

# **CELEBRATE VIRGINIA CACFP WEEK MARCH 16–22, 2025**

## **Participation Toolkit**

Intended to be used in addition to the digital toolkit.

To register or for additional details, visit:

[vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit](https://vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit).



# WELCOME TO VACACFP WEEK 2025

## WHO?

You! We encourage everyone to participate in the week's festivities, from the sponsor level to the classroom.

## WHAT?

Virginia CACFP Week

## WHERE?

All events hosted by the SNP teams will be virtual with the expectation that participating organizations will celebrate within their centers or homes. Even if your organization is completely virtual at this time, we'd love to see you virtually.

## WHEN?

March 16–22, 2025

## WHY?

As part of the CACFP in Virginia, your organization has taken a stand in combating hunger and ensuring healthy meals are provided in your community. And we think that is something worth celebrating!

## HOW?

There are so many different ways to participate and our goal is to help you get started with this toolkit. It doesn't have to stop at our virtual events or social media. We encourage you to let your creativity flow through nutrition education lessons, activities, or games of your own design! Just don't forget to share with us @CACFPVirginia and @VDOESNP.

Dear Program Sponsors, Centers, and Family Day Care Home Providers,

The Virginia Department of Health's (VDH) Special Nutrition Programs (SNP) and the Virginia Department of Education's (VDOE) School Nutrition Programs (SNP), alongside our community partners, invite you to celebrate VACACFP Week, March 16–22, 2025.

All week your SNP teams will be hosting virtual events for Program operators, engaging with community partners, and launching the Virginia CACFP social media campaign. We hope in addition to these events, you'll share your own VACACFP Week celebrations with us.

As part of the CACFP in Virginia, your organization has taken a stand in combating hunger and ensuring healthy meals are provided in your community. And we think that is something worth celebrating! Together we can feed Virginia.

Sincerely,



VIRGINIA  
**CACFP**  
Child and Adult Care Food Program

&



SCHOOL  
NUTRITION  
PROGRAMS

VIRGINIA DEPARTMENT OF EDUCATION

# SCHEDULE OF EVENTS

In addition to your VACACFP Week activities, join us for this virtual event!


## ASK THE EXPERTS!

MARCH 17th 1:00-2:00 pm

Need a refresher of CACFP? Want to know if you or someone you know qualifies for CACFP? Well make sure you join us for Ask the Experts every second Monday of the month...and bring a friend!

Check on the CACFP Week webpage for the Registration Link.

[VirginiaCACFP.com](http://VirginiaCACFP.com)



**VIRGINIA CACFP**  
Child and Adult Care Food Program

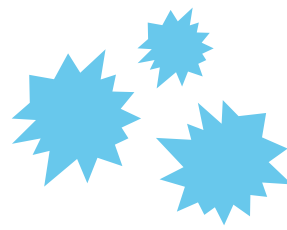
### CACFP Questions? Ask the Experts

ARE YOU WONDERING IF CACFP IS RIGHT FOR YOUR CHILDCARE PROGRAM? NOT SURE HOW TO APPLY TO PARTICIPATE IN CACFP? JOIN THIS Q & A SESSION TO LEARN MORE.

Every second Monday of the month.  
1:00 - 1:30 pm

Virginia Early Childhood Foundation

# SOCIAL MEDIA



**Virginia CACFP Week** (VACACFP) is just around the corner and we'd like your help in getting #VACACFP trending. The Virginia Departments of Health and Education, along with their community partners, would like to see your social media posts leading up to and the week of VACACFP Week 2025. Follow the steps below to help you get started!

1. Follow VACACFP on Facebook, Instagram and Twitter @CACFPVirginia and @VDOESNP.
2. VACACFP Week 2025 Digital Toolkit available at [vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit](https://vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit)
3. Download the sample social media posts from the digital toolkit along with the language below.
4. Upload and post to your social media. Don't forget to add #VACACFP and tag @CACFPVirginia and @VDOESNP.

## SAMPLE SOCIAL MEDIA POSTS TO SAVE THE DATE FOR #VACACFP WEEK!

- It's coming! Join us in celebrating #VACACFP Week March 16-22. @CACFPVirginia @VDOESNP
- Snack time feeling a little repetitive? We've got you covered. Check back March 12-18 for some snack-spiration! #VACACFP @CACFPVirginia @VDOESNP
- How does #VACACFP help your center and community? Share your CACFP story with us in celebration of VACACFP Week March 16-22! @CACFPVirginia @VDOESNP
- What helps with food access, nutrition education, and reaches thousands of Virginians every day? CACFP! Celebrate #VACACFP Week with us March 16-22. @CACFPVirginia @VDOESNP
- YIP-PEA! We going on the 1,2,3 Pea! adventure with @doctoryum for #VACACFP Week. How will you be celebrating? @CACFPVirginia @VDOESNP
- Calling all nursing moms and breastfeeding friendly organizations! Let us know what makes a space breastfeeding friendly. As a CACFP participant, breastfed babies are welcome here and we can't wait to celebrate #VACACFP Week with @CACFPVirginia and @VABreastfeeds !



@CACFPVirginia



@VDOESNP



#VaCACFP



# RECOGNIZING YOUR SITES



If you are a sponsoring organization of multiple centers or day care homes, you understand how hard your sites work to provide the best meals for their community. You can recognize their efforts by downloading, completing, and distributing the CACFP Recognition Certificate. These certificates can be downloaded from the digital toolkit ([vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit](https://vdh.virginia.gov/child-and-adult-care-food-program/cacfp-week-toolkit)).

# NUTRITION EDUCATION

March is National Nutrition Month® and while positive eating habits are a year-round activity, we encourage organizations to celebrate VACACFP Week with their own special nutrition education events. Sometimes creating a new lesson plan or activity can be a little daunting, so we've listed a few places below that might help out. These can also be sent home with parents and participants for the fun to continue at home. We'd love it if you shared your activities with us on social media @CACFPVirginia, @VDOESNP, and #VACACFP!



## TEAM NUTRITION

Team Nutrition is an initiative of the USDA to support the child nutrition programs through training and technical assistance for foodservice, nutrition education for children and their caregivers, and school and community support for healthy eating and physical activity.

[FNS.USDA.GOV/TN](https://fns.usda.gov/tn)

**VACACFP RECOMMENDS:**  
MEAL PATTERN TRAINING



## ACADEMY OF NUTRITION AND DIETETICS

Aside from initiating National Nutrition Month®, the Academy of Nutrition and Dietetics strives to improve the nation's health and advance the profession of dietetics through research, education, and advocacy.

[EATRIGHT.ORG](https://eatright.org)

**VACACFP RECOMMENDS:**  
GAMES AND ACTIVITIES



## DR. YUM PROJECT

The Dr.Yum Project is a non-profit organization on a mission to help families and communities overcome barriers to eating well.

[DOCTORYUM.ORG](https://doctoryum.org)

**VACACFP RECOMMENDS:**  
CLASSES AND MEAL-O-MATIC

# 1,2,3 PEA SALAD!

## INGREDIENTS

12 ounces frozen green peas, thawed (about 2 cups)  
8 ounces sugar snap peas, trimmed and chopped (about 2 cups)  
8 ounces snow peas, trimmed and chopped (about 2 cups)  
2 tablespoons finely chopped fresh mint  
2 tablespoons lemon juice (about 1 lemon)  
1/2 cup extra virgin olive oil  
1 tablespoon honey  
1/4 teaspoon salt  
1/4 cup crumbled feta cheese (optional)

\*Allow children to explore the featured fruit or vegetable in its whole form before beginning to prep ingredients. Set aside small amounts of each ingredient for your tasting mat. Encourage children to explore separate ingredients using all of their senses.

## EQUIPMENT

- Bowls for mixing
- Measuring cups
- Measuring spoons
- Cutting board
- Dog knives
- Cup with a spout for pouring
- Mixing spoon
- Citrus juicer
- Whisk
- Small bowls for serving
- Small plates for serving
- Happy mat
- Food scale (optional)
- Sharp paring knife for grown-ups
- Colander
- Clean kitchen towels for drying produce

## NUTRITION INFO

Yields/Serves: 8 servings

calories: 150  
total fat: 9g  
saturated fat: 1.5g total  
carbohydrate: 13g  
sugars: 7g  
added sugars: 2g  
fiber: 3g  
protein: 4g  
cholesterol: 0mg

sodium: 120mg  
folate: 40mcg  
vitamin A: 135mcg  
vitamin C: 45mg  
vitamin D: 0mcg  
potassium: 190mg  
calcium: 26mg  
iron: 1.8mg



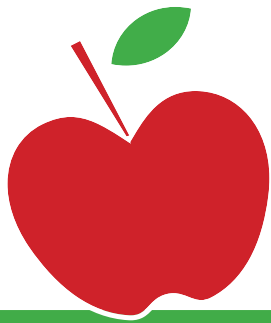
## DIRECTIONS

1. Defrost frozen green peas in a colander before lesson.
2. Children can rinse and dry sugar snap peas and snow peas.
3. Children can chop sugar snap peas and snow peas into 3 pieces each for the salad.
4. Chop or tear the mint. Sprinkle mint pieces on the salad.
5. Use citrus juicer to juice lemons. Whisk lemon juice, olive oil, and honey together.
6. Pour dressing onto the salad. Kids can take turns gently mixing the dressing into the salad.
7. Kids can sprinkle feta on top of their portion, if they choose.

## FOOD ALLERGY NOTE:

Feta cheese is generally made of goat's milk and sheep's milk which has very similar proteins to dairy. If a child has a dairy allergy, the cheese can be left out of the salad recipe. Alternatively, a dairy free cheese may be used, but carefully check ingredients for other allergens.





# SAMPLE MEAL Plan

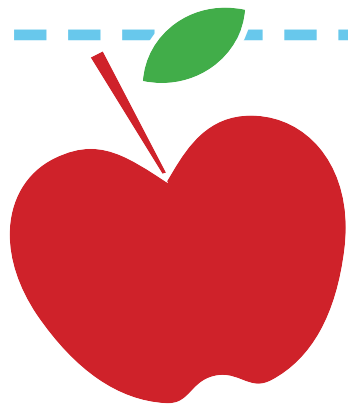
**VIRGINIA**  
**CACFP**  
**WEEK**

MARCH 16–22, 2025

	Meal	Ages 1-2	Ages 3-5	Ages 6-18	Adults	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Milk	1/2 cup	3/4 cup	1 cup	1 cup	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)
	Fruit/Vegetable	1/4 cup	1/2 cup	1/2 cup	1/2 cup	Dried Cranberries	Peaches	Oranges	Strawberries	Applesauce
	Grain/Meat <sup>1</sup>	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Pancakes	WG Oatmeal	Large Egg	WG Cereal (Flakes)	WG French Toast
Lunch & Supper	Milk	1/2 cup	3/4 cup	1 cup	1 cup <sup>3</sup>	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)
	Vegetable	1/8 cup	1/4 cup	1/2 cup	1/2 cup	Cooked Peas	Green Beans	Cauliflower	Lettuce, Tomatoes	Squash
	Fruit <sup>2</sup>	1/8 cup	1/4 cup	1/4 cup	1/2 cup	Sliced Bananas	Berry Mix	Grapes	Avocado Slices	Oranges
	Grain <sup>1</sup>	1/2 oz	1/2 oz	1 oz	2 oz	Whole Grain Bread	WG Roll	WG Crust	Whole Grain Tortilla	WG Noodles
	Meat / Meat Alternate	1 oz	1 1/2 oz	2 oz	2 oz	Grilled Cheese	Baked Chicken / Tofu	WG Cheese / Veggie Pizza	Chicken Tacos / Beans & Cheese	Lasagna, Tomato sauce
Snack	Milk	1/2 cup	1/2 cup	1 cup	1 cup	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)	Whole Milk (age 1) or Low/FatFree Milk (ages 25)
	Fruit	1/2 cup	1/2 cup	3/4 cup	1/2 cup			Mandarin Oranges		
	Vegetable	1/2 cup	1/2 cup	3/4 cup	1/2 cup	Cucumbers			Carrot & Celery Sticks	
	Grain	1/2 cup	1/2 oz	1 oz	1 oz		WG Banana Bread			WG Pretzels
	Meat / Meat Alternate	1/2 oz	1/2 oz	1 oz	1 oz	Yogurt Ranch Dip		Yogurt	Peanut Butter	Hummus

<sup>1</sup>Meat and meat alternates may be served in place of the entire grains component at breakfast a maximum of three times per week. <sup>2</sup>The fruit component at lunch may be substituted by an additional vegetable. <sup>3</sup>A serving of milk is not required at supper meals for adults.





# Certificate of Recognition

**VIRGINIA**  
**CACFP**  
**WEEK**

MARCH 16–22, 2025

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Name of Organization

Recognizes

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for your commitment to the Child and Adult Care Food Program.  
Your commitment to supporting the health and well-being of participants in your  
care is a key indicator of the quality care provided in your community.



**VirginiaCACFP.com**

This institution is an equal opportunity provider.