

NATIONAL NUTRITION MONTH®
MARCH 2016
RESOURCE LIST
FOR CACFP PARTICIPANTS: CHILD AND
ADULTCARE



**SAVOR
THE FLAVOR
OF EATING
RIGHT**

NATIONAL NUTRITION MONTH® 2016

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

This Resource List includes a sample of nutrition resources for early care and education programs to promote National Nutrition Month.

ACTIVITY HANDOUTS (ADULTS AND KIDS)

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

Adult Sudoku, Child 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

Recipes for Healthy Kids: Cookbook for Child Care Centers

<http://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers> (Go to Resource order form to order)

First Years in the First State: Improving Nutrition & Physical Activity Quality in Delaware Child Care – includes seasonal recipes and menu planning guide

<http://www.nemours.org/content/dam/nemours/www/filebox/service/preventive/nhps/publication/nhpsmenuplanning.pdf>

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. Free download:

<http://vtfeed.org/resource-library>

Discover My Plate: Look and Cook Recipes (preschool/kindergarten) Step by step instructions with pictures for four easy, healthy recipes to make with children (English and Spanish) <http://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

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

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

CACFP Menu Planning Guide from Team Nutrition – includes 16 weeks of seasonal menus, 120 CACFP-reimbursable recipes and shopping lists

<http://healthymeals.nal.usda.gov/hsmrs/Wisconsin/cacfp-menu-planning.pdf>

TIP SHEETS

25 Healthy Snacks for Kids

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

Building Healthy Mealtime Habits : 10 Tips for Preschoolers

<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet38BuildHealthyMealtimeHabits.pdf>

Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program. <https://pueblo.gpo.gov/FNS/FNSPubs.php> . This handbook contains tip sheets on nutrition, active play, and screen time for child care providers and staff that work with children ages 2-5 years old.

Make Celebrations Fun Healthy and Active

<http://www.choosemyplate.gov/sites/default/files/tentips/DGTipsheet20MakeCelebrations.pdf>

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

<http://www.choosemyplate.gov/videos-songs>

Eating Well As You Get Older

Eating Well <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.nutritionnc.com/snp/kesmm.htm> Located on the North Carolina Nutrition Services Branch website, provides links to:

- Kids Eat Smart Move More interactive nutrition module for parents and early educators
- Nutrition Standards for Child Care
- Healthy Menus Planning Toolkit
- Bulletin Board materials
- Comprehensive nutrition and physical activity resources

<http://www.eatsmartmovemorenc.com/Preschool.html> - Tools for use in early education settings including:

- Color Me Healthy Curriculum
- NAPSACC Program
- Guide to Creating Active Outside Play Spaces
- Bring Fresh Produce to Your Setting

<http://www.choosemyplate.gov/> - 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)

<http://www.choosemyplate.gov/health-and-nutrition-information> - nutrition information specific for preschoolers

<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.

<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)