



# Annoor Academy

[www.cacfp.org](http://www.cacfp.org)

## Child Care Center

Annoor Academy of Knoxville is a private school working with children from pre-K through 8<sup>th</sup> grade. The pre-school has expanded since its opening in 2000 and now serves breakfast, morning snacks, and lunches for 80 to 120 children a day through the CACFP. The pre-school has made a commitment to nutrition, physical activity, and nutrition education.

*“We want what is best for our students. They need to eat well and be healthy. We have to not only teach the children, but also teach the parents how to make good choices for a healthy life style.”*

The school is trying to limit processed foods. Through generous donations and the Healthy Living Grant, they are making necessary kitchen changes to prepare healthy meals. A full-size salad bar was purchased and has allowed the school to showcase a variety of fresh fruits and vegetables giving children the independence to choose for themselves. The next step is to install a commercial kitchen to eliminate the need for processed foods altogether.

The school started construction on a gymnasium and through the second part of the Healthy Living and Fitness Grant, they have been able to hire an outside company to teach the children physical education twice a week. Physical activity is key to children’s overall well being. They hope to complete the gymnasium project and employ a full-time physical education instructor. Several after school sports clubs have also been established to get students outside often and more physically active.

Considering the school’s influence is limited by hours in the school day, they have made the initiative to educate parents on the importance of healthy living. Monthly Family Night events are geared toward helping parents adopt healthy habits in the home to promote the whole child’s health education. Topics related to food, nutrition, adequate play and rest time, as well as literacy are covered.

From Knoxville, TN, Annoor Academy has been a CACFP participant through Our Daily Bread of Tennessee since 2016.

**CACFP is an indicator of quality child care.**

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