

Child & Adult Care Food Program

An Indicator of Quality Childcare



CACFP: Did You Know?

www.cacfp.org

Parents are assured that their children will be served high quality meals.

These high quality meals mean children are less likely to experience fatigue and illness, and less time a parent must be absent from work.

Research shows that child care providers like yours who participate in the Food Program offer more fruits, veggies, whole grains, and lean meats than providers who do not participate in the CACFP.

Children receiving a nutritious diet, as regulated by the program, are also more likely to be healthy, happy and develop at a normal physical, emotional and intellectual pace.

CACFP providers create an atmosphere that instills a positive, curious attitude about food from the earliest years.

We get the most up to date information from government organizations such as the USDA and Let's Move!, regarding exercise and nutrition.

Participation means that not only are well-balanced meals and snacks served, but that other requirements such as safety regulations, child to staff ratios, and other health guidelines are being followed.

To remain in the program, homes and centers are continually monitored and held to the highest standards of health and nutrition.

Did you know we participate in the Child and Adult Care Food Program (CACFP)?

The CACFP is administered by the USDA's Food and Nutrition Service and is an indicator of quality childcare.

Through this program, we are able to offer healthy and nutritious meals and snacks at no additional cost to you.



Celebrate National CACFP Week!

Dear Parents,

One of the most important lessons a child will learn is healthy eating habits.

Did you know your child is learning these habits in a childcare 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. Receiving nutritious meals early in life, as well as being physically active, is critical to the establishment of positive lifelong habits.