

# CACFP Showcase: Growing and Learning with Scratch Cooking

*Child and Adult Care Food Program (CACFP) Provider Kim Jackson of Osceola, IA featured by National CACFP Sponsors Association*

AUSTIN, TEXAS, UNITED STATES, January 16, 2017 /EINPresswire.com/ -- As a pre-vet major, Kim Jackson never imagined herself as a child care provider. After helping a friend with their child care home twenty years ago, she hasn't looked back. While watching the kids grow and reach life milestones, Kim has a feeling of accomplishment because she was there to influence them along the way and this continues to motivate her as a provider today.



Children help plant the garden at Kim Jackson's child care.

Like many child care providers, Kim felt that quick, pre-made meals were the best way to make sure the children in her care were fed. When a friend introduced her to the idea of serving homemade meals with fresh ingredients, she wanted to try, but was not convinced it was going to work. Only five years later, about 90% of the food served consists of fresh fruits and vegetables and using all Iowa products has become a passion. Kim now knows she can not only serve homemade, fresh food, but can succeed in serving her kids with the most nutritious meals possible.

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Growing and learning with homemade, fresh food will help

you make healthy choices as you go through life.”

*Kim Jackson*

Leaving a basket out of a variety of carrots and allowing children to examine them is just one way Kim gets the kids involved in their own nutrition. Homemade applesauce and pear butter are fun recipes the kids have assisted with. They

have their own garden, visit the local farmer's market and help with food choices.

During family style meals, Kim has noticed the kids now eat more of the nutritious choices than they did when they started out. It is a change, but the kids are now used to the foods and like them more. It is an evolving process, but can definitely be accomplished!

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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