

Nutrition in the Child Care Setting September 11, 2018

Resources

Nutrition Education Resources

Healthy Bites and Active Early:

<https://dpi.wi.gov/community-nutrition/cacfp/wellness/active-early-healthy-bites>

Discover *MyPlate*:

<https://www.fns.usda.gov/tn/discover-myplate-nutrition-education-kindergarten#anchor1>

Grow It, Try It, Like It!:

<https://www.fns.usda.gov/tn/grow-it>

Two-Bite Club:

<https://www.fns.usda.gov/tn/two-bite-club-english-and-spanish>

Multicultural Recipes: For Child Care Centers, Family Day Homes & Adult Daycare Centers

http://www.squaremeals.org/Portals/8/files/cacfp/New%20Meal%20Pattern/CACFP_Multicultural%20Recipe%20Cards_Web%20file%20no%20graphics_book%20layout.pdf

Books:

Bread, Bread, Bread;

Everybody Cooks Rice;

Stone Soup;

Little Red Hen

Classroom Activity Ideas

Try-Day Ballot and Stickers:

Ballot: https://fns-prod.azureedge.net/sites/default/files/tn/TNevents_appendixrepro1.pdf

Stickers: <https://www.fns.usda.gov/tn/make-today-try-day-stickers>

Plant a Garden:

<https://dpi.wi.gov/community-nutrition/cacfp/farm-2-ece>

National Institute of Health, Getting Kids in the Kitchen:

<https://www.nhlbi.nih.gov/health/educational/wecan/downloads/cookwithchildren.pdf>

Discover *MyPlate*: Look and Cook Recipes

<https://www.fns.usda.gov/tn/discover-myplate-look-and-cook-recipes>

Activity Idea- Turn grapes into raisins:

Place red or green grapes on a slatted tray with stems attached. Place the tray with grapes outside in a sunny, dry place during the daytime hours for 2-3 days or until dry. Rotate the trays for even exposure to sunlight. Remove dried grapes from the stems and you have raisins!

Activity Idea- Regrow lettuce or celery:

Chop the base from a head of romaine lettuce or celery stalk, taking about 2 inches off the end. Place the base in a dish of water in a sunny location (you may need a few rocks to stabilize the plant base). Watch with excitement as it grows!

Recipe Ideas

Recipes for Healthy Kids in Child Care:

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

USDA Recipes from Around the World:

<https://www.fns.usda.gov/cacfp-recipes>

USDA Mixing Bowl:

<https://whatscooking.fns.usda.gov/>

DPI 51 Snack Ideas Handout:

<https://dpi.wi.gov/sites/default/files/imce/community-nutrition/pdf/healthy-snack-ideas.pdf>