Celebrate National #CACFP Week

March 11-17, 2018

Its time to prepare CACFP Week is right around the corner. We want to make sure you are ready to help spread the word that the Child and Adult Care Food Program provides healthy meals and snacks to over 4 million children every day.

What is CACFP Week?

CACFP Week is a national education and information campaign sponsored annually, every third week of March, by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program (CACFP) works to combat hunger and bring healthy foods to the table for adults in daycare and children in child care homes, centers, and in afterschool programs across the country.

What Can You Do?

Get Online. Social and digital media is one of the fastest avenues to create awareness. Update your Facebook profile picture and cover image. Tweet each day about the program and what it means to you. Add the CACFP Week email signature. Include a link to CACFP Week on your website.

Get Out in the Community. Many people have no idea that a program like the Child and Adult Care Food Program even exists. Let's change that. Post fliers where they will get notice. Think coffee shop, gas station, elementary schools, grocery store, or community center.

Talk to Parents. Parents have a choice in who they chose for child care. Many parents will go to other parents for recommendations. Make sure all your parents know what the program is, why you participate, and how the CACFP is an indicator of quality child care. Ask them to share with friends and family.

Take it to the decision makers. The CACFP is funded by the federal government through the USDA, therefore without the support and acknowledgment of state and federal officials, there may not be a program. Write a thank you letter to legislators. Send a request to the Governor to proclaim National CACFP Week statewide.

NATIONAL CACFP SPONSORS ASSOCIATION

CHECK OUT These Tools & Resources →

Tools & Resources

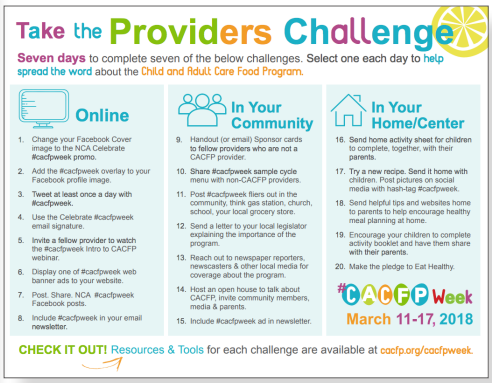
National CACFP Sponsors Association has created a number of tools and resources for you to use to promote National CACFP Week. These tools include the official 2018 fliers, digital materials, social media support, handouts, and other materials. We invite you to use all of these materials to promote CACFP Week 2018 within your network, on social media platforms, and within your homes/centers.

Sponsor Support

It is important to publicize the benefits of the CACFP to parents, the general public and providers and we make a special effort for promotion during National CACFP Week. The CACFP is an indicator of quality child care. When we all join forces and pull together, the message we provide is stronger and will receive more attention. National CACFP Week also brings awareness to the professionalism of the individuals involved in this industry – providers and sponsors.

Step One Encourage your providers to take the Providers Challenge. The provider's challenge is developed to help raise awareness of the CACFP. All providers have to do is choose one challenge each day to complete during CACFP week. Tools and resources are available to them for each challenge to ensure success. Challenge yourself to complete as many of the Providers Challenges as you can.

Print or email the Providers Challenge flyer. Send it to your providers, ask them to accept the challenge.



Give them an incentive. Let them know that every challenge they complete and share on social media is an entry to win a gift card (more information on page four.)

Lead by example! The Providers Challenge isn't just for providers, anyone and everyone can help spread the word.

VISIT TODAY → **cacfp.org/cacfpweek**

NATIONAL CACFP SPONSORS ASSOCIATION

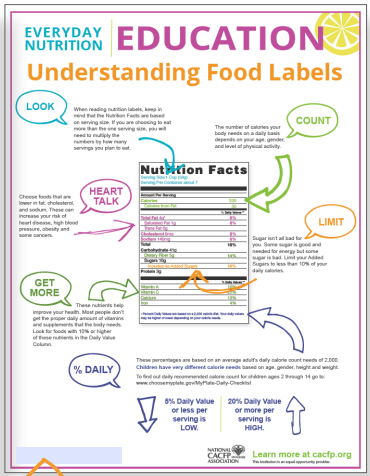
This institution is an equal opportunity provider.

Sponsor Support

Step Two Work with state and/or local authorities (Governor, Mayor, City Council President) to officially proclaim National CACFP Week.

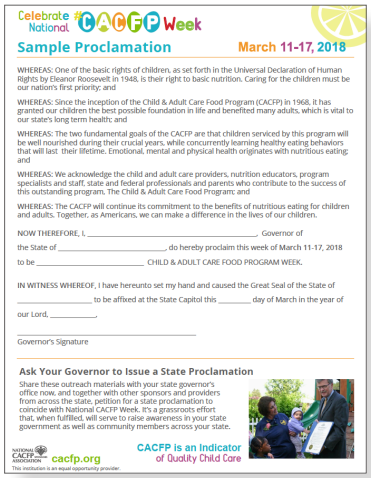
Step Three Get the message out to the Press. Reach out to local radio stations, news casters, journalist and introduce them to the program. Mail National CACFP Week press releases to local newspapers. You can use the sample included in this packet or create one of your own. Include a picture of a local provider and her children eating a healthy meal or doing a physical activity. (A picture captures the attention of the reader and speaks strongly. Be sure to get a signed media release from parents if you use their child in a photo.) Let the community know that you and the providers have teamed together to provide nutritious meals along with nutrition education to children in the community and to celebrate National CACFP Week. Include a recipe and craft idea. When using the sample press release, be sure to add your own statistics in the appropriate places.

Step Four Share these nutrition fliers and sample Parent Newsletter with your child care providers, center staff, or prospective food program participants. Download at cacfp.org/cacfpweek, add your contact information, and distribute. *Available to Members only.*



customize with your contact information

Step Five CACFP Week isn't just about awareness of the program. It is also a week of appreciation to those who participate in CACFP. Honor your providers with a note, social media shout out, or nutrition luncheon. Celebrate the success of the program within your child care centers/homes and the children they serve.



Celebrate National #CACFP Week

Sample Proclamation March 11-17, 2018

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 11-17, 2018 to be _____ CHILD & ADULT CARE FOOD PROGRAM WEEK.

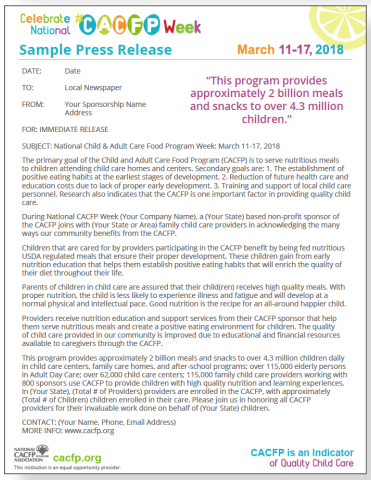
IN WITNESS WHEREOF, I have hereunto set my hand and caused the Great Seal of the State of _____ to be affixed at the State Capitol this _____ day of March in the year of our Lord, _____.

_____
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.

NATIONAL CACFP SPONSORS ASSOCIATION cacfp.org
This institution is an equal opportunity provider.
CACFP is an Indicator of Quality Child Care



Celebrate National #CACFP Week

Sample Press Release March 11-17, 2018

DATE: Date

TO: Local Newspaper

FROM: Your Sponsorship Name
Address

"This program provides approximately 2 billion meals and snacks to over 4.3 million children."

FOR: IMMEDIATE RELEASE

SUBJECT: National Child & Adult Care Food Program Week: March 11-17, 2018

The primary goal of the Child and Adult Care Food Program (CACFP) is to serve nutritious meals to children attending child care homes and centers. Secondary goals are: 1. The establishment of positive eating habits at the earliest stages of development. 2. Reduction of future health care and education costs due to lack of proper early development. 3. Training and support of local child care personnel. Research also indicates that the CACFP is one important factor in providing quality child care.

During National CACFP Week (Your Company Name), a (Your State) based non-profit sponsor of the CACFP joins with (Your State or Area) family child care providers in acknowledging the many ways our community benefits from the CACFP.

Children that are cared for by providers participating in the CACFP benefit by being fed nutritious USDA regulated meals that ensure their proper development. These children gain from early nutrition education that helps them establish positive eating habits that will enrich the quality of their diet throughout their life.

Parents of children in child care are assured that their children receives high quality meals. With proper nutrition, the child is less likely to experience illness and fatigue and will develop at a normal physical and intellectual pace. Good nutrition is the recipe for an all-around happier child.

Providers receive nutrition education and support services from their CACFP sponsor that help them serve nutritious meals and create a positive eating environment for children. The quality of child care provided in our community is improved due to educational and financial resources available to caregivers through the CACFP.

This program provides approximately 2 billion meals and snacks to over 4.3 million children daily in child care centers, family care homes, and after-school programs; over 115,000 elderly persons in Adult Day Care; over 62,000 child care centers; 115,000 family child care providers working with 800 sponsors use CACFP to provide children with high quality nutrition and learning experiences. In (Your State), (Total # of Providers) providers are enrolled in the CACFP, with approximately (Total # of Children) children enrolled in their care. Please join us in honoring all CACFP providers for their invaluable work done on behalf of (Your State) children.

CONTACT: (Your Name, Phone, Email Address)
MORE INFO: www.cacfp.org

NATIONAL CACFP SPONSORS ASSOCIATION cacfp.org
This institution is an equal opportunity provider.
CACFP is an Indicator of Quality Child Care

Tip For Getting Press

Include a picture of a local provider and her children eating a healthy meal or doing a physical activity.

Share a Quote

"I love the CACFP because it helps provide healthy meals to millions of children and is an excellent resource and advocate to family child care providers. For some children, the meals served in child care are the only nutritious meals they get for the day."

NATIONAL CACFP SPONSORS ASSOCIATION

This institution is an equal opportunity provider.

Providers Support

The purpose of the National CACFP Week is:

1. To educate parents and the community about how the CACFP helps child care providers serve well balanced, nutritious meals,
2. To promote proper nutrition for growing children,
3. To ensure long-term health benefits by creating healthy eating habits.

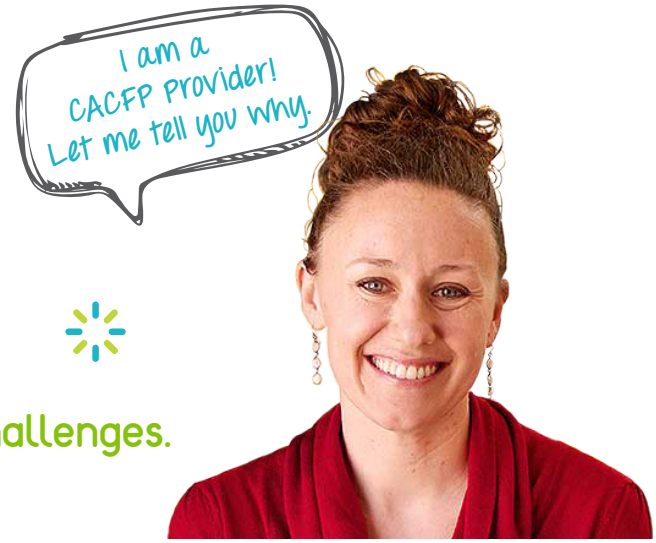
Celebrate and promote National CACFP Week in your community, home or center together with the children you serve!

Here's how
Take the Providers Challenge

Seven days / Seven challenges

Providers can also impact awareness of CACFP within your community, better than anyone else.

Help spread the word,
and accept Providers Challenge.



choose from... **20** different challenges.

CHALLENGES INCLUDE →

$100

Need an incentive?

Enter to win As one completes each challenge, share online. Tag National CACFP Sponsors Association **@NationalCACFP** on your Facebook page, Twitter feed and Instagram. Each completion is an entry for a chance to win a $100 Visa gift card. Do more than seven challenges. The more challenges you share, the better the odds.

NATIONAL CACFP SPONSORS ASSOCIATION

This institution is an equal opportunity provider.

Online

1. Change your Facebook Cover image to the NCA Celebrate #cacfpweek promo.

2. Add the #cacfpweek overlay frame to your Facebook profile image by going to **www.facebook.com/profilepicframes** and search CACFP. Chose either one.

3. Tweet at least once a day with #cacfpweek.

4. Use the Celebrate #cacfpweek email signature.

5. Share the CACFP Minute video on social media.

6. Display one of #cacfpweek web banner ads on your website.

650 x 650

720 x 90

7. Post. Share. National CACFP Sponsor Association's #cacfpweek Facebook posts.

8. Include #cacfpweek in your email newsletter.

Sample Tweets

National CACFP @National CACFP

#CACFP promotes healthy eating habits early. Learn more at cacfp.org. #CACFPWeek

National CACFP @National CACFP

CACFP services over 4 million children and adults with healthy, nutritious foods every day. Learn more at cacfp.org. #CACFPWeek

National CACFP @National CACFP

Get paid to serve healthy, nutritious foods. Learn how at cacfp.org. #CACFPWeek

National CACFP @National CACFP

#CACFP is an indicator of quality child care. Join the program at cacfp.org. #CACFPWeek

National CACFP @National CACFP

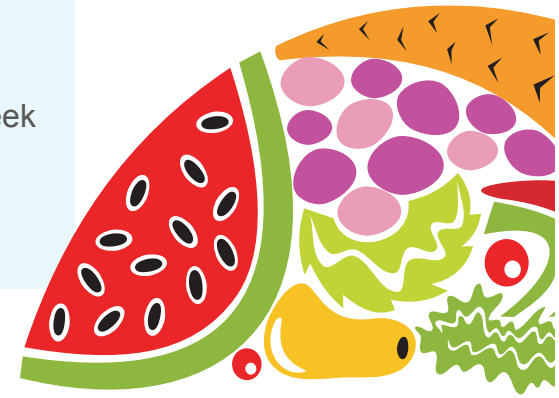
Parents? Is your child care provider a CACFP Provider? Learn more at cacfp.org. #CACFPWeek

National CACFP @National CACFP

CACFP has more benefits than just reimbursement. Check it out at cacfp.org. #CACFPWeek

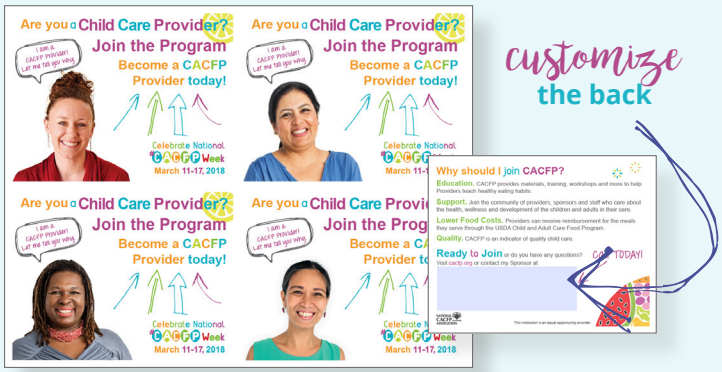
DOWNLOAD EVERYTHING AT

cacfp.org/cacfpweek



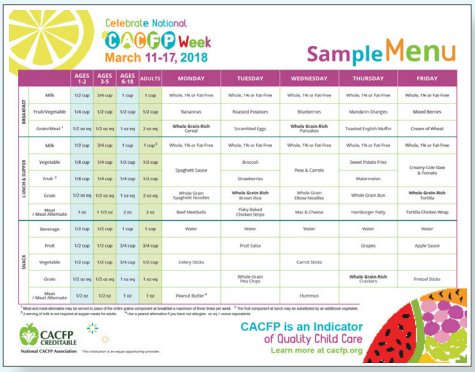
In Your Community

9. Handout (or email) sponsor cards to fellow providers who are not CACFP provider.



customize the back

10. Share #cacfpweek sample menu with non-CACFP providers.



11. Post #cacfpweek fliers in the community. Think gas station, church, school, your local grocery store, or community center.

customize with your contact information

12. Send a letter to your local legislator highlighting the importance of the program.

13. Reach out to newspaper reporters, newscasters and other local media for press coverage about the program.

14. Host an open house to talk about CACFP. Invite community members, media and parents.

customize date, time & location

15. Include #cacfpweek ad in newsletter.

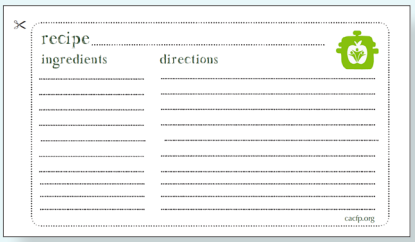
650 x 650

720 x 90

In Your Home/Center

16. Send home activity sheet for children to complete, together, with their parents.

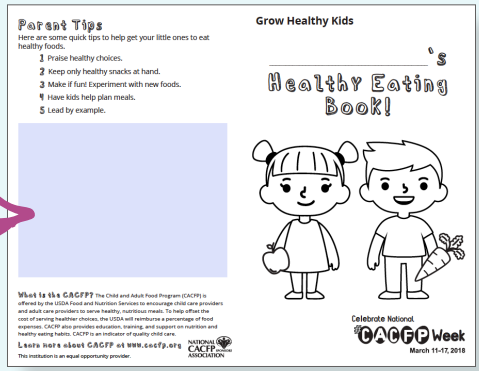
17. Try a new recipe. Send it home with children. Post pictures on social media with hash-tag #cacfpweek.



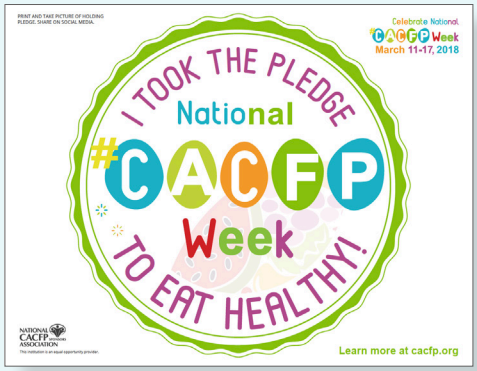
18. Send helpful tips home to parents to help encourage healthy meal planning at home.

19. Encourage your children to complete the #cacfpweek activity booklet and have them share with their parents.

customize with your own messaging and contact information



20. Make the pledge to Eat Healthy.



Now what?

Start Planning

EVERYTHING YOU NEED to lead your efforts are available at:

cacfp.org/cacfpweek

Ready? Set... Go!

Creating awareness of the **Child and Adult Care Food Program** helps ensure that over 4 million children will continue to receive healthy and nutritious meals.

Seven days / Seven challenges

Take the Providers Challenge

Over a dozen challenges to choose from. Select one each day to Help spread the word that the **Child and Adult Care Food Program** serves over 4,000,000 children with healthy meals and snacks. Awareness is the key to fighting hunger together.

#CACFP Week

March 11-17, 2018

To accept the challenge go to cacfp.org/cacfpweek and find tools & resources to help you succeed.

NATIONAL CACFP SPONSORS ASSOCIATION

This institution is an equal opportunity provider.

Take the Providers Challenge

Seven days to complete seven of the below challenges. Select one each day to help spread the word about the Child and Adult Care Food Program.

Online

1. Change your Facebook Cover image to the NCA Celebrate #cacfpweek promo.
2. Add the #cacfpweek overlay to your Facebook profile image.
3. Tweet at least once a day with #cacfpweek.
4. Use the Celebrate #cacfpweek email signature.
5. Share the #cacfpweek CACFP Minute Video.
6. Display one of #cacfpweek web banner ads to your website.
7. Post. Share. NCA #cacfpweek Facebook posts.
8. Include #cacfpweek in your email newsletter.

In Your Community

9. Handout (or email) Sponsor cards to fellow providers who are not a CACFP provider.
10. Share #cacfpweek sample cycle menu with non-CACFP providers.
11. Post #cacfpweek fliers out in the community, think gas station, church, school, your local grocery store.
12. Send a letter to your local legislator explaining the importance of the program.
13. Reach out to newspaper reporters, newscasters & other local media for coverage about the program.
14. Host an open house to talk about CACFP, invite community members, media & parents.
15. Include #cacfpweek ad in newsletter.

In Your Home/Center

16. Send home activity sheet for children to complete, together, with their parents.
17. Try a new recipe. Send it home with children. Post pictures on social media with hash-tag #cacfpweek.
18. Send helpful tips and websites home to parents to help encourage healthy meal planning at home.
19. Encourage your children to complete activity booklet and have them share with their parents.
20. Make the pledge to Eat Healthy.

#CACFP Week

March 11-17, 2018

CHECK IT OUT! Resources & Tools for each challenge are available at cacfp.org/cacfpweek.

Celebrate National #CACFP Week

Sample Proclamation

March 11-17, 2018

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 11-17, 2018**

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.

CACFP is an Indicator of Quality Child Care

NATIONAL CACFP SPONSORS ASSOCIATION

cacfp.org

Celebrate National #CACFP Week

Sample Press Release

March 11-17, 2018

DATE: Date

TO: Local Newspaper

FROM: Your Sponsorship Name
Address

FOR: IMMEDIATE RELEASE

SUBJECT: National Child & Adult Care Food Program Week: March 11-17, 2018

The primary goal of the Child and Adult Care Food Program (CACFP) is to serve nutritious meals to children attending child care homes and centers. Secondary goals are: 1. The establishment of positive eating habits at the earliest stages of development. 2. Reduction of future health care and education costs due to lack of proper early development. 3. Training and support of local child care personnel. Research also indicates that the CACFP is one important factor in providing quality child care.

During National CACFP Week (Your Company Name), a (Your State) based non-profit sponsor of the CACFP joins with (Your State or Area) family child care providers in acknowledging the many ways our community benefits from the CACFP.

Children that are cared for by providers participating in the CACFP benefit by being fed nutritious USDA regulated meals that ensure their proper development. These children gain from early nutrition education that helps them establish positive eating habits that will enrich the quality of their diet throughout their life.

Parents of children in child care are assured that their child(ren) receives high quality meals. With proper nutrition, the child is less likely to experience illness and fatigue and will develop at a normal physical and intellectual pace. Good nutrition is the recipe for an all-around happier child.

Providers receive nutrition education and support services from their CACFP sponsor that help them serve nutritious meals and create a positive eating environment for children. The quality of child care provided in our community is improved due to educational and financial resources available to caregivers through the CACFP.

This program provides approximately 2 billion meals and snacks to over 4.3 million children daily in child care centers, family care homes, and after-school programs; over 115,000 elderly persons in Adult Day Care; over 62,000 child care centers; 115,000 family child care providers working with 800 sponsors use CACFP to provide children with high quality nutrition and learning experiences. In (Your State), (Total # of Providers) providers are enrolled in the CACFP, with approximately (Total # of Children) children enrolled in their care. Please join us in honoring all CACFP providers for their invaluable work done on behalf of (Your State) children.

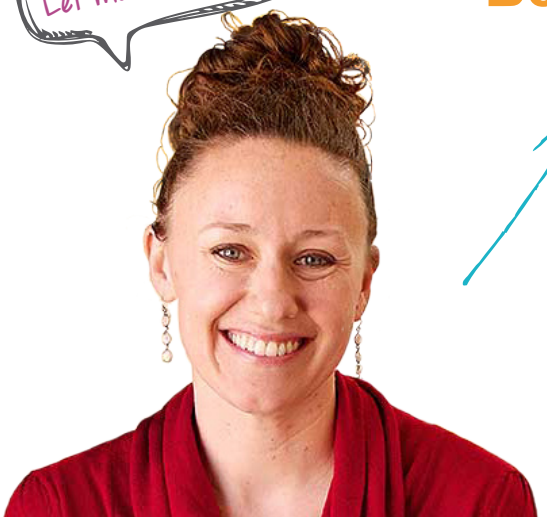
CONTACT: (Your Name, Phone, Email Address)
MORE INFO: www.cacfp.org

"This program provides approximately 2 billion meals and snacks to over 4.3 million children."

Are you a Child Care Provider?

Join the Program

I am a CACFP Provider! Let me tell you why.



Become a CACFP Provider today!

Celebrate National #CACFP Week

March 11-17, 2018

Are you a Child Care Provider?

Join the Program

I am a CACFP Provider! Let me tell you why.

Become a CACFP Provider today!

Celebrate National #CACFP Week

March 11-17, 2018

Are you a Child Care Provider?

Join the Program

I am a CACFP Provider! Let me tell you why.

Become a CACFP Provider today!

Celebrate National #CACFP Week

March 11-17, 2018

Are you a Child Care Provider?

Join the Program

I am a CACFP Provider! Let me tell you why.

Become a CACFP Provider today!

Celebrate National #CACFP Week

March 11-17, 2018

Why should I join CACFP?

Education. CACFP provides materials, training, workshops and more to help Providers teach healthy eating habits.

Support. Join the community of providers, sponsors and staff who care about the health, wellness and development of the children and adults in their care.

Lower Food Costs. Providers can receive reimbursement for the meals they serve through the USDA Child and Adult Care Food Program.

Quality. CACFP is an indicator of quality child care.

Ready to Join or do you have any questions? Call TODAY!

Visit cacfp.org or contact my Sponsor at

NATIONAL CACFP SPONSORS ASSOCIATION

This institution is an equal opportunity provider.

Why should I join CACFP?

Education. CACFP provides materials, training, workshops and more to help Providers teach healthy eating habits.

Support. Join the community of providers, sponsors and staff who care about the health, wellness and development of the children and adults in their care.

Lower Food Costs. Providers can receive reimbursement for the meals they serve through the USDA Child and Adult Care Food Program.

Quality. CACFP is an indicator of quality child care.

Ready to Join or do you have any questions? Call TODAY!

Visit cacfp.org or contact my Sponsor at

NATIONAL CACFP SPONSORS ASSOCIATION

Why should I join CACFP?

Education. CACFP provides materials, training, workshops and more to help Providers teach healthy eating habits.

Support. Join the community of providers, sponsors and staff who care about the health, wellness and development of the children and adults in their care.

Lower Food Costs. Providers can receive reimbursement for the meals they serve through the USDA Child and Adult Care Food Program.

Quality. CACFP is an indicator of quality child care.

Ready to Join or do you have any questions? Call TODAY!

Visit cacfp.org or contact my Sponsor at

NATIONAL CACFP SPONSORS ASSOCIATION

Why should I join CACFP?

Education. CACFP provides materials, training, workshops and more to help Providers teach healthy eating habits.

Support. Join the community of providers, sponsors and staff who care about the health, wellness and development of the children and adults in their care.

Lower Food Costs. Providers can receive reimbursement for the meals they serve through the USDA Child and Adult Care Food Program.

Quality. CACFP is an indicator of quality child care.

Ready to Join or do you have any questions? Call TODAY!

Visit cacfp.org or contact my Sponsor at

NATIONAL CACFP SPONSORS ASSOCIATION

Celebrate National

#CACFP Week

March 11-17, 2018

Sample Menu

		AGES 1-2	AGES 3-5	AGES 6-18	ADULTS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Bananas	Roasted Potatoes	Blueberries	Mandarin Oranges	Mixed Berries
	Grain/Meat [1]	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	**Whole Grain-Rich** Cereal	Scrambled Eggs	**Whole Grain-Rich** Pancakes	Toasted English Muffin	Cream of Wheat
LUNCH & SUPPER	Milk	1/2 cup	3/4 cup	1 cup	1 cup [3]	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free	Whole, 1% or Fat-Free
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Spaghetti Sauce	Broccoli	Peas	Sweet Potato Fries	Creamy Cole Slaw
	Fruit [2]	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Pears	Strawberries	Cantaloupe	Watermelon	Tomato
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	2 oz eq	Whole Grain Spaghetti Noodles	**Whole Grain-Rich** Brown Rice	Whole Grain Elbow Noodles	Whole Grain Bun	**Whole Grain-Rich** Tortilla
	Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Beef Meatballs	Flaky Baked Chicken Strips	Mac & Cheese	Hamburger Patty	Tortilla Chicken Wrap
SNACK	Beverage	1/2 cup	1/2 cup	1 cup	1 cup	Water	Water	Water	Water	Water
	Fruit	1/2 cup	1/2 cup	3/4 cup	3/4 cup		Fruit Salsa		Grapes	Apple Sauce
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Celery Sticks		Carrot Sticks		
	Grain	1/2 oz eq	1/2 oz eq	1 oz eq	1 oz eq		Whole Grain Pita Chips		**Whole Grain-Rich** Crackers	Pretzel Sticks
	Meat / Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Peanut Butter [4]		Hummus		

[1] Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. [2] The fruit component at lunch may be substituted by an additional vegetable.
[3] A serving of milk is not required at supper meals for adults. [4] Use a peanut alternative if you have nut allergies

oz eq = ounce equivalents

CACFP CREDITABLE
National CACFP Association

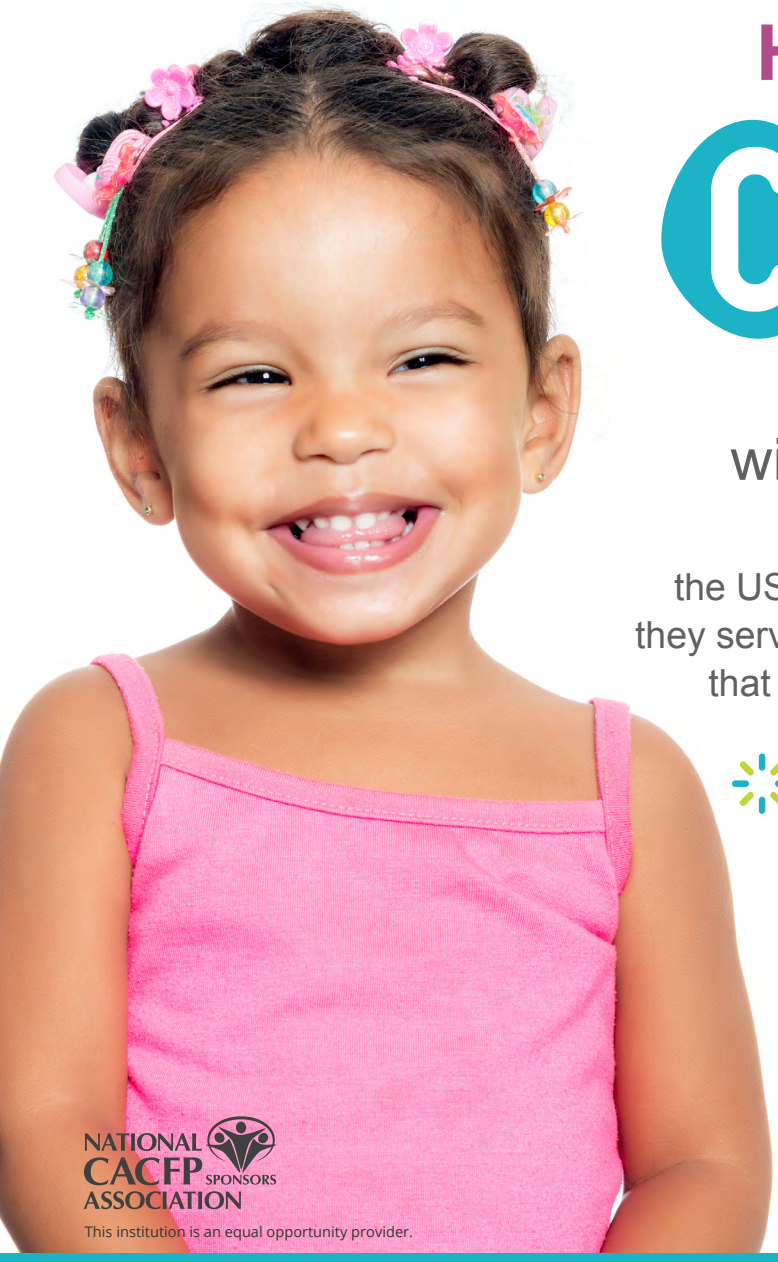
This institution is an equal opportunity provider.

CACFP is an Indicator of Quality Child Care

Learn more at cacfp.org

Attention Parents!

Does your child go to a CACFP Provider?



NATIONAL CACFP SPONSORS ASSOCIATION

This institution is an equal opportunity provider.

Help spread the word, CACFP

serves over 4,000,000 children with healthy meals and snacks.

Providers can receive reimbursement through the USDA Child and Adult Care Food Program when they serve healthy, nutritious foods, reassuring parents that the providers' top priority is the well-being and development of the children in their care.

CACFP is an Indicator of Quality Child Care

Celebrate National #CACFP Week

March 11-17, 2018

Want to know more? Visit cacfp.org/cacfpweek or contact us today!

Sample Letter to Legislators

Celebrate National #CACFP Week
March 11-17, 2018

January 22, 2018

Senator Jane Smith
123 Main Street
City, ST 55555

Dear Senator Smith:

March 11-17, 2018 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 4.3 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

Attention Parents!

Did you know we are a CACFP Provider?

Learn more about the
USDA Child and Adult Food Care Program
and what it means for your children at our

Nutrition Open House

Date:

Time:

Location:

CACFP is an Indicator of Quality Child Care

NATIONAL CACFP SPONSORS ASSOCIATION **cacfp.org**

This institution is an equal opportunity provider.

Attention Parents!

Did you know we are a CACFP Provider?

Learn more about the
USDA Child and Adult Food Care Program
and what it means for your children at our

Nutrition Open House

Date:

Time:

Location:

CACFP is an Indicator of Quality Child Care

NATIONAL CACFP SPONSORS ASSOCIATION **cacfp.org**

This institution is an equal opportunity provider.

Attention Parents!

Did you know we are a CACFP Provider?

Learn more about the
USDA Child and Adult Food Care Program
and what it means for your children at our

Nutrition Open House

Date:

Time:

Location:

CACFP is an Indicator of Quality Child Care

NATIONAL CACFP SPONSORS ASSOCIATION **cacfp.org**

This institution is an equal opportunity provider.

Attention Parents!

Did you know we are a CACFP Provider?

Learn more about the
USDA Child and Adult Food Care Program
and what it means for your children at our

Nutrition Open House

Date:

Time:

Location:

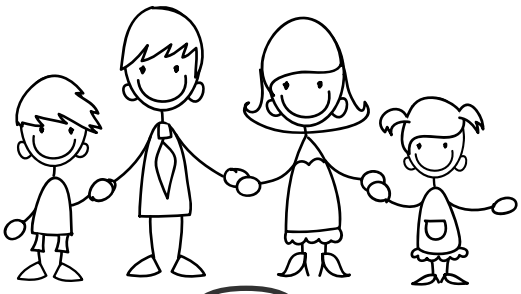
CACFP is an Indicator of Quality Child Care

NATIONAL CACFP SPONSORS ASSOCIATION **cacfp.org**

This institution is an equal opportunity provider.

Family Connections:

Healthy Family Meal Planning



As a family, work together to come up with a healthy meal to share.

Step One. Find a recipe online, in a cookbook or family favorite. Write down the recipe below.

Step Two. Create a shopping list of what you need.

Recipe

_____

_____

_____

_____

_____

_____

_____

_____

_____

Shopping List

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Step Four. Draw a picture of your family.

Step Three. Explain why this recipe is healthy.

Why is this meal healthy for us?

_____

_____

_____

_____

_____

_____

_____

_____

The _____ Family

Step Five. Return to your child care provider to share with other families.

recipe

ingredients	directions

cacfp.org

recipe

ingredients	directions

cacfp.org

TIPS for HEALTHY Family Meal Planning

ONE

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

TWO

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

THREE

The USDA Meal Patterns are very helpful to knowing how much, of each food group, based on age, each family member should have, ensuring every bite is healthy.

FOUR

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

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 chose 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 helped 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

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

NATIONAL CACFP SPONSORS ASSOCIATION

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

Parent Tips

Here are some quick tips to help get your little ones to eat healthy foods.

1. Praise healthy choices.
2. Keep only healthy snacks at hand.
3. Make if fun! Experiment with new foods.
4. Have kids help plan meals.
5. Lead by example.

What is the CACFP? The Child and Adult Food Program (CACFP) is offered by the USDA Food and Nutrition Services to encourage child care providers and adult care providers to serve healthy, nutritious meals. To help offset the cost of serving healthier choices, the USDA will reimburse a percentage of food expenses. CACFP also provides education, training, and support on nutrition and healthy eating habits. CACFP is an indicator of quality child care.

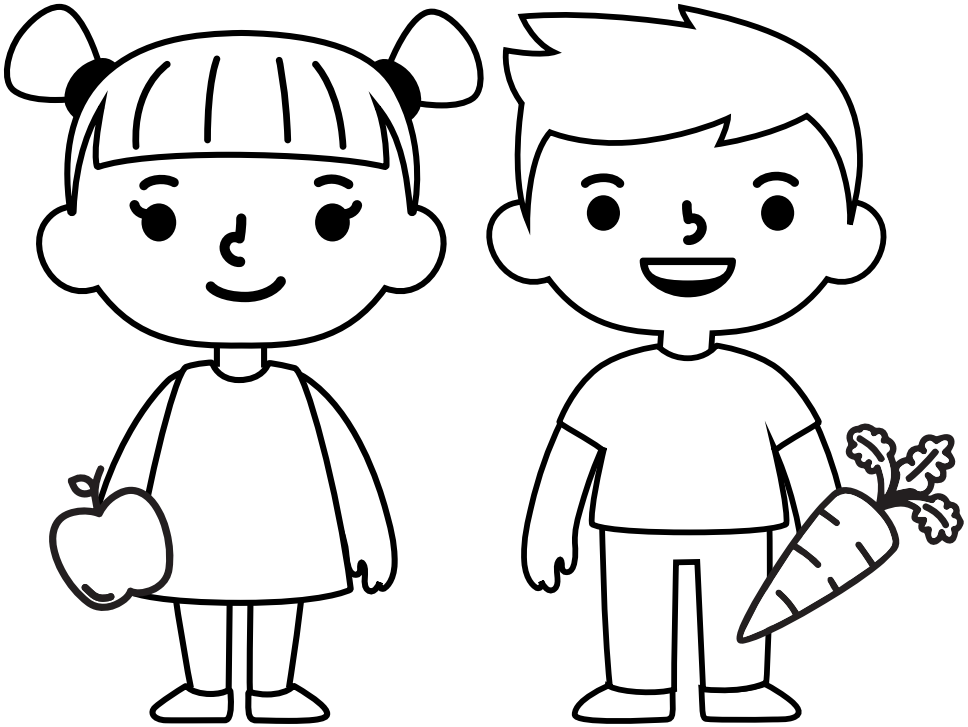
Learn more about CACFP at www.cacfp.org

NATIONAL CACFP SPONSORS ASSOCIATION

Grow Healthy Kids

_____'s

Healthy Eating Book!

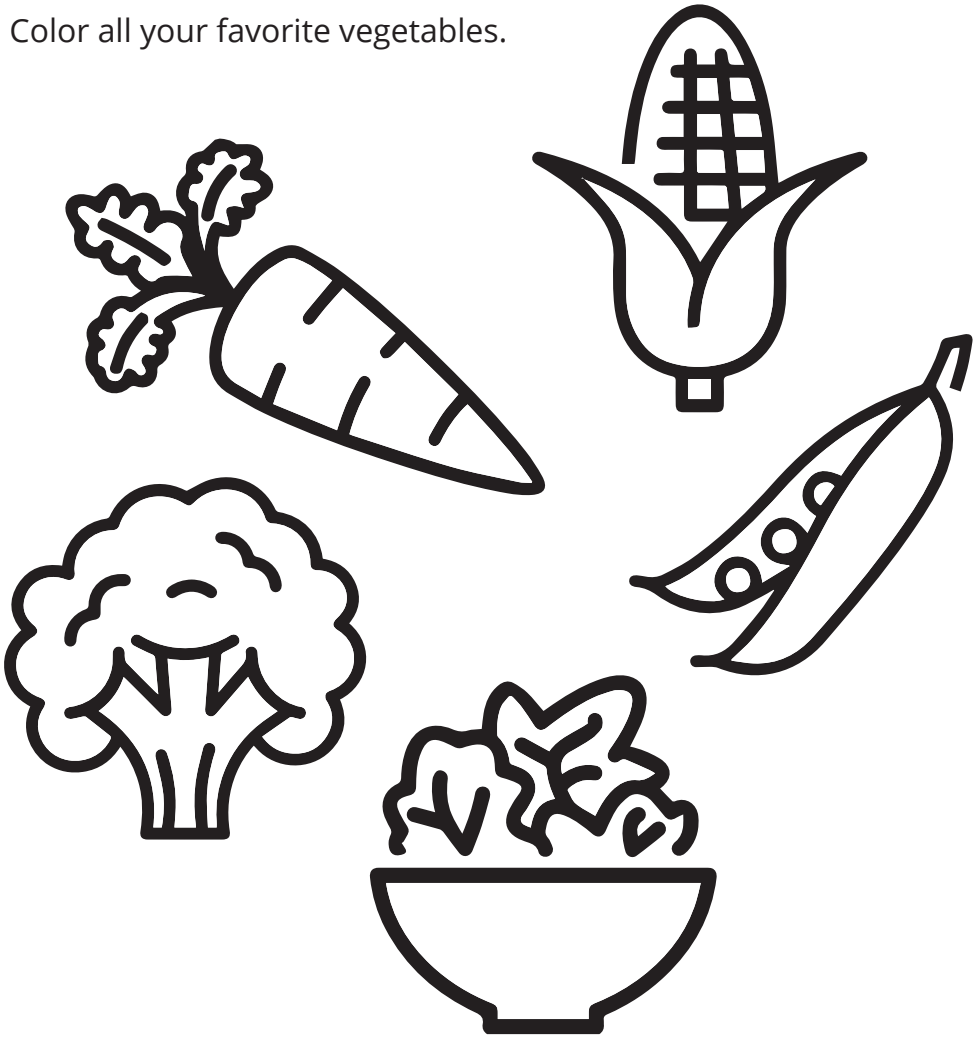


Celebrate National #CACFP Week

March 11-17, 2018

Without **Vegetables**, I wouldn't be able to see the world around me.

Color all your favorite vegetables.



If I couldn't see I would miss **looking**

at _____

and _____.

My week of eating healthy foods!

Color the star if you ate all your vegetables and fruit that day.

	Breakfast	Snack	Lunch	Snack	Supper
Sunday	☆	☆	☆	☆	☆
Monday	☆	☆	☆	☆	☆
Tuesday	☆	☆	☆	☆	☆
Wednesday	☆	☆	☆	☆	☆
Thursday	☆	☆	☆	☆	☆
Friday	☆	☆	☆	☆	☆
Saturday	☆	☆	☆	☆	☆

I TOOK THE PLEDGE
National
#CACFP
Week
TO EAT HEALTHY!

Pledge Card

This card certifies that

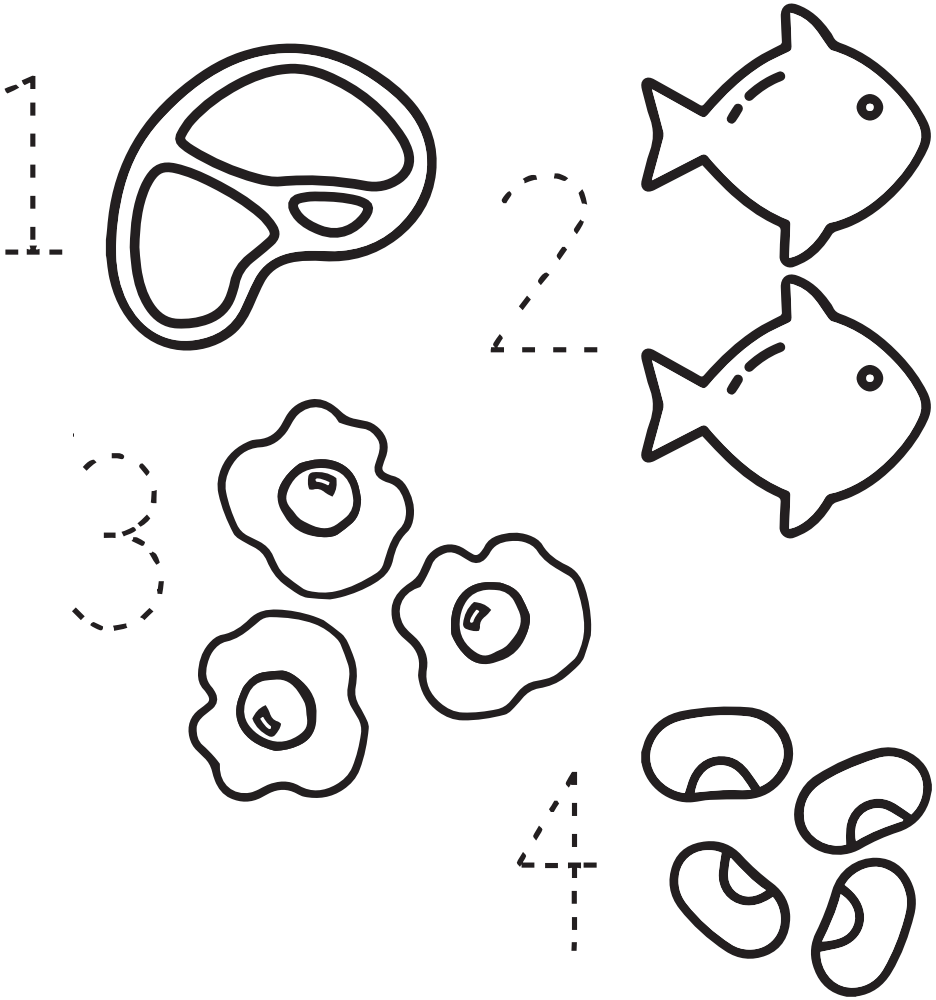
_____

has taken the pledge to eat healthy during National CACFP Week 2018.

Congratulations!

With Protein you can't go wrong, it makes my muscles big & strong!

Count the foods and trace the numbers.



I want to have strong muscles so

I can _____

and _____.

Milk helps build strong bones & healthy teeth!

In the space below. Trace your hand.

Right now my hand is only this big.

My bones still have a lot of growing to do. I need milk to grow big and strong.

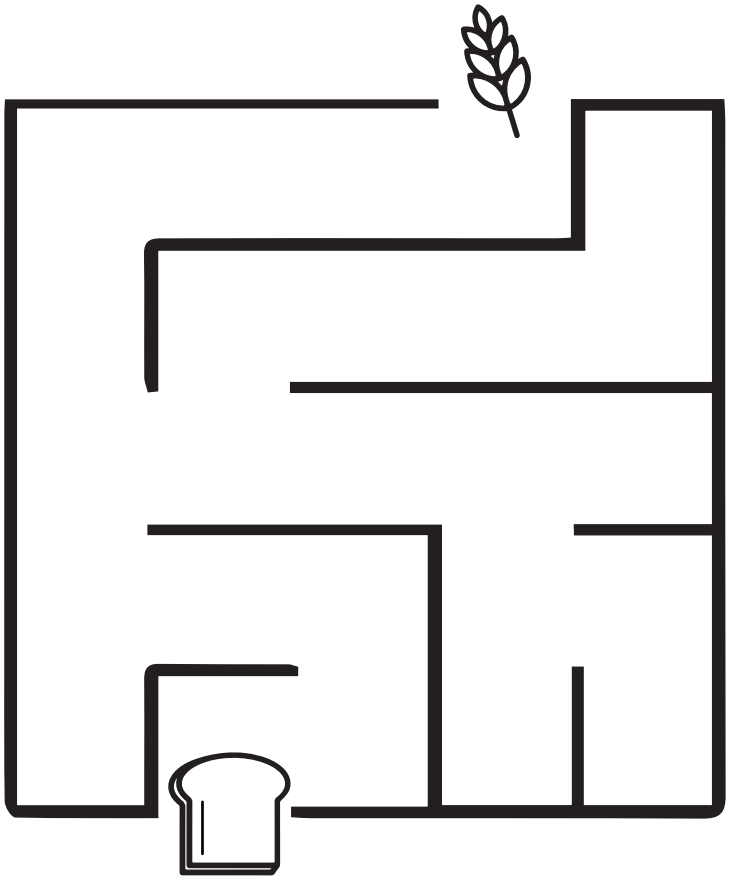
Grains **gives us energy, energy keeps me moving!** Grain comes in many different ways.

Rice Oatmeal Noodles

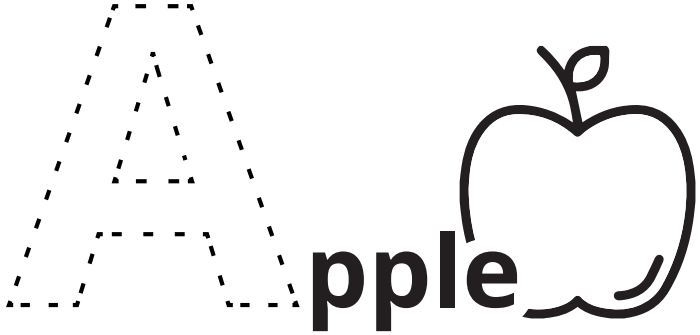
Cereal Bread Crackers

just to name a few.

Help the piece of grain become a piece of bread.



Fruit **helps keep me from getting sick. They have lots of vitamins.** Connect the dots to learn the first letter of my favorite fruits.



PRINT AND TAKE PICTURE OF HOLDING PLEDGE. SHARE ON SOCIAL MEDIA.

Celebrate National #CACFP Week
March 11-17, 2018

I TOOK THE PLEDGE

National #CACFP Week

TO EAT HEALTHY!

NATIONAL CACFP SPONSORS ASSOCIATION

This institution is an equal opportunity provider.

Learn more at cacfp.org