

CACFP Quiz 2020

Civil Rights, CACFP Regulations & Operations

1. What is the maximum meal count that can be claimed per child/per day? (Circle all that apply.)
 - a. Three meals and no snacks
 - b. Two Meals and one snack
 - c. Two snacks and one meal
2. What can be substituted for a grain at breakfast three times per week? (Circle the creditable foods that apply.)
 - a. Yogurt
 - b. Egg
 - c. Bacon
 - d. Cream cheese
3. Creditable ready-to-eat breakfast cereal may contain no more than 6 grams of sugar per ounce and creditable yogurt may contain no more than 23 grams of total sugars per 6 ounce serving? (Circle the correct answer.)
 - a. True
 - b. False
4. Toast, bagels, and ready-to-eat cereal are creditable grains for infants 6-11 months old at breakfast, lunch, and supper. (Circle the correct answer.)
 - a. True
 - b. False
5. (Circle the correct answer that finishes the statement.) Children age one year must be served...
 - a. Unflavored skim milk
 - b. Unflavored whole milk
 - c. Unflavored 1% milk
 - d. Unflavored 2% milk
6. How often each day are whole grain-rich products required? (Circle the correct answer.)
 - a. Whole grain-rich foods are not required.
 - b. Whole grain-rich foods are required at all meals and snacks.
 - c. Whole grain-rich foods must be served at least once daily across all meals.
 - d. Whole grain-rich foods must be served once per week.
7. Any State's WIC food list is the best resource for whole grain-rich products, yogurts, and cereals that meet sugar requirements? (Circle the correct answer.)
 - a. True
 - b. False

8. What is required for a meal to be reimbursable when cow's milk is being substituted with a non-dairy beverage due to a medical disability? (Circle the correct answer.)
- A note from the parent.
 - A Doctor's note
 - A Dietary Restrictions & Substitutions Statement
9. Are meals reimbursable if a monitor comes for a review and a provider's menu is not posted? (Circle the correct answer.)
- Yes
 - No
10. In addition to menus, meal counts, and daily attendance, monitors are required to observe the WIC eligibility information and Building for the Future required notices are posted for parents to see. (Circle the correct answer.)
- True
 - False
11. What day of each month are menus due at our office? (Circle the correct answer.)
- 5th of the month
 - 6th of the month
 - 10th of the month
 - 15th of the month
12. Is it mandatory for a provider to offer infant meals? (Circle the correct answer.)
- Yes
 - No
13. How long does USDA require a provider to retain records? (Circle all that apply.)
- Claim documentation must be kept for three years after the date of the last claim submitted or the fiscal year to which they pertain.
 - The current month plus the previous 12 months records (a total of 13 months) must be kept onsite (in the home).
 - Providers may store the second and third past years records off-site, but they must be in the provider's control and the provider must be able to produce them within a reasonable amount of time.
 - None of the above.
14. Combination products purchased and served must have a CN Label. (Circle the correct answer.)
- True
 - False
15. Which of the following foods require a CN label to be kept on file? (Circle all that apply.)
- Chicken nuggets
 - Fish sticks
 - Frozen pizza
 - Frozen, mixed vegetables
 - Corn dogs
 - None of the above
16. If a mother breast feeds at your site, is that meal reimbursable? (Circle the correct answer.)
- Yes
 - No

17. How many meal components may a parent provide for the meal to remain reimbursable? (Circle the correct answer)
- a. None
 - b. One
 - c. Two
 - d. All
18. All children and adults must be allowed equal opportunity to participate in CACFP. Federal law prohibits any discrimination based on these six protected classes...Race, Color, National Origin, Age, Sex, and Disability? (Circle the correct answer.)
- a. True
 - b. False
19. (Circle the answer(s) that finish(es) the statement.) The Building for the Future notice must be posted in CACFP participating homes to...
- a. Notify parents the program participates in CACFP
 - b. Notify the parents the foods served in the program meet the USDA's nutrition standards
 - c. Inform parents how to obtain more information about CACFP
 - d. Notify parents the program will not discriminate
 - e. None of the above
20. Discrimination is different treatment which makes a distinction of one person or a group of persons from others; either intentionally, by neglect, or by the actions or lack of actions based on a protected class. Is a provider who does not offer CACFP participation to infants in their program discriminating against infants based on one of the six protected classes? (Circle the correct answer.)
- a. Yes
 - b. No

Provider/Helper Name: _____ License ID Number: _____
 (Please print)

Provider/Helper Signature: _____ Date: _____

*Providers who employ helpers are required to ensure their staff is properly training on CACFP requirements. Please be sure to have them complete this training and submit to Catholic Charities Maine – CACFP, 270 Minot Avenue, Auburn, ME 04210 or fax to 207-786-0925, or scan and email to cacfp@ccmaine.org

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