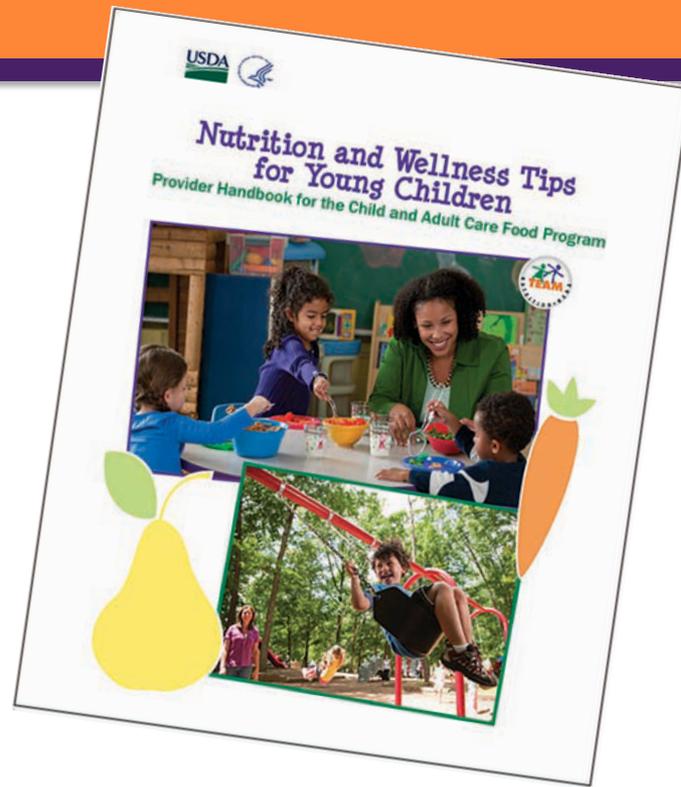


Nutrition and Wellness Tips for Young Children: Provider Handbook for the Child and Adult Care Food Program

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U.S. Department of Agriculture
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U.S. Department of Health and Human Services

 United States Department of Agriculture
Food and Nutrition Service



Child Care Providers

Do you want to:

- Create a healthier environment for the 2- through 5-year-old children in your care?
- Serve nutritious meals?
- Encourage physical activity?
- Limit screen time?



The Provider Handbook is the answer!

The Handbook Makes it Easy!

Use the hands-on activities from the tip sheets to plan creative menus, build fun opportunities for active play, and more!



Learn from others – “CACFP Success Stories” will show you new and exciting ways child care programs have met the wellness challenge.

The Handbook Makes it Easy!

Train your staff and connect with parents and community – it's all there, ready-to-use

Need more help? You can link to additional resources, including the new **CACFP Wellness Resources Web site**

<http://healthymeals.nal.usda.gov/cacfp-wellness-resources-child-care-providers>



Get the Handbook Now

FREE!

**Download the Handbook from the
Resource Library at:**

www.teamnutrition.usda.gov

Print copies available Summer 2013

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