

Tips for Nutrition & Physical Activity in Child Care Settings

References & Resources

USDA, Food & Nutrition Service, Child & Adult Care Food Program	www.fns.usda.gov/cnd/care/CACFP/aboutcacfp.htm www.education.nh.gov/program/nutrition/child_adult.htm
<p>The Department of Agriculture's Team Nutrition provides various education resources for both center-based and home child care programs such as printed materials for children and parents, curricula, newsletters, healthy recipes. The colorful new publication entitled <i>Building Blocks for Fun and Healthy Meals--A Menu Planner for the Child and Adult Care Food Program</i>. This menu planner contains information on the CACFP meal requirements, advice on how to serve high quality meals and snacks, menu planning, nutrition education ideas and tips, the Dietary Guidelines for Americans, the USDA Food Guide Pyramid, food safety facts, sample menus, and much more.</p>	
Nutrition and Wellness Tips for Young Children: Provider Handbook for Child and Adult Care Food Program	http://www.teamnutrition.usda.gov/Resources/nutritionandwellness.html
<p>This handbook was developed by USDA's Food and Nutrition Service and the DHHS to help CACFP child care providers create healthier environments for the children in their care. It includes a series of tip sheets addressing wellness recommendations from the Dietary Guidelines for Americans, 2010 and Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition. Each tip sheet focuses on a specific topic and includes a practical application section to help providers apply the tips to their child care program.</p>	
Let's Move!	www.letsmove.gov
<p><i>Let's Move!</i> is a comprehensive initiative, launched by the First Lady, dedicated to solving the challenge of childhood obesity within a generation, so that children born today will grow up healthier and able to pursue their dreams. Combining comprehensive strategies with common sense, <i>Let's Move!</i> is about putting children on the path to a healthy future during their earliest months and years. Giving parents helpful information and fostering environments that support healthy choices.</p>	
Choose My Plate	www.choosemyplate.gov
<p>This website includes print materials, available as downloadable PDFs. The Ten Tips Nutrition Education Series provides consumers and professionals with high quality, easy-to-follow tips; perfect for posting on a refrigerator. These tips are also available in Spanish.</p>	
Team Nutrition	www.fns.usda.gov/team-nutrition
<p>Team Nutrition is an initiative of the USDA Food and Nutrition Service to support the Child Nutrition Programs through training and technical assistance for foodservice, nutrition education for children and caregivers, their families and school and community support for healthy eating and physical activity.</p>	
National Resource Center for Health & Safety in Child Care & Early Education	www.nrckids.org/index.htm#welcome
<p>A resource center for providers, parents and consultants on the best practices in child care hosting resources such as <i>Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education Programs, 3rd Edition</i>.</p>	
I Am Moving, I Am Learning (IMIL)	www.eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/nutrition/nutrition%20program%20staff/iammovingiam.htm
<p>IMIL seeks to increase daily physical activity, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day. Visit the Choosy Kids, LLC and Head Start Body Start National Center for Physical Development and Outdoor Play (HSBS) websites for further information.</p>	
NH Obesity Prevention Program	www.dhhs.nh.gov/dphs/nhp/obesity.htm
<p>The goal of the Obesity Prevention Program is to prevent and control obesity and other chronic diseases through the promotion and adoption of policies to increase healthy eating and physical activity in a variety of settings.</p>	

