



## ***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 through 5 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
- ◆ Practices in serving food 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](http://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, 3<sup>rd</sup> Edition*.



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[www.teamnutrition.usda.gov/library.html](http://www.teamnutrition.usda.gov/library.html)

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