

CACFP Showcase: Teaching Children Nutrition, Education and Life Lessons

Child and Adult Care Food Program (CACFP) Provider Toni Bingham of Austin, TX featured by National CACFP Sponsors Association

AUSTIN, TEXAS, UNITED STATES, January 5, 2017 /EINPresswire.com/ -- A full spread of fruits of every variety—familiar and different—is laid out to see, touch and taste. The children will each be given age-appropriate instructions to make individual fruit salad with their chosen fruits. Next week, vegetables are on the menu where the kids will again be able to experience a wide assortment.

Eating healthy and making good food choices is incorporated into everyday learning. "It's just a part of our program," Toni notes. Wednesdays are "food experience" days involving the children tasting new foods and working on basic Kitchen/cooking skills. They plant a garden each year, help with preparing food, and learn every day from the very active role model they have in Toni. Parent volunteers even lead the kids on weekly fitness walks through the neighborhood.



Wednesdays are food experience days for the children in Toni's care.

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"I give 150%. I'm ready. I love what I do!"

Toni Bingham

As part of the CACFP, nutrition is a key ingredient in Toni's child care, but what is also more than apparent when speaking with Toni is her love and passion for what she does. "I give 150%. I'm ready. I love what I do!"

After 40 years of working in child care and over 20 years of owning her own facility, Toni knows that learning is not all about the end product. Much can be learned from the process, spirit of giving and life-long lessons. Her goal as a child care provider is to integrate nutrition, education and life lessons into her loving child care home.

CACFP is an indicator of quality child care. When children are cared for by providers who are part of the CACFP program they are receiving the best nutrition available. Learn more about other CACFP providers featured in our Member Showcase at our [website](#).

CACFP Since 1986 the National CACFP Sponsors Association ([NCA](#)) is the leading national organization for sponsors who administer the USDA Child and Adult Care Food Program (CACFP).

We provide education and support to thousands of members in the CACFP community and in particular to sponsors of all sizes from across the country. We strive to improve communication between families, care givers, sponsors, and their supervising government agencies.

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