

## Here is what Vermont child care providers are saying...

“By having the financial help I do not have to charge my parents as much as I would otherwise.”

“The kids’ behavior improved immensely when I started the breakfast program.”

“I hear that the paper work is hard. Well, I can tell you, it takes minutes a day. For the amount of money I receive a month, it is well worth the time and effort.”

“The best part of the program is that everyone gets the same good food.”

“The staff is always friendly and supportive. They are willing to help you in the beginning and they follow through with support forever.”



*...every day.*

## The Vermont Campaign to End Childhood Hunger



(802) 865-0255  
180 Flynn Avenue  
Burlington, VT 05401  
[www.vtnohunger.org](http://www.vtnohunger.org)

**The Vermont Campaign to End Childhood Hunger** partners with the whole community to prevent hunger and promote good nutrition. To do this we:

- 1) support local meal programs;
- 2) educate low-income Vermonters about good nutrition and assistance; and
- 3) urge state and federal government to improve nutrition programs.

To find out more about our work in early childhood nutrition, contact Mitzi Johnson at (802) 865-0255 or [cacfp@vtnohunger.org](mailto:cacfp@vtnohunger.org).

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*Because all children need to be well nourished.*



## Child Care Food Program

**A guide for in-home child care providers in Vermont**



### Why serve meals in child care?

**It pays to serve healthy food.**

The food program reimburses you for serving meals to the children in your care.

**Good nutrition helps children develop.**

For many children, this is their only chance to sit down to a nutritious meal each day. Poor nutrition can cause behavior and learning problems.

**Learning lasts a lifetime.**

When young children sit together at family-style meals, they get more than good food. They learn about good nutrition, portion sizes, and social skills. They are more likely to try and like new foods. They build healthy eating habits for life.



*Every child...*

*Because all children need to be well nourished.*

### Who can participate?

Registered, licensed, and legally exempt in-home child care providers can be in the food program. Children 12 and under can participate, including infants



Family style meals help children learn eating and social skills. Parents don't have to pack lunches and snacks!

### What kinds of meals can I serve?

You may choose to serve up to two meals and a snack, or two snacks and a meal, per day.

- **Breakfast**—a serving of milk, fruits or vegetables, and grains or bread.
- **Lunch and dinner**—milk, grains or bread, meat or meat alternate, and two servings of fruits and/or vegetables.
- **Snack**—2 of the 4 food groups.



Children eat healthier food when providers participate in the food program.

### What are the benefits?

The training and monitoring that are important to the program help you maintain a high level of care.

- Nutrition education
- New ideas and recipes
- Reimbursement for meals
- Additional service to parents

To estimate your reimbursement, go to <http://www.vtnohunger.org/info/cacfpform.php>

**STARS** recognizes participation in the food program in 2 arenas: “Qualifications & Training” and “Families & Community”. Use the Food Program to meet the STARS standards. For more about STARS, visit [www.STARSstepahead.org](http://www.STARSstepahead.org).

*To Apply, contact one of these Vermont sponsors:*

#### Barre:

**Central Vermont  
Community Action Council**  
107 North Main Street, Suite 11  
Contact: Pat Siergiey  
Telephone: (802) 479-1053  
Toll free: (800) 639-1053  
Email: [psiergiey@cvcac.org](mailto:psiergiey@cvcac.org)  
Website: [www.cvcac.org](http://www.cvcac.org)

#### Brattleboro:

**Windham Child Care Association**  
130 Birge Street  
Contact: Grace Esdon  
Telephone: 802- 254-5332  
Email: [grace@windhamchildcare.org](mailto:grace@windhamchildcare.org)  
Website: [www.windhamchildcare.org](http://www.windhamchildcare.org)

#### Middlebury:

**Mary Johnson Children’s Center**  
81 Water Street  
Contact: Sue Pidgeon  
Telephone: (802) 388-2853  
Email: [cacfp@mjcvt.org](mailto:cacfp@mjcvt.org)  
Website: [www.mjcvt.org](http://www.mjcvt.org)

#### Morrisville:

**Lamoille Family Center**  
480 Cady Falls Road  
Contact: Deborah Coccoli  
Telephone: (802) 888-5229  
Email: [Dcoccoli\\_lfc@yahoo.com](mailto:Dcoccoli_lfc@yahoo.com)  
Website: [www.lamoillefamilycenter.org](http://www.lamoillefamilycenter.org)

This federally funded program is administered by the Vermont Department of Education. For more information, contact your regional sponsor listed here or Laurie Colgan, CACFP Coordinator, at (802) 828-5153

#### Rutland:

**BROC—Community Action in  
Southwestern Vermont**  
60 Center Street  
Contact: Pamela Covell  
Telephone: (802) 665-1735  
Toll free: (800) 717-2762  
Email: [pcovell@broc.org](mailto:pcovell@broc.org)  
Website: [www.broc.org](http://www.broc.org)

#### St. Albans:

**The Family Center Northwest**  
27 Lower Newton Street  
Contact: Ellie Gilman  
Telephone: (802) 524-6574  
Email: [egilman@ncssinc.org](mailto:egilman@ncssinc.org)  
Website: [www.ncssinc.org](http://www.ncssinc.org)

#### Williston:

**Child Care Resource**  
181 Commerce Street  
Contact: Anna Graham  
Telephone: (802) 863-3367  
Email: [agraham@childcareresource.org](mailto:agraham@childcareresource.org)  
Website: [www.childcareresource.org](http://www.childcareresource.org)



**Kids benefit and you benefit. Contact one of these food program sponsors in your area. They will be excited to help you get started.**