

# TOGETHER WE CAN FEED VIRGINIA



## CACFP NEWSLETTER

December 2020

Tis the Season for H.E.L.P! (Helping Everyone through Love and Patience)

This year has had its share of highs and lows for everyone from the youngest member of the family to the oldest but we want to encourage families to take some time this holiday season to end the year on a high note!

The Center for Disease Control (CDC) developed a COVID-19 Parental Resource Kit. This kit was created to help support parents, caregivers, and other adults serving children and young people in recognizing children and young people's social, emotional, and mental health challenges and their well-being.

This resource helps caregivers identify social-emotional signs in children during the pandemic from birth to 24 years of age. Caregivers are given tools such as "conversation starters" (talking with your child about their feelings), sharing and posting postcards that reminds us to stay healthy, and activities the whole family can enjoy such as DIY masks and soap. Click here for more information about the "COVID-19 Parental Resources Kit". [Click here for more information about the "COVID-19 Parental Resources Kit"](#).

The SNP team hopes that you and your family remain safe and well during this Holiday season!

# BREASTFEEDING FRIENDLY RECOGNITION PROGRAM



Are you committed to best practices in child nutrition? Early childhood programs serving infants and young children can apply to become a Breastfeeding Friendly Early Care program.

The Early Care Breastfeeding Friendly Recognition Program was established with Child Care Aware-Virginia, Virginia Early Childhood Foundation, and Virginia Breastfeeding Coalition. The award recognizes early care sites in meeting five breastfeeding friendly standards.

- environmental
- family support
- infant feeding
- professional development
- breastfeeding policy

Virginia partners recognize the benefits of breastfeeding and providing human milk to infants and young children for as long as a family desires. Since nearly 2/3 of Virginia's young children have all available parents working, we know that early care settings are crucial supporters of breastfeeding. To recognize the programs that exhibit best practices in this area, we are excited to promote the Breastfeeding Friendly Early Care Recognition program.

#### BENEFITS:

- Demonstrate your program's commitment to best practices in infant nutrition
- Support families' commitment to breastfeeding, and their child's healthy start
- Educate teachers and families about the importance of breastfeeding for infants and young children

[Click Here to apply for the Breastfeeding Friendly Early Care Recognition.](#)



## FARM TO CACFP

It's a great time of year to start thinking about your growing plans and menus for next Spring! Keep an eye out for our Farm to CACFP Winter Newsletter later this month with tips to get started.

We'd love to learn more about the Farm to CACFP work you're doing to highlight on our website and social media. Please email [brittany.thorp@vdh.virginia.gov](mailto:brittany.thorp@vdh.virginia.gov) or share with us [here](#).

Looking for funds to help your garden grow? Below are some upcoming grant opportunities.

- Visit [kidsgardening.org](http://kidsgardening.org) to learn more about their 2021 Youth Garden Grant. Applications are due December 18th.
- No Kid Hungry has released a new grant opportunity to increase food security among children from birth – five years old. Applications are due December 18th. Visit [bestpractices.nokidhungry.org](http://bestpractices.nokidhungry.org) and click on Programs, then Early Childhood.



# CACFP RECOGNIZES

Congratulations to the following early care sites who were awarded in Virginia's Breastfeeding Friendly Early Care (BFF EC) Recognition Program!



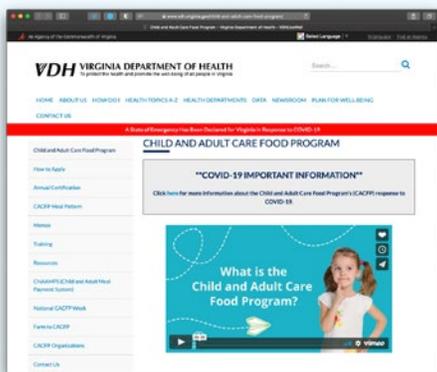
## 2020 AWARDEES

Play & Learn at Aisha's, Springfield  
 Infant & Toddler Family Daycare, Alexandria  
 Ambreen Jawaid FDH, Arlington  
 Infant & Toddler Family Daycare, Fairfax  
 Anam Jahan FDH, Alexandria  
 Afrin's Family Daycare, Alexandria  
 Farida's Daycare, Alexandria  
 Happy Feet Early Learning & Child Care,  
 Martinsville

Children's Nest Learning Center-Hollins,  
 Roanoke  
 Childcare Network, Roanoke  
 Bright Beginning Child Care, Richmond  
 Ms. Leslie's Kidz Childcare, Woodbridge  
 Mama Mia's Daycare LLC, Bristow  
 Aunt Taty's Family Daycare, Virginia Beach  
 Seven Oaks Academy II, Woodbridge  
 Kiddie Kastle, Virginia Beach

Christy's Daycare, Norfolk  
 Explore Play Learn LLC, Manassas  
 Backyard Bears Day School, Vinton  
 Sajida Rashid, Alexandria  
 Bilingual Kid Language Immersion School,  
 Glen Allen  
 Caring Hearts Academy, South Hill  
 Craig County Child Care Center, New Castle  
 YWCA Sprout School, Richmond

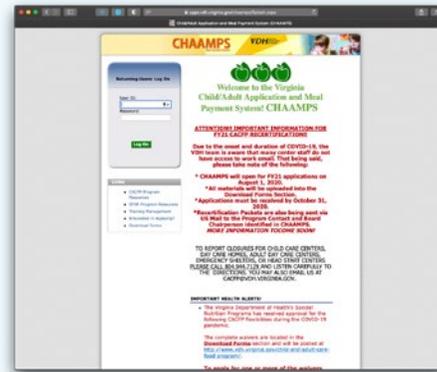
## CACFP WEBSITES



For more information on the CACFP visit our website at [VirginiaCACFP.com](http://VirginiaCACFP.com)



For CACFP training visit our training website at [VDHCACFPtraining.com](http://VDHCACFPtraining.com)



For access to the prescreen or your CACFP application visit the Child and Adult Meal Payment System or CHAAMPS click [here](#).

## CACFP SOCIAL

For updates on events in the CACFP Follow, Like, or Friend us on the following platforms:

 Follow us on Instagram  
 @CACFPVirginia

 Like us on Facebook @  
 CACFPVirginia

 Follow us on Twitter @  
 CACFPVirginia

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To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: How to File a Complaint, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by:

**(1) Mail:**  
 U.S. Department of Agriculture  
 Office of the Assistant Secretary for  
 Civil Rights

**(2) Fax:**  
 (202) 690-7442

**(3) Email:**  
[program.intake@usda.gov](mailto:program.intake@usda.gov)

## PROMOTE AND CELEBRATE CACFP

   #VIRGINIACACFP

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