



STATE OF CONNECTICUT  
DEPARTMENT OF EDUCATION



**TO:** Child and Adult Care Food Program (CACFP) Child Care Centers  
and Family Day Care Home Sponsors

**FROM:** John Frassinelli, Chief  
Bureau of Health/Nutrition, Family Services and Adult Education

**DATE:** August 8, 2016

**SUBJECT: Operational Memorandum No. 11C-16 and 11H-16**  
Revised Guide for Planning Healthy Meals in CACFP Child Care Centers  
and Family Day Care Homes

The Connecticut State Department of Education (CSDE) recently updated its guide on planning healthy meals for children in CACFP child care centers, family day care homes, emergency shelters, and at-risk afterschool care centers. *Planning Healthy Meals for CACFP Child Care Programs* provides information on healthy menu planning, the *Dietary Guidelines for Americans*, and food labels, with suggestions for improving the nutritional quality of CACFP meals. This guide is part of the CSDE’s [Nutrition Policies and Guidance for the CACFP](#).

The revised guide is dated August 2016, and replaces the previous version dated September 2011. Please discard any old versions.

*Planning Healthy Meals for CACFP Child Care Programs* is available in the [Healthy Meals](#) section of the CSDE’s Nutrition Policies and Guidance for the CACFP Web page. The direct link to the PDF is [www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/NPGhealthy.pdf](http://www.sde.ct.gov/sde/LIB/sde/pdf/deps/nutrition/CACFP/NPGhealthy.pdf)

Questions may be directed to the CSDE’s CACFP staff.

Day Care Center Sponsors	Day Care Home Sponsors
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JF:sff

Important: This is a numbered Connecticut State Department of Education (CSDE) operational memorandum that contains important program information. Please read carefully and retain in a binder for future reference. All CSDE operational memoranda are posted on the CSDE’s [Operational Memoranda for the CACFP](#) Web page.