

## **FAST FACTS: Expansion of the Child and Adult Care Food Program (CACFP) to Pennsylvania's Relative/Neighbor Child Care Providers**

### **What is CACFP?**

- The Child and Adult Care Food Program (CACFP) is an incredibly important nutrition resource for low-income working families with children in subsidized child care.
- Sponsored by the United States Department of Agriculture CACFP provides nutritious meals and snacks to 3.3 million children in the U.S. each day.
- In Pennsylvania, as of July 1, 2013, ALL child care providers serving children receiving child care subsidy are able to participate in CACFP. This includes child care centers, family day care homes and relative/neighbor providers.

### **Why is CACFP important?**

- A number of studies show that children enrolled in child care facilities that participate in CACFP receive nutritionally superior meals than children in non-participating child care facilities.
- Children receiving CACFP had significantly higher intakes of key nutrients (like protein, vitamins, and minerals), consumed more fruits and vegetables, and consumed fewer fats and sweets.<sup>1</sup>
- According to a Children's HealthWatch analysis of young children (ages 1-3), children with access to CACFP were less likely to be in fair or poor health, less likely to be hospitalized, and more likely to have a healthy weight and height for their age when compared to children whose meals were supplied from home.<sup>2</sup>

### **Why is CACFP being expanded to Relative/Neighbor providers?**

- Prior to the expansion, over 38,000 low-income Pennsylvania children in the care of Relative/Neighbor Providers were excluded from participating in CACFP.
- Extending CACFP eligibility to Relative/Neighbor Providers can improve the quality of child care by providing much needed resources to low-income providers, and connecting these providers to the child care community through training, classes, and in-home visits.
- CACFP can augment child care subsidies payments and improve the quality of child care offered by Relative/Neighbor Providers.

<sup>1</sup>Bruening, K. S., J. A. Gilbride, et al. (1999). "Dietary Intake and Health Outcomes among Young Children Attending 2 Urban Day-care Centers." *Journal of the American Dietetic Association* **99**(12): 1529-1535.

<sup>2</sup>Gayman, A., S. Ettinger de Cuba, et al. (2010). Child Care Feeding Programs Support Young Children's Healthy Development. [http://www.childrehealthwatch.org/upload/resource/cacfp\\_brief\\_jan10.pdf](http://www.childrehealthwatch.org/upload/resource/cacfp_brief_jan10.pdf). C. s. HealthWatch. Boston, MA.