

SAMPLE LETTER TO LEGISLATORS

January 22, 2019

Senator Jane Smith
123 Main Street
City, ST 55555



Dear Senator Smith:

March 17-23, 2019 is National Child & Adult Care Food Program (CACFP) Week. The CACFP is a partnership between parents, children, providers, and the CACFP sponsor emphasizing the important role that the CACFP plays in promoting lifelong healthy eating habits in children and also emphasizes the importance of the CACFP to promote physical activity in family child care homes and child care centers. The CACFP has been cited both in academic studies and in government reports for the contributions it makes to the well-being of children being cared for in our child care system. This program provides approximately 2 billion meals and snacks to over 4.4 million children.

Because this program is so important to the constituents in your state, I want to remind you about the goals of the program and obtain your support during National CACFP Week.

The primary goal of the CACFP is to serve nutritious meals to children attending child care homes and centers, especially those from lower economic circumstances. Proper nutrition is vital to the physical, intellectual, and emotional development of young children. Secondary goals of the CACFP are: the establishment of lifelong, positive eating habits, reduction of future health care and education costs due to lack of proper early development, and training and support of local child care personnel. The CACFP benefits our state in the following ways:

FOR THE CHILD

Proper nutrition during the early years of childhood ensures appropriate development and reduces physical and educational problems later in life. Eating patterns and habits established during these years help determine the quality of one's diet throughout life. Children participating in the CACFP enjoy meals that meet USDA nutrition requirements. These nutritionally complete meals help the child learn and grow and are the foundations that will help them achieve their fullest potential in the future.

FOR THE PARENT

Parents are assured that their children receive high quality, well-balanced meals. A well-nourished child is less likely to experience fatigue and illness which requires parents to be absent from work. Children are more likely to be healthy, happy and develop at a normal physical and intellectual pace. The children are also sharing with the parent handouts like fun and easy recipes that they can make together at home.

FOR THE PROVIDER

Providers receive valuable nutrition education that helps them identify the proper foods to feed in amounts appropriate for young age groups. They obtain help in understanding how to encourage positive eating habits that end up benefiting a child throughout life. The financial reimbursement helps them to be able to afford to serve nutritionally complete foods.

FOR THE COMMUNITY

Within our state, 1,200 providers are enrolled in the CACFP, with approximately 35,000 children directly benefiting from the food program. The CACFP in our state meets the nutritional needs of young children while they are in out-of-home care, resulting in significant enrichment and improvement of the quality of child care provided in our community.

In 1997, welfare reform legislation was implemented that made significant cuts in the CACFP. This resulted in a reduction of participation by family child care providers and thus reduced the number of children benefiting from nutritionally complete meals. We must all work together to assure children receive the nutritious meals they need to grow and eat well for a lifetime.

Sincerely,

Diane Miller

Diane Miller

Diane's Sweet Little Angels Child Care



CACFP is an Indicator of Quality Child Care

This institution is an equal opportunity provider.

[Learn more at cacfp.org.](http://cacfp.org)

SAMPLE PROCLAMATION



WHEREAS: One of the basic rights of children, as set forth in the Universal Declaration of Human Rights by Eleanor Roosevelt in 1948, is their right to basic nutrition. Caring for the children must be our nation's first priority; and

WHEREAS: Since the inception of the Child & Adult Care Food Program (CACFP) in 1968, it has granted our children the best possible foundation in life and benefited many adults, which is vital to our state's long term health; and

WHEREAS: The two fundamental goals of the CACFP are that children serviced by this program will be well nourished during their crucial years, while concurrently learning healthy eating behaviors that will last their lifetime. Emotional, mental and physical health originates with nutritious eating; and

WHEREAS: We acknowledge the child and adult care providers, nutrition educators, program specialists and staff, state and federal professionals and parents who contribute to the success of this outstanding program, The Child & Adult Care Food Program; and

WHEREAS: The CACFP will continue its commitment to the benefits of nutritious eating for children and adults. Together, as Americans, we can make a difference in the lives of our children.

NOW THEREFORE, I, _____, Governor of the State of _____, do hereby proclaim this week of **March 17-23, 2019** to be _____ CHILD & ADULT CARE FOOD PROGRAM WEEK.

IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of _____ to be affixed at the State Capitol this _____ day of March in the year of our Lord, _____,

Governor's Signature

Ask Your Governor to Issue a State Proclamation

Share these outreach materials with your state governor's office now, and together with other sponsors and providers from across the state, petition for a state proclamation to coincide with National CACFP Week. It's a grassroots effort that, when fulfilled, will serve to raise awareness in your state government as well as community members across your state.



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