

Resource List

Nutrition

- Healthier Alternatives for Parties – Indiana Department of Education –
www.doe.in.gov/food/childadults/pdf/Healthier_Alternatives_for_Parties.pdf
- Healthier Alternatives for Parties, Letter to Parents – Indiana Department of Education –
www.doe.in.gov/food/childadults/pdf/CACFP_parent_letter-healthy_parties.doc
- CARE Connection : Nutrition Needs for Young Children – NFSMI –
www.nfsmi.org/resourceoverview.aspx?ID=201
- My Pyramid for Preschoolers – www.mypyramid.gov/preschoolers

Nutrition Ed

- Grow It, Try It, Like It – USDA – <http://www.fns.usda.gov/tn/Resources/growit.html>
- Care Connection: Nutrition Education –
www.nfsmi.org/Templates/TemplateDivision.aspx?q=cELEPTYw
- Eat Well Play Hard in Child Care Settings (EWPHCCS) Curriculum – New York Department of Education – www.center-trt.org/Downloads/obesity_prevention/interventions/EatWell/EWPHCCS_Curriculum.pdf
- Nutrition Education Aimed at Toddlers (NEAT) – Michigan State University –
<http://nursing.msu.edu/neat/index.asp>
- Super Star Nutrition Education for Kids – Oregon Department of Education –
www.ode.state.or.us/services/nutition/cacfp/tn
- Color Me Healthy – Nutrition Education Curriculum – www.colormehealthy.com/index.html
- CARE Connection: Nutrition Education in Child Care – NFSMI –
www.nfsmi.org/ResourceOverview.aspx?ID=207

Physical Activity

- Active Play Books –Diane Craft – www.activeplaybooks.com
- Spark Physical Education Curriculum – SPARK – www.sparkpe.org
- Growing Up Fit – Iowa State University – www.extension.iastate.edu/Publications/PM1359B.pdf
- The Value of Play – California Childcare Health Program –
www.ucsfchildcarehealth.org/pdfs/healthandsafety/valueplayen_adr.pdf
- Enjoy Moving – Team Nutrition – www.teamnutrition.usda.gov/Resources/EnjoyMoving-flyer.pdf
- Creating an Active, Healthy Play Environment – NFSMI –
www.nfsmi.org/documentlibraryfiles/PDF/20090827041303.pdf
- Guidelines for Childhood Play and Activity – NFSMI –
www.nfsmi.org/documentlibraryfiles/PDF/20090827043617.pdf
- Structured Activities –
www.aahperd.org/headstartbodystart/news/takeItOutsideWeek/structuredactivities.cfm
- Toolbox – Head Start Body Start –www.aahperd.org/headstartbodystart/toolbox/index.cfm

For Further Resources

- Women, Infants and Children – Kansas Department of Health and Environment -
<http://www.kdheks.gov/nws-wic/>
- Kansas State Research and Extension - <http://www.ksre.ksu.edu/>
- CATCH Early Childhood (Nutrition, Nutrition Ed, Physical Activity Curriculum) –
<http://catchinfo.org/>
- Nutrition and Physical Activity Self-Assessment for Child Care (NAP SACC) – University of North Carolina - www.center-trt.org/index.cfm?fa=opinterventions.download&intervention=napsacc
or www.napsacc.org/

- Fit Source: A Web Directory for Providers – U.S. Department of Health and Human Services - <http://nccic.acf.hhs.gov/fitsource>
- Head Start Body Start – AAHPERD - www.aahperd.org/headstartbodystart/
- Information for Caregivers – Penn State University - <http://betterkidcare.psu.edu/page02h.html>
- Caring for Kids – Penn State University - <http://betterkidcare.psu.edu/page02i.html>
- National Food Service Management Institute – NFSMI - www.nfsmi.org
- CACFP - www.fns.usda.gov/cnd/care/
- Team Nutrition - www.fns.usda.gov/TN/
- Feeding Young Children in Group Settings – University of Idaho - www.cals.uidaho.edu/feeding
- KidsHealth - <http://kidshealth.org/>