



August 2025

Newsletter

Evergreen Child Care, Inc.
Child Nutrition Program



Meal benefit forms are required for providers who:

- Want to claim/continue to claim their own children (biological/adopted) or residential children (children that live in the provider's residence).
- Want to claim their foster child(ren), who live in the provider's residence. Foster children require to have their own meal benefit form (one form per foster child).

2025-2026 REIMBURSEMENT RATES

The Federal Reimbursement rates are now available. Effective **July 1, 2025 through June 30, 2026** the federal rates for daycare homes are follows:

Breakfast		Lunch		Dinner		Snack	
Tier I	Tier II	Tier I	Tier II	Tier I	Tier II	Tier I	Tier II
\$1.70	\$0.61	\$3.22	\$1.94	\$3.22	\$1.94	\$0.96	\$0.26

For those providers who fall in the categories listed above, the Meal Benefit Form needs to be updated in the month of August. The Meal Benefit Form is due by no later than **Friday, August 22, 2025**.

The Meal Benefit Form was already emailed to providers currently claiming children in the categories listed above.

Link to meal benefit form: http://www.evergreencacfp.org/uploads/1691604446dch06-mbf_for_providers.pdf

2025-2026 ENROLLMENT RENEWAL

As a reminder, the 2025-2026 annual enrollment renewal is coming in September. Please ensure to read our upcoming newsletter for further instructions.

ONLINE MANDATORY ANNUAL TRAINING

It's that time of the year again. The annual MANDATORY workshop is coming. The annual training will be online. Check next month's newsletter for more details.

ACTION REQUIRED FOR PROVIDERS CLAIMING THEIR OWN CHILDREN (DUE AUGUST 22, 2025)

This is a reminder that this month, providers currently claiming or wanting to start to claim their own/foster children or residential children will need to complete a Meal Benefit Form for us to determine if their own children/foster or residential children will qualify for 2025-2026, based on their household income.

TABLE 3 TO PARAGRAPH (c)(2)—CHILD AND ADULT CARE FOOD PROGRAM LUNCH AND SUPPER
[SELECT THE APPROPRIATE COMPONENTS FOR A REIMBURSABLE MEAL]

Meal components and food items ¹	Minimum quantities			
	Ages 1-2	Ages 3-5	Ages 6-12	Adult participants
Fluid milk	4 fluid ounces ³	6 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats/meat alternates ⁷	1 ounce equivalent	1 1/2 ounce equivalents	2 ounce equivalents	2 ounce equivalents
Vegetables ⁸	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Fruits ⁹	1/8 cup	1/4 cup	1/2 cup	1/2 cup
Grains ⁶	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent

TABLE 4 TO PARAGRAPH (c)(3)—CHILD AND ADULT CARE FOOD PROGRAM SNACK
[SELECT TWO OF THE FIVE COMPONENTS FOR A REIMBURSABLE SNACK]

Meal components and food items ¹	Minimum quantities				
	Ages 1-2	Ages 3-5	Ages 6-12	Ages 13-18 ²	Adult participants
Fluid milk	4 fluid ounces ³	4 fluid ounces ⁴	8 fluid ounces ⁵	8 fluid ounces ⁵	8 fluid ounces ⁵
Meats/meat alternates ⁷	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent
Vegetables ⁸	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup
Fruits ⁹	1/2 cup	1/2 cup	3/4 cup	3/4 cup	1/2 cup
Grains ⁶	1/2 ounce equivalent	1/2 ounce equivalent	1 ounce equivalent	1 ounce equivalent	1 ounce equivalent

OUNCE EQUIVALENT FOR MEATS & MEAT ALTERNATES IN THE CACFP

In the CACFP (Child & Adult Care Food Program), an ounce equivalent (oz eq) of meat or meat alternate is a standard measurement used to determine how much of a food item counts towards the meat/meat alternate component of a meal. Essentially, it's a way to ensure that the portion sizes of different meat and meat alternative options are comparable in terms of their nutritional value.

Here is a breakdown of what constitutes an ounce equivalent for meats and meat alternates in the CACFP:

Meat, poultry, and fish:

1 ounce of cooked lean meat, poultry, or fish (without bones, breading, etc) is equal to 1 ounce equivalent.

Cheese:

1 ounce of natural or processed cheese (low-fat recommended) is equal to 1 ounce equivalent.

Tofu:

2.2 ounces of commercially prepared tofu (containing at least 5 grams of protein) is equal to 1 ounce equivalent.

Eggs:

1/2 large egg is equal to 1 ounce equivalent.

Lagumes (cooked):

1/4 cup of cooked dry beans, lentils, or peas is equal to 1 ounce equivalent.

Peanut butter/nut butters:

2 tablespoons of peanut butter or other nut butters is equal to 1 ounce equivalent.

Yogurt:

1/2 cup of yogurt or soy yogurt is equal to 1 ounce equivalent.

Tempeh:

1 ounce of tempeh is equal to 1 ounce equivalent.

USDA
United States Department of Agriculture

Serving Meat and Meat Alternates at Breakfast

Breakfasts in the Child and Adult Care Food Program (CACFP) include milk, vegetables and/or fruits, and grains. You can also serve meat and meat alternates instead of grains at breakfast up to 3 times per week. This option gives you more choices for menu planning.

Here's how to include meat or meat alternate in part of a reimbursable breakfast meal:

- Substitute 1 ounce equivalent of meat/meat alternate for 1 serving of grains, or
- Substitute 1 ounce equivalent of meat/meat alternate for 1 ounce equivalent of grains.

Choose equivalents are a way to measure amounts of food. In the CACFP, 1 ounce equivalent of a meat or meat alternate is equal to 2 tablespoons of peanut butter, 1/4 of a large egg, or 1 ounce of lean meat, poultry, or fish. If you want to serve meat/meat alternate more than 3 days a week, you must offer them as additional foods, which do not count toward the reimbursable meal.

A Closer Look at Menu Planning

If you plan to offer a meat or meat alternate at breakfast in place of grains, it must replace the entire required amount of meat alternate required for breakfast. The table below shows the minimum amount of a meat or meat alternate you would need to serve in place of grains at breakfast.

Minimum amount of meat alternate required for breakfast	Ages 1-2 years and 3-5 years	Ages 6-12 years and 13-18 years	Adults
Meat or poultry (cooked)	1 ounce equivalent	1 ounce equivalent	2 ounce equivalents
Natural or processed cheese	1 ounce	1 ounce	2 ounces
Cottage or ricotta cheese	1/2 cup (1 ounce)	1/2 cup (1 ounce)	1 cup
Eggs	1/4 cup (1 ounce)	1/4 cup (1 ounce)	1/2 cup
Lean meat, poultry, or fish	1 ounce	1 ounce	2 ounces
Peanut butter, soy or nut butter	2 tablespoons	2 tablespoons	4 tablespoons
Tempeh (dried or commercially prepared)	1 ounce	1 ounce	2 ounces
Yogurt (including non-fat)	1/2 cup (2 ounces)	1/2 cup (2 ounces)	1 cup (4 ounces)

Note: When you serve beans and peas as a vegetable, they cannot also count as a meat alternate in the same meal.

Serving Meat and Meat Alternates at Breakfast

See link for guidance: <http://www.evergreencacfp.org/uploads/1531164653cacfpmeatalt.pdf>

Happy Birthday *Evergreen Providers!*

Alenoosh Alexandy

Gloria Arango

Lucy Bryant

Sandra Castro

Maria Contreras

Lourdes Duarte

Joeslyne Flores-Ochoa

Keji Frank

Anahit Galstyan

Nella Ghazaryan

Gohar Hakobyan

Toni Hayes

Arman Igitkhanyan

Irina Karapetyan

Ani Kehiaian

Mahmooda Khairzada

Adrienne Mack

Wendy Nuno

Elsa Oxlaj

Hye Kyung Oh Park

Zhanneta Peresechanskaya

Mahin Rastegari

Mi Sook Rhee

Yolanda Sandoval

Karine Simonyan

Albertina Torrico

Scherie Vance

Joanne Zorrilla

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Fax: (202) 690-7442; or

Email: program.intake@usda.gov.

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