

# NCWVCAA Nutrition and Safety August Newsletter

Courtney Cummins

Nutrition/Safety Program Specialist

## Topics Discussed World Breastfeeding Week Family Meals Month What is CACFP? “Safe Passenger” Checklist



At NCWVCAA HS/EHS, we support families who choose to breastfeed their children and welcome you to a comfortable and quiet area if you choose to breastfeed at your child's center.

This celebratory week focused on “Foundation of Life”. The World Alliance of Breastfeeding Action (WABA) describes “Foundation of Life” as “how breastfeeding is a key element in getting us to think about how to value our wellbeing from the start of life, how to respect each other and care for the world we share.”

WABA breaks down several areas in which breastfeeding helps the world. A few that were mentioned were...

**No Poverty-** breastfeeding is a natural and low-cost way of feeding babies and children and is affordable for everyone and does not burden household budgets.

**Zero Hunger-** breastfeeding can provide high quality nutrients, adequate energy and helps prevent hunger, undernutrition and obesity. It is food security for all infants and children.

**Good Health & Well Being-** significantly improves the health, development, and survival of infants and children. It also improves health and well-being of mothers.

**Quality Education-** breastfeeding and good quality complimentary foods contribute to mental and cognitive development and thus promote learning.

For more information visit:

[www.worldbreastfeedingweek.org](http://www.worldbreastfeedingweek.org)



### Family Meals Month

Head Start, Early Head Start and the Food Marketing Institute celebrates families that eat meals together and at home. Their mission is to spread this awareness of all the benefits of eating meals together as a family. Family meals eaten at home have been proven to benefit the health and wellness of children and adolescents, to fight obesity, substance abuse and to make families stronger—creating a positive impact on our communities and our nation as a whole.

Food retailers are uniquely positioned to make family meals at home easier to accomplish. As the

association of food retailers, it is the mission of the Food Marketing Institute and its Foundation to highlight the role of grocers and to bring our industry together around a family meal movement encouraging one more meal at home per week.”

The family meal movement will culminate in September with National Family Meals Month. We invite you to join the movement and celebrate National Family Meals Month! So, start preparing in August and visit [www.fmi.org/family-meals](http://www.fmi.org/family-meals) to sign up and join. This site also has other valuable resources for each and every family!



### What is CACFP?

Child and Adult Care Food Program (CACFP) is a federal program that serves nutritious meals and snacks to eligible children and adults who are enrolled for care at participating child care centers, day care homes, and adult day care centers. CACFP also provides meals and snacks to children and youth who participate in afterschool care programs or reside in emergency shelters.

In WV, along with CACFP, our state collaborates with the USDA and Leap of Taste to ensure high quality nutritional standards are met. Standards focus on the food components, serving sizes based on a child's age, foodservice and classroom sanitation practices, and family style meals.

As a family, if you have any questions about the menus or food that your child is being served, please contact your center's staff.



- ✓ Before you buy a booster or car seat, check the instructions. Be sure the seat fits your child.
- ✓ When you install a car seat, follow the instructions. Check your car owner's manual.
- ✓ Do not buy a used car seat unless you know the history. Make sure it has not been in a crash. Make sure the seat has not expired or been recalled. Most have a 6 year life span.
- ✓ Babies and toddlers need to ride rear-facing. Keep them rear facing until they reach two years old, or until they reach their seat's height and weight limits.
- ✓ When children out grow their rear facing seat, they can ride in a front facing seat with a harness.
- ✓ When children outgrow the harness, they are safest in a booster seat. Adult seat belts do not usually fit until children are 4'9" tall and between 8-12 years old.
- ✓ Children should ride in the back seat until at least the age of 13.

Go to a car seat check up to be sure your child's car or booster seat is installed correctly.

**For more about Nutrition/Safety please contact:**

Courtney Cummins, NCWVCAA HS/EHS

Nutrition/Safety Program Specialist

304 363 2170 ext.122

[ccummins@ncwvcaa.org](mailto:ccummins@ncwvcaa.org)

