

Nutrition & Physical Activity State Plan

Child Care Connections – Child and Adult Care Food Program

Lisa Curry CACFP Coordinator Mission: “***Promoting quality child care by supporting child care professionals, families and the communities we serve.***”

Activities Relevant to State Plan to Prevent Obesity: We offer meal planning guidance for child care providers who are participating in the CACFP, emphasizing nutrition. We also provide affordable nutrition and physical activity trainings for all child care providers in our service area. We have scheduled a breastfeeding class to be offered to all child care providers in our area this Fall. We recently hosted a smart screen time training, which was well received and had over 20 participating child care providers.

Services/Recipients: We offer education and support to child care providers. We also assist families in obtaining state financial aid to pay for quality child care.

State Plan Settings: Early Childhood

CDC Behaviors:

- Increasing fruit & vegetable consumption by requiring that CACFP participants offer one serving of fruit or vegetable for breakfast and two servings for lunch.
- Decreasing sugar-sweetened beverage consumption by not allowing CACFP participants to claim these beverages for reimbursement and offering guidance to lower consumption.
- Decreasing consumption of energy dense foods (> 4 calories/gram) by providing menu planning education and ongoing guidance.
- Increasing breastfeeding by allowing CACFP participants to receive financial reimbursement for serving breast milk to infants.
- Increasing physical activity through encouragement and trainings.
- [If relevant:] Decreasing screen time through feedback during on-site visits and trainings.

Gaps and Concerns: