



D.C. Hunger Solutions

Ending hunger in the nation's capital

The Healthy Tots Act of 2014

Good nutrition and physical activity are important for healthy growth and development. The Healthy Tots Act of 2014 builds on the success of the D.C. Healthy Schools Act by extending many of its key nutrition, physical activity and wellness provisions to child development centers and family day care homes, helping level the playing field between community and school-based providers. This transformative Act recognizes the need to intervene early to prevent hunger and obesity among preschool age children. D.C. Hunger Solutions hopes we can count on your support of the Act.

Why the Act is needed?

- 1 in 8 families in the District struggles with hunger — hunger and obesity are paradoxically linked
- More than 30% of District families with children—the second highest rate in the nation—reported that they were unable to afford enough food¹
- According to the Centers for Disease Control (CDC), 1 in 5 children are overweight or obese by the time they reach their 6th birthday
- Childhood obesity and hunger negatively affects health and academic outcomes and prevents children from reaching their full potential

Some highlights of the Healthy Tots Act include:

- Support so that all eligible centers and homes can participate in the federal Child and Adult Care Food Program (CACFP) and get federal funding for healthy meals
- Additional funding to help centers adopt higher nutritional standards, including serving local produce (25 cents per child per day in addition to the federal reimbursement)
- Local funding for child care facilities participating in CACFP to serve three meals (CACFP provides funding for two meals so local funding will cover the third)
- Local grant funding for physical activity, gardens, nutrition education and Farm-to-Preschool programs

Benefits to providers, children and families:

- DC law already requires that each child development facility serve meals consistent with the meal pattern requirements specified by CACFP
- CACFP promotes school-readiness by providing nutritious meals that aid children's cognitive and physical development
- CACFP can help you save thousands of dollars in food costs and supplement the budgets of low-income families and child development providers
- A focus on nutrition and physical activity can make a difference in the quality of your program

For more information contact D.C. Hunger Solutions at 202-640-1088 or via email at info@dchunger.org.

¹ Food Research and Action Center (FRAC) *Hunger Doesn't Take a Vacation* reports from 2007-2012.

