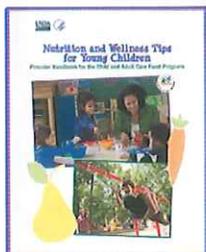


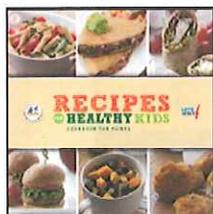
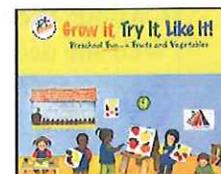
# Team Nutrition News for Child Care

**The Two Bite Club:** Young children will enjoy learning about *MyPlate* through this educational storybook. Parents or caregivers read the book to children and encourage them to try foods from each food group by eating two bites, just like the characters in the story! The back of the book contains a *MyPlate* coloring page, a blank certificate for the Two Bite Club, fun activity pages for kids, and Tips for Growing Healthy Eaters. Available in English and Spanish, online and in print.



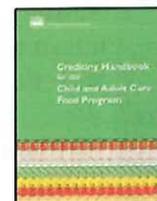
**Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program:** Need creative ideas for meal planning, shopping, and food preparation? Or fun suggestions for active play? These handy tip sheets for child care providers focus on nutrition, physical activity, and screen time recommendations and include hands-on activities. Learn from others! "CACFP Success Stories" share new and exciting ways child care programs have met the wellness challenge. Available online and in print.

**Grow It, Try It, Like It! Preschool Fun with Fruits and Vegetables:** Filled with engaging activities and easy-to-follow instructions, this garden-themed nutrition education kit introduces new fruits and vegetables to preschool-age children. Naturally curious, young children have fun touching, smelling, and tasting fruits and vegetables through various learning activities. Available online. Print copies coming Spring, 2014!



**Recipes for Healthy Kids Cookbook, for Homes and Child Care Centers:** If you're looking to add to your collection of delicious, kid-approved recipes made from healthy ingredients, look no further! The **Recipe for Healthy Kids (R4HK) Competition** challenged teams of school nutrition professionals, chefs, students, parents and other community members to develop creative, tasty, and kid-approved recipes. The result is 30 delicious recipes for use in homes, child care centers, and schools. Available online and in print.

**Crediting Handbook for the Child and Adult Care Food Program:** A complement to the "Food Buying Guide for Child Nutrition Programs," this resource provides information on crediting foods that are commonly served in child and adult care centers, at-risk afterschool care centers, and family day care homes. This handbook is written under the current CACFP meal patterns. Available online.



Check out these and other Team Nutrition materials at: <http://www.fns.usda.gov/team-nutrition>

**Ordering Information:** Child care centers, providers, or sponsoring organizations participating in the Child and Adult Care Food Program, or other USDA Child Nutrition Program, can request free copies of print materials at: <http://tn.ntis.gov/>. All Team Nutrition materials are available online and may be printed and reproduced.

For additional resources, go to the **CACFP Wellness Resources for Child Care Providers Web site:**  
<http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers>



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## Child Care and Nutrition Web Sites

Educational resources and information on child care, nutrition, food, and health are available from Federal Government and private Web sites.

### Food and Nutrition Service/USDA Team Nutrition

USDA initiative that supports the Child Nutrition Programs.

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



### Child and Adult Care Food Program (CACFP)

Federal food program that improves the quality of day care, making it more affordable for many low-income families.

Web site: [www.fns.usda.gov/cacfp/child-and-adult-care-food-program-cacfp](http://www.fns.usda.gov/cacfp/child-and-adult-care-food-program-cacfp)

### CACFP Wellness Resources for Child Care Providers

Web site dedicated to helping child care providers meet nutrition, physical activity, and screen time recommendations.

Web site: <http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers>

### Healthy Meals Resource System

Online information center for the USDA's Child Nutrition Programs.

Web site: <http://healthymeals.nal.usda.gov>



### FNCS Recipe Box

Collection of quick, delicious, and cost-effective recipes for every type of cook.

Web site: [www.fns.usda.gov/fncs-recipe-box](http://www.fns.usda.gov/fncs-recipe-box)

### National Food Service Management Institute

Information, materials, and services that promote improvement of Child Nutrition Programs.

Web site: [www.nfsmi.org](http://www.nfsmi.org)

### MyPlate Information

Consumer information aligned with the Dietary Guidelines for Americans.

Web sites: [www.ChooseMyPlate.gov/](http://www.ChooseMyPlate.gov/) and [www.choosemyplate.gov/preschoolers/HealthyEatingForPreschoolers-MiniPoster.pdf](http://www.choosemyplate.gov/preschoolers/HealthyEatingForPreschoolers-MiniPoster.pdf)

### Let's Move! Child Care

Quick and easy steps and resources to support healthy choices in child care programs.

Web site: [www.healthykidshealthyfuture.org](http://www.healthykidshealthyfuture.org)

### Nutrition.gov

Easy access to nutrition and health Web sites from across the Federal government.

Web site: [www.nutrition.gov](http://www.nutrition.gov)



### ChildCareInfo.com

Information-sharing Web site for child care professionals, organizations and parents.

Web site: [www.childcareinfo.com](http://www.childcareinfo.com)