



## ABOUT

The Child & Adult Care Food Program (CACFP) is a USDA federal program that helps centers and daycare homes to pay for serving healthy meals and snacks. Those eligible are children up to the age of 13 and adults that receive in-home care or are functionally impaired. CACFP meals follow government guidelines for healthy eating, and provide participants with key nutrients and fewer fats and simple sugars.

To participate in CACFP, a child care home provider or center must sign an agreement with a sponsoring organization. Most child care home providers are eligible and joining is FREE!

To obtain a Registered Home Packet from your local Child Care Specialist you must call the child care office in your area. There are several steps you must complete to receive your Child Care Home Registration so you will want to start the process soon.

CALL:

**ALBUQUERQUE**

505-766-4962

**LAS VEGAS/ESPAÑOLA**

505-426-2173

505-753-7181 ext. 102

**GALLUP**

505-722-8937

**GRANTS**

505-287-7550

**LAS CRUCES**

575-523-2411

OR VISIT:

[https://cyfd.org/child-care-services/  
child-care-licensing-and-registered-  
homes](https://cyfd.org/child-care-services/child-care-licensing-and-registered-homes)

[www.helpnm.com](http://www.helpnm.com)



CHILD & ADULT  
CARE FOOD  
PROGRAM  
(CACFP)

## BENEFITS OF CACFP

- Those that are served nutritious meals and snacks will develop healthy eating habits that will last a lifetime.
- Parents know their children are in a safe environment and are eating healthy meals and snacks. Parents do not have to send food with their child to the provider's home.
- Participation improves the quality of care and helps stretch food budgets at home for families struggling with hunger.
- Providers receive regular trainings and guidance related to nutrition and child development. The reimbursement helps providers to make healthier choices and purchase healthier, better-quality foods.

## CHILD CARE CENTERS & AT RISK CENTERS

HELPM offers sponsorship and participation in CACFP for day care centers, before- and after-school programs, and centers for at-risk and homeless teens. CACFP reimburses centers for the meals that are fed to the children under their care.

Reimbursement rates will vary. The determinations are made based on the parent's income.

We offer initial training, monitor participation in the food program (3 or more times per year), check monthly

meal counts, and reimburse at the set meal rates monthly for each child with a 15% administration fee off of your monthly reimbursement. We also provide guidance and technical assistance.

### At-Risk Programs

HELPM sponsors CACFP to provide free nutritious snacks and meals to youth enrolled in eligible after-school programs throughout the State of New Mexico.

HELPM also services CACFP in adult day care services as well as teen and homeless programs.

## FAQ

### What are my responsibilities?

You must provide care for at least one child that lives outside your home and keep daily records of the number of meals served to children in your care along with menus showing the food you served.

### What kinds of meals can I serve?

Meal requirements are simple and allow for a variety of foods including ethnic and cultural favorites.

### How much will I be paid to serve healthy food?

Your monthly food check is based on the meals and snacks served and the number of children eating. Child care home providers that serve low-income families receive a higher reimbursement. Registered and licensed family child care providers can receive reimbursement if they follow the CACFP meal pattern requirements and complete the required paperwork.