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## **Gulf Coast Community Services Association, Inc. Head Start & Early Head Start Programs Provide Free CACFP Meals to Children Enrolled in Head Start & Early Head Start**

The Gulf Coast Community Services Association, Inc. Head Start and Early Head Start program provides free meals sponsored by the Department of Agriculture's Child Adult Care Food Program (CACFP). Head Start & Early Head Start emphasizes the important role that CACFP plays in promoting lifelong healthy eating and physical habits in children.

The primary goal of the CACFP is to serve nutritious meals to children attending the Head Start and Early Head Start program. Secondary goals are: 1) Establishing positive eating habits at the earliest stages of development; 2) Reduction of future health care and education costs due to lack of proper early development; and 3) Training and support to Head Start/Early Head Start staff.

Head Start & Early Head Start children are benefited by being fed nutritious USDA regulated meals that ensure their proper development. These children gain from early nutrition education that helps them establish positive eating habits that will enrich the quality of their diet throughout their lives.

The program makes healthy eating a fun learning experience. Additionally, parents are assured that their children receive high quality meals. With proper nutrition, the child is less likely to experience illness and fatigue and will develop at a normal physical and intellectual pace. Good nutrition is the recipe for an all-around happier child.

### **USDA Nondiscrimination Statement:**

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This institution is an equal opportunity provider.

For more information about the Gulf Coast Community Services Association, Inc. Head Start & Early Head Start Program, please contact Head Start/ Early Head Start Director Tiamoiya Lee at (713) 393-4700.