



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

## 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



## 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.



# Parents: Find Free Meals

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!



## What is the purpose CACFP?

When parents and caregivers are still at work, children and older adults need a safe place to be with their friends, with structured activities, and supportive caregivers.

Programs for children and adults that serve meals and snacks draw participants into constructive activities that are safe, fun, and filled with opportunities for learning. The healthy food provides them with the nutrition they need to learn and grow.

## How can I benefit from CACFP?

**Children and Adults:** Preventing hunger supports improved learning and cognitive function in both children and adults. CACFP can provide access to as much as two nutritious meals and one snack daily. Repeated exposure to different foods, including fruits and vegetables, can help children enjoy a greater variety of foods.

**Organizations:** Providing quality meals can help increase participation and retention in your programs. Reimbursement for meals can help make care more affordable for many low-income families. Regular access to healthy meals and snacks will help support the health and happiness of your participants and their families!

## Where can I find CACFP meals offered?

### Age 12 and under:

- Child care centers,
- Head Start Programs
- Family day care homes



### Age 18 and under:

- After school programs
- Emergency shelters

### Age 60 and older or individuals with disabilities

- Adult day care centers

**Interested facilities encouraged to inquire!**



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.