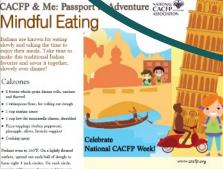


pepper to tonte Preheat oven to 400°F. Rizne under cold water Drain and dry completely. Spread the edamanne in a single schallow baking dish. Drizzle with olive oil and tonc to cont. with choose and season with salt and pepper (opticnal). Bake

always more effective to tell them why they should. During your nest meal, take the time to talk about the food they're eating. Explain that bell peppers are rich in vitamin A, a must-have for healthy eyes and skim. Zucckimi gives you potsasium, which makes your heart healthy and strong. Eating spinsch and other leafy greens will out you from getting sick and missing out of gereany volution general gases and missing our or all the fun. Still don't have them convinced? Try these tips for adding extra greene: Blend spinach and add to sauces, grate zurechnin for casoeroles, finely dice bell peppers and add to ground mest for tacco and sloppy joes.



't inhale! The more times you chew, the you'll taste each bite and the less likely you'll feel the need reach for more. Families are encouraged to use mealtime as an

#### Child & Adult Care Food Program An Indicator of Quality Childcare



CACFP: Did You Know?

ts are assured that their children will be served high quality

am (CACEP)?

USDA's Food and Nutrition Se and is an indicator of quality childcare.

we are able to offer healthy and nutritious meals and snacks at 1

#### CACEP ASSOCIATION National CACFP Week!

## National CACFP Sponsors Association

# Outreach Material Usage Instructions

1. Download the print-ready PDFs of the three Nutrition & CACFP awareness flyers

#### 2. Print them yourself

You can print these yourself using your office printer.

- a. Select the highest quality paper compatible with your printer.
- Print your own labels with your agency logo and company information.
- c. Place the printed labels at the bottom of each flyer.

Your Logo

#### **Company Name**

1234 Address Rd. City, ST ZIP (123) 456-7890

#### 3. Print with a local printer

You can also work with a local printer which will allow you to use a thicker and higher quality paper and ink which gives a more professional look and can save you some time.

Provide the printer with your logo and agency information to include on the material.

### 4. Distributing

Distribute enough copies to your providers to give to each parent.

Place the flyers in places where potential providers and parents/guardians might see them:

- a. The community bulletin board at local grocery stores
- b. Local banks
- c. Post offices
- d. Elementary schools
- e. Resource and Referral Agencies
- f. WIC offices
- g. Dentist/Doctor offices

#### 5. Printing Rights

Note that your rights to reprint these materials are limited. You may print as many flyers as you would like. You may place the flyers anywhere you would like, and print your logo and agency information on the flyers. However, permission is not granted to alter the images or text on the flyers in any way.