

Federal Nutrition Programs & Kinship/Grandfamilies Series: WIC and CACFP

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Today's Speakers



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Why is early nutrition so important?

Prenatal and early child nutrition are key drivers in a **child's brain development, lifelong learning, and physical and mental health** .

Research shows that participation in **federal food assistance programs** has positive long-term effects on children's development.



Child and Adult Care Food Program (CACFP)

Child and Adult Care Food Program

CACFP is a federal nutrition program that provides reimbursements for nutritious meals and snacks served in eligible:

- family child care programs
- child care centers
- Early Head Start and Head Start programs
- afterschool programs
- emergency shelters
- adult care centers



Benefits of CACFP



HEALTH BENEFITS

- ▶ ENSURES children receive nutritious meals and snacks while in child care
- ▶ REDUCES food insecurity
- ▶ PROMOTES healthy growth
- ▶ BOOSTS learning and development



ECONOMIC VALUE

- ▶ SUPPORTS families' ability to work
- ▶ SUPPORTS jobs in child care
- ▶ SUPPORTS local economies through purchase of healthy foods at grocery stores and farmers markets
- ▶ MAKES child care more affordable for families with low incomes



QUALITY CHILD CARE SUPPORT

- ▶ BOOSTS and helps stabilize child care providers' income
- ▶ STRENGTHENS the quality of early care services
- ▶ RECOGNIZED as a quality indicator, with many states currently awarding Quality Rating and Improvement System points for participating in CACFP and/or following CACFP meal patterns

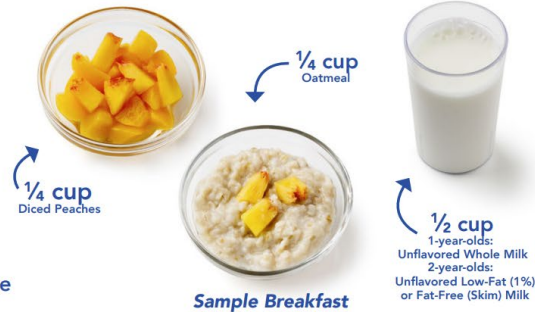
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 1-2

What is in a Breakfast?

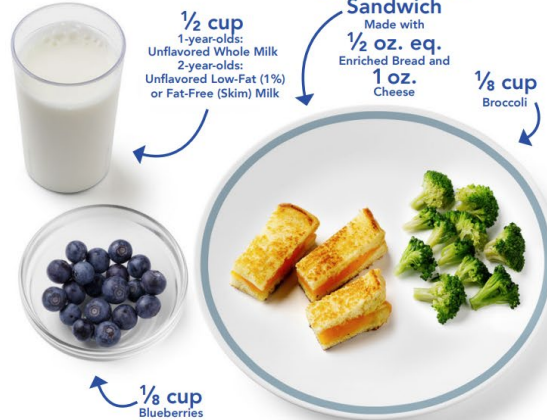
Milk (4 fl. oz. or ½ cup)
Vegetables, Fruits, or Both (¼ cup)
Grains (½ oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



Grilled Cheese Sandwich

Made with
½ oz. eq. Enriched Bread and
1 oz. Cheese



What is in a Lunch or Supper?

Milk (4 fl. oz. or ½ cup)
Meats/Meat Alternates (1 oz. eq.)
Vegetables (½ cup)
Fruits (½ cup)
Grains (½ oz. eq.)

All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meats/Meat Alternates (½ oz. eq.)
Vegetables (½ cup)
Fruits (½ cup)
Grains (½ oz. eq.)

Offer and make water available all day.



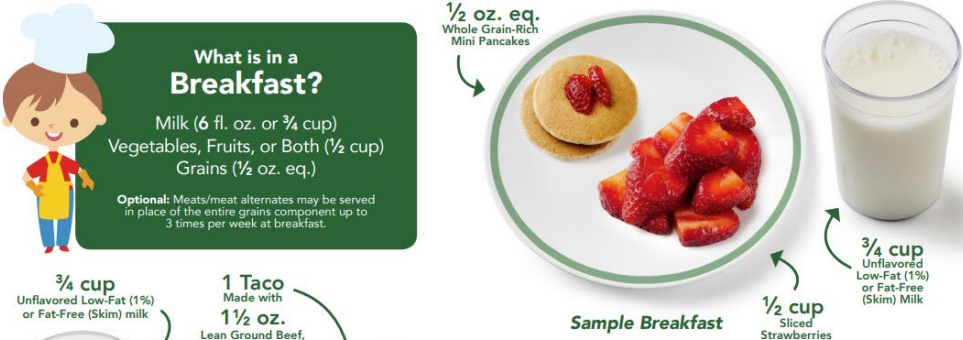
Serve Tasty and Healthy Foods in the Child and Adult Care Food Program (CACFP)

Sample Meals for Children Ages 3-5

What is in a Breakfast?

Milk (6 fl. oz. or ¾ cup)
Vegetables, Fruits, or Both (½ cup)
Grains (½ oz. eq.)

Optional: Meats/meat alternates may be served in place of the entire grains component up to 3 times per week at breakfast.



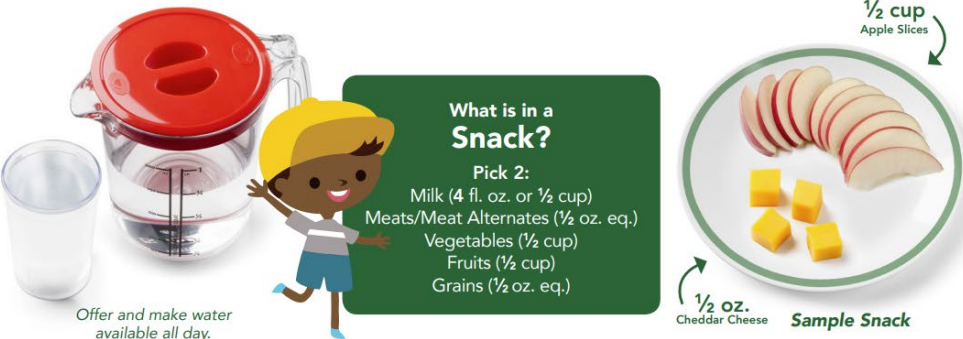
What is in a Lunch or Supper?

Milk (6 fl. oz. or ¾ cup)
Meats/Meat Alternates (1½ oz. eq.)
Vegetables (¼ cup)
Fruits (¼ cup)
Grains (½ oz. eq.)

All grains served must be whole grain-rich or enriched.
Breakfast cereals may also be fortified.
At least one grain served each day must be whole grain-rich.

What is in a Snack?

Pick 2:
Milk (4 fl. oz. or ½ cup)
Meats/Meat Alternates (½ oz. eq.)
Vegetables (½ cup)
Fruits (½ cup)
Grains (½ oz. eq.)



How to Access CACFP

- Typically available to children attending eligible child care centers and homes, Head Start, and Early Head Start.
- Contact your [state agency](#) for participating child care centers and homes.
- Ask your child care provider to see if they are participating in CACFP.



CACFP Discussion

- Were you surprised to learn that federal funding is available to help provide meals and snacks in child care settings?
- What would kinship/grandfamilies need/want to know before taking a child to a CACFP meal site?
- What information would you need to feel comfortable explaining CACFP to a caregiver?

Special Supplemental Nutrition Program for Women, Infants, and Children



WIC

WIC is a federal nutrition program that provides nutrition and health support to pregnant and postpartum individuals, infants, and children up to 5 years old who are in households with low income and nutritionally at risk.

WIC Eligibility

Individuals must meet four sets
of WIC eligibility criteria



Pregnant or Postpartum Individuals,
Infants, & Children up to 5 years old



Moderate to Low-Income



Nutrition Risk



Resident within State Agency Jurisdiction

Services Provided By WIC



Free Healthy Foods

Get everyday groceries like fresh fruits and vegetables, baby food, milk, eggs, beans, cheese and more.



Breastfeeding Support

Meet one-on-one with staff skilled in breastfeeding support who can give you helpful tips and answer your questions.



Nutrition Education

Get personalized tips on healthy eating, meal planning and resources from nutritionists, dietitians, nurses and other skilled staff.



Health and Community Resources

Get help finding and connecting to medical, dental and mental health care, along with other community-based services.

Source: USDA

WIC Food Packages



Source: California WIC

Source: <https://www.bhsj.org/wic>



Source: Pennsylvania WIC

THE WIC PROGRAM:



Reduces food
insecurity



Alleviates
poverty



Supports economic
stability



Improves dietary
intake



Protects against
obesity



Improves birth
outcomes



Improves health
outcomes



Supports learning
and development



Reduces health care
and other costs



Improves retail food
environments

Additional Information: Food Research & Action Center. WIC is a Critical Economic, Nutrition, and Health Support for Children and Families. Available at:
https://frac.org/wp-content/uploads/frac_brief_wic_critical_economic_nutrition_health_support.pdf

Legend:

- Less than 39.9%
- 40%-49.9%
- 50%-59.9%
- 60%-69.9%
- 70%-79.9%
- 80% or greater

State Percentages:

- AK: 50.3%
- AL: 52.9%
- AR: 41.3%
- AZ: 59.5%
- CA: 72.4%
- CO: 54.2%
- CT: 48.1%
- DE: 61.5%
- DC: 59.0%
- FL: 52.9%
- GA: 47.7%
- HI: 57.3%
- IA: 54.3%
- ID: 42.9%
- IL: 44.3%
- IN: 45.5%
- KS: 50.6%
- KY: 43.0%
- LA: 45.6%
- MA: 68.7%
- MD: 61.2%
- ME: 55.2%
- MI: 62.6%
- MN: 66.2%
- MO: 54.2%
- MS: 47.4%
- MT: 43.4%
- NH: 49.5%
- NJ: 58.3%
- NM: 44.5%
- NY: 62.4%
- NC: 44.3%
- ND: 51.6%
- NE: 57.5%
- NH: 49.5%
- NJ: 58.3%
- RI: 60.6%
- SC: 47.7%
- SD: 51.4%
- TN: 45.7%
- TX: 56.7%
- UT: 43.9%
- VT: 79.6%
- WA: 54.8%
- WI: 56.0%
- WY: 44.9%

Source: USDA <https://www.fna.usda.gov/research/wic/eer/2023>

How to Access WIC

- Apply through your local WIC clinic. Contact your [state's WIC agency](#) for information on local WIC service sites and how to apply.
- Check USDA's WIC prescreening tool to see if you might be eligible:
<https://wic.fns.usda.gov/wps/pages/preScreenTool.xhtml>



WIC Resource for Kinship/Grandfamilies



GRANDFAMILIES & KINSHIP
SUPPORT NETWORK
A National Technical Assistance Center



FRAC
Food Research & Action Center

Kinship/Grandfamilies and the Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)

The Special Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a federal nutrition program that protects and improves the health of nutritionally at-risk infants, children up to 5 years old, and pregnant and postpartum individuals from households with low incomes. As a grandparent or other caregiver raising children whose parents cannot, you can apply for WIC for infants and children up to age 5 in your care. If approved, your local WIC clinic will give you an electronic benefits transfer (EBT) card to purchase a food package tailored to the infant or child's needs.

This document shares answers to frequently asked questions from grandfamilies and kinship families, so that you can better understand WIC and your options.

What is a WIC tailored food package?

WIC's tailored food packages are based on the infant or child's nutritional needs as prescribed by a WIC nutritionist. WIC approved foods include yogurt, eggs, milk, iron-fortified cereal, peanut butter, beans, whole-grain bread, tortillas, and rice, as well as infant formula, specialty formula, baby food, and infant cereal.

How do I get the food in the WIC food package?

Your local WIC clinic will provide you with a WIC electronic benefits transfer (EBT) card. You can then use your EBT card to shop for WIC foods at authorized grocery stores and other WIC approved vendors. The fruit and vegetable benefit of WIC has a cash value, and WIC also guarantees a specific type and amount of certain identified foods. For example, participants receive a voucher for one dozen eggs, while the fruit and vegetable voucher allows participants to buy a specific dollar amount of fruits and vegetables of their choosing.

The terms "grandfamily," "kinship family," and "kinship/grandfamily" can be used interchangeably to refer to all families in which grandparents, other relatives, or close family friends are raising children whose parents are unable to do so.



GRANDFAMILIES & KINSHIP
SUPPORT NETWORK
A National Technical Assistance Center



FRAC
Food Research & Action Center

In addition to a food package, are there other services available through WIC?

WIC provides nutrition education and counseling. You can access nutritional resources and materials with strategies for both children and caregivers. Resources include fact sheets, online curricula, classes, and sometimes even an individual nutritional counselor, all meant to answer any questions you may have.

WIC also offers screening referrals to other health, welfare, and social services, including Medicaid, the Supplemental Nutrition Assistance Program (SNAP), counseling, and family support.

How do I apply for WIC?

WIC is federally funded through the U.S. Department of Agriculture and is operated through local clinics by state WIC agencies and Indian Tribal Nations. To apply for WIC, contact your state or local WIC agency via the [state agency website or toll-free number](#).

The WIC agency will inform you about documents necessary to apply and conduct an appointment to confirm eligibility and enroll your household in WIC.

What must I show to apply for WIC?

Grandparents and other caregivers need to show their identification and proof that they live at their address, that the child lives with them, and that they are responsible for the child. A caregiver enrolling an infant or child must sign the Rights & Responsibilities statement, which includes a statement that "I have legal authorization to provide information and to consent to medical treatment for the child/infant listed." Authorization can include a [power of attorney or delegation of parental authority](#) from parents or a [health care authorization form](#); it is not restricted to court-ordered custody. In some communities, the caregiver may be required to share these legal documents, and in others, the Rights & Responsibilities statement will be enough.

What are the income requirements to qualify for WIC?

Individuals are automatically income-eligible for WIC if your household or the child in your household is in Medicaid or SNAP. You are also income-eligible for WIC if you are low income (household income at or below 185 percent of the federal poverty guidelines, as displayed in Table 1). For the purposes of WIC, low income is usually defined as the income of all members of the household.

Get the resource:

- <https://www.gksnetwork.org/resources/kinship-grandfamilies-and-wic/>

WIC Discussion

- Have you referred families to WIC?
- Do you have a relationship with your local (or state) WIC agency?
- Have families you work with encountered challenges in accessing WIC?
- What resource, training, relationships, etc would be helpful for connecting your families with WIC?



**WIC helps
grandmas,
too.**

& fathers, & aunts,
& foster parents,
& step-parents...

Primary caregivers can apply
for kids under 5 in their care.

Source: Hunger Solutions New York <https://hungersolutionsny.org/federal-nutrition-programs/wic/resources/>

Questions?

Connect With Us!

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