



THE MARYLAND STATE DEPARTMENT OF EDUCATION
SCHOOL AND COMMUNITY NUTRITION PROGRAMS BRANCH

The Child and Adult Care Food Program: Adult Day Care Centers

www.eatsmartmaryland.org

The Child and Adult Care Food Program (CACFP) provides cash reimbursement to eligible adult day care centers to supplement the cost of nutritious meals. The program is funded by the U.S. Department of Agriculture (USDA) and is administered by the Maryland State Department of Education's (MSDE) School and Community Nutrition Programs Branch.

Benefits

- Nutritious meals and snacks for adults 60 or over or functionally impaired adults 18 or over
- Monthly cash reimbursement to help subsidize food service costs. The rate of reimbursement depends upon the participants' income.
- Training and technical assistance

Eligible Programs

- Public, nonprofit, and some for-profit licensed adult day care centers are eligible to participate in the CACFP.
- Eligible centers must provide nonresidential day care to chronically impaired, disabled adults.
- Shelters, vocational or substance abuse rehabilitation centers, or social centers are not eligible.

Special Nutrition Needs for Older Adults

Older adults have unique nutritional needs. The chart below describes key nutrients, why they are important, and which foods provide them.

Older adults need...	Helps with...	Good Sources...
Fluids	Hydration, energy, reducing constipation	Water, skim milk, 1% milk, fruits and vegetables, soups
Fiber	Bowel function, lowering cholesterol, diabetes, weight management	Whole wheat bread, oatmeal, vegetables, fresh fruit (skin left on), whole grain products, beans and peas
Vitamin D	Bone health	Milk
Calcium	Bone and teeth health	Milk, yogurt, cheese

Learn More!

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