

## Child and Adult Care Food Program (CACFP)

The Child and Adult Care Food Program is designed to ensure that children enrolled in child care programs get healthy meals and snacks while in care.

CACFP reimburses child care providers for the food they serve to the children in their care. Therefore, parents do not have to supply food or pay extra for the meals their children receive.

Providers who are enrolled in CACFP must serve USDA approved meals, like those served in school lunch programs. Parents are assured that their children are being fed healthy, nutritious meals and snacks when their children's care provider participates in this voluntary program.

When interviewing a child care provider, ask if they participate in CACFP! If they do not yet participate but are interested, have them call our offices at 343-2344 ext. 112 or visit [www.icpoc.org](http://www.icpoc.org) for more information.

## NY Farmers' Markets Making Local Food Accessible...

There are many ways to buy fresh, local foods at many New York farmers' markets. Visit [www.agmkt.state.ny.us/ap/community/farmersmarkets.asp](http://www.agmkt.state.ny.us/ap/community/farmersmarkets.asp) to find the farmers' market closest to you.

### **Farmers' Market Nutrition Program (FMNP)**

The NYS Department of Agriculture and Markets program ensures WIC (women, infants, and children) participants and low-income seniors have access to fresh, locally grown produce through a coupon program which can be used at their local farmers' market. At-market education, such as how to select and prepare fruits and vegetables for the best health benefits, is also provided by the FMNP.

- Coupons for women, infants and children available through local WIC agencies
- Coupons for low-income seniors available through NYS Office for Aging

### **WIC Vegetables and Fruits Check Program**

As a part of the regular monthly WIC package, families receive checks to buy vegetables and fruits. This Dept of Health and NYS Dept of Agriculture and Markets program makes farmers markets more available to WIC families. Participating farmers are able to accept the WIC Vegetables and Fruits Checks for fresh, locally grown produce at participating farmers markets.

### **Use Your Card**

Now you can use your debit, credit or SNAP (Food Stamp) (EBT) card at participating farmers markets. At the market manager's booth, use your debit, credit or SNAP (EBT) card to purchase wooden tokens that act as cash within the market. Tokens are accepted at any market booth that displays a sign. SNAP may be used to buy any qualifying food at the market.

For more information on farmers markets, nutrition and recipes go to  
[www.fnec.cornell.edu/program\\_FMNP.cfm](http://www.fnec.cornell.edu/program_FMNP.cfm)  
or [www.nyfarmersmarket.com](http://www.nyfarmersmarket.com)