Sample Nutrition Education Policies for CACFP

- Nutrition education will be provided regularly and will include lessons on MyPlate and messages from the 2010 Dietary Guidelines for Americans.
- Nutrition education will be provided through meal time discussions about food.
- Facilities will collaborate with community groups/organizations to provide opportunities for nutrition education beyond onsite curriculum.
- Nutrition education opportunities are offered to parents at least twice per year.
- Books, posters, and other educational materials depict healthy foods and healthy messages.
- Our facility builds awareness among teachers, food service personnel, and other staff members about the importance of nutrition, physical activity, and wellness.
- Nutrition education information shared with children, families and staff members is based on current science and national health recommendations.