

CACFP is an indicator of quality child care.



Helpful Tools

Use these recipe cards to write down and share all the great recipe ideas that meet the New Meal Patterns and are CACFP Creditable.



recipe

ingredients

directions



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recipe

ingredients

directions

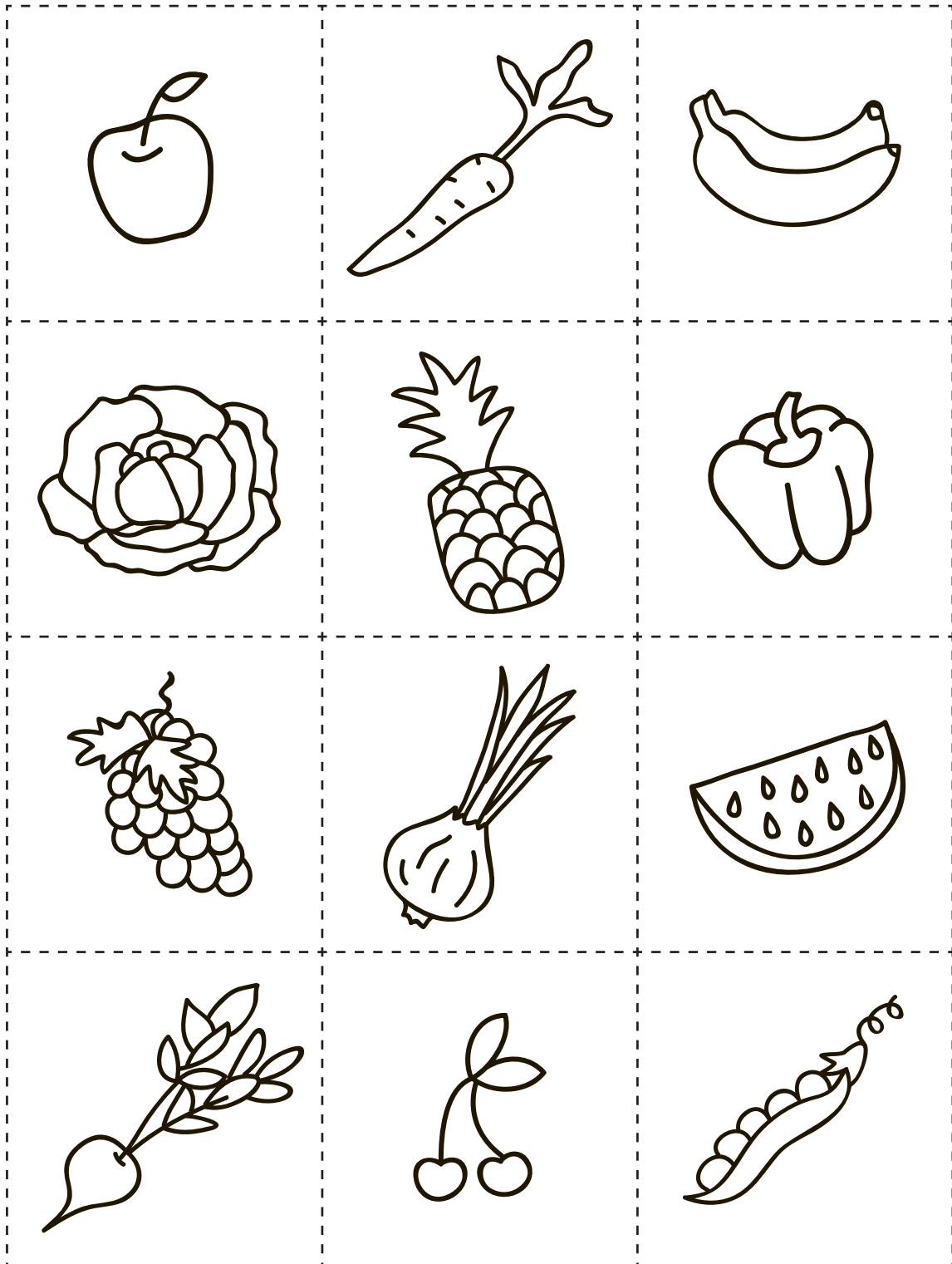


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Helpful Tools

Use these fruit and veggie cards to help divide your team into groups for any of the activities throughout the training module.



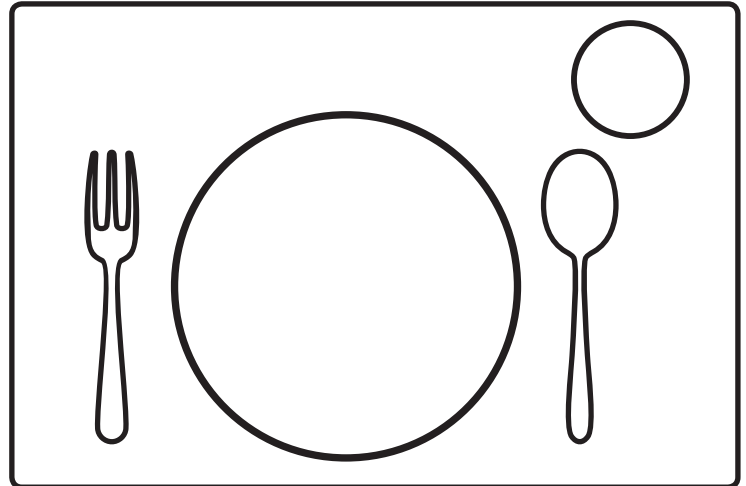
Placemat Art

Let children use their imagination to design their own personalized placemat that they can use during meal times.

Gather the following items:

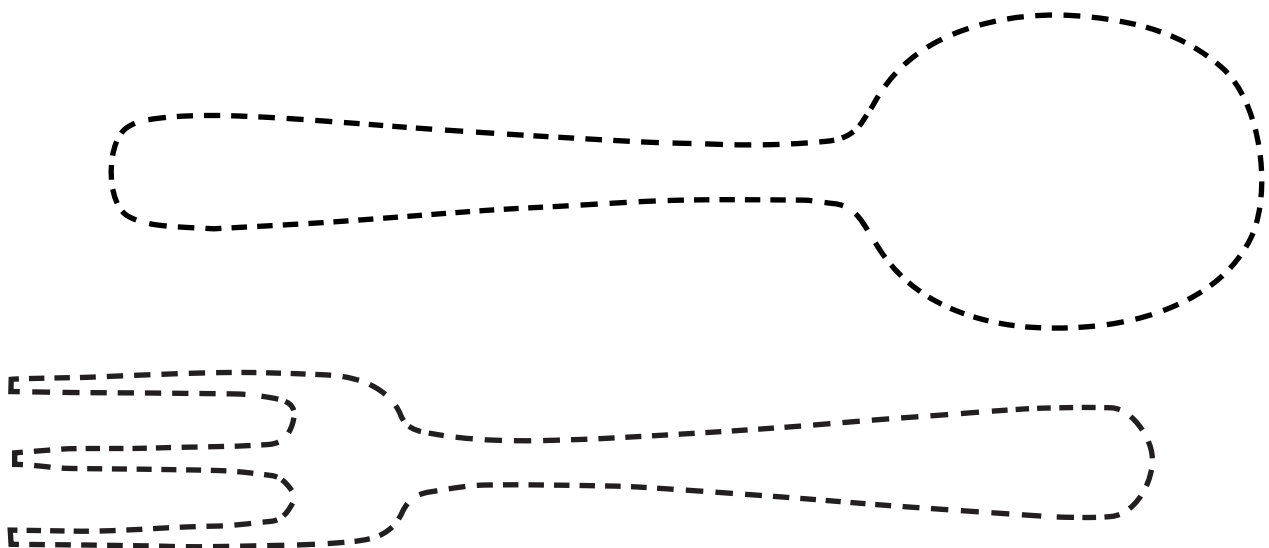
- 12" x 18" Foam Sheets
(These hold up amazing if you use them throughout the month!)
- Sharpie Brush markers. (Keep an eye on each child when using sharpies, let them know they have to be very careful.)
- Place setting stencils
(below and following page)

Cut out each stencil. Using the stencils, have each child trace where their plate should go, fork, spoon, and drink cup. Then let them color away. Make sure they put their names on it so it's their own personal placemat for every meal.



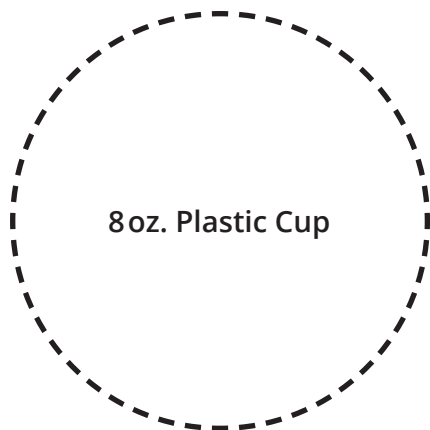
More Placemat Fun!

- You can make placemats for each meal, discussing the importance of what they should be eating during that meal. They can draw what their favorite food items are.
- Make a placemat for special holidays, like Thanksgiving, or other occasions.

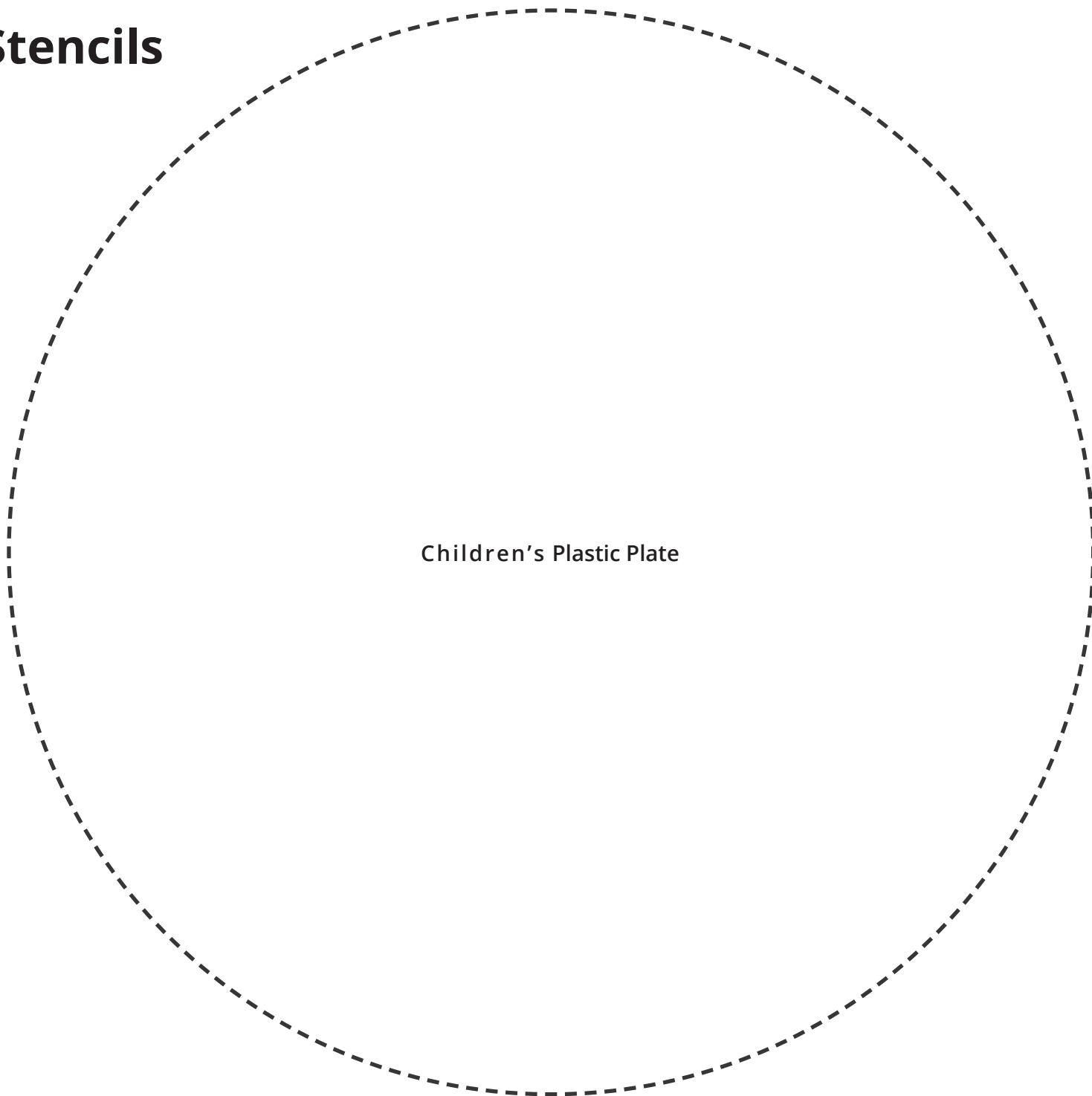


Place Setting Stencils

Cut out each stencil.



8oz. Plastic Cup

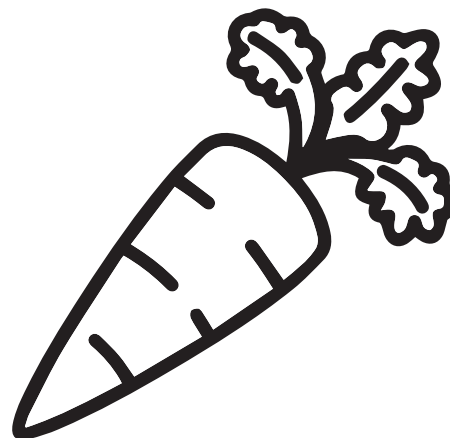
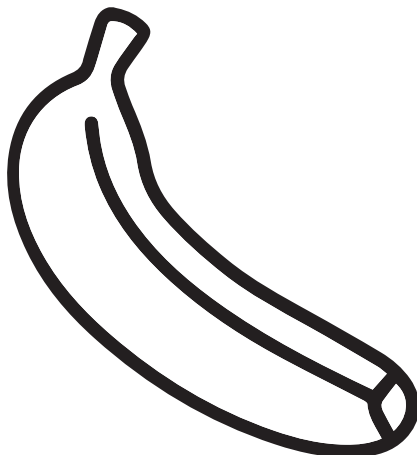
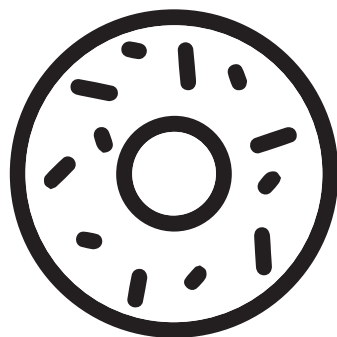
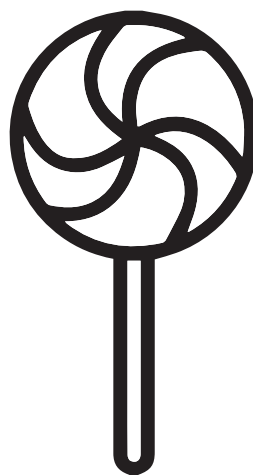
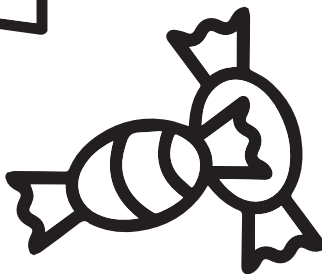
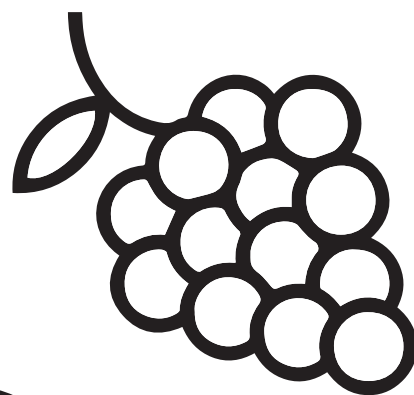
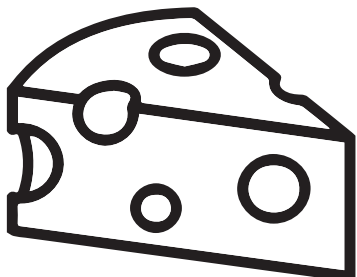
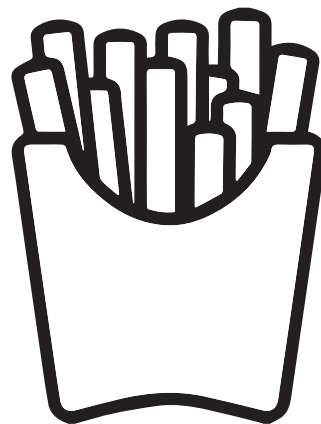
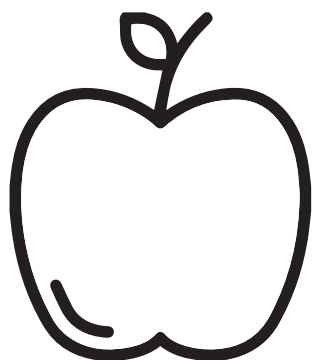


Children's Plastic Plate

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It's Snack Time!

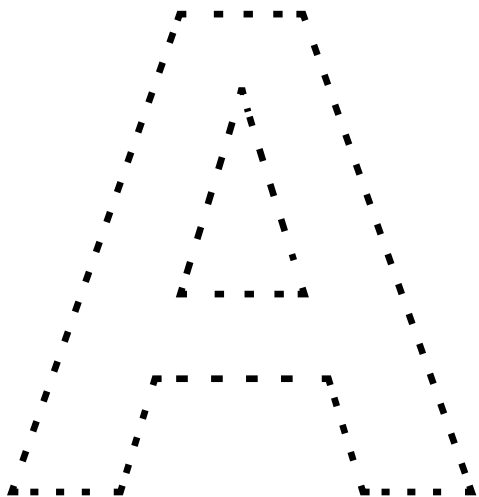
Color only the healthy snack choices. Circle your two favorites.



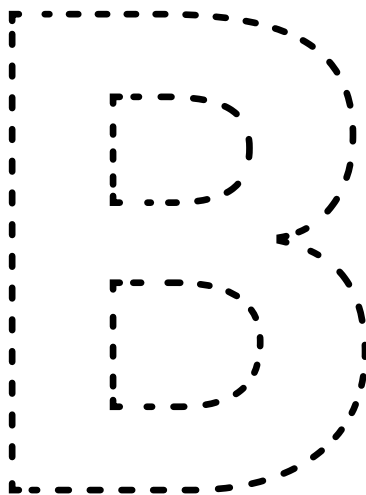
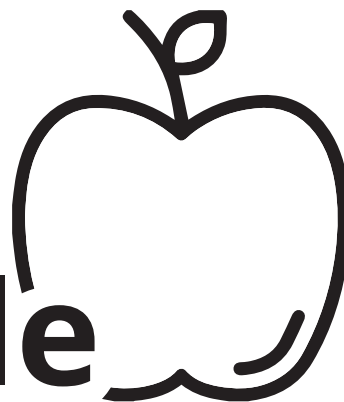
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A is for Apple

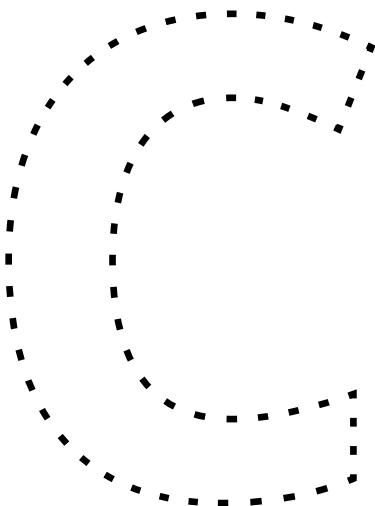
Connect the dots to learn the first letter of our favorite snacks.



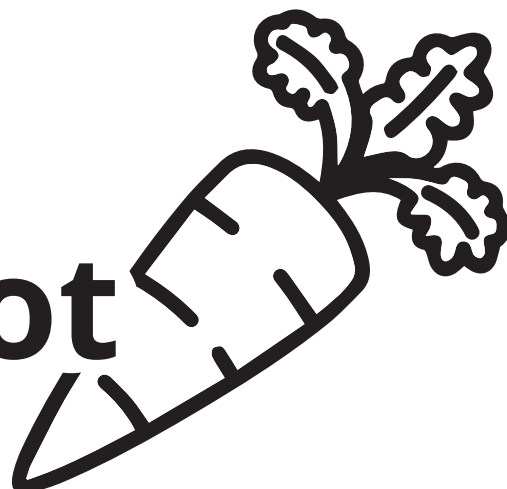
pple



anana

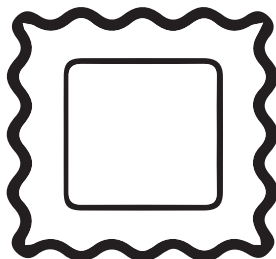
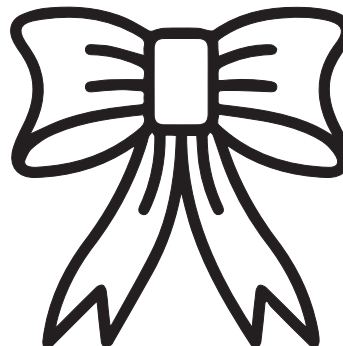
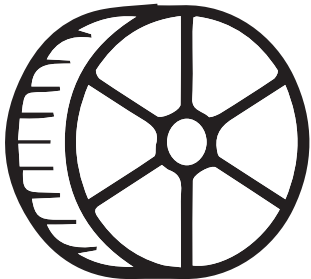
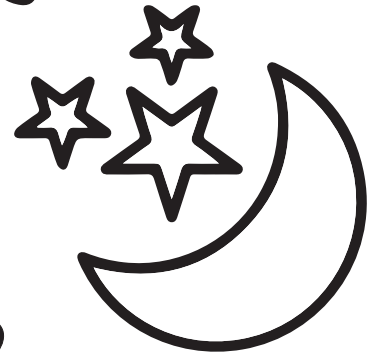
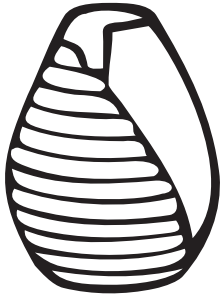
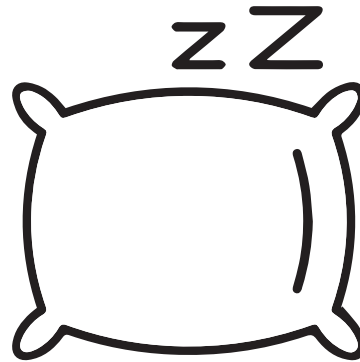
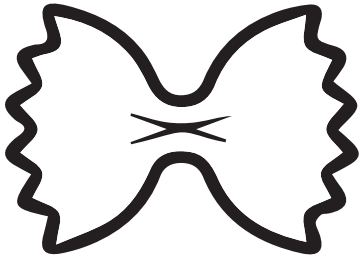
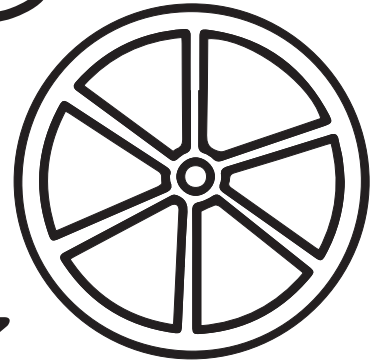
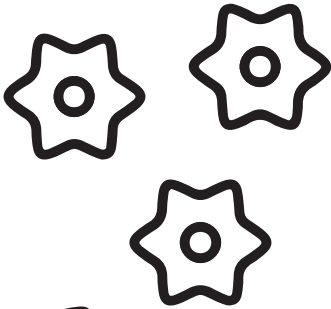
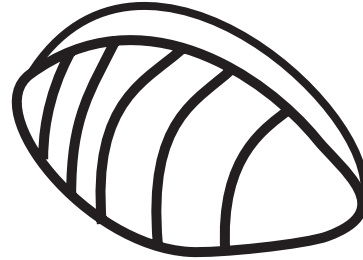
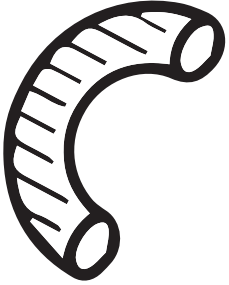


arrot



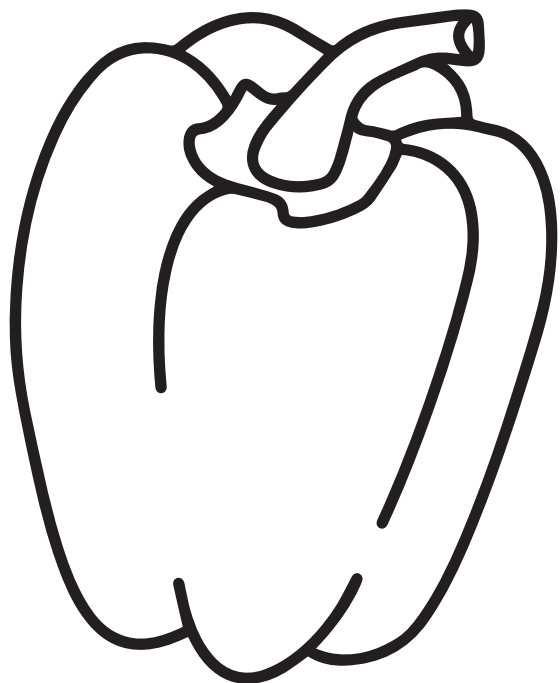
Pasta Shapes

Draw a line from each piece of pasta to the shape it most looks like.

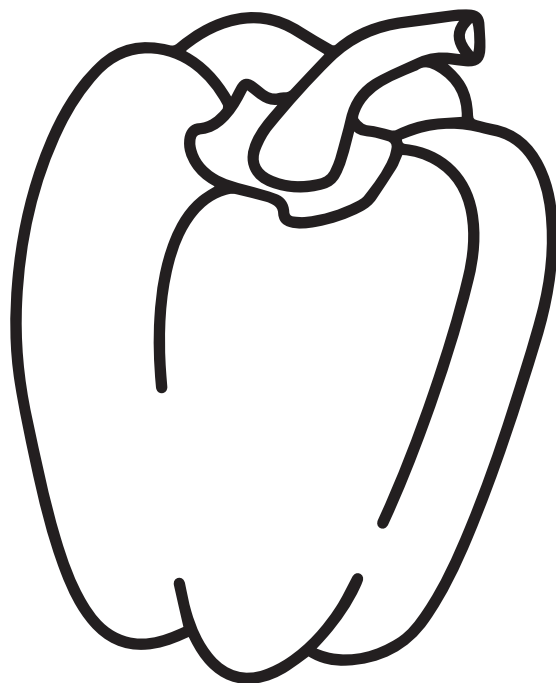


What Colors are Bell Peppers?

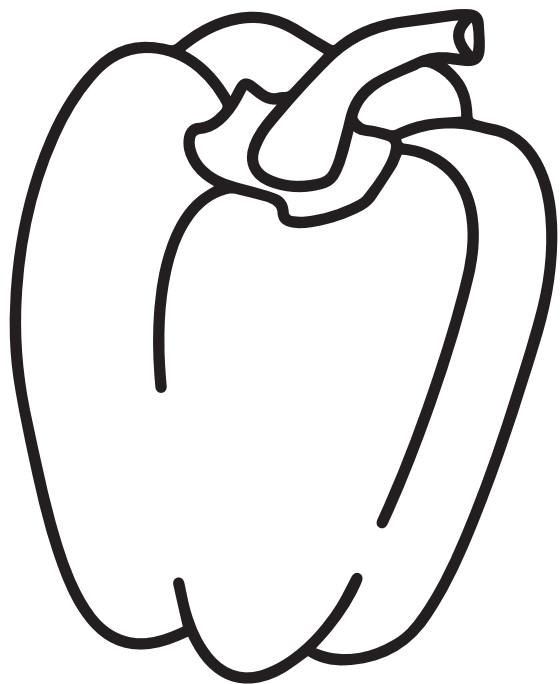
Color each bell pepper with the color labeled below.



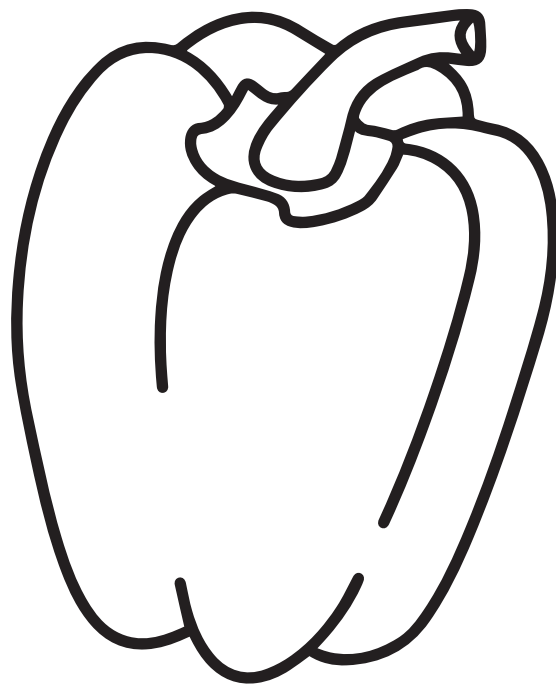
GREEN



RED



ORANGE

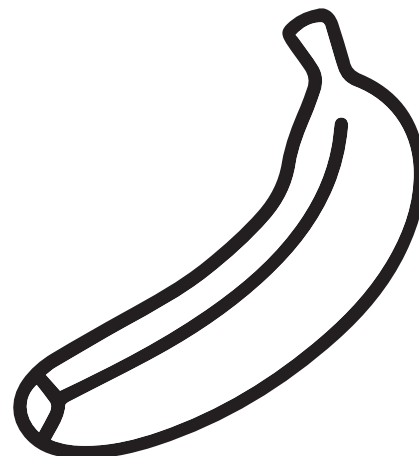
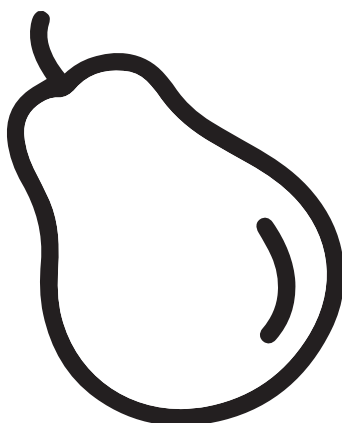
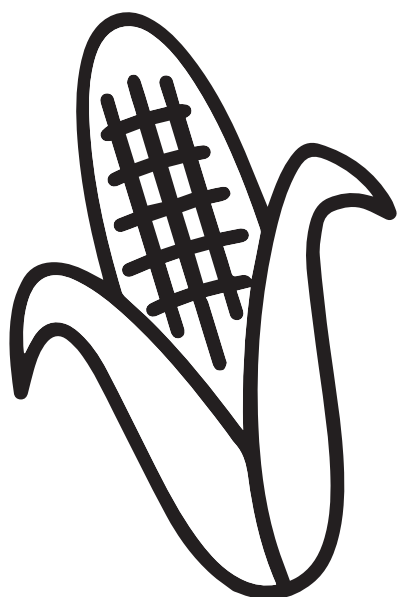
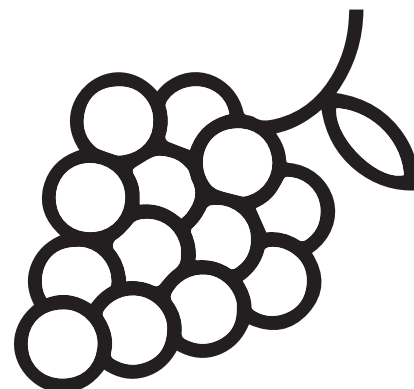
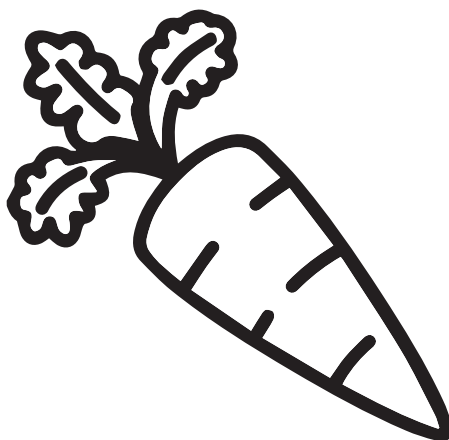
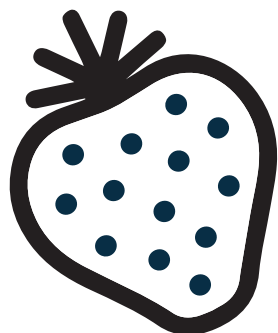
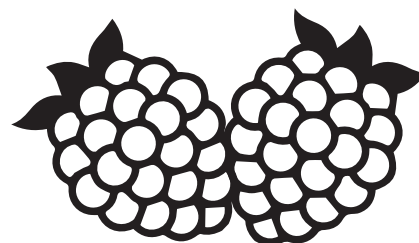
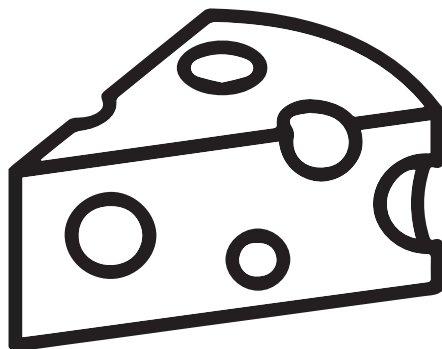


YELLOW

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Rainbow Plate

Color each of the food items, then cut out all the pieces. Take a paper plate and paste different food items to your plate to create a rainbow of healthy foods.



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JANUARY

Best Practices Monthly Meal Planning

BEST PRACTICE: Support mothers who choose to breastfeed their infants by encouraging mothers to supply breastmilk for their infants while in day care and offering a quiet, private area that is comfortable and sanitary for mothers who come to the center or day care home to breastfeed.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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FEBRUARY

Best Practices Monthly Meal Planning

BEST PRACTICE: *Limit serving purchased pre-fried foods to no more than one serving per week.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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MARCH

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve only natural cheeses and choose low-fat or reduced-fat cheeses.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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APRIL

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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MAY

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve only unflavored milk.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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JUNE Best Practices

Monthly Meal Planning

BEST PRACTICE: Avoid serving noncreditable foods that are sources of added sugars, such as honey, jam and syrup.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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JULY

Best Practices Monthly Meal Planning

BEST PRACTICE: *Provide at least two servings of whole grain-rich grains per day.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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AUGUST

Best Practices Monthly Meal Planning

BEST PRACTICE: *Incorporate seasonal or locally produced foods into meals.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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SEPTEMBER

Best Practices Monthly Meal Planning

BEST PRACTICE: *Limit serving processed meats to no more than one serving per week.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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OCTOBER

Best Practices Monthly Meal Planning

BEST PRACTICE: *Serve only lean meats, nuts, and legumes.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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NOVEMBER

Best Practices Monthly Meal Planning

BEST PRACTICE: *Make at least one of the two required components of snack a vegetable or a fruit.*

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

AM SNACK

PM SNACK

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DECEMBER

Best Practices Monthly Meal Planning

BEST PRACTICE: Each week, provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas, and starchy vegetables.

With your group, think of two menu suggestions for breakfast, lunch/supper and snack using the best practice of the month.

BREAKFAST

AM SNACK

LUNCH/SUPPER

PM SNACK

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Best Practices Matching STEP ONE

Cut out each square below. On the blank chart following, try to match each snack suggestion with the right Best Practice.



Provide at least two servings of whole grain-rich grains per day.	Grilled ham and tomatoes
Make at least one of the two required components of every snack a vegetable or fruit.	French toast and peaches
Serve only lean meats, nuts and legumes for meat alternates.	Soft boiled egg and toast
Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.	Orange bell peppers and crackers
Incorporate seasonal or locally produced foods into meals.	Whole Grain-Rich pretzels and hummus
Limit serving processed meats to no more than one serving per week.	Pretzel sticks and cheese cubes
Serve only natural cheeses and choose low-fat or reduced fat cheeses.	Dried cranberries and oatmeal
Avoid serving non-creditable foods that are sources of added sugars, such as honey, jam and syrup.	Black bean salsa with tortilla chips
Limit servings of purchased pre-fried foods to no more than once per week.	Blueberries and cottage cheese
Provide at least one serving each of dark green, red and orange vegetables per week.	Honey dew and ham slice

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Best Practices Matching STEP TWO

On the blank chart, try to match each snack suggestion with the right Best Practice. In the blank squares write your own snack ideas.

BEST PRACTICE	SNACK SUGGESTION	YOUR OWN SNACK SUGGESTION/RECIPE IDEA
Provide at least two servings of whole grain-rich grains per day.		
Make at least one of the two required components of every snack a vegetable or fruit.		
Serve only lean meats, nuts and legumes for meat alternates.		
Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.		
Incorporate seasonal or locally produced foods into meals.		
Limit serving processed meats to no more than one serving per week.		
Serve only natural cheeses and choose low-fat or reduced fat cheeses.		
Avoid serving non-creditable foods that are sources of added sugars, such as honey, jam and syrup.		
Limit servings of purchased pre-fried foods to no more than once per week.		
Provide at least one serving each of dark green, red and orange vegetables per week.		

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Best Practices Matching ANSWERS

On the blank chart, try to match each snack suggestion with the right Best Practice. In the blank squares write your own snack ideas.

BEST PRACTICE	SNACK SUGGESTION	YOUR OWN SNACK SUGGESTION/RECIPE IDEA
Provide at least two servings of whole grain-rich grains per day.	Whole Grain-Rich pretzels and hummus	
Make at least one of the two required components of every snack a vegetable or fruit.	Blueberries and cottage cheese	
Serve only lean meats, nuts and legumes for meat alternates.	Black bean salsa with tortilla chips	
Serve a variety of fruits and choose whole fruits (fresh, canned, dried, or frozen) more often than juice.	Dried cranberries and oatmeal	
Incorporate seasonal or locally produced foods into meals.	Honey dew and ham slice	
Limit serving processed meats to no more than one serving per week.	Soft boiled egg and toast	
Serve only natural cheeses and choose low-fat or reduced fat cheeses.	Pretzel sticks and cheese cubes	
Avoid serving non-creditable foods that are sources of added sugars, such as honey, jam and syrup.	French toast and peaches	
Limit servings of purchased pre-fried foods to no more than once per week.	Grilled ham and tomatoes	
Provide at least one serving each of dark green, red and orange vegetables per week.	Orange bell peppers and crackers	

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

January Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

February Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

March Holiday _____

Physical Activities			
	New Foods		
	Nutrition Lesson		

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

April Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

May Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

June Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

July Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

August Holiday _____

Physical Activities			
	New Foods		Nutrition Lesson

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

September Holiday _____

Physical Activities			
	New Foods		
	Nutrition Lesson		

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

October Holiday _____

Physical Activities			

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

November Holiday _____

Physical Activities			

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Healthy Habits Holiday Pyramid

Select a holiday during the month below. Build a pyramid around the holiday selected. You will need to create three physical activities, two foods to introduce, and one nutrition lesson that represents that holiday.

December Holiday _____

Physical Activities			

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Healthy Habits Activity Challenge

Complete each activity, each month, log the date completed, and rate the activity. Five stars means GREAT!

Don't forget to post pictures @NationalCACFP and share with fellow providers how you accomplished these activities, what you learned, and what you added to enhance the suggestions.

Once completed, send to National CACFP Sponsors Association at PO Box 1748, Round Rock, TX 78680, in order for us to recognize your accomplishment and improve future calendars.

MONTH	ACTIVITY/RECIPE	DATE COMPLETED	PROVIDERS INITIALS	STAR RATING
JANUARY	Heart Healthy Chicken			☆☆☆☆☆
	Tambourine Time			☆☆☆☆☆
	Marching Together			☆☆☆☆☆
FEBRUARY	Roasted Beets			☆☆☆☆☆
	Waving Wand			☆☆☆☆☆
	Musical Chairs			☆☆☆☆☆
MARCH	Applesauce Toss			☆☆☆☆☆
	Tissue Time			☆☆☆☆☆
	Juggle Act			☆☆☆☆☆
APRIL	Fruit Patterns			☆☆☆☆☆
	Colorful Clowns			☆☆☆☆☆
	Clowning Around			☆☆☆☆☆
MAY	Smoothie Snack			☆☆☆☆☆
	Clown Nose			☆☆☆☆☆
	Circle Cyclists			☆☆☆☆☆
JUNE	Sweet Potato Hash			☆☆☆☆☆
	Paper Sack Pony			☆☆☆☆☆
	Horse Races			☆☆☆☆☆
JULY	Sandwich Sliders			☆☆☆☆☆
	Clothespin Walker			☆☆☆☆☆
	Tightrope Toddlers			☆☆☆☆☆
AUGUST	Garden Fresh			☆☆☆☆☆
	Greatest Showman			☆☆☆☆☆
	Hula Hoop-lah			☆☆☆☆☆
SEPTEMBER	Tuna Time			☆☆☆☆☆
	Ring Toss			☆☆☆☆☆
	Circus Yoga			☆☆☆☆☆
OCTOBER	Three Bean Soup			☆☆☆☆☆
	Pom Pom Balloons			☆☆☆☆☆
	Big Top			☆☆☆☆☆
NOVEMBER	Roll ups			☆☆☆☆☆
	Fingerprint Art			☆☆☆☆☆
	Stars of the Show			☆☆☆☆☆
DECEMBER	Muffin Surprise			☆☆☆☆☆
	Hat Trick			☆☆☆☆☆
	Magic Words			☆☆☆☆☆

BUSINESS RECORD-KEEPING Attendance & Payment Record-Keeping Practice Worksheet

Complete the attendance and payment records with this information and track YTD earnings.

Jack and Kayla are cared for daily in Donna's home child care. Jack attends every weekday from 8am - 5pm. His parents pay \$25 per day. Kayla attends every weekday from 8am - 1pm and her parents pay \$20 per day. In October, Jack missed all Mondays and the 15th for his birthday. Kayla missed the 13th due to illness. In November, Jack missed all Mondays and was out Thanksgiving and the day after. Kayla was out the entire week of Thanksgiving because her brother was home from school. In December, Donna was on vacation from December 21st through January 7th for the holidays. Jack and Kayla did not attend during this time. Donna's home child care is Tier II.

October 2020 Attendance & Payment Record

In & Out - Use to record time child is admitted in and out of child care. **\$ Due & \$ Paid** - Use to record amounts each parent owes and has paid.

Record total monthly payments collected on monthly Business Expense & Income page.

Child's Name	October 2020	Th 1	Fr 2	Sa 3	Su 4	Mo 5	Tu 6	We 7	Th 8	Fr 9	Sa 10	Su 11	Mo 12	Tu 13	We 14	Th 15	Fr 16	Sa 17	Su 18	Mo 19	Tu 20	We 21	Th 22	Fr 23	Sa 24	Su 25	Mo 26	Tu 27	We 28	Th 29	Fr 30	Sa 31	Month Total
	Time In																																
	Time Out																																
	\$ Due																																
	\$ Paid																																
	Time In																																
	Time Out																																
	\$ Due																																
	\$ Paid																																
If you have more than 9 children, NCA grants permission to make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.																									Total Monthly Payments Collected								

October 2020

Income Received

Date	Source	Amt
	CACFP	\$81.36
	This month's total payments received from parents	\$
	Other (specify)	\$
	Other (specify)	\$
=	This month's total income	\$
+	Previous YTD Income Received Balance Brought Forward	\$8,730
=	New YTD Income Received Balance	\$
	Amount put in savings for tax payment	\$

November 2020 Attendance & Payment Record

In & Out - Use to record time child is admitted in and out of child care. **\$ Due & \$ Paid** - Use to record amounts each parent owes and has paid.

Record total monthly payments collected on monthly Business Expense & Income page.

Child's Name	November 2020	Su 1	Mo 2	Tu 3	We 4	Th 5	Fr 6	Sa 7	Su 8	Mo 9	Tu 10	We 11	Th 12	Fr 13	Sa 14	Su 15	Mo 16	Tu 17	We 18	Th 19	Fr 20	Sa 21	Su 22	Mo 23	Tu 24	We 25	Th 26	Fr 27	Sa 28	Su 29	Mo 30	Month Total
	Time In																															
	Time Out																															
	\$ Due																															
	\$ Paid																															
	Time In																															
	Time Out																															
	\$ Due																															
	\$ Paid																															
If you have more than 9 children, NCA grants permission to make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.																									Total Monthly Payments Collected							

November 2020

Income Received

Date	Source	Amt
	CACFP	\$66.80
	This month's total payments received from parents	\$
	Other (specify)	\$
	Other (specify)	\$
=	This month's total income	\$
+	Previous YTD Income Received Balance Brought Forward	\$
=	New YTD Income Received Balance	\$
	Amount put in savings for tax payment	\$

December 2020 Attendance & Payment Record

In & Out - Use to record time child is admitted in and out of child care. **\$ Due & \$ Paid** - Use to record amounts each parent owes and has paid.

Record total monthly payments collected on monthly Business Expense & Income page.

Child's Name	December 2020	Tu 1	We 2	Th 3	Fr 4	Sa 5	Su 6	Mo 7	Tu 8	We 9	Th 10	Fr 11	Sa 12	Su 13	Mo 14	Tu 15	We 16	Th 17	Fr 18	Sa 19	Su 20	Mo 21	Tu 22	We 23	Th 24	Fr 25	Sa 26	Su 27	Mo 28	Tu 29	We 30	Th 31	Month Total
	Time In																																
	Time Out																																
	\$ Due																																
	\$ Paid																																
	Time In																																
	Time Out																																
	\$ Due																																
	\$ Paid																																
If you have more than 9 children, NCA grants permission to make an extra copy of this Attendance & Payment Record chart. Attach along the bottom with tape.																									Total Monthly Payments Collected								

December 2020

Income Received

Date	Source	Amt
	CACFP	\$56.56
	This month's total payments received from parents	\$
	Other (specify)	\$
	Other (specify)	\$
=	This month's total income	\$
+	Previous YTD Income Received Balance Brought Forward	\$
=	New YTD Income Received Balance	\$
	Amount put in savings for tax payment	\$

Fill in Donna's monthly expenses based on the issued checks she signed for each month. Then add the total of each expense.

For IRS Schedule C (Form 1040) Profit or Loss from Business

[illegible]

For IRS Schedule C (Form 1040) Profit or Loss from Business

[illegible]

For IRS Schedule C (Form 1040) Profit or Loss from Business

[illegible]

DONNA'S HOME CHILD CARE
 123 Main Street Drive
 Happyville, US 11111
 PAY TO THE ORDER OF Little Toy Shoppe \$ 212.54
Two hundred & twelve dollars .54/xx DOLLARS
 FOR Tasy Donna Smith
 0000000001 000000000 0000

Business Record-Keeping Calculating End of Year Standard Meal Allowance Rate Practice Sheet

For "Standard Meal Allowance" record the total number of meals and snacks served including meals and snacks not reimbursable by CACFP. Do not include your own children's meals.
Based on a home child care serving 5 children.

January

Breakfasts	<u>72</u>
AM Snacks	<u>85</u>
Lunches	<u>75</u>
PM Snacks	<u>66</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

February

Breakfasts	<u>81</u>
AM Snacks	<u>76</u>
Lunches	<u>88</u>
PM Snacks	<u>88</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

March

Breakfasts	<u>65</u>
AM Snacks	<u>80</u>
Lunches	<u>87</u>
PM Snacks	<u>76</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

April

Breakfasts	<u>65</u>
AM Snacks	<u>71</u>
Lunches	<u>81</u>
PM Snacks	<u>76</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

May

Breakfasts	<u>54</u>
AM Snacks	<u>71</u>
Lunches	<u>77</u>
PM Snacks	<u>73</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

June

Breakfasts	<u>76</u>
AM Snacks	<u>83</u>
Lunches	<u>83</u>
PM Snacks	<u>83</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

July

Breakfasts	<u>57</u>
AM Snacks	<u>75</u>
Lunches	<u>75</u>
PM Snacks	<u>73</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

August

Breakfasts	<u>65</u>
AM Snacks	<u>77</u>
Lunches	<u>77</u>
PM Snacks	<u>77</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

September

Breakfasts	<u>64</u>
AM Snacks	<u>89</u>
Lunches	<u>86</u>
PM Snacks	<u>84</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

October

Breakfasts	<u>63</u>
AM Snacks	<u>92</u>
Lunches	<u>93</u>
PM Snacks	<u>88</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

November

Breakfasts	<u>65</u>
AM Snacks	<u>87</u>
Lunches	<u>89</u>
PM Snacks	<u>89</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

December

Breakfasts	<u>52</u>
AM Snacks	<u>83</u>
Lunches	<u>80</u>
PM Snacks	<u>76</u>
Dinners	<u>0</u>
Evening Snacks	<u>0</u>

STANDARD MEAL ALLOWANCE RATES

for 2020 income tax returns and for
Tier 1 Food Program reimbursements
from July 1, 2019 to June 30, 2020
(in the continental U.S.)

\$1.33 for each Breakfast

\$2.49 for each Lunch or Supper

\$0.74 for each Snack
(up to 3 per day for each child)

END OF THE YEAR ALLOWANCE CALCULATOR

Meal	# of Meals	2020 Standard Meal Allowance	= Total
Breakfast			
AM Snack			
Lunch			
PM Snack			
Dinner			
Evening Snack			
Total Food Cost			

Business Record-Keeping Calculating End of Year Standard Meal Allowance Rate Practice Sheet

For "Standard Meal Allowance" record the total number of meals and snacks served including meals and snacks not reimbursable by CACFP. Do not include your own children's meals.
Based on a home child care serving 5 children.

January

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

February

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

March

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

April

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

May

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

June

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

July

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

August

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

September

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

October

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

November

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

December

Breakfasts _____
AM Snacks _____
Lunches _____
PM Snacks _____
Dinners _____
Evening Snacks _____

STANDARD MEAL ALLOWANCE RATES

for 2020 income tax returns and for
Tier 1 Food Program reimbursements
from July 1, 2019 to June 30, 2020
(in the continental U.S.)

\$1.33 for each Breakfast

\$2.49 for each Lunch or Supper

\$0.74 for each Snack
(up to 3 per day for each child)

END OF THE YEAR ALLOWANCE CALCULATOR

Meal	# of Meals	2020 Standard Meal Allowance	= Total
Breakfast			
AM Snack			
Lunch			
PM Snack			
Dinner			
Evening Snack			
Total Food Cost			

Business Record-Keeping Year End Utilities & Home Expenses / Federal Income Tax

Utilize the previous worksheets to fill in all the required information below.

UTILITIES AND HOME EXPENSES WORKSHEET

For IRS Form 8829 - Expenses for Business Use of Your Home

2020	Electric		Natural Gas		Water & Sewer		Trash & Recycling		General Home Repairs		Homeowner's Insurance		Real Estate Taxes		Rent or Interest on Mortgage			
	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount	Date Paid	Amount
Totals		\$978.44		\$231.23		\$960		\$300		\$750		\$723		\$4000		\$14,100		

FEDERAL INCOME TAX WORKSHEET

TOTAL INCOME (See December 2020 YTD Total) \$ _____
 CALCULATE SPACE/TIME %:

of square feet used for business ÷ total square feet in the house = _____

of hours of operation in a year ÷ total # of hours in a year (8760) = _____

SPACE _____ x TIME _____ = _____ %

EXPENSES:

Actual expenses in family child care vary among providers. You may have expenses in some categories and no expenses in others. Also, the exact expense categories used can vary. You may want to use or adjust categories based on your own experience and needs. The amounts to be filled in are the amounts you have calculated monthly on the Utilities and Home Expenses worksheet and the Monthly Business Expense pages of this record-keeping system as family child care business expenses. The categories listed in () are additional categories listed on tax forms that you may expense, if applicable.

The categories listed here are from "Form 8829: Expenses for Business Use of Your Home" and "Schedule C: Profit or Loss From Business or Profession."

FORM 8829:

(Casualty Losses) _____

Utilities _____

General Home Repairs and Maintenance _____

Homeowner's Insurance _____

Real Estate Taxes _____

Rent Or Interest On Mortgage _____

SCHEDULE C

(Depreciation) _____

(Family Day Care Liability Insurance) _____

(Car and Truck Expenses-use mileage log) _____

Food _____
 (actual receipts or Standard Meal Allowance Rate*)
 Household Supplies _____
 Program Supplies _____
 Office Supplies/Postage/Bank Charges _____
 Toys and Equipment _____
 Business Repairs and Maintenance _____
 Laundry/Cleaning _____
 Legal and Professional Services _____
 Training and Dues _____
 Wages _____
 Travel/Meals/Entertainment _____
 Advertising _____
 Other _____

TOTAL EXPENSES (Deductions) _____

NET INCOME (Total Income – Total Expenses) _____

*The IRS Standard Meal Allowance allows up to one breakfast, one lunch, one supper and three snacks per day, per child. The allowance for this year is based on Tier 1 rates as of January 1, 2020. The Standard Meal Allowance includes meals not reimbursed by the CACFP. Do not include meals served to your own children or other residential children, even if income eligible.

FEDERAL TAX FORMS WHICH YOU MAY BE REQUIRED TO FILE AS A SELF-EMPLOYED PERSON ARE:

Form 8829 (Expense for Business Use of Your Home)

Schedule C (Profit or Loss From Business or Profession)

Schedule SE (Social Security)

Schedule ES (Estimated Taxes)

W-10 (Dependent Care Provider Identification and Certification)

Form 1040 (Combines business and personal tax records)

Form 4562 (Depreciation)

For more information on the Standard Meal Allowance Rate or any tax question contact: IRS Hotline (800) 829-1040 or IRS Website: www.irs.gov

CACFP is an indicator of quality child care.

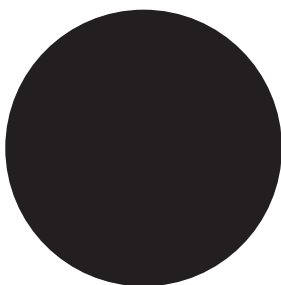
Square, Circle, Triangle Closure Activity

Reflect on your day of training and create these reminders so you won't forget what you learned.



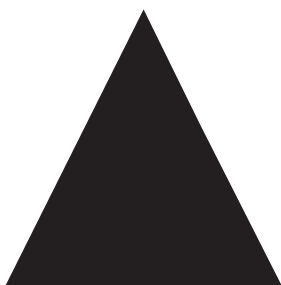
I completely understand _____
about the NCA Nutrition Calendar.

Notes _____



I am really thinking about using _____
from the NCA Nutrition Calendar and need to work further on it.

Notes _____



I don't understand _____ with the
NCA Nutrition Calendar because _____.

Notes _____

