

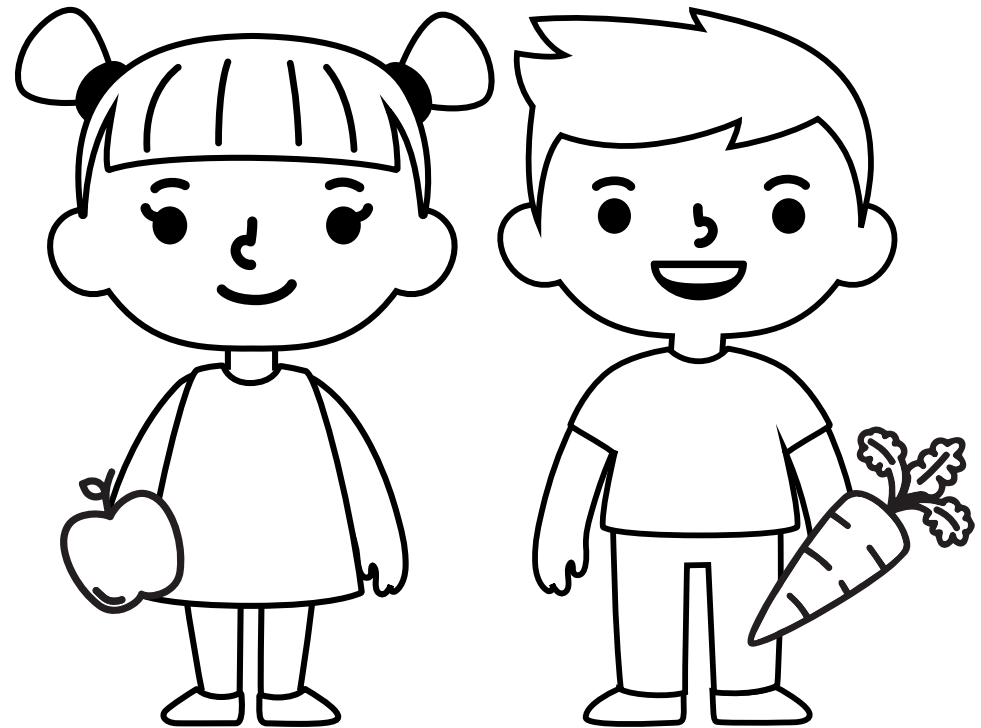
# Parent Tips

Here are some quick tips to help get your little ones to eat healthy foods.

- 1 Praise healthy choices.
- 2 Keep only healthy snacks at hand.
- 3 Make it fun! Experiment with new foods.
- 4 Have kids help plan meals.
- 5 Lead by example.

# Grow Healthy Kids

# Healthy Eating Book!



**What is the CACFP?** The Child and Adult Food Program (CACFP) is offered by the USDA Food and Nutrition Services to encourage child care providers and adult care providers to serve healthy, nutritious meals. To help offset the cost of serving healthier choices, the USDA will reimburse a percentage of food expenses. CACFP also provides education, training, and support on nutrition and healthy eating habits. CACFP is an indicator of quality child care.

Learn more about CACFP at [www.cacfp.org](http://www.cacfp.org)

This institution is an equal opportunity provider.



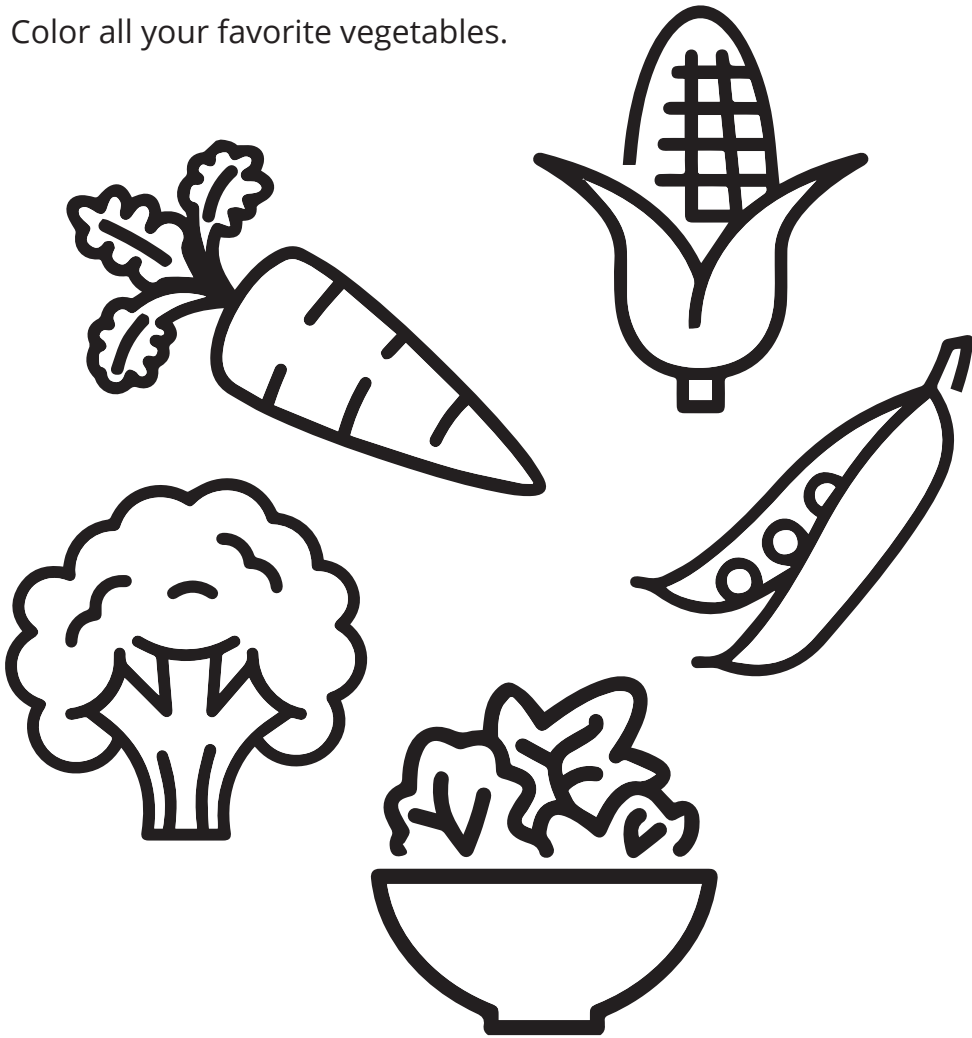
Celebrate National

**CACFP Week**

March 11-17, 2018

Without **Vegetables**, I wouldn't be able to see the world around me.

Color all your favorite vegetables.



If I couldn't see I would miss looking  
 at \_\_\_\_\_  
 and \_\_\_\_\_.

**My week of eating healthy foods!**  
 Color the star if you ate all your vegetables and fruit that day.

	Breakfast	Snack	Lunch	Snack	Supper
Sunday	★	★	★	★	★
Monday	★	★	★	★	★
Tuesday	★	★	★	★	★
Wednesday	★	★	★	★	★
Thursday	★	★	★	★	★
Friday	★	★	★	★	★
Saturday	★	★	★	★	★



### Pledge Card

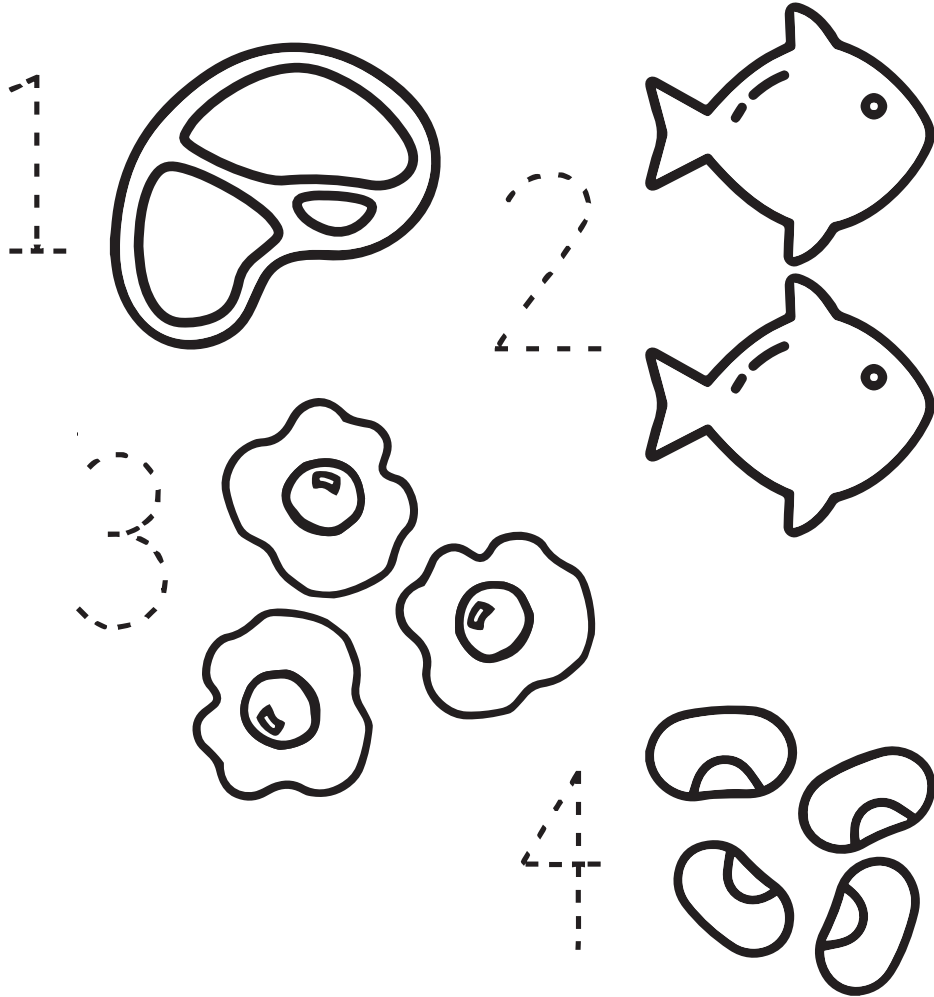
This card certifies that

\_\_\_\_\_ has taken the pledge to eat healthy during National CACFP Week 2018.

**Congratulations!**

With **Protein** you can't go wrong,  
it makes my muscles big & strong!

Count the foods and trace the numbers.



I want to have strong **muscles** so

I can \_\_\_\_\_

and \_\_\_\_\_.

**Milk** helps build strong bones & healthy teeth!

In the space below. Trace your hand.

Right now my hand  
is only this big.



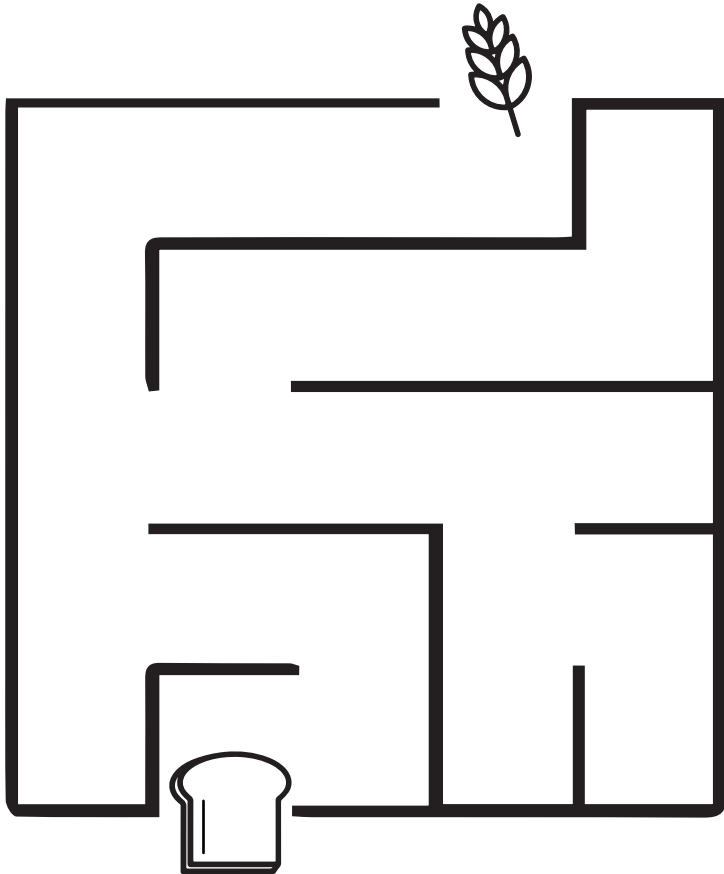
My **bones** still have a lot of  
growing to do. I need milk  
to grow big and strong.

**Grains** gives us energy, energy keeps me moving! Grain comes in many different ways.

Rice Oatmeal Noodles  
Cereal Bread Crackers

just to name a few.

**Help** the piece of grain become a piece of bread.



**Fruit** helps keep me from getting sick. They have lots of vitamins. Connect the dots to learn the first letter of my favorite fruits.

