You may want to add a different meat alternate to the macaroni or serve it on the side (for example: tuna, egg, leftover chicken).

*Boxed or frozen macaroni and cheese “dinners” are creditable as a bread alternate only.*

# Meat/Meat Alternates

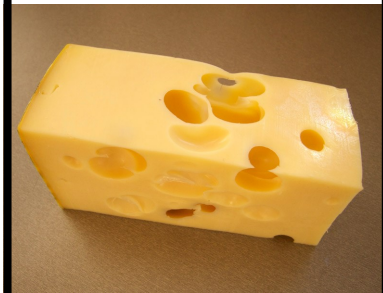
## Yogurt

Yogurt and soy yogurt are creditable as a meat/meat alternate for children over one year. Soy yogurt is not creditable for children under one year of age. Plain, vanilla or fruit varieties are allowable as long as the sugar in the yogurt is not greater than 23 grams per 6 oz. serving. Fruit in fruited yogurt does not count as a serving of fruit. Frozen and drinkable yogurt are not creditable. Yogurt served with milk only is not a reimbursable snack.

Yogurt Sugar Limits	
Serving Size	Sugar Limits
4 ounces	15 grams or less
5.3 ounces	20 grams or less
6 ounces	23 grams or less
8 ounces	30 grams or less

*Yogurt served with milk only is not a reimbursable snack.*

*Yogurt must contain 23 grams or less of sugar per 6 oz. serving.*



## Cheese

Hard block cheeses such as American Cheese, Cheddar, Monterey Jack and Mozzarella, as well as soft cheeses, like Ricotta and cottage cheese, are all creditable meat/meat alternates. Cream cheese and Sour Cream are not creditable as a protein alternate on the food program. American cheese products or cheese foods are not creditable as a protein alternate on the food program.

*Cream cheese and Sour Cream are not creditable as a meat alternate on the food program.*

## Legumes and Beans

Dried or canned legumes and beans such as lentils, split peas and pintos (including refried) are a healthy protein substitute and are reimbursable on CACFP as a protein/meat alternate or as a vegetable, but not as both at the same meal.

*Legumes and beans are reimbursable as a protein or vegetable, but not as both at the same meal.*

This allows you to serve a wider variety of proteins, including vegetarian meals.

# USDA Nondiscrimination Statement

## USDA Nondiscrimination Statement 2015

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: [http://www.ascr.usda.gov/complaint\\_filing\\_cust.html](http://www.ascr.usda.gov/complaint_filing_cust.html), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

- (1) mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov)

*This institution is an equal opportunity provider.*

# License Capacity Regulations

You may claim for meals within the limits of license capacity. Operating over your license capacity will be reported to Community Care Licensing.

## Small Family Child Care License for 8 children

4 infants only (under 2 years old)



3 infants (under 2 years) and 3 older children (at least 2 years of age)



2 infants (under 2 years) and 6 older children (when at least 1 child is 6 years old or older and 1 child is enrolled and attending transitional kindergarten or kindergarten or older.)



## Large Family Child Care License for 14 when an assistant is present

4 infants (under 2 years) and 8 older children (at least 2 years of age)



3 infants (under 2 years) and 11 older children (when at least 1 child is 6 years old or older and 1 child is enrolled and attending transitional kindergarten or kindergarten or older.)



Notes:

- Provider's own children count in their license capacity until the age of 10
- Anytime a provider goes above the limit set for a small license the provider needs an assistant



