

ASPHN's FARMWISE Webinar Series



September 17th Webinar
CACFP and Farm to CACFP Myth Busting
With Alexia Thex, MEd



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Acknowledgement



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MYTH BUSTING



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The purpose of the USDA Child and Adult Care Food Program (CACFP) is to serve nutritious meals and snacks to children and adults in care.

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True, but also...



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The Purpose of CACFP



Serve nutritious meals and snacks



Safeguard the health and wellness of children and adults



Encourage the domestic consumption of nutritious agricultural commodities and other food



National security



Support daily physical activity and limit screen time



Teach children about foods through nutrition education



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**Farm to CACFP and
Farm to ECE are the same.**



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True, but also...



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Farm to ECE

Farm to ECE works to connect early child care and education settings to local food producers:

- Serve locally-grown, healthy foods to young children
- Providing related nutrition education
- Improving child nutrition (increasing nutrition security)

Leads to:

- Increase willingness to try new foods
- Educate on local foods

For producers:

- Creates a reliable outlet for producers
- Supports local businesses



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Farm to CACFP

Farm to CACFP works to connect early child care and education, **after school care**, **adult day care** and **emergency shelter** settings to local food producers:

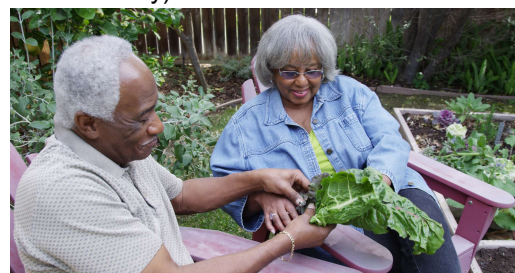
- Serve locally-grown, healthy foods to young children, **school-age children and adults**
- Providing related nutrition education
- Improving child **and adult** nutrition (increasing nutrition security)

Leads to:

- Increase willingness to try new foods
- Educate on local foods

For producers:

- Creates a reliable outlet for producers
- Supports local businesses



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Farm to ECE vs Farm to CACFP

	ECE	CACFP
Includes children up to 18 & adults	☐	☒
Follow the CACFP Meal Pattern	☒ ?	☒
Receiving CACFP Reimbursement	☐	☒
Indicator of Quality Child Care	☒ ?	☒



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**You have to participate in the CACFP
and receive reimbursement in order
to participate in Farm to CACFP.**



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False



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Participation Gap of Eligible Site

In 2019, 61 percent of eligible childcare centers and 67 percent of eligible day care home providers participated in CACFP.

Centers



39% not participating

Homes



33% not participating

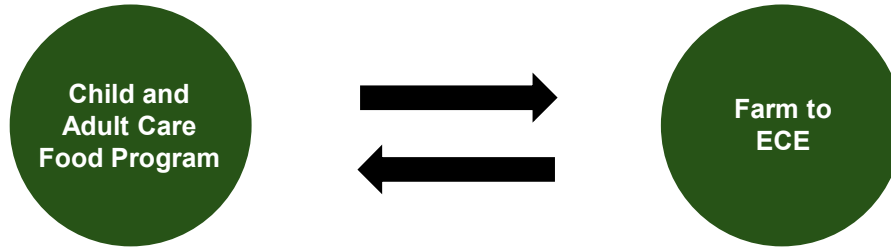
[CACFP Participation Among U.S. Childcare Providers USDA 2024.](#)



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Complimentary Programs



34 states require all licensed ECE centers to follow CACFP meal pattern standards, regardless of CACFP participation

43 states support Farm to ECE programs through state or local activities

[Centers for Disease Control and Prevention, Early Care and Education State Indicator Report 2023, US Dept of Health and Human Services; 2023.](#)



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Raising Awareness

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CACFP State agencies mention Farm to ECE on their website

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State-level Farm to ECE websites mention CACFP

cacfp.org/assets/pdf/cacfp-farm-ece-report-2024/



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CACFP reimbursement should *ONLY* be used to buy food used for meals and snacks.



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False



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CACFP funds **can be** used to purchase items for gardens such as seed, fertilizer, watering cans, rakes and more as long as the produce grown in the garden will be used as part of the **reimbursable meal** and/or **nutrition education activities**.



[FNS Instruction 796-2, Revision 4](#)



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CACFP State agencies can use State Administrative Expense Funds for state-level activities.



Training Materials
available Statewide



Statewide Meetings and
Gatherings



State Level Farm to
School Staff



Regional Collaboration

[Microsoft Word - SP 28-2015 Use of SAE and
SAF for Farm to School \(azureedge.us\)](#)



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I can't purchase local products because I have to accept the lowest bidder through the procurement process.



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False



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Local Procurement



Institutions must meet federal procurement rules.



Facilities do not enter into a direct agreement with the state agency and thus are not required to follow federal procurement regulations.



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Geographic Preference



- No singular definition of local (*location tied to product not respondent)
- Products eligible are unprocessed **locally grown**, **raised** or **caught** agricultural products that retain their inherent character



- Permits child nutrition program (CNP) operators to use "locally grown", "locally raised", or "locally caught" as a specification when procuring unprocessed agricultural products.
- Use a defined scoring advantage (ex. additional credit or points given to local unprocessed agricultural products during the evaluation of responses to a solicitation) for local unprocessed agricultural products;
- Adopt a mix of both strategies or elect not to apply them at all.

[Procuring Local Foods | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/procurement/local-foods)



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**You can sell food grown in your
CACFP garden that was funded using
the nonprofit food service account.**



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True



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YES

...as long as the revenue from the sale of the food is placed into the nonprofit food service account.

Institutions or facilities may serve the produce as part of a reimbursable meal or sell it a la carte to parents, at a roadside stand, etc.



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**Farm to CACFP means getting
only local fruits and vegetables
from a farmers' market.**



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True, but also...

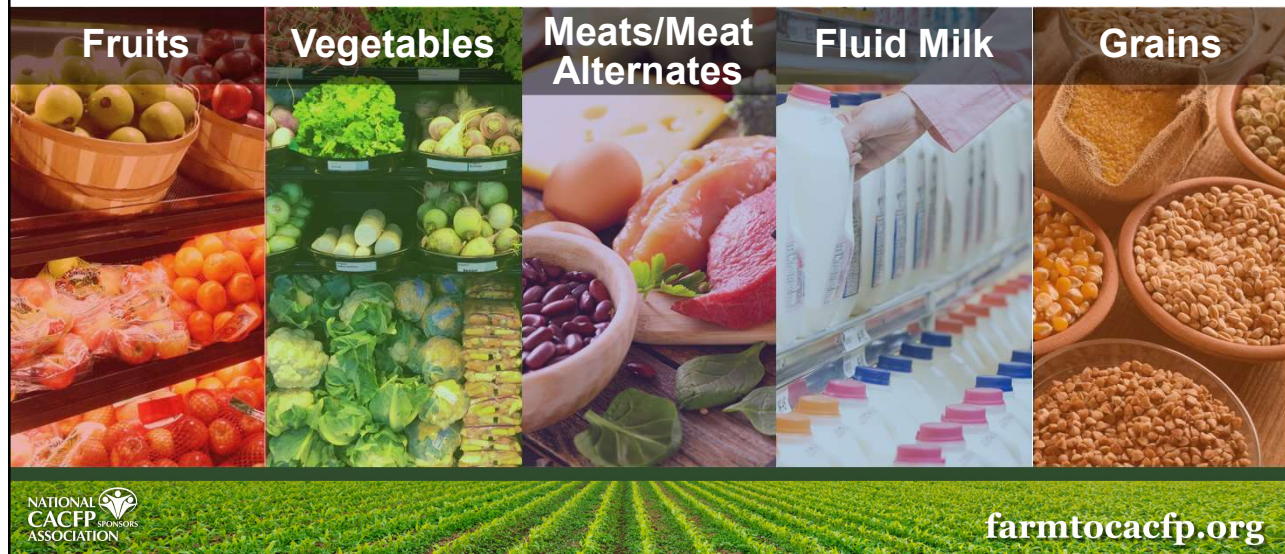


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CACFP Meal Components

Local foods can represent all five CACFP meal components

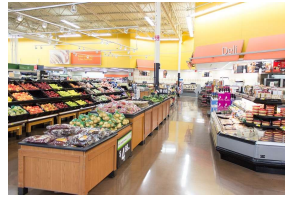


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Shop Local

- Local food producers
- Broadline Distributors / Foodservice
- Farmers' Markets
- Community Supported Agriculture (CSAs)
- Gardens (Child Care, Community)
- Grocery Store / Bodegas / Food Co-Ops



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It's too hard to incorporate local foods into CACFP menus.



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False

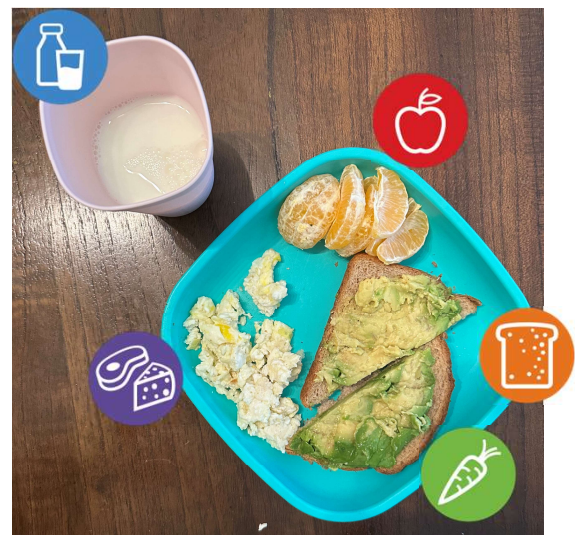


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Farm to the CACFP Plate

- All 5 components can be locally sourced
- Make sure to follow food safety guidelines
- Start with one or two components.



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Continent of the day

Around the World Sample Cycle Menu to help you plan a themed menu with creditable recipes. Remember to check with your sponsor or state agency in case there may be additional restrictions to your menu planning beyond the federal regulations.

South America **Africa** **Asia & Oceania** **North America** **Europe**

		MONDAY - DAY 1	TUESDAY - DAY 2	WEDNESDAY - DAY 3	THURSDAY - DAY 4	FRIDAY - DAY 5
BREAKFAST	Milk	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Fruit/Vegetable	Refried Beans	Sweet Potato Hash	Star Fruit	Strawberry Parfait	Apple Slices
	Grain/Meat*	WGR Tortilla	Sweet Potato Hash Eggs	WGR Naan	Strawberry Parfait Yogurt	Soft Boiled Egg
LUNCH	Milk	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Guava	Watermelon	Kiwi	Grapes	Apricots
	Vegetable	TN Red Beans & Rice Onion & Bell Pepper	TN Chicken/Veggie Couscous Carrots, Onion, Olives	Asian Chicken Wraps Cabbage, Carrots, Lettuce	Celery	TN Beef Goulash Onions
	Grain	TN Red Beans & Rice Brown Rice	TN Chicken/Veggie Couscous WGR Couscous	Asian Chicken Wraps WGR Tortilla	TN Creamy Wild Rice Brown & Wild Rice	TN Beef Goulash WGR Noodles
	Meat/Meat Alternate	TN Red Beans & Rice Dark Red Kidney Beans	TN Chicken/Veggie Couscous Chicken	Asian Chicken Wraps Chicken	TN Creamy Wild Rice Turkey	TN Beef Goulash Beef Round
SNACK	Milk					
	Fruit	TN Batatas & Apples	Orange Wedges	Samurai Banana Sushi Roll Bananas	Cantaloupe	Cucumber Slices
	Vegetable	TN Batatas & Apples	TN Veggie Mash Up Swiss Chard, Potato, Peas, Corn			
	Grain	Sweet Potatoes		Samurai Banana Sushi Roll WGR Tortilla		Rye Bread
SUPPER	Meat/Meat Alternate			TN Squash Casserole Egg & Cheese		
	Milk	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)	Whole (age 1) or Low/Fat Free Milk (2-5)
	Fruit / Vegetable*	Mango Slices	Peach Passion Fruit Juice	Green Beans	Apple Slices	Plum Slices
	Vegetable	TN Beef Picadillo Tomato, Onion, Bell Pepper	TN Chickpeas & Tomatoes Tomato & Onion	TN Tabbouleh Cucumber & Tomato	Pizza Wheels Mushrooms	TN Turkey Tzatziki Burgers Spinach, Tomato, Cucumber
	Grain	TN Beef Picadillo Brown Rice	WGR Pita Pockets	TN Tabbouleh Bulgur	Pizza Wheels WGR Tortilla	TN Turkey Tzatziki Burgers WGR Pita Pockets
Meat/Meat Alternate	TN Beef Picadillo Ground Beef	TN Chickpeas & Tomatoes Garbanzo Beans	Grilled Fish	Pizza Wheels Mozzarella Cheese	TN Turkey Tzatziki Burgers Ground Turkey	

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Serve two vegetables at lunch/supper



Snack is a great opportunity to incorporate local foods



Create menus that are culturally responsive and seasonal

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Myth Busting

Resources

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 farmtocacfp.org	 asphn.org/farm-to-ece-grantees-programs/
 fns.usda.gov/f2s/farm-to-school fns.usda.gov/f2s/farm-cacfp	 farmtoschool.org/our-work/early-care-and-education




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Questions?




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