

To get started, go to nccacfp.org



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



State of North Carolina
Department of Health and Human Services
Division of Public Health
www.ncdhhs.gov • www.publichealth.nc.gov

NC DHHS is an equal opportunity employer and provider.

