



*11.4% of Massachusetts households can't confidently predict where their next meal is coming from.*

## Why are nutritious meals and snacks important for children and adults?

Research has shown that there is a strong relationship between nutrition, health and learning. Your community is in a special position to offer healthy meals to children, in safe and supportive settings.

Older or disabled adults can have limited ability to prepare or access healthy meals. Providing meals and snacks can help them maintain their independence and quality of life.

## Where can I go to get more information?

[www.doe.mass.edu/cnp/nprograms](http://www.doe.mass.edu/cnp/nprograms)

Massachusetts Department of  
Elementary and Secondary  
Education, Office for Nutrition  
Health & Safety Programs  
75 Pleasant Street  
Malden, MA 02148  
Phone (781)-338-6480



# Benefits of Free Food Programs



USDA is an equal opportunity  
provider and employer.  
2014

# Child and Adult Care Food Program (CACFP)

PROVIDING NUTRITIOUS MEALS AND SNACKS TO MASSACHUSETTS

## What kind of food is served?

- FRUITS, JUICE
- VEGETABLES
- MILK, YOGURT, CHEESE
- MEAT, BEANS, NUTS
- BREAD, PASTA, RICE
- AND MANY MORE DELICIOUS CHOICES!



## Fighting Childhood Hunger

Hunger experienced in childhood can have a lasting impact on health and wellness. Increased vulnerability to health, learning and social problems are consequences of food insecurity. CACFP targets providers in low income areas to provide support where it is needed most.

## Increases Access to Lower Income Families

Cash reimbursement and access to USDA foods will help reduce food costs for organizations. This enables care providers to make their programs more affordable to low income families.

## Benefits for Participants

### Healthy Food for Growing Bodies

Children and teens need the right kind of fuel to support healthy growth. CACFP provides nutrient dense foods appropriate for each stage of growth and development. Increased exposure to healthy foods can promote healthier food choices at home and throughout life.

### Social Support for Adults

Elderly households that are socially isolated are at higher risk for hunger. Hunger among elders can contribute to malnutrition, may increase risk for disease and decrease quality of life.

## Benefits for Caregivers

### Increased Participation

Offering meals and snacks as part of your existing programming can bring new participants to your facility and strengthen participation in your programs.

### Reimbursements for Meals

Sponsoring organizations receive cash reimbursement for serving meals to enrolled children and adults that meet Federal nutritional guidelines.



CACFP IS A NUTRITION EDUCATION AND MEAL REIMBURSEMENT PROGRAM HELPING PROVIDERS SERVE NUTRITIOUS AND SAFELY PREPARED MEALS AND SNACKS TO CHILDREN AND ADULTS IN DAY CARE SETTINGS.