

SNACK ATTACK



Instead of ranch dressing, offer your kids hummus with broccoli—an #ncasupersnack that kids love!



Let your kids build their own #ncasupersnack like this fruit and whole-grain pizza and they are more likely to try new foods.



Go with an easy and fun fruit dip like cottage cheese for an #ncasupersnack that will surprise you!

#cacfpweek

#accessforeverychild #ncasupersnack

THE Child and Adult Care FOOD PROGRAM

www.cacfp.org

MARCH 12-18, 2017
#cacfpweek

Taking CACFP Home

Raising awareness across the nation.

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!



Long gone are the days of do as I say, not as I do. Whether we're aware of it or not, children are learning behaviors from us that will last a lifetime. They watch how we drive and handle stressful situations, and they certainly notice what we're eating and drinking. Just as it's important for us to teach them about creating healthy habits and making good food choices, it's important for us as their caregivers to model good health and nutrition. When they see you eating fruits and veggies instead of potato chips and sweets, and drinking water instead of sodas and sugary drinks, they'll know you're walking the walk and not just talking the talk.

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Where healthy eating becomes a habit.

Dear Parents,

As we celebrate CACFP Week, you should know. . .

One of the most important lessons a child will learn is healthy eating habits. Did you know your child is learning these habits in a childcare 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.