



A National Platform for the Child and Adult Care Food Program

Dear Parents,

Celebrate National CACFP Week!

One of the most important lessons a child will learn is healthy eating habits. Your child is learning these habits in a child care that recognizes the importance of participating in the Child and Adult Care Food Program as a way to help children grow and develop to their fullest potential. Together, with caregivers and parents, we can work to establish and encourage healthy eating habits. Communicate often with your child's caregiver about the healthy foods your child has eaten, as well as his/her participation in physical activity. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits. Here are a few more tips for home.

Be a role model.

Long gone are the days of do as I say, not as I do. Whether we're aware of it or not, children are learning behaviors from us that will last a lifetime. They watch how we drive and handle stressful situations, and they certainly notice what we're eating and drinking. Just as it's important for us to teach them about creating healthy habits and making good food choices, it's important for us as their caregivers to model good health and nutrition. When they see you eating fruits and veggies instead of potato chips and sweets, and drinking water instead of sodas and sugary drinks, they'll know you're walking the walk and not just talking the talk.

Be creative. Eat the Rainbow.

We now know that half of our plate at each meal should be filled with fruits and veggies, but not all fruits and vegetables are created equally. Just as it's important to eat a range of foods from different food groups, it's also important to eat a variety of fruits and vegetables. Oftentimes color can give clues as to what vitamins and nutrients a food contains. Encourage your children to try foods representing all the colors of the rainbow. Doing so will maximize their intake of vitamins, minerals, and other nutrients crucial in building a healthy body and mind.

Simon Says . . .

You don't have to have sports gear to get moving. A simple game of Simon Says with your child can make active time fun anywhere, anytime for a quick five minutes. So go ahead and touch your toes!

CACFP is an indicator of quality child care.

Your child care is affiliated with a member organization of the National CACFP Sponsors Association.



www.cacfp.org

Cheesy Broccoli & Rice

- 1 10-oz package frozen chopped broccoli*
- 1 cup quick-cooking rice*
- 1 cup water*
- 1/4 teaspoon salt*
- 1 cup shredded reduced-fat cheddar or Swiss cheese (4 ounces)*

In a medium saucepan combine broccoli, uncooked rice, water and salt. Bring to a boil stirring frequently to break up frozen broccoli. Remove from heat. Cover and let stand five minutes. Return pan to burner and over low heat add cheese, stirring just until cheese is melted.

Serve and enjoy!

*Makes 6 Servings Meets Bread/Grain & Fruit/Vegetable
Nutrition facts per serving: 132 cal, 4 g total fat (3g sat fat), 13 mg chol, 270 mg sodium, 16 g carbs, 1 g fiber, 7 g protein.*