

Alignment of the Child and Adult Food Program (CACFP) Meal Patterns and Head Start Program Performance Standards (HSPPS)



The new Child and Adult Care Food Program meal patterns align with the new Head Start Performance Standards . Below are the current HSPPS performance standards that support the CACFP meal pattern requirements.

Child Nutrition

HSPPS: 1302.44 Child Nutrition. (a) Nutrition service requirements.

(1) A program must design and implement nutrition services that are culturally and developmentally appropriate, meet the nutritional needs of and accommodate the feeding requirements of each child, including children with special dietary needs and children with disabilities.

HSPPS: 1302.44 Child Nutrition. (a) Nutrition service requirements

(2)(iii) Serve three to five year olds meals and snacks that conform to USDA requirements in 7CFR parts 210,220, and 226, and are high in nutrients and low in fat, sugar and salt.

HSPPS: 1302.44 Child Nutrition. (a) Nutrition service requirements

(2)(iv) Feed infants and toddlers according to their individual developmental readiness and feeding skills as recommended in USDA requirements outlined in CFR parts 210,220 and 226, and ensure infants and young toddlers are fed on demand to the extent possible.

Breastfeeding

HSPPS: 1302.44 Child Nutrition. (a) Nutrition service requirements.

(2)(vii) Promote breastfeeding, including providing facilities to properly store and handle breast milk and make accommodations, as necessary, for mothers who wish to breastfeed during program hours, and if necessary, provide referrals to lactation consultants or counselors.

Payment Sources

HSPPS: 1302.44 Child Nutrition. (b) Payment Sources.

A program must use funds from USDA Food, Nutrition, and Consumer Services child nutrition programs as the primary source of payment for meal services. Early Head Start and Head Start funds may be used to cover those allowable costs not covered by the USDA.

Parent Engagement

HSPPS: 1302.46 Family support services for health, nutrition, and mental health. (a) Parent Collaboration.

Programs must collaborate with parents to promote children's health and well-being by providing medical, oral, nutrition and mental health education support services that are understandable to individuals, including individuals with low health literacy.

HSPPS: 1302.46 Family Support services for health, nutrition, and mental health. (b) Opportunities.

(1) Such collaboration must include opportunities for parents to: (ii) Discuss their child's nutritional status with staff, including the importance of physical activity, healthy eating, and the negative consequences of sugar-sweetened beverages, and how to select and prepare nutritious foods that meet the family's nutrition and food budget needs.

Staff Training

HSPPS: 1302.92 Training and Professional Development.

(b) A program must establish and implement a systematic approach to staff training and professional development designed to assist staff in acquiring or increasing the knowledge and skills needed to provide high quality, comprehensive services within the scope of their job's responsibilities, and attached to academic credit as appropriate.