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

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.

Where can I go to get more information?

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

Benefits of Free Food Programs

USDA is an equal opportunity provider and employer.
2014
What kind of food is served?
• FRUITS, JUICE
• VEGETABLES
• MILK, YOGURT, CHEESE
• MEAT, BEANS, NUTS
• BREAD, PASTA, RICE
AND MANY MORE
DELICIOUS CHOICES!

Benefits for Participants

Healthy Food for Growing Bodies
Children and teens need the right kind of fuel to support healthy growth. CACFP provides nutrient dense foods appropriate for each stage of growth and development. Increased exposure to healthy foods can promote healthier food choices at home and throughout life.

Social Support for Adults
Elderly households that are socially isolated are at higher risk for hunger. Hunger among elders can contribute to malnutrition, may increase risk for disease and decrease quality of life.

Benefits for Caregivers

Increased Participation
Offering meals and snacks as part of your existing programming can bring new participants to your facility and strengthen participation in your programs.

Reimbursements for Meals
Sponsoring organizations receive cash reimbursement for serving meals to enrolled children and adults that meet Federal nutritional guidelines.