



# STATE OF CONNECTICUT

STATE DEPARTMENT OF EDUCATION



**TO:** Child and Adult Care Food Program (CACFP) Child Care Center and Homes Sponsors

**FROM:** Cheryl Resha, Education Manager   
Bureau of Health/Nutrition, Family Services and Adult Education

**DATE:** September 10, 2009

**SUBJECT:** **Operational Memorandum #09C-09 and 13H-09**  
***Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP):***  
***Child Care Programs***

The Connecticut State Department of Education (CSDE) has recently updated *Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)*. This publication consists of six individual guides for child care centers, family day care homes, emergency shelters and at-risk afterschool care centers, including:

- Meal Pattern Requirements
- Crediting Foods
- Feeding Infants
- Sanitation and Food Safety
- Accommodating Special Dietary Needs
- Planning Healthy Meals

These documents assist CACFP facilities with planning meals to meet CACFP requirements and provide answers to common questions regarding CACFP menus. They include comprehensive information on a variety of menu planning topics, including CACFP meal pattern requirements, avoiding common menu problems, nutrition guidance, feeding infants and accommodating children with special dietary needs. The guides also include useful forms and handouts. CACFP sponsors should use *Nutrition Policies and Guidance for the Child and Adult Care Food Program (CACFP)* as the definitive source for information on complying with all federal and state nutrition requirements for the CACFP.

The revised publications are dated September 2009 and are online at <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=322326>. **CACFP sponsors should discard all copies of the previous publication (May 2004) and accompanying handouts.** Please note that this resource is only available as an online publication. CACFP sponsors should download the publications and make copies available to all appropriate personnel. Child care centers must also ensure that this information is provided to their nutrition consultant.

Questions regarding this memorandum may be directed to the following CACFP staff:

**Day Care Center Sponsors:** Susan Boyle 860-807-2074  
Celia Cordero 860-807-2076  
Benedict Onye 860-807-2080

**Family Day Care Home Sponsors:** Susan Bohuslaw 860-807-2073

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Important: This is a numbered Operational Memorandum that contains important program information. Please read carefully and retain in a binder for your future reference. Operational Memoranda are also posted on the Child Nutrition website at: <http://www.sde.ct.gov/sde/cwp/view.asp?a=2626&q=321576>