



The Child and Adult Care Food Program (CACFP) has been granted several nationwide waivers by the United States Department of Agriculture (USDA) Food and Nutrition Service (FNS) to provide CACFP operators the maximum flexibility during this pandemic. Information on these waivers including the waiver request form can be found on the Department of Social Services' (DSS) child care website at <https://scchildcare.org/news-and-announcements/cacfp-covid19-waivers.aspx>.

Each waiver request form must be approved prior to the institution implementing any or all the flexibilities listed. Waivers will be approved on a case by case basis.

CACFP Meals

During a pandemic, you are taking extra precautions to keep your center (children and staff) safe and prepared, including making sure you have everything you need to serve nutritious meals. Here are a few tips to consider:

- **Check what items you have on hand**
Take a look at the foods you already have in your refrigerator, freezer and pantry before making a list; make sure to look at expiration dates and best by dates. This helps when planning meals and will help limit the number of trips to the grocery store or bulk wholesale store.
- **Make a Shopping List**
Make a list ahead of time to stay focused and to minimize the amount of time spent in the grocery store. Now that you've created your list make sure to organize to keep like items together – fresh fruits/vegetables, canned goods, fresh meats, processed meats, bread, grains, etc.
- **Explore Shopping Options**
 - Many grocery stores and bulk wholesale stores offer in-store pickup, curbside pickup, or delivery. While there are third party options for grocery deliver, you may find these services to be more expensive.
 - DSS is currently working to identify other options for child care facilities to purchase foods during this emergency time. Email your interest to cacfp@dss.sc.gov.

CACFP Meal Pattern

Breakfast	Lunch/Supper	Snack (Select two items.)
Milk Vegetables or Fruits Grains Meat/Meat Alternates <i>(Not required at breakfast, may be served in place of the entire grain component a maximum of three times per week.)</i>	Milk Meat/Meat Alternates Vegetables Fruits Grains	Milk Meat/Meat Alternates Vegetables Fruits Grains