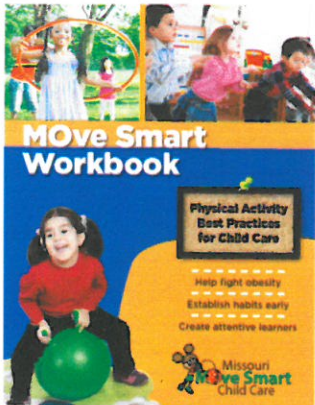


Free Resources on Early Childhood Nutrition & Physical Activity

From Missouri Department of Health and Senior Services (DHSS)

Order physical activity resources online at www.health.mo.gov/movesmart
 Click on Resources and scroll down to Literature Order Form.

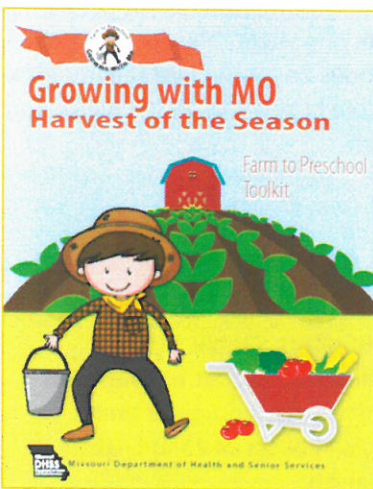


MOVE Smart Workbook
 This is a guide for how to follow best practices in physical activity and become recognized as a Missouri MOVE Smart Child Care.



Physical Activity Cards
 This is a set of laminated cards with 23 quick and easy activities to do with children in child care.

Download farm to preschool resources at www.health.mo.gov/growingwithmo



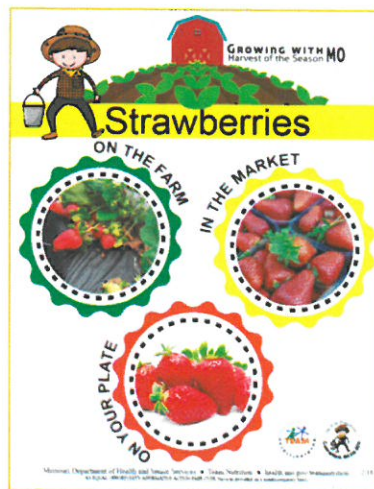
Growing with MO Toolkit
 This is a guide for how to implement farm to preschool strategies in child care.



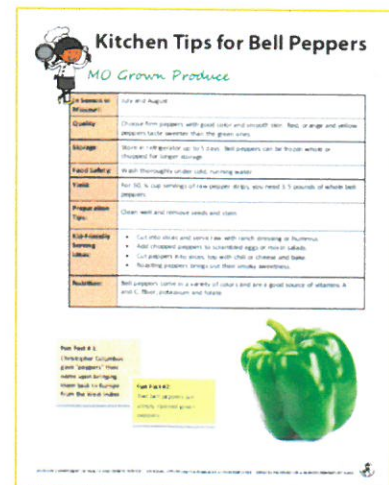
Harvest of the Season Calendar
 Features 14 Missouri grown fruits & vegetables and shows when they are in season.



Growing with MO Newsletters
 Monthly newsletters featuring seasonal fruits & vegetables.



Fruit & Vegetable Mini-Posters
 Teach children about 14 fruits & vegetables, how they grow and get from the farm to the table.



Kitchen Tip Sheets
 Tips on buying, storing, preparing and serving 14 fruits & vegetables.

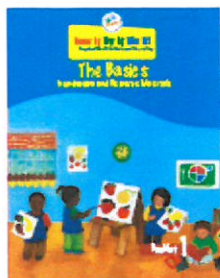
Free Resources on Early Childhood Nutrition & Physical Activity

From United States Department of Agriculture (USDA) Team Nutrition

Order online at www.fns.usda.gov/tn/team-nutrition

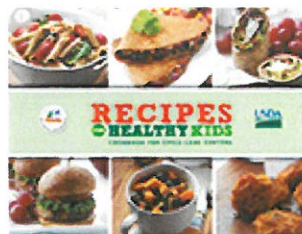
Click on Resource Order Form to view all available resources.

This is just a sample of the resources for child care:



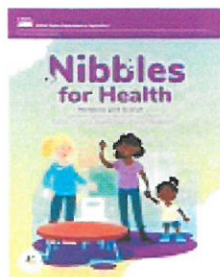
Grow It, Try It, Like It

A garden themed nutrition education kit for child care staff that introduces children to fruits and vegetables. Item includes one box set with 7 booklets and 2 CDs.



Recipes for Healthy Kids

Cookbook with 27 delicious kid-approved recipes that yield 25 to 50 servings.



Nibbles for Health

This booklet includes 12 parent newsletters that may be copied and shared with parents of children ages 3 to 5. Newsletters are available in English and Spanish and include information on a variety of nutrition topics as well as activities for children.



Encouraging Vegetables

This double-sided newsletter for parents provides information about preparing and serving vegetables to young children. It includes an interactive activity for kids. Available in packs of 25 in English and Spanish.



Methods for Healthy Cooking

This double-sided worksheet highlights healthy cooking methods and foods that may be served in the Child and Adult Care Food Program (CACFP). Available in packs of 25 in English and Spanish.



Move, Play, Have Fun!

This colorful double-sided parent handout offers a table of fun physical activities that families can cross off as they complete them. Available in packs of 25 in English and Spanish.



Eat Smart to Play Hard with MyPlate Poster

This two-sided mini-poster (8.5"x11") shows the MyPlate icon on one side and foods in the five food groups on the reverse. Larger MyPlate posters are also available.



Adding Whole Grains to Your CACFP Menu

This training worksheet highlights ways to add whole-grain rich items to child care menus. Available in packs of 25 in English and Spanish.

Join Team Nutrition CACFP Network

CACFP sponsoring organizations and independent child care centers can show their commitment to nutrition and wellness by enrolling in this network. Members can request special promotional items including nutrition message decals, stickers and more!

Sign up at

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