

Nutrition (Overall)

Let's Move! Child Care

Visit website www.healthykidshealthyfuture.org

Best practices, assessment tools, and links to resources for improving nutrition and physical activity in the child care setting. Centers can sign up to be a Let's Move! Child Care recognized provider, take the quiz, and track your progress.

USDA Team Nutrition

visit website www.fns.usda.gov/tn/team-nutrition

Free downloadable materials for all child nutrition programs, including CACFP. Some print materials may be ordered without cost for CACFP providers. Wellness guides, child care recipe books, curriculum materials, and more.

Healthy Way to Grow

visit website www.healthywaytogrow.org

Printable tip sheets for childcare programs, parents and families on healthy eating, physical activity, breastfeeding, screen time, and healthy celebrations.

USDA MyPlate

visit website www.choosemyplate.gov

Information and printable materials on healthy eating, meal planning, low-cost healthy recipes, and feeding children.

Healthy Children

visit website www.healthychildren.org

Science-based, up-to-date information for parents and families from the American Academy of Pediatrics on a variety of health topics, including nutrition and healthy living. Website is searchable by health topic and/or age, from prenatal to young adult.

Caring For Our Children

visit website cfoc.nrckids.org

Easy-to-navigate online access to Caring For Our Children's "Preventing Childhood Obesity in Early Care and Education Programs" report.

Eating Environment

Feeding Young Children in Group Settings

www.cals.uidaho.edu/feeding/

Handouts, video vignettes, and other training materials all relating to creating healthier, happier mealtimes in the child care setting.

Ellyn Satter Institute

www.ellynsatterinstitute.org

Articles and training materials about eating and feeding, focusing on the Satter Feeding Dynamics Model (Division of Responsibility in Feeding) and the Satter Eating Competence Model.

Nutrition Standards

USDA Child and Adult Care Food Program (CACFP)

Please visit www.fns.usda.gov/cnd/care/ to find out more on how to become a sponsor, meal patterns, recipes, and more.

Rhode Island Department of Education (RIDE) Child Nutrition Programs

Visit www.ride.ri.gov/cnp/NutritionPrograms/ChildandAdultCareFoodProgram.aspx to see how RIDE oversees CACFP and other federal meal programs for the state.

Supporting Breastfeeding Mothers & Infants in Child Care

Visit <http://articles.extension.org/pages/25776/supporting-breastfeeding-mothers-and-infants-in-child-care#.Vd9gjflVhHx> to find a brief article describing what child care programs can do to support breastfeeding mothers.



Search for “breastfeeding symbol” online, print and post to show your support for breastfeeding mothers.

Nutrition Education

Healthy Habits for Life curriculum (Sesame Workshop)

Visit www.sesamestreet.org/toolkits/healthyhabits for free preschool nutrition and physical activity curriculum resources from Sesame Workshop. Includes hands-on exploration activities, songs, videos, and bilingual parent tip sheets.

Grow It! Try It! Like it! Curriculum (USDA Team Nutrition)

Visit www.fns.usda.gov/tn/grow-it-try-it-it for more information on garden-themed activities and taste tests of fruits and vegetables for preschoolers. Must be participating in CACFP to order free print copies. Anyone can download and print lessons.

I am Moving, I am Learning

Visit www.choosykids.com for information on curriculum enhancement program that increases physical activity and nutrition education opportunities throughout the child care day.