



CACFP

*Building for
the Future*

Koj puas paub tas muaj ib txug hau kev kws paab cov mivnyuam kws txais kev zuv tau txais zaub mov zoo?

Txuj hau kev nuav hu ua “Mivnyuam hab Neeg Hlob kws Txais Kev Zuv Txuj Hau Kev Txais Zaub Mov” (“Child and Adult Care Food Program” – CACFP). Txuj hau kev nuav yuav paab pub nyaj rua cov zuv mivnyuam kuas paub yuav tau pub zaub mov zoo rua cov mivnyuam kws paub zuv.

Dlaim ntawv nuav yuav paab koj kawm txug txuj hau kev nuav. Dlaim ntawv nuav pav txug koj yuav ua le caag kuas txhaj ua npe. Dlaim nuav kuj yuav teb tej lug nug kws coob leeg nug.

CACFP Yog Dlaabtsi? CACFP yog ib txuj hau kev paab pub zaub mov lug ntawm tseem fwv Teb Chaws. Tej xeev

feem ntau paab ua txuj hau kev nuav lug ntawm paub tej koom hum saib xyuas kev kawm ntawv los yog tej koom hum saib xyuas kev noj qaab nyob zoo. Huv tseem fwv teb chaws, lub koom hum saib xyuas kev yug qoob loo (U.S. Department of Agriculture - USDA) yog lub koom hum saib xyuas txuj hau kev nuav nyob thoob lub teb chaws nuav.

Kuv zuv mivnyuam huv kuv lub tsev—kuv puas muaj cai ua npe rua txuj hau kev nuav? Koj tub muaj cai ua npe rua txuj hau kev CACFP nuav yog tas koj yog ib tug “pub kev zuv” (“day care provider”) hab muaj ib dlaig laiv-xees los yog muaj kev pum zoo zuv mivnyuam huv yus lub tsev. Koj yuav tsum muaj ib dlaig laiv-xees lossis kev pum zoo lug ntawm lub Xeev, lossis lug ntawm ib lub koom hum zes zog.

Kuv yuav ua le caag kuas txhaj ua npe rua txuj hau kev nuav? Cov zuv mivnyuam yuav tsum ua npe nrug ib “lub koom hum saib xyuas” kws saib xyuas txuj hau kev nuav huv thaj tsam ntawd. Nam txiv kuj yuav tsum sau tej ntawv kuas txhaj ua npe rua paub cov mivnyuam huv txuj hau kev nuav.

Kuv yuav tsum pub tej puas mov zoo le caag? Koj yuav tsum ua tej puas mov raws le tej kevcai kws lub koom hum USDA sau lawm. Yuav kuas ua tau le nuav, txhua txhua puas, koj yuav tsum pub tej zaub mov lug ntawm tej hom zaub mov txawv. Ca le saib huv qaab nuav. Nyas puas mov (noj tshais, noj su, hab noj so) muaj nyas “Txuj kev pub mov” txawv.

Noj Tshais <i>Ib teg lug ntawm txhua hom</i>	Noj Su lossis Noj Mo	Noj So <i>Ib teg lug ntawm ob hom ntawm plaub hom</i>
Mis Txiv lossis Zaub Mov los yog Mov Ci	Mis — <i>ib teg</i> Nqaij lossis tej yaam zoo le nqaij— <i>ib teg</i> Mov los yog mov ci— <i>Ob teg txawv ntawm</i> txiv lossis zaub	Mis Nqaij lossis tej yaam zoo li nqaij Mov los yog mov ci Txiv lossis zaub
Piv xaam le: Mis, tsawb, hab xe- aus (cereal)	Piv xaam le: Mis, roj npaws hab mov ci, zaub ntug hauv paus, hab txiv hmab	Piv xaam le: Bagel (mov ci tsis muaj poov xab) hab dlej txiv av-paum

Kuv yuav ua le caag kuv txhaj txais nyaj? Cov zuv mivnyuam yuav tsum naj nub sau tas puab pub mov dlaabtsi hab cov mivnyuam kws noj. Puab kuj yuav tsum pub cov ntaub ntawv nuav rua lub koom hum kws saib xyuas puab txhua txhua hli. Lub koom hum saib xyuas ntawd yuav tshuaj xyuas cov ntaub ntawv ntawd kuas saib puas muaj teeb meem. Tom qaab ntawd, luag yuav xaa ib dlaig tshaj nyaj rua tus zuv mivnyuam rua txhua txhua plua kws tus zuv pub raws le tej kevcai saum nuav rua txhua tug mivnyuam kws tub ua npe huv txuj hau kev nuav.

Luag yuav them kuv rua pes tsawg plua mov? Koj muaj cai txais nyaj rua tej plua mov kws koj pub rua cov mivnyuam kws tub tau ua npe huv txuj hau kev nuav—txug ob plua mov luj (xws le noj tshais, noj su, hab noj mo) hab ib plua me (noj so), lossis ob plua me hab ib plua luj txhua txhua nub rua txhua tus mivnyuam huv txuj hau kev nuav.

Luag yuav them npaum le caag rua kuv? Tej nqe rua tej plua mov yuav txawv nyob ntawm yus qhov chaw nyob, tej nyaj hlis kws koj tsev neeg lossis cov mivnyuam kws koj zuv txais. Koj lub koom hum saib xyuas kev zuv yuav pav tej yaam nuav rua koj.

Kuv kuj zuv kuv tus kheej cov mivnyuam—puas muaj cai txais nyaj rua tej puas kws kuv pub rua puab hab? Muaj tej kevcai kws has tas koj muaj cai txais nyaj rua tej puas kws koj pub rua koj tus kheej cov mivnyuam. Ca le nrug tus muaj npe sau huv qaab nuav tham saib koj puas muaj cai ua le nuav.

Cov mivnyuam hlob puas muaj cai ua npe huv txuj hau kev nuav? Cov mivnyuam yuav tsum tsis xob muaj nub nyoog tshaaj le 12 xyoos kuas txhaj tau ua npe txais zaub mov lug ntawm txuj hau kev CACFP nuav.

Puas muaj tej kevcai ntxiv? Muaj. Koj lub koom hum saib xyuas kev zuv yuav qha tej yaam nuav rua koj kuas paab koj to taub tej kevcai ntawm txuj hau kev nuav. Puab kuj yuav pub tej ntawv kws koj yuav tsum muaj rua koj.

Kuv yuav ua le caag kuas txhaj pib? Ca le nrug tus muaj npe sau huv qaab nuav (los yog lub koom hum ntawd) tham kuas txhaj kawm tau ntxiv:



USDA yog ib lub koom hum ntawv luag ua haujlwm tsis saib leej twg le.