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## Indiana CACFP Award Application

Please fully complete the following information.

FACILITY NAME: \_\_\_\_\_

FACILITY CONTACT: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

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NUMBER OF CHILDREN  
ENROLLED: \_\_\_\_\_

SPONSOR ORGANIZATION  
(IF APPLICABLE): \_\_\_\_\_

FACILITY TYPE:     CENTER             HOME             MINISTRY

APPLYING FOR:     BRONZE             SILVER             GOLD

DOES YOUR FACILITY USE CATERED/VENDED MEALS?     YES             NO

LIST CATERER/VENDER: \_\_\_\_\_

Return the Completed Application Packet to:

Heather Stinson  
Indiana Department of Education  
School and Community Nutrition  
151 West Ohio St  
Indianapolis, IN 46219

Direct questions to Angie Frost at [afrost@doe.in.gov](mailto:afrost@doe.in.gov) or 317-232-2130 or  
Heather Stinson at [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov) or 317-232-0869



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## Indiana CACFP Award Application Checklist

At least four items are required to be submitted as part of your application packet. Please use the checklist below to ensure that all items are included in your packet before mailing.

- Application Form
- A copy of your four week cycle menus (as served)
- Recipes or ingredient lists for food used to meet the whole grain criteria
- A copy of your facility's wellness plan
- A copy of any materials used for parent education (only for level 3)

### Helpful hints

- \* Identify the produce on your menus that are served fresh (raw)
- \* Identify the grains on your menus that are whole grains
- \* Identify items that are homemade
- \* Include any additional materials or information that will confirm the criteria was met.

For questions or clarification on the award, contact:

Angie Frost, 317-232-2130, [afrost@doe.in.gov](mailto:afrost@doe.in.gov)

Heather Stinson, 317-232-0869, [hstinson@doe.in.gov](mailto:hstinson@doe.in.gov)



## Criteria for Meals

Criteria must be met for all meals the facility serves on the Child and Adult Care Food Program

<b>BREAKFAST</b>		
<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Limit juice to three times per week or less	Limit juice to two times per week or less	Limit juice to one time per week or less
Serve a whole grain at least 1 time per week	Serve a whole grain at least 2 times per week	Serve a whole grain at least 3 times per week
Limit sweet items to 1 time or less per week (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 3 times or less per month (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 2 times or less per month (reference the CACFP Guide to Sweets & Snacks)
Serve a fresh fruit at least 1 time per week	Serve different fresh fruits at least 2 times per week	Serve different fresh fruits at least 3 times per week

<b>SNACK</b>		
<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Limit juice to three times per week	Limit juice to two times per week	Limit juice to one time per week
Serve a different fresh/frozen/canned fruit at least one time per week	Serve a different fresh/frozen/canned fruit at least two times per week	Serve a different fresh/frozen/canned fruit at least two times per week
Serve a different fresh/frozen/canned vegetable at least one time per week	Serve a different fresh/frozen/canned vegetable at least one time per week	Serve a different fresh/frozen/canned vegetable at least one time per week
Limit sweet items to 1 time or less per week (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 3 times or less per month (reference the CACFP Guide to Sweets & Snacks)	Limit sweet items to 2 times or less per month (reference the CACFP Guide to Sweets & Snacks)
Serve crackers no more than 2 times per week	Serve crackers no more than 2 times per week	Serve crackers no more than 2 times per week
		At least 1 healthy meat/meat alternate must be served each week (reference the CACFP Guide to Healthy Meat/Meat Alternates)

<b>LUNCH/SUPPER</b>		
<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Serve a whole grain at least 1 time per week	Serve a whole grain at least 2 times per week	Serve a whole grain at least 3 times per week
Processed meats are served no more than two times per week (reference the CACFP Guide to Processed Meats/Meat Products/Cheeses)	Processed meats are served no more than one time per week (reference the CACFP Guide to Processed Meats/Meat Products/Cheeses)	Processed meats are served no more than one time per week (reference the CACFP Guide to Processed Meats/Meat Products/Cheeses)
A fresh (raw) fruit or vegetable is served at least 1 time per week	A fresh (raw) fruit is served at least 1 time per week	A fresh (raw) fruit is served at least 1 time per week
Juice is not served during lunch or supper	A fresh (raw) vegetable is served at least 1 time per week	Fresh (raw) vegetables are served at least 2 times per week
	Juice is not served during lunch or supper	Juice is not served during lunch or supper
	Serve beans or legumes at least 1 time per month (reference the CACFP Guide to Dried Beans and Peas)	Serve beans or legumes at least 2 times per month (reference the CACFP Guide to Dried Beans and Peas)

## Criteria for Wellness Plans

<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Must have a written wellness plan including nutrition guidelines for your facility	Level 1 wellness plan requirements +	Level 2 wellness plan requirements +
	Must have a written policy on providing breastfeeding support	Must have a written policy on providing nutrition education
	Must have a written policy on providing physical activity	Must offer parent education on nutrition and/or wellness (reference the CACFP Parent Education Packet)

# Guide to Processed Meats/ Meat Products/Cheeses\*



Limit highly processed meat, poultry and fish (including high fat and salty breaded products). Choose natural cheeses instead of cheese food or cheese products.

Chicken nuggets/fingers

Chicken patties

Fish sticks/nuggets

Pork patties such as breaded tenderloin, sausage patties, pork fritters

Hot dogs

Corn dogs/corn dog nuggets

Bologna

Pepperoni

Salami

Bacon

Polish sausage/smoked sausage

Summer sausage

Breakfast sausage - patties and links

Spam

Treet

Canned meats—not tuna or salmon

Liverwurst

Luncheon loafs - olive loaf, pickle loaf, ham loaf (chopped ham), old fashioned loaf, honey loaf, spiced loaf, peppered loaf

Processed cheese food or processed cheese products



\*Processed meat is defined as any meat preserved by smoking, curing or salting, or with the addition of chemical preservatives; examples include bacon, salami, sausages, hot dogs or processed deli or luncheon meats.

\*Processed cheese food/product is defined as a mass-produced product made of one or more types of cheeses that have been heated and mixed with emulsifiers, colorings, flavorings, etc., primarily to retard spoilage and enhance spreadability at reduced cost.

# Guide to Sweets & Snacks



Limit products with added sugar and fat. Learn to read food labels and ingredients facts to determine sugar and fat content of breakfast and snack products.

## Breakfast:

Pancakes/waffles/French toast or other items served with syrup

Pastries such as Cinnamon rolls, Danish, coffee cake, sweet rolls

Donuts

Poptarts

Toaster Pastries

Muffins

Sweet breads

Sugar sweetened cereals with greater than 9 grams of sugar per serving

Cereal bars

Granola bars with greater than 9 grams of sugar (avoid chocolate dipped bars and those containing sugar alcohols)

Jams/jellies/honey/syrup

Sugar/cinnamon sugar

Biscuits

Scones

Croissants

Sugar sweetened beverages: Kool-aid, soda, fruit punch, sports drinks, some juices, flavored waters, lemonade, iced tea



## Snacks:

Cookies

Pies

Cakes/cupcakes

Snack cakes

Puddings

Gelatins

Ice creams/sherbets/popsicles

Quick breads



Candy/Candy bars

Items served with jams/jellies/honey/syrup

Potato Chips

Grain-based snack chips

Crackers (non-whole-grain)



Foods that contain added sugars and fats may contribute excess calories to children's diets. These foods generally contain very few, if any, vitamins, minerals, fiber and complex carbohydrates that fuel the body to be its best. Limit these items when planning a healthy, balanced menu.

# Guide to Healthy Meat/ Meat Alternates



Lean meats, fish, cheese and eggs are excellent sources of protein, vitamins and minerals. Other foods items contain significant amounts of these same nutrients but contain less, or healthier forms of fats and no cholesterol. Choose from the list below when considering meat/meat alternates for your menu.

Beef—sirloin, round  
Chicken/Turkey—skinless,  
white meat  
Pork—loin  
Lean deli meat—turkey, ham,  
roast beef  
Fish—tuna, salmon  
Cheeses, low-fat  
Cheddar, Swiss, String  
Cottage Cheese  
Eggs (large)  
Cooked dry beans or peas  
Peanut butter or other nut  
or seed butters  
Nuts—for older kids (4+)  
Yogurt, plain or sweetened

## Easy ways to incorporate more healthy meats and meat alternates

**Purchase meats when on sale**—check your local grocery store advertisements and buy meats when they go on sale.

**Buy in bulk**—Purchase meat in bulk to save money.

**Choose beans**—beans are an excellent source of protein but cost less than meat sources of protein.



**Try nut butters**—peanut butter, cashew butter, almond butter or sunflower butter are great meat alternatives to try.

**Choose fish**—canned tuna and salmon are high in omega-3 fatty acids and protein making them an excellent choice for day care meals.



**Try eggs**—eggs are inexpensive and easy to prepare. Try them scrambled, poached, hard boiled or deviled.

**Cottage cheese or yogurt make great snacks**—mix with fruit for a real treat.

# Legumes—A Guide to Dried Beans and Peas



Dried beans and peas are mature forms of legumes, or plants which have pods with rows of seeds inside. Legumes are a versatile and inexpensive food that can boost the nutritional content of childcare meals. Try serving a new bean dish at least once per week!

Black beans

Black-eyed peas, mature

Garbanzo beans (chickpeas)

Great Northern beans

Kidney beans

Lentils

Lima beans, mature

Navy (Pea) beans

Pink beans

Pinto beans

Red beans

Split peas

Soybeans, mature



## Easy ways to incorporate more beans

**Choose the easiest form!** Use canned, pre-cooked beans to simplify recipes and reduce cooking time.

**Power up recipes!** Add dry-packaged or canned beans and peas to casseroles, stews and side dishes. Make chili more interesting by adding two different beans. Try black beans and pinto beans.

**Serve satisfying soup!** Try split pea, lentil, minestrone or white bean soups. Use pureed beans to thicken soups and sauces.

**Spice up your menu!** Offer black bean enchiladas, low fat refried beans, or tacos with pinto or black beans.

**Spruce up salads!** Offer corn and black bean salad, three bean salad or chickpea salad. Or top a lettuce salad with your choice of bean for some protein.

**Try something new!** Hummus is made from pureed chickpeas (garbanzo beans) and is a great tasting dip for veggies or pita chips.

# Guide to Acceptable Cereals

Cereals must contain less than 9 grams of sugar per serving!  
The following list of cereals meet this criteria. The list is not comprehensive.

