

## STRATEGY 10: Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options

# why does this matter?

**Food and nutrition programs are essential partners** in the mission to promote healthy eating.

Collaboration with food and nutrition programs **provides guidance and expertise** around nutritious meals and snacks.<sup>1-3</sup>

**Food and nutrition programs can reinforce positive nutrition messages** by hosting educational food activities such as Eat Your Way through the Rainbow, March through the ABCs, taste testing, and kitchen tours.<sup>1-3</sup>

Collaboration can help incorporate nutrition education into the curriculum.<sup>1-3</sup>



#### References

1. Ritchie LD, Boyle M, Chandran K, et al. Participation in the Child and Adult Care Food Program is associated with more nutritious foods and beverages in child care. *Childhood Obesity*. 2012;8(3):224-229.
2. O'toole TP, Anderson S, Miller C, Guthrie J. Nutrition services and foods and beverages available at school: results from the School Health Policies and Programs Study 2006. *J. Sch. Health*. 2007;77(8):500-521.
3. USDA Food and Nutrition Service. Child and Adult Care Food Program (CACFP). <http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education>. Accessed April 22, 2015.