



# 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!

## Celebrating CACFP Week March 12-18, 2023

### Time to Celebrate

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.

Questions? Contact us at anytime!



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



### 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.



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

CACFP is an indicator of quality Child Care. This institution is an equal opportunity provider.