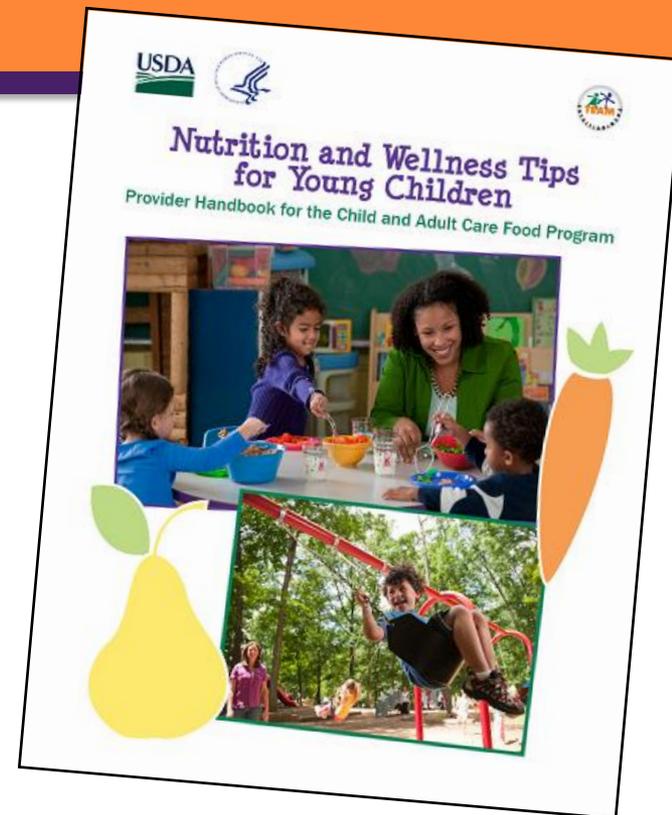


# Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program



A joint publication by the  
U.S. Department of Agriculture  
and the  
U.S. Department of Health and Human Services



# Child Care Providers

## Do you want to:

- Create a healthier environment for the 2- through 5-year-old children in your care?
- Serve nutritious meals?
- Encourage physical activity?
- Limit screen time?



**The Provider Handbook is the answer!**

# The Handbook Makes it Easy!

**Use the hands-on activities** from the tip sheets to plan creative menus, build fun opportunities for active play, and more!



**Learn from others** – “CACFP Success Stories” will show you new and exciting ways child care programs have met the wellness challenge.

# The Handbook Makes it Easy!

**Train your staff and connect with parents and community** – it's all there, ready-to-use

**Need more help?** You can link to additional resources, including the new [CACFP Wellness Resources Web site](#)



# Get the Handbook Now

**FREE!**

**Download the Handbook from the  
Resource Library at:**

**[www.teamnutrition.usda.gov](http://www.teamnutrition.usda.gov)**

Print copies available Summer 2013

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Send an email to [TeamNutrition@fns.usda.gov](mailto:TeamNutrition@fns.usda.gov)