An online nutrition resource for CACFP childcare providers and parents

Kids Eat Smart - Move More is an interactive way for childcare providers to meet the nutrition and physical activity recommendations and standards of CACFP, and encourage the parents to learn about healthy eating and physical activity too!

The Kids Eat Smart - Move More online nutrition and physical activity resource will...

- Use the park finder to find parks in your area!
- Provide an interactive option for nutrition and physical activity education
- Give you ideas for how to create a healthier environment for staff and children
- Saves time for providers and parents when they need a quick answer for nutrition and physical activity

Childcare Providers receive one DCDEE credit!

Have a question? Contact help@nccacfp.org
Lessons available for childcare providers

- Fruits & Veggies Grow Healthy Kids
- Healthy Whole Grains
- Happy Healthy Active Children
- Help Your Childcare Make Good Eating Choices
- Fun and Healthy Drinks for Kids

Lessons available for parents

- Fruits & Veggies Grow Healthy Kids
- Healthy Whole Grains
- Happy Healthy Active Children
- Help Your Childcare Make Good Eating Choices
- Fun and Healthy Drinks for Kids

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