

## Adult Day Care Centers in the CACFP

### Purpose

The Child and Adult Care Food Program (CACFP) is a federally-funded, State-administered program that provides reimbursements for nutritious meals and snacks served to eligible children and adults who are enrolled for care at participating child care centers, day care homes, and adult day care centers. In Vermont, CACFP is administered by the Vermont Agency of Education Child Nutrition Programs. The CACFP provides cash reimbursements to eligible public and private Adult Day Care Centers that serve nutritious meals and snacks to nonresidential adults who are aged 60 or older or are functionally impaired.

### Why Operate the CACFP in Adult Day Care Centers?

Adult Day Care Centers provide a much-needed service to their communities by enabling elderly and disabled adults to remain in their own home or a home of a family member or care giver to avoid premature institutionalization.

- CACFP improves the quality of day care and makes it more affordable for many low-income families.
- Ensures elderly have access to affordable, healthy meals while in care.
- Gives adults the nutrition they need as a routine part of their day care program.

### Eligibility Requirements

- May be a public or private nonprofit organization.
- For-profit centers must have at least 25 percent of their participants be receiving benefits under title XIX (Medicaid Program), title XX (Block Grants to State for Social Services) or qualify for free and reduced price meals in order to submit claims and receive reimbursement each month.
- All centers must be licensed or approved to provide non-residential care services for elderly and disabled adults may participate independently or as sponsored centers.
- Must be certified by the Department of Disabilities, Aging, and Independent Living (DAIL).
- Must provide services to adults who are over the age of 60 and adults who are functionally impaired.
- Must provide community-based programs and provide non-residential services.

### Meal Pattern Requirements

- Meals and snacks served to participants of an adult day care center must meet the requirements set forth in the CACFP Adult Meal Pattern, including specific meal components and portion sizes.

**Contact Information:** If you have questions about this document or are interested in applying to participate in the CACFP, please contact: Rebecca Cochran, Child Nutrition Programs, at [rebecca.cochran@vermont.gov](mailto:rebecca.cochran@vermont.gov) or 802-828-1610.

- Adult Day Care Centers have the option to operate an “Offer versus Serve” (OVS) meal service style, which allows participants to decline a certain number of food servings without affecting the reimbursement. All necessary food components in the minimum portion sizes must still be offered.

## Reimbursement

Adult Day Care Centers can be reimbursed for up to two meals and one snack or two snacks and one meal per participant per day. Reimbursement is determined by the type of meals served (breakfast, lunch/supper, or snack) and the number of participants eligible for free, reduced price, or paid meals determined by their household income.

| Meal Type    | Paid | Reduced Price | Free |
|--------------|------|---------------|------|
| Breakfast    | .31  | 1.54          | 1.84 |
| Lunch/Supper | .32  | 3.01          | 3.41 |
| Snack        | .08  | .47           | .94  |

## Adult Lunch Example

- Fluid milk: 1% milk (not pictured)
- Grain: Whole-wheat bread
- Vegetable: Mashed butternut squash
- Vegetable or fruit: Roasted brussels sprouts
- Meat/Meat Alternate: Chicken breast



## Recordkeeping Requirements

- Daily Attendance Documentation
- Master List
- Income Eligibility Forms
- Plans of care
- Dated Menus
- Production Records
- Point of Service Meal Counts
- Monthly Operating Expenses
- Training Documentation
- Monitoring Reviews (Sponsors only)
  - Three times per year
- All documents must be maintained for 3 years, plus the current year (4 years)

This institution is an equal opportunity provider.