

Childcare Provider Nutrition & Physical Activity Resources

The Child Care Nutrition Resource System

Provides you with recipes, resources, and information on preparing nutritious meals, and food safety. Daycare provider who participate in USDA's Child and Adult Care Food Program (CACFP) and receives reimbursement for meals served, will find the information useful.

www.nal.usda.gov/childcare/

MyPyramid

MyPyramid.gov is your access point for the USDA food guidance system. Along with the new MyPyramid symbol, the system provides many options to help Americans make healthy food choices and to be active every

www.mypyramid.gov

National Network for Child care

This website contains a section titled Articles and resources in which you can search for a variety of nutrition and diet topics.

www.nncc.org

Contra Costa Childcare Council

The health and nutrition section of this website has a wealth of information pertaining to children's nutrition and fitness. Especially useful are the free snack and meal recipes.

www.cocokids.org

Nutrition Explorations

An eye-catching website with up-to-date and interactive nutrition resources for educators, parents, and foodservice staff.

www.nutritionexplorations.org/

Dole 5 a Day

This website is changing to Dole Superkids. The website has resources for kids, teachers, family, and food service staff. Particularly useful are the coloring pages, activity sheets, and kid-friendly recipes.

www.dole5aday.com

Fit Source!

This site links child care and afterschool providers to a wide variety of physical activity and nutrition resources. You will find links to activities, lesson plans, healthy recipes, information for parents, and many other downloadable tools that can be used to incorporate physical activity and nutrition into child care and afterschool programs.

www.nccic.org/fitsource/index.cfm

PE Central

Designed for teachers, parents, and students, PE Central's goal is to provide the latest information about developmentally appropriate physical education programs for children and youth..

www.pecentral.org



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