

#### Introduction to Child and Adult Care Food Program for Centers

Division of Food and Nutrition



### Training Objectives

✓Understanding the Child and Adult Care Food Program (CACFP)

✓ Assessing Participation Eligibility

✓ Participation Overview

✓ Awareness of CACFP Resources

✓ Application Process





#### What is CACFP?



CACFP is a federally funded program regulated by the United States Department of Agriculture (USDA) Food and Nutrition Services (FNS), administered through grants to the state agencies and territories.



#### What is CACFP?

#### **Purpose**

A nutritional, educational meal reimbursement program, which provides aid to eligible children and aadults who are enrolled for care at participating centers and day care homes

#### Goal

To improve and maintain the health and nutrition of children and adults in care while promoting the development of good eating habits.

#### **Description**

The CACFP provides federal funds to eligible nonresidential child and adult care facilities, emergency shelters, after school programs, and family day care providers who serve nutritious meals and snacks



#### **CACFP** in Nevada

The Nevada Department of Agriculture (NDA) administers the CACFP through the Division of Food and Nutrition.



### Why Participate in CACFP?

- The meals you provide to children and adults while in your care may be the only meals they receive that day. In addition, plays a vital role in improving the quality of day care and making it more affordable for many lowincome families.
- CACFP provides you with meal reimbursement to supplement your food purchases with more high quality and nutritious food.



### Why Participate in CACFP?

#### Nevada's Impact

During fiscal year 2021, CACFP supported 2.1 million meals and 1.1 million snacks in child care centers, adult day care, emergency shelter, and At-Risk Afterschool programs throughout Nevada!

723,927 Breakfasts 982,066 AM/PM Snacks 967,833 Lunches 211,918 At-Risk Snacks 465,251 Suppers





#### **CACFP Sponsors**



- The Sponsoring Organization oversees the eligible adult care/child care centers, day care homes, preschools, emergency shelters, and after-school programs operating the CACFP.
- Eligible centers, preschools, shelters, and after- school programs are able to participate independently or under a sponsoring organization.
- All sponsors must demonstrate Administrative Capability & Financial Viability when applying for and renewing participation yearly.
- Once approved to participate, each institution agrees to operate the CACFP with accountability, in compliance with the regulations governing the program.



### **Determining Participation Eligibility**

- Find the type of classification for the facility you operate:
  - Child Care Center or Preschool
  - Adult Care Center
  - Afterschool Care
  - Emergency Shelter
- Review the various requirements indicated with a check mark on the following slides.
- These requirements must be met for your facility to be eligible for CACFP Participation.



Child Care Center or Preschool	For Profit	Non-Profit	Head Start
Provide non-residential care	<b>~</b>	<b>✓</b>	<b>✓</b>
25% free and reduced or 25% Title XX			
Be Area Eligible		<b>~</b>	
Licensed by Division of Public and Behavioral Health (DPBH) or meet exemption		<b>✓</b>	<b>✓</b>
Nonprofit 501(c)3 Tax Exempt Status		<b>✓</b>	<b>✓</b>



Adult Care Center	For Profit	Non-Profit
Provide non-residential care to adults either 60 years of age or older or functionally impaired persons > 18 years of age *who reside within the community	<b>✓</b>	<b>✓</b>
25% Title XX or Title XIX	<b>✓</b>	
Individual Plan of Care for each functionally impaired participant	<b>~</b>	<b>✓</b>
Licensed by Division of Public and Behavioral Health (DPBH) or meet exemption	<b>✓</b>	<b>✓</b>
Nonprofit 501(c)3 Tax Exempt Status		<b>✓</b>



Afterschool Care	Public	Private	Schools
Provide Organized regularly scheduled supervised activities to children and teens through age 18	<b>✓</b>	<b>✓</b>	<b>✓</b>
Include Educational or Enrichment Activities			<b>✓</b>
Be Area Eligible	<b>✓</b>	<b>~</b>	<b>✓</b>
Meet State and Local Health and Safety Standards	<b>✓</b>	<b>✓</b>	



Emergency Shelter	Public	Non-Profit Private
Provide temporary shelter to homeless children aged 18 years old and younger	<b>✓</b>	<b>✓</b>
Operate a congregate (group) meal service in your shelter		<b>✓</b>
Meet State and Local Healthy and Safety Standards		<b>✓</b>
Nonprofit 501(c)3 Tax Exempt Status		<b>✓</b>



#### Day Care Homes/After School Programs

•Please contact the NDA office at 725-252-0008 if you are a Day Care Home or After School Program for requirements on how to participate.

•The remainder of this training is designed for childcare centers, adult day care, emergency shelters, head start programs, and preschools.



Child/ Adult Record Form

Attendance

Meal Benefit Income Eligibility

Enrollment Roster

As a part of the CACFP, you will document the number of participants enrolled at your center, the number of participants in attendance each month, and the income eligibility of each household.

This information is important for CACFP because you will be reporting the number of participants classified as free, reduced, and non-needy in attendance each month at your center, if you are a for-profit organization.

Names on sign-in/sign-out sheets, Meal Benefit Income Eligibility Applications, and enrollment rosters must all match. Records should be kept in alphabetical order.



#### **Child/Adult Record Form**

All children, including dropins, must have a Child Record Form on file, regardless if they have eaten a meal.

All adults must have documentation of enrollment of each participant, including the age or each participant.

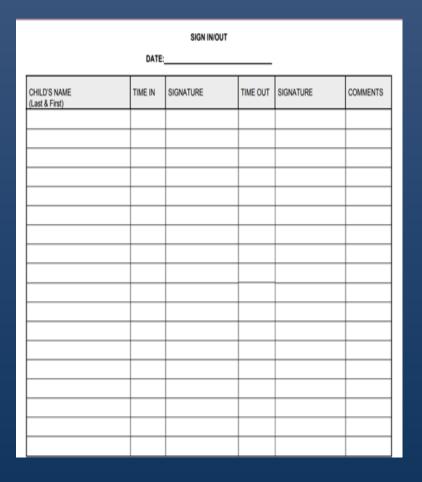
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#### **Attendance**

Attendance Records must be maintained as part of the monthly CACFP recordkeeping.

Standard sign-in/sign-out records or an automated system for tracking is acceptable.



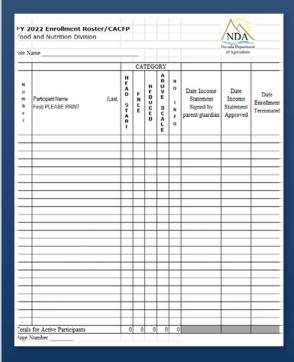


#### Meal Benefit Income Eligibility

- A Meal Benefit Income Eligibility application contains income or categorical eligibility and is completed by each household.
- Each form is compared to the USDA Child Nutrition Program Income Guidelines and determines a child's category as free, reduced, or paid.
- Reimbursement Rates are updated yearly by USDA and are different for free, reduced, and paid meals and snacks.







#### **Enrollment Roster**

There are five category columns on the Enrollment Roster (see below). Once an enrolled child's category has been determined based on the household's Meal Benefit Income Eligibility (MBIE) application, a checkmark will be placed in the appropriate column.

Head Start: Children Enrolled in a Head Start program are always categorized as free, a MBIE application is not needed.

Free: Based on income or Categorical Eligibility.

Reduced: Based on income.

Above Scale/Non-needy: Based on income or incomplete/missing form.

No Info: incomplete/missing form.

• Children enrolled at an emergency shelter are always categorized as free. A MBIE application is not needed.



### Knowledge Check

#### True or False?

The Meal Benefit Income Eligibility Application is completed by center staff members.



The Meal Benefit Income Eligibility (MBIE) application is completed annually by each household. Parent letters are given to the household with the form. The MBIE is then returned to the center, where income/eligibility is assessed by center staff members.



#### Meal Pattern Components











Grain

Meat/Meat Alternates

Vegetables

Fruit

Fluid Milk



### Child Meal Pattern Compliance

The CACFP meal pattern improves the access infants and children have to healthy, balanced meals throughout the day. These requirements encourage a greater variety of vegetable and fruits, more whole grains, less added sugar, and saturated fats. The meal pattern includes required components at each meal or snack, and you choose what creditable food to offer within each component

- To learn more about child meal patterns, please visit our website at: http://agri.nv.gov/uploadedFiles/agrinvgov/Content/Food/CF/CACFP%2oChild %\_2oMeal%2oPattern.pdf
- The meal pattern for infants accommodates both breastfeeding and formula feeding and introduces solid foods around 6 months of age. The child meal pattern requires increased portions as they grow.
- To learn more about infant meal patterns, please visit our website at: http://agri.nv.gov/uploadedFiles/agrinvgov/Content/Food/CF/CACFP%20Infant%20Meal%20Pattern.pdf



### Adult Meal Pattern Compliance

To learn more about the Adult Meal Pattern, please visit the NDA CACFP website here:

CACFP Adult Meal Pattern(nv.gov)



#### Cycle Menu

- A cycle menu is a series of menus that are used repeatedly over a designated period.
- CACFP requires at least a four-week cycle menu with no repeating entrees.
- Creditable foods are foods that meet CACFP regulations and can be counted toward a reimbursable meal.

Some foods are not creditable and cannot count toward a reimbursable meal.

Examples: cookies, potato chips, egg substitute

Some foods are creditable but should be limited on a CACFP menu.

Examples: crackers, foods high in fat and sugar

Child Menu Planner 7 Day																				
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#### Menu Requirements

- Dated Menus will be maintained for all meals and snacks claimed for reimbursement.
- Menus will follow the meal pattern. Components will be clearly identified.
- Creditable foods will be offered.
- High sugar items, high fat items, crackers, and juice will be limited.
- Menus will be posted in public view.
- Disclaimers will clarify water, milk, juice, whole grain-rich, and mixed items.
- All menus will contain the non-discrimination statement: "This institution is an equal opportunity provider."
- Homemade or Commercially Prepared Foods will be identified.



#### Recipes and Child Nutrition (CN) Labels

When components are combined within an entrée or product, recipes or CN labels will identify the contribution it makes toward the meal pattern requirements.

Homemade menu items are labeled homemade on the menu and must have a recipe on file.



Commercial Products, Processed Foods, or Convenience Foods, served as multiple components are labeled "CN" on the menu and must have a CN label or product.





## Infant Meal Pattern Compliance

Infant Meal Pattern

Meal pattern compliance for infants is different than meal pattern compliance for children.

Infant Feeding Preference Form

Infants ages 0-5 months are fed breastmilk and/or formula. Infants 6-11 months are also offered solid foods as they become developmentally ready for them. Communication with caregivers is important during this time, and an Infant Feeding Preference form is completed for each infant.

Infant Meal Record

Infants have their own meal pattern and are fed on demand instead of during a set mealtime. Their meals and snacks are documented using an Infant Meal Record.



## **Knowledge Check**

#### True or False?

The CACFP Child Meal Pattern contains component requirements, and each Center chooses which creditable foods to offer within each component.

#### Answer: True

The creditable Food Guide offers lists of creditable foods that are compliant with CACFP guidelines. Each center participating in CACFP chooses what foods are offered on their unique menu. If you are looking for inspiration, sample CACFP menus and recipes can be found online. Please see the resources page at the end of this training.



## Meal Service Requirements

The following meals/snacks\* can be claimed for reimbursement:

to: 2 Meals + 1 Snack OR

Meal and Snack

Breakfast
Am Snack
Lunch
PM Snack
Supper
Night Snack

OR
1 Meal + 2 Snacks
OR
3 Snacks

Per Participant, Per Day\*

Reimbursement is limited

Each meal and snack has a customary mealtime and a maximum claimable duration of food service. For example, the lunch service has a customary mealtime between 11am and 1pm and can not be longer than 2 hours in duration.



<sup>\*</sup> At-Risk Snack if applicable

<sup>\*</sup>Emergency Shelters can claim 3 meals per participant per day

Menu Planner Meal Service Point of Service Meal Count

Meal Counts Summary

A meal service includes purchasing a sufficient quantity of food, serving creditable meals and snacks in compliance with the meal pattern for each age group, and documenting the meals and snacks that are served at point of service.

The type of meal preparation you choose depends on your program operations, type of menu, food preparation space, staffing, budget, and other factors. You may choose to prepare food on-site, contract with a school food service provider, or contract with a food service vendor.

All contracts are submitted to NDA for review.



#### Menu Planner

Within the Child Menu Planner there are serving size columns.

This is where you indicate how much of that item is needed in order to meet the requirement for each age group.

	Child Menu Planner 7 Day												
Dates:	Name of Site:												
Meal & Snack Pattern as	Date:	- 5	Serving Si	ze for age	9:	Date:		Serving S	ize for ag	es:	Date		
Required By USDA	Monday	1-2	3-5	6-12	13-181	Tuesday	1-2	3-5	6-12	13-18 <sup>1</sup>			
Breakfast: Milk Whole age 1 1% or nonfat 2yr+2													
Fruit or Vegetable <sup>3</sup>													
Grain/Bread <sup>4,5,6,7</sup>													
Meat/Meat Alternate <sup>5,8</sup>													
Other Foods Extra to Meal Pattern											L		
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Fruit or Vegetable <sup>3</sup>													
Vegetable <sup>3</sup>													
Grain/Bread <sup>4</sup>													
Meat/Meat Alternate <sup>8</sup>													
Other Foods Extra to Meal Pattern													
Lunch: Milk Whole age 1 1% or nonfat 2yr+2													
Fruit or Vegetable <sup>3</sup>													
Vegetable <sup>3</sup>													
Grain/Bread <sup>4</sup>													
Meat/Meat Alternate <sup>8</sup>													
Other Foods Extra to Meal Pattern													



Meals claimed under CACFP must be consumed on site, in a congregate setting, and may be served traditional style or family style.

- All components must be served at the same time.
- The site must serve meals to all enrolled participants.

Traditional Style: Meals are portioned or pre-plated to meet the minimum meal pattern requirements for each participant.

Family Style: Enough of each food component is placed on the table to provide the required minimum meal pattern requirements for all participants at the table. Supervising staff play an active role in offering each participant the full required minimum portion of each food component. Children serve themselves, as developmentally appropriate.



#### Point of Service Meal Count

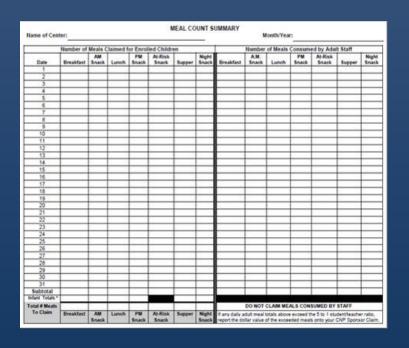
The Point of Service Meal Count form is used during the meal service to document all meals served to participants. A child may eat 4 or more times while in care, but only 2 meals and 1 snack, 2 snacks and 1 meal, or 3 snacks can be claimed per participant per day.

Why are meal counts so important?

Reimbursement for centers takes into account the actual number of meals and snacks served (breakfast, lunch. Supper, or snack.)







#### **Meal Count Summary**

The Meal Count Summary records the total number of meals and snacks claimed for enrolled children throughout a month.

The total numbers are kept separate by meal type.



### **Knowledge Check**

Johnny eats Breakfast, AM snack, Lunch. And PM snack while in your care today. Of the following options, which of Johnny's meals are you able to claim for CACFP reimbursement?

- A. Breakfast, AM snack, Lunch, PM snack
- B.) Breakfast, Lunch, and 1 snack
- C.) Breakfast and 2 snacks



Answer: B or C

You can claim a maximum of 2 meals and 1 snack, or 1 meal and 2 snacks, per participant, per day.

Reimbursement is higher for meals, so you will most likely choose option B when deciding which meals and snacks to claim for Johnny.



## Tracking Program Costs

Food Service Cost Report Supporting Documentation

Monthly Expense Worksheet

Supporting Documentation

Costs associated with the CACFP are not directly reimbursable but rather are maintained to ensure that institutions are fully spending all CACFP funds within the food service operation. As an organization participating in CACFP, you must operate a non-profit food service.

Non-Profit Food Service

Spending all CACFP funds in the food service

Food Cost Requirement

Spending the majority of CACFP funds on food purchases

**Administrative Cost** 

Cost associated with administrative duties cannot exceed 15% of CACFP funds



#### Food Service Cost Report

- The Food Service Cost Report is used to record the amount of money spent on CACFP food and supplies each month.
- Food expenses include food, milk, and other food items used to prepare a creditable meal.
- Supplies used in the food service may include paper products such as plates, plastic forks, and table napkins.

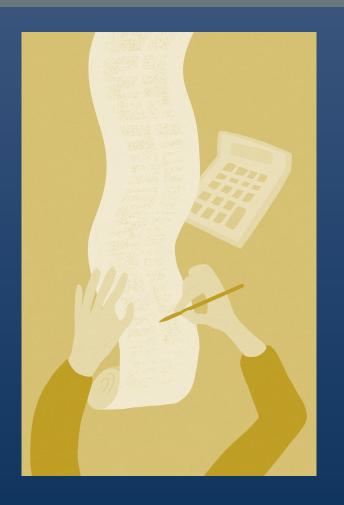
FOOD SERVICE COST REPORT Exercised Costs: Operational Direct Menil Service (speparation and service of menis to participates) Food: Not food used/delivered Service Costs: Operational Direct Menil Service (speparation and service of menis to participates) Food: Not food used/delivered Service Costs: Operational Costs (special Costs) Food: Not food used/delivered Service Costs: Operational Costs (special Costs) Food: Not food used/delivered Service Costs: Operational Costs Food: Oper								
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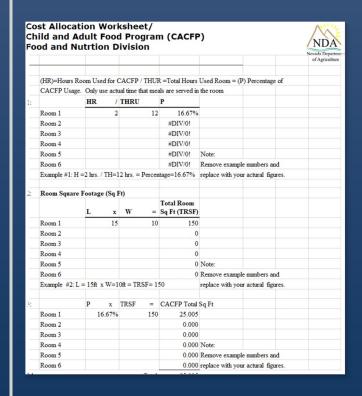
#### **Supporting Documentation**

Supporting documentation including receipts and invoices must be maintained on file to support all expenses reported on the food service cost report.

These records, like all CACFP records, must be kept on file for at least 4 years.







#### Monthly Expenses – Cost Allocation

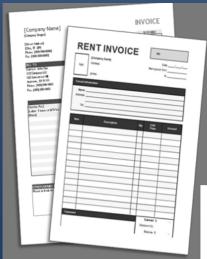
- Monthly Costs attributed to CACFP must be documented.
- Based on administrative and operational square footage, a percent of expenses can be attributed to CACFP. Examples include:
  - Contracted Services
  - o Rent/Mortgage
  - o Communications and Utilities
- Labor spent on operational or administrative duties related to operating the CACFP can also be attributed to CACFP.



### **Supporting Documentation**

Expenses reported on the Monthly Expense Worksheet must be supported by bills or invoices.

Having both Administrative and Operational labor hours reported on Monthly Expenses must then be supported by Time Distribution forms.



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### **Knowledge Check**

True or False?

The food expenses, facility expenses, and labor expenses that my center documents each month will be reimbursed by CACFP.

Answer: True

Reimbursement is based on the number of meals served and the number of enrolled children who are served meals that is recorded on each claiming roster. The food expenses, facility expenses, and labor expenses that are documented each month shows how each center is operating a nonprofit food service by spending CACFP reimbursement on allowable food service costs.



Recordkeeping

Civil Rights

Training & Monitoring

Procurement

- All participating organizations and/or sites are responsible for maintaining appropriate recordkeeping and staffing levels sufficient for operating this program.
- There are also training and monitoring requirements.



### Recordkeeping

All CACFP records must have the current year on file in addition to the last 3 years of records immediately available upon request.

A written recordkeeping policy is required and must include where specific records are stored, how long they are stored for, and who has access to them.

#### ABCO Preschool Child and Adult Care Food Program

e last 12 months of CACEP records, plus the current month of records, are located on-site in the office of ABCD Preschoo 2100 E. St. Louis Avenue. Las Vezas NV 89104

The owner, director, and assistant director have access to all CACFF records.

- Confidential Income Statements and Monthly Claiming Percentage Rosters are in a large black 5-ring binder in the to locked drawer on the right-hand side of the assistant director's desix.
- Emergency Contact Information and Medical Statements for Meal Substitutions are in a large white 3-ring binde standing upright on the left-hand side of the assistant director's desk.
- 3. Monthly Researds (Sign-vivus, DCS Billing Records, Weekly housed fervice Meal Count Sheets, Monthly Meal Count Sourmary Sheets, Daily Infant Production Records, Copy of Manu-with dates, Time Distribution Reports, Monthly Expense Worksheet-including original records and invoices, Food Service Cost Report including original receipts and invoices, and food service vendor invoices are in menia folders filled by records in the 4" dissiers of the fall grey filling colored on the repit chands due of the northwall.
- Infant Feeding Preference Forms and documentation of solid food introduction are filled in the back of each infant's clipboard on the west wall of the infant room.
- All staff Food Mandler Cards and the Food Safety Manager's card are posted on the bulletin board in the kitchen to the right of the dry food partry door.
- CACEP Renewal Records (Management Plan, Procurement Standards and Guidelines, Procurement Plan, Civil Rights
  Data Collection Form, Pood Service Vendor Contract, Copy of Lessel are in a small amenia folder labeled "CACEP
  Renewal" in the 2" of sware of the tall gres filling collection the right hand side of the north wall.
- CACEP Permanent Records (Permanent Agreement, CACEP Policies and Procedures, CACEP job Descriptions, Administrative Review Procedures, and Procedure for Compliants of Discrimination) are in a manual folder labeled CACEP Permanent Record in the 2<sup>nd</sup> drawer of the fall grey floring calability on the right hand side of the north wall.
- Supporting documentation for the CACEP Menu (Whole Grain-Rich Labels, Cereal Labels, Togurt Labels, Chilabels, and Recipes) are in a smalls folder labeled Tood Labels. Cereals, Vaparts, WGA\* in the 2<sup>rd</sup> drawer of the tail grey-filing cabinet on the righth-hand side of the north way.

The previous 4 years of CACFP records are stored at: 405 S. 21" Street, Sparks NV 89431 and can be accessed immediately upon request.





#### Civil Rights

In the operation of the Child Nutrition Programs, no individual in the United States shall solely by reason of his or her race, color, national origin, age, sex, or disability, be excluded from the participation in, denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance.

All sponsors and sites must comply with civil rights requirements; examples of civil rights requirements include:

- Annual Civil Rights Training
- And Justice for All Poster
- Building for the Future Flyer
- Civil Rights Pre-Award Compliance
- Civil Rights Data Collection
- Nondiscrimination Statement
- Procedure for Complaints of Discrimination





#### **Training and Monitoring**

Sponsors of multiple Centers or sites are required to monitor each center/site three times per year. There are requirements for how and when monitoring visits are conducted.



Sponsors are required to conduct annual training for all staff.
The main topics include:

#### **Examples of Training Topics**

- Child & infant meal pattern
- Portion sizes
- Creditable and non-creditable foods
- Meal counts separate from attendance
- Point of Service
- Monthly record keeping forms
- Menus and food production records
- Medical statements
- Infant records
- Claims preparation and process
- Claims submission dates
- Monthly claim edit checks
- Claim preparation
- CACFP record retention
- Program availability
- Complaint procedures
- Non-Discrimination Statement



### **Procurement**

- CACFP regulations require that all sponsors have standards that are followed when food and supplies are purchased.
- There are three types of purchases.
  - oMicro Purchase
  - OSmall Purchase
  - oFormal Purchase
- Purchasing methods are documented throughout the month.





### The Application Process



#### Step 1:

Click the link below to complete the initial application if your organization has not submitted one already.

Initial Application New Sponsors CACFP-SC-\_RS Final6.3.2020(1).pdf (nv.gov)

#### Step 2:

After review of your initial application, if your organization is deemed financially viable, you will be contacted by NDA with additional training and application materials.



### The Application Process



#### Step 3:

Complete this Introduction to CACFP for Centers Training, Administrative 101, and Nutrition 101 (All provided by NDA)

#### Step 4:

Email the following information to Victoria Guy at <a href="Mailto:VGuy@agri.nv.gov">VGuy@agri.nv.gov</a>.

- First and last name
- Name of the applying organization
- Notification of all 3 trainings completed
- Completed initial application submitted with all financial documents



### **Questions?**

Please contact NDA at:

(775) 895-4167 or (725) 252-0008



for more information to participate in the CACFP.



### Nondiscrimination Statement

In accordance with federal civil rights law and USDA civil rights regulations and policies, the USDA, its agencies, offices, employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, religion, sex, disability, age, marital status, family/parental status, income derived from a public assistance program, political beliefs, or reprisal or retaliation for prior civil rights activity, in any program or activity conducted or funded by USDA (not all bases apply to all programs). Remedies and complaint filing deadlines vary by program or incident.

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Fax: (202) 690-7442; or

Email: program.intake@usda.gov.

