

# Are you a childcare provider participating in the Child and Adult Food Care (CAFCP) Program?



## If you're currently participating in CACFP, then you should know:

- CACFP pays childcare providers all or part of the cost for meals and snacks provided to children enrolled in center and family-based childcare facilities.
- New educational opportunities and technical assistance are available to childcare providers to help implement the changes to the CACFP program.

## If you're *not* currently participating in CACFP, then you are missing:

- **Reimbursement** for the meals and snacks you serve to children.
- **Training Opportunities** to assist you in serving healthier food to children.
- **Materials and Technical Assistance** to help train childcare staff about the benefits of the program.
- **Resources** to help you communicate with parents and caregivers about the importance of serving healthier food to children, and making sure they are active everyday.
- **Assurance for parents and caregivers** that their children will receive healthy meals and snacks and the recommended amount of physical activity.

## Why is this program so important?

The recently passed “Healthy Hunger Free Kids Act 2010” reflects changes to help slow the rate of childhood obesity in our state and nation. One third of New Hampshire children are overweight or obese.<sup>1</sup>

Some of the new provisions of this program include:

- Family-based childcare providers may receive a higher rate of meal reimbursement.

Through changes to the CACFP guidelines, providers play an active role to help slow the rate of childhood obesity. These changes include:

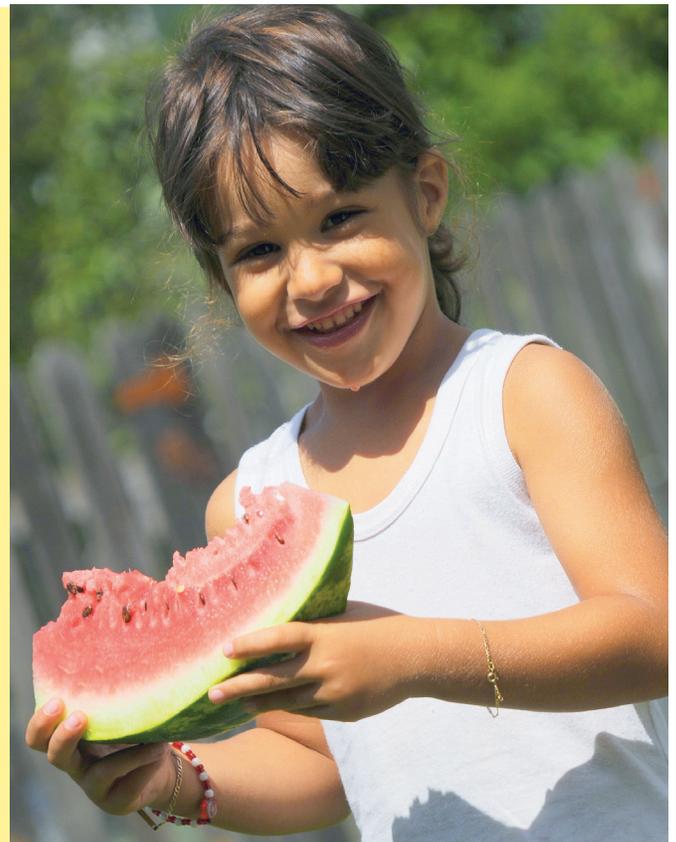
- Providing only low-fat milk
- Making water accessible throughout the day
- Serving more fruits and vegetables, whole grains and lean (lower fat) protein
- Providing at least 60 minutes of physical activity each day
- Limit the time children can sit in front of television or computer screens

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

**Become a CACFP  
childcare provider!**

Call **603-271-3883** or see:

[www.education.nh.gov/program/  
nutrition/child\\_adult.htm](http://www.education.nh.gov/program/nutrition/child_adult.htm)



<sup>1</sup> *New Hampshire 2008–2009 Third Grade Healthy Smiles – Healthy Growth Survey*, NH Department of Health and Human Services, Division of Public Health Services, December 2009.



USDA is an equal opportunity provider and employer.

This publication was funded by the **HNHfoundation** ([www.hnhfoundation.org](http://www.hnhfoundation.org)), with support from the New Hampshire Department of Education, the New Hampshire Department of Health and Human Services, and the New Hampshire Community Loan Fund.