



Now Available in Print from Team Nutrition!

***Consejos de nutrición y bienestar para niños pequeños:
Manual del proveedor del Programa de Alimentos para el Cuidado
de Niños y Adultos***

Spanish translation of *Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program*.

Tip sheets and other resources for child care providers on:

- Building a healthy plate with fruits, vegetables, whole grains, and beans
- Encouraging physical activity and active play
- Limiting screen time
- Food safety and more!

Also available online: <http://www.fns.usda.gov/tn/nutrition-and-wellness-tips-young-children-provider-handbook-child-and-adult-care-food-program>

Ordering information:

Child care centers, family day care homes, sponsoring organizations, and others participating in USDA Child Nutrition Programs, such as CACFP, can order free copies here <https://pueblo.gpo.gov/FNS/FNSPubs.php> .

All are welcome to download materials from our web site:
<http://www.fns.usda.gov/tn/team-nutrition>

See other Team Nutrition Resources in Spanish:
<https://healthymeals.nal.usda.gov/resource-library/team-nutrition-resources-spanish>

