



Nutrition and Wellness Tips for Young Children:

*Provider Handbook for the
Child and Adult Care Food Program*

**Available
Now!**

What is the handbook?

It is a series of tip sheets to help child care providers meet current wellness recommendations* for children ages 2 to 6 years old. By using the tip sheets when planning meals and activities for children, providers can incorporate key recommendations and best practices into their menus and daily schedules.

How can the handbook help child care providers?

- ◆ Ideas for meal planning, shopping, and food preparation
- ◆ Tips for creative menus
- ◆ Hints for meeting meal pattern requirements
- ◆ Ways to serve foods safely
- ◆ Activities for hands-on learning
- ◆ Suggestions for active play
- ◆ Success stories from providers
- ◆ Links to additional resources

Where can I find the handbook?

Available on the Team Nutrition Web site's Resource Library:

TeamNutrition.usda.gov

FREE!

Handbook topics include:

- ◆ **Build a Healthy Plate With:**
 - Fruits
 - Vegetables
 - Dry Beans and Peas
 - Protein
 - Whole Grains
 - Milk
 - Less Salt and Sodium
 - Options Low in Solid Fats
 - Less Added Sugars
- ◆ **Make Water Available**
- ◆ **Practice Food Safety**
- ◆ **Promote Active Play**
- ◆ **Limit Screen Time**
- ◆ **Practice Choking Prevention**
- ◆ **Handle Food Allergies**

* From the *Dietary Guidelines for Americans, 2010* and *Caring for Our Children: National Health and Safety Performance Standards; Guidelines for Early Care and Education, 3rd Edition*.



U.S. Department of Agriculture ■ U.S. Department of Health and Human Services
www.teamnutrition.usda.gov/library.html

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