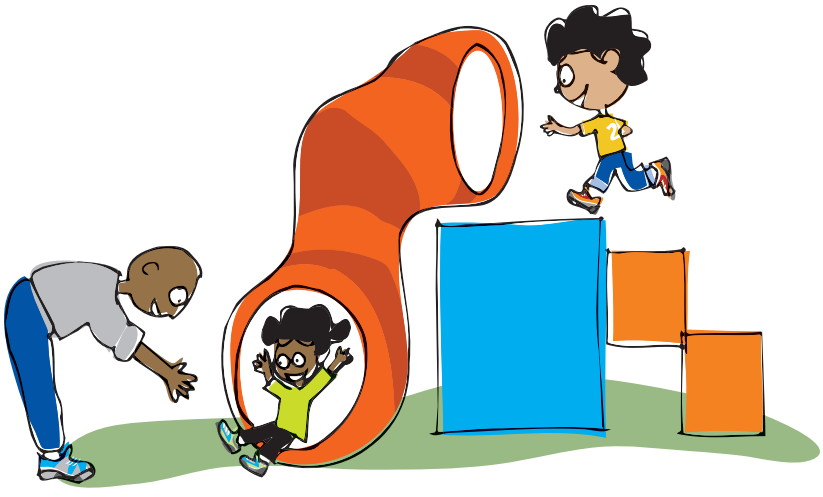
Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program



U.S. Department of Agriculture and U.S. Department of Health and Human Services.
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Improving child nutrition is the focal point of the Healthy, Hunger-Free Kids Act of 2010 (HHFKA), Public Law 111-296. The legislation authorizes funding and sets policy for the United States Department of Agriculture's core child nutrition programs: the National School Lunch Program; the School Breakfast Program; the Special Supplemental Nutrition Program for Women, Infants and Children (WIC); the Summer Food Service Program; and the Child and Adult Care Food Program (CACFP). The HHFKA allows the United States Department of Agriculture (USDA) an opportunity to make real reforms to the school lunch and breakfast programs by strengthening the critical nutrition and hunger safety net for millions of children.

Section 221 of the HHFKA addresses nutrition and wellness goals for meals served through CACFP, and calls for technical assistance to be provided to participating CACFP institutions and family or group day care homes to meet the nutrition requirements and wellness recommendations. The USDA and the U.S. Department of Health and Human Services (HHS) worked together to develop this technical assistance handbook that includes recommendations, guidelines, and best practices that are consistent with USDA and HHS recommendations and requirements for nutrition, active play, screen time, and wellness. USDA and HHS encourage all CACFP providers to help youth adopt healthy eating and active play behaviors to curb the increasing rate of overweight, and prepare children, particularly young children ages 2 to 6 years old, to attain their educational potential.

This handbook is a first step in assisting providers to make changes in their child care policies and practices that will impact children in their care. These positive changes are possible only through the collaborative efforts of many agencies, organizations, and individuals who are dedicated to improving the health of the Nation's children. *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program* was developed by representatives from the following agencies:

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