



ATTENTION PARENTS!

Did you know we are a **CACFP Provider?**

We participate in the **USDA CHILD AND ADULT CARE FOOD PROGRAM (CACFP)** which means your children get daily access to healthy and nutritious foods at no extra cost to you!

CELEBRATE NATIONAL



WEEK

March 17-23, 2019

DEAR PARENTS,

AS WE CELEBRATE CACFP WEEK, you should know one of the most important lessons a child will learn are healthy eating habits. Did you know your child is learning these habits in an environment 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.

THIS WEEK look for tips on healthy family meal planning, activities you can do at home to promote healthy eating habits, and so much more!

QUESTIONS? Contact us at anytime!



This institution is an equal opportunity provider.

WHAT DOES CACFP MEAN FOR YOU AND YOUR CHILDREN?



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



These high quality meals mean children are getting many of the nutrients needed to stay healthy and active. This helps build a strong immune system.

Children served 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.

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 health and nutrition standards.



Visit cacfp.org for more information. CACFP is an indicator of quality Child Care.

TIPS for HEALTHY Family Meal Planning



ONE

Take 15 minutes over the weekend to **plan ahead** for the week's meals.

TWO

Keep it simple when you're deciding meals. **You don't have to** make elaborate dinners every night. Who has time for that?

THREE

Try to stick to a schedule, try to eat meals at the same time each day. When **schedules conflict**, adjust.

FOUR

Make it fun! Meal time should be **engaging**. Cut sandwiches into shapes, make up imaginative names for fruits and vegetables, and introduce different ways to eat food, like using chopsticks.

FIVE

Be flexible, don't assign meals to a certain day of the week. **Rotate meals** throughout the week based on what time you have or what you're craving. **Let the kids choose** from the meal menu.

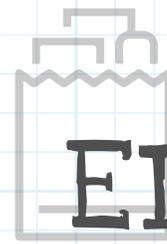


SIX

Prepare as many meal elements as possible in advance over the weekend (for example, chop and bag veggies). **You will be thankful** when it's six o'clock and you have no energy to chop peppers.

SEVEN

Ask your kids to help in the **kitchen**. They are more likely to try new, healthy foods if they **help make it**.



EIGHT

Organize your grocery shopping so you do it all at once, saving you a lot of time and money. **Plus**, there's always something healthy to eat in the house.



NINE

Set the example by joining the **family** during meals. Children are more likely to **eat healthy foods** if they see mom and dad eating them too.

TEN

Double up your meals. Less meals to make during the week is great when there are **leftovers**.