

## Additional Resources

### **CACFP Wellness Resources**

Healthy Meals Resource System,  
National Agricultural Library,  
U.S. Department of Agriculture  
<http://healthymeals.nal.usda.gov/cacfp-wellness-resources>

Web site dedicated to helping CACFP participants find the resources they need to meet nutrition, physical activity, and other wellness recommendations.

### Active Play

#### **Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition**

National Resource Center for Health and Safety in Child Care and Early Education

<http://nrckids.org/CFOC3/index.html>

National standards on quality health and safety practices and policies that should be followed in today's early care and education settings.

#### **Eat Well Play Hard in Child Care Settings**

New York State Department of Health

[http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs\\_curriculum/index.htm](http://www.health.ny.gov/prevention/nutrition/cacfp/ewphccs_curriculum/index.htm)

A curriculum on improving the nutrition and activity behaviors of preschool children and their parents or caregivers.

#### **Family Checklist for Physical Activity in Early Care and Education**

National Resource Center for Health and Safety in Child Care and Early Education

<http://nrckids.org/physicalchecklist.pdf>

A checklist for families to assess the physical activity practices of their child care providers.

#### **Got Dirt? Gardening Initiative**

Nutrition, Physical Activity and Obesity Program; Wisconsin Department of Health Services

[http://www.dhs.wisconsin.gov/health/physicalactivity/pdf\\_files/GotDirt\\_09.pdf](http://www.dhs.wisconsin.gov/health/physicalactivity/pdf_files/GotDirt_09.pdf)

A toolkit to assist with implementation of gardens in child care programs.

#### **Head Start Body Start**

National Center for Physical Development and Outdoor Play

<http://www.headstartbodystart.org>

Web site with resources for childcare providers to bring active play and meaningful movement to their programs.

#### **I am Moving, I am Learning**

Administration for Children and Families, Department of Health and Human Services

<http://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/Health/Nutrition/Nutrition%20Program%20Staff/IamMovingIam.htm>

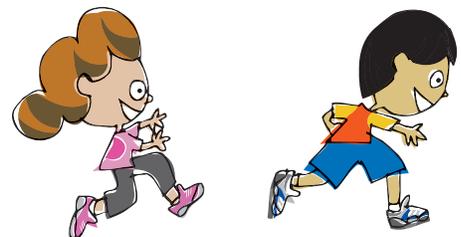
A proactive approach for addressing childhood obesity in Head Start children that seeks to increase daily physical activity, improve the quality of movement activities intentionally planned and facilitated by adults, and promote healthy food choices every day.

#### **Let's Move! Child Care Activities**

White House; Department of Health and Human Services; National Association of Child Care Resource & Referral Agencies; Nemours Foundation; University of North Carolina

<http://healthykidshealthyfuture.org/content/hkhf/home/activities.html>

Web site with activities, tools, and resources for helping young children be physically active.



### Nutrition and Physical Activity Self-Assessment for Child Care

North Carolina Healthy Weight Initiative,  
University of North Carolina  
<http://www.center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=napsacc&page=intent>  
Targets child care policy, practice, and environmental influences on nutrition and physical activity behaviors in young children.

### Physical Activity Resources for Young Children

Healthy Meals Resource System, National Agricultural Library, United States Department of Agriculture  
<http://healthymeals.nal.usda.gov/hsmrs/physicalactivity>  
Web site with links to resources to help motivate children to move more and sit less.

### Physical Activity Topics

Centers for Disease Control and Prevention, Department of Health and Human Services  
<http://www.cdc.gov/physicalactivity/index.html>  
Web site with links to resources and information on physical activity in the United States.

## Child Care Policies and Practices

### Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition

National Resource Center for Health and Safety in Child Care and Early Education  
<http://nrckids.org/CFOC3/index.html>  
National standards on quality health and safety practices and policies that should be followed in today's early care and education settings.

### Connecticut Action Guide for Child Care Nutrition and Physical Activity Policies

Connecticut State Department of Education  
<http://www.sde.ct.gov/sde/cwp/view.asp?a=2678&Q=322594>  
A guide intended to help local and community child care, early education, and afterschool programs establish and implement policies and practices that encourage healthy lifestyles in children.

### Early Childhood Obesity Prevention Policies

Institute of Medicine  
[http://books.nap.edu/openbook.php?record\\_id=13124](http://books.nap.edu/openbook.php?record_id=13124)  
Recommendations for policies on early childhood obesity prevention in the first five years of life.

### Let's Move! Child Care

White House; Department of Health and Human Services; National Association of Child Care Resource & Referral Agencies; Nemours Foundation; University of North Carolina  
<http://www.healthykidshealthyfuture.org>  
Resources for child care providers to instill healthy choices that could help prevent childhood obesity from the start.

### Nutrition and Physical Activity Self-Assessment for Child Care

North Carolina Healthy Weight Initiative, University of North Carolina  
<http://www.center-trt.org/index.cfm?fa=opinterventions.intervention&intervention=napsacc&page=intent>  
Targets child care policy, practice, and environmental influences on nutrition and physical activity behaviors in young children.

## Choking Hazards



### Choking Prevention

Healthy Meals Resource System, National Agricultural Library, United States Department of Agriculture  
<http://healthymeals.nal.usda.gov/hsmrs/chokingprevention>  
Web site with links to resources from a variety of sources that provide guidelines for reducing the risk of choking.

### Choking Prevention, Chapter 9 of Feeding Infants: A Guide for Use in the Child Nutrition Programs

Team Nutrition, Food and Nutrition Service, United States Department of Agriculture  
<http://teamn nutrition.usda.gov/Resources/feedinginfants-ch9.pdf>  
Helpful tips to serve food safely to infants and children and prevent choking.



### Complimentary Foods, Chapter 5 of *Infant Nutrition and Feeding: A Guide for Use in the WIC and CSF Programs*

WIC Works Resource System, National Agricultural Library, United States Department of Agriculture

[http://www.nal.usda.gov/wicworks/Topics/FG/Chapter5\\_ComplementaryFoods.pdf](http://www.nal.usda.gov/wicworks/Topics/FG/Chapter5_ComplementaryFoods.pdf)

This resource reviews current knowledge regarding the introduction of complimentary foods, appropriate types of complementary foods to feed an infant, home preparation of infant food, using commercially prepared infant food, how to prevent choking, and other practical aspects of feeding complimentary foods and beverages.

### Foods Associated with Choking

National Agricultural Library, United States Department of Agriculture

[http://www.nal.usda.gov/wicworks/WIC\\_Learning\\_Online/support/job\\_aids/choking.pdf](http://www.nal.usda.gov/wicworks/WIC_Learning_Online/support/job_aids/choking.pdf)

WIC (Special Supplemental Nutrition Program for Women, Infants and Children) provides a list of foods associated with choking in children.

### Infant and Child Life Saving Steps, Appendix A from *Building Blocks for Fun and Healthy Meals*

Team Nutrition, Food and Nutrition Service, United States Department of Agriculture

<http://teamnutrition.usda.gov/Resources/appenda.pdf>

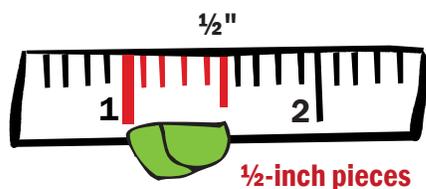
Resource includes two handouts that list steps to prevent choking, as well as helpful tips to assist individuals who may be choking.

### MyPlate Food Safety: Choking Hazards

Center for Nutrition Policy and Promotion, United States Department of Agriculture

<http://www.choosemyplate.gov/Preschoolers/FoodSafety/chokinghazards.html>

Highlights foods that young children may choke on and lists steps to take to prevent choking.



## Food Allergies



### Food Allergies and Intolerances

Nutrition.gov

[www.nutrition.gov/allergies](http://www.nutrition.gov/allergies)

Web site with links to resources that list common food allergens, as well as provide information on their causes, signs, and symptoms.

### Food Allergies or Just Food Fussiness?

Team Nutrition, Food and Nutrition Service, United States Department of Agriculture

[http://teamnutrition.usda.gov/Resources/Nibbles/Nibbles\\_Newsletter\\_26.pdf](http://teamnutrition.usda.gov/Resources/Nibbles/Nibbles_Newsletter_26.pdf)

*Nibbles for Health* take-home newsletter for parents of young children.

### Food Allergies: What You Need to Know

Food and Drug Administration, Department of Health and Human Services

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm079311.htm>

Resource that identifies the most common food allergens and important information to help consumers make informed choices when purchasing food products.

### Food Allergy Fact Sheet for Child Nutrition Professionals

National Food Service Management Institute

<http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20100312115315.pdf>

Provides detailed information on food allergies and how food allergies are handled in relation to the operation of child nutrition programs.

### Food Allergy Resources

Healthy Meals Resource System, National Agricultural Library, United States Department of Agriculture

<http://healthymeals.nal.usda.gov/hsmrs/foodallergies>

Web site with a list of various food allergy resources.

### Food Allergy Topics

Healthfinder.gov

<http://healthfinder.gov/Scripts/SearchContext.asp?topic=320>

Web site with numerous food allergy links and resources.

### Healthy Youth: Food Allergies

Centers for Disease Control and Prevention, Department of Health and Human Services

<http://www.cdc.gov/healthyyouth/foodallergies/>

Food allergy issues faced by youth, and tips to prevent and manage allergic reactions.

### Meeting Children's Special Food and Nutrition Needs in Child Nutrition Programs

National Food Service Management Institute

<http://nfsmi-web01.nfsmi.olemiss.edu/ResourceOverview.aspx?ID=89>

*ResourceOverview.aspx?ID=89*

Lesson focuses on managing food allergies, and includes an instructor's guide, PowerPoint presentation, and video.

### Recognizing and Responding to Food Allergy Symptoms

National Food Service Management Institute

<http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20090210035621.pdf>

Handout reviews how to recognize and respond to food allergy symptoms.

### Understanding Food Allergy

National Institute of Allergy and Infectious Diseases, Department of Health and Human Services

<http://www.niaid.nih.gov/topics/foodallergy/understanding/Pages/default.aspx>

Resource provides numerous links to basic food allergy information, possible causes, and how a food allergy is diagnosed.



### Food Safety

#### Basics of Safe Food Handling

Food Safety and Inspection Service, United States Department of Agriculture

[http://www.fsis.usda.gov/Fact\\_Sheets/Basics\\_for\\_Handling\\_Food\\_Safely/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Basics_for_Handling_Food_Safely/index.asp)

Web site discusses the basics of safe food handling including shopping, storage, preparation, cooking, etc.

#### Be Food Safe: Food Safety Education

Food Safety and Inspection Service, United States Department of Agriculture

<http://www.befoodsafe.gov>

Food safety education Web site.

#### Child Care Mini-Posters

National Food Service Management Institute

[www.nfsmi.org](http://www.nfsmi.org) (Click on 'Child and Adult Care Food Program')

Ten colorful 8 ½" x 11" laminated mini-posters available in English and Spanish. Topics include hand washing, cross contamination, grocery shopping tips, safe handling of baby food, breast milk, safe temperature for foods, and meat, poultry, and fish safety.

#### Common Foodborne Illnesses: Causes and Symptoms

FightBac.org

<http://fightbac.org/about-foodborne-illness/causes-a-symptoms>

Easy-to-read chart outlining the causes and symptoms of common foodborne illnesses.

#### Cooking Safely in the Microwave Oven fact sheet

Food Safety and Inspection Service, United States Department of Agriculture

[http://www.fsis.usda.gov/Fact\\_Sheets/Cooking\\_Safely\\_in\\_the\\_Microwave/index.asp](http://www.fsis.usda.gov/Fact_Sheets/Cooking_Safely_in_the_Microwave/index.asp)

Fact Sheet outlining safety tips for cooking in the microwave oven, including instructions for defrosting and recommendations for using containers and wraps.

### Eating Outdoors, Handling Food Safely

Food and Drug Administration, Department of Health and Human Services

<http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm109899.htm>

Web site providing tips on packing and transporting food safely, picnic site preparation, and handling food safely when eating outdoors.

### Fight BAC! Keep Family Food Safe

Team Nutrition, Food and Nutrition Service, United States Department of Agriculture

[http://www.teamnutrition.usda.gov/Resources/Nibbles/Nibbles\\_Newsletter\\_32.pdf](http://www.teamnutrition.usda.gov/Resources/Nibbles/Nibbles_Newsletter_32.pdf)

*Nibbles for Health* take-home newsletter for parents on keeping family food safe.

### Food Safety Topics

Center for Food Safety and Applied Nutrition, Food and Drug Administration, Department of Health and Human Services

<http://healthfinder.gov/orgs/HR2504.htm>

Web site provides list of food safety topics and Web links to provide more information on a variety of topics related to food safety.

### Food Safety Activities for Kids

FightBac.org

<http://www.fightbac.org/fightbac-downloads/kids-activities>

Use coloring and learning activities to help teach food safety habits.

### Food Safety Advice for Everyone

Center for Nutrition Policy and Promotion, United States Department of Agriculture

<http://www.choosemyplate.gov/tipsresources/foodsafety.html>

General food safety advice that is based on the clean, separate, cook, and chill recommendations from the USDA Food Safety and Inspection Service (FSIS).



### Food Safety at CDC

Food Safety Office, Centers for Disease Control and Prevention, Department of Health and Human Services

[www.cdc.gov/foodsafety](http://www.cdc.gov/foodsafety)

Web site provides data on foodborne illness and outbreaks, and shares resources on prevention and education.

### Food Safety Educational Resources

Food Safety and Inspection Service, United States Department of Agriculture

<http://www.fsis.usda.gov/education/>

Educational resources that cover the importance of food safety and how to prevent common foodborne illnesses.

### Is It Done Yet?

Food Safety and Inspection Service, United States Department of Agriculture

[http://www.fsis.usda.gov/is\\_it\\_done\\_yet/](http://www.fsis.usda.gov/is_it_done_yet/)

Information on how to tell when cooked food is safe to eat.

### Handle Leftovers Safely

FightBac.org

<http://www.fightbac.org/storage/documents/flyers/limits%20to%20leftovers.pdf>

Resource discusses handling leftovers safely and basic food safety principles.

### Handwashing: Clean Hands Save Lives

Centers for Disease Control and Prevention, Department of Health and Human Services

<http://www.cdc.gov/handwashing/>

Web site has tips, fact sheets, posters, and videos on handwashing.

### Keep Hands Clean with Good Hygiene Poster

Food Safety and Inspection Service, United States Department of Agriculture

[http://www.fsis.usda.gov/PDF/NFSEM\\_Clean\\_Card.pdf](http://www.fsis.usda.gov/PDF/NFSEM_Clean_Card.pdf)

Display this hand-washing poster above the sinks in your child care facility or home to remind both children and adults to wash their hands.

### Kitchen Thermometers Factsheet

Food Safety and Inspection Service, United States Department of Agriculture

[http://www.fsis.usda.gov/Fact\\_Sheets/Kitchen\\_Thermometers/index.asp#4](http://www.fsis.usda.gov/Fact_Sheets/Kitchen_Thermometers/index.asp#4)

Information on appliance and food thermometers, and temperature indicators

### Safe Minimum Temperatures Chart

Food Safety.gov

<http://www.foodsafety.gov/keep/charts/mintemp.html>

Use this chart and a food thermometer to make sure that foods reach a safe minimum internal temperature.

### Serving Safe Food in Child Care

National Food Service Management Institute  
[www.nfsmi.org](http://www.nfsmi.org) (click on "Child and Adult Care Food Program")

Based on the four principles: Clean, Separate, Cook, and Chill. Developed specifically for child care providers in the CACFP environment.

### Start at the Store: 7 Ways to Prevent Foodborne Illness

Food and Drug Administration, Department of Health and Human Services

<http://www.fda.gov/ForConsumers/ConsumerUpdates/ucm094535.htm>

Helpful steps consumers can take to prevent foodborne illness while at the grocery store.

### The Story of Bac for Kindergarten and First Graders

FightBac.org

<http://www.fightbac.org/storage/documents/curriculum/k-3storyofbac.pdf>

Share story time together and teach children about germs.



### Wash Your Hands Podcast Video

Centers for Disease Control and Prevention, Department of Health and Human Services

<http://www2.cdc.gov/podcasts/videowindow.asp?f=789183&af=v>

Watch a fun video clip, sing a handwashing song, practice washing hands together, and encourage regular handwashing.

## Nutrition

### Dietary Guidelines for Americans, 2010

Center for Nutrition Policy and Promotion, United States Department of Agriculture

<http://www.cnpp.usda.gov/dietaryguidelines.htm>

Web site provides links to the Federal evidence-based nutrition guidance document and supporting materials that promote health.

### Dietary Guidelines for Americans, 2010

Center for Nutrition Policy and Promotion, United States Department of Agriculture

<http://www.choosemyplate.gov/foodgroups/downloads/MyPlate/DG2010Brochure.pdf>

Consumer brochure.

### Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables

Team Nutrition, Food and Nutrition Service, United States Department of Agriculture

<http://www.teamnutrition.usda.gov/Resources/growit.html>

Garden-themed nutrition education kit for child care center staff that introduces children to three different fruits and three different vegetables.

### Improving Nutrition & Physical Activity Quality: Menu Planning Guide

Delaware Department of Education Child Nutrition Programs

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

Menu planning guide that provides CACFP menus and reimbursable recipes, as well as shopping lists.

**MODEL Health! Promoting Nutrition and Physical Activity in Children**

Healthy Meals Resource System, National Agricultural Library, United States Department of Agriculture

<http://healthymeals.nal.usda.gov/hsmrs/Maryland/MODELHealth.pdf>

Nutrition and physical activity lessons for children 3 to 5 years old.

**MyPlate**

Center for Nutrition Policy and Promotion, United States Department of Agriculture

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

Web site highlights the MyPlate nutrition messages for consumers that are based on the *Dietary Guidelines for Americans 2010*.

**MyPlate in Spanish (Mi Plato en Español)**

Center for Nutrition Policy and Promotion, United States Department of Agriculture

<http://www.choosemyplate.gov/en-espanol.html>

Web site highlights the Spanish MyPlate nutrition messages for consumers that are based on the *Dietary Guidelines for Americans 2010*.

**Nutrition Education and Programs**

Nutrition.gov

<http://www.nutrition.gov/>

Web site provides links to online government nutrition resources.

**Nutrition Education and Programs in Spanish**

Nutrition.gov

<http://www.nutrition.gov/espanol>

Web site provides links to online government nutrition resources in Spanish.

**Nutrition Resources for Child Care**

Healthy Meals Resource System, National Agricultural Library, United States Department of Agriculture

<http://healthymeals.nal.usda.gov/hsmrs/nutritionforyoungchildren>

Web site with links to resources and nutrition guidance for feeding children ages 2 to 6 years.

**Nutrition Topics information**

Centers for Disease Control and Prevention, Department of Health and Human Services

<http://www.cdc.gov/nutrition/index.html>

Web site provides links to a wide variety of nutrition topics found within the Centers for Disease Control and Prevention.

**Quick Guide to Healthy Living for Parents**

Healthfinder.gov

<http://www.healthfinder.gov/prevention/category.aspx?catId=4>

List of Web site links for different child health topics for parents to use as a reference.

**Team Nutrition Resource Library**

Team Nutrition, Food and Nutrition Service, United States Department of Agriculture

<http://www.teamnutrition.usda.gov/library.html>

Library of resources developed by Team Nutrition to promote nutrition education and physical activity in schools and child care.

**Screen Time**

**Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition**

National Resource Center for Health and Safety in Child Care and Early Education

[http://nrckids.org/CFOC3/PDFVersion/preventing\\_obesity.pdf](http://nrckids.org/CFOC3/PDFVersion/preventing_obesity.pdf)

National standards on quality health and safety practices and policies that should be followed in today's early care and education settings.

**Electronic Media Use and Screen Time Resources for Young Children**

Healthy Meals Resource System, National Agricultural Library, United States Department of Agriculture

<http://healthymeals.nal.usda.gov/cacfp-wellness-resources/electronic-media-use-screen-time>

Web site with links to resources to help reduce screen time and to motivate children to play more and watch less.





# My Notes:

