Nutrition and Wellness Tips for Young Children
Provider Handbook for the Child and Adult Care Food Program

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**Best Practices: CACFP Success Stories**

Several child care centers and homes submitted best practices that have enabled them to successfully serve nutritious meals that incorporate a variety of fruits and vegetables, whole-grain foods, low-fat and fat-free milk, and lean protein choices. Some centers and homes have also shared ideas to encourage all children and families to cut down screen time and to participate in active play every day. These best practices are real-life situations that show that although making a change may not be easy, it is possible and can have a positive impact on the children in your care.

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