

HER NOPREN Summer Speaker Series for Students
USDA [Child and Adult Care Food Program \(CACFP\) Overview](#)

Recorded July 15, 2020

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About Our USDA CACFP Panelists

[Alison Tover, PhD](#) is an Assistant Professor in the Department of Nutrition and Food Sciences at the University of Rhode Island. Originally from Bogota, Colombia, she received her B.S. in Psychology from Northeastern University in 2001, a Masters in Public Health from Tufts University School of Medicine in 2005, and her Ph.D. from the Friedman School of Nutrition Science and Policy in 2009. She has established a research group that works toward preventing childhood obesity early in life. Specifically, as a way to prevent childhood obesity, Dr. Tovar is interested in further understanding the influence of feeding practices of multiple caregivers including parents and child-care providers on a child's dietary intake and weight in order to inform interventions among minority populations. Although some of her work is dedicated to understanding possible risk factors for obesity early in life, she is also involved with interventions that address these risk factors.

[Geraldine Henchy, MPH, RD](#) is the Director of Nutrition Policy and Early Childhood Programs at the Food Research and Action Center (FRAC). FRAC is a research, policy, public education, and advocacy center working for more effective public and private policies to eradicate domestic hunger and improve the nutrition and health of low-income individuals and families. Ms. Henchy was a member of the Institute of Medicine's Committee to Review the Child and Adult Care Food Program Meal Requirements. Ms. Henchy is the current chair of the policy committee of the American Public Health Association's Food and Nutrition Section and is a member of USDA's CACFP Paperwork Reduction Work Group. She has been honored to receive recognition for her work on the Child and Adult Care Food Program from the National Professionals Association, National Sponsors Forum, Sponsors Association, California Roundtable and the National Association of Family Child Care. In addition, the American Public Health Association's Food and Nutrition Section honored Ms. Henchy with the Sarah Samuels award recognizing outstanding contributions in public health nutrition.

[Tatiana Andreyeva, PhD](#) is an Associate Professor, Dept Agricultural and Resource Economics and Director of Economic Initiatives at the Rudd Center for Food Policy & Obesity at the University of Connecticut. Her research focuses on the role of economic incentives in food choices and diet, including food prices and taxation. She is an expert in quantifying the potential impact of sugar-sweetened beverage taxes on consumption and tax revenue, including work on the widely-cited Rudd Center Revenue calculator for sugar-sweetened beverage taxes. Dr. Andreyeva is also leading the Rudd Center's evaluation work on the effects of the federal food assistance programs on food insecurity, diet quality and access to healthy food in at-risk communities. She has

served as the PI on grants from NIH, the Robert Wood Johnson Foundation, and USDA Economic Research Service. Before joining the Rudd Center, Dr. Andreyeva worked at the RAND Corporation on a variety of health policy issues, including health promotion, retirement behavior, health care systems, obesity, and mental health. Dr. Andreyeva completed her Ph.D. at the Pardee RAND Graduate School.

Jamie Chriqui (pronounced Shree-Key), PhD is a Professor of Health Policy and Administration in the School of Public Health at the University of Illinois Chicago and Co-Director of the Health Policy Center within UIC's Institute for Health Research and Policy. She has over 30 years' experience conducting public health policy research, evaluation, and analysis. For the past 15 years' her work has heavily focused on studying the adoption, implementation, and impact of nutrition and physical activity-related policies nationwide related to schools, early care and education, the built environment, and beverage taxation.

Erica Kenney, ScD, MPH is an Assistant Professor of Public Health Nutrition in the Department of Nutrition at the Harvard T.H. Chan School of Public Health. Trained in social epidemiology and planned behavior change, Dr. Kenney's research focuses on identifying successful, efficient, and cost-effective strategies to modify children's environments to make the healthiest choice the easiest choice and to help children form healthy habits for life. Her work investigates how children's environments can be feasibly changed to promote healthy eating habits through policy change and community action.

QA during the session via chat

Q: Are child-care centers that use a family-style dining model (where all the food is set out and children take what they want) still in compliance with these guidelines? How does that work?

A: Yes - Head Start encourages family-style and they need to make sure what is offered in the big bowls, etc. and the serving size of the spoons used and the providers help/model portions to self-serve in line with CACFP portion sizes. There are many health and fine motor skill benefits to family style. See study of interest here - <https://pubmed.ncbi.nlm.nih.gov/26280874/>.

Q: Could you speak to the verbiage used and how that was adopted "meat" "meat alternative" vs "protein"?

A: All federal nutrition assistance programs follow the latest *Dietary Guidelines for Americans* so the verbiage evolves as the guidelines evolve and the meat/meat alternative/protein category.

Relevant resources regarding USDA CACFP - meat / meat alternative / protein include:

- https://foodbuyingguide.fns.usda.gov/Content/TablesFBG/USDA_FBG_Section1_MeatsAndMeatAlternates.pdfhttps://www.cacfp.org/files/9914/4240/2457/CACFP_creditinghandbook.pdf
- <https://www.fns.usda.gov/cacfp/meals-and-snacks>

- <https://www.govinfo.gov/content/pkg/FR-2016-04-25/pdf/2016-09412.pdf> (includes history regarding the evolution of the standards for this category)

Q: Any income eligibility requirements to participate in CACFP?

A: Yes – Learn more here - <https://www.fns.usda.gov/cnp/fr-032019>

Q: Do participants need to be citizens? Participants meaning the children, not the day care providers?

A: No - Learn more about federal nutrition assistance benefits and immigration status here - <https://www.fns.usda.gov/snap/nutrition-benefits-and-public-charge-effect-immigration-status>. SNAP is now considered in public charge rule considerations - <https://www.uscis.gov/archive/archive-news/final-rule-public-charge-ground-inadmissibility>. Commentary during rule making stage about implications - <https://pubmed.ncbi.nlm.nih.gov/30819655/>.

Updated Suggested USDA CACFP Readings & Resources

- [Dunn CD, et al. Feeding low-income children during the COVID-19 pandemic. *NEJM*. 2020;382:e40.](#)
- [USDA About CACFP - https://www.fns.usda.gov/cacfp](https://www.fns.usda.gov/cacfp)
- [USDA ERS CACFP - https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/child-and-adult-care-food-program/](https://www.ers.usda.gov/topics/food-nutrition-assistance/child-nutrition-programs/child-and-adult-care-food-program/)
- [Andreyeva T, Kennedy EL, et al. Predictors of nutrition quality in early child education settings in Connecticut. *J Nutr Educ Behav*. 2018;50\(5\):458-467.](#)
- [Liu ST, et al. Obesity prevention practices and policies in child care settings enrolled and not enrolled in the Child and Adult Care Food Program. *Matern Child Health*. 2016;20\(9\):1933-1939.](#)
- [Hasnin S, Dev DA, Tovar A. Participation in the CACFP ensures availability but not intake of nutritious foods at lunch in preschool children in child-care centers. *J Acad Nutr Diet*. 2020;Jun 22:S2212\(20\):30299-9.](#)
- [Zaltz DA, Hecht AA, Pate RR, Neelon B, O'Neill JR, Benjamin-Neelon SE. Participation in the Child and Adult Care Food Program is associated with fewer barriers to serving healthier foods in early care and education. *BMC Public Health*. 2020;20\(1\):856.](#)
- [Child Care Relief](#)
- [Children's HealthWatch. Access to High-Quality, Affordable Child Care: Strategies to Improve Health.](#)