

GRAB AND GO LESSON

CACFP and Parent Information

Administration | Introduction to CACFP

Purpose: This handout provides parents with some basic information for participating in the CACFP.

Nutrition is an important part of high-quality child care, impacting healthy growth and development. All children need well-planned meals and snacks that provide a variety of foods and the nutrients needed for good health and energy.

The great news is your child care provider participates in the Child and Adult Care Food Program (CACFP). The main goal of this program is to ensure that children in child care facilities receive nutritious meals and snacks, and child care providers receive training in nutrition.

We would like to share some information regarding this program, how it benefits you and your child, and what to expect in the future.

The U.S. Department of Agriculture (USDA), through an agency in your state, helps early childhood professionals pay for meals and snacks that meet the national nutrition standards for breakfast, lunch, supper, and snack. These standards, also known as meal patterns, outline the types and amounts of food that must be served. Training and educational programs are offered to early childhood professionals operating the CACFP to ensure they can plan, purchase, prepare, and serve nutritious meals and snacks.

Participating in this program ensures that your child receives:

- Nutritious meals based on age-appropriate USDA meal standards
- Proper nutrition education to help with the development of healthy eating habits

What to Expect

- You may be asked to complete certain forms required by the CACFP.
- Reasonable accommodations can be made for meals and snacks for children with special nutritional needs.
- To help manage the program, you may be contacted and asked about the type and quality of meals that your child receives while in child care.
- You can always request a copy of the menus for all meals and snacks.

Working together, we can help your child establish healthful eating habits that will last a lifetime. In the future, you may receive other information that suggests ways you can help your child learn about food and healthful eating practices. As a parent, you are the most important and influential teacher for your child. By practicing good health habits, you can give your child a head start on a healthy lifestyle.

If you have questions about the CACFP, give your child care provider a call.

References

U.S. Department of Agriculture, Food and Nutrition Service. (2020). *Child and Adult Care Food Program (CACFP)*. www.fns.usda.gov/cacfp/child-and-adult-care-food-program

GRAB AND GO LESSON

CACFP and Parent Information

Administration | Introduction to CACFP

This project was funded using U.S. Department of Agriculture grant funds. The USDA is an equal opportunity provider, employer, and lender.

The University of Mississippi is an EEO/AA/Title VI/Title IX/Section 504/ADA/ADEA employer.

For more information and the nondiscrimination statement in other languages:

<https://www.fns.usda.gov/cr/fns-nondiscrimination-statement>

Except as provided below, you may freely use the text and information contained in this document for non-profit or educational use with no cost to the participant for the training providing the following credit is included. These materials may not be incorporated into other websites or textbooks and may not be sold.

Suggested Reference Citation:

Institute of Child Nutrition. (2020). *Grab and go lesson: CACFP and parent information*. University, MS: Author.

The photographs and images in this document may be owned by third parties and used by the University of Mississippi under a licensing agreement. The University cannot, therefore, grant permission to use these images. Please contact helpdesk@theicn.org for more information.