

NATIONAL NUTRITION MONTH®

MARCH 2016

RESOURCE LIST

FOR CACFP PARTICIPANTS: ADULT DAY CARE

This Resource List includes a sample of nutrition resources for adult day care programs to promote National Nutrition Month.



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

**eat
right.** Academy of Nutrition
and Dietetics
www.eatright.org

ACTIVITY HANDOUTS

<http://www.nationalnutritionmonth.org/nnm/handoutsandtipsheets/#>

Adult Sudoku, Word Searches, Coloring Page, Decode the Secret Message

POSTERS

Order free My Plate and Team Nutrition posters: <https://pueblo.gpo.gov/FNS/FNSPubs.php>

RECIPES AND COOKBOOKS

National Nutrition Month Multicultural Recipes - One page recipe handouts from Africa, America, Arctic Region, China, Caribbean, Eastern Europe, India, Mediterranean, Mexico, Native American regions, Pacific Islands, South America

<http://www.nutritionnc.com/edres/index.htm#>

New School Cuisine: Nutritious and Seasonal Recipes for School Cooks by School Cooks - a cookbook for school cooks, by school cooks includes 78 kid-tested and approved recipes that meet the new USDA dietary guidelines and feature local, seasonal foods and information on specific food components that credit towards meeting the USDA meal pattern. **Appropriate for adult day care programs.** Free download: <http://vtfeed.org/resource-library>

CACFP Menu Planning Guide from Team Nutrition – includes 16 weeks of seasonal menus, 120 CACFP-reimbursable recipes and shopping lists . **Appropriate for adult day care programs.** <http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf>

TIP SHEETS

Eating Right Tips for Older Adults

<http://www.nationalnutritionmonth.org/nnm/handoutsandtipsheets/#.Vrdt-vkrLIU>

Choose My Plate: Choosing Healthy Meals as You Get Older

<http://www.choosemyplate.gov/choosing-healthy-meals-you-get-older>

Go For Life: 11 Healthy Eating Nutrition Tip Sheets for Seniors

<https://go4life.nia.nih.gov/tip-sheets/nutrition>

VIDEOS AND SONGS

Choose My Plate Videos and Songs <http://www.choosemyplate.gov/videos-songs>

Eating Well As You Get Older <http://nihseniorhealth.gov/videolist.html#eatingwell>

WEBSITES

<http://www.nationalnutritionmonth.org/nnm/> The Academy of Nutrition and Dietetics website for National Nutrition Month®. Click on Promotional Resources for tools and resources to promote healthful eating during National Nutrition Month®

<http://www.nutrition.gov/life-stages> Nutrition information for older adults to eat healthy, reduce disease risk, and deal with changes that affect appetite and eating.

<http://www.choosemyplate.gov/older-adults> USDA's website featuring information on healthy eating plans, 10 Tips Series, Eating on A Budget, printable materials, videos, online tools (SuperTracker, My Plate Daily Checklist, BMI Calculator, Portion Distortion, Preschooler Growth Charts, Quizzes)

<https://www.cacfp.org/news-events-conferences/national-cacfp-week/> CACFP Week is a national education and information campaign sponsored annually by the National CACFP Sponsors Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger and bring healthy foods to the table for adults in day care and children in child care homes, centers, and in afterschool and summer feeding programs across the country