

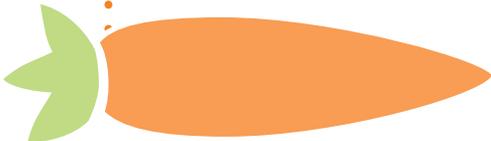


Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program

5 Nutrition Tip Sheets

- 5** Fruits
- 9** Vegetables
- 15** Dry Beans and Peas
- 19** Meat and Meat Alternates
- 27** Whole Grains
- 33** Milk
- 37** Salt and Sodium
- 41** Fats and Oils
- 47** Added Sugars
- 51** Water
- 55** Food Safety





NUTRITION TIPS





Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program

- 63** Active Play Tip Sheets
 - 63** Provide Opportunities
 - 67** Participate With Children
 - 69** Promote Through Policies and Practices
 - 73** Limit Screen Time





ACTIVE PLAY TIPS





Nutrition and Wellness Tips for Young Children

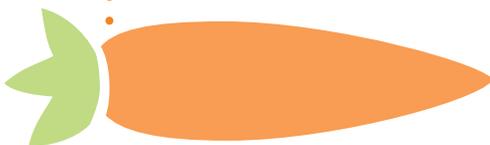
Provider Handbook for the Child and Adult Care Food Program

77 Appendices

77 Appendix A: Practice Choking Prevention

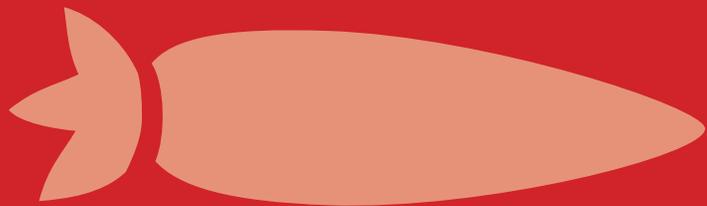


81 Appendix B: Care for Children With Food Allergies





APPENDICES





Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program

87 Best Practices: CACFP Success Stories

Several child care centers and homes submitted best practices that have enabled them to successfully serve nutritious meals that incorporate a variety of fruits and vegetables, whole-grain foods, low-fat and fat-free milk, and lean protein choices. Some centers and homes have also shared ideas to encourage all children and families to cut down screen time and to participate in active play every day. These best practices are real-life situations that show that although making a change may not be easy, it is possible and can have a positive impact on the children in your care.

- | | | |
|----|--|----------------------------|
| 87 | Sandbox Playcare Childcare Home | Garden City, Kansas |
| 88 | Bristol Preschool Child Care Center, Inc. | Bristol, Connecticut |
| 89 | Bundle of Joy | Fort Worth, Texas |
| 90 | Youth and Family Outreach | Portland, Maine |
| 91 | Little Star's Family Daycare and Preschool | Pittsburg, California |
| 92 | Elizabeth's Child Care | Georgetown, Kentucky |
| 93 | Cumberland County YMCA | Portland, Maine |
| 94 | JoAnn's Helping Hands | Sterling Heights, Michigan |
| 95 | King's Kids Child Development Center | Snow Hill, Maryland |





BEST PRACTICES





Nutrition and Wellness Tips for Young Children

Provider Handbook for the Child and Adult Care Food Program

97 Resources

- 97** Active Play
- 98** Child Care Policies and Practices
- 98** Choking Hazards
- 99** Food Allergies
- 100** Food Safety
- 102** Nutrition
- 103** Screen Time





RESOURCES

