

Good nutrition and physical activity today

*...means healthier
and stronger
children tomorrow!*

Did you know?



- This childcare provider serves healthy meals and snacks to your children because they participate in the Child and Adult Care Food Program (CACFP).
- The recently passed Healthy and Hunger Free Kids Act means that this childcare provider must:
 - Provide only low-fat milk
 - Make water available throughout the day
 - Serve more fruits and vegetables, whole grains and lean (lower fat) protein
 - Provide at least 60 minutes of physical activity each day
 - Limit the time children can sit in front of television or computer screens

Why is the Healthy and Hunger Free Kids Act important?

- These new requirements provide access to healthy food & more opportunities for physical activity.
- It supports a wellness environment that encourages children to learn and establish healthy habits.

Let's get our children on the way to a healthier life today.

Enroll your child in a CACFP childcare facility! Call 603-271-3883 or see www.education.nh.gov/program/nutrition/child_adult.htm for more informationn.



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